



Now 2x monthly!

# RT DEALS

March 12–March 25, 2025



**Primal Kitchen Mayo with Avocado Oil**  
selected varieties

**\$9.99**

12 oz



**Perfect Bar Protein Bar**  
selected varieties

**2/\$6**

1.94–2.5 oz

## Enjoy these delicious deals

**Tasty Bite Organic Rice**



**Amy's Burrito**  
selected varieties



**Pacific Foods Organic Soup**  
selected varieties



**\$2.99**

8.8 oz

**\$3.99**

5.5–6 oz

**\$4.99**

32 oz

**Alden's Organic Ice Cream**  
selected varieties



**Bonafide Organic Bone Broth**  
selected varieties



**wildbrine Kimchi**  
selected varieties



**\$9.99**

48 oz

**\$7.99**

24 oz

**\$6.99**

18 oz

**Bob's Red Mill Organic Gluten Free Oats**



**Navitas Organic Cacao Powder**



**GT's Alive Mushroom Elixir**  
selected varieties



**\$7.99**

32 oz

**\$8.99**

8 oz

**\$3.49**

16 oz



Look for new deals on **March 26!**

## Mike's Mighty Good Craft Ramen

selected varieties



# 2/\$4

1.6-2.4 oz

## nutpods Dairy-Free Creamer

selected varieties

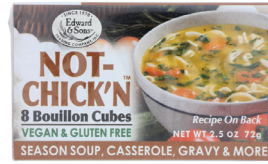


# \$2.99

11.2 oz

## Edward & Sons Bouillon Cubes

selected varieties



# \$1.99

2.2-3.1 oz

## Gimme Organic Roasted Seaweed Snacks

selected varieties



# 2/\$4

0.32-0.35 oz

## Aura Bora Herbal Sparkling Water

selected varieties



# 2/\$3

12 oz

## Arrowhead Mills Organic Gluten Free All Purpose Flour



# \$4.99

20 oz

## PUR Gum

selected varieties



# 2/\$3

0.44 oz

# Shrimp Ramen Noodles

35-40 MIN • SERVES 2-3 • DAIRY-FREE

### INGREDIENTS

- |  |                                  |
|--|----------------------------------|
| 1 pound easy peel shrimp, peeled and shells reserved | 4 cups cold water                |
| 2 scallions, roughly chopped                         | 2 packages ramen noodles         |
| 4-inch piece fresh lemon grass, chopped              | 1-2 teaspoons chili garlic sauce |
| 2 large garlic cloves, crushed                       | 2 tablespoons tamari             |
| 1-2 teaspoons tomato paste                           | 1 scallion, thinly sliced        |

### DIRECTIONS

- 1 In a medium-sized pot, combine shrimp shells, two scallions, lemongrass, garlic, tomato paste, and water. Bring to a gentle simmer and cook for 15 minutes. Strain and press liquids through. Discard solids.
- 2 Return stock to the pot and bring to a simmer. Add noodles (discarding seasoning packets if any) and cook per package instructions. Halfway through the cooking time, add shrimp and continue to cook until noodles are done and shrimp is opaque. Turn off heat and allow to rest for four minutes.
- 3 Season with chili sauce and tamari. Serve with scallions sprinkled on top and with any other tasty toppings of your choice.





## Almond Breeze

### Almondmilk

selected varieties



**\$4.49**

64 oz



**Organic Valley  
Parmesan  
Shredded Cup**

**\$4.49**

4 oz



**Organic Valley  
Feta Cheese**  
selected varieties

**\$5.49**

8 oz



Made with organic milk from pasture-raised cows, Organic Valley Stringles and Raw Sharp Cheddar Cheese are perfect for snack time or adding some delicious flavor to your favorite dishes.

