Limited Thyme Sale

Starts Thursday at 10am through Sunday

Thomas Farms Grass Fed

Boneless Ribeye Steak

or

Wild Caught

Snow Crab Clusters

$11.99 LB

SHOP ALL DEALS

while supplies last, offer valid 4.9-4.12

More great savings online!

FRESH THYME MARKET

Driscoll's
6 oz Raspberries or Blackberries
equal or lesser value item free

BUY ONE GET ONE FREE

Pier 33 FREE

Pier 33
Antibiotic-Free Coho Salmon
previously frozen

5.99 LB

Blanhouse Salmon
Premium Atlantic Salmon Fillets
9.99 LB

we ♥ organic

3/$5

Organic Hass Avocados
large

3.99

Organic Medley Tomatoes 10 oz,
Mini Peppers or Mini Cucumber Packages 1 lb

PLANT-POWERED IRON

4.99

Fresh Thyme
Organic Salad 16 oz or
Mother Raw Dressings 8 oz

Red or Green Grapes
2.99 LB

Roma Tomatoes, Zucchini
Squash, Yellow Squash, or
Eggplant
1.49 LB

PICK

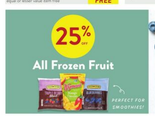
Tasty Little Digs
Potatoes
24 oz bags
Organic Little Digs, 24 oz bags.....3.99
2/$7

Fresh Thyme Organic Ground
Beef or Thomas Farms Organic
Beef Steaks or Ground Beef
8–16 oz, ends or center
equal or lesser value item free
BUY TWO GET ONE FREE

Certified Angus Beef®
Top Sirloin Steak
7.99 LB

Sail River EZ Peel Shrimp
41/50 ct
sold only in 2 lb bags
Wild Caught, Shell on, Tails Free
Large 40/50ct Cooked Shrimp sold only
in 2 lb bag 13.98.....6.99 LB
BUY ONE GET ONE FREE

25% off
All Frozen Fruit



PERFECT FOR SMOOTHIES!

Panera Bread
Refrigerated Soup
16 oz
3.99

Rana
Pasta Lasagna or
Chicken Mac & Cheese
12–40 oz, or the deli department
Essential Baking Company Organic Take
and Bake Bread 12-16 oz.....7.99
12.99

Le Terre Fine
Egg White Quiche
12 oz
9.99

All Boar's Head
Specialty Cheeses
A 10 oz. discount applies
to lesser value item
BUY ONE GET ONE 50% OFF

Chobani
Yogurt
5.3 oz
10/$10

Kodiak
Power Waffles
or Flapjacks
9–15.38 oz
5.99

Natpods
Dairy-Free Creamers
25.4 oz
4.99

Purely Elizabeth
Cereal or Granola
8–12 oz
6.49

Knudsen
Juice
32 oz, discount applies to
equal or lesser value item
BUY ONE GET ONE 50% OFF

GT's
Kombucha
16 oz
2/$6

Sonia
Mini Corn
Tortilla Chips
25 oz
2/$8

Carbone
Pasta Sauce
15–34 oz
6.99

NOT - NOT - NOT -

SPRING INTO WELLNESS

30% OFF All Vitamins & Body Care

Sale

trusted vitamins and minerals

quench and recharge with hydration

daily functional mushroom boost

nourish with omegas

spring scents for feel-good vibes

support for your wellness goals

Heirloom Navel Oranges, Minneola Tangelos, or Cara Cara Oranges
3 lb. bag
3.99

Red, Yellow, or Orange Bell Peppers
3/5

Fresh Thyme Guacamoles
mild, medium, spicy or guacamole grillo, 8 oz
4.49

Regenerative Organic Certified® farms and products meet the highest standards in the world for soil health, animal welfare, and farmworker fairness. Fresh Thyme is proud to carry hundreds of ROC items.

Farm Promise
Sea Salt Butt Roasts, Loin Fillets or Tenderloins
Value on roasts, equal or lesser value Ham Free
BUY ONE GET ONE **FREE**

Lobster Tails
10 oz, previously Frozen
6.99 EA

Force of Nature
80% Lean Grass Fed Ground Beef
Force of Nature Bovidea Grass-Fed Ribeye Steak.....19.99 LB
8.99

Ahi Tuna or Swordfish Steaks
Wild Caught Orange Roughy Fillet.....6.99 LB
10.99 LB

Boar's Head
No fillers, artificial colors, flavors, or trans fats.
Always gluten free

11.99 LB
Boar's Head
Ovengold Turkey Breast
Boar's Head 3 Pepper Colby Jack.....9.99 LB

10.49 LB
Boar's Head
Beef Bologna
Boar's Head Garlic Bologna.....8.99 LB

11.99 LB
Boar's Head
Golden Classic Chicken Breast

SAVE THYME YOUR WAY
FRESH THYME PICKUP
SHOP ONLINE,
PAY IN STORE PRICES

learn more!

Fresh Thyme
String Cheese or Snack Sticks
8-12 oz
3.99

Perfect Bar
Peanut Butter Protein Bars
Also Original, 8-10 minis
7.99

Jolly Llama
Dairy-Free Cones
34.25 oz
3.99

Jeni's
Ice Cream
16 oz
6.99

Poppi Prebiotic Pop
12 oz
2/4

Angie's BoomChickaPop Popcorn
4.8-7 oz
2.99

Chocolove
Chocolate Bars
3-3.2 oz
2/6

Bear Yoyo
Fruit Rolls or Splits
3.5 oz
2/9

Rao's
Soup
15.5-16 oz
2/7

Rao's
Frozen Entrees
8.4-9 oz
3.99

DeaBen's
Organic Superfruit Freeze
10 oz, shelf stable
4.99

Kicking Horse
Organic Ground or Whole Bean Coffee
10 oz
12.99

MY STORE MY SAVINGS

Fresh Thyme Liberal Guild

It's always fresh to recycle

Prices valid 4/8/26-4/14/26 at our Iowa locations

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We reserve the right to correct pricing errors. Not all items are in every location. Prices may differ in Illinois and Wisconsin. Quantities may be limited on some items. Some items may be available at a different price than shown, where applicable. Beer and wine purchases are subject to state laws. WIC and EFS available in Hays and Ottumwa. Sales taxes will be added to the price of all items except SNAP items. Prices are in effect for purchases in any one store. All items are sold by the each unless otherwise noted.
Nutrition values are based on USDA FoodData Central averages; values may vary by product.

COOKING WITH DIETITIAN MEGHAN

Lemon Ginger Asparagus Ribbon Salad

Thursday, April 9th 6:00 p.m. CT

LIVE ON FACEBOOK

FRESH BITES

NEOCELL
#1 COLLAGEN BRAND ON TikTok^
NEOCELL
GRASSFED
COLLAGEN
BIO-PEPTIDES
+VITAMIN C & BIOTIN
6000MG
PER SERVING
Supports Healthy Hair, Skin, Nails*
NEOCELL
GRASSFED
COLLAGEN
PEPTIDES
SUPPORTS HEALTHY* HAIR • SKIN • NAILS • JOINTS*
UNFLAVORED
Beauty
Built Your Way
Give your routine the support it deserves with NeoCell® collagen for healthy hair, skin, and nails.*
SHOP NOW
^Source: Kalodata – L30 Day ending 2/19/2026
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SINCE 1978
CERTIFIED ANGUS BEEF®
BRAND

If it's not *Certified*, it's not the best.®

Since 1978, the Certified Angus Beef ® brand has raised the bar for Angus beef. Each cut meets 10 exacting standards for quality. You'll taste the difference in every juicy, flavorful bite.