3-DAY PRODUCE

Sale!

July 4-6

Blueberries

$2.99 18 OZ
SAVE $2

Sweet Corn

19¢ per ear
SAVE .50¢ *per ear*

Yellow Nectarines

99¢ LB
SAVE $3

Jumbo Idaho Russet Potatoes

$2.99 8LB BAG
SAVE $2

While supplies last

e on *over*

r 500 ite

ms this

week

Grill-Worthy Deals for Independence Day

FRESH THYME
MARKET®

18.99

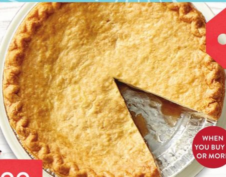
White Claw, Topo Chico, Vizzy, Mighty Swell or Truly
Hard Seltzer
select varieties
12 pk, 12 oz

9.99 LB

Thomas Farms
Pasture Raised Beef Tenderloin
whole in bag, with additional $25 minimum purchase

LIMIT 2

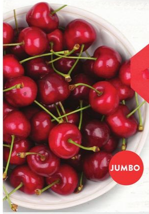
GRASS FED, GRASS FINISHED



5.99

WHEN YOU BUY 2 OR MORE

Fresh Thyme
Fruit Pies 8 in
quantities less than 2 will be $7.99



NEW CROP

2.99 LB

Northwest Cherries

JUMBO

Washington Sweet Red Cherries

NEW CROP

2.99 LB

Lori Anne PEACHES

Handpicked to peak perfection

FRESH THYME EXCLUSIVE

All-Natural Pork Baby Back Ribs or Boneless Skinless Chicken Breasts Value Pack **2.99LB**

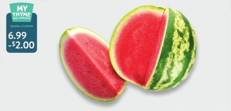
MY THYME DIGITAL COUPON 7.99LB -$3.00

WILD CAUGHT

Large Snow Crab Clusters **4.99LB** AFTER DIGITAL COUPON
previously frozen

NON GMO

Super Sweet Southern Corn **6/$2**



MY THYME DIGITAL COUPON 6.99 -$2.00

Whole Jumbo Seedless Watermelons **4.99** AFTER DIGITAL COUPON

Pier 33 ANTIBIOTIC FREE

Pier 33
Premium Select Coho Salmon Fillets **5.99LB**

NON GMO HOT PRICE

Olipop
Prebiotic Soda 12 oz **4/$8**

HOT PRICE

WHEN YOU BUY 4 OR MORE

GT's
Kombucha 16-16.2 oz **4/$8**
quantities less than 4 are regular retail

NON GMO

Boulder Canyon
Potato Chips 5.25-6 oz **3/$10**

USDA ORGANIC

Jonny Pops
Frozen Novelty Bars
8.24-14.8 oz

BUY ONE GET ONE 50% OFF

FRESH THYME FARMERS MARKET
PROVOLONE Cheese
10 SLICES
KINDER'S
EST. 1946
BBQ SAUCE
HONEY
GRILLO'S PICKLES
Pickle Chips
CLASSIC DILL
RIB RACK
SPICE RUB
CHICKEN
ORGANIC STONE GROUND Mustard
PRETZILLA
SOFT PRETZEL BREAD
PRETZEL SAUSAGE BUNS
4 COUNT
ZESTY BUFFALO Wing Sauce
Bread & Butter CHIPS
SUCKERPUNCH
Gourmet
COLBY JACK Cheese

B

Better
BQ Basics

Grill-Worthy Deals for Independence Day

SHOP NOW!

EXCLUSIVE TO FRESH THYME MARKET!

Lori Anne PEACHES

These incredibly sweet and juicy Southern peaches are left on the trees longer to ripenand picked not by machines, but by hand.They're not here long; get 'em while you can!

In-store now!

Jumbo 16/20 ct Raw EZ Peel or 41/50 ct Cooked Shrimp **BOGO** *buy one get one free mix and match*
sold only in 2 lb bag

GRASS FED, GRASS FINISHED

Thomas Farms **8.99LB**
Pasture Raised
Boneless New York Strip Steak

GRASS FED, GRASS FINISHED

Thomas Farms **9.99LB**
Pasture Raised
Boneless Beef Ribeye Steak

Farm Promise or Hatfield **2/$6**
Recipe Essentials
Sausage or Ground Pork
16 oz

ANTIBIOTIC FREE

Gilbert's **BOGO** *buy one get one free mix and match*
Craft Chicken
Sausage
10 oz

Applegate **4.99**
Natural Uncured
Turkey Hot Dog 10 oz
Applegate Great Organic Beef Hot Dog....7.99
14 oz