## Kite Hill Dairy Free Ricotta

**\$7.99**

8 oz



## siggis Icelandic Style Yogurt

selected varieties

**2/\$3**

5.3 oz



## RISE Brewing Co. Organic Cold Brew Coffee

selected varieties

**2/\$5**

7 oz



## Lemon Blueberry Cheesecake Pops

20 MIN PREP, 4 HR FREEZE • MAKES 8 • VEGETARIAN

### INGREDIENTS

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 pint fresh blueberries        | 1 cup lemon-flavored yogurt       |
| ½ cup cane sugar, divided       | ½ cup granola                     |
| 2 tablespoons water             | 8 paper cups and 8 wooden         |
| 1 teaspoon lemon zest, optional | popsicle sticks or small reusable |
| 16 ounces softened cream cheese | popsicle molds with sticks        |

### DIRECTIONS

- 1 Place blueberries, two tablespoons sugar, water, and lemon zest, if using, in a small saucepan and bring to a simmer. Cook for five minutes or until blueberries are tender and mixture has thickened. Set aside to cool.
- 2 In a mixing bowl, use a hand mixer to cream together cream cheese and remaining sugar until fluffy. Stir in yogurt until thoroughly mixed. Fold in blueberry mixture to create swirls of fruit.
- 3 Spoon mixture into eight small paper cups leaving a quarter inch of space from the top of the cups.
- 4 Top off cups with granola and gently press into the cheesecake mixture. Insert a popsicle stick into the center of each cup and freeze for a minimum of four hours.
- 5 To serve, peel away paper cup and enjoy.



## Cosmic Bliss Organic Dairy-Free Frozen Dessert

selected varieties

**\$5.99**

14 oz



## Shady Maple Farms Organic Maple Syrup Amber, Rich Taste

selected varieties

**\$16.99**

16.9 oz



**Herbatint**  
**Hair Color**  
 selected varieties



**\$13.99**

4.56 oz

**Trace Minerals**  
**ConcenTrace Mineral Drops**



**\$42.99**

8 oz

**Yerba Prima**  
**Psyllium Husk Powder**



**\$13.99**

12 oz

# SMOOTHIE OF THE MONTH



## POT OF GOLD

### INGREDIENTS:

ORGANIC  
 ORANGE JUICE,  
 ORGANIC GINGER,  
 ORGANIC PINEAPPLE,  
 ORGANIC MANGO

THE LEPRECHAUNS AT THE RT DELI COUNTER ARE GRANTING WISHES FOR GOOD HEALTH WITH OUR MARCH SMOOTHIE OF THE MONTH. THE POT OF GOLD IS A BURST OF ANTIOXIDANTS AND A WEE BIT OF CITRUSY MAGIC FOR THESE FINAL DAYS OF WINTER.

**Natural Factors**  
**WellBetX® Berberine 500 mg**



**\$23.99**

60 vcaps

**PlusCBD**  
**CBD Extra Strength Balm 100 mg**



**\$24.99**

1.3 oz





**The Grandpa Soap Company  
Pine Tar Bar Soap**



**Charity Of The Month: Grassroots Environmental Education**

The mission of Grassroots Environmental Education is to inform the public about the health risks of common environmental exposures and to empower individuals to act as catalysts for change in their own communities. Grassroots Environmental Education strives to accomplish this using science-driven arguments for clean air, clean water and a safe food supply, and for stricter regulation of chemical toxins. They believe that positive and lasting change is best accomplished through grassroots initiatives.

**\$3<sup>99</sup>**

3.25 oz

**Andalou Naturals  
Shampoo or Conditioner**

selected varieties



**\$6<sup>99</sup>**

11.5 oz

**derma e  
Anti-Wrinkle Renewal Cream**



**\$15<sup>99</sup>**

4 oz

**Mad Hippie  
Cream Cleanser**

selected varieties



**\$12<sup>99</sup>**

4 oz



**USING BUSINESS AS A  
FORCE FOR GOOD.**

**THERE'S A BETTER WAY TO DO BUSINESS.**

Certified B Corporations™ are mission-driven companies that balance purpose and profit. B Corps™ are part of a global community of businesses that meet high standards of social and environmental impact.

So you can buy better, work better, and do better every day.



