

SWEET BY NATURE

Crisp, seedless, and bursting with sweetness—grapes are the perfect lunchbox treat.

SALE

**ORGANIC
SEEDLESS
GRAPES**

From Sun Pacific in Bakersfield, CA.

20% off

MARY'S WHOLE FRYER CHICKEN

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



**\$249⁹⁹
lb**
SAVE \$1.10/lb

PACIFIC COD FILLET

Sustainably harvested at the peak of season and flash-frozen on the vessel to preserve flavor. Perfect for fish & chips!



**\$18⁹⁹
lb**
SAVE \$1/lb

CLIF OR LUNA ENERGY & NUTRITION BARS

Selected Varieties



50% off

Really **BIG DEAL**

20% off
HARD CIDER

Items priced as marked. No additional discounts.
Limited to stock on hand. Selection varies by location.

PURELY ELIZABETH GRANOLA

Assorted Varieties
8-12oz



**\$5⁹⁹
ea**
SAVE \$2.30/ea

SUMMER
OF
SCAOPS

50% off

**BEN & JERRY'S +
NIGHTINGALE
ICE CREAM SANDWICHES**

Exclusions apply. Limited to stock on hand or while supplies last.

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

Prices shown are sale prices. Selection may vary by store.

WHAT
WE'RE
loving



SMOKY CEDAR PLANK SALMON

When you coat our fresh salmon fillets with savory herbs, spices, and brown sugar, then grill it on a cedar plank—well, all that smoked flavor and flaky goodness speaks for itself!

Find the recipe here: newseasonsmarket.com/cedar-plank-salmon



Don't forget to
snag a plank!

Really **BIG DEAL**

WHOLE COHO SALMON PRE-SALE!

Pre-order your whole Coho now at
newseasonsmarket.com/reserve

Pick up your order during
our annual sale.

Saturday & Sunday,
September 12 – 13

We'll cut and wrap it any way
you like.

MEAT & SEAFOOD

COUNTRY NATURAL BEEF USDA CHOICE RIBEYE STEAKS

No added hormones or no antibiotics ever.

\$26⁹⁹
lb

SAVE \$2lb



NEW SEASONS FISH TACO MIX

Make taco night a cinch with this tasty mix of
Pacific cod and veggies in a zesty sauce. Ready to cook.

\$11⁹⁹
lb

SAVE \$1lb



NEW SEASONS SAUSAGE LINKS

Choose from a wide selection of handmade sausage links.
Flavors may vary by location.

Starting at:

\$6⁴⁹
lb

SAVE 50¢lb



ACME SMOKED FISH SMOKED SALMON & AHI TUNA

Ready-to-eat, wild-caught smoked salmon or Ahi tuna,
cured and cold-smoked to perfection.

3oz

\$7⁹⁹
ea

SAVE \$2ea



MIXED DAHLIA BUNCH

Known for their lush blooms and brilliant colors, these
locally grown dahlias are a late-summer favorite.



\$19⁹⁹
ea

SAVE \$3ea

PRODUCE

CORN

Sweet, crisp, and ready for the grill!
From Stadelman Valley Farms in Hillsboro, OR.

PNW
LOCAL

5 for \$5

SAVE 25¢ea



ORGANIC BLUEBERRIES

Sweet, extra juicy, and bursting with flavor.
From LaPierre Farms in Zillah, WA.

18oz pkg

PNW
LOCAL

\$8⁹⁹
ea

SAVE \$1ea



ORGANIC DRY-FARMED TOMATOES

These flavorful tomatoes make for a tasty BLT!
Grown in CA.

\$4⁹⁹
lb

SAVE \$1lb



BAKERY & CHEESE

NEW SEASONS ORGANIC FRENCH BATARD

Made fresh daily by our talented bakers using organic ingredients. Perfect for sandwiches and avocado toast.

PNW
LOCAL

\$5⁴⁹
ea

SAVE \$1ea



MONTI TRENTINI PROVOLONE PICCANTE

Aged Italian provolone with a bold, tangy bite. Pair it with cured meats or shave it over grilled veggies.

