

* LABOR DAY HOURS: 8:30 AM - 4 PM



SEPTEMBER SALES

2018

42 FOREST AVE, GLEN COVE, NY 11542 • 516.676.7895 • RISINGTIDEMARKET.COM



\$3⁴⁹

Pacific
ORGANIC BROTH
(SELECTED VARIETIES)
32 oz



\$5⁴⁹

Food For Life
ORGANIC EZEKIEL 4:9 BREAD
24 oz



\$4⁴⁹

Nature's Path
ORGANIC HERITAGE FLAKES
13.25 oz



2/⁵

Cascadian Farm Organic
ORGANIC POTATOES
16 oz



\$3⁹⁹

Mary's Gone Crackers
ORGANIC CRACKERS
5.5 - 6.5 oz



\$8⁴⁹

Lakewood
ORGANIC PURE CRANBERRY
32 oz



2/⁶

Annie's Naturals
ORGANIC DRESSING
(SELECTED VARIETIES)
8 oz



5/⁵

Muir Glen
ORGANIC DICED TOMATOES
(SELECTED VARIETIES)
14.5 oz



\$5⁴⁹

Coconut Bliss
ORGANIC NON-DAIRY FROZEN DESSERT
1 pt



\$4⁴⁹

Sunshine Burgers
ORGANIC VEGGIE BURGERS
(SELECTED VARIETIES)
2-3 ct



\$2⁹⁹

Go Veggie
VEGAN GRATED PARMESAN STYLE TOPPING
4 oz



\$3⁹⁹

Rising Moon
ORGANIC RAVIOLI
8 oz



2/⁵

Muir Glen
ORGANIC PASTA SAUCE
25.5 oz



2/⁵

Annie's Homegrown
ORGANIC MAC & CHEESE
(SELECTED VARIETIES)
6 oz

STORE HOURS:
MON-FRI: 8:30AM - 8 PM
SAT: 8:30 AM - 7 PM
SUN: 9 AM - 6 PM

@risingtidemarket
 @RisingTideNaturalMarket

JACKSON'S HONEST®

Potato chips, tortilla chips and grain-free puffs you'll love made with the highest quality ingredients. Slow cooked in organic coconut oil to lock in flavors and preserve the nutritional integrity.



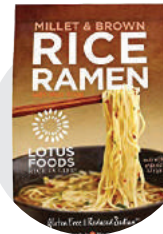
SNACK LIKE  IT MATTERS



2/\$6

Jackson's Honest
POTATO CHIPS

5 oz



2/\$3

Lotus Foods
RICE RAMEN
2.8 oz



\$2⁹⁹

San-J
ASIAN COOKING SAUCE
(SELECTED VARIETIES)
10 oz



\$4⁴⁹

Amy's
BOWLS
(SELECTED VARIETIES)
9.5 oz



2/\$4

Tasty Bite
RICE
(SELECTED VARIETIES)
8.8 oz



\$4⁹⁹

TrueRoots
ORGANIC SPROUTED QUINOA
12 oz



\$4⁴⁹

Sir Kensington's
MAYONNAISE
10 oz



\$2⁹⁹

Tofurky
DELI SLICES
5.5 oz



\$4⁹⁹

Applegate Farms
CHICKEN NUGGETS
8 oz

KEVITA
ALIVE LIKE YOU™

KeVita® is a leader in fermented probiotic and kombucha beverages with three refreshingly accessible product lines –

- Sparkling Probiotic Drink
- Master Brew Kombucha®
- Apple Cider Vinegar Tonic

– with billions of live probiotics in every bottle.



4/\$5

Vermont Smoke & Cure
CLASSIC MEAT STICK
1 oz



\$5.99

Annie's Homegrown
ORGANIC SNACK MIX
9 oz



2/\$6

KeVita
ORGANIC APPLE CIDER VINEGAR TONIC
15.2 oz



4/\$5

PUR
GUM
9 ct



5/\$5

Essentia
ALKALINE WATER
20 oz



\$3.99

Garden of Eatin'
BLUE TORTILLA CHIPS
16 oz



2/\$7

Zevia
ZERO CALORIE SODA
6 ct



\$6.49

R.W. Knudsen
ORGANIC JUST TART CHERRY JUICE
32 oz



2/\$7

Health-Ade
ORGANIC KOMBUCHA
16 oz

SEPTEMBER DEMOS

COME IN AND SAMPLE SOME OF OUR FAVORITE GROCERY AND DELI ITEMS. ALL DEMOS ARE 11 A.M.-2 P.M.

