

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



2014 - 2024
Celebrating
10 years fresh!

FRESH THYME MARKET

2/\$5

Strawberries 1 lb or
Raspberries 6 oz

3.99
LB

Deli Style

Thick Sliced Bulk Bacon
hardwood, applewood or peppered
sold in 3 lb or more packages



California
Jumbo Green Sorbet
Grapes **2.99LB**
Jumbo Red or Black Seedless Grapes... 2.99LB



The Grapery
Moon Drop or
Gum Drop Grapes **3.99LB**



Honeycrisp or
Cosmic Crisp Apples **1.99LB**



Jumbo Jack-o-Lantern or
Heirloom Pumpkins **5.99**



Russet Potatoes 5 lb bag
or Yellow Onions 3 lb bag **2/\$5**



Cluster Tomatoes **1.99LB**



Braga Farms
Chopped Salad Kits
11.5-13 oz **3.99**



Highline
Organic Whole White
Mushrooms
8 oz **2/\$3**



All-Natural
Baby Back Pork Ribs **2.99LB**
previously frozen



Certified Angus Beef
Top Sirloin Steak **6.99LB**



Large Snow Crab
Clusters or
Icelandic Cod Fillets
previously frozen **7.99LB**



Jumbo 16/20 ct
Raw EZ Peel Shrimp
sold only in 2 lb bag **4.99LB**
9.99



Happy Egg
Free-Range Large Grade
A Brown Eggs **3.99**
1 dozen



Fage or Siggi's
Yogurt **4.99**
21.2-32 oz



Purely Elizabeth
Granola **5.99**
8-12 oz



Van's
Frozen Waffles **3.49**
9-9.5 oz



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



Bulk
Almonds **5.99LB**
raw, roasted, salted or unsalted



Vital Protein
Collagen **20% OFF**
select varieties



Giovanni
Hair Care **30% OFF**



Sweet Craft
Dessert Cups **BOGO**
4.2 oz



Fresh Thyme
Salsa **3.99**
16 oz



Fresh Thyme
Honey or Virginia
Ham **7.99LB**



Fresh Thyme
String or Snacking
Stick Cheese **BOGO**
6-12 oz

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





Clean Simple Eats Whey Protein **49.99**



New Chapter Multivitamins select varieties **20% OFF**



Fresh Thyme Bar Soap 2.8-3.5 oz **3/8**



Ricola Lozenges 21-45 drops **25% OFF**



Everyone Body Care select varieties **25% OFF**



Boar's Head Boar's Head Cajun Turkey Boar's Head Vermont Cheddar... 7.99LB **11.99LB**



Boar's Head Firesmith Flame-Grilled Chicken Breast **10.99LB**



Fields of Gold Bouquet **12.99**



4.5" Fall Mums **3.99**



Certified Angus Beef® Bottom Round or Sirloin Tip Roast **4.99LB**



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



Farm Promise Sea Salt Butt Roast, Loin Filet or Pork Tenderloin equal or lesser value **BOGO**



Pier 33 Gourmet Fully Cooked Mussels white wine, butter garlic or tomato garlic 16 oz **BOGO**



Fresh Thyme or House Foods Tofu 12-16 oz **2/4**



Siete Tortillas 7 oz Siete Bunde Size Tortilla 14.5 oz **6.99**



Bigelow Tea 18-20 ct **2/7**



Made in Nature Organic Dried Fruit Supersnacks 5-20 oz **25% OFF**



Fresh Thyme Plantain Chips 5-6 oz **2/5** quantities less than 2 are regular retail



La Preferida Authentic Mexican Ingredients **20% OFF** 4-16 oz



Rummo Bronze Cut Pasta 16 oz **2/6**



Liwel Plant-Based Superfood Pasta Sauce 16 oz **9.49**



Farmer's Market Organic Pumpkin, Butternut Squash or Sweet Potato Puree 15 oz **2.99**



