



Limited Thyme Sale

Starts Thursday, December 19 at 10am

Wild Caught

# Colossal 6/9 King Crab Legs

\$29<sup>99</sup><sub>LB</sub> **Sale**



Wild Caught

# King Crab Claw and Arm

\$18<sup>99</sup><sub>LB</sub> **Sale**

While supplies last



**USDA ORGANIC**

**2/\$5**  
Organic Whole Bella Mushrooms 16 oz or Organic Carrots 2 lb

**8LB BAG 1.99**  
Jumbo Russet Potatoes

**7.99 LB**  
Certified Angus Beef® Boneless New York Strip Roast

**2/\$12**  
Fresh Thyme Pies 8 in

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







**1.99LB**  
Hatfield Boneless Hardwood Smoked Pre-Sliced Artisan Half Pit Ham

**LIMIT 2** **WHILE SUPPLIES LAST**



**4.99LB**  
Thomas Farms Semi-Boneless Leg of Lamb while supplies last

**ANTIBIOTIC FREE**



**5.99**  
Lobster Tails 4 oz, previously frozen

**WILD CAUGHT**



**4.99LB**  
Jumbo 16/20ct Raw EZ Peel Shrimp sold only in 2 lb bag 9.98



**6.99LB**  
Jumbo Sweet Red Cherries

**NEW CROP**



**2/\$5**  
Blueberries Pint, Raspberries or Blackberries 6 oz



**9.99**  
Holiday Citrus Case Sale Navel Oranges or Seedless Clementines 10 lb Gift Box



**20% OFF**  
Select Specialty Cheeses

**OVER 100 ITEMS**



**FRESH THYME MARKET®**

THE *Freshest Gatherings* START WITH US

**Make your holiday unforgettable!**



THE  
*Freshest Gatherings*  
 START WITH US

\*\*\*

# Let us do the chopping



**Fresh Thyme  
 Fresh Guacamole** **3.99**  
 8 oz  
 Fresh Thyme Fresh Guacamole  
 16 oz.....6.99



**Fresh Thyme  
 Salsa or Pico De Gallo** **2.99**  
 8 oz  
 Fresh Thyme  
 Fresh Made Pico De Gallo  
 16 oz.....4.99



**Fresh Thyme  
 Stuffing Mix, Diced Red Onions  
 or Diced Yellow Onions** **1.99**  
 6 oz



**Fresh Thyme  
 Organic Butternut  
 Squash Cubes 14 oz  
 or Organic Sweet  
 Potato Cubes 12 oz** **4.99**



**Fresh Thyme  
 Cut Fruit Bowls** **3/\$12**  
 20 oz  
*quantities less than 3 are \$5.99 each*



**Fresh Thyme  
 Mixed Fruit Tray** **9.99**  
 32 oz



**Braga  
 Veggie Party Tray with Dip** **9.99**  
 40 oz  
 Braga  
 Veggie Party Tray with Dip  
 20 oz.....5.99





Certified Angus Beef® **12.99LB**  
Standing Rib Roast  
boned and tied



Certified Angus Beef® **17.99LB**  
Butt Tenderloin  
sold in bag, while supplies last



