



COZY SEASON IS HERE

Fill your cup and pantry during our
50% off select tea, cocoa, and
chai sale—including local favorites.

Really **BIG DEAL**

50% off : **TEA, COCOA, & CHAI**

Exclusions apply. Excludes limited edition items. Look for signs on specially marked items. Limited to stock on hand. No additional case discounts.

PNW LOCAL

LOCAL TASTES BEST

We've been partnering with local farmers, ranchers, and fishers since day one to bring the freshest, most delicious food to your table.

ORGANIC COSMIC CRISP APPLES

Just as the name implies, these sweet local apples are extra crisp!
Grown in WA.

\$2.99
lb
SAVE \$1.1b



PNW LOCAL

SALT & STRAW ICE CREAM

Assorted Varieties
3.55-8oz

2 for \$10
SAVE 99¢ea



PNW LOCAL

NEW SEASONS PASTURE-RAISED EGGS

From Wilcox Family Farms in Aurora, OR.
1doz

\$4.99
ea
SAVE \$1.60ea



PNW LOCAL

COUNTRY NATURAL BEEF USDA CHOICE STEW MEAT

No added hormones and no antibiotics ever.
A great choice for a hearty beef stew.

\$9.99
lb
SAVE \$1.1b



KVARØY ARCTIC ATLANTIC SALMON FILLET

Sustainably farm-raised in Norway, with a fresh, mild, and buttery taste. Delicious pan-seared.

\$17.99
lb
SAVE \$2.1b



KIND GRANOLA

Selected Varieties
9-11oz

\$4.99
ea
SAVE UP TO \$2.70ea



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

PORTLAND STYLE CHEESECAKE & DESSERT CO.

Pumpkin-everything season has hit full stride, and we're going all in with locally made favorites from our longtime partners at Portland Style Cheesecake & Dessert Co.

Their Pumpkin Caramel Cake and Pumpkin Gingersnap Cheesecake prove that there's no such thing as too much pumpkin.



MEAT & SEAFOOD

DIESTEL FAMILY RANCH BONELESS TURKEY BREAST

A versatile mealtime favorite that's easy to season, roast, slice, and serve.



\$8⁹⁹
lb

SAVE \$1lb

BLACK COD FILLET

Sustainably wild-caught locally and full of rich, buttery flavor with a silky, delicate texture.

PNW
LOCAL

\$11⁹⁹
lb

SAVE \$3lb



NEW SEASONS STIR-FRY BLENDS

Choose from a variety of ready-to-cook beef, chicken, and pork blends dressed in our gluten-free marinades. Flavor options may vary by location.

Starting at:

\$8⁴⁹
lb

SAVE 50¢lb



ALL LIVE CLAMS AND MUSSELS

Packed with essential nutrients, clams and mussels come with their own built-in timer. Once they pop open, they're ready to enjoy!

PNW
LOCAL

Starting at:

\$8⁹⁹
lb

SAVE \$1lb



FLORAL

PNW FALL BOUQUET

Bring the colors of fall home with a vibrant seasonal bouquet.

PNW
LOCAL



\$19⁹⁹
ea

SAVE \$5ea

PRODUCE

WILD CHANTERELLE MUSHROOMS

Just foraged and ready for stir-fries, scrambles, and tartine. Grown in OR and WA.

PNW
LOCAL

\$14⁹⁹
lb

SAVE \$3lb



ORGANIC YELLOW POTATOES

Great for soups, mashers, or Shepherd's pie! Grown in OR and WA.

PNW
LOCAL

\$1⁹⁹
lb

SAVE 50¢lb



ORGANIC LEEKS

A delicious addition to soups, casseroles, and frittatas. Grown in OR and WA.

PNW
LOCAL

\$2⁴⁹
lb

SAVE 50¢lb



BAKERY & CHEESE

COOKIE BAR

Mix and match a variety of delicious treats, including locally made favorites!

\$12⁹⁹
lb
SAVE \$1lb



ARTIKAAS 36 MONTH GOUDA

Award-winning aged Dutch cheese with a firm, crumbly texture and rich flavor. Perfect for snacking, cheese boards, pasta, and salads.

20%
off



GRAND CENTRAL BAKERY SLICED COMO BREAD

Locally made and perfect for sandwiches, toast, and bruschetta.
27oz

PNW LOCAL

\$5⁵⁹
ea
SAVE \$1ea



TOP SEEDZ SEED CRACKERS

Crunchy, savory crackers packed with plant-based protein and fiber.
5oz

\$9⁴⁹
ea
SAVE \$1ea



NEW SEASONS BEEF & PORK MEATBALLS

Your favorite beef and pork meatballs, now bite-sized and simmered in rich marinara.