Deep Indian Kitchen Frozen Entrees 7.5-12 oz **4.99**



Feel Good Foods Frozen Appetizers 8.2-10 oz **6.99**



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

MY THYME REAL REWARDS

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 freshtyme.com/mythyme-loyalty



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

IT'S CHILI THYME



Jalapeños
1.99 LB

Fresh Thyme
Organic Canned Beans
15 oz
1.29



Tillamook
Cheddar Cheese
Bars
7-8 oz
5.99

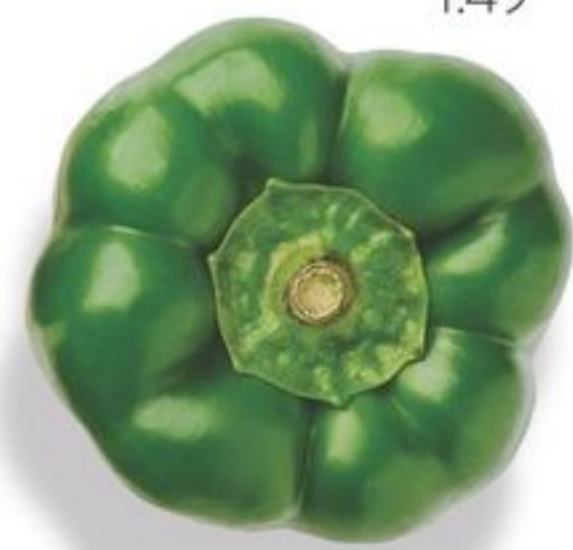


Fresh Thyme
Organic Tomato Sauce
or Paste
6-15 oz
1.49



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

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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 Squeeze
Applesauce Halloween
Pack
64 oz

12.99



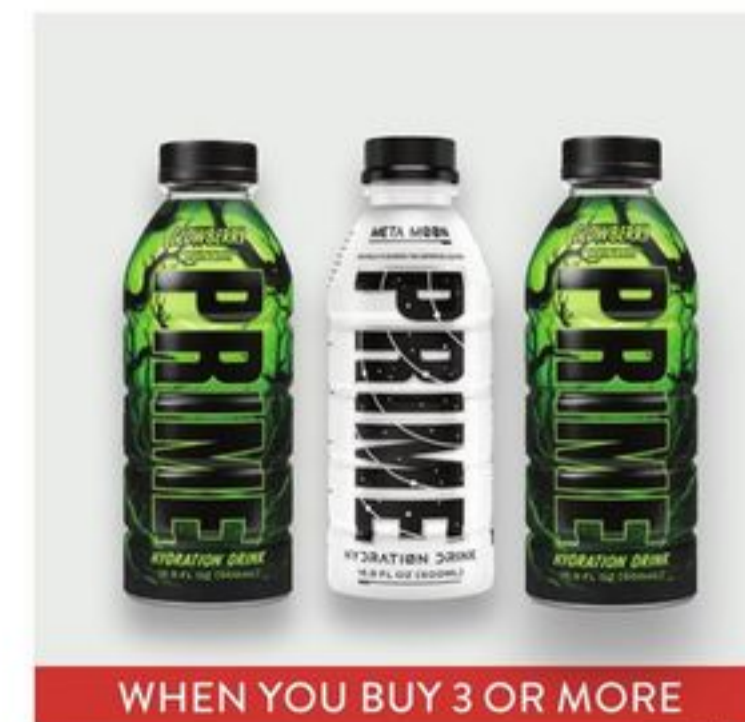
Skinny Pop or Pirate's Booty
Multipack Snacks
12 ct, while supplies last

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

6⁹⁹
Feel Good
Frozen Appetizers
8.2-10 oz



**PASTA SAUCE
REIMAGINED**

9⁴⁹
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 [★][★] ★ Meghan

**FRESH THYME MARKET'S
REGISTERED DIETITIAN**

Send your nutrition questions
to 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. 😊