



JANUARY SALES 2022

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



\$5⁹⁹

Purley Elizabeth
GRANOLA
(SELECTED VARIETIES)
8-12 oz



\$5⁹⁹

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



\$3⁹⁹

Milkadamia
MACADAMIA
MILK
32 oz



2/\$7

Lundberg Family Farms
ORGANIC
RICE CAKES
(SELECTED VARIETIES)
8.5-10 oz



2/\$5

GoMacro
ORGANIC
MACROBARS
(SELECTED VARIETIES)
2-2.4 oz



\$7⁴⁹

Primal Kitchen
MAYO WITH
AVOCADO OIL
12 oz



5/\$5

Muir Glen
ORGANIC
TOMATOES
(SELECTED VARIETIES)
14.5 oz



2/\$6

GT's
ORGANIC
SYNERGY RAW
KOMBUCHA
(SELECTED VARIETIES)
16 oz



\$5⁹⁹

Lakewood
ORGANIC PURE
PINEAPPLE JUICE
32 oz



2/\$6

Safe Catch
ELITE PURE
WILD TUNA
5 oz



\$3⁹⁹

Wild Planet
ALBACORE
WILD TUNA
5 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

Thai Coconut Soup



- 1 pound firm tofu
- 5 tablespoons sunflower oil, divided
- 15-ounce can coconut milk
- ¼ cup cane sugar
- 3 tablespoons Thai red curry paste
- 3 tablespoons tamari
- 3 tablespoons lime juice
- 1 small onion, julienned
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- ½ teaspoon crushed red chili flakes
- ½ pound yellow potatoes, halved and sliced
- 2 cups vegetable broth

- 1 Preheat oven to 350°F. Break tofu into bite size pieces and toss with 2 tablespoons sunflower oil. Place on a baking sheet and bake for 20-30 minutes, turning occasionally until lightly golden brown.
- 2 Meanwhile, whisk together coconut milk, sugar, red curry paste, tamari, and lime juice. Set aside.
- 3 Heat remaining oil in a 2-quart stockpot over medium-low heat. Sauté onion until tender, approximately 3-5 minutes. Add garlic, ginger, and chilies; cook until fragrant.
- 4 Add potatoes and broth. Bring to a gentle simmer and cover. Simmer until potatoes are just tender, approximately 5-8 minutes.
- 5 Stir in coconut mixture and adjust seasoning to taste. Add tofu and serve.



