

# Turnip Truck

Natural Market  
Est. 2001

# deals

Good Through October 1st – 31st



Organic  
Pie Pumpkin  
per pound

**\$1.29**

IN SEASON!



Malk  
Organic Almond Milk  
28 fl oz

**\$7.99**

limited time only!

## School's back, stock up!

Truveni  
Organic Strawberry  
Whey Protein  
550 g



Perfect Bar  
Organic Pumpkin Pie  
per bar



UTZY  
GlyNAC+ Glutathione Support  
60 ct



**\$44.99**

you save \$10.00

**\$3.69**

limited time only!

**\$39.99**

you save \$10.00

Regenerative  
Butternut Squash  
per pound

**\$1.29**

GROWN IN PA



Earthbound Farm  
Organic Spinach  
5 oz

**\$5.99**

you save 70¢



Organic  
Pink Lady Apples  
per pound

**\$2.99**

you save 30¢



Organic  
Collard Greens  
per bundle

**\$2.99**

you save 30¢



Organic  
Autumn Crisp Grapes  
2 lb

**\$9.99**

IN SEASON!



Organic  
Lacinato Kale  
per bundle

**\$2.99**

you save 30¢



Save 10% on Bulk Items Every Wednesday

Sweet Loren's  
Cookie Doughs  
12 oz

\$5.49

you save \$3.00



Mush  
Overnight Oats  
5 oz

\$1.69

you save 80¢



Aloha  
Organic Protein Bars  
1.98 oz

\$2.49

you save 80¢



OWYN  
Plant-Based Protein Drinks  
12 oz

\$2.99

you save 80¢



Happy Egg  
Free Range Large Eggs  
1 dozen

\$7.29

you save \$1.50



Muvano Harvest  
Organic Dried Mango  
2 oz

\$3.49

you save 80¢



Late July  
Jalapeño Lime Tortilla Chips  
7.8 oz

\$3.79

you save \$1.20



LIFEAID  
FitAid Functional Drinks  
12 oz

\$2.69

you save 60¢



Olli  
Snack Packs  
2 oz

\$3.69

you save \$2.00



Smart Sweets  
Gummy Candies  
1.8 oz

\$2.99

you save 80¢



Boulder Canyon  
Thin & Crispy Chips  
6 oz

\$2.99

you save \$1.50



LaCroix is America's favorite sparkling water, known for its crisp bubbles and naturally essenced flavors.

With zero calories, sweeteners, or sodium, it's the refreshing choice for health-conscious consumers. Founded in the Midwest, LaCroix has become a household staple while staying true to clean, simple ingredients.

Their playful branding and wide variety of flavors make every sip feel fun and fresh. Perfect for hydration with personality, LaCroix is sparkling water done right.



LaCroix  
Sparkling Water  
Assorted Flavors  
8 pk / 12 oz

\$4.99

you save \$2.00

Banza  
Chickpea Pasta  
8 oz

\$3.69

you save \$1.30



Carbone  
Pasta Sauce  
24 oz

\$6.69

you save \$4.00



Back to Nature  
Crackers  
6.5 - 7 oz

\$3.49

you save \$1.30



Ithaca  
Hummus  
10 oz

\$3.29

you save \$2.20



Safe Catch  
Wild Albacore Tuna  
5 oz

\$4.49

you save \$1.50



Grain Trust  
Organic Steamed Rice  
30 oz

\$3.99

you save \$1.80



Deep India Kitchen  
Frozen Entrees  
9 oz

\$5.29

you save \$1.70



Laoban  
Frozen Dumplings  
8 oz

\$4.89

you save \$2.10



Purely Elizabeth  
Organic Granola  
12 oz

\$6.99

you save \$2.00



Pumpkin Spice  
EVERYTHING

Fall is in full swing with cozy  
pumpkin spice favorites from  
brands you know and love!

From Califia Farms' dairy-free  
beverages, to Tate's Bake Shop's  
crispy and buttery cookies, and  
Daiya's indulgent plant-based  
treats, there's something for  
everyone to savor this season.

