

Turnip Truck

Natural Market
Est. 2001

deals

Good Through March 1st – 31st



MELAWATER
Watermelon Water
16.9 oz

\$2.99

you save 80¢



H2TAB
Hydration Tabs
30 ct

\$28.99

you save \$4.00

New year, fresh start!

Essentia
Alkaline Water
1.5 lt



\$2.29

you save \$1.00

New Chapter
Men & Women's Multi
24 ct



\$14.99

you save \$3.00

Clean Cause
Sparkling Yerba Mate
16 oz



\$1.99

you save \$1.30

Organic
Asparagus
per pound



\$6.99

you save \$1.70

Organic
Mangoes
per each



\$2.99

you save 80¢

Organic
Leeks
per pound



\$2.99

you save \$1.00

Organic
Mandarins
2 lb bag



\$5.99

you save \$1.00

Organic
Green Cabbage
per pound



\$7.29

you save \$1.50

Organic
Kiwi
per each



89¢

you save 10¢



Save 10% on Bulk Items Every Wednesday

**Arrowhead Mills
Organic Red Lentils**

16 oz

\$4.69

you save \$1.60



**Cleveland Kitchen
Classic & Mild Kimchi**

16 oz

\$3.69

you save \$1.80



**Lakewood
Pure Pomegranate Juice**

32 oz

\$9.99

you save \$1.50



**Boulder Canyon
Canyon Cut Kettle Chips**

5.25 oz

\$3.29

you save \$1.20



**BRIANNAS
Organic Dressing**

10 oz

\$4.49

you save \$1.00

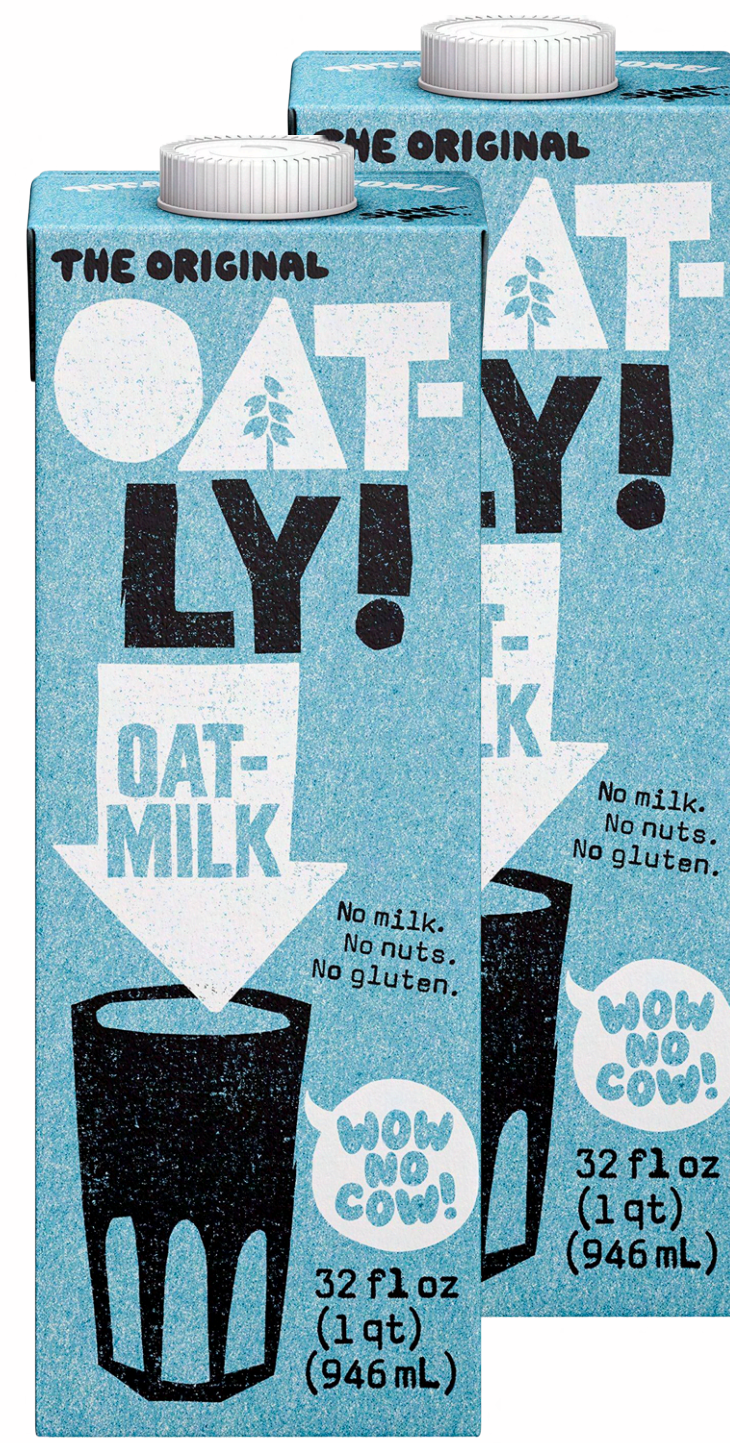


**Oatly
Original Oatmilk**

32 oz

\$3.99

you save \$1.50



**Mighty Spark
Chicken Snack Sticks**

4/1 oz

\$5.69

you save \$2.30



**Caulipower
Assorted Chicken Bites**

14 oz

\$8.99

you save \$3.00



**The Ginger People
Gin Gins**

3 oz

\$2.79

you save 90¢



**Daring.
Plant Chicken Wings**

8 oz

\$4.99

you save \$2.00



**Late July
Organic Tortilla Chips**

14.75 oz

\$4.49

you save \$1.50



4th & Heart was born from a personal journey. Founder Raquel Tavares grew up in Brazil cooking with clarified butter and set out to bring that tradition to modern kitchens with purpose and purity.

Every jar of 4th & Heart ghee is made from grass-fed, pasture-raised butter — slow-cooked to remove dairy solids and water, leaving behind a rich, golden fat that's as clean as it is flavorful.

Their commitment to traceable sourcing and honest ingredients is what sets them apart on the shelf and at the table.



