



Now 2x monthly!

# RT DEALS

May 28–June 10, 2025



Cado  
Vanilla Bean

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



Badger  
Daily Mineral Sunscreen  
30 SPF

**\$18<sup>99</sup>**  
4 oz

## Beach-worthy deals!

EPIC  
Snack Strip  
selected varieties

**2/\$3**  
0.8 oz



Oatly  
Non-Dairy Frozen Dessert  
selected varieties

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



Late July  
Tortilla Chips  
selected varieties

**\$3<sup>99</sup>**  
7.5–7.8 oz



Cascadian Farm  
Organic Cereal  
selected varieties

**\$3<sup>99</sup>**  
8.6–14.6 oz



GoMacro  
Organic MacroBar  
selected varieties

**2/\$6**  
2–2.4 oz



Cascadian Farm  
Organic Potatoes  
selected varieties

**\$3<sup>99</sup>**  
12–16 oz



Bragg  
Organic Apple Cider  
Vinegar

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



Divina  
Dolma Grape Leaves

**\$3<sup>49</sup>**  
7 oz



poppi  
Prebiotic Soda  
selected varieties

**2/\$4**  
12 oz



Look for new deals on **June 11!**

**Montebello**  
Organic Artisan Pasta  
selected varieties

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

1 lb



**HU**  
Chocolate Bar Salty  
selected varieties

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

2.1 oz



**Laird**  
Superfood Creamer Vanilla  
selected varieties

**\$5<sup>99</sup>**

25.4 oz



**Lifeway**  
Strawberry Kefir

**\$5<sup>99</sup>**

32 oz



**Siete**  
Grain Free Cookies  
selected varieties

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

4.5 oz



Annie's **Promise for Better:** a promise to choose nutritious and pantry-worthy ingredients, to add yumminess to every kid's meal, and to use organic ingredients that are forever kind to the planet.

**Annie's**  
Organic Bunny Crackers  
selected varieties

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

7.5 oz



**Annie's**  
Mac & Cheese  
selected varieties

**2/\$3**

5.25-6 oz



Simple Mills is on a journey to revolutionize food design in a manner that advances regenerative agriculture principles, elevates farmers, empowers eaters, and inspires others so that our food system can nourish people and our planet now and for generations to come.

**Simple Mills**  
Organic Seed Flour Crackers  
selected varieties

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

4.25 oz



**Simple Mills**  
Almond Flour Crackers  
selected varieties

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

4.25 oz



**Simple Mills**  
Cookies  
selected varieties

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

5.5 oz





**Little Sesame  
Classic HUMmus**



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

8 oz

**Lundberg California  
White Basmati**



**\$8<sup>99</sup>**

2 lb



Lundberg believes in caring for our land and the creatures who live on it. For decades, they've been growing rice in support of their generations-old founding principle to leave the land better than they found it by farming organically and prioritizing the surrounding ecosystem.

**Navitas  
Organic Cacao Nibs**



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

8 oz

**Madhava  
Extra Virgin Olive Oil**



**\$14<sup>49</sup>**

16.9 oz

**Mezcla  
Plant Protein Bar Peanut Butter**



**2/\$4**

1.4 oz

## Decadent Chocolate Mug Cake

8 MIN • MAKES 1

### INGREDIENTS

- ¼ cup all-purpose flour
- 2 tablespoons cocoa powder
- 2 tablespoons cane sugar
- ¼ teaspoon baking powder
- ⅛ teaspoon grated nutmeg
- 6 tablespoons whole milk
- 1 tablespoon avocado oil
- 2 tablespoons chocolate, chopped

### DIRECTIONS

- 1 Whisk together dry ingredients in a 12-ounce mug.
- 2 Add milk and oil to the dry ingredients. Stir until smooth and there are no lumps. Top with chopped chocolate.
- 3 Place mug in microwave and cook for 1 minute. Continue to cook in 10 second increments until cake has set. Allow cake to cool for 5–10 minutes before eating.



