



Limited Thyme Sale

Starts 12/11 at 10am through Sunday

Certified Angus Beef®

Chuck Roast

\$5.99
LB

limit 2

SHOP ALL DEALS

while supplies last

Sale



FRESH THYME MARKET

FRESHLY
LOCKED
DEALS

Spot this icon to discover natural and organic items priced to feel good all season long.

19.99

Avaline
Vegan & 100%
Organic Wine

select varieties, 750 ml

3.99

Josie's Organics
Chopped Salad Kits

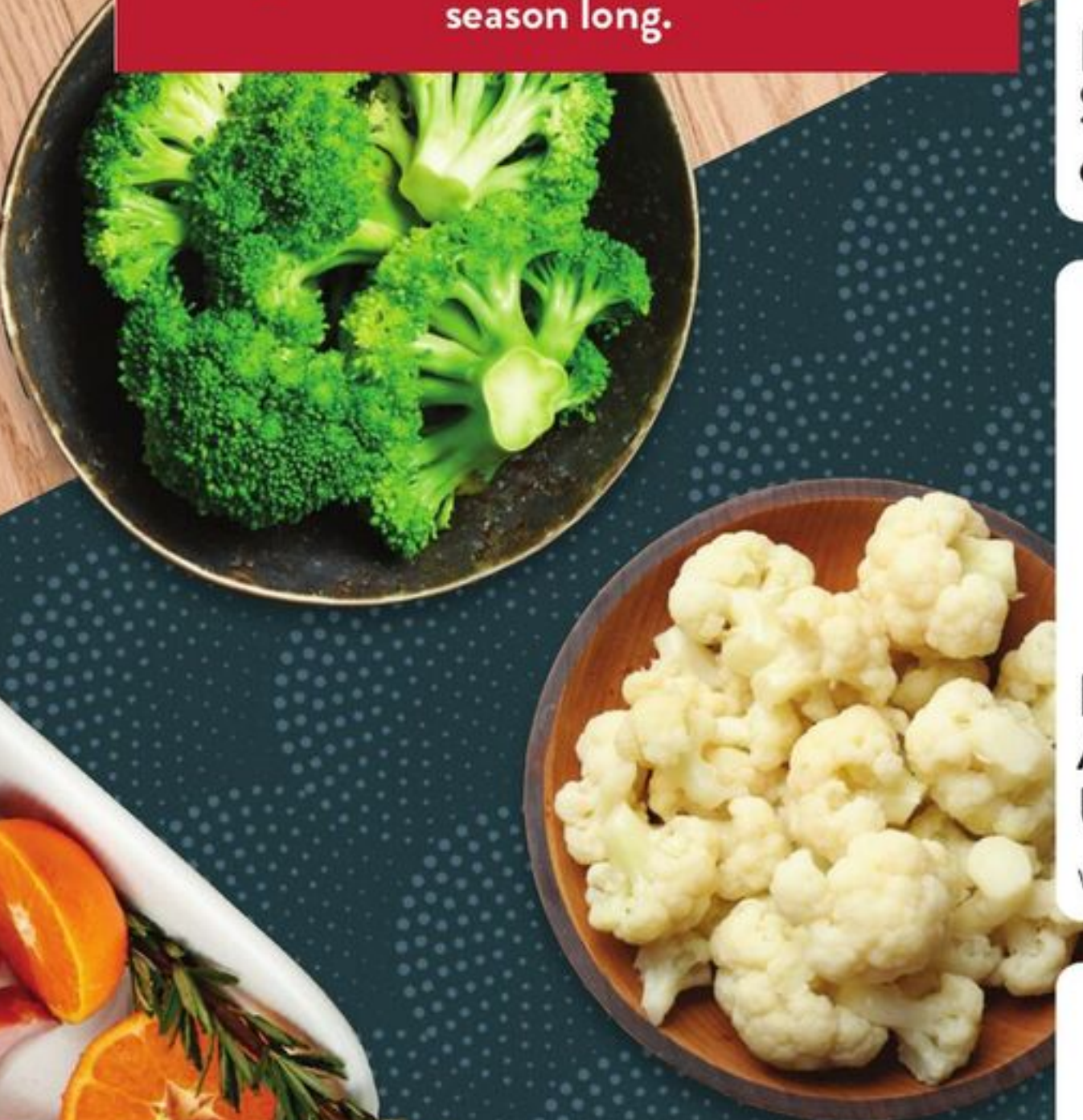
8-11.3 oz bags



1.99 LB

Hatfield
Boneless Hardwood
Smoked Pre-Sliced
Artisan Half Pit Ham

limit 2, while supplies last



1.49 LB

Broccoli Crowns
or Cauliflower

**BUY ONE
GET ONE
50% OFF**

100 YEAR
OLD RECIPE

Old Fashioned
8 Inch Pie

select varieties, equal or lesser value

6.99 LB

Jumbo 16/20 ct Raw EZ
Peel or 31/40 ct Cooked
Shrimp

sold only in 2 lb bag \$13.98

**BUY ONE
GET ONE
50% OFF**

Simply Organic & Frontier
Spices, Seasonings &
Extracts 0.1 - 8 oz

5.99

Carbone
Pasta Sauce

15-24 oz

1.99

Blueberries Pint or
Blackberries 6 oz

2.69 LB

Frick's
Sugar Cane Cured Shank
or Butt Half Ham

while supplies last

5.49 LB

Frick's
Applewood Smoked
Uncured Whole Carver Ham

while supplies last

9.99 LB

Certified Angus Beef®
Boneless New York Strip Steak

2/\$7

Big Digs
Organic Russet, Red or Gold
Potatoes 3 lb bags



RECYCLED
PER
tels



ALEIA'S
Love of Artisan Food

stuffed full of flavor
SAVORY STUFFING

SAVORY



ALL
NATURAL