# Smothered Potato Puffs

30 MIN • SERVES 4 • VEGETARIAN

## INGREDIENTS

16 ounces frozen tater tots  
1/3 cup crumbled feta cheese  
1/2 small red onion, julienned  
1 handful cilantro leaves  
1/2 teaspoon dried oregano  
1/3 cup vegan mayonnaise  
1 tablespoon sriracha hot sauce

## DIRECTIONS

- 1** Bake tater tots following the package instructions or until extra crispy.
- 2** Meanwhile, stir together mayonnaise and sriracha to create the sauce. Set aside.
- 3** Place tater tots on a serving plate and drizzle with sauce.
- 4** Sprinkle on feta, red onion, oregano, and cilantro. Serve promptly.



## 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.





# RT VALUES

WHERE OUR VALUES MEET YOURS

Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



**\$2<sup>29</sup>**  
**ORGANIC BROTHS**  
32 oz



**\$5<sup>99</sup>**  
**ORGANIC CHIA SEEDS**  
12 oz



**\$1<sup>29</sup>**  
**ORGANIC BEANS**  
16 oz



**\$12<sup>99</sup>**  
**ORGANIC ALMOND BUTTER**  
16 oz



**\$5<sup>99</sup>**  
**ORGANIC PEANUT BUTTER**  
16 oz



**\$6<sup>99</sup>**  
**ORGANIC WILDFLOWER HONEY**  
16 oz



starting at  
**\$3<sup>99</sup>**  
**ORGANIC JELLY & PRESERVES**  
11 oz



starting at  
**\$3<sup>69</sup>**  
**ORGANIC FROZEN FRUIT**  
10 oz



**\$3<sup>99</sup>**  
**ORGANIC FROZEN VEGETABLES**  
16 oz



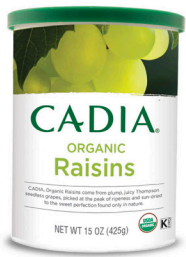
starting at  
**\$5<sup>29</sup>**  
**ORGANIC RICE**  
32 oz



**\$7<sup>29</sup>**  
**ORGANIC UNREFINED COCONUT OIL**  
14 oz



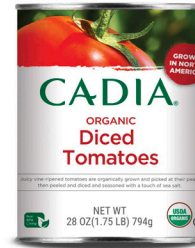
starting at  
**\$2<sup>49</sup>**  
**ORGANIC CONDIMENTS**  
8-24 oz



**\$5<sup>79</sup>**  
**ORGANIC**  
**RAISINS**  
 16 oz



**\$3<sup>49</sup>**  
**ORGANIC**  
**PASTA SAUCES**  
 25 oz



**\$2<sup>79</sup>**  
**ORGANIC**  
**CANNED**  
**TOMATOES**  
 28 oz



**\$1<sup>79</sup>**  
**ORGANIC**  
**CANNED**  
**TOMATOES**  
 14.5 oz



**\$1<sup>29</sup>**  
**ORGANIC**  
**TOMATO PASTE**  
 6 oz



**\$1<sup>79</sup>**  
**ORGANIC**  
**TOMATO SAUCE**  
 15 oz



**\$8<sup>99</sup>**  
**ORGANIC**  
**MEDITERRANEAN**  
**EXTRA VIRGIN**  
**OLIVE OIL**  
 500 ml



**\$1<sup>99</sup>**  
**ORGANIC**  
**PASTAS**  
 16 oz



**\$3<sup>49</sup>**  
**ORGANIC**  
**DRY BEANS**  
 16 oz



**\$3<sup>99</sup>**  
**LIQUID DISH**  
**SOAP**  
 25 oz



**\$7<sup>29</sup>**  
**FABRIC**  
**SOFTENER**  
 50 oz



**\$11<sup>99</sup>**  
**LAUNDRY**  
**DETERGENT**  
 100 oz



**\$2<sup>19</sup>**  
**PAPER TOWEL**  
 1 roll



**\$1<sup>59</sup>**  
**FACIAL TISSUE**  
 1 box



**\$8<sup>99</sup>**  
**BATH TISSUE**  
 12 pack

...AND MANY MORE!