**4th & Heart
Original & Himalayan
Ghee Butter**

9 oz

\$10.49

you save \$4.00



**4th & Heart
Salted & Unsalted
Ghee Butter**

8 oz

\$5.29

you save \$1.20

Zoup!
Assorted Bone Broth
32 oz

\$5.69

you save \$2.00



Suga Organic
Cold Pressed Juice
12 oz

\$3.59

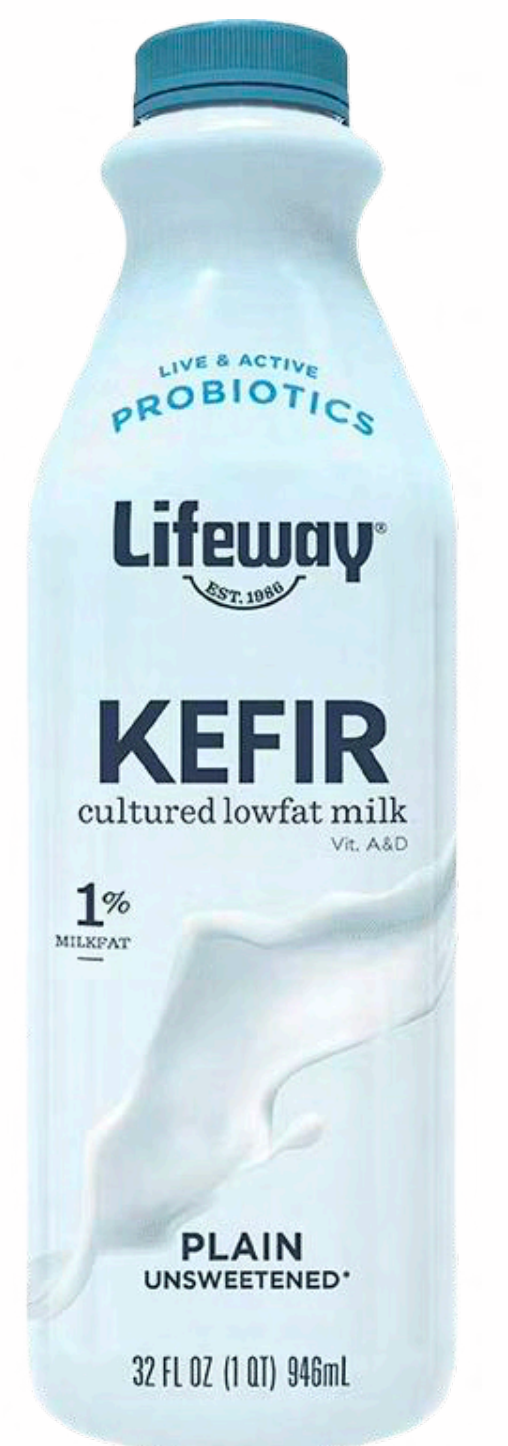
you save 70¢



Lifeway
Low Fat Kefir
32 oz

\$3.99

you save \$1.50



HOPWTR
Sparkling Hop Water
16 oz

\$1.89

you save 60¢



Hiyo
Non-Alcoholic Tonic
4/12 oz

\$10.49

you save \$6.50



Four Sigmatic
Functional Ground Coffee
10 oz

\$15.99

you save \$4.00



Ben & Jerry's
Assorted Ice Cream
16 oz

\$5.89

you save \$1.60



Bobo's
Coconut Oat Bars
3 oz

\$1.99

you save \$1.00



Bubbies
Mochi Ice Cream
7.5 oz

\$4.99

you save \$2.00



Birch Benders started in a tiny Denver kitchen with a big idea: make wholesome baking mixes so easy and delicious that you'd never reach for the conventional box again. Their mixes are crafted with real, recognizable ingredients and no artificial anything.

As spring arrives and you're ready to refresh your kitchen routine, Birch Benders makes it easy to bake lighter without sacrificing the comfort of a stack of fluffy pancakes or a warm waffle.

They've built their brand around the belief that food should bring people together — and that the best mornings start with something made from scratch, without all the fuss.



