

Discover | Healthy Advantage™

September 2019



Grandy Oats
Organic Coconut Granola
Original
9 OZ
Selected Varieties
\$6.49
SRP: \$9.09

TILLER & RYE

— LOCAL GROCER —

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



Evo Hemp
Hemp Bar
Brownie Chip
1.7 OZ
Selected Varieties

\$1.99

SRP: \$3.29



Real Foods
Organic Corn Thins
Original
5.3 OZ
Selected Varieties

\$1.99

SRP: \$3.19



Boulder Canyon
Natural Foods
Kettle Chips
Classic Sea Salt &
Olive Oil
5 OZ
Selected Varieties

\$2.49

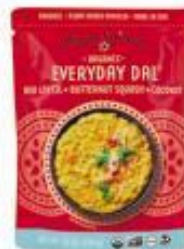
SRP: \$3.49



Modern Table
Lentil Pasta
Penne
8 OZ
Selected Varieties

\$2.99

SRP: \$4.69



Maya Kaimal
Organic
Everyday Dal
Lentil, Butternut
Squash, Coconut
10 OZ
Selected Varieties

2/\$7

SRP: \$5.09



Nancy's
Organic Whole
Milk Yogurt
Plain
32 FL OZ
Selected Varieties

\$4.79

SRP: \$6.99



Choice Organic Teas
Organic Tea
Earl Grey
16 BAG
Selected Varieties

\$3.99

SRP: \$5.69



If You Care
Paper Bags
Snack & Sandwich
48 CT

\$3.99

SRP: \$5.89



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A2 Milk
Whole Milk
A1 Protein Free
59 FL OZ
Selected Varieties

2/\$9

SRP: \$6.29



Easy-To-Digest Milk

a2 Milk® is 100% real milk that's easier on digestion. Ordinary cows' milk naturally contains a mix of both A1 and A2 proteins. a2 Milk® comes from cows that naturally produce only the A2 protein and no A1. Published research suggests that a2 Milk® may help some people avoid discomfort.

CHILL



Miyoko's Creamery
Organic Vegan
Cream Cheese
Plainly Classic
8 OZ
Selected Varieties

\$4.79

SRP: \$7.19



Wallaby Organic
Organic Aussie
Crème Yogurt
Caramelized Pineapple
5.3 OZ
Selected Varieties

2/\$4

SRP: \$3.19



Health-Ade
Organic Kombucha
Pink Lady Apple
16 FL OZ
Selected Varieties

\$3.49

SRP: \$4.59



Kevita
Organic Master
Brew Kombucha
Pineapple Peach
15.2 FL OZ
Selected Varieties

\$2.49

SRP: \$3.79



Kite Hill
Dairy Free Dip
French Onion
8 OZ

2/\$7

SRP: \$4.79



Hope Hummus
Organic Hummus
Buffalo Bleu
8 OZ
Selected Varieties

2/\$7

SRP: \$5.29



Nasoya Foods
Organic
Baked Tofu
Teriyaki
8 OZ

\$3.79

SRP: \$5.39



Golds
Prepared
Horseradish
6 OZ
Selected Varieties

2/\$5

SRP: \$3.39

FROZEN



Blake's All Natural
Chicken Pot Pie
8 OZ
Selected Varieties

\$2.99

SRP: \$4.79



Amy's
Pizza Snacks
Vegan Cheese
6 OZ

\$4.49

SRP: \$5.59



Evol Foods
Frozen Meal
Fire Grilled
Steak Bowl
9 OZ
Selected Varieties

\$3.99

SRP: \$5.79



Ian's Natural Foods
Breaded Chicken
Nuggets
Gluten Free Family
Pack
20 OZ

\$7.99

SRP: \$11.69



Caulipower
Cauliflower
Pizza
Margherita
11.6 OZ
Selected Varieties

\$6.99

SRP: \$10.39



Alexia
Frozen Sweet
Potato Fries
with Sea Salt
15 OZ
Selected Varieties

\$3.49

SRP: \$4.69



Food For Life
Organic
Sprouted
Ezekiel 4:9
English Muffins
16 OZ

\$4.99

SRP: \$6.39



Cascadian Farm
Organic
Frozen Fruit
Blueberries
8 OZ
Selected Varieties

\$3.99

SRP: \$5.69



Alden's Organic
Organic Ice
Cream
Sandwiches
Vanilla Bean
14 FL OZ
Selected Varieties

\$4.29

SRP: \$6.29



Applegate Farms
Breakfast Sausage
No Sugar Chicken & Herb
7 OZ

\$3.99
SRP: \$6.09



APPLEGATE
CHANGING THE MEAT WE EAT™

Breakfast Is Complete

A gluten-free breakfast staple for days that end in "y." Natural, humanely-raised chicken mixed with savory herbs and no sugar? Sweet!



