



# MAY SALES 2022

42 FOREST AVE, GLEN COVE, NY 11542 • 516.676.7895 • [RISINGTIDEMARKET.COM](http://RISINGTIDEMARKET.COM)



**2/\$7**

Late July  
**ORGANIC SALSA**  
(SELECTED VARIETIES)  
15.5 oz



**\$3.99**

Simple Mills  
**ALMOND FLOUR  
CRACKERS**  
4.25 oz



**\$4.99**

Nixie  
**ORGANIC  
SPARKLING WATER**  
(SELECTED VARIETIES)  
8 ct



**\$5.99**

Food For Life  
**ORGANIC EZEKIEL  
4:9® BREAD**  
(SELECTED VARIETIES)  
24 oz



**2/\$6**

Muir Glen  
**ORGANIC  
PASTA SAUCE**  
(SELECTED VARIETIES)  
25.5 oz



**\$7.99**

Beyond Meat  
**BEYOND SAUSAGE**  
(SELECTED VARIETIES)  
14 oz



**\$6.99**

Bubbies  
**SAUERKRAUT**  
25 oz



**\$3.99**

Wild Planet  
**ALBACORE  
WILD TUNA**  
(SELECTED VARIETIES)  
5 oz



**\$4.99**

Zevia  
**ZERO CALORIE  
SODA**  
(SELECTED VARIETIES)  
6 ct



**2/\$4**

The Mountain Valley  
**SPRING WATER**  
1 lt



**2/\$5**

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



**2/\$6**

Ancient Harvest  
**ORGANIC  
POLENTA**  
(SELECTED VARIETIES)  
18 oz

## STORE HOURS

**MONDAY-SATURDAY**

8:00AM - 7:00PM

**SUNDAY**

8:00AM-6:00PM

@risingtidemarket

@RisingTideNaturalMarket

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Celebrate Mexican culture with Siete's heritage-inspired foods—tortillas, tortilla chips, quesos, hot sauce, and more! Made with nourishing ingredients like cassava flour, almonds, avocado oil, and whole vegetables. There's something for everyone at the table.



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

Siete  
**GRAINE FREE TORTILLA CHIPS**  
(SELECTED VARIETIES)  
5 oz



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

Siete  
**GRAIN FREE TACO SHELLS**  
(SELECTED VARIETIES)  
12 ct



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

Siete  
**GRAIN FREE TORTILLAS**  
(SELECTED VARIETIES)  
8 ct



**2/\$6**

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



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

Explore Cuisine  
**ORGANIC LEGUME PASTA**  
(SELECTED VARIETIES)  
8 oz



**2/\$6**

Garden of Eatin'  
**TACO SHELLS**  
12 ct



**5/\$5**

Muir Glen  
**ORGANIC TOMATOES**  
(SELECTED VARIETIES)  
14.5 oz



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

Rao's Homemade  
**PASTA SAUCE**  
(SELECTED VARIETIES)  
24 oz



**2/\$4**

Bionaturae  
**ORGANIC TOMATO PASTE**  
(SELECTED VARIETIES)  
7 oz



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

Green Mountain Gringo  
**SALSA**  
(SELECTED VARIETIES)  
16 oz



**\$9<sup>99</sup>**

Spectrum  
**ORGANIC EXTRA VIRGIN OLIVE OIL**  
25.4 oz



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

Dr. Bronner's  
**REGENERATIVE ORGANIC COCONUT OIL**  
14 oz



Rule the BBQ with condiments made with delicious ingredients and no high fructose corn syrup, cane sugar, soy, or canola.



