

# Discover | Healthy Advantage™

August 2019



**Van's Natural Foods**  
Waffles  
Original  
9 OZ  
Selected Varieties  
**\$2.79**   
SRP: \$3.95

# TILLER & RYE

— LOCAL GROCER —

20 South Main Street • Brewer, Maine • (207) 573-4022  
Open: Monday - Saturday 8am - 8pm  
www.TillerAndRye.com



**Silver Hills Bakery**  
Sprouted  
Wheat Bread  
22 OZ  
Selected Varieties  
**\$2.99**   
SRP: \$4.79



**Woodstock Mini Me's**  
Organic Rice Bites  
Dark Chocolate  
with Sea Salt  
2.1 OZ  
Selected Varieties  
**\$1.99**   
SRP: \$2.99



**Probar**  
Meal Bar  
Peanut Butter  
Chocolate Chip  
3 OZ  
Selected Varieties  
**\$2.79**   
SRP: \$3.75



**YumEarth**  
Organic  
Fruit Snacks  
Banana, Cherry,  
Peach & Strawberry  
5.7 OZ  
Selected Varieties  
**\$3.49**   
SRP: \$5.05



**Pirate Brands**  
Pirate's Booty  
Aged White Cheddar  
Lunch Packs  
6.1 OZ  
Selected Varieties  
**\$5.49**   
SRP: \$8.09



**Paesana**  
Pasta Sauce  
Traditional  
Marinara  
25 FL OZ  
Selected Varieties  
**\$4.99**  
SRP: \$7.99



**Zevia**  
Zero Calorie  
Energy Drink  
Raspberry/Lime  
12 FL OZ  
Selected Varieties  
**2/\$3**   
SRP: \$2.19



**C2O Pure Coconut  
Water**  
Pure Coconut  
Water  
Original  
33.8 FL OZ  
**\$3.99**   
SRP: \$6.09

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**Iceland Spring**  
Natural Icelandic  
Spring Water  
33.8 FL OZ

**\$1.99**  
SRP: \$2.89



**iceland**  
NATURAL spring WATER

### Stay Hydrated

Iceland Spring water has naturally clean and healthy drinking water. Unlike other waters, Iceland Spring water creates a naturally high pH balance, with no added alkaline, making Iceland Spring the best bottled drinking water there is.