Frick's **5.49LB**  
Applewood Smoked  
Uncured Carver Ham  
while supplies last



Thomas Farms **13.99LB**  
Frenched Rack of Lamb  
ANTIBIOTIC FREE



Thomas Farms **6.99LB**  
Boneless Leg of Lamb  
while supplies last



Frick's **2.69LB**  
Sugar Cane Cured  
Shank or Butt Half Ham



**7.99LB**  
Jumbo Snow Crab  
Clusters or Sockeye  
Salmon Fillet  
previously frozen



**18.99LB**  
King Crab Arm  
with Claw  
previously frozen



**29.99LB**  
Colossal 6/9 ct  
King Crab Legs  
previously frozen



**4.99LB**  
Deli Style  
Thick Sliced Bulk Bacon  
hardwood, applewood or peppered,  
sold in 3 lb or more packages



**2/\$6**  
Swaggerty  
Breakfast Sausage  
Links or Rolls  
12-16 oz, previously frozen



**6.99**  
More Please  
Crab Claw Meat  
8 oz  
Lump Crab Meat.....10.99  
8 oz



**7.99**  
Regal King  
Smoked Salmon  
maple, beech wood, hot beech wood or  
manuka wood, 3.5-4 oz



**2/\$4**  
Fresh Thyme  
Organic Herbs  
.75 oz



**2.99**  
Red Rose or Yukon  
Gold Potatoes  
5 lb bags



**1.99**  
Yellow Onions 3 lb Bag  
or Sweet Onions 2 lb Bag  
MIX AND MATCH



**2/\$7**  
Fresh Express  
Chopped Salad Kits  
9.1-13 oz



**8.99**  
Cranberry Punch  
Bouquet  
great hostess gift



**1.99LB**  
Washington  
Sweet & Crunchy  
Honeycrisp Apples



**3.99**  
Jumbo Pomegranates



**2/\$7**  
Organic Blueberries  
full dry pint



**2/\$7**  
Lemons or Clementines  
2 lb Bags, Navel Oranges  
3 lb Bags



**3.99**  
4.5" Kalanchoe





# SCALLOP SENSATION

Scallops are an excellent source of high quality protein and contain nutrients to promote immune health and brain function.



Sea Legend 16.99LB  
Colossal U10  
Dry Sea Scallops



Lund's 14.99  
Jumbo 10/20  
Dry Sea Scallops  
all-natural  
16 oz



Lund's 10.99  
80-100ct  
Bay Scallops  
all natural  
16 oz



Lund's 10.99  
Jumbo Dry Sea  
Scallop Pieces  
16 oz





**Fresh Thyme  
Fresh Roasted  
Bulk Coffee**  
sold by the pound  
Fresh Thyme Organic Bulk Coffee.....9.99LB



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



**Sweet Loren's  
Refrigerated Cookie  
Dough**  
12 oz, quantities less than 2 are regular retail



**Siete  
Grain-Free Cinnamon  
Crisps Mini Bunuelos**  
5 oz, while supplies last



**Fresh Thyme  
Organic Broth**  
32 oz **2/\$4**



**De Cecco  
Pasta**  
16 oz **2/\$5**



**WHEN YOU BUY 2 OR MORE**  
**Kerrygold  
Butter**  
8 oz  
quantities less than 2 are regular retail **2/\$8**



**WHEN YOU BUY 2 OR MORE**  
**Zevia  
Zero Calorie Soda**  
12 pk, 12 oz **9.99**



**WHEN YOU BUY 2 OR MORE**  
**Boulder Canyon  
Party Size Potato Chips**  
10 oz, quantities less than 2 are regular retail **2/\$9**