\$17⁹⁹
lb

SAVE \$2lb



ABE'S VEGAN MINI MUFFINS

Delicious mini muffins, free from common allergens. Choose from Chocolate Chip and Wild Blueberry. 12ct

\$6⁹⁹
ea

SAVE 50¢ea



NEW SEASONS SLICED PROSCIUTTO

Conveniently sliced for your next charcuterie board or sandwich. 4oz

\$8⁹⁹
ea

SAVE \$1ea



NEW SEASONS GRILLED PERUVIAN HALF CHICKEN

Marinated in aromatic spices and grilled to perfection. Served with a bright, herby Aji Verde sauce.

\$7⁹⁹
lb

SAVE \$1lb



AZEH'S KITCHEN SPICY QUINOA & CORN SALAD

White quinoa, corn, black beans, arugula, and bell pepper in a tangy, spicy dressing.

PNW
LOCAL

\$10⁹⁹
lb

SAVE \$3lb



NEW SEASONS COASTAL KALE

A light and lemony customer favorite with toasted seeds and marinated onions.

\$10⁹⁹
lb

SAVE \$3lb



OLYMPIA PROVISIONS SWEETHEART HAM

Locally handcrafted pork sirloin tip gently smoked over applewood.

PNW
LOCAL

\$18⁹⁹
lb

SAVE \$2lb



20% OFF SELECT HARD CIDERS

SON OF MAN SAGARDO CIDER

Crafted in Hood River, this Basque-style cider is naturally fermented and aged for six months in oak foeders, creating a crisp, bone-dry finish. 750ml

PNW
LOCAL

\$15¹⁹
ea

AFTER 20% DISCOUNT



INCLINE CIDER COMPANY HAZY HONEYCRISP CIDER

This bold, hazy, and refreshing cider is bursting with Honeycrisp apple flavor, layered with hints of citrus, honey, and a touch of spice. 19.2oz

PNW
LOCAL

\$3⁹⁹
ea

AFTER 20% DISCOUNT



YONDER CIDER DRY HARD CIDER

Crafted with a blend of crisp, juicy culinary apples and flavorful, fragrant cider apples grown in Wenatchee, WA, and throughout the PNW. 16oz

PNW
LOCAL

\$3⁵⁹
ea

AFTER 20% DISCOUNT



PORTLAND CIDER CO BLACKBERRY LIME HARD CIDER

A bold, deep blend of PNW blackberries with a punch of real lime juice. The perfect cider for late-summer evenings. 6pk/12oz

PNW
LOCAL

IT'S
NEW!

\$13⁵⁹
ea

AFTER 20% DISCOUNT



AVID CIDER COMPANY PACIFIC BLUSH HARD CIDER

A semi-dry imperial cider crafted in Bend, blending fresh-pressed PNW apples with strawberry, tart lemon, and a hint of juniper. 6pk/12oz

PNW
LOCAL

IT'S
NEW!

\$14³⁹
ea

AFTER 20% DISCOUNT



DOUBLE MOUNTAIN BREWERY DRY HARD CIDER

Double Mountain's flagship cider, now in cans. Features a blend of estate-grown old-world cider apples. 6pk/12oz

PNW
LOCAL

IT'S
NEW!

\$13⁵⁹
ea

AFTER 20% DISCOUNT



DOWNLOAD OUR APP, SAVE \$15!

It pays to shop online for easy same-day pickup or delivery. Just download our app, and get \$15 off your first order of \$60+ with code

DOWNLOAD15

newseasonsmarket.com/download

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DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get 30% off all bulk items in the bulk aisle.

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.



WELLNESS

DERMA E FACE & BODY CARE

Save 25% on natural skincare rich in vitamins, antioxidants, and botanicals.



