

≡ OUR BIGGEST SALE OF THE YEAR! ≡

33% **Sale** **OFF** **All Vitamins**
and Body Care

get your greens



collagen boost



pure glow



Refresh. Reset. Reimagine.

Cooking Class with Dietitian Meghan

Meghan will show you how to prepare PB&J Overnight Oats!

Thursday, Jan 9th, 6-6:30pm CT

SIGN UP NOW

Exclusive MyThyme Member Offer

\$2 off Fresh Thyme freshly
ground peanut butter



CLIP COUPON



Sale 33% Off All Vitamins and Body Care

OUR BIGGEST SALE OF THE YEAR!



Certified Angus Beef® Boneless Chuck Roast **6.99LB**



Hatfield Marinated Pork Loin Filets or Tenderloins **BOGO** 18.4-22 oz



Pardus Simply Smart Organic Breaded Crispy Strips, Nuggets or Tenders **8.99** 15-24 oz



WHEN YOU BUY 2 OR MORE Northern Chef Shrimp or Calamari Appetizers **2/\$10** 9-10 oz quantities less than 2 are \$5.99



Panera Soup **3.99** 16 oz



Fresh Thyme Shredded Cheese **2.99** 8 oz



Alyssa Oatmeal Bites **2/\$12** 5-6 oz



Hero Bread or Hawaiian Rolls **20% OFF** 13 - 19.5 oz



Boar's Head Tavern Ham **8.99LB**



Boar's Head Golden Classic Chicken Breast **9.99LB** Boar's Head Yellow Or White American Cheese.....6.99LB



Petal Talk Bouquet **9.99**



4.5" Blooming Plants in PC **4.99**



WHEN YOU BUY 3 OR MORE Brew Dr. Organic Kombucha **3/\$6** 14 oz quantities less than 3 are regular retail



Vollfe Plant-Based Cheese **4.99** 5.29-8 oz



Blue Zones Kitchen Frozen Meals **4.99** 8-9 oz



Just Egg Folded Plant-Based Eggs **4.99** 4 ct



WHEN YOU BUY 3 OR MORE Celsius Energy Drink **3/\$5** 12 oz quantities less than 3 are regular retail



Hippeas Puffs **2/\$6** 4 oz



Seven Sundays Protein Oats **6.99** 16 oz



Righteous Felon Jerky **2/\$9** 2 oz



Jovial Organic Pasta **2/\$8** 12 oz Jovial Mac & Cheese 6 oz.....2/\$8



Rao's Soup **2/\$8** 10 oz

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\$2 off

Fresh Thyme freshly ground peanut butter



Bulk Trail Mix or Snack Mix **20% OFF** sold by the lb



Kin Euphorics Non-Alcoholic Functional Beverages **10.99** 4 pk, 8 oz



Prices valid 1/8/25-1/14/25 at our Michigan locations



it's always fresh to recycle

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 HIPEAS AND GRAPES LIGER STORE LOCATIONS ONLY. PA: MAX OF 192 FL. OZ. OF BEER AND 3,000 mL OF WINE CAN BE PURCHASED AT ANY ONE TIME.

FRESH THYME MARKET

Cold-Pressed Juices and Power Shots



2.99
2 oz



2.99
12 oz



SHOP NOW

FRESH THYME'S top trends for 2025

FUNCTIONAL INGREDIENTS

SHOP NOW



EVOLUTION OF THE MUSHROOM

SHOP NOW

NON-ALCOHOLIC, MOOD-ENHANCING BEVERAGES

SHOP NOW



SPICY FOODS TAKEOVER

SHOP NOW

MANGO-EVERYTHING (AND EVERYWHERE!)