Birch Benders
Organic Classic
Pancake & Waffle Mix
16 oz

\$4.69

you save \$1.80



Birch Benders
Gluten Free
Pancake & Waffle Mix
14 oz

\$5.69

you save \$2.10



Birch Benders
Organic Blueberry
Bread & Muffin Mix
14.3 oz

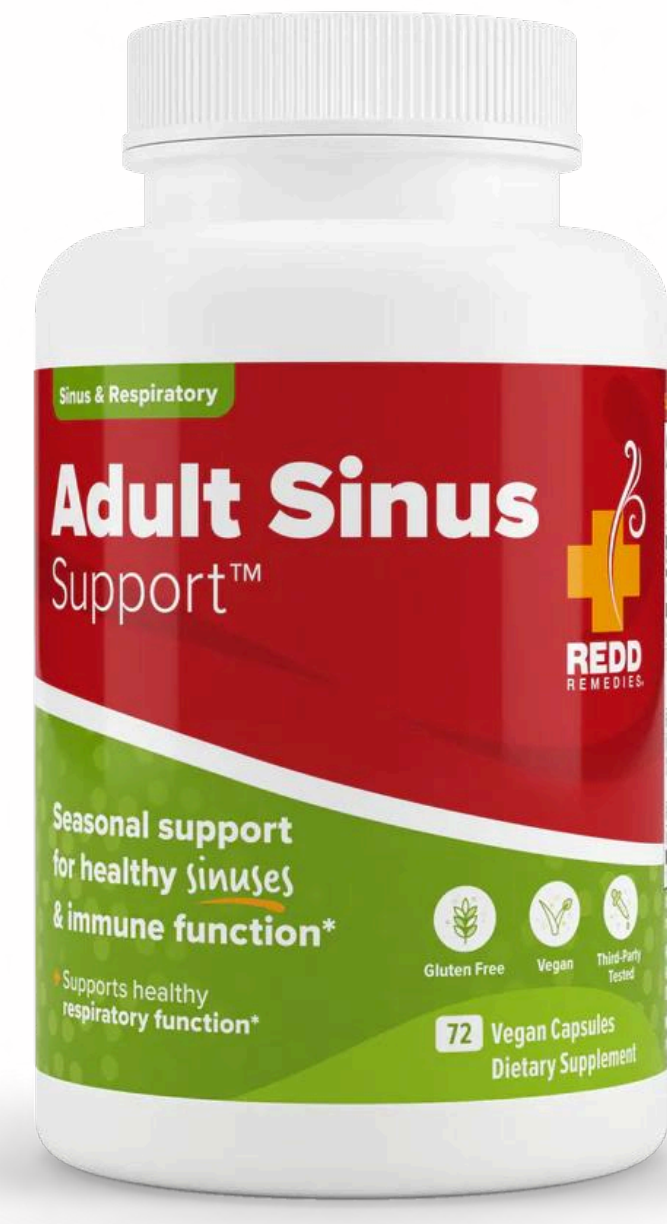
\$5.89

you save \$2.10

**Redd Remedies
Adult Sinus Support**
72 ct

\$28⁷⁹

you save \$7.20



**Kal
Magnesium Glycinate 350**
160 ct

\$18⁹⁹

you save \$4.00



**Herb Pharm
Triphala Capsules**
60 ct

\$13⁹⁹

you save \$3.00



**BioOptimizers
Masszymes**
30 ct

\$13⁹⁹

you save \$5.00



**Now
Platinum Mint Toothpaste**
6.4 oz

\$4⁹⁹

you save \$1.00



**Crystal
Unscented Deodorant**
2.5 oz

\$8⁹⁹

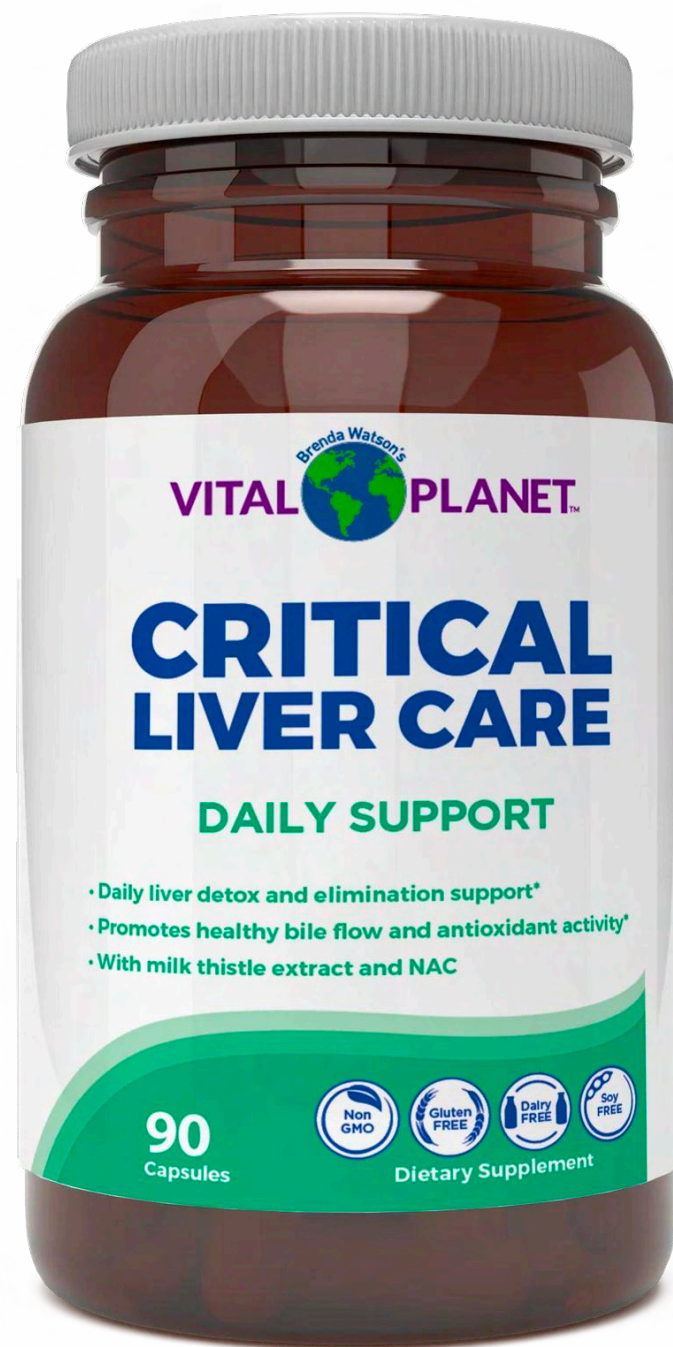
you save \$5.00



**Vital Planet
Critical Liver Care**
90 ct

\$34⁹⁹

you save \$5.00



**The Food Movement
Zeolite**
1 oz

\$18⁹⁹

you save \$3.00



**Terry Naturally
Curamin Headache Relief**
21 ct

\$15⁹⁹

you save \$5.00



MadHippie

hippies do it better.

Mad Hippie was founded on the conviction that skincare should be as clean as the world you're trying to protect. Every formula is cruelty-free, vegan, and designed with transparency at its core, so you always know what you're putting on your skin.

As spring brings fresh energy and a desire to renew, Mad Hippie's vitamin C serums, exfoliating scrubs, and nourishing moisturizers are the perfect reset for your skincare routine.

Mad Hippie isn't just skincare — it's a lifestyle rooted in curiosity, care, and conscious living.



