



Now 2x monthly!

RT DEALS

May 14–May 27, 2025



Nixie
Organic Sparkling Water
selected varieties

\$5⁴⁹
8/12 oz



Primal Kitchen
Organic Ketchup
selected varieties

\$5⁹⁹
11.3 oz

Savor the savings on delicious treats

Boulder Canyon
Kettle Potato Chips
selected varieties

\$3⁴⁹

5.25–6.5 oz



Newman's Own
Sandwich Cremes
selected varieties

\$5⁴⁹

13 oz



Alden's
Organic Ice Cream
selected varieties

\$9⁹⁹

48 oz



Bionaturae
Organic Tomato Paste

2/\$5

7 oz



A Dozen Cousins
Rice Cooked In
Bone Broth

\$2⁹⁹

8 oz



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

\$5⁹⁹

24 oz



Lakewood
Organic Pure
Pineapple Juice

\$7⁹⁹

32 oz



Against The Grain
3 Cheese GF Pizza

\$10⁹⁹

24 oz



C2O
Coconut Water
selected varieties

2/\$5

17.5 oz



Look for new deals on **May 28!**

Arrowhead Mills
Organic GF All Purpose Flour

\$4⁹⁹

20 oz



Sir Kensington's
Mayonnaise
selected varieties

\$6⁹⁹

12 oz



Bachans
Japanese Original BBQ
Sauce

\$7⁹⁹

17 oz



Good Health
Kettle Olive Oil Potato Chips
selected varieties

\$3⁴⁹

5 oz



Unique Pretzels
Organic Pretzels
selected varieties

\$3⁹⁹

8 oz



SANTA CRUZ
organic

Family favorite organic products! Great for cooking, baking, and adding the perfect amount of pucker to beverages, Santa Cruz Organic Pure Citrus Juices are versatile staples no kitchen should be without. Always organic.

Santa Cruz Organic
Organic Lemon Juice

\$4⁴⁹

16 oz



Santa Cruz Organic
Organic Lime Juice

\$4⁴⁹

16 oz



DIY Floral Food

5 MIN • MAKES 1 QUART

INGREDIENTS

- 1 quart warm water
- 2 tablespoons cane sugar
- 2 tablespoons lemon juice or
- 1 tablespoon citric acid
- 1 tablespoon white vinegar

DIRECTIONS

- 1 Combine all ingredients in a pitcher and stir until dissolved.
- 2 Fill a clean vase with mixture.
- 3 Cut flower stems and arrange in vase.
- 4 For the longest lasting blooms, refresh every three days. Clean vase and rinse flower stems. Add fresh DIY Floral Food. Recut stems and rearrange. Keep bouquet out of direct sunlight.



