



MAY SALES 2018

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



\$3⁹⁹
Harmless Harvest
**ORGANIC
HARMLESS
COCONUT WATER**
16 oz



\$2⁸⁹
Late July
**ORGANIC
RESTAURANT
STYLE CHIPS**
11 oz



\$7⁴⁹
Siete
**GRAIN FREE
TORTILLAS**
8 ct



\$2⁹⁹
Organic Valley
**ORGANIC
sour cream**
16 oz



2/\$5
Amy's
**ORGANIC
REFRIED BEANS**
15.4 oz



\$2⁶⁹
GT'S
**ORGANIC
KOMBUCHA
(SELECTED VARIETIES)**
16 oz



2/\$4
GoMacro
**ORGANIC
MACROBAR**
2.5 oz



\$3⁹⁹
Hope
**ORGANIC HUMMUS
(SELECTED VARIETIES)**
8 oz



\$2⁴⁹
So Delicious
**ORGANIC
COCONUT MILK
(SELECTED VARIETIES)**
32 oz



\$3⁴⁹
Annie's Naturals
**ORGANIC
DRESSING
(SELECTED VARIETIES)**
8 oz



\$1⁹⁹
Wild Planet
**WILD SARDINES
(SELECTED VARIETIES)**
4.375 oz



\$4⁹⁹
Tofurky
**SAUSAGE
(SELECTED VARIETIES)**
14 oz



2/\$3
C2O
**COCONUT
WATER**
17.5 oz



\$3⁴⁹
Food For Life
**SPROUTED
CORN
TORTILLAS**
10 oz

STORE HOURS:
MON-FRI: 8:30AM - 8 PM
SAT: 8:30 AM - 7 PM
SUN: 9 AM - 6 PM

@risingtidemarket
 @RisingTideNaturalMarket



\$3⁶⁹

Garden of Eatin'
**TORTILLA
CHIPS**
(SELECTED VARIETIES)
16 oz



\$3⁹⁹

Sunshine Burgers
**ORGANIC
BURGERS**
3 ct



\$5⁹⁹

Spectrum
**ORGANIC
REFINED
COCONUT OIL**
14 oz



\$1⁹⁹

Organic Valley
**ORGANIC
HALF & HALF**
16 oz



\$4⁴⁹

Beyond Burger
**BEAST
BURGER**
8 oz



\$8⁹⁹

California Olive Branch
**EXTRA VIRGIN
OLIVE OIL**
16.9 oz



\$3⁴⁹

Daiya
**CUTTINGBOARD
SHREDS**
7.1 oz



\$3⁹⁹

Gardein
**CRISPY
TENDERS**
9 oz



\$7⁹⁹

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



\$4⁹⁹

Organic Valley
**ORGANIC
MOZZARELLA
CHEESE**
8 oz



\$3⁴⁹

Jackson's Honest
POTATO CHIPS
5 oz



\$9⁹⁹

Justin's
**ALMOND
NUT BUTTER**
16 oz



\$4⁴⁹

Udi's
**GLUTEN FREE
BREAD**
(SELECTED VARIETIES)
12 oz



\$3⁷⁹

CROFTER'S ORGANIC
**ORGANIC
PREMIUM SPREAD**
(SELECTED VARIETIES)
16.5 oz



**CROFTER'S[®]
ORGANIC**

Our Premium Spreads are sweetened with organic Fair Trade cane sugar from the Green Cane Project in Brazil.

A new standard in sustainable farming, the Green Cane Project has developed impressive social and economic programs to improve the quality of life of their employees and surrounding community while integrating ancient human knowledge in organic stewardship of the land to improve soil quality and biodiversity - proving that large scale regenerative agriculture is possible.