PNW LOCAL

\$12⁹⁹
lb
SAVE \$3lb



NEW SEASONS BRUSSELS SPROUTS WITH HAZELNUT GREMOLATA

Roasted Brussels sprouts topped with a toasted hazelnut and herb gremolata.

\$11⁹⁹
lb
SAVE \$2lb



NEW SEASONS SESAME NOODLES

A longtime favorite featuring yakisoba noodles in a spicy dressing with ginger, chili garlic paste, sesame oil, and scallions. Available in the grab & go case.

20%
off



NEW SEASONS DELICATA SQUASH SALAD

A delightful seasonal mix of roasted squash, dried fruit, pickled onion, and feta cheese with our lemon tahini dressing.

\$10⁹⁹
lb
SAVE \$3lb



BEER & WINE

**MIX
&
MATCH**

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

BADIA A COLTIBUONO CETAMURA CHIANTI

A smooth and easy-drinking Chianti from one of Tuscany's finest estates, with notes of ripe berry and Tuscan spice.
750ml

\$14⁹⁹
ea
SAVE \$5ea



LINDEMAN'S DARK FRUIT OR TROPICAL LAMBICS

Bold and fruity, these Belgian beers blend spontaneously fermented lambic with Belgian strong ale for a complex, layered sip.
4pk/8.5oz

IT'S NEW!

\$19⁹⁹
ea
SAVE \$2ea



WILD HILLS CANNED WINES

Bright, refreshing, and perfectly portable, these canned wines make it easy to enjoy a great glass anywhere.
250ml

PNW LOCAL

\$5⁹⁹
ea
SAVE \$1ea



SUNRIVER BREWING COMPANY VICIOUS MOSQUITO IPA

A well-balanced IPA with a hoppy punch of citrus zest, woody pine, and a hint of red berries.
6pk/12oz

PNW LOCAL

IT'S NEW!

\$12⁹⁹
ea
SAVE \$4ea



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.

DON'T MISS THIS OFFER!



Neighbor Rewards members who are opted in to email or text get 30% off all apples in the produce department.

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

WELLNESS

PRE-SHOP OUR ANNUAL SUPPLEMENT SALE NOW!

Fill up a bag with supplements, including protein powder, collagen, and more.

We'll set it aside for pickup October 14 – 20, and you'll get 25% off, even on sale prices!

NOW THROUGH OCTOBER 13

WILEY'S FINEST FISH OIL SUPPLEMENTS

Save on heart-healthy liquids and capsules.



25% off

FAT AND THE MOON BODY & FACE CARE

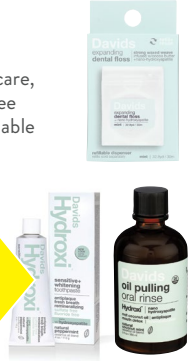
Stock up on your favorite oral care and color cosmetics.



25% off

DAVIDS ORAL CARE

Eco-friendly dental care, including fluoride-free toothpastes in recyclable metal tubes.



30% off

MAGIC MIND MENTAL PERFORMANCE SHOT

Supports focus and memory without the jitters. Save on select flavors.

2oz

\$3.79 ea
SAVE \$2.20ea



TRADITIONAL MEDICINALS ORGANIC THROAT COAT DROPS

Helps to soothe and comfort sore throats.

16ct

\$4.99 ea
SAVE \$2ea



NOW FOODS MAGNESIUM FLAKES

Add to baths or foot soaks for a soothing, relaxing way to unwind.

750g

\$9.99 ea

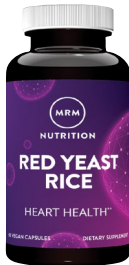


MRM NUTRITION RED YEAST RICE

Supports cardiovascular and heart health.

60vc

\$9.99 ea
SAVE \$7ea



BACH RESCUE PASTILLES

Fruity black currant pastilles made for a little moment of calm.

Save on select flavors.

50g

\$9.99 ea
SAVE \$2ea



HIBAR ALUMINUM-FREE DEODORANT

Aluminum-free formulas in plastic-free packaging. Save on select scents.

2.25oz

\$8.99 ea



KISS MY FACE SHAVE LOTION

Formulated to soothe and hydrate. Save on select scents.