25% off

MARYRUTH ORGANICS MULTIVITAMIN KIDS GUMMIES

A delicious way for kids to get essential vitamins and minerals.
60ct



\$15⁹⁹ ea
SAVE \$10ea

CHILDLIFE-NUTRITION LIQUID VITAMIN C

A kid-friendly liquid vitamin C that helps support immune health and everyday wellness.
4oz



\$8⁹⁹ ea
SAVE 90°ea

PRIMAL KITCHEN COLLAGEN PEPTIDES

A delicious way to add collagen peptides to your daily routine—without dairy!
9.33-15oz



\$26⁹⁹ ea
SAVE \$17ea

NOW FOODS L-LYSINE 500MG

Helps support a healthy immune response with 500mg of lysine per cap.
100vc



\$7⁹⁹ ea
SAVE \$2ea

BLOOM D3 & K2

Delivers 2500 IU of vitamin D3 with vitamin K2 for bone and cardiovascular support.
60vc



\$10⁹⁹ ea
SAVE \$6ea

BEEKEEPER'S NATURALS KID'S THROAT SOOTHING LOLLIPOPS

Made with honey and propolis to naturally soothe dry, scratchy throats.
15ct



\$7⁹⁹ ea
SAVE \$4ea

DIPRIMA NYLON HAIR ELASTICS

European hair accessories made with eco-friendly materials.
3ct



\$4⁹⁹ ea

EAU THERMALE JONZAC LIGHT MOISTURIZING CREAM

Moisturizing French skincare for smooth, hydrated skin.
1.69oz



\$16⁹⁹ ea

EO PRODUCTS LAVENDER HAND SANITIZER SPRAY

Made with pure lavender essential oil and soothing aloe.
2oz



\$3⁴⁹ ea
SAVE \$1.50ea

GROCERY

JENI'S ICE CREAM

Selected Varieties
9-16oz



\$7⁹⁹ ea
SAVE UP TO \$2ea

JOLLY LLAMA FROZEN POPS & CONES

Selected Varieties
3-4ct



\$5⁹⁹ ea
SAVE UP TO \$1.70ea

DAILY HARVEST FROZEN MEALS & SMOOTHIES

Selected Varieties



20% off

VEGGIES MADE GREAT SPINACH EGG WHITE FRITTATA

6ct



\$7⁹⁹ ea
SAVE \$2ea

HÄAGEN-DAZS ICE CREAM & BARS

Selected Varieties
9-14oz



\$5⁵⁹ ea
SAVE UP TO \$1ea

DIANA'S CHOCOLATE COVERED FROZEN BANANAS

Selected Varieties
9.2oz



BUY 1 GET 1 FREE
SAVE \$11.99 ON 2

HERITAGE KULFI ICE CREAM

Assorted Varieties
1pt



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties
16oz



\$11⁹⁹ ea
SAVE \$3ea

GROCERY

JACKSON'S POTATO CHIPS

Selected Varieties
5oz



2 for \$7
SAVE \$1.09ea

POPCIPS POPPED POTATO SNACK

Assorted Varieties
5oz



2 for \$6
SAVE 99¢ea

QUINN SNACKS PRETZEL SNACKS

Selected Varieties



20% off

THE GOOD CRISP COMPANY CHEESE BALLS

Spicy or Cheddar.
4oz



BUY 1 GET 1 FREE
SAVE \$4.79 ON 2

CHOMPS BEEF STICKS

Original or Jalapeno.
8ct



\$17.99 ea
SAVE \$5ea

BIBIGO ORGANIC SEAWEED SNACK

Assorted Varieties
.35oz



2 for \$4
SAVE 49¢ea

FOOD SHOULD TASTE GOOD PITA CRACKERS

