



MARCH SALES 2022

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



5/\$5

Muir Glen
ORGANIC TOMATOES
(SELECTED VARIETIES)
14.5 oz



2/\$5

Good Health
AVOCADO OIL
POTATO CHIPS
5 oz



\$5⁴⁹

Lundberg Family Farms
ORGANIC SHORT
GRAIN BROWN RICE
2 lb



2/\$6

From The Ground Up
CAULIFLOWER
CRACKERS
4 oz



\$3⁹⁹

Pacific Foods
ORGANIC
CHICKEN BROTH
32 oz



2/\$4

Perfect Bar
PROTEIN BAR
(SELECTED VARIETIES)
2.2-2.5 oz



\$4⁴⁹

Gardein
MEATLESS MEAT
(SELECTED VARIETIES)
8.1-14.1 oz



2/\$7

Yogi
TEA
(SELECTED VARIETIES)
16 ct



2/\$4

The Mountain Valley
SPRING WATER
1 lt



\$6⁴⁹

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



\$5⁴⁹

Purely Elizabeth
GRANOLA
12 oz



\$3⁹⁹

St. Dalfour
TRADITIONAL
FRENCH FRUIT
SPREAD
10 oz

STORE HOURS

MONDAY-SATURDAY

8:00AM - 7:00PM

SUNDAY

8:00AM-6:00PM

@risingtidemarket

@RisingTideNaturalMarket



We have the #1 selling organic tahini, made with nothing but lightly roasted sesame seeds. Salt-free, sugar-free, gluten-free, vegan, kosher, non-gmo wholesome plant-based spread - perfect for toast, salad dressings or your favorite hummus recipe. We spread integrity!

\$6⁹⁹

Once Again Nut Butter
**ORGANIC
TAHINI**
16 oz



\$4⁹⁹

Enjoy Life Foods
**CHOCOLATE
CHIPS**
9-10 oz



2/\$5

Gerolsteiner
**SPARKLING NATURAL
MINERAL WATER**
25.3 oz



\$4⁹⁹

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



2/\$6

Nutpods
**DAIRY-FREE
CREAMER
(SELECTED VARIETIES)**
11.2 oz



2/\$6

Vita Coco
COCONUT WATER
1 lt



\$3⁹⁹

Harmless Harvest
**ORGANIC
COCONUT
WATER**
16 oz



5/\$5

Koyo
**RAMEN
(SELECTED VARIETIES)**
2-2.1 oz



2/\$4

Food Should Taste Good
TORTILLA CHIPS
5.5 oz



\$4⁴⁹

Green Mountain Gringo
SALSA
16 oz



\$5⁹⁹
 Sky Valley
SRIRACHA SAUCE
 18.5 oz



Wild Planet tuna is 100% sustainably pole and line or troll caught - nets are never used. Our methods catch only smaller migratory fish, that are naturally lower in mercury. Each can provides the delicious, clean taste of pristine tuna.



5/\$5
 Larabar
FRUIT & NUT BAR
 (SELECTED VARIETIES)
 1.6-1.7 oz



\$3⁹⁹
 Wild Planet
ALBACORE WILD TUNA
 5 oz



\$4⁹⁹
 Forager Project
ORGANIC DAIRY-FREE CASHEWMILK
 (SELECTED VARIETIES)
 24 oz