11oz

\$8.99 ea



GROCERY

COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Selected Varieties

14oz

\$7.99 ea
SAVE \$1.80ea



MYBACON MEATLESS MYCELIUM BACON

6oz

\$8.99 ea
SAVE \$1.40ea



MILTON'S CAULIFLOWER CRUST PIZZA

Assorted Varieties

10.8-11oz

\$10.99 ea
SAVE \$1.70ea



PIOOA PIZZA FROZEN PIZZA

Assorted Varieties

10.5-12oz

\$10.99 ea
SAVE \$2ea



STRONG ROOTS FRIES & HASH BROWNS

Assorted Varieties

20% off



SUKHI'S FROZEN MEALS & SNACKS

Selected Varieties

8-9oz

\$5.99 ea
SAVE UP TO \$4ea



HIGHER TASTE MAC & CHEESE

Cheesy Mac or Cacio e Pepe.

9oz

\$5.49 ea
SAVE \$1ea



PNW LOCAL

EVERGREEN FROZEN WAFFLES

Assorted Varieties

9ct

\$4.99 ea
SAVE \$2ea



GROCERY

**HARVEST SNAPS
SNACK CRISPS**
Assorted Varieties
3-3.3oz



\$2.29
ea
SAVE 60¢ea

**STACY'S
BAKED PITA CHIPS**
Assorted Varieties
7.33oz



\$3.99
ea
SAVE \$1.30ea

**UNIQUE SNACKS
PRETZELS**
Selected Varieties
11oz



\$3.99
ea
SAVE \$1.50ea

**PHILOSOPHER FOODS
GUT NUTS**
Assorted Varieties
3oz



\$4.99
ea
SAVE \$1.40ea

**OLD TRAPPER
BEEF JERKY**
Assorted Varieties
4oz



PNW
LOCAL

\$9.99
ea
SAVE \$2.70ea

**ARCHER
MEAT STICK**
Selected Varieties
1oz



2 for \$4
SAVE UP TO \$1.19ea

**GIMME
ROASTED SEAWEED
SNACKS**
Selected Varieties
6ct



\$6.99
ea
SAVE 70¢ea

**GO RAW
ORGANIC
SPROUTED SEEDS**
Selected Varieties
14oz



\$14.99
ea
SAVE \$4ea

**CHUAO CHOCOLATIER
CHOCOLATE BAR**
Assorted Varieties
2.8oz



\$4.99
ea
SAVE \$1.80ea

**WET HYDRATION
FUNCTIONAL
WELLNESS WATER**
Assorted Varieties
12oz



2 for \$4
SAVE UP TO \$1.49ea

**YERBA MADRE
ORGANIC YERBA MATE**
Selected Varieties
16oz



2 for \$6
SAVE 59¢ea

**HOPLARK
SPARKLING HOP TEA**
Assorted Varieties
16oz



2 for \$7
SAVE 49¢ea

**LILY'S
CHOCOLATE**
Selected Varieties



33% off

**SUN TROPICS
COCOROLLS**
Assorted Varieties
4oz



2 for \$7
SAVE \$1.49ea

**HINT
FRUIT-INFUSED
WATER**
Selected Varieties
16oz



2 for \$3
SAVE 39¢ea

**LACROIX
SPARKLING WATER**
Selected Varieties
8pk/12oz



2 for \$7
SAVE \$1.29ea

BULK

**GRAIN MILLERS
ORGANIC OATS
QUICK ROLLED
OR STEEL CUT.**



PNW
LOCAL

\$2.49
lb
SAVE 50¢lb

**ORGANIC
THOMPSON RAISINS**



\$4.99
lb
SAVE \$1lb

**ICANDY
FALL
GUMMY CANDY**
Assorted Varieties
6oz



PNW
LOCAL

\$6.99
ea
SAVE \$1ea

**HUMMINGBIRD WHOLESALE
ORGANIC NUTS**
Selected Varieties



PNW
LOCAL

10% off

GROCERY

NEW SEASONS MAC & CHEESE

From Rallenti Pasta Co. in Portland, OR.
Cheddar or White Cheddar.

