



JULY SALES 2022

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



2/\$6

Late July
**ORGANIC
RESTAURANT STYLE
TORTILLA CHIPS**
11 oz



\$4⁹⁹

Beyond Meat
**BEYOND
BURGER**
8 oz



2/\$5

Santa Cruz Organic
**ORGANIC
LEMONADE
(SELECTED VARIETIES)**
32 oz



\$3⁴⁹

Garden of Eatin'
TACO SHELLS
12 ct



5/\$5

Larabar
**FRUIT & NUT BAR
(SELECTED VARIETIES)**
1.6-1.7 oz



\$3⁹⁹

Wild Planet
**ALBACORE
SOLID WILD TUNA**
5 oz



5/\$5

Brown Cow
**CREAM TOP
WHOLE MILK
YOGURT**
5.3 oz



\$3⁹⁹

Dandies
**VEGAN
MARSHMALLOWS**
10 oz



2/\$4

Tasty Bite
**ORGANIC RICE
(SELECTED VARIETIES)**
10 oz



2/\$6

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

STORE HOURS

MONDAY-SATURDAY

8:00AM - 7:00PM

SUNDAY

8:00AM-6:00PM

@risingtidemarket

@RisingTideNaturalMarket

ONLINE SHOPPING IS HERE! VISIT: RISINGTIDEMARKET.COM/RISING-TIDE-ONLINE-SHOPPING/

Grilled Corn and Peach Salad

- 1 cup farro
- 2 peaches, segmented
- 2 ears of corn
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- 3 cups baby kale

- Dressing:**
- 6 tablespoons olive oil
 - 3 tablespoons lemon juice
 - 1 tablespoon cane sugar
 - 1 tablespoon fresh tarragon, minced
 - ¼ teaspoon sea salt

1 In a medium saucepan, cover farro generously with water. Add a pinch of salt and bring to a simmer. Cook for 20-30 minutes or until farro is tender. Drain and set aside to cool.

2 Meanwhile, prepare corn for grilling by pulling back husks to the base and removing the silk. Fold husks back into place and submerge corn in a large bowl of cold water to soak for at least 30 minutes. While soaking, preheat grill to medium-high heat.

3 Remove corn from water and shake off excess. Place the corn on the grill, and grill for 15 to 20 minutes, turning every five minutes, or until kernels are tender. Remove the husks and remove the kernels once cool enough to handle.

4 Combine corn kernels, farro, peaches, tomatoes, avocado, and kale.

5 Whisk together dressing ingredients and toss with salad. Adjust seasoning to taste and serve promptly.



\$8⁹⁹

California Olive Ranch
EXTRA VIRGIN OLIVE OIL
(SELECTED VARIETIES)
500ml



\$6⁹⁹

Spectrum
ORGANIC DISTILLED WHITE VINEGAR
32 oz



\$7⁹⁹

Sir Kensington's
CLASSIC MAYONNAISE
12 oz



2/\$7

Siete
KETTLE COOKED POTATO CHIPS
(SELECTED VARIETIES)
5 oz



\$2⁹⁹

Kettle
POTATO CHIPS
(SELECTED VARIETIES)
5 oz



2/\$7

Terra
SWEET POTATO CHIPS
(SELECTED VARIETIES)
6 oz



2/\$7
 Barnana
**ORGANIC
 PLANTAIN CHIPS**
 (SELECTED VARIETIES)
 5 oz



2/\$6
 Plant Snacks
**CASSAVA ROOT
 CHIPS**
 5 oz



\$2.99
 Lesser Evil
ORGANIC POPCORN
 (SELECTED VARIETIES)
 4.6-6.4 oz



\$2.99
 Angie's
BOOMCHICKAPOP
POPCORN
 (SELECTED VARIETIES)
 4.4-7 oz



\$2.99
 From The Ground Up
**CAULIFLOWER
 CRACKERS**
 (SELECTED VARIETIES)
 4 oz



2/\$3
 KIND
NUT BAR
 (SELECTED VARIETIES)
 1.4 oz



\$7.99
 Navitas
**ORGANIC
 CACAO POWDER**
 8 oz



\$4.99
 Primal Kitchen
**ORGANIC
 UNSWEETENED
 KETCHUP**
 11.3oz



**PRIMAL
 KITCHEN®**

**RULE THE BBQ WITH CONDIMENTS
 MADE WITH DELICIOUS
 INGREDIENTS AND NO HIGH
 FRUCTOSE CORN SYRUP, CANE
 SUGAR, SOY, OR CANOLA.**



\$5.99
 Primal Kitchen
**DRESSING &
 MARINADE**
 8 oz



ENDANGERED SPECIES CHOCOLATE IS ALL ABOUT AUTHENTICITY. EACH BAR HAS ONLY A HANDFUL OF REAL, RESPONSIBLY SOURCED, HEALTH-CONSCIOUS INGREDIENTS – WITHOUT ANY ARTIFICIAL SWEETENERS OR ADDITIVES. WE'VE GOT A TASTE FOR EVERY OCCASION AND IT'S MAKING A TRUE IMPACT FOR WILDLIFE HABITATS.