SEPTEMBER 3	LATE JULY CHIPS
SEPTEMBER 7	LATE JULY CHIPS AND MUIR GLEN SALSA
SEPTEMBER 10	C20 COCONUT WATER
SEPTEMBER 13	LATE JULY CHIPS
SEPTEMBER 17	ENDANGERED SPECIES CHOCOLATE
SEPTEMBER 21	JACKSON'S HONEST SWEET POTATO CHIPS
SEPTEMBER 24	K-MAMA SAUCE
SEPTEMBER 28	MARY'S GONE CRACKERS



\$11⁹⁹
 Fire Cider
**ORGANIC
 APPLE CIDER
 VINEGAR TONIC**
 8 oz



\$3⁴⁹
 Choice Organic Teas
**ORGANIC
 TEA
 (SELECTED VARIETIES)**
 16 ct



\$6⁴⁹
 Paleo Passion
GRANOLAS
 8 oz



\$1²⁹
 Steaz
**TEAS
 (SELECTED VARIETIES)**
 16 oz



\$3⁹⁹
 Skinny Dipped
**ALMONDS
 (SELECTED VARIETIES)**
 3.5 oz



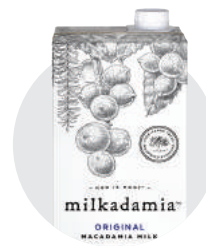
\$4⁹⁹
 Tolerant
**RED LENTIL
 PASTA**
 8 oz



\$2⁹⁹
 The Bu
**KOMBUCHA
 (SELECTED VARIETIES)**
 14 oz



\$1⁹⁹
 Lenny & Larry's
**PROTEIN
 COOKIES
 (SELECTED VARIETIES)**
 4 oz



\$4⁴⁹
 Milkadamia
MILKS
 32 oz



\$6⁹⁹
 Nuco
**COCONUT
 WRAPS
 (SELECTED VARIETIES)**
 5 ct



2/\$7
 Hope
**ORGANIC
 HUMMUS**
 8 oz



2/\$5
 ProBar
**MEAL
 REPLACEMENT
 BAR**
 3 oz



EGGPLANT CAPONATA

WITH ITS DEEP PURPLE, GLOSSY SKIN, THE LATE-SUMMER EGGPLANT IS AS BEAUTIFUL AS IT IS VERSATILE. YET COOKING IT CAN BE INTIMIDATING. WE'VE CHOSEN A RECIPE WHERE THE MILD-TASTING, MEATY-TEXTURED EGGPLANT IS CUT INTO SMALL PIECES, MAKING IT EASY TO TOSS IN A PAN AND SAUTÉ LIKE YOU WOULD ANY OTHER VEGGIE. IF YOUR GARDEN IS BURSTING WITH THESE GORGEOUS GLOBES, THIS SIMPLE CAPONATA—DELICIOUS ON ITS OWN OR SERVED WITH CHICKEN, FISH, OR EVEN SCRAMBLED EGGS—IS A QUICK AND FLAVORFUL WAY TO MAKE THE MOST OF YOUR BOUNTY.

INGREDIENTS:

3 tbs	: GOLDEN RAISINS	3/4 cup	: CHOPPED WHITE ONION
1 1/2 tbs	: RED WINE VINEGAR	1 cup	: CHOPPED TOMATO
2 tbs	: OLIVE OIL	2 tbs	: CHOPPED DRAINED CAPERS
8 oz	: EGGPLANT	1/4 tsp	: CRUSHED RED PEPPER
1 cup	: CHOPPED RED BELL PEPPER	2 tbs	: CHOPPED FRESH MINT

PREPARATION:

1. COMBINE GOLDEN RAISINS AND RED WINE VINEGAR IN A BOWL.
2. HEAT OLIVE OIL IN A LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. CUT 8 OZ. EGGPLANT INTO 3/4-INCH CUBES. ADD CHOPPED RED BELL PEPPER, CHOPPED WHITE ONION, AND EGGPLANT CUBES TO SKILLET. COOK, STIRRING OCCASIONALLY, UNTIL SOFTENED, 10 TO 12 MINUTES.
3. STIR IN CHOPPED TOMATO, CHOPPED DRAINED CAPERS, CRUSHED RED PEPPER, AND RAISIN MIXTURE. SIMMER UNTIL SLIGHTLY THICKENED, ABOUT 5 MINUTES. SPRINKLE WITH CHOPPED FRESH MINT.

SEPTEMBER 2018

LATE JULY SNACKS



CHIPS THE WHOLE FAMILY WILL ENJOY!