\$4<sup>99</sup>

Primal Kitchen  
**ORGANIC UNSWEETENED KETCHUP**  
11.3 oz

\$4<sup>99</sup>

Primal Kitchen  
**DRESSING & MARINADE (SELECTED VARIETIES)**  
8 oz



2/\$4

Food Should Taste Good  
**TORTILLA CHIPS**  
5.5 oz



2/\$6

Lesser Evil  
**ORGANIC POPCORN (SELECTED VARIETIES)**  
4.6-6.4 oz



2/\$6

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



2/\$6

Vegan Rob's  
**PUFFS (SELECTED VARIETIES)**  
3.5 oz



2/\$5

Barbara's  
**CHEESE PUFFS (SELECTED VARIETIES)**  
5.5-7 oz



2/\$6

The Good Crisp Company  
**POTATO CRISPS (SELECTED VARIETIES)**  
5.6 oz



5/\$5

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



2/\$6

MadeGood  
**ORGANIC GRANOLA MINIS (SELECTED VARIETIES)**  
6 ct



\$6<sup>49</sup>

Catalina Crunch  
**KETO FRIENDLY CEREAL (SELECTED VARIETIES)**  
8-9 oz



**\$5<sup>99</sup>**  
 Purely Elizabeth  
**GRANOLA**  
 (SELECTED VARIETIES)  
 8-12 oz



**\$3<sup>99</sup>**  
 Barbara's  
**CEREAL**  
 (SELECTED VARIETIES)  
 8-15 oz



**\$4<sup>99</sup>**  
 Crofter's Organic  
**ORGANIC PREMIUM**  
**FRUIT SPREAD**  
 (SELECTED VARIETIES)  
 16.5 oz



**2/\$3**  
 Justin's  
**ORGANIC NUT**  
**BUTTER CUP**  
 (SELECTED VARIETIES)  
 1.4 oz



**2/\$5**  
 Smart Sweets  
**ASSORTED**  
**CANDIES**  
 1.8 oz



**2/\$5**  
 Chocolove  
**CHOCOLATE BAR**  
 (SELECTED VARIETIES)  
 3.1-3.2 oz



**2/\$6**  
 Theo  
**ORGANIC**  
**CHOCOLATE BAR**  
 (SELECTED VARIETIES)  
 3 oz



**\$7<sup>99</sup>**  
 Navitas  
**ORGANIC**  
**CACAO POWDER**  
 8 oz



**\$6<sup>99</sup>**  
 SweetLeaf  
**LIQUID STEVIA**  
**SWEET DROPS**  
 (SELECTED VARIETIES)  
 2 oz



**2/\$4**  
 Essentia  
**ALKALINE**  
**WATER**  
 1lt



**\$3<sup>99</sup>**  
 Alkaline  
**ALKALINE WATER**  
 1 gallon



**\$8<sup>99</sup>**  
 Lakewood  
**ORGANIC PURE**  
**CRANBERRY JUICE**  
 32 oz



**\$6<sup>99</sup>**  
 R.W. Knudsen  
**ORGANIC**  
**JUST TART**  
**CHERRY JUICE**  
 32 oz



**2/\$6**  
 Nutpods  
**DAIRY-FREE**  
**CREAMER**  
 (SELECTED VARIETIES)  
 11.2 oz

MAY 2022



2/\$6

Vita Coco  
**COCONUT WATER**  
(SELECTED VARIETIES)  
1 lt



\$3<sup>99</sup>

C2O  
**COCONUT WATER**  
33.8 oz



\$3<sup>99</sup>

Harmless Harvest  
**ORGANIC COCONUT WATER**  
16 oz



\$3<sup>99</sup>

Califa Farms  
**OAT BARISTA BLEND**  
32 oz



2/\$3

Siggis  
**ICELANDIC STYLE YOGURT**  
(SELECTED VARIETIES)  
4-5.3 oz



\$4<sup>99</sup>

Forager Project  
**ORGANIC DAIRY-FREE CASHEWMILK YOGURT**  
(SELECTED VARIETIES)  
24 oz



\$3<sup>99</sup>

Brown Cow  
**CREAM ON TOP YOGURT**  
(SELECTED VARIETIES)  
32 oz



\$4<sup>99</sup>

Organic Valley  
**ORGANIC SHREDDED CHEESE**  
6 oz



\$3<sup>99</sup>

Ithaca  
**HUMMUS**  
(SELECTED VARIETIES)  
10 oz

# CHARITY OF THE MONTH



## The Porch Pantry

WE ARE STRONGER TOGETHER

THE PORCH PANTRY IS A NONPROFIT ORGANIZATION RUN SOLELY BY VOLUNTEERS WITH THE DIRECT PURPOSE TO END LOCAL HUNGER. WHAT STARTED ON A FRONT PORCH HAS QUICKLY EVOLVED INTO A MASSIVE COMMUNITY EFFORT TO ENSURE OUR MOST VULNERABLE NEIGHBORS HAVE THE FOOD THEY NEED - DRIVEN AND EXECUTED BY A SMALL GROUP OF EXTRAORDINARY PEOPLE WHO INSPIRED THEIR COMMUNITY BY LEAPING INTO ACTION AND LEADING BY EXAMPLE.