\$3⁹⁹
 Stonyfield
ORGANIC YOGURT
 (SELECTED VARIETIES)
 32 oz

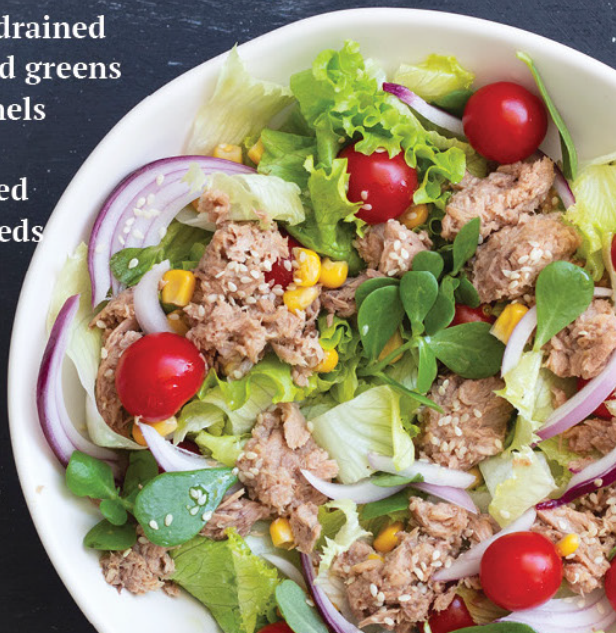


\$4⁹⁹
 Field Roast
CHAO SLICES
 7 oz

Tossed Salad with Tuna

- 5 ounces canned tuna, drained
- 2 ½ ounces mixed salad greens
- 2 tablespoons corn kernels
- ½ cup cherry tomatoes
- ¼ small red onion, sliced
- 1 tablespoon sesame seeds
- Salt, to taste
- Black pepper, to taste
- 2 tablespoons olive oil

1. Combine ingredients into a large bowl, toss and serve.
2. Enjoy!



\$5⁹⁹
 Bubbies
KOSHER DILL PICKLES
 33 oz



\$7⁹⁹
 Rishi
ORGANIC TEA
 (SELECTED VARIETIES)
 15 ct



\$5⁹⁹

Against The Grain
Gourmet
BAGELS
14 oz



2/\$7

Sweet Earth
**PLANT-BASED
BENEVOLENT
BACON**
5.5 oz



\$6⁴⁹

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



2/\$5

KeVita
**ORGANIC SPARKLING
PROBIOTIC DRINK**
15.2 oz

Easy Ham and Cheese Panini

- 2 slices sourdough bread
- ½ tablespoon buttery spread
- ½ tablespoon vegan mayonnaise
- 1 teaspoon spicy mustard
- 3 thin slices ham
- 2 slices Swiss cheese
- 2 thin slices tomato

- 1 Preheat your panini press.
- 2 Butter the outside of both slices of bread.
- 3 Mix mayonnaise and spicy mustard and spread on un-buttered side of bread slices.
- 4 Place bread butter-side down on grill.
- 5 Build sandwich on the press by adding a slice of cheese, tomato slices, ham slices, another slice of cheese, and top slice of bread.
- 6 Close the press and cook for two to three minutes, or until desired doneness.
- 7 Remove from panini press and enjoy!

Swap out ham and cheese with plant-based alternatives for a delicious vegan twist on this classic sandwich.



\$7⁹⁹

GT's
**ORGANIC MULTI
SERVE KOMBUCHA
(SELECTED VARIETIES)**
48 oz



\$4⁹⁹

Oatly
OATMILK
64 oz





\$3⁹⁹
Almond Breeze
ALMONDMILK
(SELECTED VARIETIES)
64 oz



2/\$3
Siggis
ICELANDIC YOGURT
(SELECTED VARIETIES)
4.0-5.3 oz



\$6⁹⁹
Alden's Organic
ORGANIC
ICE CREAM
48 oz



\$7⁹⁹
Bonafide Provisions
BONE BROTH
24 oz



\$5⁴⁹
Cadia
ORGANIC PIZZA
12 oz



2/\$6
Cadia
FROZEN
STRAWBERRIES
10 oz



\$4⁴⁹
Organic Valley
MOZZARELLA
STRINGLES
6 oz



IRISH SODA BREAD SCONES
AVAILABLE AT THE RT DELI

\$3.99 / EA



\$4⁹⁹

Nada Moo
**DAIRY FREE
ICE CREAM**
16 oz



2/\$4

Roar
**ORGANIC
ELECTROLYTE
BEVERAGE**
18 oz



\$11⁹⁹

Truff
**BLACK TRUFFLE
HOT SAUCE**
6 oz



\$4⁹⁹

Unreal
**ASSORTED
CANDIES**
4 oz



2/\$4

Bob's Red Mill
**GLUTEN FREE
OATMEAL
CUPS**
2.5 oz



2/\$3

Little Secrets
**CHOCOLATE
WAFERS**
1.4 oz

CHARITY OF THE MONTH

COALITION TO SAVE HEMPSTEAD HARBOR (CSHH)



