

**LIMITED THYME SALE**

**SALE**  
**\$9.99lb**



*Weekend Grilling Event*

Thursday, October 3rd starting at 10am through Monday, October 7th

**Ahi Tuna & Swordfish Steak**

while supplies last





**Two for Tuesday**

# Salad, Sandwich or Soup Combo for \$12

On Tuesdays, choose any 2 of our premium salads, sandwiches, hot soups, wraps, and pinwheels!

Mix and match. Includes 16 oz. hot soups. Excludes snack boxes.

Vegan &  
Vegetarian  
Options







OCTOBER IS SEAFOOD MONTH

# Get Hooked on Seafood

Dive into National Seafood Month at Fresh Thyme, where our sea-riously wide selection of seafood is ready to make a splash on your plate!



Kettle and Fire  
Cooking Beef Broth  
32 oz  
5.29



Fresh Cilantro  
99¢



Fresh Thyme  
Organic Spices  
select varieties  
3.99

Stella Artois  
Beer  
6 pk, 11.2 oz  
CHECK YOUR  
LOCAL STORE  
FOR PRICING



Fresh Thyme  
Organic 85%  
Lean  
Ground Beef  
16 oz  
8.49



Fresh Thyme  
Oyster Crackers  
9 oz  
2/\$5

Daisy  
Sour Cream  
8 oz  
2/\$3



Impossible  
Ground Burger  
12 oz  
6.49



Jalapeños  
1.99 LB

Fresh Thyme  
Organic Canned Beans  
15 oz  
1.29



Tillamook  
Cheddar Cheese  
Bars  
7-8 oz  
5.99



Fresh Thyme  
Organic Tomato Sauce  
or Paste  
6-15 oz  
1.49



Bob's Red Mill  
Cornbread Mix  
20 oz  
4.49

Green Bell Peppers  
1.49



Fresh Thyme  
Organic Canned  
Tomatoes  
28 oz  
2.69



White Onions  
1.49 LB



## Carve out some fun

JUMBO JACK O' LANTERN  
PUMPKINS OR HEIRLOOM  
PUMPKINS  
**5.99**



MINI WHITE OR ORANGE  
PUMPKINS  
**99¢**



MINI TIGER-STRIPED  
PUMPKINS  
**1.99**



PIE PUMPKINS  
**2/\$5**



ORNAMENTAL GOURDS  
**2.49**



DECORATIVE CORN,  
3 CT BUNCHES  
**4.99**





# **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](https://freshthyme.com/mythyme-loyalty)



# fall FLAVORS



Langer Farms  
100% Unfiltered Apple  
Cider  
64 oz

**4.99**



Langer Farms  
100% Unfiltered Apple  
Cider  
128 oz

**8.99**



Liquid Death  
Psycho Cider Sparkling  
Water  
8 pk, 12 oz

**12.99**



Olipop  
Prebotic Crisp Apple Soda  
12 oz

**2.49**



Ferris  
Pumpkin or Pecan Coffee  
12 oz

**6.99**



Bigelow  
Tea  
18-20 ct

**2/\$7**



Farmer's Market  
Organic Pumpkin or Pie Mix  
15 oz

**2.99**



Birch Bender  
Pumpkin Spice Pancake  
Mix  
16 oz

**5.99**



Terra  
Vegetable Chips  
5-5.75 oz

**2/\$7**



Fresh Thyme  
Organic Applesauce  
23-24 oz

**2/\$5**



Snack Factory  
Chocolate Drizzled  
Pretzel Crisps  
5.5 oz, while supplies last

**4.99**



Bragg  
Organic Apple Cider  
Vinegar  
32 oz

**6.49**



GoGo Squeez  
Applesauce Halloween  
Pack  
64 oz

**12.99**



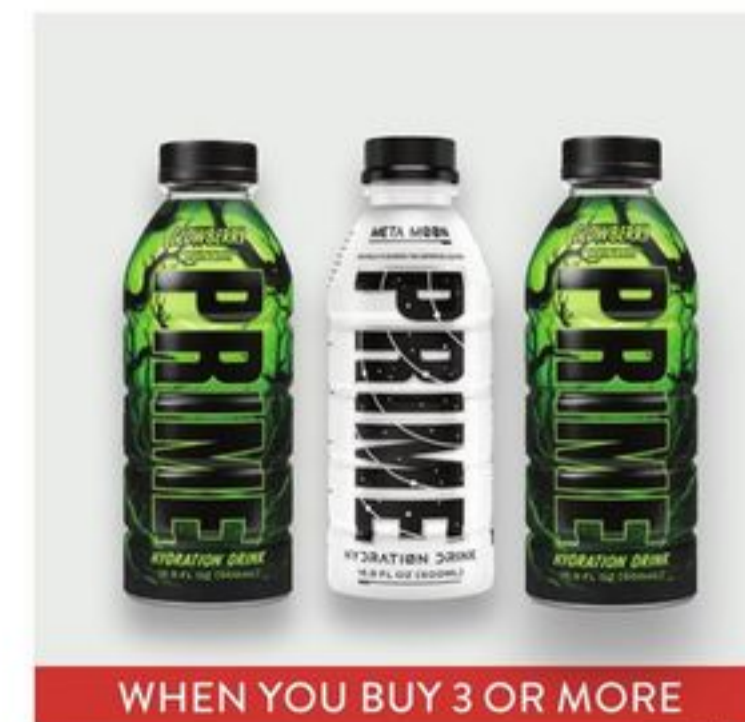
Skinny Pop or Pirate's Booty  
Multipack Snacks  
12 ct, while supplies last

**6.99**



Lesser Evil  
Halloween Popcorn  
18 pk, while supplies last

**8.99**



Prime Hydration  
Beverages  
16.9 oz

**3/\$5**

WHEN YOU BUY 3 OR MORE

You can eat your favorites again.



certified gluten free    antibiotic-free proteins    cage free eggs  
free of artificial colors, flavors and sweeteners

**Feel Good**  
FOODS

**6<sup>99</sup>**  
Feel Good  
Frozen Appetizers  
8.2-10 oz



**PASTA SAUCE  
REIMAGINED**

**9<sup>49</sup>**  
Livwell Plant-Based  
Superfood Pasta Sauce  
16 oz



**The superfood sauce that's  
better for you.**



VEGAN



GLUTEN FREE



PLANT PROTEIN



PLANT OMEGA 3



SUPERFOODS



ANTIOXIDANTS



LIVWELL

# 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.

# 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!



**“October is National Seafood Month, the perfect time to celebrate the incredible flavors and health benefits of seafood.”**

Whether you're a seafood lover or just beginning to explore the world of fish and shellfish, this month offers a great opportunity to dive into delicious and nutritious meals that support both your health and taste buds. From delicate white fish to buttery salmon, seafood offers a variety of flavors and textures that can be grilled, baked or steamed to perfection while supporting heart, brain and overall health. Whether it's farm to fork or sea to spoon try eating at least 2 servings of seafood a week to reel in all the benefits. 😊