

ALASKA'S FINEST

Bring home the best of Alaska with sustainably wild-caught salmon, halibut, cod, and more.



Wild, Natural & Sustainable®

Our friends at Alaska Seafood help protect healthy fisheries and support the fishing communities that depend on them—all while bringing sustainably wild-caught seafood to our tables.



Really **BIG DEAL**

20%
off

**ALASKA
SEAFOOD**



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 BARTLETT PEARS

Tree-ripened and ready for your fall salads, cheese boards, and desserts. Grown in OR and WA.



\$1.99
lb

SAVE \$1lb

PNW
LOCAL

ELLENOS GREEK YOGURT

Selected Varieties
5.3oz



2 for \$4

SAVE UP TO \$1.39ea

PNW
LOCAL

WATER AVENUE COFFEE COFFEE

Selected Varieties
12oz



\$11.99
ea

SAVE \$2.30ea

PNW
LOCAL

RAO'S HOMEMADE FAMILY-SIZE FROZEN ENTRÉES

Assorted Varieties
24-27oz



\$9.99
ea

SAVE \$5.50ea

DELALLO PASTA & TOMATOES

Selected Varieties



30%
off

MARY'S WHOLE FRYER CHICKEN

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



\$2.59
lb

SAVE \$1lb

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

COD COCONUT CURRY

Fall has us craving warm, cozy one-pot meals that are quick, easy, and weeknight-ready. Our Cod Coconut Curry checks all the boxes, with tender, flaky cod simmered in a rich yellow coconut curry and served over rice. Best of all? It's ready in just 30 minutes.

Get the recipe here:

newseasonsmarket.com/cod-coconut-curry



MEAT & SEAFOOD

COUNTRY NATURAL BEEF USDA CHOICE COUNTRY-STYLE RIBS

No added hormones and no antibiotics ever.



\$12⁹⁹
lb

SAVE \$1lb

BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Tender, juicy, and delicious slow-cooked or braised.
No antibiotics ever.



\$4⁹⁹
lb

SAVE \$1lb

NEW SEASONS PARMESAN COD FILLET

Wild-caught Pacific cod seasoned, breaded, and ready to cook for a quick weeknight meal.



\$16⁹⁹
lb

SAVE \$4lb

ORGANIC PRODUCE

ORGANIC SEEDLESS GRAPES

Choose from red, black, and green varieties. From Sun Pacific in Bakersfield, CA.



\$4⁴⁹
lb

SAVE 50¢lb

ORGANIC ASIAN PEARS

Crisp, juicy, and delicately sweet.
Grown in OR and WA.



25%
off

PNW
LOCAL

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips.
From Siri & Son Farms in St. Paul, OR.



2 for \$5

SAVE 49¢ea

PNW
LOCAL

FLORAL

GERBER DAISY

A beautiful 5-stem bunch of fall daisies, grown in B.C., Canada.



\$8⁹⁹
ea

SAVE \$3ea

BAKERY & CHEESE

SIMPLE JOYS SLICED LOAF CAKES

Moist, tender loaf cakes in an assortment of delicious flavors.

14.1oz

\$6⁹⁹
ea

SAVE \$1ea



APPEL FARMS GOUDAS

Made by a family-run creamery, these rich, creamy Goudas are perfect for sandwiches, snacks, and cheese boards. Assorted flavors.

7oz

20%
off



PNW
LOCAL

NEW SEASONS ORGANIC HEIRLOOM EMMER MICHE

Naturally leavened and baked in-house with locally grown and milled organic heirloom emmer.

\$3⁴⁹
ea

SAVE \$1ea



PNW
LOCAL

BELGIOIOSO PARMESAN CUPS

A delicious and convenient addition to salads, veggies, and pasta dishes.

4-5oz

\$4⁴⁹
ea

SAVE \$1ea



NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.

\$13⁹⁹
lb

SAVE \$3lb



AZEH'S KITCHEN SWEET POTATO & RED CABBAGE SALAD

Roasted sweet potatoes, shredded red cabbage, and garbanzo beans in a balsamic vinaigrette.

\$11⁹⁹
lb

SAVE \$2lb



PNW
LOCAL

DIESTEL FAMILY RANCH PEPPERED ROASTED TURKEY

Diestel turkey roasted with crushed black peppercorns. Perfect for sandwiches.

\$16⁹⁹
lb

SAVE \$2lb



ELEPHANT'S DELICATESSEN FICELLE SANDWICHES

Choose from Ham & Brie, Turkey Cheddar, Caprese, and Salami Provolone. Available in our grab & go case.

