



2X monthly!

# RT DEALS

July 16–July 29, 2025



**ROAR Organic  
Organic Vitamin  
Enhanced Beverage**  
selected varieties

**3/\$6**

18 oz



**Quinn Snacks  
Classic Sea Salt  
Pretzel Sticks**

**\$3.49**

5.6 oz

## Cool off with hot deals!

**Vista Hermosa  
7" Flour Tortillas**

**\$4.99**

12.8 oz



**C2O  
Coconut Water**  
selected varieties

**2/\$5**

17.5 oz



**GoodPop  
Organic Dairy-Free  
Frozen Pops**  
selected varieties

**\$4.49**

4 ct



**Van Leeuwen  
Honeycomb Ice Cream**

**\$5.99**

14 oz



**Angie's BoomChickaPop  
Popcorn**  
selected varieties

**\$3.49**

4.4–7 oz



**Kettle  
Potato Chips**  
selected varieties

**\$3.49**

5 oz



**Almond Breeze  
Almondmilk**  
selected varieties

**\$3.99**

32 oz



**Oatly  
Oatmilk**  
selected varieties

**\$4.99**

64 oz



**MALK  
Organic Almond Milk**  
selected varieties

**\$5.99**

28 oz



Look for new deals on **July 30!**



Wild Planet uses the highest sustainable fishing methods to ensure our oceans provide for future generations. From catch to can, Wild Planet's minimal processing techniques and abundant care help maintain the purity nature intended so that we may provide you and your family with delicious, nutritious seafood you can trust.



**Wild Planet  
Wild Sardines**  
selected varieties

**2/\$5**  
4.4 oz

**Terra Chips  
Sweet Potato Chips**  
selected varieties

**\$3<sup>49</sup>**  
6 oz



**Taza  
Wicked Dark Chocolate Bar**

**\$4<sup>99</sup>**  
2.5 oz



**Good Health  
Avocado Oil Potato Chips**

**2/\$6**  
5 oz



**R.W. Knudsen  
Mixed Berry Recharge**

**2/\$5**  
32 oz



**SweetLeaf  
Liquid Stevia**  
selected varieties

**\$7<sup>99</sup>**  
2 oz



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



**Nixie  
Organic Soda**  
selected varieties

**2/\$4**  
12 oz



**Patagonia Provisions  
Sourdough Sea Salt Crackers**

**\$5<sup>49</sup>**  
4 oz



**2/\$6**  
16 oz

**Spectrum Culinary  
Organic White Vinegar**



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

32 oz

**Daiya  
Dairy-Free Slices**  
selected varieties



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

7.8 oz

**Brown Cow  
Cream Top Whole Milk Yogurt**  
selected varieties



**\$4<sup>49</sup>**

32 oz

**Let's Do Organic  
Organic Coconut Flakes**



**\$3<sup>49</sup>**

7 oz

**Bluebonnet  
Liquid Calcium  
Magnesium Citrate**  
selected varieties



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

16 oz

**wildbrine  
Kimchi**  
selected varieties



**\$6<sup>49</sup>**

18 oz

**Organic Valley  
Organic Sliced Cheese**  
selected varieties



**\$4<sup>99</sup>**

6 oz

**Wyman's  
Wild Blueberries**



**\$11<sup>99</sup>**

3 lb

**Natural Factors  
Total Body Collagen Bioactive Peptides  
Powder**



**\$39<sup>99</sup>**

1.1 lb

**DrTung's  
Tongue Cleaner**



**\$5<sup>99</sup>**

1 ct

**Little Sesame  
Hummus**  
selected varieties



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

8 oz

**Cosmic Bliss  
Organic Dairy-Free Frozen Dessert**  
selected varieties



**\$6<sup>49</sup>**

14 oz

**Garden of Life  
Organic Raw Protein Powder**  
selected varieties



**\$39<sup>99</sup>**

568-664 g



# Emerald Pineapple Smoothie

15 MIN • SERVES 2 • GLUTEN-FREE, PLANT-BASED

## INGREDIENTS

- 1 coconut
- 1 banana, peeled
- 10 ounces frozen pineapple
- 1 handful of baby spinach
- 1 ½ teaspoon Emerald Energy or other spirulina greens powder

## DIRECTIONS

- 1 To extract the coconut water, poke a hole with an awl into one of the three eyes, invert and allow water to drain. When all coconut water is extracted, wrap coconut in a cloth and using a hammer, carefully crack open the coconut. Alternately, use 1 cup bottled coconut water.
- 2 In a blender pitcher, combine the coconut water, banana, pineapple, spinach, and greens powder.
- 3 Blend contents until smooth and serve promptly.

If serving this as a smoothie bowl, pour smoothie into the split coconut (or bowl) and garnish with dragon fruit, blueberries, kiwi, flaked coconut, and chia seeds.



## 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 Glen Cove Boys and Girls Club

The Glen Cove Boys and Girls Club at Lincoln House has had a long history of serving as a pillar of support to the community's underprivileged youth. Serving the city since 1903, its mission has been to help children realize their potential and become productive citizens by providing inspirational and educational programming in a safe environment. With opportunities around character and leadership development, the arts, education and career development, sports, fitness and recreation, as well as health and life skills, The GCBGC has been a champion for the community's youth, and Rising Tide is proud to make them July's Charity of the Month.