**Pepperidge Farm  
Stuffing**  
12 oz **2/\$7**



**Rao's  
Homemade Pasta Sauce**  
24 oz **6.99**  
Fresh Thyme Lasagne 16 oz.....1.49



**Dutch Farm  
Shredded Cheese or  
Cream Cheese**  
7-8 oz **2/\$4**



**La Terra Fina  
Quiches**  
23 oz **9.99**



**Boar's Head  
Ovengold Turkey**  
**9.99LB**



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



**Fresh Thyme  
Frozen Vegetables**  
select varieties, 10 oz **1.79**



**Reddi Wip  
Real Cream**  
6.5 oz **2/\$6**



**King's Hawaiian  
Sweet or Savory  
Butter Rolls**  
12 oz **4.99**



**Boar's Head  
London Broil  
Roast Beef**  
Boar's Head Picante Provolone Cheese.....8.99LB **12.99LB**



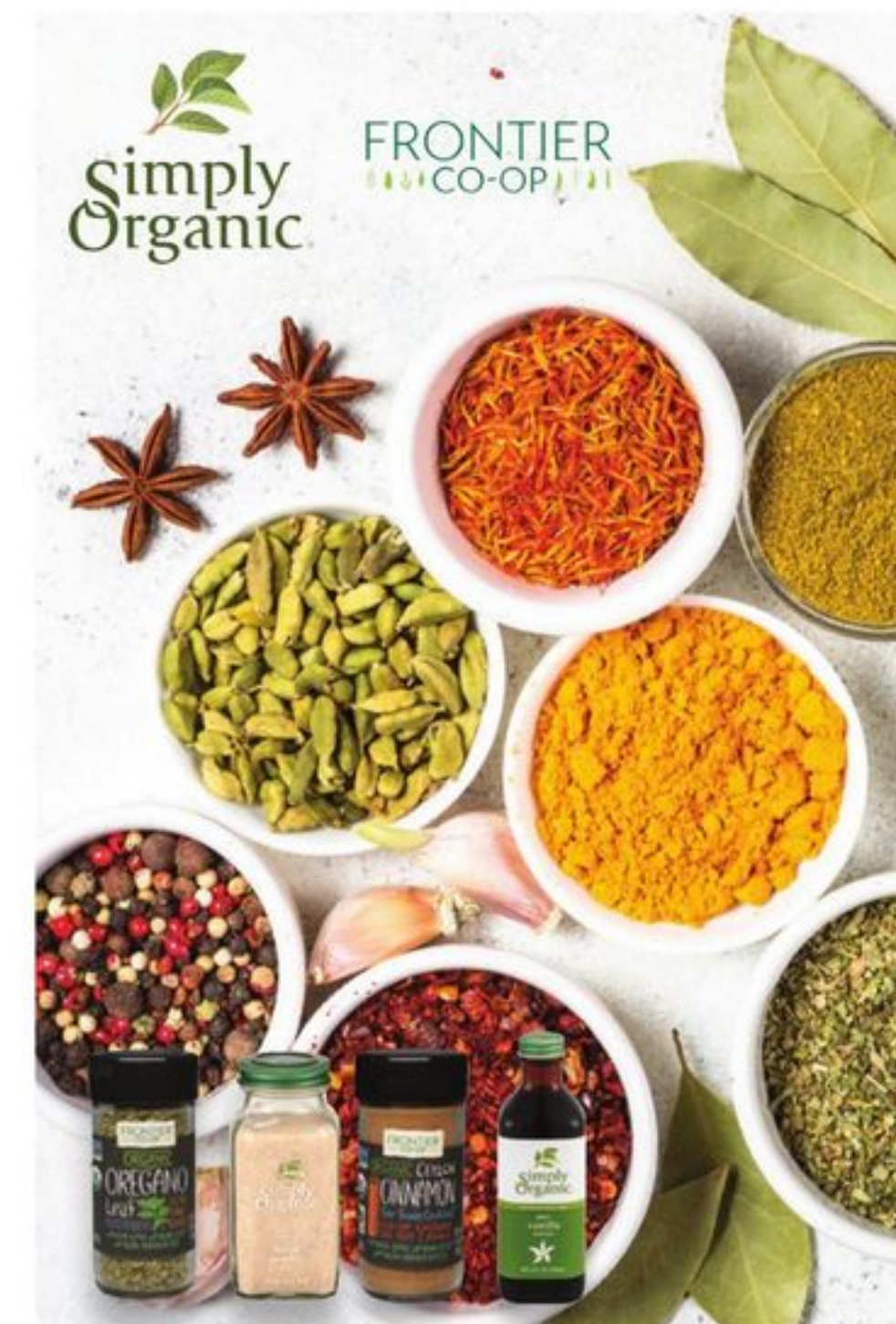
**Quorn or Field Roast  
Plant-Based Roasts**  
16 oz-2 lb **20% OFF**



**Fresh Thyme  
Organic Frozen Fruit**  
10 oz **20% OFF**



**Hudsonville  
Ice Cream**  
48 oz **3.99**



**Frontier or Simply  
Organic  
Spices or Mix Packets**  
.1-4.73 oz **20% OFF**



**HOLIDAY  
GATHERING**



**LET IT  
SNOW**



# TRY THESE ESSENTIAL OIL RECIPES TODAY!!

ADD THE DIRECTED  
AMOUNT OF DROPS TO  
YOUR DIFFUSER FOR A  
SCENTPLOSION







Zum Body Care  
select items **20% OFF**



ENTIRE LINE ON SALE  
A La Maison Premium Lotions, Soaps and Body Washes **20% OFF**



