



Now 2x monthly!

RT DEALS

January 15–January 28, 2025



\$3.99

Mary's Gone Crackers Organic Crackers selected varieties 5–6.5 oz

\$4.49

Wild Planet Wild Albacore Tuna selected varieties 5 oz

\$3.99

Grab these deals on your favorite drinks

Culture Pop Probiotic Soda selected varieties



\$1.99

12 oz

GT's Alive Ancient Mushroom Elixir selected varieties



\$3.49

16 oz

So Delicious Organic Coconut Milk selected varieties



\$2.99

32 oz

LesserEvil Organic Popcorn selected varieties



\$3.49

4.6–6.4 oz

Cascadian Farm Organic Potatoes selected varieties



\$3.99

16 oz

Simple Mills Almond Flour Crackers selected varieties



\$4.49

4.25 oz

Muir Glen Organic Tomatoes selected varieties



\$1.99

14.5 oz

Food For Life Organic Ezekiel 4:9® Bread selected varieties



\$6.99

24 oz

Garden of Eatin' Taco Shells selected varieties



\$3.99

5.5 oz



Look for new deals on **January 29!**

Aloha
Organic Protein Bar
 selected varieties

2/\$5

1.98 oz



Chosen Foods
100% Pure Avocado Oil

\$13.49

750 ml



Mike's Mighty Good
Craft Ramen
 selected varieties

2/\$4

1.6-2.4 oz



Pacific Foods
Organic Soup
 selected varieties

\$3.99

16.1-16.5 oz



Pacific Foods
Organic Broth
 selected varieties

\$6.99

32 oz



Pacific
FOODS.

Stock your pantry with delicious organic soups and broths from Pacific Foods. Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.

Muir Glen
Organic Pasta Sauce
 selected varieties

\$4.49

23.5 oz



Coconut Secret
Organic Coconut Aminos

\$6.99

8 oz



PRIMAL
KITCHEN

Add bold, crave-worthy flavor to the real foods you love with Primal Kitchen Organic Unsweetened Ketchup, no-dairy Ranch Dressing, and Mayo with Avocado Oil. Our premium pantry staples are made with real ingredients like organic California-grown tomatoes and cage-free eggs for a classic taste that kids and parents love. No artificial sweeteners and no nonsense!

Primal Kitchen
Organic Ketchup
 selected varieties

\$5.49

11.3 oz



Primal Kitchen
Mayo with Avocado Oil
 selected varieties

\$9.99

12 oz





A Promise for Goodness

- Real, purposeful ingredients
- Mac made with organic pasta and 100% real cheese
- USDA Certified Organic snacks
 - Never, ever using artificial colors or flavors



Annie's Mac & Cheese
selected varieties



Annie's Organic Bunny Crackers
selected varieties

2/\$4

5.25-6 oz

\$3.99

7.5 oz

Hippes Chickpea Puffs
selected varieties

\$3.49

3.75-4 oz



Spectrum Naturals Organic White Vinegar

\$6.99

32 oz



Good Health Peanut Butter Filled Pretzels

\$2.99

5 oz



Larabar Fruit & Nut Bar
selected varieties

5/\$5

1.6-1.7 oz



Alter Eco Organic Chocolate Bar
selected varieties

\$3.99

2.65-2.82 oz



Abbot's Plant-Based Chick'n

\$6.99

10 oz



One Degree Organics Organic Sprouted Cereal
selected varieties

\$4.99

8-10 oz



Cascadian Farm Organic Cereal
selected varieties

\$3.99

8.6-14.6 oz





Organic India was born from determination to restore depleted land with traditional and regenerative organic farming practices. When the soil flourishes, when gardens flourish, when farmers flourish—we all flourish.