**Meyenberg**  
**Goat Milk**  
selected varieties



**\$6<sup>99</sup>**

32 oz

**Mush**  
**Dark Chocolate Overnight Oats**



**2/\$4**

5 oz

**White Leaf Provisions**  
**Pear Banana Kiwi Baby Food**



**2/\$5**

3.17 oz

## Homemade Ricotta Cheese

1 HR 15 MIN • MAKES 1 ¾ CUPS

### INGREDIENTS

- 1 quart whole milk
- ½ pint heavy cream
- ¾ teaspoon sea salt
- ⅓ cup fresh lemon juice, approximately 2 medium lemons

### DIRECTIONS

- 1 Pour the milk, cream, and salt into a saucepan.
- 2 Over medium heat, bring mixture to a simmer, approximately 180°F. Turn off heat, pour in lemon juice, and stir gently. Allow to rest for 5 minutes.
- 3 Line a colander or sieve with a few layers of cheesecloth and place it over a large bowl. Ladle the mixture into the colander and let drain for 30–45 minutes. The longer the ricotta drains, the crumblier it will be. If you find your ricotta is too dry, add in a little bit of the whey or add a touch of milk until you reach the consistency you desire. Season to taste with salt.
- 4 Discard liquid and enjoy the fresh ricotta right away or transfer to an airtight container and refrigerate until ready to use. Keeps up to a week.



**Nordic Naturals**  
**Omega-3**

**\$16<sup>99</sup>**

60 ct



**Natural Vitality**  
**Calm Gummies**

selected varieties

**\$23<sup>99</sup>**

120 ct





**Garden of Life**  
**Organic Raw Protein Powder**  
 selected varieties

**\$39<sup>99</sup>**

568-664 g



**Flora**  
**Super 8 Hi-Potency Probiotic**

**\$21<sup>99</sup>**

30 cap



**Boiron**  
**Arnicare Gel**

**\$6<sup>99</sup>**

1.5 oz



**Humble Brands**  
**Deodorant**  
 selected varieties

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

2.5 oz



## Coconut Hemp Protein Bites

10 MIN • MAKES 14 • GLUTEN-FREE, GRAIN-FREE, VEGAN

### INGREDIENTS

- ½ cup raisins
- ½ cup roasted sunflower seeds
- ¼ cup sliced almonds
- ¼ cup walnuts
- ¼ cup protein powder
- 2 tablespoons maple syrup
- 2 tablespoons hemp hearts
- 1 tablespoon chia seeds
- ½ cup almond butter
- ½ cup shredded coconut

### DIRECTIONS

- 1 In a food processor, place raisins, nuts, sunflower seeds, protein powder, maple syrup, hemp hearts, and chia seeds. Run machine until mixture is finely minced.
- 2 Place nut/seed mixture in a mixing bowl and work in almond butter until dough forms.
- 3 Scoop mixture into tablespoon amounts and roll into balls then coat in shredded coconut. Store in an airtight container in the refrigerator.



**KAL**  
**Magnesium Glycinate 350**

**\$18<sup>99</sup>**

160 ct



**ECOS**  
*Plant Powered Clean*

Our mission at ECOS is simple—to protect the health and wellness of people, pets, and the planet by creating the most authentic, sustainable, and affordable cleaning products for all, and we've been at it for over 50 years.



**ECOS**  
**Dish Soap**  
 selected varieties

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

25 oz



**ECOS**  
**Laundry Detergent**  
 selected varieties

**\$13<sup>99</sup>**

100 oz



# Hawaiian Burgers

20 MIN • MAKES 8 • TRADITIONAL OR VEGETARIAN

## INGREDIENTS

8 beef or alternative-protein patties  
1 cup huli huli BBQ sauce, divided (*recipe follows*\*)  
1 can pineapple slices, drained  
16 slices pepperjack cheese  
1 small red onion, thinly sliced  
8 sesame seed burger buns

## DIRECTIONS

- 1 Preheat the grill to 450°F or medium heat. Season beef patties on both sides with salt and pepper. Set aside a ½ cup of bbq sauce for serving. Grill burgers for 4 minutes per side, basting with remaining sauce as they cook. Burgers should reach an internal temperature of 165°F. Any sauce left after basting burgers should be discarded.
- 2 Meanwhile, place pineapple slices on grill and cook until lightly caramelized, approximately 2 minutes per side.
- 3 Place two slices of pepper jack cheese per burger patty and cook for another minute or until cheese has melted.
- 4 Place burgers on buns with a pineapple slice and red onion. Serve with reserved bbq sauce.