ENTIRE LINE ON SALE  
Pranarom Essential Oils **20% OFF**



Traditional Medicinals Cough Lozenges **4.99**



ENTIRE LINE ON SALE  
Manuka Health Manuka Honey **25% OFF**

Holiday **SKI PASS**  
7 RAD DEALS for 7 WEEKS!  
**\$3 OFF**  
when you spend \$10+  
in Bakery

Redeemable on the Fresh Thyme app **MY THYME REAL REWARDS** Not a member? Join today!



WHEN YOU BUY 2 OR MORE  
LaCroix Sparkling Water **2/\$9**  
12 pk, 12 oz  
quantities less than 2 are regular retail



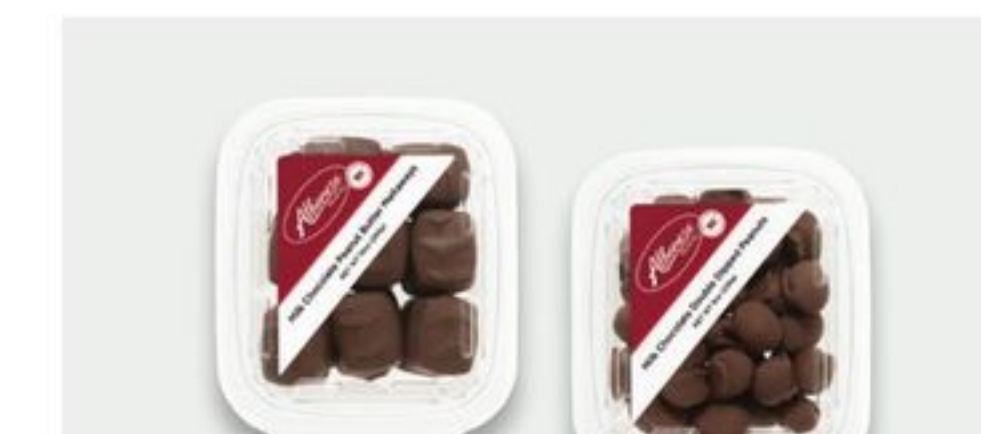
San Pellegrino Sparkling Mineral Water **2/\$4**  
750 ml



Mary's Gone Crackers Organic Crackers **4.99**  
5.5-6.5 oz



WHEN YOU BUY 2 OR MORE  
Xochitl Tortilla Chips **2/\$8**  
12 oz  
quantities less than 2 are regular retail



Albanese Chocolate Tubs **33% OFF**  
7-10 oz



Kendall-Jackson Chardonnay **12.49**  
750 ml



Flybird Ready to Drink Margarita **11.99**  
select varieties, 750 ml



Stella Artois Beer or Gluten-Free Cider **8.99**  
select varieties, 6 pk, 12 oz



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



De Soi Non-Alcoholic Mocktails **13.99**  
select varieties, 4 pk

**Short on time?**  
Try a pickup order

**SAVE \$10**  
on your next online pickup order of \$100 or more\*  
\*Single use offer, valid 12/15/24-12/24/24



it's always fresh to recycle



**closed**  
Christmas Day

Prices valid 12/18/24-12/24/24 at our Iowa locations

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We reserve the right to correct pricing errors. Not all items available in all stores. Bottle deposit is in addition to the price shown, where applicable. Beer and wine purchases are subject to state laws. MN and KY: available in Hops and 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.