FRESH THYME
MARKET

Double Crème
BRIE

SOFT-RIPENED CHEESE

CREAMY & SMOOTH WITH
A SUBTLE MUSHROOM FLAVOR

NET WT. 8 OZ (227g)



Oil of Oregano



truwhip

ORIGINAL



FARMERS
MARKET

ORGANIC
Pumpkin

NET WT. 15 OZ (425g)



VITAL PROTEINS[®]
COLLAGEN
PEPTIDES

26g Collagen per Serving

Supports Skin, Hair, Nails, Joint Support

100% Grass Fed • Pasture Raised

Unflavored

Dietary Supplement

NET WT. 20 OZ (1.25kg) 567g





USDA
ORGANIC

Solaray[®]

HIGHER ABSORPTION
MAGNESIUM
GLYCINATE
350 mg

• Bone
• Muscle
• Relaxation

100 VEGCAPS



ALL
NATURAL



TOSTITOS[®]

ROSÉ

SPARKLING WHITE TEA,
GINGER & ELDERBERRY
CONTAINS NO ALCOHOL

75.4 FL. OZ. / 750 ML



California Carrots

Whole

NET WT. 16 OZ (1 LB) 454g



Simply
Organic[®]

turkey
FLAVORED
gravy mix

4 3 NO

USDA
ORGANIC



FRESH THYME
FARMERS MARKET[®]

ORGANIC
CREAM OF
MUSHROOM
Condensed
Soup

USDA
ORGANIC



FRESH THYME
FARMERS MARKET[®]

ORGANIC
CHICKEN

USDA
ORGANIC



FAMILY SOAPMAKERS SINCE 1858

DR. BRONNER'S[®]

18-IN-1 HEMP LAVENDER
PURE-CASTILE SOAP

CERTIFIED FAIR TRADE

MADE WITH ORGANIC OILS

100% VEGAN • 100% BIODEGRADABLE

16 FL. OZ. (500 mL)



4 SERVINGS

Fresh
EXPRESS

-Garden-

ICEBERG GARDEN

JARDIN DE ICEBERG

Iceberg Lettuce • Red Cabbage • Carrots

Letting Nature Grow

GUARANTEED FRESH

FRESHLY LOCKED DEALS

Spot this icon to discover
natural and organic items
priced to feel good all
season long.