## FROZEN



**Halo Top Creamery**  
Light Ice Cream  
Peanut Butter Cup  
16 FL OZ  
Selected Varieties

**\$4.99**  
SRP: \$6.89 **GF**



**Bubbe's Homemade**  
Ice Cream  
Mochi Ice Cream  
Strawberry  
7.5 OZ  
Selected Varieties

**\$5.49**  
SRP: \$7.69 **GF**



**Against The Grain Gourmet Food**  
Gluten Free Baguette  
Original  
15 OZ  
Selected Varieties

**\$5.99**  
SRP: \$8.79 **GF**



**Cappello's**  
Grain Free Pasta  
Fettuccine  
9 OZ  
Selected Varieties

**\$7.99**  
SRP: \$11.79 **GF**



**Farmwise**  
Chicken Veggie Nuggets  
Original Recipe  
8 OZ

**\$4.79**  
SRP: \$7.05 **GF**



**Glutenfreeda**  
Burrito  
Shredded Beef  
4 OZ  
Selected Varieties

**\$2.49**  
SRP: \$3.79 **GF**

**Earthbound Farm**  
Organic  
Frozen Vegetables  
Mashed Cauliflower  
12 OZ

**\$3.99**  
SRP: \$6.79 **GF**



## CHILL



**Watermelon Water**  
Cold Pressed  
Watermelon  
Juice  
12 FL OZ  
Selected Varieties

**2/\$7**  
SRP: \$5.85



**GoodBelly**  
Organic Probiotic  
Juice Drink  
Blueberry Acai  
4/2.7 FL OZ  
Selected Varieties

**2/\$8**  
SRP: \$5.95



**Kite Hill**  
Kids Almond Milk Yogurt Tubes  
Strawberry Banana  
8/1.75 OZ

**\$4.49**  
SRP: \$5.65 **GF**



**Chobani**  
Non-Fat  
Greek Yogurt  
Blueberry  
On The Bottom  
5.3 OZ  
Selected Varieties

**\$1.29**  
SRP: \$2.05



**Silk**  
Dairy-Free  
Yogurt  
Alternative  
Vanilla Soy  
5.3 OZ  
Selected Varieties

**2/\$3**  
SRP: \$2.29



**Good Karma**  
Protein And Flax  
Milk  
Unsweetened  
64 FL OZ

**\$4.49**  
SRP: \$6.89 **GF**



**Horizon**  
Organic Dairy  
Organic Whole Milk  
64 FL OZ  
Selected Varieties

**\$4.49**  
SRP: \$8.09 **GF**



**Meyenberg**  
Ultra  
Pasteurized  
Goat Milk  
64 FL OZ

**\$9.99**  
SRP: \$14.15



**Daiya Foods Inc**  
Dairy Free  
Cheese Slices  
American Style  
7.8 OZ  
Selected Varieties

**\$3.49**  
SRP: \$5.99 **GF**



**Perfect Bar**  
Organic  
Protein Bar  
Dark Chocolate  
Peanut Butter  
2.3 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.49 **GF**





**From The Ground Up**  
Cauliflower  
Tortilla Chips  
Sea Salt  
4.5 OZ  
Selected Varieties  
**\$2.99**  
SRP: \$4.29



## Plant Based Snacking

Introducing the first to market cauliflower-based, grain free tortilla chip from Real Food From the Ground Up. Made from plant-based ingredients, these chips are the perfect dipable, toppable, or eat alone healthier snack chip. Certified Gluten Free, Non-GMO Project Verified, Vegan, and Kosher.



**Newman's Own Organics**  
Newman-O's  
Cookies  
Chocolate Creme  
13 OZ  
**\$4.49**  
SRP: \$6.49



**Cascadian Farm**  
Organic Cereal  
Raisin Bran  
12 OZ  
Selected Varieties  
**2/\$8**  
SRP: \$6.49



**Stay Steady**  
Cereal  
Original  
10 OZ  
Selected Varieties  
**\$4.49**  
SRP: \$6.99



**Bear Naked**  
Granola Bites  
Dark Chocolate  
Sea Salt  
7.2 OZ  
Selected Varieties  
**\$4.99**  
SRP: \$6.99

GROCERY



**Don't Go Nuts**  
Organic  
Granola Bars  
Gorilla Power  
6.3 OZ  
Selected Varieties  
**\$5.29**  
SRP: \$7.99



**Kashi**  
Chewy Nut  
Butter Bars  
Double Chocolate  
Almond Butter  
5/1.23 OZ  
**2/\$7**  
SRP: \$6.09



**Marana the Natural Foods**  
Almond Butter  
Creamy  
12 OZ  
Selected Varieties  
**\$7.99**  
SRP: \$12.59



**Crofter's**  
Organic  
Premium Spread  
Berry Harvest  
16.5 OZ  
Selected Varieties  
**\$3.99**  
SRP: \$6.69



**Veggie Gos**  
Organic Fruit  
& Veggie Strip  
Strawberry Apple  
Sweet Potato  
0.42 OZ  
Selected Varieties  
**99¢**  
SRP: \$1.45



**GoGo squeeZ**  
Organic  
Squeezable  
Applesauce  
Variety Pack  
12/3.2 OZ  
**\$8.49**  
SRP: \$15.19



**Annie's Homegrown**  
Organic  
Toaster Pastries  
Strawberry with Frosting  
11 OZ  
**\$3.49**  
SRP: \$5.19



**Annie's Homegrown**  
Macaroni & Cheese  
Shells & White Cheddar  
6 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$3.09



