

# Turnip Truck

Natural Market  
Est. 2001

# deals

Good Through April 1st – 30th



Sambazon  
Org Acai Smoothie Packs  
4 / 100 g

**\$5.79**

you save \$2.20



Natural Factors  
Whole Earth & Sea Multi  
120 ct

**\$53.99**

you save \$26.00

## New year, fresh start!

Malk  
Org Almond Milk  
28 oz



**\$5.49**

you save \$1.50

Wish Garden  
Kick-Ass Allergy  
2 oz



**\$19.99**

you save \$7.00

Perfect Bar  
Assorted Org Bars  
4 / 2.5 oz



**\$9.49**

you save \$1.50

Organic  
Cauliflower  
per each



**\$6.49**

you save \$2.50

Organic  
Living Lettuce  
per each



**\$4.99**

you save \$1.50

Organic  
Watercress  
per each



**\$4.99**

you save 60¢

Organic  
Italian Parsley  
per each



**\$1.99**

you save 80¢

Organic  
Living Herbs  
per each



**\$3.49**

you save 50¢

Organic  
Cilantro  
per each



**\$1.99**

you save 30¢



Save 10% on Bulk Items Every Wednesday

**MUSH  
Overnight Oats**

5 oz

**\$1.89**

**you save 60¢**



**Pop & Bottle  
Oat Milk Latte**

8 oz

**\$2.99**

**you save \$1.00**



**Rishi Tea  
Sparkling Botanicals**

12 oz

**\$2.99**

**you save 80¢**



**BEAR  
Fruit Rolls**

3.5 oz

**\$4.69**

**you save \$1.10**

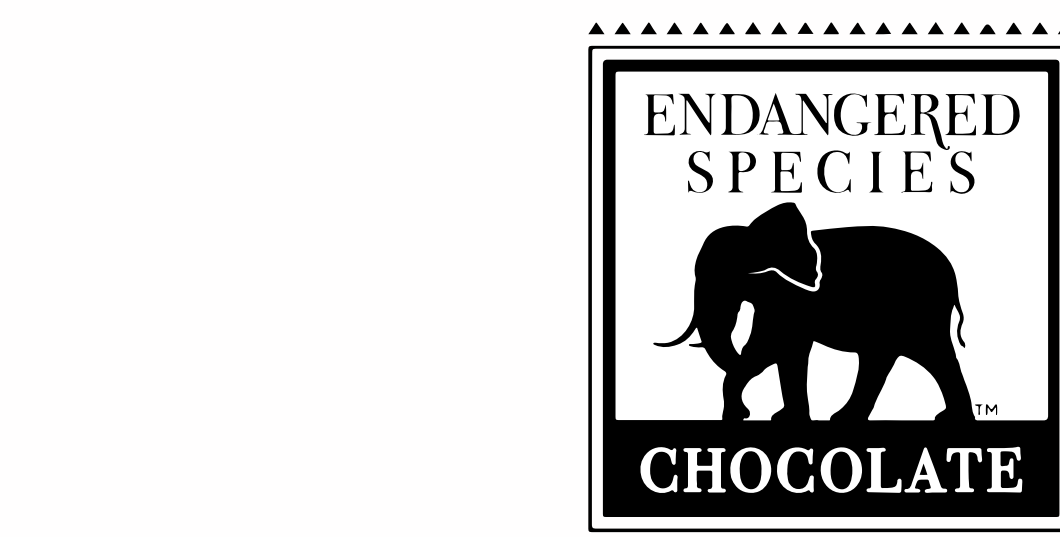


**Evolution Fresh  
Org Juices**

15.2 oz

**\$4.49**

**you save \$1.70**



Endangered Species Chocolate was founded in 1993 with a mission as meaningful as the name suggests — to use the power of chocolate to protect wildlife and wild places.

Ten percent of net profits are donated to organizations supporting habitat conservation, species preservation, and human co-existence with wildlife. Every bar is crafted with ethically sourced, premium cacao and certified to the highest standards of fairness and sustainability.

From rich dark chocolate to oat milk varieties, their lineup proves that indulgence and impact can share the same wrapper.