**Mad Hippie
Brightening Gel**
each

\$21⁹⁹

you save \$8.00



**Mad Hippie
AHA + BHA Milk Serum**
each

\$21⁹⁹

you save \$8.00

**Braggs
ACV Cleanse**
32 oz

\$10⁹⁹

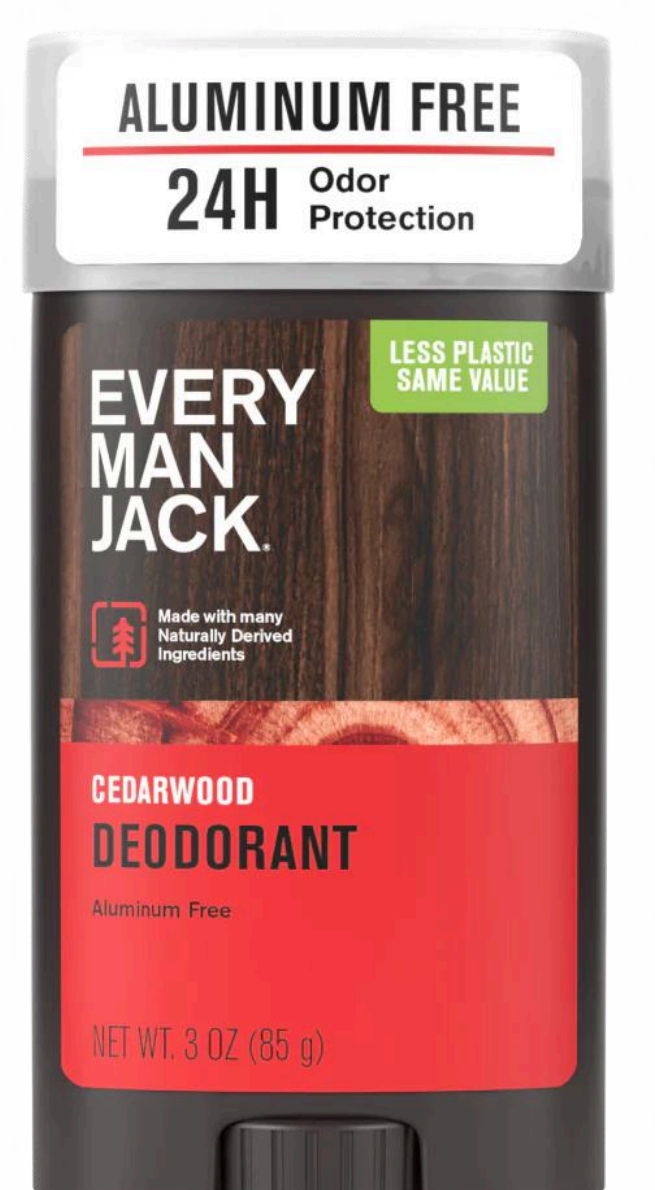
you save \$2.00



**Every Man Jack
Cedarwood Deodorant**
3 oz

\$5⁹⁹

you save \$3.50



FORCE -OF- NATURE

Force of Nature was founded with a radical idea: that the way we raise animals can actually heal the land rather than deplete it. Rooted in the principles of regenerative agriculture, Force of Nature partners exclusively with ranchers who practice holistic land management.

Their meats are 100% grass-fed and finished, free from antibiotics and hormones, and sourced from animals raised in true harmony with the land they graze. As we move into spring — a season of renewal and cleansing — there's no better time to think about where your protein comes from and what kind of food system you want to support.

When you choose Force of Nature, you're not just feeding your family well — you're voting for a better future for the planet.



**Force of Nature
Ancestral Ground Beef**
16 oz

\$15⁹⁹



**Force of Nature
Ancestral Ground Bison**
14 oz

\$19⁹⁹

**Australian
Beef Brisket**
per pound



\$7⁹⁹

**Wild Caught
Cod Filet**
per pound



\$12⁹⁹

**Wild Caught
Sockeye Salmon**
per pound



\$19⁹⁹

**Brooklyn Cured
Sausage Duck Fennel**
10 oz



\$9⁹⁹

**Thomas Farms
Grass Fed Ground Lamb**
1 lb



\$10⁹⁹

**Niman Ranch
Beer Bratwurst**
12 oz



\$8⁹⁹

**Thousand Hills
Hot Soppressatta**
3 oz



\$7⁹⁹

**Thousand Hills
Tosceno Salami**
3 oz



\$7⁹⁹

**Thousand Hills
Pork Genoa Salami**
3 oz



\$7⁹⁹

ROOTED IN NASHVILLE. GROWING TOGETHER.



Nashville's Most Trusted Natural Grocer Since 2001.
Celebrating 25 years of real food, real community—May 9th.

Biokult
Gruner Veltliner
750 ml



\$18⁹⁹

Half Batch Brewing
Downpatrick Irish Red Ale
6 pk / 12 oz



\$12⁹⁹

McCall's
12 -Month Irish Cheddar
7.4 oz



\$7⁴⁹

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/ or scan this code.