Bob's Red Mill  
Almond Flour  
16 oz  
9.99



Fresh Thyme  
Organic Coconut Milk  
13.5 oz  
2/\$4



Watkins  
Sprinkles or  
Decorating Sugar  
3.4-4.7 oz  
4.99



Brer Rabbit  
Molasses  
12 oz  
4.99



Botticelli  
Extra Virgin  
Olive Oil  
16.9 oz  
11.99



Dandies  
Vegan  
Marshmallows  
10 oz  
2/\$7



Miss Jones  
Frosting  
11.29-11.98 oz  
5.99

Fresh Thyme  
All-Purpose Flour  
5 lb  
2.49



THE  
Freshest Gatherings  
START WITH US  
\*\*\*  
**Make your baking  
unforgettable!**  
SHOP NOW

Fresh Thyme  
Light Brown or  
Powdered Sugar  
32 oz  
2/\$5



Fresh Thyme  
Organic Vanilla  
Extract  
4 oz  
13.99



Fresh Thyme  
Expeller Pressed  
Canola Oil  
32 oz  
4.49



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



So Delicious  
Dairy Free  
Coco Whip  
9 oz  
3.99



Pioneer  
Fine Granulated  
Sugar  
4 lb  
3.99



Simple Mills  
Baking Mixes  
9-12.9 oz  
6.99



Watkins  
Assorted Food  
Coloring  
4-0.3 oz  
7.99



Lily's Sweets  
Baking Chips  
9 oz  
5.99



Cape Cod  
Frozen  
Cranberries  
16 oz  
4.49



Wholly Wholesome  
Organic 9" Pie Shells  
2 pk  
5.99



# HELPFUL HENS

## Eggs in Harmony with Nature from Regenerative Farms

Helpful Hens is on a mission to provide eggs in harmony with nature. On our regenerative farms, our hens take care of the land simply by living as chickens should. In addition to laying the tastiest eggs, they help us restore topsoil, promote biodiversity, fight climate change, and create a brighter, healthier future for all walks of life.



*turn this*



*into this*







<p>Garden of Eatin' Tortilla Chips 10 oz</p>	<p>Fresh Thyme Hummus or Salsa 10 - 16 oz</p>	<p>Graza Extra Virgin Olive Oil 16.9-25.3 oz</p>	<p>Mallie Mustard 8.5-8.9 oz</p>	<p>Pearls Olives 2.25-7 oz</p>
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<p>Crunchmaster Crackers 3.54-4 oz</p>	<p>Brazi Bites Frozen Cheese Bread 10-11.5 oz</p>	<p>Snack Factory Chocolate Peppermint Pretzel Crisps 4 oz, while supplies last</p>	<p>Debeukelaer Pirouline Cookies 14.1 oz, while supplies last</p>	<p>Walker's Mini Festive Shortbread Star or Tree Cookies 4.4 oz, while supplies last</p>
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<p>Fever-Tree Mixers 4 pk, 6.8 oz, while supplies last</p>	<p>Pepsi Soda select varieties, 12 pk, 12 oz</p>	<p>Zevia Zero Calorie Soda 12 pk, 12 oz</p>	<p>Mountain Valley Sparkling Water 1 Liter</p>
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**4/\$5**  
Lindt  
Holiday Chocolate Sticks  
1.3-1.4 oz, while supplies last