**Endangered Species  
Black Panther  
88% Dark Chocolate**

3 oz

**\$3.99**

**you save \$1.30**



**Endangered Species  
Rainforest  
Dark Chocolate Mint**

3 oz

**\$3.99**

**you save \$1.30**

**Bragg  
Org Apple Cidar Vinegar**

16 oz

**\$3.49**

**you save \$1.50**



**Annie's  
Org Snack Mix**

9 oz

**\$4.49**

**you save \$2.80**



**Dandies  
Vegan Marshmallows**

10 oz

**\$3.69**

**you save \$1.30**



**Seed of Change  
Quinoa & Brown Rice**

8.5 oz

**\$2.99**

**you save \$1.50**



**Kettle Brand  
Potato Chips**

5 oz

**\$3.49**

**you save 80¢**



**Sambazon  
Org Energy Drink**

12 oz

**\$1.99**

**you save \$1.00**



**Safe Catch  
Wild Albacore Tuna**  
5 oz

**\$4.69**

you save \$1.30



**Kettle & Fire  
Bone Broth**  
32 oz

**\$9.99**

you save \$3.00



**Pomi  
Assorted Tomatoes**  
26 oz

**\$3.59**

you save \$1.40



**Micheals of Brooklyn  
Tomato Basil Sauce**  
32 oz

**\$8.99**

you save \$2.50



**Violife  
Just Like Mozzarella Shreds**  
8 oz

**\$4.99**



**SIMPLI  
Org Heirloom Black Beans**  
12 oz

**\$4.99**

you save \$1.50



**Bragg  
Org Extra Virgin Olive Oil**  
16 oz

**\$12.99**

you save \$5.00



**Emmy's Organics  
Org Coconut Cookies**  
4 oz

**\$3.59**

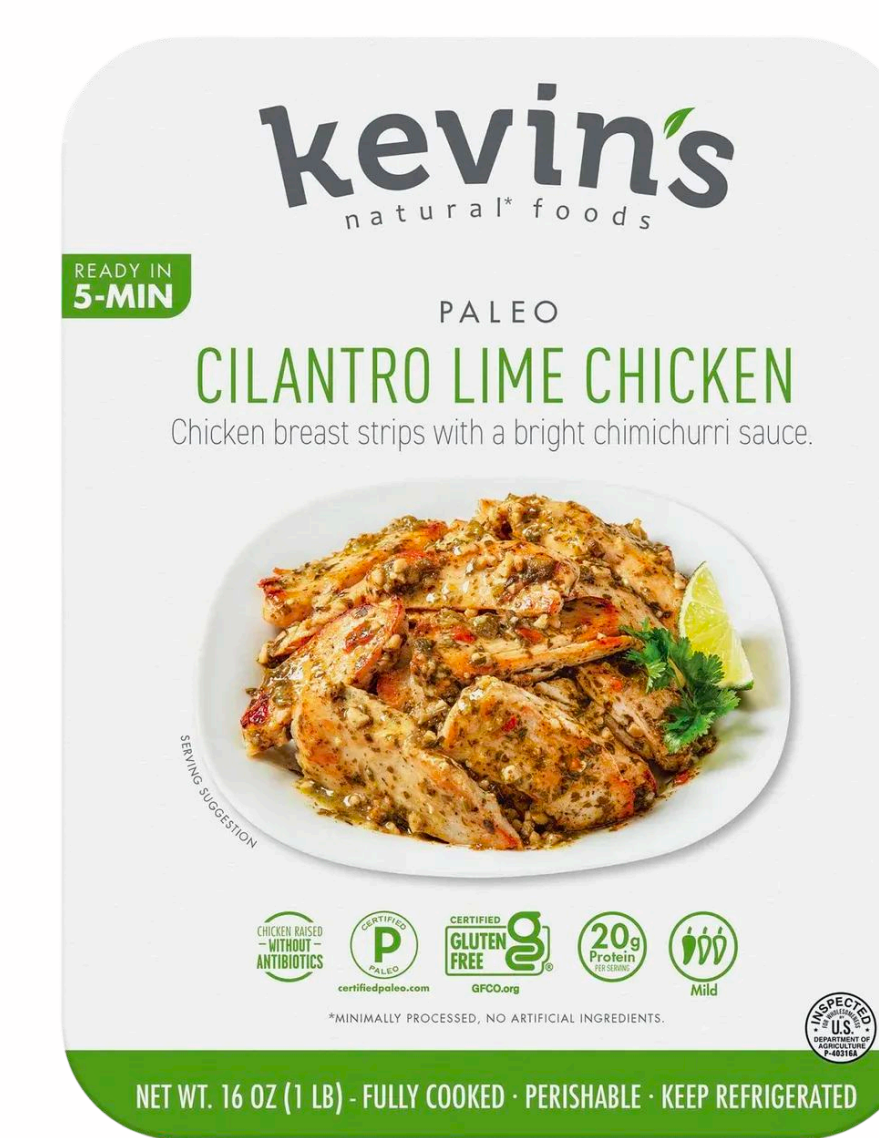
you save \$1.40



**Kevin's Natural Foods  
Cilantro Lime Chicken**  
16 oz

**\$9.49**

you save \$2.50



This Earth Day, we're celebrating the brands and ingredients that prove eating well and living sustainably go hand in hand.

Big Mountain Foods' plant-based Mushroom Crumble delivers bold, savory flavor with a fraction of the environmental footprint of conventional meat. Popadelics transforms whole mushrooms into craveable, crunchy chips — a snack that's as planet-friendly as it is addictive. And Nuco's grain-free Coconut Wraps offer a clean, versatile alternative to traditional tortillas, made with just a handful of simple ingredients.

