

QUALITY WORTH SAVORING

Take comfort-food season to the next level with vegetarian-fed pork chops with no antibiotics ever.

SALE

**BEELER'S PURE PORK
BONELESS CENTER-CUT
PORK CHOPS**

\$3⁹⁹_{lb}
SAVE \$3^{1b}

ORGANIC ENVY APPLES

Firm, crisp, and super sweet.
From Oppy Growers in Wenatchee, WA.

PNW
LOCAL

\$1⁹⁹_{lb}

SAVE \$2^{1b}



NEW SEASONS DUNGENESS CRAB & SHRIMP CAKES

Made in-house and ready to cook for a decadent snack or meal.

\$6⁹⁹_{ea}

SAVE \$1.50^{ea}



ORGANIC PRAIRIE 85% LEAN 15% FAT GROUND BEEF PACK

Grass-fed and finished organic beef with no added hormones and no antibiotics ever. Available in the meat department grab & go case.
16oz

\$10⁹⁹_{ea}

SAVE \$3^{ea}



SISTERS COFFEE CO. COFFEE

Selected Varieties
12oz

PNW
LOCAL

**BUY 1 GET 1
FREE**

SAVE \$16.99 ON 2



CHOBANI GREEK YOGURT

Selected Varieties
5.3oz

4 for \$5

SAVE 34^{ea}



Really BIG DEAL

50%_{off}

**FROZEN
PIZZA**

Exclusions apply. Look for signs on specially marked items.
Limited to stock on hand. No additional case discount.

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

NEW SEASONS BRAND

Did you know that more than 80% of New Seasons Brand products are created in partnership with local producers? We believe great food and strong communities go hand in hand.

Now, the products you love—and new ones to discover—are getting a fresh new look, starting with our nut butters and fresh pasta.

From CB's Nuts
in Kingston, WA



From Classic Foods
in Portland, OR

reserve your FEAST

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

Place your order now through

NOVEMBER

22

at 10pm for
Thanksgiving

30

at 10pm for
Hanukkah

newseasonsmarket.com/reserve

HOLIDAY

deliciously

MEAT & SEAFOOD

MARY'S CHICKEN DRUMSTICKS

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

\$1⁹⁹

lb

SAVE 80¢lb



NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to pasta dishes.

\$6⁴⁹

lb

SAVE 50¢lb



FLORAL

CORAL CHARM PEONIES

Bring a big, beautiful pop of color to the season with a gorgeous 5-stem bunch of Chilean peonies.

\$24⁹⁹

ea

SAVE \$2ea



YAKOBI FISHERIES COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.

\$21⁹⁹

lb

SAVE \$2lb



NETHERLAND BULB COMPANY ALL FALL BULBS

Plant now, enjoy later! Get a head start on spring with a unique variety of fall bulbs.

20%

off



ORGANIC PRODUCE

ORGANIC BUNCHED CARROTS

Sweet, tender, and tasty raw with dip or roasted. From John Givens Farm in Santa Barbara, CA.

2 for \$5

SAVE \$1.49ea



ORGANIC RED BELL PEPPERS

Crisp, slightly sweet, and perfect for stir-fries and scrambles. From Siri & Son Farms in St. Paul, OR.

\$1⁹⁹

ea

SAVE 50¢ea



PNW
LOCAL

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Eloisa Organic Farm in Corvallis, OR.

2 for \$5

SAVE 49¢ea



PNW
LOCAL

BAKERY & CHEESE

NEW SEASONS ORGANIC FRENCH BAGUETTE

Baked fresh in-house, this baguette is perfectly crisp on the outside and light and airy inside.

PNW
LOCAL

\$3⁹⁹
ea

SAVE 50¢ea



CYPRESS GROVE MIDNIGHT MOON

Nutty and slightly sweet with rich caramel notes, this aged goat cheese is a delicious match for crisp fall apples.

5.3oz



20%
off

GLUTEN FREE GEM TIRAMISU CAKE SLICE

A fluffy gluten-free cake soaked in cold brew simple syrup, layered with mascarpone mousse, and finished with cocoa powder.

PNW
LOCAL

\$9⁹⁹
ea

SAVE \$1ea



NEW SEASONS HATCH CHILI CRUNCH NUT MIX

Made in partnership with Albina City Nuts, this crunchy, savory, and slightly spicy mix pairs great with beer or apple cider.

4oz

PNW
LOCAL

IT'S
NEW!

\$7⁹⁹
ea

FEATURED



NEW SEASONS FLAT-IRON STEAK WITH KOREAN BBQ SAUCE

Grilled and topped with a sesame and green onion chimichurri.