Bionaturae
Organic Crushed Tomatoes

\$3⁹⁹

28.2 oz



Bobo's
Original Bites

\$3⁹⁹

5 count



Mid-Day Squares
Functional Chocolate Bar

selected varieties

2/\$4

1.16 oz



Bubbies Ice Cream Mochi

selected varieties

\$5.49

7.5 oz



Peter Rabbit Organics Organic Baby Food Pouch

selected varieties

2/\$4

4-4.4 oz



Califia Farms Organic Almondmilk

selected varieties



\$5.49

48 oz

Zevia Zero Sugar Soda

selected varieties

\$6.99

6/12 oz



Coombs Family Farms Organic Maple Syrup Grade A Amber

\$12.99

12 oz



Green Valley Organic Lactose Free Sour Cream

\$3.99

12 oz



CAULIPOWER



Caulipower Chicken Tenders

\$8.99

14 oz



Caulipower Chicken Nuggets

\$7.99

14 oz

San Pellegrino Sparkling Water

2/\$5

750 ml



Brown Cow Cream Top Whole Milk Yogurt

selected varieties

5/\$5

5.3 oz



Organic Valley Organic Sliced Cheese

selected varieties

\$4.99

6 oz





BEYOND MEAT®

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 Burger**

\$9.99

1 lb



**Beyond Meat
Beyond Burger
Cookout Classic
Patties**

\$15.99

2 lb

Daiya Dairy-Free Slices

selected varieties

\$3.99

7.8 oz



Culture Pop Probiotic Soda

selected varieties

2/\$4

12 oz



wildbrine Kimchi

selected varieties

\$7.99

18 oz



Feel Good Foods Mozzarella Sticks

selected varieties

\$6.99

8 oz



Force of Nature Bison & Beef Hot Dogs

\$8.99

8 oz



Caramelized Onion & Aioli Beyond Burger

45 MIN • 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!



JonnyPops
Organic Pops
selected varieties



\$4⁹⁹

14.8 oz

Cosmic Bliss
Organic Dairy-Free Frozen Dessert
selected varieties



\$5⁹⁹

14 oz

Ithaca
Craft Hummus
selected varieties



\$3⁹⁹

10 oz

Choice Organics
Organic Tea
selected varieties



\$3⁴⁹

16 ct

Solaray
Higher Absorption
Magnesium Glycinate



\$17⁹⁹

120 ct

Wiley's Finest Fish Oil
Wild Alaskan Fish Oil
Easy Swallow Minis



\$16⁹⁹

60 ct



MEMORIAL DAY



MAY 26, 2025

Halloumi and Veggie Skewers

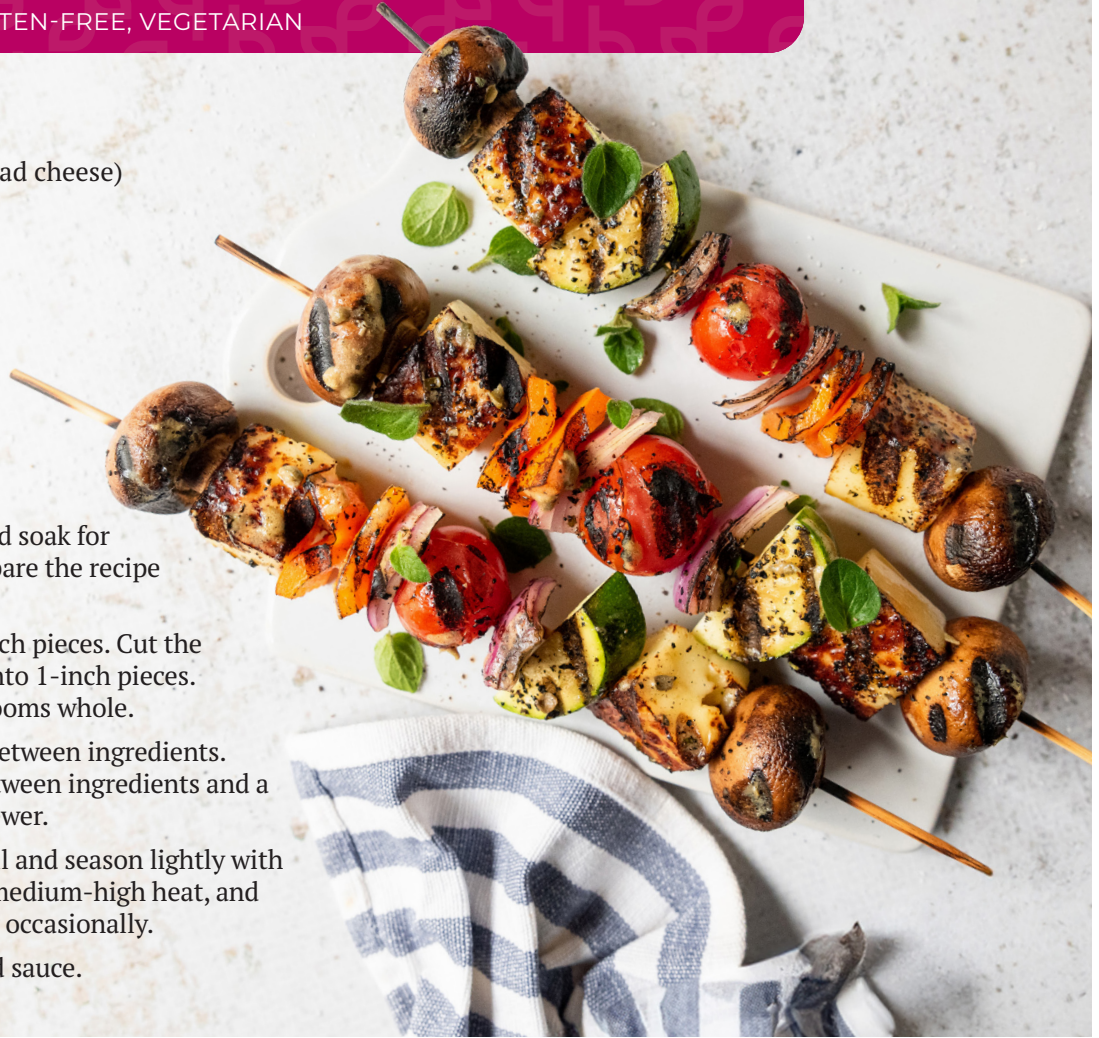
35 MIN • MAKES APPROX. 9 • GLUTEN-FREE, VEGETARIAN