5/\$5

Annie's
MAC & CHEESE
(SELECTED VARIETIES)
5.25-6 oz



\$5.99

Kettle & Fire
BONE BROTH
(SELECTED VARIETIES)
16.9 oz



\$6.49

Pacific Foods
ORGANIC CHICKEN BONE BROTH
32 oz



2/\$6

Muir Glen
ORGANIC PASTA SAUCE
(SELECTED VARIETIES)
25.5 oz



\$5.99

Sky Valley
SRIRACHA SAUCE
18.5 oz



\$4.99

Green Mountain Gringo
SALSA
(SELECTED VARIETIES)
16 oz



\$9.99

Nativa
ORGANIC COCONUT MANNA
15 oz



\$11.99

Napa Valley Naturals
ORGANIC EXTRA VIRGIN OLIVE OIL
25.4 oz



\$5.99

Spectrum
ORGANIC DISTILLED WHITE VINEGAR
32 oz



2/\$6

Annie's
ORGANIC DRESSING
(SELECTED VARIETIES)
8 oz



2/\$7

Siete
GRAIN FREE TORTILLA CHIPS
(SELECTED VARIETIES)
5 oz



2/\$6

Kettle
POTATO CHIPS
(SELECTED VARIETIES)
5 oz



2/\$4

Food Should Taste Good
TORTILLA CHIPS
5.5 oz



2/\$7

Barnana
ORGANIC PLANTAIN CHIPS
(SELECTED VARIETIES)
5 oz



2/\$6

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



2/\$6

Lesser Evil
ORGANIC POPCORN
(SELECTED VARIETIES)
5-7 oz



2/\$6

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



\$3.99

Simple Mills
ALMOND FLOUR CRACKERS
(SELECTED VARIETIES)
4.25 oz



\$6.99

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



\$4.99

One Degree Organics
ORGANIC SPROUTED CEREAL
(SELECTED VARIETIES)
8-12 oz



2/\$6

Cascadian Farm Organic
ORGANIC CEREAL
(SELECTED VARIETIES)
8.6-14.6 oz



2/\$6

MadeGood
ORGANIC CRISPY BARS
(SELECTED VARIETIES)
6 ct



2/\$6

Plant Snacks
CASSAVA ROOT CHIPS
5 oz



5/\$5

Larabar
FRUIT & NUT BAR
(SELECTED VARIETIES)
1.6-1.8 oz



\$3.99

Santa Cruz Organic
ORGANIC APPLE SAUCE CUPS
(SELECTED VARIETIES)
6-4 oz



\$5.99

Once Again Nut Butter
ORGANIC SUNFLOWER SEED BUTTER
(SELECTED VARIETIES)
16 oz



\$8⁹⁹

Justin's
ALMOND BUTTER
(SELECTED VARIETIES)
16 oz



\$3⁹⁹

Birch Benders
**ORGANIC PANCAKE
& WAFFLE MIX**
(SELECTED VARIETIES)
16 oz



\$7⁹⁹

Navitas
**ORGANIC
CACAO POWDER**
8 oz



\$13⁹⁹

Four Sigmatic
**ORGANIC GROUND
MUSHROOM COFFEE**
(SELECTED VARIETIES)
12 oz



2/\$5

Essentia
**ALKALINE
WATER**
1.5 lt



\$4⁹⁹

Nixie
**SPARKLING
WATER**
8 pack



\$4⁹⁹

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



\$6⁹⁹

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



2/\$4

C2O
**COCONUT
WATER**
17.5 oz



One hundred years in the making, Bragg® Organic Apple Cider Vinegar is the original wellness elixir. With an ever-expanding portfolio of ingredient-led products backed by a century of time-tested wisdom, Bragg remains passionately focused on helping each individual eat better, feel better, and enjoy a more healthful and vibrant life.



\$4⁹⁹

Bragg
**NUTRITIONAL
YEAST**
4.5 oz



\$6⁴⁹

Bragg
LIQUID AMINOS
32 oz



\$4⁹⁹

Bragg
**ORGANIC APPLE
CIDER VINEGAR**
32 oz



\$7⁹⁹

Laird Superfood
SUPERFOOD CREAMER
(SELECTED VARIETIES)
8 oz



2/\$5

nutpods
DAIRY-FREE CREAMER
(SELECTED VARIETIES)
11.2 oz



2/\$5

Orgain
ORGANIC VEGAN NUTRITIONAL SHAKES
11 oz



2/\$5

Almond Breeze
ALMONDMILK
(SELECTED VARIETIES)
32 oz



\$3⁹⁹

Almond Breeze
ALMONDMILK
(SELECTED VARIETIES)
64 oz



\$3⁹⁹

Califa Farms
OAT BARISTA BLEND
32 oz



2/\$6

KeVita
ORGANIC SPARKLING PROBIOTIC DRINK
(SELECTED VARIETIES)
15.2 oz



2/\$3

Siggi's
ICELANDIC STYLE YOGURT
(SELECTED VARIETIES)
4-5.3 oz



5/\$5

Brown Cow
CREAM TOP WHOLE MILK YOGURT
(SELECTED VARIETIES)
5.3 oz



\$4⁹⁹

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



\$3⁹⁹

Vermont Creamery
CRÈME FRAÎCHE
8 oz



\$4⁹⁹

Earth Balance
ORGANIC VEGAN WHIPPED BUTTERY SPREAD
(SELECTED VARIETIES)
13 oz

CHARITY OF THE MONTH

COVE ANIMAL RESCUE



THE MISSION OF COVE ANIMAL RESCUE IS TO INCREASE THE ADOPTABILITY OF HOMELESS DOGS AND CATS THROUGH TRAINING, SOCIALIZATION AND IMPROVED SURROUNDINGS THAT FACILITATE TRANSITION TO A HOME ENVIRONMENT.

LOCATED RIGHT HERE IN GLEN COVE, COVE ANIMAL RESCUE STRIVES TO HELP ELIMINATE THE FEAR AND STRESS THAT MAKE AN ANIMAL DIFFICULT TO PRESENT FOR ADOPTION. THEY DO SO BY PROVIDING CAGE-FREE ENVIRONMENTS SUCH AS THEIR CAT WING AND THE RECENTLY COMPLETED OUTDOOR DOG RUNS AND PLAY AREAS.

