Limited Thyme Sale

Starts Thursday at 10am through Sunday

13/15ct EZ Peel Raw Shrimp

sold only in 2 lb bag

$16.99 EA

SHOP ALL DEALS

while supplies last, offer valid 4.30-5.3

Limited Thyme Sale

Starts Thursday at 10am through Sunday

Thomas Farms Grass Fed

Whole Beef Tenderloin

sold whole in bag

$16.99 LB

SHOP ALL DEALS

while supplies last, offer valid 4.30-5.3

BRINGING YOU EVEN MORE SAVINGS.
Now earn 10 points for every $1 spent.
Redeem points for
$5 and $10 coupons!

FRESH THYME MARKET

MY SAVING
Learn More!

MY SAVING
$2.99
-$1.00
1.99
WITH MY SAVING
Raspberries or Blackberries
6 oz, limit 2

VALUE PACK
3.99 LB
80% Lean Grass-Fed Ground Beef
3 lb or more per package, less than 3 lb $4.49 lb

Driscoll's — GREAT SOURCE OF VITAMIN C — **3.99**

USDA ORGANIC
Organic Strawberries
1 lb

we ♥ organic — **2.99**

USDA ORGANIC
Organic Brussels Sprouts Bag 1 lb or Bimi Broccoli Bunch

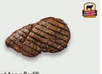
PLANT-POWERED IRON — **4.99**

USDA ORGANIC
Fresh Thyme
Organic Salads 16 oz or Mother Raw Dressings 8 oz

Cantaloupe Melon **2/$6**

On the Vine or Beefsteak Tomatoes **1.49 LB**

Red, Yellow or Orange Bell Peppers or Seedless Cucumbers **4/$5**



Certified Angus Beef®
Top Sirloin Steak
Certified Angus Beef® New York Style Sirloin or Top Sirloin Strip Steak **7.99 LB**

Fern Promise FREE
Fern Promise
Bone In Pork Butt Roast or Boneless New York Top Loin Pork Chops **2.49 LB**

VALUE PACK
All-Natural
Boneless Skinless
Chicken Breast **2.99 LB**

25% OFF
Siete
Seasonings, Sauces, Salsa, Beans or Tortillas
select varieties, 1-16 oz

Fresh Thyme
Natural Turkey Breast Oven Roasted **10.99 LB**

Good Foods
Dairy Dip or Guacamole 8 or 12 oz
Discount applies to lowest value item
Pita Bread Chip 4 oz
Discount applies to lowest value item
BUY ONE GET ONE 50% OFF

FREE
Canyon Bakehouse
Bread, Bagels or Rolls
10.8-24 oz, discount applies to lower value item
BUY ONE GET ONE 50% OFF

VSV Supreme or El Mexicano
Mexican Cheese
select varieties, 7-10 oz, discount applies to lower value item
BUY ONE GET ONE 50% OFF

NON GMO
Silk or So Delicious
Almond or Coconut Milk
64 oz **3.49**

NON GMO USDA ORGANIC
Forager Project
Organic Cashew Yogurt
24 oz **4.99**

USDA ORGANIC
Red's
Frozen Burritos
4.5-5 oz **2/$4**

FREE
Cauliflower
Frozen Pizza
10.9-11.3 oz **6.99**

NON GMO GLUTEN FREE
WHEN YOU BUY 3 OR MORE
Celsius
Energy Drink
12 oz, quantities less than 3 are regular retail **3/$5**

NON GMO GLUTEN FREE
Zevia
Zero Calorie Soda
12 pk, 12 oz **11.99**

HOT PRICE
Albanese
Gummi Sharable Bag
25-36 oz **6.99**

10 GRAMS OF PROTEIN
Catalina Crunch
Cereal or Snack
6.5-7 oz **20%OFF**

SKU - 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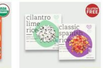
Protein and Greens
entire line on sale

**These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.*

Daisy
Cottage Cheese
16 oz **2.99**

WHEN YOU BUY 2 OR MORE
Gold Thread
Plant-Based Tonics
10.5 oz, quantities less than two are regular price **2/5**

Alden's
Frozen Organic Novelties
9-14 oz **5.99**



Grain Trust
Frozen Vegan Rice
20-30 oz **4.79**

Kettle
Avocado Oil or Classic Potato Chips
8-13 oz **3.99**

Spindrift
Sparkling Water
12 oz, 8 pk **6.99**

Chuao
Chocolate Bars
2.8-2.82 oz **2/9**

Aloha
Organic Protein Bars
1.98 oz **2/5**

Fresh Thyme
Organic Salsa
16 oz **2/6**

OVER 30 VARIETIES
Divina
Olives or Spreads
4.2-15.5 oz, discount applies to equal or lesser value item
BUY ONE GET ONE 50% OFF

Fresh Thyme
Organic Canned Beans
15 oz **1.29**

WHEN YOU BUY 2 OR MORE
Dunkaroo Snacks
Mini Donuts
2-6 oz, quantities less than 2 are regular price **2/5**

Instacart Uber Eats

It's always fresh to regular

Prices valid 4/29/26-5/5/26 at our St. Louis locations

HUD 2 - 100 , 102,401,403,405,409,411,413

We reserve the right to correct pricing errors. Not all items available in all stores. We reserve the right to limit quantities. Bottle deposit is in addition to the price shown, where applicable. Beer and wine purchases are subject to state laws. WIC and EFS available in Hope and Hope Figure stores locations only. FR-one of FR-S1, or other and $200 ind. of items can be purchased in any one time. All items are sold by the each unless otherwise noted. Nutrition values are based on USDA. Food Stamp Control average, value may vary by product.

all seasonal bouquets available 5/6

CELEBRATE MOM

Fresh Flowers for the Moms Who Deserve It All

Love You Berry Much Bouquet

19.99

18.99

Elegant Rose & Lily

Rose Bouquet

19.99

8.99

10 Stem Fresh Cut Tulips

COOKING WITH DIETITIAN MEGHAN
Air-Fried Chipotle Salmon Tacos with Avocado Salsa
Thursday, April 30th 6:00 p.m. CT
LIVE ON FACEBOOK
SLICE & SHARE
Bluehouse Salmon

GOOD FOODS™
A FRESH SEASON FULL OF Flavor
GOODFOODS.COM
GOOD FOODS
AVOCADO SALSA
SALSA VERDE
GOOD FOODS
SPICY SOUTHWEST STYLE GUACAMOLE
GOOD FOODS
CHUNKY GUACAMOLE
GOOD FOODS
FETA CUCUMBER
DIP

Farm Promise

Pork With A Real, Reliable Promise.

Farm Promise made a commitment to bring goodness to everything they do – from their dedication to quality no antibiotics *ever* pork, to supporting local agriculture.