These autumn flavors bring warmth  
and comfort to every bite and sip.  
Celebrate the season with pumpkin  
spice made for every lifestyle.



Califia Farms  
Pumpkin Spice  
Almond Latte  
48 oz

\$7.49

limited time only!



Tate's Bake Shop  
Pumpkin Spice  
Cookies  
6.5 oz

\$6.99

limited time only!

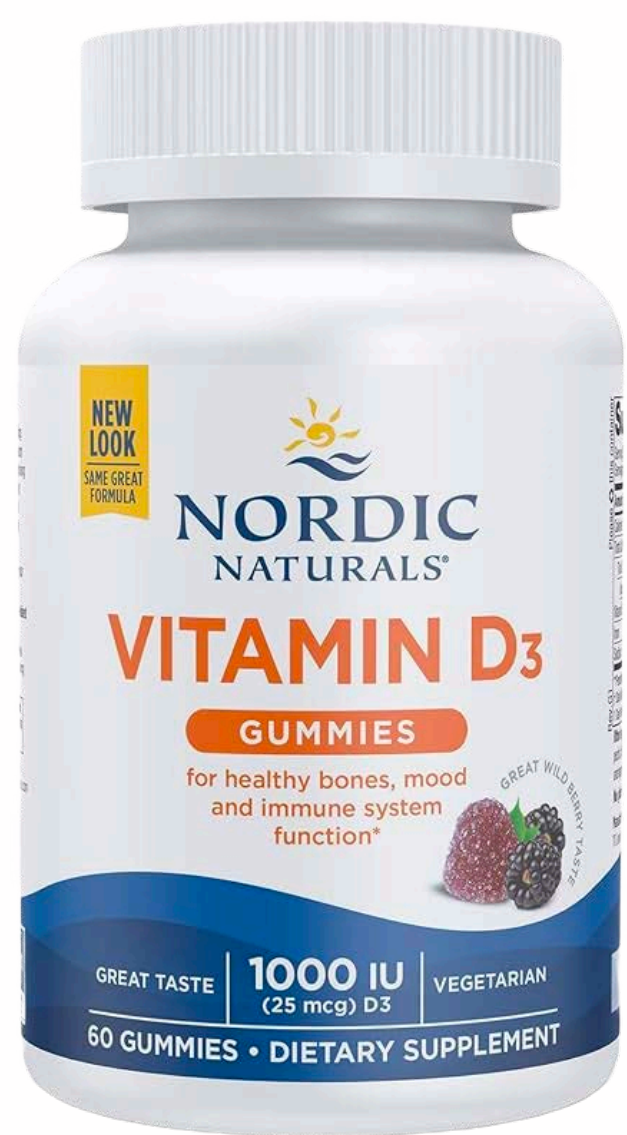


Daiya  
DF Pumpkin Spice  
Cheesecake  
14 oz

\$8.49

limited time only!

Nordic Naturals  
Vitamin D3 Gummies  
60 ct



\$12.99

you save \$2.00

Kokora  
Organic Ginger  
60 ct



\$30.99

you save \$6.00

True Grace  
One Daily Probiotics  
30 ct



\$33.99

you save \$5.00

Turnip Truck  
Oregano Oil Caps  
120 ct



\$12.99

you save \$5.00

Silver Wings  
Silver Sinus Nasal Spray  
1 oz



\$11.99

you save \$2.00

Boiron  
Throat Spray  
.68 oz



\$11.99

you save \$2.00

Quantum Health  
TheraZinc Lozenges  
14 ct



\$2.99

you save \$1.00

MegaFood  
Zinc  
60 ct



\$15.99

you save \$6.00

Thistle Famrs  
Seasonal Candle  
8 oz



\$26.99

you save \$4.00



Herb Pharm has been crafting trusted herbal extracts since 1979, using organic farming and time-honored traditions.

Based in Oregon, they grow many of their own herbs on their certified organic farm. Each tincture is crafted with care to ensure potency, purity, and transparency.

With sustainability and integrity at the heart of their mission, Herb Pharm has become a go-to for natural wellness. They embody the art and science of herbal medicine.