### \*Huli Huli Sauce (Hawaiian BBQ Sauce)

½ cup ketchup	1 tablespoon rice vinegar
½ cup brown sugar	2 large garlic cloves, finely minced
½ cup pineapple juice	1 tablespoon peeled and minced ginger
¼ cup tamari or shoyu soy sauce	<i>Optional:</i> 1–2 teaspoons cornstarch
2 tablespoons toasted sesame oil	and water for thickening if needed
2 tablespoons sriracha	

- 1 Place all ingredients in a small saucepan and bring to a simmer. Cook for 5 minutes.
- 2 Once cooled, if the sauce is too thin, whisk together equal parts water and cornstarch in a small bowl. Add the mixture to the barbecue sauce and rewarm to activate the thickening properties of the cornstarch.



## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

## Charity Of The Month: Wildlife Center of Long Island

What first began as a wildlife rescue and rehab operating in a garage in 1982, became the first professional wildlife hospital and education center on Long Island. These days, this Huntington-based nonprofit provides over 200 outreach and education programs, rehabilitates and alleviates suffering of over 2,200 orphaned and injured wild patients, and handles around 10,000 calls to their wildlife hotline each year. It's a tremendous service to our community that Rising Tide is honored to contribute to.





# RT VALUES

WHERE OUR VALUES MEET YOURS

Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



**\$2<sup>29</sup>**  
**ORGANIC BROTHS**  
32 oz



**\$5<sup>99</sup>**  
**ORGANIC CHIA SEEDS**  
12 oz



**\$1<sup>29</sup>**  
**ORGANIC BEANS**  
16 oz



**\$12<sup>99</sup>**  
**ORGANIC ALMOND BUTTER**  
16 oz



**\$5<sup>99</sup>**  
**ORGANIC PEANUT BUTTER**  
16 oz



**\$6<sup>99</sup>**  
**ORGANIC WILDFLOWER HONEY**  
16 oz



starting at  
**\$3<sup>99</sup>**  
**ORGANIC JELLY & PRESERVES**  
11 oz



starting at  
**\$3<sup>69</sup>**  
**ORGANIC FROZEN FRUIT**  
10 oz



**\$3<sup>99</sup>**  
**ORGANIC FROZEN VEGETABLES**  
16 oz



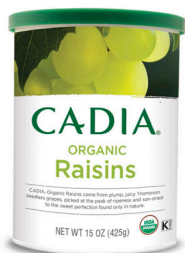
starting at  
**\$5<sup>29</sup>**  
**ORGANIC RICE**  
32 oz



**\$7<sup>29</sup>**  
**ORGANIC UNREFINED COCONUT OIL**  
14 oz



starting at  
**\$2<sup>49</sup>**  
**ORGANIC CONDIMENTS**  
8-24 oz



**\$5<sup>79</sup>**

**ORGANIC  
RAISINS**

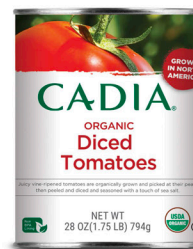
16 oz



**\$3<sup>49</sup>**

**ORGANIC  
PASTA SAUCES**

25 oz



**\$2<sup>79</sup>**

**ORGANIC  
CANNED  
TOMATOES**

28 oz



**\$1<sup>79</sup>**

**ORGANIC  
CANNED  
TOMATOES**

14.5 oz



**\$1<sup>29</sup>**

**ORGANIC  
TOMATO PASTE**

6 oz



**\$1<sup>79</sup>**

**ORGANIC  
TOMATO SAUCE**

15 oz



**\$8<sup>99</sup>**

**ORGANIC  
MEDITERRANEAN  
EXTRA VIRGIN  
OLIVE OIL**

500 ml



**\$1<sup>99</sup>**

**ORGANIC  
PASTAS**

16 oz



**\$3<sup>49</sup>**

**ORGANIC  
DRY BEANS**

16 oz



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

**LIQUID DISH  
SOAP**

25 oz



**\$7<sup>29</sup>**

**FABRIC  
SOFTENER**

50 oz



**\$11<sup>99</sup>**

**LAUNDRY  
DETERGENT**

100 oz



**\$2<sup>19</sup>**

**PAPER TOWEL**

1 roll



**\$1<sup>59</sup>**

**FACIAL TISSUE**

1 box



**\$8<sup>99</sup>**

**BATH TISSUE**

12 pack

**...AND MANY MORE!**