Holten's Chop House **12.99**
Steak or Sirloin Burgers
32 oz

Simply Surimi **3.99**
Imitation Crab Meat
flake or stick style, 12 oz

Regal King **7.99**
Smoked Salmon
maple, beech wood, hot beech wood or manuka wood, 3.5-4 oz

Picnic Time Bouquet **9.99**

CALIFORNIA Grown

California **4.99**
Strawberries
2 lb

Extra Large Sweet Seedless Red, Green or Black Grapes **1.99LB**

Cotton Candy

Extra Large Seedless Cotton Candy Grapes **3.99LB**

Fresh Express **2/$3**
Garden Salad 12 oz,
Cole Slaw 14 oz or
Iceberg Shreds 8 oz

4" Bloomers in Summer Pot Cover **3.99**

midwest grown

Mighty Vine **99¢LB**
Jumbo Red Beefsteak
Tomatoes

USDA ORGANIC

Organic Whole White or Baby Bella Mushrooms **2/$4**
8 oz

Pure Flavor **4.99**
Sangria Medley Tomatoes
24 oz

Blueberries **3.99**
18 oz, large pack

No Shells
Wonderful
Roasted & Salted
PISTACHIOS
NET WT 6 OZ (170g)
Daisy
SOUR CREAM
FRENCH ONION DIP
16 OZ (454g)
FRESH THYME FARMERS MARKET
ORGANIC POPCORN
White Cheddar
NET WT. 4.5 OZ (128g)
FRESH THYME MARKET
GUACAMOLE
FREE FROM
Avocado Spread
FRESH THYME MARKET
ORGANIC WHITE CORN
Tortilla Chips
RESTAURANT STYLE
FRESH THYME FARMERS MARKET
SALSA
Tequila Lime
MEDIUM
NET WT. 16 OZ (454g)
CEDAR'S
BAKED!
WHOLE WHEAT PITA CHIPS
Boar's Head
CONTAINS PROBIOTICS
TZATZIKI
GREEK YOGURT DIP
NET WT 12 OZ (340g)
Lesser Evil
SINFUL TASTE
CLEAN SNACKS
ORGANIC POPCORN
WITH ORGANIC COCONUT OIL
"NO CHEESE" CHEESINESS
THE BEST BITE OVER AND OVER AGAIN
MUDDY BITES
Waffle Cone Snacks

Al Fresco Snacking

Grill-Worthy Deals
for Independence Day
SHOP NOW!

HOT PRICE
MY THYME
DIGITAL COUPON
10.00
-$2.00

WHEN YOU BUY 10 OR MORE

Chobani
Yogurt
greek, less sugar, no sugar or flip
4.5-5.3 oz
10/$8
AFTER DIGITAL COUPON

NO SUGAR ADDED

Zevia
Zero Calorie Soda
12 pk, 12 oz
9.99

USDA ORGANIC

Fresh Thyme
Organic Lemonade
64 oz
2/$6

USDA ORGANIC

Late July
Organic Tortilla Chips
14.75 oz, party size
2/$9

Kinders
BBQ Sauce
15.3-15.5 oz
BOGO
buy one get one free

Joyba
Bubble Tea
4 pk, 12 oz
8.99

Snack Factory or Crunchmaster
Pretzels or Crackers
3.54-7.2 oz
2/$7

Kind
Thins Bars
.74 oz
5/$5

Bulk
Classic Salt Water Taffy
2.99LB

Talenti
Gelato or Sorbetto
one pint
3.99

Ruby Jewel
Ice Cream Sandwich
5.25 oz
3.99

USDA ORGANIC

DeeBee's
Organic Superfruit Freezie
10 ct, shelf-stable
2/$8

Chocolove or Dandies
Chocolate Bars or Marshmallows
2.9-10 oz
2.99

USDA ORGANIC

Annie's Homegrown
Organic Graham Crackers
14.4 oz
4.99

Helpful Hens
Pasture-Raised Large Brown Eggs
1 dozen
3.99

Daisy
Sour Cream or Cottage Cheese
24 oz
3.49

DeLallo
Olive Varieties
4-8 oz
4.49

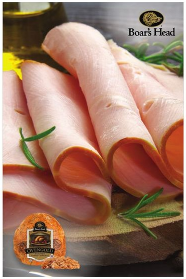
Fresh Thyme
Cheese Slices
6-8 oz
2/$5

Fresh Thyme
Frozen Pizza
17.21-18.02 oz
2/$7

Mr. Dell's
Frozen Hashbrowns
24-32 oz
2/$7

Resers
Salads
15-16 oz
2/$6

La Terra Fina or La Mexicana
Dip or Salsa 10-16 oz
3.99



Boar's Head
Ovengold Turkey
9.99LB
Boar's Head Yellow or White American Cheese.....6.99LB

