



Thomas Farms
Pasture Raised
Boneless New York Strip Steak

Honest Turkey 93% Lean Ground Turkey 2/510

99% Lean Ground Turkey......6.99



GT's Kombucha 16-16.2 oz



Helpful Hens Organic Pasture-Raised 4.99 Large Brown Eggs





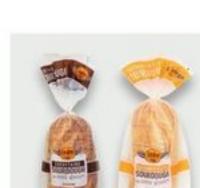
Chocolove Chocolate Bars 3.2 oz



BUY TWO GET ONE FREE



Terra Vegetable Chips 5-5.75 oz



WHEN YOU BUY 2 OR MORE
Panera
Soup Panera
Soup
16 oz, quantities less than
2 are regular retail Izzio Artisan Sourdough Bread select varieties, 24 oz



BelGioioso 2/3 Cheese Wedges parmesan, romano or asiago, 5 oz

Dr Bronner's Refills or Bottles 32 oz



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

2/56



2.99



ZUM
All Purpose Cleaners
16 oz

ZO%
OFF

BUY ONE GET ONE 50% OFF

Tasty Bite Rice or Entrees 8.8-17.7 oz





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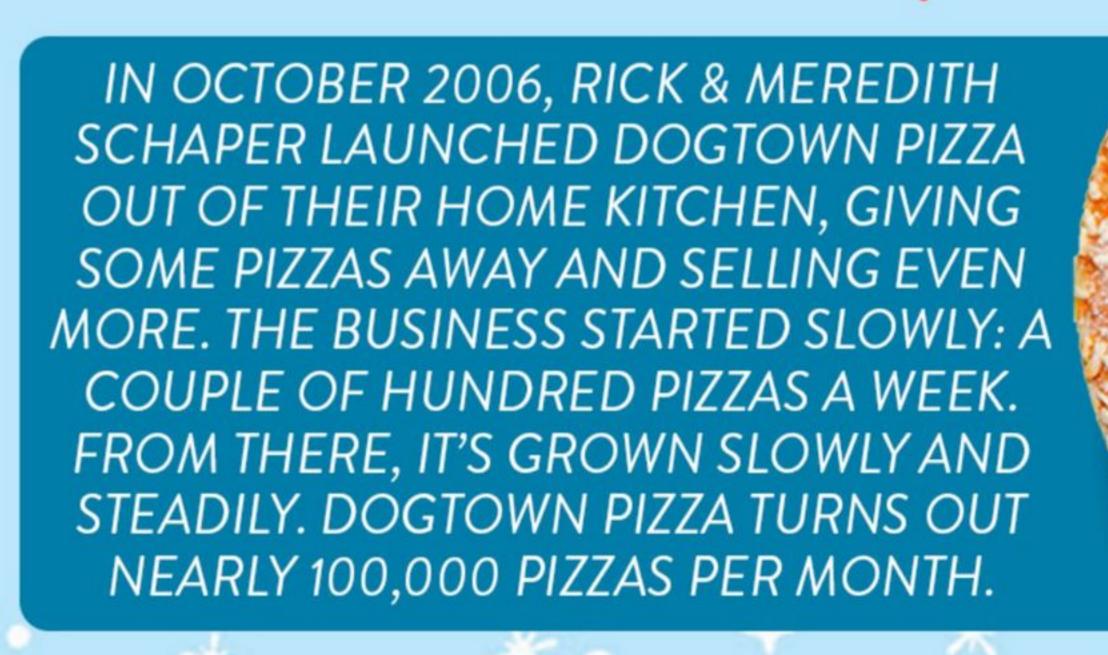








LOCAL







Fresh Thyme Fall Hand Soap or Hand Cream



25% OFF



Hume Deodorant 2 oz

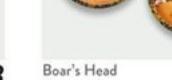


Four Sigmatic Functional Mushrooms



Boar's Head Maple Honey Turkey
Boar's Head Imported Gold Label Swiss Cheese 10.99LB

Boar's Head Hummus 8-10 oz







3.99 Taste of Honey Bouquet





4" Pink Polka Dot Plant w/ Breast Cancer Cardette



Thomas Farms 8.99LB
Pasture-Raised
Boneless Beef Ribeye Steak



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



Farm Promise Uncured Bacon Applewood or Hardwood, 12 oz







Regal King 8.99
Smoked Salmon
maple, beech wood, hot beech wood or
manuka wood
3.5-4 oz

Carbone Pasta Sauce 24 oz De Cecco Pasta 16 oz......2/\$4

Primal Kitchen Salad Dressing

quantities less than 2 are regular retail

Perfect Bar Protein Bars 4 pk, 2.18-2.5 oz

Mac & Cheese



7.99

Frozen Frenzy!