THE COALITION TO SAVE HEMPSTEAD HARBOR (CSHH) IS A NONPROFIT ORGANIZATION FOUNDED IN 1986. CSHH IS DEDICATED TO IDENTIFYING AND ELIMINATING ENVIRONMENTAL THREATS TO HEMPSTEAD HARBOR AND THE SURROUNDING COMMUNITIES. OUR OBJECTIVE IS TO ADVANCE THE PUBLIC INTEREST IN PROTECTING AND RESTORING OUR LOCAL ENVIRONMENT TO ITS FULL ECOLOGICAL AND SUSTAINABLE POTENTIAL.

THE FUNDAMENTAL FORCE BEHIND CSHH'S EFFORTS IS THE BELIEF THAT CONCERNED AND INFORMED CITIZENS CAN MAKE A DIFFERENCE IN EVENTS THAT SHAPE THE FUTURE. WE SEEK TO INCREASE AWARENESS OF ENVIRONMENTAL ISSUES AND PROMOTE A GREATER APPRECIATION OF THE LOCAL ENVIRONMENT. MOST IMPORTANT, THE PUBLIC IS ENCOURAGED TO PARTICIPATE IN LOCAL CONSERVATION ISSUES.





\$8⁹⁹

Chameleon
**COLD BREW
CONCENTRATE**
32 oz



\$3⁹⁹

Alkaline 88
WATER
1 gallon



\$11⁹⁹

Yerba Prima
**ORGANIC
PSYLLIUM HUSKS**
12 oz



\$19⁹⁹

American Health
**ESTER-C® 1000MG
WITH CITRUS
BIOFLAVONOIDS**
90 cap



\$14⁹⁹

Derma E
**VITAMIN C
INTENSE NIGHT
CREAM**
2 oz



\$4⁹⁹

Himalaya
**TOOTHPASTE
(SELECTED VARIETIES)**
5.29 oz



\$7⁹⁹

Avalon Organics
**SHAMPOO OR
CONDITIONER
(SELECTED VARIETIES)**
11 oz



\$5⁹⁹

Andalou Naturals
**SHAMPOO OR
CONDITIONER
(SELECTED VARIETIES)**
11.5 oz



2/\$6

South of France
**HAND SOAP
(SELECTED VARIETIES)**
8 oz



\$8⁹⁹

Natures Answer
PERIOWASH
16 oz



\$5⁹⁹

EO
**FRENCH LAVENDER
HAND SANITIZER GEL**
8 oz



\$19⁹⁹

CV Sciences
**EXTRA STRENGTH
CBD BALM 100MG**
1.3 oz



\$16⁹⁹

Renew Life
CLEANSE MORE
60 ct



\$29⁹⁹

Vibrant Health
UT VIBRANCE
50 ct

MARCH 2022

SMOOTHIE OF THE MONTH



CELTIC COOLER

MADE WITH 100% ORGANIC INGREDIENTS:

- RED APPLES
- CHIA SEEDS
- SPINACH
- MANGO
- PINEAPPLE

GET LUCKY WITH THIS MIGHTY GREEN MACHINE - PACKED WITH POWERFUL ANTIOXIDANTS, THIS SUPER SMOOTHIE IS SURE TO ENERGIZE, NOURISH, AND OF COURSE TASTE REALLY, REALLY GOOD. KICK IT UP A NOTCH BY ADDING SOME PROTEIN. (WE RECOMMEND HEMP FOR A LEAN, NUTRITIOUS BOOST.)

SHOP ONLINE FOR LOCAL
DELIVERY OR PICKUP



[RISINGTIDEMARKET.COM](https://www.risingtidemarket.com)

