

LOCAL APPLES ARE HERE!

Come take your pick from over 20 varieties of locally grown, organic apples.

Really **BIG DEAL**

25% off : **APPLES**
Grown in OR and WA.

Limited to stock on hand. Selection varies by store.

COUNTRY NATURAL BEEF USDA CHOICE BONELESS CHUCK ROAST

A favorite pick for pot roast with no added hormones and no antibiotics ever.



\$8.99
lb
SAVE \$1lb

AHI TUNA STEAKS

Sustainably line-caught and delicious pan-seared and thinly sliced for a quick, protein-packed meal.



\$12.99
lb
SAVE \$5lb

KIND SNACK BAR

Selected Varieties

1.4oz



**BUY 1 GET 1
FREE**

SAVE \$1.99 ON 2

NANCY'S ORGANIC COTTAGE CHEESE

Whole Milk or Lowfat.
16oz

PNW
LOCAL



\$4.99
ea
SAVE \$1.60ea

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



4 for \$10
SAVE \$2.99ea

ROMA VICOLO & VICOLO PIZZA

Selected Varieties
9.1-15.75oz



**BUY 1 GET 1
FREE**

SAVE \$9.99 ON 2

Want to have weekly deals delivered to your inbox? Just sign up for email updates at newseasonsmarket.com/join
Visit us online at www.newseasonsmarket.com

WHAT WE'RE loving BAD NUTRITION



Meet Sophia Malek, the Portland-based nutritionist shaking up the world of healthy snacking with Bad Nutrition.

Don't let the name fool you—her chia puddings are packed with nutritious ingredients. From Basic Vanilla and Chocolate Ganache to Lemon Curd and Pistachio Cream, it's fair to say they're packed with flavor, too. You can find them all at New Seasons.



* reserve your FEAST *

Savor the season with thoughtfully sourced meats, ready-to-heat sides, local desserts, and more.

Order for
Thanksgiving
by 11/22 at 10pm

Order for
Hanukkah
by 11/30 at 10pm

newseasonsmarket.com/reserve

HOLIDAY
* deliciously *

MEAT & SEAFOOD

MARY'S ORGANIC WHOLE FRYER CHICKEN

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



\$3⁹⁹
lb

SAVE 60¢lb

NEW SEASONS SALMON CAKES

Made in-house with wild-caught salmon, fresh herbs, and veggies. Ready to cook.



\$3⁹⁹
ea

SAVE \$1.50ea

CARMAN RANCH 85% LEAN 15% FAT GRASS-FED GROUND BEEF

Thoughtfully pasture-raised locally with no added hormones and no antibiotics ever.

PNW
LOCAL



\$10⁴⁹
lb

SAVE \$1lb

DOVER SOLE FILLET

Sustainably harvested off OR and WA coasts, this light and mild sole is delicious baked for a quick and easy meal.

PNW
LOCAL



\$8⁹⁹
lb

SAVE \$1lb

ORANGE MARIGOLDS

Add a festive pop of fall color to your Halloween decor.



\$8⁹⁹
ea

SAVE \$1ea

PRODUCE

NEW SEASONS GUACAMOLE

House-made with fresh, high-quality ingredients. Great with New Seasons Tortilla Chips!

7.5oz



\$5⁷⁹
ea

SAVE 50¢ea

BLOOD ORANGES

Sweet, tart, and juicy. From Pinnacle Fresh in Australia.



\$2⁴⁹
lb

SAVE \$1.50lb

ORGANIC WINTER SQUASH

Delicious roasted and served as a healthy side. Grown in OR and WA.

PNW
LOCAL



\$1⁹⁹
lb

SAVE 50¢lb

BAKERY & CHEESE

BECKMANN'S OLD WORLD BAKERY PUMPKIN PIE

A fall classic made with all-natural ingredients and just the right balance of warm, pumpkin-spice goodness.
9in

\$22⁹⁹
ea

SAVE \$2ea



ISIGNY SAINTE-MÈRE MIMOLETTE

With its bold orange hue and rich, nutty flavor, this French favorite makes a delicious addition to any cheese board.

\$19⁹⁹
lb

SAVE \$5lb



NEW SEASONS CARAMEL SAUCE

Rich, creamy, and delicious with apples, ice cream, and pancakes!

\$8⁹⁹
lb

SAVE \$1lb



RUMIANO PEPPER JACK QUESO DIP

Rich and creamy with just the right amount of spicy goodness, this queso is the ultimate chip companion.