FIELD ROAST
FIELD BURGER
PLANT-BASED BURGERS
Crafted with mushrooms, garlic, and onions
TOFURKY
PLANT-BASED SAUSAGE ITALIAN
FOLLOW YOUR HEART
DAIRY-FREE CHEESE Parmesan
SOY FREE | VEGAN | LACTOSE FREE
FOLLOW YOUR HEART
DAIRY-FREE CHEESE Smoked Gouda
SLICES
FIELD ROAST
SMOKED APPLE & SAGE
FIELD ROAST
SPICY MEXICAN CHIPOTLE
FOLLOW YOUR HEART
ORIGINAL Vegenaise
FOLLOW YOUR HEART
DAIRY-FREE CHEESE Feta Crumbles
MOUTHWATERING MELT!
FOLLOW YOUR HEART
DAIRY-FREE CHEESE Cheddar
SOY FREE | VEGAN | LACTOSE FREE
SHREDDED
IMPOSSIBLE
BEEF MADE FROM PLANTS

Pl

on

ant-Based
Your Plate

Grill-Worthy Deals
for Independence Day

SHOP NOW!

Ancient Nutrition
Collagen and Greens
select varieties
25% OFF

ENTIRE LINE ON SALE

HumanN
SuperBeets
25% OFF

Ultima Replenisher
Electrolyte Drink Mix Boxes
15.99

The Good Charcoal
Premium Hardwood Lump Charcoal
8 lb bag
7.99

Repurpose
Bowls or Plates
20% OFF

Soapbox
Hair Care
5 or 16 oz
BOGO
buy one get one free

Fresh Thyme
Seasonal Hand Soap or Hand Cream
12 oz
2/$7

Fresh Thyme
100% Recycled Paper Towels
6 rolls
6.99

ENTIRE LINE ON SALE

Handi-Foil
Aluminum Cookware
20% OFF

WHEN YOU BUY 2 OR MORE

Fresh Thyme
Purified Drinking or Spring Water
24 pk, 16.9 oz
quantities less than 2 are regular retail
2/$6

Rhinegeist
Truth IPA or Hop Box Variety
select varieties, 12 pk, 12 oz
17.99

Guinness
Beer
4 pk, 14.9 oz
8.99

WHEN YOU BUY 2 OR MORE

LaCroix
Sparkling Water
12 pk, 12 oz
quantities less than 2 are regular retail
2/$9

Madtree
Beer
select varieties, 6 pk, 12 oz
10.99

ALCOHOL FREE

Athletic Brewing
Non-Alcoholic Beer
select varieties, 6 pk, 12 oz
9.99

3-DAY PRODUCE Sale!

July 4—6

Jumbo Idaho Russet Potatoes
$2.99 8 LB
SAVE $2

Blueberries
$2.99 18 OZ
SAVE $2

Yellow Nectarines
99¢ LB
SAVE $3 LB

Sweet Corn
19¢ each
SAVE 50¢ per ear

While supplies last

DOORDASH instacart Shipt Uber Eats

Prices valid 7/03/24-7/09/24 at our Kentucky location

remember to recycle after reading

We reserve the right to limit quantities. All sale items are while supplies last and subject to availability. We reserve the right to correct printing errors. Not all items available in all stores. Hops and Grapes purchases are subject to local state laws. MN and KY: available in Hops & Grapes liquor store locations only. PA: Max of 192 fl. oz. of beer and 3,000 mL of wine can be purchased at any one time.

Cinnamon
Graham Style Crackers
GLUTEN FREE
Pamela's
NET WT. 7.5oz (212.6g)
88% COCOA
DAIRY & GLUTEN FREE
Chocolove
Extreme Dark Chocolate
NET. WT. 3.2 OZ (90g)
DANDIES
vegan marshmallows
VANILLA FLAVORED
Hu
GET BACK TO HUMAN
SIMPLE
MILK CHOCOLATE
ORGANIC GRASS-FED MILK
CERTIFIED ORGANIC
Annie's
HOMEGROWN
Organic
Honey Grahams
Graham Crackers Made with 8g Whole Grains
"Honey! I'm home!"
DANDIES
vegan marshmallows
MINI VANILLA FLAVORED
Minis!
Hu
GET BACK TO HUMAN
CASHEW BUTTER
+ PURE VANILLA BEAN
DARK CHOCOLATE

Build a Better Smore

Grill-Worthy Deals for Independence Day

SHOP NOW!

THOMAS FARMS

PREMIUM WAGYU BEEF

everyday indulgence

100% All-Natural Wagyu Beef

Never Administered Growth Hormones

Grain Finished with non-GMO Feed

BACK FOR SUMMER!

