

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 **2/5.10**
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 **3/5.9**

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 **2/5.6**

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 **2/5.6**

Fresh Thyme Rotisserie Chicken **2/5.15**
try our new flavor!

Sale **20% OFF**
All Frozen Pizzas



IN OCTOBER 2006, RICK & MEREDITH SCHAPER LAUNCHED DOGTOWN PIZZA OUT OF THEIR HOME KITCHEN, GIVING SOME PIZZAS AWAY AND SELLING EVEN MORE. THE BUSINESS STARTED SLOWLY: A COUPLE OF HUNDRED PIZZAS A WEEK. FROM THERE, IT'S GROWN SLOWLY AND STEADILY. DOGTOWN PIZZA TURNS OUT NEARLY 100,000 PIZZAS PER MONTH.





Pacha Soap Co.
Handcrafted Soap and Bath

25% OFF



Fresh Thyme
Fall Hand Soap or
Hand Cream
12 oz **2/\$7**



ENTIRE LINE ON SALE
BIOptimizers
Magnesium **25% OFF**



ENTIRE LINE ON SALE
Hume
Deodorant **9.99**
2 oz



ENTIRE LINE ON SALE
Four Sigmatic
Functional
Mushrooms **25% OFF**
select sizes



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



Bear's Head
Hummus **3.99**
8-10 oz



Taste of Honey
Bouquet **7.99**



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



GRASS FED, GRASS FINISHED
Thomas Farms
Pasture-Raised
Boneless Beef Ribeye Steak **8.99LB**



FAVORITE PACK
All-Natural
Chicken Drumsticks,
Thighs or Whole
Chicken **1.79LB**



FREE
Farm Promise
Uncured Bacon **4.99**
Applewood or Hardwood,
12 oz



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



Carbone
Pasta Sauce **7.99**
24 oz
De Cecco Pasta
16 oz 2/\$4



KETO PALEO
Primal Kitchen
Salad Dressing **2/\$10**
8 oz



WHEN YOU BUY 2 OR MORE
Goodies
Mac & Cheese **2/\$6**
6 oz
quantities less than 2 are regular retail



FREE
WHEN YOU BUY 2 OR MORE
Fresh Thyme
Organic Tortilla Chips **2/\$5**
10.1 oz
quantities less than 2 are regular retail



LESS EVIL
FREE
NON-GMO
Lesser Evil
Himalayan Pink Salt
Popcorn **3.99**
8 oz, party size



Bobo's
Pumpkin or Maple
Pecan Out Bars **1.99**
3 oz



Perfect Bar
Protein Bars **7.99**
4 pk, 218-2.5 oz



Dose
Wellness Shots **2/\$6**
2 oz



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



DEATH WISH
Death Wish Coffee Co
Organic Coffee **10.99**
9-10 oz



Wiley Wallaby
Soft & Chewy Licorice **2.99**
7.25 oz
8 varieties



GET AN ADDITIONAL 15% OFF WHEN
YOU MIX AND MATCH 4 OR MORE!
California Traditions
Wine **4.99**
select varieties, 750 ml

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 St. Louis 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.



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



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 [★][★] ★ Meghan

*FRESH THYME MARKET'S
REGISTERED DIETITIAN*

Send your nutrition questions
to 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. 😊