11oz

\$8⁴⁹
ea

SAVE \$1.50ea



NEW SEASONS PORK CHOP SCHNITZEL

A thick-cut, bone-in pasture-raised pork chop with a Dijon mustard and breadcrumb crust.

\$14⁹⁹
lb

SAVE \$2lb



PREPARED FOODS

NEW SEASONS BAKED MAC & CHEESE

Our beloved mac & cheese topped with seasoned breadcrumbs, then baked to perfection.

\$10⁹⁹
lb

SAVE \$2lb



NEW SEASONS BROCCOLI CHOP SALAD

A crisp, lemony chop salad with shaved Brussels sprouts, kale, green cabbage, and a kick of sweet-hot peppers.

\$11⁹⁹
lb

SAVE \$2lb



SALSAS LOCAS ENCHILADA MEALS

Locally made and ready to heat and serve. Choose from Chicken Rojo or Cheese Verde.

\$9⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

IT'S
NEW!

BEER & WINE

BUY. SIP. RETURN.

Help reduce waste one sip at a time with Revino—a local reusable glass bottle system that eliminates single-use packaging and keeps things circular.

Here's how it works:

1 Look for the Revino logo for participating local wines.

Revino

2 Purchase and enjoy.

3 Rinse and return your empty bottles to New Seasons.

4 Keep the REUSE cycle going.



GIGANTIC BREWING TIERRA DEL STOUT

Mexican hot chocolate inspired Imperial Chocolate Stout, featuring vanilla, cinnamon, and chiles for a warming finish.
16oz

2 for \$9

SAVE 99¢ea



PNW
LOCAL

SIERRA NEVADA WEST GHOST IPA

A modern take on the classic West Coast IPA, with bold hops, subtle malt, and a crisp, clean finish. Hauntingly hoppy and ghoulishly good.
16oz

\$3⁹⁹
ea

SAVE \$1ea



IT'S
NEW!

INCLINE CIDER CLASSIC DRY CIDER

Crisp days call for crisp cider. This local favorite delivers a smooth sip and refreshingly dry finish.
4pk/16oz

\$9⁹⁹
ea

SAVE \$4ea



PNW
LOCAL

IT'S
NEW!

STONECAP WASHINGTON WINES

Estate-grown wines offering ripe, bold flavors at an exceptional price. Perfect for everyday enjoyment.
750ml

\$7⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

SHOP ONLINE, SAVE \$15!

Skip the grocery run, not the groceries. Shop online and get \$15 off your next same-day pickup or delivery order of \$75 or more with code

FALLFOR15

newseasonsmarket.com/online

Powered by
Instacart

Terms apply.

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a FREE pint of New Seasons ice cream or sorbet on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

MELORA MANUKA HONEY BODY CARE

Nourish from head to toe with manuka honey-based face and body care. Save on select items.



25% off

EAU THERMALE JONZAC FACIAL CARE

Gentle French facial care made with mineral-rich thermal spring water.



25% off

INESSENTS BATH & BODY CARE

Enjoy great savings on bath salts, body butters, and perfume oils.



PNW LOCAL

30% off

CYMBIOTIKA NUTRITIONAL SUPPLEMENTS

Stock up and save on liquid vitamins and supplements.



25% off

BOIRON CHESTAL HONEY

Save on select formulas, including kids supplements.

6.7oz



\$10.49 ea
SAVE \$1.50ea

AMERICAN HEALTH ORIGINAL PAPAYA ENZYME

Naturally sourced enzymes to aid with digestion and nutrient absorption.

250tab



\$8.99 ea
SAVE \$1.80ea

BLOOM L-THEANINE 200MG

A unique amino acid that helps support relaxation without causing drowsiness.

60vc



\$22.99 ea
SAVE \$8ea

SUNFOOD ORGANIC MACA POWDER

Certified organic, nutrient-dense, and perfect for smoothies, shakes, and more.

8oz



\$11.39 ea
SAVE \$6.60ea

EARTH SCIENCE OLIVE & AVOCADO HAIR CARE

Formulated to deeply nourish and moisturize.

6oz



\$11.99 ea

UNCLE HARRY'S TOOTHPASTE

Gently whitens while helping balance pH for strong teeth and healthy gums.

3oz



\$6.99 ea
SAVE \$2.60ea

GROCERY

BEN & JERRY'S ICE CREAM

Selected Varieties

1pt



\$5.99 ea
SAVE \$1ea

RED'S FROZEN BURRITOS

Selected Varieties

4.5-5oz



2 for \$5
SAVE 69¢ea

RAO'S HOMEMADE BRICK OVEN FROZEN PIZZA

Assorted Varieties

18.3-21.6oz



\$10.99 ea
SAVE \$2.30ea

APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties

16oz



\$12.99 ea
SAVE \$2ea

'NDULGE PROTEIN BARS

Assorted Varieties

3ct



\$7.99 ea
SAVE \$2ea

DAIYA DAIRY-FREE CHEESECAKE

New York or Key Lime.