Together, these three make it easy to fill your cart — and your plate — with intention this April.



**Big Mountain Foods  
Lion's Mane  
Mushroom Crumble**  
10.58 oz

**\$5.99**

you save \$1.80



**Popadelics  
Mushroom Chips  
Assorted Flavors**  
1.4 oz

**\$3.99**

you save \$2.10



**NUCO  
Org Coconut Wraps  
Original & Turmeric**  
2.47 oz

**\$6.69**

you save \$2.10



**Buried Treasure  
ACF Kids**  
16.54 oz



**\$26<sup>99</sup>**

you save \$3.00

**MegaFood  
Creatine**  
500 g



**\$19<sup>99</sup>**

you save \$10.00

**Utzy  
Allertica**  
40 ct



**\$13<sup>99</sup>**

you save \$4.00

**Terry Natrually  
Energy Revitalization**  
12 ct



**\$17<sup>99</sup>**

you save \$10.00

**Emerald Labs  
Vitamin C**  
90 ct



**\$19<sup>99</sup>**

you save \$4.00

**Xclear  
Sinus Rinse Kit**  
1 ct



**\$7<sup>99</sup>**

you save \$2.00

**Now Pet  
Flea & Tick Spray**  
8 oz



**\$7<sup>99</sup>**

you save \$5.00

**Nordic Naturals  
Pet Skin & Coat Chew**  
30 ct



**\$24<sup>99</sup>**

you save \$5.00

**Pacha  
Spring Gift Bag  
bundle**



**\$26<sup>99</sup>**

you save \$3.00

**HOST DEFENSE<sup>®</sup>  
Mushrooms<sup>™</sup>**

Host Defense was founded by world-renowned mycologist Paul Stamets, whose lifelong study of fungi has made him one of the leading voices in natural wellness.

Built on decades of research, Host Defense harnesses the immune-supporting power of organically grown mushrooms — from Lion's Mane to Reishi to Turkey Tail. Their products are crafted using a unique mycelium and fruiting body approach that maximizes the full spectrum of beneficial compounds.

For anyone looking to support immunity, cognition, or stress resilience this spring, Host Defense is the gold standard in functional mushroom supplements.



**Host Defense  
Mushroom Gummies  
Bearly Well**  
each

**\$28<sup>99</sup>**

you save \$8.00



**Host Defense  
Mushroom Gummies  
Lion's Mane**  
each

**\$28<sup>99</sup>**

you save \$8.00

**Evan Healy  
Neroli Body Oil**  
3.3 oz



**\$25<sup>99</sup>**

you save \$4.00

**Badger  
Anti-Tick Spray**  
4 oz



**\$8<sup>99</sup>**

you save \$3.00



Farmer Focus was built on a simple but revolutionary idea: put the farmer first.

Founded in Virginia's Shenandoah Valley, the company was created to give independent family farmers ownership over their flocks and fair, transparent pay — a stark departure from the contract farming model that dominates the industry.

Every bird is USDA certified organic, humanely raised, and never given antibiotics or added hormones. Farmer Focus delivers chicken you can feel good about — raised with integrity, by farmers who are treated the same way.



**Farmers Focus  
Chicken Breast**  
per pound

**\$10.49**

**you save \$1.50**



**Farmers Focus  
Chicken Tenders**  
per pound

**\$11.29**

**you save \$1.70**

**Farmers Focus  
Boneless Chicken Thighs**  
per pound

**\$8.29**

**you save 70¢**



**Farmers Focus  
Bone-In Chicken Thighs**  
per pound

**\$4.99**

**you save \$1.30**



**Farmers Focus  
Org Whole Chicken**  
per pound

**\$4.59**

**you save 40¢**



**Thousand Hills  
Ground Beef 90/10**  
16 oz

**\$14.99**

**you save \$1.00**



**Thousand Hills  
Ground Beef 85/15**  
16 oz

**\$11.49**

**you save \$1.50**



**Thousand Hills  
Ground Beef 80/20**  
16 oz

**\$10.49**

**you save 50¢**



**Wild Caught  
Shrimp**  
per pound

**\$12.99**



**Sirius Foods  
Australian Ribeye**  
per pound

**\$19.99**



**Sirius Foods  
Tenderloin Filets**  
3 per pound

**\$27.59**

**you save \$2.90**



# ROOTED IN NASHVILLE. GROWING TOGETHER.



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

Noah River  
Pinot Noir  
750 ml



**\$16<sup>99</sup>**

Hi-Wire Brewing  
Cooler Nights  
6 pk / 12 oz



**\$12<sup>99</sup>**

Meredith Dairy  
Meredith Marinated  
19.4 oz



**\$14<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.