Marinated Tempeh Buddha Bowl

- | | |
|----------------------------|--------------------------|
| ¼ cup soy sauce | ½ cup rice |
| 2 tablespoons rice vinegar | 1 cup vegetable stock |
| 1 tablespoon maple syrup | 1 tablespoon avocado oil |
| 4 cloves garlic, minced | 2 teaspoons cornstarch |
| ½ teaspoon sriracha | ¼ cup micro greens |
| 8 ounces tempeh, sliced | ½ avocado, sliced |

- Combine soy sauce, rice vinegar, maple syrup, garlic, and sriracha in a bowl. Add the tempeh and coat completely. Marinate 30 minutes, turning occasionally.
- Meanwhile, place rice and vegetable stock in a pot and bring to a boil. Reduce to a gentle simmer, cover with a lid, and cook for 15 minutes or until all the water is absorbed. Turn off the heat and let rest, covered, for five to ten minutes.
- In a skillet, heat the avocado oil over medium heat. Add the marinated tempeh in a single layer, shaking off any excess marinade. Save the excess marinade for step four. Cook seven to eight minutes, turning once, until the tempeh is golden brown.
- While the tempeh is cooking, combine 2 teaspoons cornstarch with 1 tablespoon water in a small bowl. Add to the marinade and mix thoroughly.
- Once the tempeh is done cooking, transfer it to a plate. Add the marinade to the pan and stir until thick, about one minute. Return the tempeh to the pan and stir to coat. Remove from the heat.
- In a large bowl, add rice, then layer in tempeh, avocado slices, and micro greens.



\$3⁹⁹
Violife
**JUST LIKE
FETA BLOCK**
8.1 oz



\$4⁹⁹
Organic Valley
**ORGANIC
MOZZERELLA
STRINGLES**
6 oz



2/\$4
Perfect Bar
**PROTEIN BAR
(SELECTED VARIETIES)**
2.2-2.5 oz



2/\$6
Lightlife
**ORGANIC TEMPEH
(SELECTED VARIETIES)**
8 oz



2/\$6
Hilary's
**ORGANIC
VEGGIE BURGERS
(SELECTED VARIETIES)**
6.4 oz



\$7⁹⁹
Bonafide Provisions
**BONE BROTH
(SELECTED VARIETIES)**
24 oz



\$7⁹⁹
Beyond Meat
BEYOND BEEF
16 oz



\$3⁹⁹
Gardein
**MEATLESS MEAT
(SELECTED VARIETIES)**
8.8-14.1 oz



\$4⁹⁹
Udi's
**GLUTEN FREE
BREAD**
12 oz



2/\$6

Van's
WAFFLES
(SELECTED VARIETIES)
8-9 oz



2/\$7

Alexia
POTATOES
(SELECTED VARIETIES)
15-16oz



2/\$4

Cascadian Farm Organic
ORGANIC FROZEN VEGETABLES
(SELECTED VARIETIES)
10-16oz



\$3⁹⁹

Wyman's
WILD BLUEBERRIES
15 oz



\$5⁹⁹

Sambazon
ORGANIC PURE UNSWEETENED AÇAÍ SUPERFRUIT PACKS
14.1 oz



2/\$6

Unique
PRETZELS
11 oz



2/\$4

Poppi
PREBIOTIC SODAS
12 oz



2/\$6

Plant Snacks
CASSAVA CHIPS
5 oz



2/\$4

Eternal
ALKALINE SPRING WATER
1 lt



2/\$4

Good To Go
KETO SNACK BARS
1.41 oz



\$4⁹⁹

Elmhurst
PLANT BASED MILKS
32 oz



2/\$5

Cadia
ORGANIC SOUPS
14.1 oz



\$11⁹⁹

Cadia
ORGANIC ALMOND BUTTER
16 oz



2/\$3

Nancy's
OATMIK YOGURT
6 oz



2/\$6

Vive
ORGANIC WELLNESS SHOTS
2 oz



\$4⁹⁹

Seventh Generation
**DISINFECTING
AIR SPRAY**
13.9 oz



\$3⁹⁹

Yogi
TEAS
16 ct



\$11⁹⁹

Ecos
**LAUNDRY
DETERGENT**
100 oz



\$5⁹⁹

Nuun
**HYDRATION
TABS**
10 ct



\$5⁹⁹

EO
HAND SANITIZER
8 oz



\$4⁹⁹

Dr. Bronner's
TOOTH PASTE
5 oz



\$16⁹⁹

Gaia
**OLIVE LEAF
EXTRACT**
60 ct



\$5⁹⁹

Spectrum Essentials
**GROUND
FLAX SEED**
14 oz

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RISINGTIDEMARKET.COM