Herb Pharm  
Mushroom Wellness  
Lion's Mane  
90 ct

\$30.99

you save \$10.00



Herb Pharm  
Mullein Blend  
Extract  
1 fl oz

\$14.99

you save \$2.00

Big Dipper  
Small Pumpkin Candle  
1 ct



\$12.99

seasonal item!

Zum  
Spiced Citrus Soap  
4 oz



\$6.49

seasonal item!



Founded in 1894, Bell & Evans is America's oldest branded chicken company and a leader in humane, sustainable poultry practices.

They pioneered the organic chicken movement in the U.S. and remain committed to never using antibiotics. With innovations like 100% air-chilled chicken, Bell & Evans ensures better flavor and texture while reducing water waste.

Their farm-to-table approach prioritizes animal welfare and food integrity. Bell & Evans delivers poultry you can feel good about feeding your family.



Bell & Evans  
Single Serve  
Chicken Breast  
6 oz

\$5<sup>59</sup>  
NEW ITEM!



Bell & Evans  
Single Serve  
Chicken Thigh  
6 oz

\$4<sup>59</sup>  
NEW ITEM!

House Made  
Chuck Roast  
per pound

\$8<sup>99</sup>  
made fresh!



House Made  
Pork Tenderloin  
per pound

\$4<sup>99</sup>  
made fresh!



House Made  
Lemon Basil Halibut  
6 oz

\$4<sup>29</sup>  
you save \$1.00



Thomas Farms  
Meatloaf Mix  
16 oz

\$6<sup>99</sup>  
you save \$1.00



Niman Ranch  
Herb & Mustard Pork Chop  
13 oz

\$11<sup>99</sup>  
you save \$1.00



Niman Ranch  
Bacon Wrapped Pork Chop  
13 oz

\$11<sup>99</sup>  
you save \$1.00



Thousand Hills  
Grass Fed Stew Beef  
16 oz

\$12<sup>99</sup>  
you save \$2.00



Thousand Hills  
Grass Fed Beef Rump Roast  
24 oz

\$20<sup>99</sup>  
you save \$4.00



Thousand Hills  
Grass Fed Beef Brisket  
24 oz

\$21<sup>99</sup>  
you save \$4.00





Kettle Cuisine began in 1986 with a mission to create handcrafted soups using real, wholesome ingredients.

Their recipes are simmered in small batches, capturing the depth of homemade flavor. With a focus on clean labels and fresh, natural ingredients, Kettle Cuisine stands apart from mass-produced options.

Today, they continue to craft soups that comfort and nourish, from classics to globally inspired flavors. Every bowl tastes like it was made from scratch in your own kitchen.



Kettle Cuisine  
Apple Butternut  
Squash Soup  
32 oz

\$15<sup>99</sup>

NEW FLAVOR!



Kettle Cuisine  
Broccoli Cheddar  
Soup  
32 oz

\$11<sup>99</sup>

FALL FAVORITE!



Kettle Cuisine  
Chicken Tortilla  
Soup  
32 oz

\$11<sup>99</sup>

FALL FAVORITE!

Jackalope  
Octobearfest  
4 pk / 16 oz



\$12<sup>49</sup>

Laura Chenel  
Goat Brie  
5 oz



\$12<sup>49</sup>

Diskin Cider  
IMP Cherry Bomb  
4 pk / 16 oz



\$16<sup>99</sup>

# TURNIP TRUCK NATURAL MARKET

Turnip Truck is Nashville’s locally-owned, all-natural, full-service grocery haven. Since opening our doors in 2001, we’ve been dedicated to connecting our community with fresh, local produce, sustainable meats and seafood, and a thoughtfully curated wellness selection. With a focus on supporting 120+ local vendors, we strive to keep our shelves stocked with products that nourish both people and planet.

Join **TURNIP TRUCK REWARDS** for exclusive perks, special savings, and a \$10 off coupon just for signing up!

For more information and detail on offerings and savings, please visit [www.theturniptruck.com/loyalty-program/](http://www.theturniptruck.com/loyalty-program/) or scan this code.

