

**Sale** IT'S A FROZEN FRENZY!  
**20% Off All Frozen Storewide**

**FRESH THYME MARKET**

**1.88** LB  
 Premium Sugar Bee and Honeycrisp Apples

**2.99** LB  
 All-Natural Boneless Skinless Chicken Breast

Strawberries 1 lb, Blueberries or Raspberries 6 oz **2.99**

Sweet Tropical Red Dragon Fruit **3.99LB**

Organic Blueberries or Raspberries 6 oz **3.99**

California's Finest Sweet Jumbo Green Sorbet, Red or Black Seedless Grapes **2.99LB**

Bulk Red, Yukon Gold or Sweet Potatoes **99¢ LB**

Fresh Crisp Green Beans or Brussels Sprouts **1.99LB**

Red Ripe Cluster Tomatoes **1.99LB**

Fresh Thyme Organic Salads 16 oz, family pack **4.99**

**GRASS-FED GRASS-FINISHED**  
 Thomas Farms Pasture Raised Boneless New York Strip Steak **7.99LB**

Honest Turkey 93% Lean Ground Turkey **2\*/\$10**  
99% Lean Ground Turkey.....6.99/lb

Jumbo 16/20 ct Raw EZ Peel or 41/50 ct Cooked Shrimp **4.99LB**  
sold only in 2 lb bag for \$9.98

Certified Angus Beef® Sirloin Tip Roast **5.99LB**

GT's Kombucha 16-16.2 oz **3\*/\$9**

Helpful Hens Organic Pasture-Raised Large Brown Eggs 1 dozen **4.99**

Chocolove Chocolate Bars 3.2 oz **2.99**

Tasty Bite Rice or Entrees 8.8-17.7 oz **BUY ONE GET ONE 50% OFF**

Bubly Sparkling Water 6 pk, 12 oz **BUY TWO GET ONE FREE**

Terra Vegetable Chips 5-5.75 oz **2\*/\$6**

Dr Bronner's Refills or Bottles 32 oz **13.99**

ZUM All Purpose Cleaners 16 oz **20% OFF**

Panera Soup 16 oz, quantities less than 2 are regular retail **3.99**

Izzio Artisan Sourdough Bread **5.49**

BelGioioso Cheese Wedges parmesan, romano or asiago, 5 oz **2\*/\$6**

Fresh Thyme Rotisserie Chicken **2\*/\$15**  
try our new flavor!

**Sale** **20% OFF**  
**All Frozen Pizzas**



MASSA PIZZA COMPANY IS A FAMILY OWNED AND OPERATED FROZEN PIZZA BRAND THAT SPECIALIZES IN PRODUCING HIGH QUALITY SICILIAN STYLE BAKERY PIZZA BASED ON A FAMILY RECIPE. IT FEATURES A 48-HOUR FERMENTED CRUST HAND DOCKED IN EVOO, CALIFORNIA PACK TOMATOES, 100% REAL CHEESE, AND TOPPED WITH ALL NATURAL FRESH INGREDIENTS.





Pacha Soap Co.  
Handcrafted Soap and Bath



Bear's Head  
Maple Honey Turkey  
10.99LB



Bear's Head  
Hummus  
3.99



Taste of Honey  
Bouquet  
7.99



4" Pink Polka Dot  
Plant w/ Breast  
Cancer Cardette  
4.99



Thomas Farms  
Pasture-Raised  
Boneless Beef Ribeye Steak  
8.99LB



All-Natural  
Chicken Drumsticks,  
Thighs or Whole  
Chicken  
1.79LB



Farm Promise  
Uncured Bacon  
4.99



Regal King  
Smoked Salmon  
8.99



Carbone  
Pasta Sauce  
7.99



Primal Kitchen  
Salad Dressing  
2/10



Goodies  
Mac & Cheese  
2/6



Fresh Thyme  
Organic Tortilla Chips  
2/5



Lesser Evil  
Himalayan Pink Salt  
Popcorn  
3.99



Bobo's  
Pumpkin or Maple  
Pecan Out Bars  
1.99



Perfect Bar  
Protein Bars  
7.99



Dose  
Wellness Shots  
2/6



Celestial Seasonings  
Tea  
2/7



Death Wish Coffee Co  
Organic Coffee  
10.99



Wiley Wallaby  
Soft & Chewy Licorice  
2.99



California Traditions  
Wine  
4.99

**Frozen Frenzy!**  
**Sale**  
**20% OFF**  
**All Frozen**  
 items storewide on sale  
 September 25–October 1



Prices valid 9/25/24-10/1/24 at our Illinois locations

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.