SHOP NOW

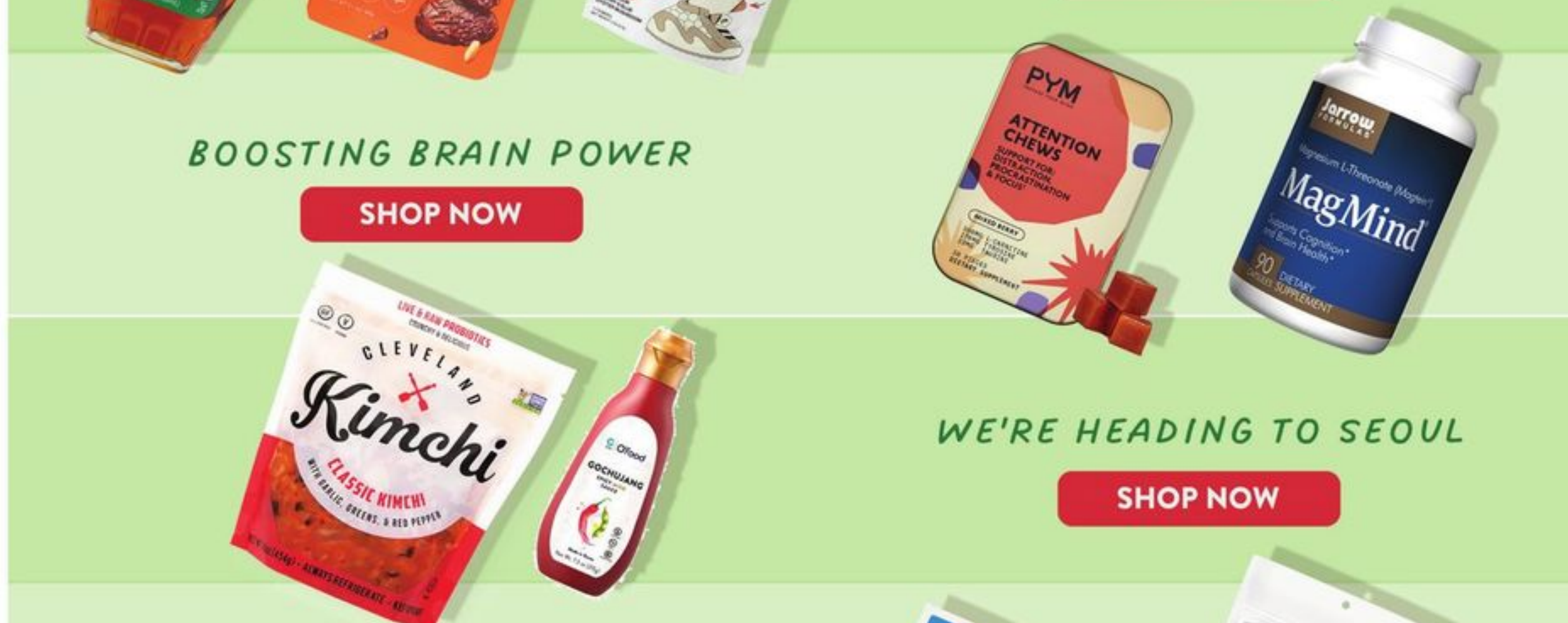


NATURE'S NATURAL SWEETENERS

SHOP NOW

BOOSTING BRAIN POWER

SHOP NOW



WE'RE HEADING TO SEOUL

SHOP NOW

NEXT-GEN SUSTAINABILITY

SHOP NOW



PRIORITIZING PROTEIN

SHOP NOW

OVER
200
BARS

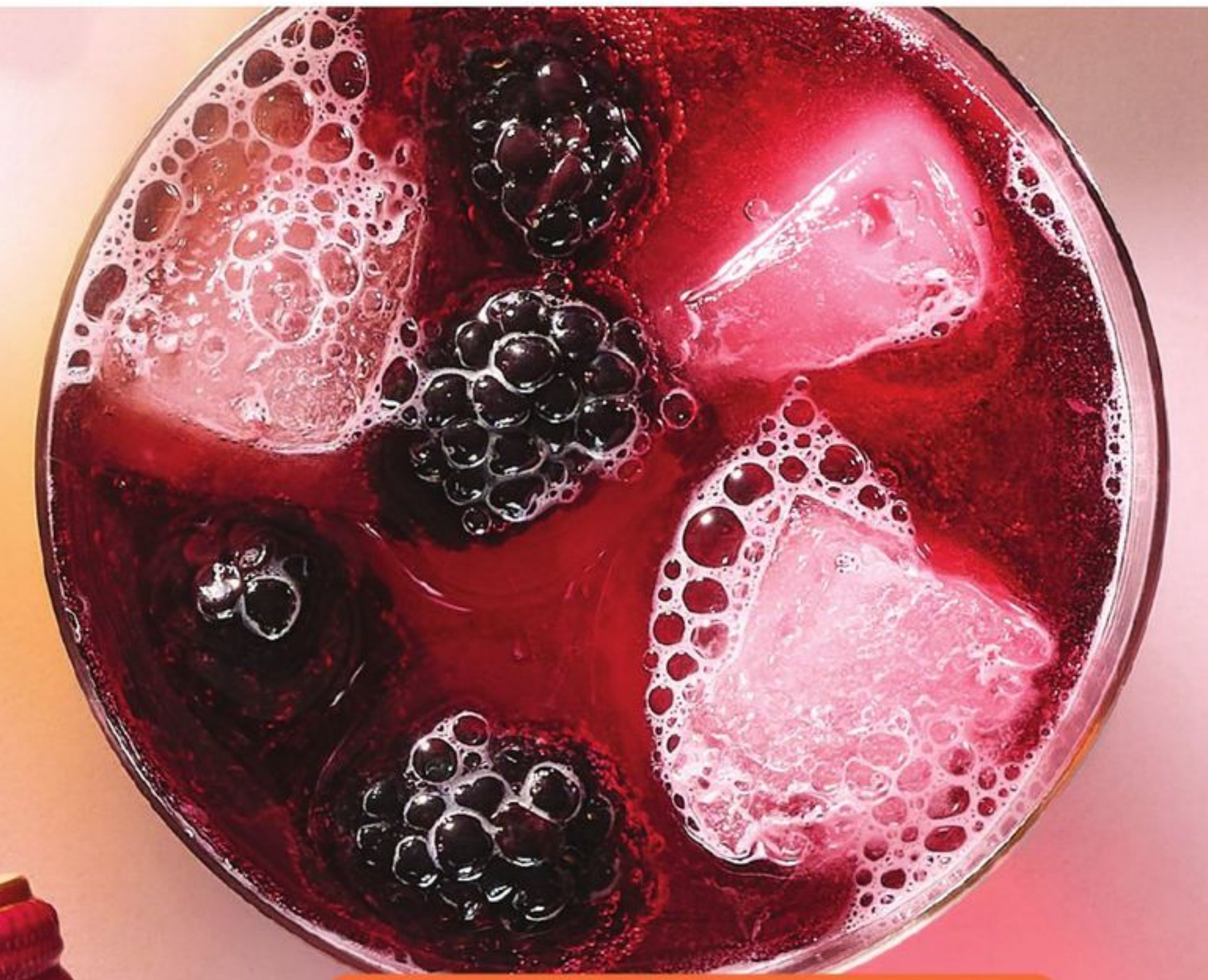
25%
OFF
all nutritional bars
single bars only