14.1oz



\$8.99 ea
SAVE \$1.30ea

VAN'S FOODS FROZEN WAFFLES

Assorted Varieties

6ct



\$3.99 ea
SAVE \$1.40ea

SEAPOINT FARMS FROZEN EDAMAME

Selected Varieties

12oz



\$3.99 ea
SAVE \$1ea

GROCERY

PURE REFRESHMENT

Happy hour is anytime with De Soi's non-alcoholic cocktails. Crafted with premium botanicals and relaxing adaptogens, each sip delivers layers of complex flavor—with no artificial anything.

\$13⁹⁹
ea

SAVE \$4ea



DE SOI
**SPARKLING
NON-ALCOHOLIC
COCKTAILS**
Assorted Varieties
4pk/8oz

HOP WTR SPARKLING HOP WATER

Assorted Varieties
6pk/12oz

\$9⁹⁹
ea

SAVE \$2.70ea



RINGA SPARKLING HYDRATION DRINK

Assorted Varieties
12oz

2 for \$7

SAVE \$1.09ea



POPPI PREBIOTIC SODA

Selected Varieties
4pk/12oz

\$7⁹⁹
ea

SAVE \$2.30ea



CORPSE REVIVER HYDRATING ELECTROLYTE BEVERAGE

Assorted Varieties
16oz

2 for \$6

SAVE 89¢ea



DRINK WEIRD ORGANIC ENERGY DRINK

Assorted Varieties
16oz

2 for \$5

SAVE 99¢ea



CASCADE MOUNTAIN SPARKLING WATER

28oz

**BUY 2 GET 1
FREE**

SAVE \$3.19 ON 3



Available
in-store only

ROTTEN CANDY

Assorted Varieties
5.3oz

**BUY 1 GET 1
FREE**

SAVE \$9.99 ON 2



SKINNYDIPPED CUPS & BITES

Selected Varieties

**20%
off**



SECOND NATURE SNACK MIX

Selected Varieties
10-14oz

\$7⁹⁹
ea

SAVE \$1.90ea



NORA SNACKS SEAWEED SNACKS

Assorted Varieties
1.13-1.6oz

2 for \$6

SAVE \$1.19ea



KRAVE JERKY

Selected Varieties
2.1oz

**BUY 1 GET 1
FREE**

SAVE \$8.59 ON 2



SKINNYPOP PARTY SIZE POPCORN

8oz

\$5⁴⁹
ea

SAVE \$1.10ea



QUINN SNACKS PRETZELS

Assorted Varieties
5-6oz

\$4⁴⁹
ea

SAVE UP TO \$1.90ea



THE GOOD CRISP COMPANY SNACKS

Selected Varieties

**20%
off**



GOLDEN RAISINS

\$5⁹⁹
lb

SAVE \$1lb



SUNRIDGE FARMS HIT THE TRAIL MIX

\$12⁹⁹
lb

SAVE \$1lb



NEW SEASONS ORGANIC COFFEE

Sustainably sourced by our partners at Equal Exchange in Portland, OR.