\$27⁹⁹
lb

FEATURED



AZEH'S KITCHEN ROASTED VEGETABLE COUSCOUS SALAD

Couscous tossed with seasonal veggies in a balsamic vinaigrette.

PNW
LOCAL

IT'S
NEW!

\$11⁹⁹
lb

SAVE \$2lb



NEW SEASONS COASTAL KALE

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

\$9⁹⁹
lb

SAVE \$4lb



BEER & WINE

COOPER MOUNTAIN VINEYARDS PINOT GRIS

A bright, refreshing Pinot Gris from a pioneering family-run Oregon winery with a longstanding commitment to sustainable farming.

750ml

PNW
LOCAL

\$17⁹⁹
ea

SAVE \$7ea



EZYTGR RED BLEND

Juicy and easy-drinking, this red blend bursts with ripe cherry jam and bright pomegranate flavors.

750ml

PNW
LOCAL

\$19⁹⁹
ea

SAVE \$2ea



BREAKSIDE BREWERY SPOOKY TIME SPICE LAGER

A balanced, malt-forward amber lager with hints of smoked malt, baking spices, and warm fresh-pressed apple cider.

Only available for a limited time!

6pk/12oz

PNW
LOCAL

IT'S
NEW!

\$14⁹⁹
ea

SAVE \$1ea



SOKOL BLOSSER EVOLUTION RED & WHITE BLENDS

Blended for versatility and vibrant flavor. Enjoy the bold red with hearty fall meals or the crisp white with baked chicken or a mild cheese.

750ml

PNW
LOCAL

\$12⁹⁹
ea

SAVE \$9ea



PODERE RUGGERI CORSINI MATOT ROSSO

Barbera, Dolcetto, and Nebbiolo come together in this bright, easy-drinking Piedmont red, with ripe berry flavors, a touch of vanilla, and a smooth finish.

750ml

\$14⁹⁹
ea

SAVE \$2ea



PFRIEM FAMILY BREWERS & FORT GEORGE BREWERY COLLABORATION BREWS

Two of our favorite local brewers have teamed up to release a pair of limited collaboration beers.

4pk/16oz

PNW
LOCAL

IT'S
NEW!

\$16⁹⁹
ea

SAVE \$3ea



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

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DON'T MISS THIS OFFER!



Neighbor Rewards members who are opted in to email or text get 20% off pork in the meat 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

HERBS, ETC. HERBAL SUPPLEMENTS

Save on your favorites, including sleep and immune formulas.

30% off



DESERT ESSENCE ORAL & BODY CARE

Enjoy great savings on cruelty-free skin care from this fellow B Corp.

25% off



EO PRODUCTS SELECT BODY CARE

Treat yourself from head to toe with savings on select EO body care.

25% off



TRILOGY FACIAL CARE

Nourishing facial care powered by rosehip seed oil for soft, smooth, and hydrated skin.

30% off



NEW CHAPTER MAGNESIUM + ASHWAGANDHA

A mineral and herb formula to support a healthy stress response.

30tab

\$13.99 ea
SAVE \$7.50ea



SOLGAR FERMENTED KOJI IRON

Gentle on the stomach, this fermented iron helps support healthy red blood cell production and energy levels.

30vc

\$9.99 ea
SAVE \$3ea



NOW FOODS SWEET ALMOND OIL

Nourishing and easily absorbed for soft, smooth, moisturized skin without clogging pores.

4oz

\$4.99 ea



MRM NUTRITION COQ-10 100 MG

A naturally derived and fermented form of Co-Q 10 to support cardiovascular health.

60sg

\$14.99 ea
SAVE \$15ea



FOUR SIGMATIC REISHI MUSHROOM ELIXIR

A calming reishi mushroom elixir formulated to support restful sleep.

.1oz

\$13.9 ea
SAVE 60¢ea



HELLO PRODUCTS TOOTHPASTE

Save on select fluoride and fluoride-free formulas.