Bob's Red Mill
Organic
Oatmeal Cup
Cranberry Orange
2.47 OZ
Selected Varieties

\$1.99
SRP: \$2.89



Think! Thin
Protein And Fiber
Oatmeal
Honey
Peanut Butter
10.6 OZ
Selected Varieties

\$4.29
SRP: \$6.09



Happy Baby
Organic Gentle
Teething Wafers
Banana &
Sweet Potato
1.7 OZ
Selected Varieties

\$3.49
SRP: \$5.99



Skinny Dipped Almonds
Dipped Almonds
Dark Chocolate Cocoa
3.5 OZ
Selected Varieties

\$3.99
SRP: \$5.49

GROCERY

Country Archer
Beef Stick
Original
1 OZ
Selected Varieties

2/\$3
SRP: \$1.99



Food Should Taste Good
Tortilla Chips
Multigrain
5.5 OZ
Selected Varieties

2/\$5
SRP: \$3.99



Kettle Brand
Organic
Potato Chips
Sea Salt
5 OZ
Selected Varieties

\$2.49
SRP: \$3.99



Endangered Species
Chocolate
Dark Chocolate Bites
88% Cocoa
4.2 OZ
Selected Varieties

2/\$7
SRP: \$5.59



Reed's
Ginger Beer
Extra
4/12 FLOZ
Selected Varieties

\$5.49
SRP: \$7.89



Terra Chips
Vegetable Chips
Original Sea Salt
5 OZ
Selected Varieties

2/\$5
SRP: \$4.39



Garden Of Eatin'
Tortilla Chips
Blue Corn
8.1 OZ
Selected Varieties

2/\$5
SRP: \$4.49



Lundberg Family Farms
Organic Rice
Brown Short Grain
8 OZ
Selected Varieties

\$2.29
SRP: \$3.29



A Culinary
Adventure



Jyoti Cuisine India
Organic
Black Beans
in Water
with Sea Salt
10 OZ
Selected Varieties

\$1.79
SRP: \$2.39



Tasty Bite
Organic
Heat & Eat Rice
Pouch
Brown Rice
8.8 OZ
Selected Varieties

\$1.79
SRP: \$2.79



Wild Planet
Salmon Pouch
Wild Pink
3 OZ

\$2.49
SRP: \$4.19



Muir Glen
Organic Pasta
Sauce
Italian Herb
25.5 FLOZ
Selected Varieties

\$3.29
SRP: \$4.79



Felicia Organic
100% Organic
Buckwheat
Pasta
Penne
8 OZ
Selected Varieties

\$3.29
SRP: \$4.99



Safe Catch
Safe Catch
Canned Tuna
5 OZ

\$2.99
SRP: \$4.35

GROCERY



Kicking Horse
Organic Ground Coffee
Kick Ass
10 OZ
Selected Varieties

\$9.49
SRP: \$13.49



Mount Hagen
Organic Fairtrade Coffee
Instant Freeze-Dried
3.53 OZ

\$9.99
SRP: \$12.49



Prince Of Peace
Ginger Chews Candy
Lemon
4 OZ
Selected Varieties

\$1.79
SRP: \$2.25



Prince Of Peace
Ginger Chews Candy
Original
4 OZ
Selected Varieties

\$1.79
SRP: \$2.25



buy in bulk

Cranberries
Sweetened
\$2.99/lb
SRP: \$4.14

Organic
Pumpkin Seeds
\$3.19/lb
SRP: \$4.09

100% Organic
Quinoa
White Royal
\$2.99/lb
SRP: \$4.05

Golden Temple
With Coconut or toffee!
Granola
Maple Pecan Dream
\$2.99/lb
SRP: \$4.49
Selected Varieties



PetGuard
Premium Cat & Kitten
Dry Food
Chicken & Brown Rice
3 LB
\$9.49
SRP: \$14.49

Natural & wholesome food that keep them purring

WELLNESS



Prince Of Peace
Red Panax
Ginseng Extractum
Ultra Strength
10/10 CC
Selected Varieties

\$4.49
SRP: \$6.29



Prince Of Peace
Red Panax
Ginseng Extractum
Ultra Strength
30/10 CC

\$11.49
SRP: \$15.89



Eco-Dent
Gentle Floss
Mint
100 YD
\$3.99
SRP: \$5.99



Tom's of Maine
Children's Toothpaste
Strawberry
4.2 OZ
\$3.99
SRP: \$5.79



Topricin
Pain Relief
Cream
4 OZ
\$16.49
SRP: \$24.99



Andalou Naturals
Moisture Rich
Shampoo
Argan Oil & Shea
11.5 FL OZ
Selected Varieties
\$6.99
SRP: \$9.99



Herbatint
Permanent Herbal
Haircolor Gel
4N Chestnut
4 FL OZ
Selected Varieties
\$12.49
SRP: \$18.99



Nature's Way
Sambucus Syrup
Original
4 FL OZ
Selected Varieties
\$12.49
SRP: \$18.15



Boiron
ThroatCalm
Sore Throat Relief
60 TAB
\$8.99
SRP: \$12.49



Brain Juice
Brain Boost
Supplement Shot
Peach Mango
2.5 FL OZ
Selected Varieties
2/\$6
SRP: \$4.19



Natren
Dairy Free
Healthy Trinity
30 CAP
\$48.99
SRP: \$69.98



Swiss Kriss
Herbal Laxative
Tabs
120 TAB
\$5.99
SRP: \$8.19

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