WAGYU
BEEF RIBEYE STEAK

Premium Wagyu Boneless Ribeye Steak

39.99 LB

WAGYU
BEEF STRIP STEAK

Premium Wagyu Boneless New York Strip Steak

39.99 LB

WAGYU
GROUND BEEF

Premium Wagyu Ground Beef
16 oz

6.99

WAGYU
BEEF BURGERS

Premium Wagyu Beef Burgers
16 oz

7.49

BLACK

BLACK SKIN, BR
LARGE SEEDS

DIAMOND WAT

RIGHT RED FLESH HEIRLOOM

SUPER SWEET & JUICY CAN

ERMELON

NON GMO

GROW VERY LARGE

build your own charcuterie

You dont have to be a chef to make a fantastic charcuterie, in fact, you dont even have to cook! Shop for tasty cheeses and meats, crunchy crackers and nuts, and top it off with fresh fruit and salty olives for the ultimate finger food. Bring to your next summer get together as a hostess gift that sure to impress!

SHOP NOW

Summer Stone Fruits

White Peaches

Sweet with floral notes

2.99LB

White Nectarines

Sweeter taste with less acidity

2.99LB

Yellow Nectarines

Crisp, sweet and tart

2.99LB

Donut Peaches

Thin and tender skins without the fuzz, non-gmo

3.99LB

Plums

Sweet and tart

2.99LB

Pluots

Part plum and part apricot, a tasty hybrid fruit with sweet and tart note

2.99LB

Apricots

Similar to peaches, but apricots tend to be sweet-tart and firm

3.99LB

Northwest Cherries
USDA ORGANIC

Rainier Cherries or Organic Cherries

Sweet and tangy

6.99LB

Stay Hydrated All Summer Long!

NO SUGAR ADDED

Spindrift
Sparkling Water **5.99**
8 pk, 12 oz

NO SUGAR ADDED

C20
Coconut Water Hydration Pack **7.99**
8 pk, 10.5 oz

Liquid Death
Ice Tea Singles **2/$4**
19.2 oz

Fresh Thyme
Sparkling Mineral Water Citrus, Lime, Mint or Raspberry Lemon **2.49**
33.8 oz
everyday low price

WHEN YOU BUY 3 OR MORE

Poppi
Prebiotic Soda **3/$5**
12 oz
quantities less than 3 are regular retail

USDA ORGANIC

WHEN YOU BUY 3 OR MORE

Roar
Organic Enhanced Hydration Beverage **3/$5**
18 oz
quantities less than 3 are regular retail

USDA ORGANIC

WHEN YOU BUY 3 OR MORE

Steaz
Organic Tea **3/$5**
16 oz
quantities less than 3 are regular retail

WHEN YOU BUY 3 OR MORE

Eternal
Alkaline Water **3/$6**
1.5 L
quantities less than 3 are regular retail

Fresh Thyme
Alkaline Water **2.99**
3 liter

FORCE
OF
NATURE

REGENERATIVELY
FOC

FORCE OF NATURE
100% GRASS FED
GROUND ELK
WITH GRASS FED BEEF
25 GRAMS of PROTEIN
PASTURE-RAISED
KEEP REFRIGERATED OR FROZEN

ELK

FORCE OF NATURE
100% WILD CAUGHT
GROUND WILD BOAR
MEAT FROM FERAL SWINE
24 GRAMS of PROTEIN
FREE RANGE
KEEP REFRIGERATED OR FROZEN

WILD BOAR

GRASS FED, PASTURE RAISED
25 GRAMS of PROTEIN
FORCE OF NATURE
MADE WITH GRASS FED, PASTURE RAISED
VENISON AND BEEF PATTIES
2 PATTIES
KEEP FROZEN

VENISON

SHOP NOW

USED
MEATS

FORCE OF NATURE™
100% GRASS FED
GROUND BISON
ANCESTRAL BLEND
GROUND BISON, BISON LIVER, BISON HEART
KEEP REFRIGERATED OR FROZEN
NET WT. 14 OZ
23 G. PROTEIN
PER SERVING

BISON

BelGioioso®

MOZZA PALOOZA

A SUMMER OF FRESH MOZZARELLA

FRESH THYME
MARKET®

Meet Meghan

FRESH THYME MARKET'S
REGISTERED DIETITIAN

Send your nutrition questions
to nutrition@freshthyme.com
for a chance to ask Meghan!

“What are some

Brooke, East Lansing MI

It is always a good idea to pair a
to help fill you up and keep you
and yogurt dip, beef jerky and p
options to fill you up and keep y

healthy snack options?”

protein food item with a carbohydrate or healthy fat item
full longer. Snacks like string cheese and crackers, fruit
opcorn, trail mix or even veggies and hummus are all great
ou full until your next meal. ☺