\$6⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

FALL BEER FEST

LAURELWOOD BREWING PUMPKIN ALE

Brewed with real pumpkin, squash, and spices, this bold and silky seasonal ale is rich, smooth, and warmly aromatic.

4pk/16oz

\$14⁹⁹
ea

SAVE \$3ea



PNW
LOCAL

IT'S
NEW!

BAUMAN'S CIDER PUMPKIN HARD CIDER

Made in collaboration with the iconic Elvira, this spicy pumpkin cider blends dessert apples with cinnamon, ginger, allspice, nutmeg, and clove.

4pk/12oz

\$13⁹⁹
ea

SAVE \$3ea



PNW
LOCAL

IT'S
NEW!

ELYSIAN BREWING PUMPKIN ALE VARIETY PACK

A frightfully good mix of classic pumpkin ales and spookily smooth stouts.

12pk/12oz

\$24⁹⁹
ea

SAVE \$5ea



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

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Terms apply.

LES PETITES SARDINES MUSCADET SÈVRE ET MAINE

A crisp, dry white wine with fresh aromas of sea spray, spring flowers, and tart citrus fruit. An ideal pairing for fresh seafood.

750ml

\$12⁹⁹
ea

SAVE \$9ea



PAULANER OKTOBERFEST BIER

Amber-hued and malt-forward with notes of toffee, a touch of zesty bitterness, and a clean, crisp finish.

4pk/16oz

\$11⁹⁹
ea

SAVE \$2ea



PFRIEM FAMILY BREWERS FRESH HOP IPA

Fresh hops bring bold aromatics of resiny citrus, sweet herbs, and strawberry to this bright, floral, and dank IPA.

4pk/16oz

\$19⁹⁹
ea

SAVE \$10ea



PNW
LOCAL

GIFT IT!



Neighbor Rewards members not only earn points when they shop—they can also choose to gift all or part of their rewards (in dollar increments) to our featured local partners through our Gift It! Program.

Not yet a member? Join Neighbor Rewards now at newseasonsmarket.com/join and start earning points today.

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

AURA CACIA AROMATHERAPY & ESSENTIAL OILS

Enjoy great savings on essential oils and bath soaks.



30% off

KETONE-IQ PERFORMANCE ENERGY SHOT

Save on select caffeine and caffeine-free options. 2oz



\$3.99 ea
SAVE \$2ea

QUANTUM HEALTH ZINC ELDERBERRY LOZENGES

A delicious way to help support your immune system. Save on select flavors. 14ct



\$3.49 ea
SAVE \$1.10ea

ORGANIC INDIA PSYLLIUM WHOLE HUSK

Essential soluble and insoluble fiber for digestion support. Save on select formulas. 12oz



\$14.99 ea
SAVE \$10ea

NOW FOODS JOJOBA OIL

A nourishing, lightweight moisturizer for all hair and skin types. 4oz



\$10.99 ea

BLOOM MAGNESIUM GLYCINATE 400MG

An easily absorbable form of magnesium to help promote rest and relaxation. 90vc



\$16.99 ea
SAVE \$5ea

DR. SHEN'S COLD STOP

A traditional Yin Chiao formula for seasonal wellness support during cold and flu season. 15tab



\$7.99 ea
SAVE \$4.30ea

AUOMERE AYURVEDIC HERBAL TOOTHPASTE

Made with neem and pure mint oils for a cool, refreshing clean. Save on select flavors. 4.16oz