**3.99**  
Dr. Bronner's  
Chocolate Bars  
select varieties, 2.93-3.0 oz

**5.99**  
Thompson  
Chocolate Santa  
3 oz

**3.99**  
Violet Crumble  
Chocolate Honeycomb  
Cubes  
6 oz

**2/\$4**  
Pipcorn  
Cinnamon Sugar Twists  
1 oz

**2/\$5**  
Yellowbird  
Hot Sauce  
2.2 oz

**9.99**  
Graza  
Extra Virgin Olive Oil Drizzle  
11.8 oz

**2/\$5**  
Divine  
Chocolate Coins  
1.75 oz

**2/\$6**  
YumEarth  
Giggles or Chewys Candy  
2 oz

**4.49**  
Skinny Dipped  
Mocha or Dark Chocolate  
Peppermint Almonds  
3.5 oz

**2/\$7**  
Lily's  
Chocolate Bars  
2.8 oz

**2/\$3**  
Reed's  
Ginger Chews  
2 oz

**3.99**  
Sheila G's  
Brownie Brittle  
4 oz, limited edition

**3/\$3**  
Theo  
Organic Peppermint  
Cocoa Cup  
0.6 oz

**2/\$7**  
Walker's  
Mini Festive Shortbread  
Star or Tree Cookies  
4.4 oz

**2/\$10**  
Tate's  
Cookies  
6.5 oz, limited edition

**2/\$5**  
Daily Crunch  
Snack Mix  
1.5 oz

**4.99**  
GoodSam  
Chocolate Covered  
Mangos or Macadamia Nuts  
3.5 oz

**5.99**  
Maple Joe  
Organic Maple Butter  
7 oz

**7.99**  
Republic of Tea  
Holiday Tea  
select varieties, 36-50 ct

**11.99**  
Jim's  
Holiday Blend Whole  
Bean Coffee  
12 oz

**2/\$7**  
Lindt  
Chocolate Bear or Snowman  
1.4 oz, while supplies last

**2/\$4**  
Refresh  
Sugar-Free Gum  
12 ct

**4.49**  
Chiao Chocolatier  
Chocolate Bars  
2.8 oz

**7.99**  
Chocolove  
Tree Bites  
7.05 oz

**2/\$7**  
Walker's  
Mini Festive Shortbread  
Star or Tree Cookies  
4.4 oz

**6.99**  
Flourish  
Gingerbread Protein  
Pancake & Waffle Mix  
16 oz

**2/\$5**  
Mike's  
Hot Honey  
1.55 oz

**3/\$4**  
Country Archer  
Provisions  
Grass-Fed Beef or  
Turkey Rosemary  
Sticks  
1 oz

THE  
Freshest Gatherings  
START WITH US  
\*\*\*  
**Gifts for  
Foodies**  
SHOP NOW





La Marca Prosecco or Prosecco Rose

750 ml

**\$14.99**



Josh Cellars Cabernet Sauvignon

750 ml

**\$13.99**



TOST Non-Alcoholic Sparkling Beverage

select varieties, 750 ml

**\$6.99**



California Traditions

select varieties, 750 ml

**\$4.99**



Oyster Bay Sauvignon Blanc

750 ml

**\$13.99**



Avaline Vegan & 100% Organic Grapes

select varieties, 750 ml

**\$18.99**



Josh Cellars Chardonnay

750 ml

**\$12.99**



Mark West Pinot Noir

750 ml

**\$10.99**



Meiomi Pinot Noir

750 ml

**\$19.99**



Veuve Yellow Label Brut Champagne

750 ml

**\$61.99**



Korbel Brut

750 ml

**\$12.99**



Whitehaven Sauvignon Blanc

750 ml

**\$20.99**

**FRESH THYME**  
MARKET™

GET AN ADDITIONAL 15% OFF WHEN YOU BUY 4 OR MORE BOTTLES OF WINE!

THE  
*Freshest Gatherings*  
START WITH US

\*\*\*

**Holiday Worthy Pours!**

PRICES VALID  
12/4/24-12/31/24



THE  
*Freshest Gatherings*  
*with*  
**wine &  
cheese**

## Cabernet Sauvignon & Gouda

A nutty and somewhat sweet cheese such as Gouda is brought to life with the rich and earthy undertones of this wine.







Carbliss Cocktails  
select varieties, 4 pk, 12 oz  
**\$10.99**



New Belgium  
select varieties, 6 pk, 12 oz  
**\$9.99**



Peroni  
6 pk, 12 oz  
**\$9.99**



Stella Artois  
select varieties, 6 pk, 12 oz  
**\$9.99**



Guinness Draught or N/A  
ZERO  
4 pk, 14.9 oz  
**\$8.99**



Corona or Modelo  
select varieties, 6 pk, 12 oz  
**\$9.99**



Heineken  
select varieties, 6 pk, 12 oz  
**\$9.99**



White Claw Hard Seltzer  
select varieties, 12 pk, 12 oz  
**\$17.99**



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



Mocktails Non-Alcoholic  
Drinks  
select varieties, 4 pk, 6.8 oz  
**\$10.99**

# FRESH THYME MARKET™

LOCAL

WE ♥ LOCAL BEER

THE  
*Freshest Gatherings*  
START WITH US

\*\*\*

## Holiday Worthy Pours!

PRICES VALID  
12/4/24-12/31/24