SHOP NOW



BENEFICIAL BEVERAGES

Have you heard of functional beverages? They contain natural ingredients that may enhance mental clarity and a positive outlook.



TRY SOMETHING NEW



Boar's Head
DEDICATED
to QUALITY

— *Since 1905* —



BoarsHead.com
© 2024 Boar's Head Brand

9⁹⁹ Boar's Head
LB Lower Sodium and
Fresh Slice Turkey Breast

Refresh. Reset. Reimagine.



Fage
Yogurt
32 oz **5.99**



Three Trees
Organic Plant-Based
Milk
28 oz **5.99**



Noka
Organic Superfood
Smoothies
4 pk, 4.22 oz **6.99**



Field Roast Chao
Creamery
Plant-Based Sliced or
Shredded Cheese
7 oz **4.99**



Catalina Crunch
Snack Mix or Cookies
5.25-6 oz **5.99**



Crunchmaster
Crackers
3.54-4 oz **2/57**



WHEN YOU BUY 3 OR MORE
Fresh Thyme
Plantain Chips **3/56**
5-6 oz
quantities less than 3 are regular retail



Siete
Grain Free Puffs **2/57**
4 oz



Gorgie
Sparkling Energy Drinks
with Benefits **2/54**
12 oz



Roar
Organic Enhanced
Hydration Beverage **2/54**
18 oz



Vita Coco
Coconut Water **2/58**
33.8 oz



Eternal
Alkaline Spring Water **2/57**
2.5 L



Banza
Chickpea Pasta or
Mac & Cheese **2/56**
5.5-8 oz



Livwell
Plant-Based
Superfood Pasta Sauce **9.99**
16 oz



It's Skinny
Pasta **2/56**
9.52 oz



Bonafide
Organic Broth **2/57**
32 oz



Impossible
Ground Burger **7.99**
12 oz



Beyond Meat
Breakfast Sausage **5.49**
6 pk



Omni
Plant Based Bao Buns **4.99**
7.05 oz



Sambazon
Frozen Acai
Smoothie Bowl **3.99**
6.1 oz

Conquer Dry January!



BEER



WINE



MOCKTAILS



visit your local store to check out what non-alcoholic options are available

Meet ^{***} *Meghan

**FRESH THYME MARKET'S
REGISTERED DIETITIAN**

Send your nutrition questions
to nutrition@freshthyme.com
for a chance to ask Meghan!



Glow from Within

Winter wreaks havoc on our skin and there are plenty of different products and tips to help aid dry skin from the inside out. As a dietitian, I'm a firm believer that glowing, healthy skin starts with a combination of a nourishing diet and a smart skincare routine.

Glow brighter this year—with Fresh Thyme Market's 33% off VBC Sale and start your skin glow-up today! 😊



~~meat~~ more fish.

**NO
ANTIBIOTICS**


**8X LESS
GREENHOUSE GASSES
THAN BEEF**

**SMALL
FARMS
THAT CARE**