**Sensible Portions**  
Organic Garden  
Veggie Straws  
Zesty Ranch  
5 OZ  
**2/\$5**  
SRP: \$4.49



**Annie's Naturals**  
Vinaigrette  
Shiitake Sesame  
8 FL OZ  
Selected Varieties  
**2/\$6**  
SRP: \$4.29



**Drew's Organics**  
Organic Dressing  
Roasted Garlic  
& Peppercorn  
12 FL OZ  
Selected Varieties  
**\$3.49**  
SRP: \$4.69



**Natural Sea**  
Solid White  
Albacore Tuna  
No Salt  
5 OZ  
Selected Varieties  
**\$2.79**  
SRP: \$3.99



**Emerald Cove**  
Organic Sushi  
Nori Sheets  
Pacific  
10 SHT  
**\$5.49**  
SRP: \$8.25



GROCERY



**Zevia**  
Organic Black Tea  
Peach  
12 FL OZ  
Selected Varieties

**2/\$3**

SRP: \$2.19  
GF



**Vita Coco**  
Pressed  
Coconut Water  
16.9 FL OZ  
Selected Varieties

**2/\$4**

SRP: \$3.19  
GF



**R.W. Knudsen**  
Organic Juice  
Cranberry Blueberry  
32 FL OZ  
Selected Varieties

**\$3.79**

SRP: \$5.59  
GF



**Izze**  
Sparkling Juice  
Beverage  
Clementine  
4/8.4 FL OZ  
Selected Varieties

**\$3.49**

SRP: \$5.19



**Ecos**  
All Purpose Cleaner  
Parsley Plus  
22 FL OZ  
Selected Varieties

**2/\$6**

SRP: \$4.69



**Repurpose**  
9 Inch Plates  
Compostables  
20 CT

**\$2.99**

SRP: \$4.59



buy in bulk

Organic  
Apple Rings  
**\$8.69/lb**  
SRP: \$11.79

100% Organic Coconut  
Medium Shredded  
**\$2.09/lb**  
SRP: \$2.79

100% Organic  
Diced Almonds  
Butter Stock  
**\$12.59/lb**  
SRP: \$17.02

100% Organic Beans  
Adzuki  
**\$1.90/lb**  
SRP: \$1.95

WELLNESS



**Andalou Naturals**  
Men's Shave  
Cream  
Smooth Glide  
6 FL OZ  
Selected Varieties

**\$6.99**

SRP: \$9.99 GF



**Thayers**  
Men's Witch Hazel  
Shave Cream  
Aloe Vera Formula  
4 FL OZ  
Selected Varieties

**\$5.99**

SRP: \$9.09



**Avalon Organic**  
Bath & Shower  
Gel  
Nourishing Lavender  
12 FL OZ  
Selected Varieties

**\$8.49**

SRP: \$11.75



**Clearly Natural**  
Glycerin  
Bar Soap  
Unscented  
4 OZ  
Selected Varieties

**\$1.49**

SRP: \$2.35



**Desert Essence**  
Mouthwash  
Refill  
Tea Tree  
16 FL OZ  
Selected Varieties

**\$5.99**

SRP: \$8.59



**Hyland's**  
Homeopathic  
4 Kids Oral  
Pain Relief  
125 TAB

**\$7.49**

SRP: \$10.59



**Smarty Pants**  
Kids Multi-Vitamin  
Gummies  
Complete and Fiber  
120 CT

**\$20.49**

SRP: \$30.65 GF



**Child Life Essentials**  
Kids Multi Vitamin  
& Mineral  
Orange/Mango Flavor  
8 FL OZ

**\$11.49**

SRP: \$16.95 GF



**Kyolic**  
Cholesterol  
Lecithin Formula 104  
200 CAP

**\$18.49**

SRP: \$26.49 GF

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