\$7.99 ea

CRYSTAL MINERAL-ENRICHED DEODORANT ROLL-ON

Hypoallergenic and gentle on skin. Save on select scents. 2.25oz



\$5.49 ea

HEMPRESS HYGENICS REGULAR PADS

Organic hemp-based period care. Save on select products. 12ct



\$4.49 ea
SAVE \$2.50ea

GROCERY

MASSA PIZZA COMPANY SICILIAN STYLE FROZEN PIZZA

Assorted Varieties 20.5-23.6oz



\$11.99 ea
SAVE \$5ea

TEM TOA FROZEN THAI MEALS

Assorted Varieties 9oz



\$6.99 ea
SAVE 70°ea

JENI'S ICE CREAM

Selected Varieties 10.5-16oz



\$7.99 ea
SAVE UP TO \$2ea

TUCSON FOODS FROZEN TAMALES

Selected Varieties 5oz



\$2.99 ea
SAVE \$1.50ea

AGAINST THE GRAIN GLUTEN-FREE BREAD, PIZZA & SNACKS

Assorted Varieties



20% off

HERITAGE KULFI ICE CREAM

Assorted Varieties 1pt



\$5.99 ea
SAVE \$2ea

COLUMBIA FRUIT COMPANY PREMIUM FROZEN FRUIT

Assorted Varieties 40oz



\$13.99 ea
SAVE UP TO \$1.50ea

LAOBAN ASIAN FROZEN FOODS

Assorted Varieties



25% off

GROCERY

NEW SEASONS KETTLE CHIPS

From Naturally Homegrown Foods.
Assorted varieties.
5.2oz

\$2⁹⁹
ea
FEATURED



BARBARA'S CHEESE PUFFS

Assorted Varieties
5.5-7oz

2 for \$7
SAVE \$1.09ea



KHLOUD PROTEIN POPCORN

Assorted Varieties
4oz

\$4⁹⁹
ea
SAVE \$1.20ea



**ARCHER
JERKY**
Selected Varieties
2oz

\$5⁹⁹
ea
SAVE \$1.60ea



BLUE STRIPES WHOLE CACAO TRUFFLE BAR

Assorted Varieties
2.1oz

**BUY 1 GET 1
FREE**
SAVE \$5.69 ON 2



ROOT VEGETABLE CHIPS

Assorted Varieties
2.5oz

\$6⁹⁹
ea
SAVE \$1ea



ALOHA PLANT-BASED PROTEIN BAR

Assorted Varieties
1.98oz

2 for \$5
SAVE 89¢ea



LEMON PERFECT HYDRATING LEMON WATER

Assorted Varieties
15.2oz

2 for \$4
SAVE 59¢ea



SMARTSWEETS PLANT-BASED CANDY

Selected Varieties
1.8oz

2 for \$6
SAVE 99¢ea



DARRELL LEA AUSTRALIAN LICORICE

Selected Varieties
7oz

\$2⁹⁹
ea
SAVE UP TO \$1ea



NATURE'S BAKERY FIG BARS

Selected Varieties
6ct

\$4⁹⁹
ea
SAVE UP TO \$3.20ea



ARTISAN TROPIC REELIE SNACKS

Selected Varieties
4.5oz

\$4⁴⁹
ea
SAVE \$1.40ea



C2O COCONUT WATER HYDRATION PACK

Assorted Varieties

**20%
off**



HIBALL ENERGY SELTZER

Assorted Varieties
16oz

2 for \$5
SAVE 69¢ea



ITO EN OI OCHA GREEN TEA

Assorted Varieties
16.9oz

2 for \$5
SAVE 49¢ea



MINERAGUA SPARKLING WATER

9pk/12.5oz

\$9⁹⁹
ea
SAVE \$5.50ea



BULK

NORTHWEST DELIGHTS PUMPKIN SPICE PRETZELS

7.5oz

**PNW
LOCAL**

\$8⁹⁹
ea
SAVE \$1ea



NEW SEASONS ORGANIC MANGO SLICES

7oz

\$13⁹⁹
ea
SAVE \$1ea



HUMMINGBIRD WHOLESALE ORGANIC PUMPKIN SEEDS

Selected Varieties

**PNW
LOCAL**

\$13⁹⁹
lb
SAVE \$1lb



EQUAL EXCHANGE ORGANIC CHOCOLATE CHIPS

Bittersweet or Semi Sweet.

**PNW
LOCAL**

\$18⁹⁹
lb
SAVE \$1lb



GROCERY

**ORGANIC INDIA
TULSI TEA**
Selected Varieties
18ct**STEEPED IN CALM**

Warm, soothing, and delicious, Organic India turns teatime into a calming ritual with ethically sourced ingredients and adaptogenic Tulsi.

\$4⁹⁹
ea

SAVE UP TO \$2.50ea

**WESTBRAE NATURAL
ORGANIC BEANS**
Assorted Varieties**30%**
off**TASTY BITE
ENTRÉES & RICE**
Selected Varieties**20%**
off**NEW SEASONS
ASIAN SAUCES**