2/\$6

Late July
ORGANIC RESTAURANT STYLE TORTILLA CHIPS

10-11 oz



\$4⁹⁹

Organic Valley
ORGANIC MOZZARELLA STRINGLES

6 oz



2/\$4

Wild Planet
WILD SARDINES
4.375 oz



2/\$5

Health Valley
ORGANIC SOUP (SELECTED VARIETIES)

15 oz



\$9⁹⁹

Napa Valley Naturals
ORGANIC EXTRA VIRGIN OLIVE OIL

25.4 oz



5/\$5

Larabar
FRUIT & NUT BAR (SELECTED VARIETIES)

1.6-1.8 oz



CONQUER THIRST NATURALLY

Not all coconut waters are created equal. Fresh from inland coconut groves of Thailand, C20 Pure Coconut Water fuses a unique, full-flavor profile with all of the naturally occurring electrolytes sweet mother nature has to offer.

find out more at:

drinkc2o.com



2/\$3

C20
COCONUT WATER

17.5 oz



\$9⁹⁹

Organic India
ORGANIC WHOLE HUSK PSYLLIUM
12 oz



\$11⁹⁹

Yerba Prima
GREAT PLAINS BENTONITE
32 oz



3/\$6

Garden Of Life
SPORT PERFORMANCE PROTEIN BARS
2.5 oz



\$11⁹⁹

NeoCell
SUPER COLLAGEN
7 oz



2/\$20

Bluebonnet Nutrition
LIQUID CALCIUM MAGNESIUM CITRATE
16 oz



\$12⁹⁹

Topricin
PAIN RELIEF CREAM
2 oz



\$19⁹⁹

Nordic Naturals
CHILDREN'S DHA
180 ct

CHARITY OF THE MONTH FINLEY FOOD PANTRY

LOCATED JUST ACROSS THE STREET FROM RISING TIDE, THE FOOD PANTRY AT FINLEY MIDDLE SCHOOL PROVIDES FRESH AND SHELF-STABLE FOOD ITEMS TO RESIDENTS OF GLEN COVE EVERY FRIDAY FROM 3-5 P.M. STAFFED BY STUDENT AND TEACHER VOLUNTEERS, THE PANTRY GOES ABOVE AND BEYOND TO SERVE FROM 10-60 FAMILIES EACH WEEK— TAKING SPECIAL ORDERS, SENDING FOOD HOME WITH STUDENTS, AND MAKING DELIVERIES FOR FAMILIES LACKING TRANSPORTATION. WE'RE PROUD TO BE DONATING TO THIS AMAZING PROGRAM MAKING SUCH A DIFFERENCE IN THE LIVES OF OUR GLEN COVE NEIGHBORS.



\$14⁹⁹

Mineral Fusion
**VOLUMIZING
JET MASCARA**
.57 oz



\$7⁴⁹

Dr. Bronner's
**PEPPERMINT
PURE-CASTILE
LIQUID SOAP**
16 oz



\$8²⁹

Boiron
**CHILDREN'S
CHESTAL
COLD & COUGH**
6.7 oz



\$5⁹⁹

Redmond
**EARTHPASTE
TOOTHPASTE**
4 oz



\$11⁹⁹

Weleda
SKIN FOOD
2.5 oz



\$2⁹⁹

Nature's Gate
**CRÈME
TOOTHPASTE**
6 oz



\$9⁹⁹

Alaffia
**EVERYDAY
COCONUT
BODY LOTION**
32 oz



\$5⁴⁹

ShiKai
**EVERYDAY SHAMPOO
& CONDITIONER**
12 oz



\$7⁹⁹

Andalou Naturals
**1000 ROSES
CLEANSING FOAM**
5.5 oz



\$11⁹⁹

DERMA E
**ANTI-WRINKLE
RENEWAL CREAM**
4 oz



\$3⁴⁹

Castor & Pollux
**GOOD BUDDY
BEEF JERKY
DOG TREATS**
3.5 oz



\$6⁴⁹

Biokleen
**BAC-OUT
STAIN + ODOR
ELIMINATOR**
32 oz



\$2⁹⁹

7th Generation
**FREE & CLEAR
BABY WIPES**
64 ct



\$10⁹⁹

Rescue Remedy
KIDS
10 ml



\$8⁹⁹

Navitas Organic
**TURMERIC
POWDER**
8 oz



\$24⁹⁹

Amazing Grass
**PROTEIN
SUPERFOOD**
12.2 oz



20% OFF

Mineral Fusion
MAKEUP



20% OFF

Dr. Hauschka
SKIN CARE