8.4oz

PNW
LOCAL



3 for \$5
SAVE \$3.32ea

CHICKAPEA ORGANIC PROTEIN PASTA

Selected Varieties
8oz



\$3.99
ea
SAVE \$1ea

ZOUP! BONE BROTH

Assorted Varieties
32oz



\$6.99
ea
SAVE \$1.20ea

PACIFIC FOODS SOUP

Selected Varieties
16-16.3oz

PNW
LOCAL



2 for \$7
SAVE \$1.29ea

SIMPLY ORGANIC SEASONING PACKETS

Selected Varieties



20% off

EMPEROR'S KITCHEN ORGANIC CHOPPED GARLIC OR GINGER

4.5oz



\$5.99
ea
SAVE 80¢ea

SIETE FOODS VEGAN BEANS

Assorted Varieties
15.5-16oz



2 for \$6
SAVE 59¢ea

WILD PLANET ALBACORE TUNA

Selected Varieties
5oz



\$4.99
ea
SAVE \$1.20ea

RUMMO PASTA

Assorted Varieties
1lb



\$3.99
ea
SAVE 90¢ea

DELALLO POMODORO PASTA SAUCE

Selected Varieties
25.25oz



\$7.99
ea
SAVE \$4ea

CARAPELLI ORGANIC EXTRA VIRGIN OLIVE OIL

Selected Varieties
16.9oz



\$12.99
ea
SAVE \$1.30ea

SIMPLE MILLS GLUTEN-FREE BAKING MIXES

Selected Varieties
9-12.9oz



\$7.99
ea
SAVE \$2ea

PURELY ELIZABETH INSTANT OATMEAL

Selected Varieties
6ct



\$4.99
ea
SAVE \$1.30ea

HOOD RIVER COFFEE ROASTERS WHOLE BEAN COFFEE

Assorted Varieties
12oz

PNW
LOCAL



\$15.99
ea
SAVE UP TO \$2.50ea

KIND BARS

Selected Varieties



25% off

LAIRD SUPERFOOD PLANT-BASED PRODUCTS

Selected Varieties



20% off

BIRDIE & LOUIE CAT FOOD

Selected Varieties
3oz



4 for \$5
SAVE 44¢ea

KOALA ECO CLEANING PRODUCTS

Selected Varieties
16.9oz



\$9.99
ea
SAVE \$1.50ea

POUR. COAT. COOK.

Dial up the flavor and texture in all your favorite recipes with Kikkoman cooking staples, from soy sauce to panko bread crumbs and hoisin sauce.

KIKKOMAN PANKO & ASIAN SAUCES

Selected Varieties



20% off

GROCERY

BREAKFAST IS READY

Rich, creamy, and made with 100% whole milk and real fruit, noosa yoghurt and noosa mix-ins make breakfast worth getting up for.

NOOSA YOGHURT
Selected Varieties
5.8-8oz



2 for \$4
SAVE UP TO \$1.29ea

KITE HILL GREEK STYLE PLANT-BASED YOGURT
Assorted Varieties
16oz

\$5.99 ea
SAVE \$1.70ea



EGGLIFE FOODS EGG WHITE WRAPS
Selected Varieties
6ct

\$5.99 ea
SAVE 90¢ea



SUN TROPICS JUICE
Selected Varieties
1L

\$5.99 ea
SAVE 80¢ea



NEW SEASONS FRESH PESTO
From Classic Foods in Portland, OR.
7oz

\$7.99 ea
FEATURED



PNW LOCAL

GROUNDWORK COFFEE ORGANIC COLD BREW
Selected Varieties
10.1oz

\$3.99 ea
SAVE \$1.20ea



PNW LOCAL

MID-DAY SQUARES FUNCTIONAL SNACK BAR
Selected Varieties
1.16oz

BUY 2 GET 1 FREE
SAVE \$2.89 ON 3



Available in-store only

SEATTLE INTERNATIONAL BAKING COMPANY BAGELS
Assorted Varieties
5ct

\$5.99 ea
SAVE \$1ea



PNW LOCAL

FRANZ BREAD
Selected Varieties
24oz

\$4.99 ea
SAVE \$2ea



PNW LOCAL

KOIA PLANT PROTEIN DRINK
Selected Varieties
12oz

BUY 1 GET 1 1/2 OFF
SAVE \$2.35 ON 2



Available in-store only

HEALTH-ADE ORGANIC KOMBUCHA
Selected Varieties
16oz

2 for \$7
SAVE 49¢ea



NEW SEASONS ORGANIC TORTILLAS
From Don Pancho Authentic Mexican Foods in Salem, OR.
8-10ct

\$7.99 ea
SAVE 20¢ea



PNW LOCAL

BEYOND MEAT PLANT-BASED PROTEINS
Selected Varieties
16oz

\$9.99 ea
SAVE \$2.70ea



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.

DAIYA DAIRY-FREE CHEESE
Selected Varieties
7.1oz

BUY 1 GET 1 FREE
SAVE \$5.19 ON 2



ORGANIC VALLEY GRASSMILK
Selected Varieties
59oz

\$6.99 ea
SAVE \$1.60ea