Certified Angus Beef®
Standing Rib Roast
boned and tied



Honeycrisp Apple
bulk



Seedless Hot House Cucumbers
large



Certified Angus Beef®
Butt Tenderloin sold in bag, while supplies last
Certified Angus Beef® Whole Beef Tenderloin
PSMO sold in bag, while supplies last.....24.99 LB



Thomas Farms
Boneless Half Leg of Lamb
while supplies last



Holten's Chop House
Certified Angus Beef® Smashed, Steak or Sirloin Burgers 32 oz



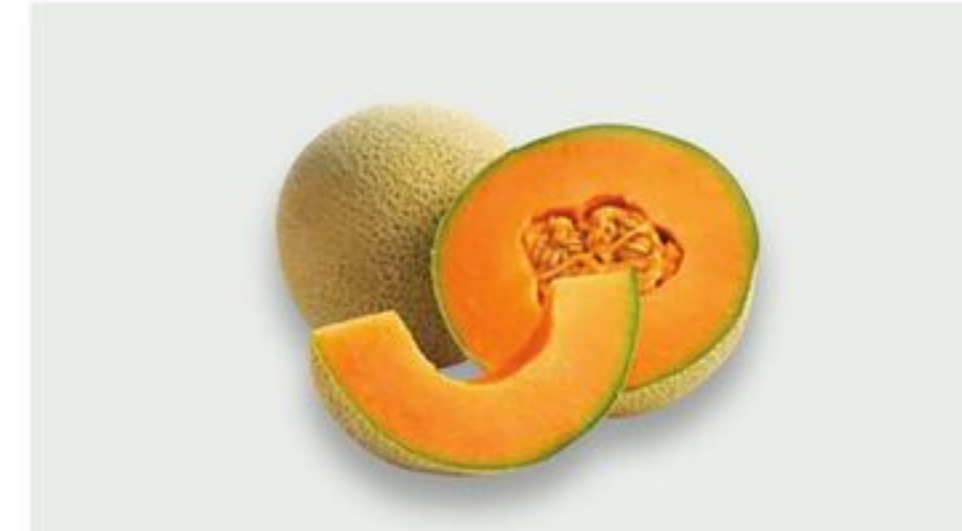
Thomas Farms
Frenched Rack of Lamb



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



Niman Ranch
All-Natural Sausage
all varieties, 12 oz



Cantaloupes
extra large



Grimmway Farms
Cal Organic Organic 2lb Cello Carrots



Fresh Thyme
Boneless Skinless Chicken Breast
Fresh Thyme Chicken Tenders.....4.99 LB



Large Snow Crab Clusters
Large 16/22 ct King Crab Legs
previously frozen.....34.99 LB



Swaggerty
Breakfast Sausage Links or Rolls
12-16 oz, previously frozen



Sugar Bombs or Flavor Bombs
12 oz



Organic Grapefruit
4 lb bag



Fresh Atlantic Salmon Fillets



Lobster Tails
4 oz, previously frozen



Echo Falls
Salmon or Tuna
all varieties, 4-12 oz



Holiday Citrus Case Sale
Navel Oranges or Seedless Clementines
10 lb gift box



SPRUCE TREE

Festive Florals are Here

fresh trees, wreaths, and more!

POINSETTIA

LEMON
CYPRESS
TREE

CHRISTMAS
CACTUS

LAVENDER TREE



Fresh Thyme
All Bulk Coffee **20%OFF**
sold by the pound, includes organic



Endangered Species
Fair Trade
Chocolate Bars **2/\$8**
3 oz



ENTIRE LINE ON SALE
Follow Your Heart
Dairy-Free
Cheese or Vegan Condiments **25%OFF**
4-32 oz



Primal Kitchen
Dips, BBQ Sauces,
Oils & Vinegars **BUY ONE
GET ONE
50% OFF**
4,7-16.9oz



WHEN YOU BUY 2 OR MORE
Silk
Almond Creamer or
Cold Foam **2/\$9**
14-32 oz, quantities less than 2 are regular price