4-5oz

\$6.99 ea
SAVE \$3ea



GROCERY

VAN LEEUWEN FRENCH ICE CREAM & DESSERTS

Selected Varieties
8-14oz

\$6.99 ea

SAVE UP TO \$2.80ea



DIANA'S CHOCOLATE COVERED FROZEN BANANAS

Selected Varieties
9.2oz

BUY 1 GET 1 FREE

SAVE \$11.99 ON 2



UDI'S GLUTEN-FREE BREAD

Selected Varieties
12-14.3oz

\$6.49 ea

SAVE UP TO \$2ea



ALDEN'S ORGANIC FROZEN DESSERTS

Selected Varieties
4-8ct

\$6.99 ea

SAVE UP TO 70¢ea



JAJU FROZEN PIEROGIES

Assorted Varieties

20% off



SUNBUTTER JAMMIES

Assorted Varieties
8oz

\$7.99 ea

SAVE \$1.30ea



JACK & ANNIE'S FROZEN JACKFRUIT PRODUCTS

Selected Varieties
7.2-10oz

BUY 1 GET 1 FREE

SAVE \$7.19 ON 2



DEEP INDIAN KITCHEN FROZEN ENTRÉES

Assorted Varieties
7.8-9oz

\$5.99 ea

SAVE UP TO \$2ea



GROCERY

**ZACK'S MIGHTY
ROLLED
TORTILLA CHIPS**
Chile Lime or Buffalo Ranch.
6oz



\$3.99
ea
SAVE UP TO \$1.80ea

**POPCHIPS
POPPED POTATO
SNACK**
Assorted Varieties
5oz



2 for \$6
SAVE UP TO 99¢ea

**SESMARK
RICE THINS**
Selected Varieties
3.5-4.25oz



\$3.99
ea
SAVE \$2ea

**CATALINA CRUNCH
SNACK MIX**
Assorted Varieties
6oz



\$5.99
ea
SAVE \$1.80ea

**EPIC
MEAT PRODUCTS**
Selected Varieties



20%
off

**BAHLEN
COOKIES & WAFERS**
Assorted Varieties



20%
off

**TRUVANI
THE ONLY BAR**
Selected Varieties
1.76oz



2 for \$4
SAVE 89¢ea

**PROBAR
PLANT-BASED
BARS & SNACKS**
Selected Varieties
2.1-3oz



2 for \$6
SAVE UP TO 99¢ea

**LOVE, CORN
CRUNCHY CORN SNACK**
Assorted Varieties
4oz



\$2.99
ea
SAVE 60¢ea

**MILLIWAYS
PLASTIC-FREE GUM**
Assorted Varieties
30ct



**BUY 1 GET 1
FREE**
SAVE \$6.19 ON 2

**JOYRIDE
CANDY**
Assorted Varieties
3.5oz



\$4.99
ea
SAVE 70¢ea

**HEAVENLY ORGANICS
CHOCOLATE
HONEY PATTIES**
Double Dark or Mint.
4.66oz



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

**SAMBAZON
AMAZON ENERGY
DRINK**
Selected Varieties
12oz



2 for \$5
SAVE \$1.09ea

**MARQUIS
TRI-BLEND
CAFFEINE DRINK**
Assorted Varieties
12oz



2 for \$5
SAVE 99¢ea

**CLEAN CAUSE
ORGANIC YERBA MATE**
Assorted Varieties
15.5-16oz



**BUY 1 GET 1
FREE**
SAVE \$3.39 ON 2

**NIXIE
ORGANIC
SPARKLING WATER**
Assorted Varieties
8pk/12oz



\$4.99
ea
SAVE UP TO \$3ea

BULK

**OSEM
ISRAELI PEARL
COUSCOUS**



\$5.99
lb
SAVE \$1lb

**NEW SEASONS
RAINBOW PARTY MIX**
7oz



\$7.99
ea
FEATURED

**SUNRIDGE FARMS
HONEY ROASTED
PEANUT BUTTER**



\$6.99
lb
SAVE \$1lb

**HUMMINGBIRD WHOLESALE
ORGANIC GRADE A
PINE NUTS**



10%
off

GROCERY

RAO'S HOMEMADE PASTA SAUCE
Assorted Varieties
24oz



BUY 2 GET 1 FREE
SAVE \$8.79 ON 3

Available in-store only

DE CECCO PASTA
Selected Varieties
8.8-16oz



2 for \$7
SAVE UP TO \$1.39ea

BIANCO DINAPOLI ORGANIC TOMATOES
Assorted Varieties



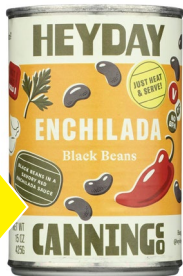
20% off

CALIFORNIA OLIVE RANCH EXTRA VIRGIN OLIVE OIL
Selected Varieties
1L



\$19.99 ea
SAVE \$10ea

HEYDAY CANNING CO. BEANS
Assorted Varieties
15oz



\$3.99 ea
SAVE \$1.20ea

MARUKOME MISO
Assorted Varieties



20% off

KOOPS' ORGANIC MUSTARD
