

# deals

May 1st - 31st, 20<u>25</u>



bakerly the brioche burger buns

**\$3**79

you save \$1.20!



Ben & Jerry's Milk & Cookies

**\$579** 

you save \$1.20!

### Stock up on delicious snacks

Woodstock Ketchup

\$289

you save 60¢!



Beyond Meat Beyond Burger

\$599
BEYOND
BURGER
PLANTABLE PURGER
PLANTABLE PURGER
PLANTABLE
200 Marie
PLANTE

Woodstock BBQ Sauce

**\$5**49

you save 50¢!



Organic Yellow Squash



you save \$1.00/lb!

Organic Rainbow Cherry Tomatoes pint.

\$499 you save 50¢!/ea

**(1)** \$ (\$)

**Organic Rhubarb** 



you save \$1.00/lb!



**Organic Red Pear** 





**Organic Zucchini** 



you save \$1.00/lb!

**Organic Vidalia Onions** 

**\$7**69

you save 30¢!/lb





#### The Good Crisp Co. **Potato Crisps**

selected varieties

you save \$1.00!

**Late July Tortilla Chips** 

selected varieties - 30oz



you save 90¢!

Siete **Mild Taco Seasoning** 24oz

you save 50¢!

**Grain Trust Steamed Jasmine Rice** 

40z

you save 90¢!

**Perfect Bar Peanut Butter** 2.5oz

you save 80¢!

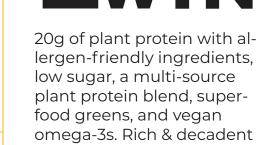




MILD

TACO SEASONING

steamed 💖 jasmine rices



Owyn **Plant Based Protein Shake** 

**ONLY WHAT YOU NEED** 

you save 90¢!

**Organic Valley 3 Cheese Mexican** 

**\$4**89

you save 90¢!

Vista Hermosa

12oz

Flour Tortilla

you save 50¢!

**Tate's Bake Shop Chocolate Chip Cookies** 

you save \$1.20!

**Kettle Brand Potato Chips** 

3 CHEESE MEXICAN

A BEEND OF CHETOARLOOL BY & MONTHREY LIVE

you save 80¢!

**Tony's Chocolonely** Milk Chocolate Bar

6.3507



you save 50¢!

Justin's **Peanut Butter Cups** 

selected varieties

you save 60¢!



VINEGAR



Bionaturae Tomato Paste

**\$2**69

you save 50¢!

Vitacoco Pure Coconut Water

**\$4**99

you save \$1.00!

Harmless Harvest Organic Coconut Water

**\$549** 

you save 50¢!

Sequatchie Cove Farm Pasture Raised Eggs

\$899



Local! Sequatchie, TN. Bionaturae Fusilli

Bionaturae

**\$2**99

you save 90¢!

San Pellegrino Sparkling Water 750ml

**\$249** 

you save 50¢!

ithaca Classic Hummus

10oz

coconut water **\$3**99

you save \$1.30!



The Mountain Valley Spring Water

**\$2**59

you save 70¢!

Lesser Evil Himalayan Pink Salt Popcorn

4.6oz

**\$3**69

you save 60¢!

poppi Prebiotic Soda Cherry Lemonade

12flz

\$799

you save 80¢!



ithaca hummus



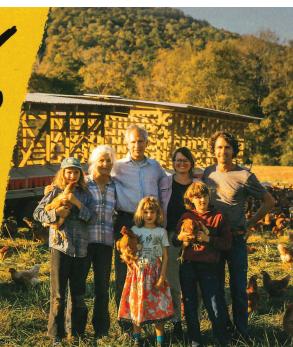


Regeneratively raised on our family farm in East Tennessee

Since '98 our farm has raised the most ethical eggs money can buy. Take comfort knowing that we work with nature to lay the best eggs from the happiest hens while also preserving our environment.



SEQUATCHIE COVE FARM



**Black Lotus Shilajit** 

Selected Items



10% OFF!

regular retail price



Selected Items



20% OFF!

regular retail price

**Nordic Naturals** 

Selected Items



20% OFF!

regular retail price

The Food Movement Co. Sea **Moss Master Formula** 

60ct



you save \$5.00!

Simply Tera's **Plain Whey Protein** 

12oz



you save \$4.00!





We leverage ancient techniques like fermentation and herb combining with the latest in nutrition science to create formulas that are easy for your body to absorb!

**Ancient Nutrition** Whey Protein Vanilla Bean / Milk Chocolate

you save \$12.00!

**CHECK OTHER MORE DEALS!** 

**BRAND ITEMS FOR** 

Local! Franklin, TN.



**Ancient Nutrition** Colostrum, Lemon Bar / Unflavored

you save \$12.00!

**Acure Ultra Hydrating** Conditioner

8flz

you save \$2.00!

The Food Movement Co. Black Zeolite

1oz



you save \$2.00!

**Nuun Sport Hydration Strawberry Lemonade** 

10ct



you save \$1.0!



**Redd Remedies Adult Sinus Support** 

you save \$10.00!

**Badger Skincare** 

Selected Items





Adult Sinus

20% OFF!

regular retail price

Vibrant Health

Selected Items



20% OFF! regular retail price



#### Wellshire **Organic Classic Dry Rub Pork** Bacon

8oz



#### Wellshire **Organic Sugar Free Turkey Bacon**



**Hickory Nut Gap Ground Beef 80/20120** 



Regional! Asheville, NC.

### **Applegate Organic Turkey Hot Dog**





**Bakkafrost** Fresh Salmon



you save \$4.00!

**Applegate Organic Beef Hot** Dog



#### **Thousand Hills Grass Fed Wild Rice & Gouda Bratwurst**





**Thousand Hills Grass Fed Smoked Stadium Bratwurst** 





**Thousand Hills Grass Fed Jalapeno Cheddar Bratwurst** 

10oz



Born in the lush pastures of Kentucky, Freedom Run Farm has been able to develop a network of shepherds from the foothills of the Appalachia to multigenerational ranches in the Rockies that follow the farm's meticulous practices to ensure larger animals with superior marbling and the unique Freedom Run Farms flavor profile.

# Smithfield, KY.



Freedom Run Farm Lamb Leg Steak



Freedom Run Farm **Lamb Shoulder Chop** 



you save \$1.00/lb!

nip Truck's nmer Chicken

you save \$1.00/lb!

Lemonade

\$18.99\* YOU SAVE \$1

RAINBOW &

Turnip Truck's Banh Mi

Vegan



you save \$1.00/lb!

Half Batch's

6/12oz

**Pedro Fresco** 

16oz



you save \$1.00/lb!

**Marin French Cheese Brie en Croute** 



HALF BATCH BREWING



**Broadbent** Rose

750ml





Get \$10 OFF

on your next purchase if you sign up to our **Loyalty Program Today!** 