WHEN YOU BUY 2 OR MORE
LaCroix
Sparkling Water **2/\$10**
12 pk, 12 oz



Crunchmaster
Crackers **2/\$7**
3,54-4 oz



Pepperidge Farms
Cubed or Herb
Stuffing **2/\$7**
12 oz



So Delicious
Plant-Based Ice Cream **5.49**
16 oz



Fage
Greek Yogurt **2/\$3**
5.3 oz



Reed's
Ginger Beer or
Ginger Ale **5.99**
4 pk, 12 oz



De Cecco
Pasta **2/\$4**
16 oz



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



Bonne Maman
Fruit Spreads **5.49**
12.7 - 13 oz



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



WHEN YOU BUY 2 OR MORE
GT's
Kombucha **2/\$5**
16 oz
quantities less than 2 are regular price



Xochitl
Tortilla Chips **2/\$7**
11-12 oz



Fresh Thyme
Organic Canned Vegetables
and Condensed Soup **1.69**
10.5 oz - 15 oz
Fresh Thyme Crispy Onions 6-8oz.....2/\$7



Wholly
Wholesome Pie Shells **6.99**
14-14.9 oz



Evergreen
Frozen Mini Waffles **4.99**
9 oz



Organic Frozen
Vegetables **3.99**
10 oz



Deep River
Potato Chips **2/\$8**
8 oz



Fresh Thyme
Light Brown, Dark
Brown, or Powdered Sugar **2/\$5**
32 oz
Fresh Thyme All-Purpose Flour 5 lb.....1.99