Dijon or Spicy Brown.
12oz



\$3.49 ea
SAVE \$1.50ea

ZOUP! SOUP
Assorted Varieties
16oz



\$5.99 ea
SAVE UP TO 90°ea

KOOSHY CROUTONS
Assorted Varieties
5-7.5oz



\$3.99 ea
SAVE UP TO \$1.80ea

DELALLO ORGANIC PASTA
Selected Varieties
16oz



\$3.99 ea
SAVE 80°ea

WILD PLANET SKIPJACK WILD TUNA
Sea Salt or No Salt Added.
5oz



\$3.99 ea
SAVE UP TO \$1.20ea

MOOSKI CHILLED OAT BAR
Assorted Varieties
1.59oz



BUY 2 GET 1 FREE
SAVE \$3.19 ON 3

Available in-store only

MAGIC SPOON PROTEIN TREATS & PASTRIES
Assorted Varieties
4ct



\$7.99 ea
SAVE \$3ea

MAGIC SPOON PROTEIN CEREAL & GRANOLA
Assorted Varieties
7-8oz



\$7.99 ea
SAVE UP TO \$3.50ea

NEW SEASONS RAW LOCAL HONEY
Locally sourced by our partners at Humble Bee Honey in Pleasant Hill, OR.
18oz

PNW LOCAL



\$7.79 ea
FEATURED

NEW SEASONS NATURE'S GRANOLA
From Ranger Chocolate Co. in Portland, OR.
12oz

PNW LOCAL



\$11.99 ea
FEATURED

MINA ORGANIC MOROCCAN TEA
Selected Varieties
15ct



\$7.99 ea
SAVE \$2ea

BIRCH BENDERS PANCAKE & WAFFLE MIX
Selected Varieties



20% off

ECOS LAUNDRY PRODUCTS
Selected Varieties
36.33-100oz



\$14.99 ea
SAVE UP TO \$4ea

I AND LOVE AND YOU CAT FOOD
Selected Varieties
3oz



2 for \$4
SAVE UP TO 99°ea

GROCERY

PURE GOODNESS

Organic, nutritious, and delicious? Suja Organic delivers it all. Their fresh-pressed juices are straight-from-nature goodness packed with real fruits and veggies—with no artificial anything.

20% off

SUJA ORGANIC WELLNESS SHOTS & JUICES

Selected Varieties



LACTAID LACTOSE-FREE MILK

Selected Varieties
1/2 gal

\$4.99 ea

SAVE 70¢ ea



CHOBANI COFFEE CREAMER

Selected Varieties
24oz

2 for \$10

SAVE \$2.19 ea



NEW SEASONS ORGANIC APPLE CIDER

From Columbia Gorge Organic in Hood River, OR.
46oz

\$6.99 ea

FEATURED



NEW SEASONS HEAVY WHIPPING CREAM

Locally sourced rBST-free cream from Alpenrose Dairy.
1pt

\$3.99 ea

SAVE \$1 ea



NEW SEASONS CAGE-FREE BROWN EGGS

From Stiebers Farms in Yelm, WA.
1doz

\$3.99 ea

FEATURED



GREENFIELD NATURAL MEAT CO. LUNCH & PROTEIN KITS

Assorted Varieties

20% off



KINDER'S FROZEN WINGS & FRIES

Selected Varieties

25% off



NOUNÓS GREEK STRAINED YOGURT

Assorted Varieties
5.3oz

BUY 2 GET 1 FREE

SAVE \$3.49 ON 3



Available in-store only

THE COCONUT CULT PROBIOTIC COCONUT YOGURT

Assorted Varieties
8oz

\$9.99 ea

SAVE \$1.50 ea



DRUMROLL PLANT-BASED DONUTS

Assorted Varieties
2.4-2.6oz

BUY 1 GET 1 1/2 OFF

SAVE \$2.15 ON 2



Available in-store only

SEATTLE SOURDOUGH BAKING COMPANY SOURDOUGH ROUNDS

Selected Varieties
24oz

\$6.99 ea

SAVE \$1 ea



NAKED BREAD ORGANIC SANDWICH BREAD

Selected Varieties
22.5oz

\$5.99 ea

SAVE \$2 ea

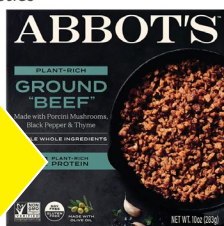


ABBOT'S PLANT-BASED PROTEINS

Assorted Varieties
10oz

\$6.99 ea

SAVE \$2 ea



DE CASA FINE FOODS SALSAS

Selected Varieties
14oz

\$3.99 ea

SAVE 90¢ ea



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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