**Sale** **20% OFF** **All Frozen**  
 items storewide on sale  
 try some of our favorites!

**EVERGREEN**

Evergreen started in one of our Illinois stores through our Local Program. It quickly became such a customer favorite that we now carry it in all 70 stores! Evergreen is made with one full combined serving of fruits and vegetables and 100% whole grain wheat.



**Feel Good**  
FOODS

Feel Good makes gluten-free treats made with antibiotic-free proteins and cage-free eggs, and free of artificial colors, flavors, and sweeteners, it's food you can feel good indulging in.

**vans**

Vans are made with simple ingredients, free from artificial flavors, colors or preservatives. Their protein waffles are packed with 10 grams of plant based protein and offer gluten-free options.



**URBAN PIE**  
PIZZA CO.

Level-up your frozen pizza game with Urban Pie. These crafted pies that offer thoughtful ingredients including rBST free cheeses, antibiotic-free meats, and no artificial colors, flavors or preservatives.

**grain trust**

Grain Trust grains are naturally gluten-free and grown without the use of gmo's. They also ethically source all of their grains from farmers, who are guaranteed a fair living wage. After they harvest the grains, the cook them to perfection then flash freeze to lock in the perfect flavor.



**RED'S**

Red's is not your average frozen burrito. Not only does it satisfy your cravings, but they are non-GMO and made without artificial colors, flavors, preservatives using only cage-free eggs, rBST free cheeses, and meats raised without antibiotics.

The logo for 'MY THYME REAL REWARDS' is centered at the top. It features the words 'MY THYME' in a large, bold, white sans-serif font, with 'REAL REWARDS' in a smaller, white sans-serif font directly below it. The text is set against a teal-colored trapezoidal background that tapers at the top.

**MY  
THYME**  
REAL REWARDS

# YOU COULD WIN \$100 TOWARDS YOUR GROCERIES

***FOUR WINNERS PER STORE***

Here's how! Every transaction made between **9/11-10/29** is an entry for a chance to win a **\$100 digital coupon**

See full contest details at [freshthyme.com/mythyme-loyalty](https://freshthyme.com/mythyme-loyalty)

# Pick the Perfect Apple



SWEET  
**1**  
LEVEL

## GRANNY SMITH

- Very juicy, firm and tart-sweet
- Enjoy raw or best baked. Holds its shape and does not discolor rapidly. Pair with sharp cheese on a board.



SWEET  
**2**  
LEVEL

## PINK LADY®

- More tart than sweet
- Pink Lady® apples are always the first to blossom and last to be harvested, each soaking up 200 days of sunshine.



SWEET  
**3**  
LEVEL

## MCINTOSH

- Crisp, sweet, and a little tart
- An all-around perfect apple for snacking or baking. A great addition to salad and a perfect apple for sauce or cider.



SWEET  
**4**  
LEVEL

## PAULA RED

- Firm, crisp with a sweet-tart flavor
- Because they are slow to brown, these are perfect for cheese boards and packing back-to-school lunches. Try dipped into chocolate or caramel, or layered over toast with butter.



SWEET  
**5**  
LEVEL

## JONATHAN

- Sweet with a tart tang
- Best eaten raw, try chilling first to enhance the flavor. Can also be frozen.



SWEET  
**6**  
LEVEL

## COSMIC CRISP

- Very firm and snappy, sweet-tart
- Slow to oxidize making them ideal for fresh recipes. Try adding to a grilled cheese!



SWEET  
**7**  
LEVEL

## GOLDEN DELICIOUS

- Fairly sweet
- The most popular apple for bakers. Perfect for pies and desserts, but can also be eaten fresh as a snack or cut up in salads.



SWEET  
**8**  
LEVEL

## HONEYCRISP

- Crisp and sweet
- Ideal for eating raw, but can also be baked. Explosively juicy with an amazing storage life.



SWEET  
**9**  
LEVEL

## FUJI

- Sugary-sweet like fresh pressed juice
- Eat fresh, cook, bake, make into a sauce, or add to a salad.



**APPLEGATE.**

Elevate your meals with Applegate—bringing you premium, all-natural meats that turn everyday dishes into extraordinary experiences.



SAVANNAH BEE COMPANY  
X  
FRESH THYME ROTISSERIE CHICKEN

happy bees.  
happy earth.