- ✓ GREAT FRUIT TASTE
- ✓ CLEAN INGREDIENTS
- ✓ GLUTEN FREE
- ✓ VEGAN

33% LESS SUGAR
THAN A PRESERVE
30 CALORIES PER SERVING



CROFTERSORGANIC.COM





\$4⁹⁹

Glutino
**GLUTEN FREE
PRETZELS**
14.1 oz



\$3⁴⁹

Simple Mills
CRACKERS
4.25 oz



\$6⁹⁹

Alden's Organic
**ORGANIC
ICE CREAM**
(SELECTED VARIETIES)
3/3 oz



\$.99

SeaSnax
**GRAB & GO
ROASTED
SEAWEED SNACK**
(SELECTED VARIETIES)
.18 oz



\$1⁹⁹

Crunchmaster
**MULTI-SEED
CRACKER**
(SELECTED VARIETIES)
4.5 oz



\$2⁴⁹

Good Health
**AVOCADO OIL
POTATO CHIPS**
(SELECTED VARIETIES)
5 oz



\$4⁹⁹

Coconut Bliss
**ORGANIC
FROZEN
DESSERT BARS**
3/3 oz



\$3⁹⁹

The Greek Gods
**GREEK-STYLE
YOGURT**
(SELECTED VARIETIES)
24 oz



\$3⁴⁹

Almond Breeze
ALMOND MILK
(SELECTED VARIETIES)
64 oz



2/\$4

Endangered Species
**CHOCOLATE
BAR**
3 oz



\$2¹⁹

Chocolove
**CHOCOLATE
BAR**
3.2 oz



\$2⁹⁹

Alter Eco
**ORGANIC
CHOCOLATE BAR**
2.82 oz

endangered species
Chocolate

WHEN IT COMES TO CRAFTING
PREMIUM CHOCOLATE,
TASTE MATTERS
WHEN YOU'VE DEDICATED YOUR
PURPOSE TO THE
COMPELLING MISSION
OF SUPPORTING WILDLIFE
ACROSS THE WORLD,
THE SAME PRINCIPLE STANDS.

Learn More At
ChocolateBar.com



\$2⁹⁹

Green & Black's
**ORGANIC
CHOCOLATE BAR**
3.5 oz



\$2⁴⁹

Theo
**ORGANIC
CHOCOLATE BAR**
(SELECTED VARIETIES)
3 oz

MAY DEMOS

COME IN AND SAMPLE SOME OF OUR FAVORITE GROCERY AND DELI ITEMS. ALL DEMOS ARE 11 A.M.-2 P.M.

MAY 1 & 4

LATE JULY CHIPS AND YELLOWBIRD HOT SAUCES

MAY 5

LATE JULY CHIPS AND SALSA

MAY 7 & 12

MAYA KAIMAL CHIPS AND ORGANIC RT DELI DIP

MAY 14

K-MAMA SAUCE WITH WHITE RICE

MAY 19

CASSAVA CRUNCH CHIPS

MAY 25, 26 & 27

GARDEN OF EATIN CHIPS AND ORGANIC RT DELI DIP



5/\$5

Larabar
**FRUIT &
NUT BAR**
1.7 oz\$9⁹⁹Organic India
**ORGANIC
WHOLE HUSK
PSYLLIUM**
12 oz\$3⁹⁹Erewhon
**ORGANIC
CEREAL**
(SELECTED VARIETIES)
10 oz

2/\$3

Munk Pack
**OATMEAL
FRUIT SQUEEZE**
4.2 oz\$1⁸⁹Essentia
**ALKALINE
WATER**
1 lt\$5⁹⁹Farmhouse Culture
**ORGANIC
GUT SHOTS**
16 oz\$1⁹⁹Amy & Brian
**COCONUT
WATER**
17.5 oz

2/\$7

Zevia
**ZERO CALORIE
SODA**
6/12 oz\$8⁹⁹Lakewood
**ORGANIC PURE
CRANBERRY**
32 oz\$1⁹⁹Taste Nirvana
**COCONUT
WATER**
(SELECTED VARIETIES)
9.5 oz\$9⁹⁹Napa Valley Naturals
**ORGANIC
EXTRA VIRGIN
OLIVE OIL**
25.4 oz\$2⁷⁹Maya Kaimal
**CHICKPEA
CHIPS**
4.5 oz

MAY 2018



5/\$5

Maple Hill Creamery
**ORGANIC
GREEK YOGURT**
6 oz



2/\$6

Cascadian Farm Organic
**ORGANIC
CEREAL
(SELECTED VARIETIES)**
9.2 oz



\$3⁴⁹

Stonyfield
**ORGANIC
WHOLE MILK
YOGURT**
32 oz



\$2⁷⁹

Ancient Harvest
**ORGANIC
SUPERGRAIN
PASTA**
8 oz



\$2⁹⁹

Annie's Naturals
**ORGANIC
KETCHUP**
24 oz



\$4⁹⁹

Woodstock
**ORGANIC
SLICED KOSHER
DILL PICKLES**
24 oz



CELEBRATE WORLD FAIR TRADE DAY

FAIR FOR FARMERS

MAY 12, 2018

Choose products from fair trade brands committed to working
with small-scale farmers.