Fresh Thyme
Heavy Whipping Cream **5.69**
32 oz

Arrowhead Mills
Flour
16oz - 5lbs, select varieties

Birch Benders
Baking Mix
13.4-14.3oz

Bob's Red Mill
Baking Flour
16oz - 5lbs

Farmer's Market
Organic Pumpkin,
Pumpkin Pie Mix, Sweet
Potato, Squash
15 oz

Simple Mills
Baking Mixes
9-12.9 oz

Watkins
Assorted Food
Coloring
4-0.3 oz

Miss Jones
Organic Baking
Mixes
13-15.87 oz

Dufour
Frozen Puff Pastry
10-14 oz

Pioneer
Fine Granulated Sugar
4 lb

Fresh Thyme
Organic Vanilla
Extract
4 oz

Botticelli
Extra Virgin
Olive Oil
16.9-17oz

Fresh Thyme
Organic Coconut
Milk
13.5 oz

Fresh Thyme
All-Purpose Flour
5 lb

Fresh Thyme
Light Brown or
Powdered Sugar
32 oz

Fresh Thyme
Expeller Pressed
Canola Oil
32 oz

Dandies
Marshmallows &
Cream
5-10oz

Miss Jones
Frosting
11.29-11.98 oz

Sweet Lorens
Puff Pastry
Dough
14 oz

Wholly
Wholesome
Pie Shells
14-14.9 oz

Fresh Thyme
Vegetable Oil
32oz

Holiday Baking Must Haves

SHOP NOW



Select Specialty Cheeses
select varieties of equal or lesser value, 155 items

BUY ONE GET ONE 50% OFF



Christmas Holiday Bakery
4.5-30 oz
select varieties of equal of lesser value

20% OFF



La Pasta Filled Pasta
9 oz

BUY ONE GET ONE 50% OFF



ENTIRE LINE ON SALE

Everyone Body Care

25% OFF



ENTIRE LINE ON SALE

Derma E Body and Facial Care

25% OFF



Bob Evans Mashed Potatoes or Macaroni & Cheese
12-24 oz

3.99



Ithaca Hummus 10 oz
Terranean Twice Baked Pita Chips 6.5 oz.....2/\$8

2/\$8



ENTIRE LINE ON SALE

Better Alt Wellness Supplements

25% OFF



ENTIRE LINE ON SALE

Genexa Cold & Flu

20% OFF

No fillers, artificial colors, flavors, or trans fats. Always gluten free

11.99 LB
Boar's Head Everroast Chicken Breast
Boar's Head Garlic Bologna.....8.99 LB

9.99 LB
Boar's Head Pepperoni or Dill or Plain Havarti

9.99 LB
Boar's Head Sweet Slice Ham

FRESHLY LOCKED DEALS

AVAILABLE AT DELI COUNTER



TÖST Non-Alcoholic Sparkling Beverage
select varieties, 750 ml

6.99



Catina Zaccanini Wine
750 ml

20.99



Our Daily Red Organic Red Blend
750 ml

10.99

Holiday

SKI PASS

7 RAD DEALS for 7 WEEKS

OPEN FRESH THYME APP & CLIP COUPONS TO REDEEM

12/10 THRU 12/16

BOGO FREE

10 oz Kalamazoo Candle Co. candle



Prices valid 12/10/25-12/16/25 at our Iowa locations



FRESHLY LOCKED DEALS

Spot this icon to discover natural and organic items priced to feel good all season long.

Protein Picks



Hatfield
Boneless Hardwood
Smoked Pre-Sliced
Artisan Half Pit Ham
limit 2, while supplies last

1.99 LB



Frick's
Sugar Cane Cured
Shank or Butt Half Ham
while supplies last

2.69 LB



Frick's
Applewood Smoked
Uncured Whole Carver Ham
while supplies last

5.49 LB



Hatfield
Traditional, Honey Ham
Steak or Canadian Bacon
6 to 8 oz

2/\$5



Hatfield
Traditional, Honey Ham
Steak or Canadian Bacon
6 to 8 oz

2/\$7



Hatfield
Antibiotic Free Petite
Dinner Ham
2 lb, while supplies last

10.99



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

4.99 LB



Hatfield
Recipe Essential
Sausage or Farm Promise
Ground Pork
16 oz, mix or match