TRY SOMETHING NEW

fall FLAVORS



La Clare  
Apple Cinnamon  
Goat Cheese  
4 oz

4.99



Fresh Thyme  
Home Made  
Pumpkin Muffins  
4 pk

5.49



Ferris  
Pumpkin or Pecan  
Coffee  
12 oz

5.99



Bigelow  
Tea  
18-20 ct

2/7



Chameleon  
Pumpkin Spiced  
Cold Brew  
32 oz

9.99



Death Wish  
Pumpkin  
Ground Coffee  
9 oz

8.99



Olipop  
Prebiotic Crisp  
Apple Soda  
12 oz

2/4



Langer Farms  
100% Unfiltered  
Apple Cider  
64 oz

5.49



Langer Farms  
100% Unfiltered  
Apple Cider  
128 oz

9.99



Farmer's Market  
Organic Pumpkin  
or Pie Mix  
15 oz

2.99



Miss Jones  
Baking Co  
Organic Pumpkin  
Bread Mix  
16 oz  
while supplies last

5.99



Honey Mama's  
Refrigerated  
Cocoa Truffle Pumpkin  
Spice Bar  
2.5 oz

4.99



Hayden Valley  
Pumpkin Spice  
Yogurt Pretzels  
5 oz

2/4



Perfect Bar  
Pumpkin Pie Bar  
2.2 oz

2/6



Sweet Loren's  
Pumpkin Spice  
Cookie Dough  
9.6 oz

5.99



Nonni's  
Biscotti  
5.52-6.88 oz

3.99



Terra  
Vegetable  
Chips  
5-5.75 oz

2/7



Bragg's  
Organic Apple  
Cider Vinegar  
32 oz

6.49



Mi-Del  
Ginger Snaps  
8-10 oz

3.99



GoGo Squeeze  
Applesauce  
Halloween Pack  
64 oz  
20 pack

12.99



Skinny Pop  
Multipack Popcorn  
Snacks  
12 pk, 0.5 oz  
while supplies last

7.99



Pirate's Bounty  
Multipack Popcorn  
Snacks  
12 pk, 0.5 oz  
while supplies last

7.99



Lesser Evil  
Halloween  
Popcorn  
18 pk  
while supplies last

8.99



Fresh Thyme  
Organic Maple  
Syrup  
8 oz  
everyday low price

6.99



Summ  
Apple Pie Rolls  
12.35 oz

6.99



Mush  
Overnight  
Pumpkin Pie Oats  
5 oz

3/5



Vital Proteins  
Salted Caramel  
or Pumpkin Spice  
Collagen Peptides

26.99



Fresh Thyme  
Fall Cleaners  
select varieties

3.99





**MADE GOOD. FEEL GOOD. DO GOOD.**

ELEVATE YOUR DAILY ROUTINE WITH PACHA SOAP CO -  
WHERE EVERY BAR IS A BLEND OF NATURE'S FINEST  
INGREDIENTS FOR RADIANT, HEALTHY SKIN.

**25% OFF**



**THOMAS  
FARMS**



**PASTURE RAISED  
GRASS & FINISHED  
HALAL ORGANIC**



## 20% off Fresh Cuts and Dips



### CUT + DICED VEGGIES

Cut veggies are a simple meal starter for sautés, stews and even on the grill. It's the fresh, fast way to add nutrients to any dish.



### SALSA, PICO DE GALLO + GUACAMOLES

Spice up snack time with these rich and flavorful dips. Packed with veggies and healthy fats, they're delicious go-tos without the guilt.



### DICED ONIONS OR PEPPERS

Add pizzazz to your favorite steak or seafood with chopped onions and peppers. Just toss with butter or oil and season to taste for a sweet and savory blend of flavors.



### CUT FRUIT 6-16 oz

When you want a boost of vitamins and don't have a chance to chop, pick up pre-cut fruit for a poppable, tasty treat.

# Meet <sup>★</sup><sup>★</sup> ★ Meghan

**FRESH THYME MARKET'S  
REGISTERED DIETITIAN**

Send your nutrition questions  
to [nutrition@freshthyme.com](mailto:nutrition@freshthyme.com)  
for a chance to ask Meghan!



**“In the hustle and bustle of daily life, finding time to prepare nutritious meals can be challenging. That’s where healthier frozen foods come in—offering the perfect balance of convenience and nutrition.”**

With today’s selection of wholesome frozen options, you can enjoy delicious meals that support your health goals without spending hours in the kitchen. Check out some of Dietitian Meghan’s favorites like Kodiak Protein-Packed Frozen Waffles, Fresh Thyme Market Butternut Squash Cubes, Fresh Thyme Market Ready to Eat Edamame and Jeni’s Gooney Butter Cake Ice Cream. 😊