Your purchase benefits farmers, the soil they cultivate, and communities around the globe.



ALTER EGO



DR. BRONNER'S
ALL-ONE!



Learn more at: FairWorldProject.org



\$3⁴⁹

Silk
**ALMOND MILK
(SELECTED VARIETIES)**
64 oz



\$5⁷⁹

Uncle Matt's
**ORGANIC
ORANGE JUICE
(SELECTED VARIETIES)**
59 oz



\$4⁴⁹

Maya Kaimal
**INDIAN
SIMMER SAUCE**
12.5 oz



\$8⁹⁹

Chameleon Cold Brew
**ORGANIC
READY TO DRINK
COFFEE**
32 oz



\$13⁹⁹

Spectrum
**ORGANIC
EXTRA VIRGIN
MEDITERRANEAN
OLIVE OIL**
33.8 oz



\$4⁴⁹

Sir Kensington's
MAYONNAISE
10 oz



\$2²⁹

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



\$2⁹⁹

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



\$3⁴⁹

Immaculate
**ORGANIC
CINNAMON
ROLLS**
17.5 oz



\$2³⁹

Perfect Bar
BAR
2.5 oz



\$39⁹⁹

Vega
**VANILLA &
CHOCOLATE
SPORT PERFORMANCE
PROTEIN**
29.2 oz



\$21⁹⁹

tera'swhey
**ORGANIC
BURBON VANILLA
PROTEIN**
12 oz



\$14⁹⁹

Natural Factors
**BIOSIL® SKIN,
HAIR, NAILS**
30 vcap



\$15⁹⁹

Jarrow Formulas
FEM-DOPHILUS
30 cap



\$19⁹⁹

Oregon's Wild Harvest
TURMERIC
60 cap



\$12⁷⁹

MegaFood
**BALANCED B
COMPLEX**
30 tab



\$10⁴⁹

**DERMA E
ANTI-WRINKLE
RENEWAL
CREAM**
4 oz



\$2⁴⁹

KISS MY FACE
**PURE OLIVE OIL
BAR SOAP**
8 oz



\$4⁷⁹

Himalaya
**NEEM &
POMEGRANATE
TOOTHPASTE**
200 g



\$9⁹⁹

Alaffia
**EVERYDAY
LAVENDER
BODY LOTION**
32 oz



\$9⁵⁹

Andalou Naturals
**1000 ROSES
CLEANSING
FOAM**
5.5 oz



\$4⁹⁹

Redmond
**LEMON
EARTHPASTE
TOOTHPASTE**
4 oz

CHARITY OF THE MONTH

**THE GLEN COVE BOYS & GIRLS CLUB
AT LINCOLN HOUSE**

THE GLEN COVE BOYS & GIRLS CLUB HAS BEEN SERVING THE GLEN COVE COMMUNITY SINCE 1903. THE CLUB SERVES MORE THAN 600 YOUTH (AGES 6-18) WITH AFTER-SCHOOL PROGRAMS IN EDUCATION, SPORTS AND RECREATION, DANCE, TECHNOLOGY, AND ART, ALL DESIGNED TO ENRICH AND ENHANCE LEARNING AND BUILD SELF-ESTEEM.

WIN WITH WATERMELON

ALL SUMMER, WE'LL HAVE JUICY, ORGANIC MELONS. ENTER: THE MIGHTY WATERMELON, BRIGHT PINK, SWEET AS CAN BE, AND BURSTING WITH BENEFITS (ITS STAR NUTRIENT, LYCOPENE, IS THOUGHT TO REDUCE RISK OF HEART CONDITIONS, CERTAIN TYPES OF CANCER, AND MACULAR DEGENERATION).