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**2/\$5**  
Perfect Bar  
**PROTEIN BAR**  
2.2-2.5 oz



**\$7.99**  
Alden's Organic  
**ORGANIC ICE CREAM**  
48 oz



**\$9.99**  
Against The Grain Gourmet  
**PIZZA**  
(SELECTED VARIETIES)  
24 oz



**\$4.99**  
Udi's Gluten Free  
**SANDWICH BREAD**  
12 oz



**\$5.49**  
Canyon Bakehouse  
**GLUTEN-FREE BREAD**  
(SELECTED VARIETIES)  
18 oz



**2/\$6**  
Van's  
**WAFFLES**  
(SELECTED VARIETIES)  
8-9 oz



**2/\$7**  
Bragg  
**APPLE CIDER VINEGAR**  
16 oz



**\$9.99**  
Coombs  
**GRADE A AMBER MAPLE SYRUP**  
12 oz



**2/\$3**  
Nancy's  
**OAT MILK YOGURT**  
6 oz

## Iced Lemon Blueberry Tray Cake



- ½ cup sunflower oil
- ¾ cup cane sugar
- 4 large eggs
- ½ cup buttermilk
- 1 teaspoon vanilla extract
- 1 ½ cups almond flour
- ½ cup coconut flour
- 2 teaspoons baking powder
- ¼ teaspoon sea salt
- ½ cup blueberries

### Lemon Glaze

- ¾ cup confectioner's sugar
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest

- 1 Preheat oven to 350°F. Line a 9x9 inch baking pan with parchment and set aside.
- 2 In a medium bowl, whisk together oil, sugar, eggs, buttermilk, and vanilla extract until smooth.
- 3 In another bowl whisk together flours, baking powder, and salt.
- 4 Combine dry mixture into wet mixture until smooth. Fold in blueberries.
- 5 Pour mixture into baking pan and smooth the top. Bake for 28 minutes or until a knife inserted comes out clean. Set aside to cool.
- 6 Stir together confectioner's sugar, lemon juice, and zest.
- 7 Drizzle over cake and serve.



**\$7<sup>99</sup>**  
 Nuts For Cheese  
**PLANT BASED  
 CHEESE WEDGE**  
 4.23 oz



**2/\$4**  
 Roar  
**ELECTROLYTE  
 BEVERAGE**  
 18 oz



**\$4<sup>99</sup>**  
 Unreal  
**ASSORTED  
 CANDIES**  
 5 oz



**2/\$6**  
 Wildwood  
**ORGANIC  
 SPROUTED TOFU**  
 14 oz



**2/\$7**  
 Zack's Mighty  
**ORGANIC  
 TORTILLA CHIPS**  
 9 oz



**\$4<sup>99</sup>**  
 Yellowbird  
**HOT SAUCES**  
 9.8 oz



**\$8<sup>99</sup>**  
 Boiron  
**SINUSCALM  
 TABLETS**  
 60 tab



**\$14<sup>99</sup>**  
 MegaFood  
**BLOOD  
 BUILDER**  
 30 tab



**\$5<sup>99</sup>**  
 Aura Cacia  
**PEPPERMINT  
 ESSENTIAL OIL**  
 0.5 oz



**\$4<sup>99</sup>**  
 Dr. Bronner's  
**ALL-ONE  
 TOOTHPASTE  
 (SELECTED VARIETIES)**  
 5 oz



**\$5<sup>99</sup>**  
 Badger  
**ALOE VERA GEL**  
 4 oz



**\$12<sup>99</sup>**  
 Badger  
**MINERAL  
 SUNSCREEN CREAM  
 (SELECTED VARIETIES)**  
 2.9 oz



**\$29<sup>99</sup>**  
 Vibrant Health  
**UT VIBRANCE**  
 50 ct



**2/\$6**  
 South Of France  
**HAND SOAP**  
 8 oz



**\$4<sup>49</sup>**  
 Zum Bar  
**SOAP**  
 3 oz

MAY 2022

# SMOOTHIE OF THE MONTH



OUR NOURISHING TROPICAL COOLER IS FULL OF ELECTROLYTES AND BURSTING WITH FRUITY FLAVOR - YOU WILL BE TRANSPORTED TO AN ISLAND IN THE SUN WITH THIS RICH, SATISFYING SMOOTHIE.

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## MADE WITH ORGANIC INGREDIENTS:

- ORANGE JUICE
- PINEAPPLE-COCONUT JUICE
- MANGO
- STRAWBERRY
- BANANA

# TROPICAL COOLER



SHOP ONLINE FOR LOCAL DELIVERY OR PICKUP

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