Organic India Organic Tulsi Tea
selected varieties

\$4⁹⁹
18 ct

Catalina Crunch Keto Friendly Cereal
selected varieties



\$7⁴⁹
8-9 oz

Once Again Organic Tahini



\$8⁹⁹
16 oz

Artisana Organics Organic Raw Cashew Butter



\$14⁹⁹
14 oz

Navitas Organic Cacao Powder



\$9⁹⁹
8 oz

Big Tree Farms Organic Coconut Sugar
selected varieties



\$4⁹⁹
16 oz

Jovial Organic Einkorn Flour
selected varieties



\$6⁹⁹
32 oz

Spectrum Naturals Organic Shortening



\$11⁹⁹
24 oz

Choice Organic Teas Organic Tea
selected varieties



\$3⁹⁹
16 ct

nutpods Dairy-Free Creamer
selected varieties



\$2⁹⁹
11.2 oz

Santa Cruz Organic Organic Lime Juice



\$3⁹⁹
16 oz

R.W. Knudsen Organic Just Tart Cherry Juice



\$7⁹⁹
32 oz

Aura Bora
Herbal Sparkling Water
selected varieties

2/\$3

12 oz



ROAR Organic
Organic Vitamin Enhanced Beverage
selected varieties

2/\$4

18 oz



Divina
Organic Pitted Kalamata Olives



\$4.99

6 oz

Base Culture
Bread
selected varieties

\$7.99

16 oz



Creminelli Fine Meats
Sliced Pepperoni

\$4.99

2.7 oz



Earth Balance
Organic Vegan Buttery Spread
selected varieties

\$5.99

13 oz



Califia Farms
Barista Blend Oatmilk
selected varieties

\$3.99

32 oz



Native Forest
Organic Coconut Milk
selected varieties

\$2.99

13.5 oz



Painterland Sisters
Organic Skyr Yogurt
selected varieties

2/\$5

5.3 oz



Brown Cow
Cream Top Whole Milk Yogurt
selected varieties

2/\$3

4-5.3 oz



Seeds of Change
Organic Rice & Grains
selected varieties

2/\$6

8.5 oz



Siete
Grain Free Tortillas
selected varieties

\$8.99

8 ct



5/\$5

5.3 oz



The positive choices we make every day-no matter how small-can have a great impact on ourselves and the planet. At Beyond, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



**Beyond Meat
Beyond Ground Beef**

\$8⁹⁹

16 oz

**Seven Sundays
Sunflower Cereal**

selected varieties

\$6⁹⁹

8 oz



**Van's
Waffles**

selected varieties

\$3⁹⁹

8-9 oz



**JonnyPops
Organic Pops**

selected varieties

\$5⁹⁹

14.8 oz



Caramelized Onion & Aioli Beyond Burger

30 MIN-1 HR • SERVES 4 • VEGAN

INGREDIENTS

- 4 **Beyond Burger** patties (2 packages)
- 4 slices **Daiya** smoked gouda cheese
- 4 ciabatta buns
- Caramelized onions*
- 3 cups arugula
- Garlic aioli

DIRECTIONS

- 1 Cook **Beyond Burger** according to package instructions. 2-3 minutes before patty is finished cooking, add a slice of **Daiya** smoked gouda cheese and allow it to melt.
- 2 Toast ciabatta buns for 2-3 minutes. Top with **Beyond Burger** patty followed by caramelized onions and fresh arugula.
- 3 Spread garlic aioli on top ciabatta half and enjoy!

*Allow 30 min-1 hr for onions to caramelize fully.



**Beekeeper's Naturals
Propolis Immune Support
Throat Spray**

\$11.99

30 ml



**Desert Essence
Organic Jojoba Oil**

\$13.99

4 oz



**Everyone
Kids Soap**

selected varieties



\$9.99

32 oz

**Rishi Tea
Organic Everyday Matcha**

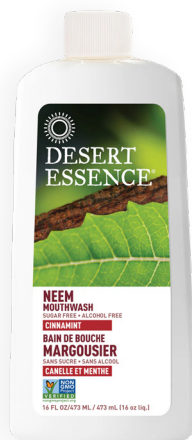
\$8.99

30 g



**Desert Essence
Dental Care Mouthwash**

selected varieties



\$7.99

16 oz

**Floradix
Floravital Iron & Herbs**

\$27.99

8.5 oz



**Jarrow
Saccharomyces Boulardii + MOS**

\$25.99

90 vcap



**Biosil
Collagen Generator**

\$36.99

60 cap



**Andalou Naturals
Age Defying Resveratrol Q10
Night Repair Cream**

\$19.99

1.7 oz



**Bluebonnet
Liquid Calcium Magnesium Citrate**

\$15.99

16 oz



**Desert Essence
Toothpaste**

selected varieties

\$6.49

6.25 oz



**DrTung's
Dental Floss**

\$3.99

30 yd



**Everyone
Hand Soap**

selected varieties

\$4.99

12.75



Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

- | | |
|--|------------------------------------|
| ½ medium sized sweet potato | ¼ up shredded carrot |
| 1 can (5 ounces) Wild Planet Albacore Wild Tuna , undrained | 1 teaspoon lemon zest |
| 1 egg | 1 tablespoon chopped fresh parsley |
| ¼ cup breadcrumbs | Ground black pepper, to taste |
| 2 tablespoons finely chopped green onion | 1 teaspoon olive oil |

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut a sweet potato in half lengthwise and place one half flat side down on the parchment paper.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 Scoop out the inside of the sweet potato half into a bowl and add the **Wild Planet Albacore Wild Tuna**, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 4 Heat olive oil in a frying pan over medium heat. Shape about ¼ cup of the tuna mixture into a small round cake and cook in the heated frying pan for two to three minutes on each side or until golden brown. Repeat with the rest of the tuna mixture.



Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.



Charity Of The Month

The mission of Cove Animal Rescue is to increase the adoptability of homeless dogs and cats through training, socialization and improved surroundings that facilitate transition to a home environment. Located right here in Glen Cove, Cove Animal Rescue strives to help eliminate the fear and stress that make an animal difficult to present for adoption. They do so by providing cage-free environments such as their cat wing and the recently completed outdoor dog runs and play areas.