Assorted Varieties
5oz



\$3.99 ea
SAVE \$1.50ea

MILTON'S CRACKERS

Selected Varieties
4.5-8.4oz



\$3.99 ea
SAVE \$1.20ea

FREESTYLE SNACKS OLIVES & PICKLES

Assorted Varieties



20% off

REAL FOODS CORN THINS

Assorted Varieties
5.3oz



2 for \$5
SAVE \$1.79ea

MOON CHEESE CHEESE SNACK

Assorted Varieties
2oz



\$3.99 ea
SAVE \$1.30ea

BEAR FRUIT ROLLS

Assorted Varieties
5ct



\$4.99 ea
SAVE \$1.50ea

LOACKER QUADRATINI WAFER COOKIES

Selected Varieties
7.76-8.82oz



BUY 1 GET 1 FREE
SAVE \$6.19 ON 2

NATURE'S BAKERY FIG BARS

Selected Varieties



30% off

MAGIC SPOON PROTEIN TREATS & PASTRIES

Assorted Varieties
4ct



BUY 1 GET 1 FREE
SAVE \$10.99 ON 2

ENDANGERED SPECIES CHOCOLATE CHOCOLATE BAR

Selected Varieties
3oz



\$3.99 ea
SAVE \$1ea

BULK

GRAIN MILLERS ORGANIC QUICK ROLLED OATS

PNW LOCAL



\$2.49 lb
SAVE 50¢lb

FRONTIER CO-OP ORGANIC HIBISCUS FLOWERS TEA



\$19.99 lb
SAVE \$4lb

HUMMINGBIRD WHOLESALE ORGANIC HAZEL MUNCH TRAIL MIX

6oz

PNW LOCAL



\$13.99 ea
SAVE \$1ea

GLORYBEE ROASTED & SALTED DELUXE MIXED NUTS

PNW LOCAL



\$16.99 lb
SAVE \$1lb

GROCERY

**FRANZ
ORIGINAL
PREMIUM
BAGELS**
6ct



**BUY 1 GET 1
FREE**
SAVE \$4.99 ON 2

**NAKED BREAD
CLASSIC WHITE
SANDWICH BREAD**
Selected Varieties
22.5oz



**BUY 1 GET 1
FREE**
SAVE \$6.49 ON 2

**JUST ABOUT FOODS
ORGANIC
PEANUT BUTTER**
Creamy or Crunchy.
16oz



**\$6⁹⁹
ea**
SAVE \$2ea

**CROFTER'S ORGANIC
PREMIUM FRUIT
SPREAD**
Assorted Varieties
16.5oz



**\$4⁹⁹
ea**
SAVE \$1.50ea

**NATURE'S PATH ORGANIC
CEREAL, OATMEAL
& GRANOLA**
Selected Varieties



**20%
off**

**CATALINA CRUNCH
CEREAL & GRANOLA**
Assorted Varieties



**50%
off**

**BEAR NAKED
GRANOLA**
Assorted Varieties
11-12oz



**\$4⁹⁹
ea**
SAVE 70¢ea

**NATURE'S PATH ORGANIC
TOASTER PASTRIES**
Assorted Varieties
6ct



**\$4⁹⁹
ea**
SAVE \$1ea

**COCA-COLA
SODA**
Selected Varieties
12pk/12oz



**\$9⁹⁹
ea**
SAVE \$3.40ea

**LEMON PERFECT
HYDRATING LEMON
WATER**
Assorted Varieties
15.2oz



2 for \$4
SAVE 59¢ea

**MOOALA
ORGANIC
PLANT-BASED
MILK**
Oat or Almond.
32oz



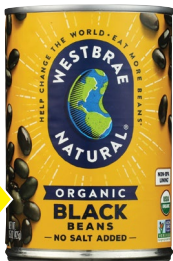
**\$5⁹⁹
ea**
SAVE \$1ea

**DAIYA
DAIRY-FREE
MAC & CHEESE**
Assorted Varieties



**20%
off**

**WESTBRAE NATURAL
ORGANIC BEANS**
Assorted Varieties
15oz



2 for \$7
SAVE 69¢ea

**IMMI
PLANT-BASED
RAMEN SOUP**
Assorted Varieties
2-2.4oz



**\$4⁹⁹
ea**