2/\$7



Fresh Thyme
Gourmet Ground
Pork Breakfast or Mild
Italian Sausage

3.99 LB



Applegate Naturals
Uncured Turkey Hot Dogs
10 oz

4.99



Applegate
Chicken, Pork or Turkey
Breakfast Sausage Links
or Patties
7 oz

2/\$9



Echo Falls
Salmon or Tuna
all varieties, 4-12 oz

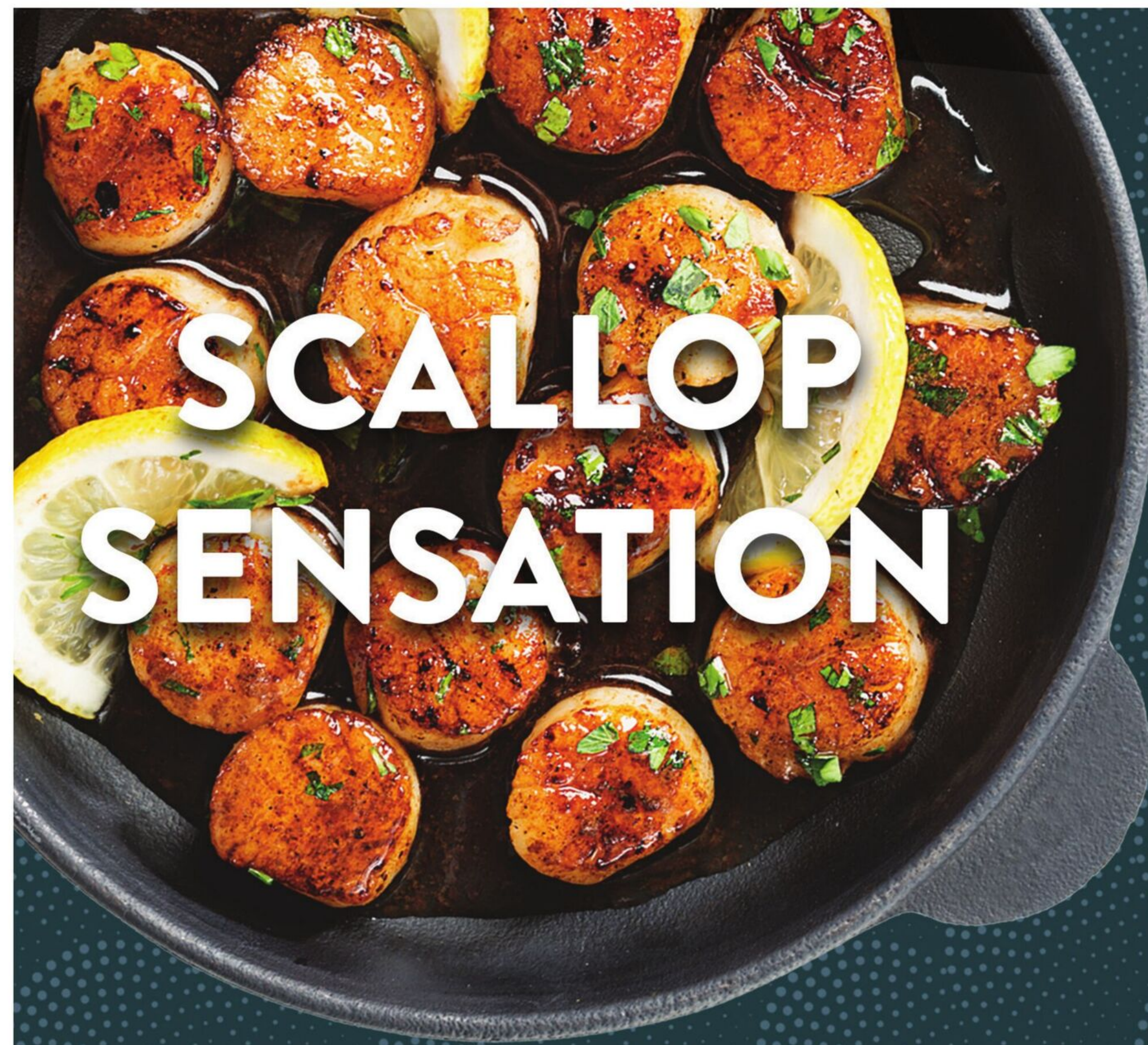
20%OFF

wine & cheese

Pinot Noir & Emmi Gruyère

With its nutty flavor and smooth texture, this cheese complements the cherry notes of the wine, making for a mild and slightly tart tang.





SCALLOP SENSATION

Scallops cook quickly and effortlessly, making them perfect for busy nights. In just minutes, you get tender, restaurant-quality flavor!



17.99

Sea Legend
Jumbo 10/20 ct Dry Sea Scallops
all-natural
16 oz



19.99

Sea Legend
Colossal U10 Dry Sea Scallops
16 oz



10.99

Sea Legend
Jumbo Dry Sea Scallop Pieces
16 oz

Stocking Stuffer Must Haves

Make the holidays even more
magical and stuff those stockings
with a little extra joy!



Burt's Bees Holiday Lip Balms

select varieties and sizes

*FESTIVE-FLAVORED
HOLIDAY MUST HAVE*

ESW Face Masks .85 oz

*REFRESHING,
REJUVENATING,
NOURISHING*



Calyan Holiday Candles

select varieties and sizes

*CLEAN, NON-TOXIC
CANDLES*



Pacha Holiday Soap 4 ct

*HANDCRAFTED,
ARTISANAL
PRODUCTS*



A DECADE OF BUILDING HEALTHIER LIVES.



Over 7 million lives changed and counting

We're proud to have impacted so many lives together! Help us continue building healthier communities and **round-up your purchase** to give the gift of life-changing nutrition to families.



did you know?

Fresh Thyme donates 25¢ to
Vitamin Angels for every bottle of
our supplements or vitamins sold-
all year long!

[LEARN MORE](#)





LET'S TOAST

YOUR FAVORITE WINTER COCKTAILS,
NOW ZERO PROOF

RITUAL ZERO
PROOF



NO & LOW
CALORIE



1-2G
OF SUGAR



CRUSH
TOMORROW

Made for cocktails,
just swap traditional
spirits with Ritual
to make all your favorite
cocktails non-alcoholic.

SHOP NOW