INGREDIENTS

9 wooden skewers
12 ounces halloumi cheese (sub bread cheese)
1 medium zucchini
1 large orange bell pepper
1 large red onion
1 pint cherry tomatoes
1 pint button mushrooms
Olive oil, for brushing
Salt and pepper, to taste
1 cup honey mustard sauce

DIRECTIONS

- 1 Place wooden skewers in water and soak for at least 15 minutes while you prepare the recipe ingredients.
- 2 Cube the cheese into roughly 1-inch pieces. Cut the zucchini, bell pepper, and onion into 1-inch pieces. Keep cherry tomatoes and mushrooms whole.
- 3 Build the skewers by alternating between ingredients. Leave a small amount of space between ingredients and a bit of space on each end of the skewer.
- 4 Brush skewers lightly with olive oil and season lightly with salt and pepper. Grill skewers on medium-high heat, and cook to desired doneness, flipping occasionally.
- 5 Serve skewers with honey mustard sauce.

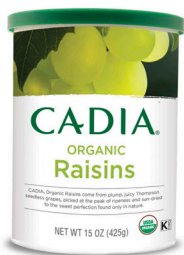


Proud member of INFRA.

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: North Shore Land Alliance

Concerned about the changing environmental landscape of Long Island, a group of friends founded the North Shore Land Alliance. Beginning in 2003, it has worked to preserve Long Island habitats including wetlands, green spaces, farmland, historical sites, and groundwater. Through outreach, volunteerism, and education, it has succeeded in protecting over 1,000 acres of land and continues to advocate for the adoption of better conservation laws. Since its founding, it has grown to include over 200 volunteers. To see their work in action, just visit the Shore Road Sanctuary in Cold Spring Harbor, where they've transformed a former ExxonMobile fueling site into eight acres of thriving grassland.



\$5⁷⁹

**ORGANIC
RAISINS**

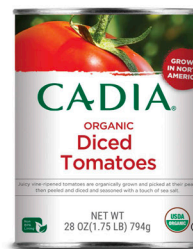
16 oz



\$3⁴⁹

**ORGANIC
PASTA SAUCES**

25 oz



\$2⁷⁹

**ORGANIC
CANNED
TOMATOES**

28 oz



\$1⁷⁹

**ORGANIC
CANNED
TOMATOES**

14.5 oz



\$1²⁹

**ORGANIC
TOMATO PASTE**

6 oz



\$1⁷⁹

**ORGANIC
TOMATO SAUCE**

15 oz



\$8⁹⁹

**ORGANIC
MEDITERRANEAN
EXTRA VIRGIN
OLIVE OIL**

500 ml



\$1⁹⁹

**ORGANIC
PASTAS**

16 oz



\$3⁴⁹

**ORGANIC
DRY BEANS**

16 oz



\$3⁹⁹

**LIQUID DISH
SOAP**

25 oz



\$7²⁹

**FABRIC
SOFTENER**

50 oz



\$11⁹⁹

**LAUNDRY
DETERGENT**

100 oz



\$2¹⁹

PAPER TOWEL

1 roll



\$1⁵⁹

FACIAL TISSUE

1 box

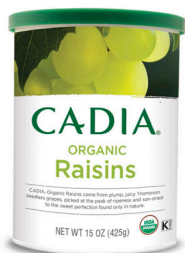


\$8⁹⁹

BATH TISSUE

12 pack

...AND MANY MORE!



\$5⁷⁹

**ORGANIC
RAISINS**

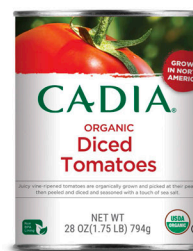
16 oz



\$3⁴⁹

**ORGANIC
PASTA SAUCES**

25 oz



\$2⁷⁹

**ORGANIC
CANNED
TOMATOES**

28 oz



\$1⁷⁹

**ORGANIC
CANNED
TOMATOES**

14.5 oz



\$1²⁹

**ORGANIC
TOMATO PASTE**

6 oz



\$1⁷⁹

**ORGANIC
TOMATO SAUCE**

15 oz



\$8⁹⁹

**ORGANIC
MEDITERRANEAN
EXTRA VIRGIN
OLIVE OIL**

500 ml



\$1⁹⁹

**ORGANIC
PASTAS**

16 oz



\$3⁴⁹

**ORGANIC
DRY BEANS**

16 oz



\$3⁹⁹

**LIQUID DISH
SOAP**

25 oz



\$7²⁹

**FABRIC
SOFTENER**

50 oz



\$11⁹⁹

**LAUNDRY
DETERGENT**

100 oz



\$2¹⁹

PAPER TOWEL

1 roll



\$1⁵⁹

FACIAL TISSUE

1 box



\$8⁹⁹

BATH TISSUE

12 pack

...AND MANY MORE!