SAVE UP TO 70¢ea

**ICELANDIC GLACIAL
GLACIAL SPARKLING
WATER**
25.3oz



2 for \$5
SAVE \$1.29ea

**MINERAGIA
SPARKLING WATER**
9pk/12.5oz



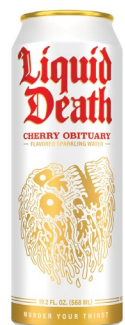
**\$9⁹⁹
ea**
SAVE \$5.50ea

**Q MIXERS
PREMIUM DRINK
MIXERS**
Selected Varieties
8pk/7.5oz



**BUY 1 GET 1
FREE**
SAVE \$8.69 ON 2

**LIQUID DEATH
SPARKLING
WATER**
Assorted Varieties
19.2oz



3 for \$5
SAVE 62¢ea

**STEAZ
ORGANIC
GREEN TEA**
Selected Varieties
16oz



2 for \$4
SAVE UP TO 79¢ea

**LIFEAID BEVERAGE CO.
FUNCTIONAL
BEVERAGE**
Assorted Varieties
12oz



2 for \$5
SAVE 1.29ea

GROCERY

**SOL-TI
ORGANIC
SUPERSHOT**
Assorted Varieties
2-2.1oz



2 for \$6
SAVE 99¢ea

**BIZZY
ORGANIC
COLD BREW
COFFEE**
Breakfast Blend
or Espresso Blend.
48oz



**BUY 1 GET 1
FREE**
SAVE \$8.49 ON 2

**MOOSKI
CHILLED
OAT BAR**
Assorted Varieties
1.59oz



**BUY 2 GET 1
FREE**
SAVE \$3.19 ON 3

Available
in-store only

**MUSH
OVERNIGHT OATS**
Assorted Varieties
5-5.5oz



2 for \$4
SAVE UP TO 79¢ea

**BELGIAN BOYS
PANCAKES & CREPES**
Assorted Varieties
9.6-18.5oz



**\$6.99
ea**
SAVE \$1ea

**EGGLIFE FOODS
EGG WHITE WRAPS**
Assorted Varieties
6oz



**BUY 1 GET 1
FREE**
SAVE \$6.89 ON 2

**GOODBELLY
PREBIOTIC &
PROBIOTIC
JUICE DRINK**
Selected Varieties
1qt



2 for \$8
SAVE \$1.39ea

**BIOTIC FERMENTS
NIRA FERMENTED
SODA**
Assorted Varieties
12oz



**BUY 1 GET 1
FREE**
SAVE \$3.69 ON 2

**TRUE STORY FOODS
DELI MEATS**
Selected Varieties
6oz



**\$12.49
ea**
SAVE \$3ea

**ICELANDIC PROVISIONS
SKYR YOGURT**
Selected Varieties
5.3oz



2 for \$4
SAVE UP TO 39¢ea

**STONYFIELD
ORGANIC YOGURT**
Selected Varieties
16-32oz



**\$4.99
ea**
SAVE UP TO \$1.50ea

**STRAUS FAMILY CREAMERY
ORGANIC
GREEK YOGURT**
Selected Varieties
32oz



**\$8.99
ea**
SAVE \$2.50ea

**VITAL FARMS
ORGANIC
PASTURE-RAISED
EGGS**
Selected Varieties
1doz



**\$8.99
ea**
SAVE \$1ea

**JUST EGG
PLANT-BASED EGG**
16oz



**\$7.99
ea**
SAVE \$1.80ea

**MALK ORGANICS
PLANT-BASED
MILK**
Selected Varieties
16-28oz



**\$5.99
ea**
SAVE UP TO \$2ea

**NEW SEASONS
HALF & HALF**
Made with rBST-free
milk by Alpenrose Dairy
in Portland, OR.
1qt



**\$3.99
ea**
FEATURED

DOWNLOAD OUR APP, SAVE \$15!

It pays to shop online for easy
same-day pickup or delivery. Just
download our app, and get \$15 off
your first order of \$60+ with code

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