Made in partnership with Boke Bowl in Portland, OR.
8oz

**\$10¹⁹**
ea

FEATURED

**MEKHALA
ORGANIC
COOKING PASTE**

Assorted Varieties
3.53oz

**\$5⁹⁹**
ea

SAVE 70¢ea

**BONO
OLIVES**
Assorted Varieties
5.3-6.4oz**\$5⁹⁹**
ea

SAVE \$1.30ea

**EATIFUL
ORGANIC SOUP**
Assorted Varieties
14.1oz**\$4⁹⁹**
ea

SAVE \$1.20ea

**PARADIGM FOODWORKS
SALAD DRESSING**

Assorted Varieties
12oz

PNW
LOCAL**\$3⁹⁹**
ea

SAVE \$1.50ea

**PISTAKIO
PISTACHIO
SPREAD**

Creamy or Crunchy.
8oz

PNW
LOCAL**\$13⁹⁹**
ea

SAVE \$2ea

**SIMPLE MILLS
PANCAKE &
WAFFLE MIX**

Selected Varieties
10-10.7oz

**\$7⁹⁹**
ea

SAVE \$2ea

**NUTRAIL
NUT GRANOLA**

Assorted Varieties
8oz

**\$9⁹⁹**
ea

SAVE \$2ea

**FOUR SIGMATIC
MUSHROOM COFFEE
& MATCHA**

Selected Varieties

**20%**
off**BIGELOW
TEA**

Selected Varieties
18-20ct

**2 for \$6**

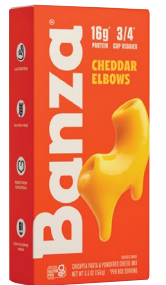
SAVE \$1.99ea

**RENEW JUICE COMPANY
JUICE**

Selected Varieties

**20%**
off**BANZA
CHICKPEA MAC
& CHEESE**

Selected Varieties
5.5oz

**\$3⁹⁹**
ea

SAVE \$1ea

**CARBONE
PASTA SAUCE**

Assorted Varieties
15-24oz

**\$7⁹⁹**
ea

SAVE UP TO \$3ea

**BABYLIFE ORGANICS
BABY FOOD**

Selected Varieties

**20%**
off**BIRDIE & LOUIE
DOG FOOD**

Selected Varieties

**20%**
off**TRU EARTH
LAUNDRY DETERGENT
ECO-STRIPS**

Fragrance Free or Fresh Linen.
32ct

**\$13⁹⁹**
ea

SAVE \$3ea

GROCERY

NEW SEASONS HALF & HALF

Made with rBST-free milk by Alpenrose Dairy in Portland, OR.
1qt

\$3⁹⁹
ea

FEATURED



PLANET OAT OATMILK

Assorted Varieties
52oz

2 for \$5

SAVE \$1.69ea



HAPPY EGG CO. ORGANIC FREE RANGE EGGS

Selected Varieties
1doz

\$6⁹⁹
ea

SAVE \$1.40ea



CHOBANI GREEK YOGURT

Selected Varieties
32oz

\$6⁹⁹
ea

SAVE 80¢ea



NEW SEASONS ORGANIC ORANGE JUICE

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

\$8⁴⁹
ea

FEATURED



STUMPTOWN COFFEE ROASTERS COLD BREW

Selected Varieties
7.5oz

PNW
LOCAL

\$3⁹⁹
ea

SAVE 50¢ea



WILDWONDER PREBIOTIC + PROBIOTIC SPARKLING DRINK

Assorted Varieties
12oz

2 for \$6

SAVE 99¢ea



WTRMLN HYDRATING BEVERAGE

Selected Varieties
12oz

\$3⁹⁹
ea

SAVE UP TO 50¢ea



SOL-TI ORGANIC SUPERSHOT

Assorted Varieties
2-2.1oz

2 for \$7

SAVE 49¢ea



COCOJUNE DAIRY-FREE YOGURT

Assorted Varieties
4-5oz

2 for \$5

SAVE 79¢ea



PERFECT BAR PROTEIN BAR

Selected Varieties
2.18-2.5oz

BUY 2 GET 1
FREE

SAVE \$3.29 ON 3



Available
in-store only

DAVE'S KILLER BREAD ORGANIC THIN-SLICED BREAD

Assorted Varieties
20.5oz

BUY 1 GET 1
1/2 OFF

SAVE \$3.50 ON 2



Available
in-store only

MISSION FOODS CARB BALANCE BURRITO FLOUR TORTILLAS

6ct

\$4⁹⁹
ea



SIETE FOODS GRAIN-FREE TORTILLAS

Selected Varieties
8ct

\$8⁹⁹
ea

SAVE \$1ea



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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Terms apply.

TILLAMOOK SOUR CREAM

Regular or Reduced Fat.
16oz

PNW
LOCAL

2 for \$5

SAVE 39¢ea



MAMA TORREZ SALSA

Selected Varieties
12oz

PNW
LOCAL

\$4⁹⁹
ea

SAVE \$1.60ea