WHEN YOU BUY 2 OR MORE Fresh Thyme
Organic Tortilla Chips

2/\$5

quantities less than 2 are regular retail



Lesser Evil Himalayan Pink Salt Popcorn 8 oz, party size





Celestial Seasonings 2/\$7
Tea
16-20 ct



Wiley Wallaby Soft & Chewy Licorice 7.05 oz















All Frozen items storewide on sale try some of our favorites!

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

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



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





URBAN PIE

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



YOU COULD WIN \$100 COUPON 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

Pick the Perfect Apple



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.



PAULA RED

- Firm, crisp with a sweet-tart flavor
- Decause 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.



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.



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.



JONATHAN

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



HONEYCRISP

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



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.



COSMIC CRISP

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

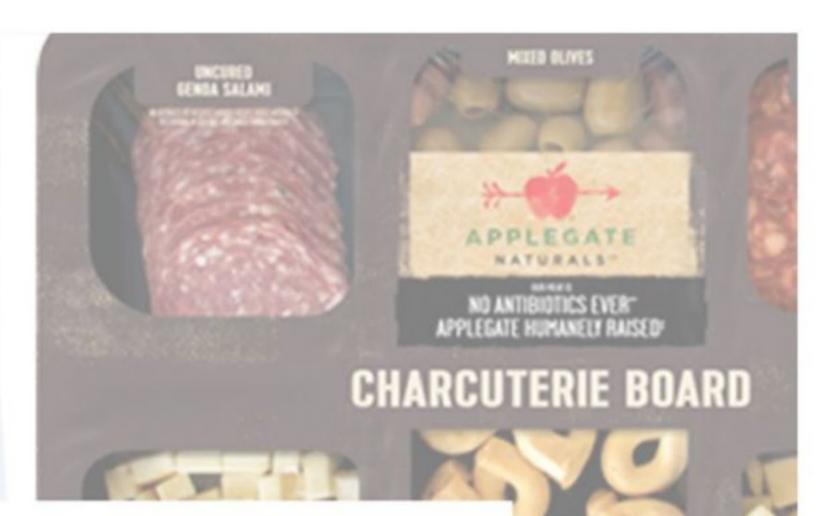


FUJI

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







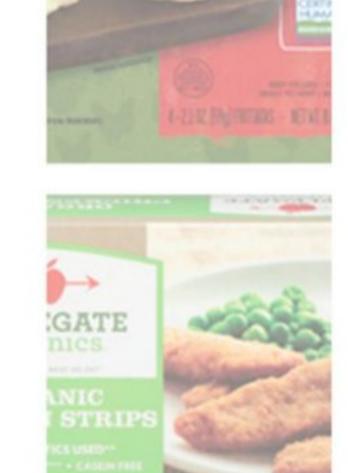




APPLEGATE



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



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LEGATE













La Clare Apple Cinnamon Goat Cheese 4.99



Fresh Thyme
Home Made
Pumpkin Muffins
4 pk



Ferris Pumpkin or Pecan Coffee 12 oz 5.99





Chameleon Pumpkin Spiced Cold Brew



Death Wish Pumpkin Ground Coffee 8.99





Olipop Prebiotic Crisp Apple Soda 12 oz



Langer Farms 100% Unfiltered **5.49** Apple Cider 64 oz



Langer Farms 100% Unfiltered Apple Cider 128 oz



Farmer's Market
Organic Pumpkin
or Pie Mix



Miss Jones Baking Co Organic Pumpkin Bread Mix 16 oz while supplies last 5.99



Honey Mama's 4.99
Refrigerated
Cocoa Truffle Pumpkin
Spice Bar
2.5 oz



Hayden Valley
Pumpkin Spice
Yogurt Pretzels
5 oz



Perfect Bar Pumpkin Pie Bar 2/56



Sweet Loren's Pumpkin Spice Cookie Dough 9.6 oz

Mi-Del Ginger Snaps 8-10 oz





3.99

Nonni's Biscotti 5.52-6.88 oz









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



Pirate's Booty
Multipack Popcorn
Snacks
12 pk, 05. oz
while supplies last



Summ Apple Pie Rolls 12.35 oz



Mush Overnight Pumpkin Pie Oats 5 oz



Lesser Evil Halloween Popcorn 18 pk while supplies last



8.99

3.99



Fresh Thyme Organic Maple Syrup 8 oz everyday low price





Vital Proteins 26.99
Salted Caramel
or Pumpkin Spice
Collagen Peptides



GoGo Squeez Applesauce Halloween Pack 64 oz 20 pack

FREE FROM





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 GRASS FED GROUND BEEF PASTURE RAISED **GRASS & FINISHED** HALAL ORGANIC AUSSIE BEEF&LAMB

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 pizazz 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

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 **
*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 Gooey Butter Cake Ice Cream.