2/\$5

Endangered Species
CHOCOLATE BAR
3 oz



\$3.49

Lily's
CHOCOLATE BAR
(SELECTED VARIETIES)
2.8-3 oz



2/\$6

Theo
ORGANIC CHOCOLATE BAR
(SELECTED VARIETIES)
3 oz



\$3.99

Tony's Choclonely
CHOCOLATE BAR
(SELECTED VARIETIES)
6.35 oz



\$6.99

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



2/\$4

The Mountain Valley
SPRING WATER
1 lt



\$4.99

Nixie
ORGANIC SPARKLING WATER
(SELECTED VARIETIES)
8 ct



\$3.99

Harmless Harvest
ORGANIC COCONUT WATER
16 oz



\$4.99

Zevia
ZERO CALORIE SODA
6 ct

JULY 2022



\$3.49

Vita Coco
COCONUT WATER
1 lt



2/\$6

Health-Ade
ORGANIC KOMBUCHA
(SELECTED VARIETIES)
16 oz



2/\$4

Roar Organic
ORGANIC VITAMIN ENHANCED BEVERAGE
(SELECTED VARIETIES)
18 oz



\$4.99

So Delicious
ORGANIC COCONUTMILK
64 oz



2/\$5

Almond Breeze
ALMONDMILK
(SELECTED VARIETIES)
32 oz

CHARITY OF THE MONTH

GLEN COVE BOYS AND GIRLS CLUB



THE CLUB SERVES NEARLY 600 YOUTH (AGES 6 -18) ANNUALLY IN THE GLEN COVE COMMUNITY WITH AFTER-SCHOOL PROGRAMS IN EDUCATION, SPORTS, RECREATION, DANCE, TECHNOLOGY AND ART—ALL DESIGNED TO ENRICH AND ENHANCE LEARNING AND BUILD SELF-ESTEEM. IN ADDITION, THE CLUB PROVIDES A FUN, AFFORDABLE SUMMER PROGRAM WITH CREATIVE AND IMAGINATIVE ACTIVITIES DESIGNED TO KEEP KIDS INTERESTED IN LEARNING WHILE HAVING FUN WITH THEIR FRIENDS.

GLEN COVE BOYS & GIRLS CLUB'S MISSION: TO PROVIDE A SAFE AND CARING ENVIRONMENT THAT WILL INSPIRE AND ENABLE ALL YOUNG PEOPLE TO REALIZE THEIR FULL POTENTIAL AS PRODUCTIVE AND RESPONSIBLE CITIZENS.

ONLINE SHOPPING IS HERE! VISIT: [RISINGTIDEMARKET.COM/RISING-TIDE-ONLINE-SHOPPING/](https://risingtidemarket.com/rising-tide-online-shopping/)



2/\$6
 Bragg
**ORGANIC APPLE
 CIDER VINEGAR
 REFRESHERS**
 (SELECTED VARIETIES)
 16 oz



\$4.99
 Silk
SOY MILK
 (SELECTED VARIETIES)
 64 oz



\$4.99
 Forager Project
**ORGANIC
 DAIRY-FREE
 CASHEWMILK
 YOGURT**
 24 oz



\$3.99
 Ithaca
**COLD CRAFTED
 HUMMUS**
 10 oz



\$4.99
 Organic Valley
**ORGANIC
 SHREDDED CHEESE**
 (SELECTED VARIETIES)
 6 oz



\$3.99
 Wyman's
**WILD
 BLUEBERRIES**
 15 oz



\$7.99
 Alden's Organic
**ORGANIC
 ICE CREAM**
 (SELECTED VARIETIES)
 48 oz



\$4.99
 Coconut Bliss
**ORGANIC
 PLANT-BASED
 & DAIRY-FREE
 FROZEN DESSERT**
 (SELECTED VARIETIES)
 1 pt



\$4.99
 Alden's Organic
**ORGANIC VANILLA
 ICE CREAM
 SANDWICH**
 4 ct



2/\$4
 Olipop
**SPARKLING
 TONICS**
 12 oz



2/\$6
 Vive Organic
**FUNCTIONAL
 SHOTS**
 2 oz



\$3.99
 Mary's Gone Crackers
**ORGANIC
 CRACKERS**
 6.5 oz



\$4.99
 Oatly
**NON-DAIRY
 FROZEN DESSERT**
 1 pt



\$9.99
 Kicking Horse
**ORGANIC
 GROUND COFFEE**
 10 oz



\$5.99
 La Tourangelle
**AVOCADO
 OIL SPRAY**
 5 oz



\$5⁹⁹

Nuun Hydration
HYDRATION TABLETS
10 ct



\$6⁹⁹

Lily of The Desert
ALOE VERA GELLY
12 oz



\$9⁹⁹

Jason
BODY WASH
30 oz



\$6⁹⁹

Acure
DEODORANT
2.25 oz



2/\$3

Caboo
TREE FREE BATH TISSUE SINGLE ROLL
500 sheets



\$4⁴⁹

Himalaya
TOOTHPASTE
5.29 oz



\$6⁹⁹

Bach
RESCUE REMEDY PASTILLES
50 g



\$19⁹⁹

Medinatura
T-RELIEF PAIN OINTMENT
4 oz



\$12⁹⁹

Badger
SUNSCREEN
2.9 oz



\$29⁹⁹

Megafood
BLOOD BUILDER
90 ct



\$59⁹⁹

Nordic Naturals
ULTIMATE OMEGA LEMON
180 ct

JULY 2022

SMOOTHIE OF THE MONTH



STRAWBERRY MARGARITA

INGREDIENTS:

ORGANIC COCONUT WATER,
ORGANIC LIME JUICE,
ORGANIC STRAWBERRY,
ORGANIC AGAVE, SALT,
ORGANIC MINT LEAVES

**OUR SWEET, SEASONAL
STRAWBERRY MARGARITA IS
FULL OF ELECTROLYTES AND
BURSTING WITH FLAVOR. THIS
REFRESHING TAKE ON A
CLASSIC BEACHY COCKTAIL IS
SURE TO MAKE YOU SMILE.**