PNW
LOCAL

\$14⁹⁹
lb

SAVE \$1lb



EQUAL EXCHANGE NUTS

Selected Varieties

PNW
LOCAL

**15%
off**



GROCERY

NOSSA FAMILIA COFFEE
Selected Varieties
12oz

PNW LOCAL



\$13.99
ea
SAVE UP TO \$4ea

TONY'S COFFEE
Organic Coffee
Assorted Varieties
12oz

PNW LOCAL



\$13.99
ea
SAVE \$1.50ea

NUMI
Organic Tea
Selected Varieties
18ct



\$5.99
ea
SAVE \$1.20ea

RISHI TEA & BOTANICALS
TEA & MATCHA
Selected Varieties



20% off

BLUE DIAMOND
Almond Breeze
Selected Varieties
32oz



2 for \$5
SAVE 69¢ea

CATALINA CRUNCH
Protein Granola
Assorted Varieties
8oz



\$7.99
ea
SAVE UP TO \$2.30ea

SEVEN SUNDAYS
Cereal
Assorted Varieties
8oz



\$6.99
ea
SAVE \$2ea

BOB'S RED MILL
Overnight Protein Oats
Blueberries & Cream
or Vanilla Almond.
4ct

PNW LOCAL



\$4.99
ea
SAVE UP TO \$2.50ea

FARMER'S MARKET
Organic Purees
Selected Varieties
15oz



2 for \$6
SAVE 99¢ea

SUNBUTTER
Sunflower Butter
Selected Varieties



20% off

SIMPLY DESSERTS
Plant-Based Jel Dessert
Strawberry or Raspberry.
.7-1.7oz



2 for \$5
SAVE 49¢ea

BIG TREE FARMS
Sugars & Coconut Aminos
Selected Varieties



20% off

HU KITCHEN
Chocolate
Selected Varieties



20% off

FRONTIER CO-OP
Spices, Seasonings & Extracts
Selected Varieties



20% off

NEW SEASONS
Raw Local Honey
Locally sourced by our partners
at Humble Bee Honey
in Pleasant Hill, OR.
18oz

PNW LOCAL



\$7.99
ea
FEATURED

TERLATO KITCHEN
Pasta Sauce
Assorted Varieties
24oz



\$9.99
ea
SAVE \$3ea

R.W. KNUDSEN FAMILY
Organic Apple Juice
32oz



\$4.99
ea
SAVE \$1ea

R.W. KNUDSEN FAMILY
Cider & Spice
32oz



\$4.99
ea
SAVE \$1ea

**NO DAIRY.
NO PROBLEM.**
Make pizza night deliciously dairy-free
with Daiya's ready-to-bake pies,
featuring a crisp crust, melty plant-
based cheese, and tasty toppings.

DAIYA
Plant-Based Pizza
Selected Varieties
16.7-19.4oz



\$5.99
ea
SAVE \$5ea

GROCERY

* reserve your FEAST

Savor the season with thoughtfully sourced meats, ready-to-heat sides, local desserts, and more.

Order for
Thanksgiving
by 11/22 at 10pm

Order for
Hanukkah
by 11/30 at 10pm

newseasonsmarket.com/reserve

NEW SEASONS
EGG NOG
32oz



\$6.99
ea
FEATURED

MELT ORGANIC
PLANT BUTTER
Assorted Varieties



20%
off

DAVE'S KILLER BREAD
BAGELS & ENGLISH MUFFINS
Selected Varieties

PNW LOCAL



30%
off

CHOBANI
PROTEIN GREEK YOGURT
Plain or Vanilla.
32oz



\$7.49
ea
SAVE 50¢ea

KITE HILL
GREEK STYLE YOGURT
Mixed Berry or Mango.
5.3oz



2 for \$4
SAVE UP TO 79¢ea

ICELANDIC PROVISIONS
SKYR YOGURT
Selected Varieties
5.3oz



BUY 1 GET 1 1/2 OFF
SAVE \$1.15 ON 2

Available
in-store only

GT'S LIVING FOODS
SYNERGY THE REAL KOMBUCHA
Selected Varieties
16oz



BUY 1 GET 1 1/2 OFF
SAVE \$2 ON 2

Available
in-store only

STUMPTOWN
COFFEE ROASTERS
COLD BREW
Selected Varieties
11oz

PNW LOCAL



BUY 1 GET 1 1/2 OFF
SAVE \$2.50 ON 2

Available
in-store only

NEW SEASONS
COOKIE DOUGH
Made by Cougar Mountain Baking Co.
in Seattle, WA. Choose from a variety
of flavors.
16oz

PNW LOCAL



\$6.99
ea
FEATURED

MISSION FOODS
STREET TACOS
Selected Varieties
12-24ct



2 for \$5

FALL FOR OLIPOP

Nothing says fall quite like the taste of a candied apple. Well, thanks to our friends at OLIPOP, you can drink it up with their Caramel Apple soda.

Made with real ingredients that support gut health, this seasonal sip is downright delicious with notes of crisp green apple and smooth, buttery caramel.



OLIPOP
PREBIOTIC SODA
Selected Varieties
12oz

BUY 1 GET 1 FREE
SAVE \$2.69 ON 2

APPLEGATE
PEPPERONI SLICES
Assorted Varieties
4oz



\$5.99
ea
SAVE 40¢ea

WILDWOOD
ORGANIC BAKED TOFU
Selected Varieties
7oz



\$4.99
ea
SAVE \$1.30ea

SHOP ONLINE, SAVE \$15!

Skip the grocery run, not the groceries.
Shop online and get \$15 off your next
same-day pickup or delivery order of
\$75 or more with code
FALLFOR15

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instacart

newseasonsmarket.com/online

Terms apply.