WATERMELON AND HALLOUMI

INGREDIENTS:

- 1 tsp : MINCED SHALLOT
- 1 tsp : MINCED GARLIC
- 1/4 cup : RED WINE VINEGAR
- 1 tbs : HONEY
- 1/2 cup : PLUS 1 TBS EXTRA-VIRGIN OLIVE OIL

Recipe courtesy of Michael Symon

- 2 tbs : SLICED ALMONDS, TOASTED
- 2 tbs : CHOPPED FRESH MINT
- 8 : SMALL WEDGES SEEDLESS WATERMELON, RIND REMOVED
- 8 oz : HALLOUMI CHEESE, CUT INTO 8 SLICES
- : KOSHER SALT TO TASTE

DIRECTIONS:

PLACE THE SHALLOT AND GARLIC IN A MIXING BOWL AND ADD A PINCH OF SALT. ADD THE VINEGAR AND HONEY AND WHISK. SLOWLY WHISK IN 1/2 CUP OLIVE OIL, THEN ADD THE ALMONDS AND MINT.

PLACE THE WATERMELON IN A SHALLOW DISH. POUR THE DRESSING ON TOP, COVER AND LET MARINATE 1 HOUR IN THE REFRIGERATOR.

HEAT A LARGE SKILLET OVER MEDIUM HEAT AND ADD THE REMAINING 1 TABLESPOON OLIVE OIL. SEAR THE HALLOUMI 1 MINUTE PER SIDE, THEN REMOVE FROM THE PAN; TOP EACH WITH A PIECE OF MARINATED WATERMELON.

SUMMER QUENCHER!



HYDRATE IN STYLE WITH A BOTTLE OF OUR SWEET, REFRESHING, ORGANIC WATERMELON JUICE... MADE WITH 100% WATERMELON...NOTHING ELSE! LOCATED IN THE **GRAB-AND-GO CASE** BY THE DELI; SUBJECT TO AVAILABILITY.

MAY 2018



\$12⁴⁹
Weleda
SKIN FOOD
2.5 oz



\$5⁷⁹
ShiKai
EVERDAY SHAMPOO
12 oz



\$4⁷⁹
Nature's Gate
TEA TREE CALMING SHAMPOO
18 oz



\$7⁷⁹
Nature's Answer
PERIOBRITE MOUTHWASH
16 oz



\$10⁴⁹
Badger
SPORT SUNSCREEN CREAM SPF 35
2.9 oz



\$4⁹⁹
Aura Cacia
AROMATHERAPY MIST (SELECTED VARIETIES)
4 oz



\$11⁴⁹
NeoCell
SUPER COLLAGEN
7 oz



\$8²⁹
Boiron
ARNICARE TABLETS
60 tab



\$2⁶⁹
Desert Essence
TEA TREE OIL FLOSS
50 yd



\$24⁹⁹
New Chapter
EVERY WOMAN™'S ONCE DAILY
48 tab



\$6⁴⁹
My Magic Mud
ACTIVATED CHARCOAL TOOTHPASTE (SELECTED VARIETIES)
4 oz



\$21⁹⁹
Rainbow Light
PRENATAL NE MULTIVITAMIN
90 ct



JOIN OUR TEAM

IF YOU WANT TO WORK IN A FUN, HEALTHY ENVIRONMENT, LOOK NO FURTHER THAN YOUR NEIGHBORHOOD NATURAL FOODS STORE. RISING TIDE IS HIRING CASHIERS, DELI AND STOCK PERSONNEL TO WORK DAYTIME HOURS WITH A GREAT TEAM. IF YOU'RE AN OUTGOING, HARD-WORKING "PEOPLE PERSON", PLEASE FILL OUT OUR ONLINE APPLICATION AND WE'LL GET IN TOUCH...WE CAN'T WAIT TO MEET YOU.

WWW.RISINGTIDEMARKET.COM/JOIN-OUR-TEAM/



\$15²⁹
Mineral Fusion
VOLUMIZING MASCARA
.57 oz



\$19⁹⁹
Nordic Naturals
CHILDREN'S DHA
180 ct