NEW SEASONS MARKET

ALL STORES OPEN DAILY 7AM–10PM
Shop online at shop.newseasonsmarket.com
PRICES GOOD November 4 – November 10, 2026

Certified B Corporation



QUALITY MAKES THE MEAL

Certified Humane, vegetarian-fed, and always air-chilled, Mary's chicken brings exceptional quality and flavor to the table.

SALE

MARY'S
BONELESS SKINLESS CHICKEN BREASTS
$6.99 lb
SAVE $1/lb

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*

KVARØY ARCTIC
ATLANTIC SALMON FILLET

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



$17.99 lb
SAVE $2/lb

ALL MUSHROOMS

PNW LOCAL

Ready for stuffing, scrambles, and tartine. Grown in OR and WA.



25% off

RAO'S HOMEMADE
FROZEN ENTRÉES

Selected Varieties
8.4–10oz

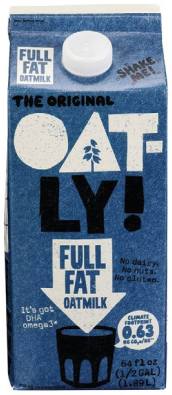


BUY 2 GET 1 FREE
SAVE $6.89 ON 3

Available in-store only

OATLY
OATMILKS & CREAMERS

Selected Varieties
32–64oz



$4.99 ea
SAVE UP TO $3/ea

BACK TO NATURE
CRACKERS

Selected Varieties
4–6.5oz



BUY 1 GET 1 FREE
SAVE $3.99 ON 2

SIMPLY ORGANIC
SPICES & SEASONINGS

Selected Varieties



50% off

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

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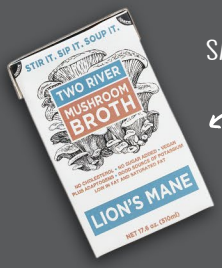
WHAT WE'RE loving MARVELOUS MUSHROOMS

There's no denying it: mushrooms are marvelous. Whether you're cooking with freshly foraged chanterelles, enjoying your morning coffee with adaptogens as part of your wellness routine, or gifting a soft plushie to a fellow food lover, fall is the perfect season to celebrate all things mushroom.

Look for these favorites and more at New Seasons!



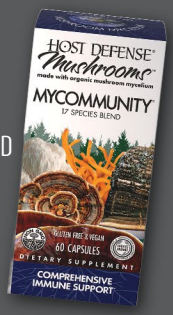
A CUDDLY GIFT FOR FUNGI FANS



SAVORY GOODNESS FOR SOUPS AND MORE



A FRESH TAKE ON YOUR MORNING BREW



MUSHROOM-POWERED WELLNESS



LOCALLY FORAGED. EARTHY. AND DELICIOUS

MEAT & SEAFOOD

CARMAN RANCH
GRASS-FED BEEF STEW MEAT
PNW LOCAL
Pasture-raised local beef with no added hormones and no antibiotics ever.



$14.49 lb
SAVE 50¢lb

GRILLED SHRIMP
Grilled and ready to enjoy on their own or add to salads, pasta, and more.



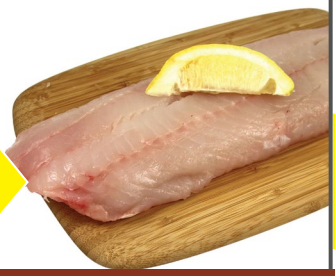
$21.99 lb
SAVE $3lb

NEW SEASONS
PARMESAN CHICKEN BREASTS
Made in-house and ready to bake or fry for a quick and tasty meal.



$9.99 lb
SAVE $2lb

LINGCOD FILLET
PNW LOCAL
Local, sustainably caught, and mildly flavored with a firm, flaky texture. Delicious pan-seared.



$14.99 lb
SAVE $2lb

FLORAL

FALL MIXED MUM BUNCH
A beautiful mix of fall mums. Grown in B.C., Canada.



$14.99 ea
SAVE $2ea

PRODUCE

ALL GRAPES
Juicy, flavorful grapes for your salads and snack plates. Grown in California and Mexico.



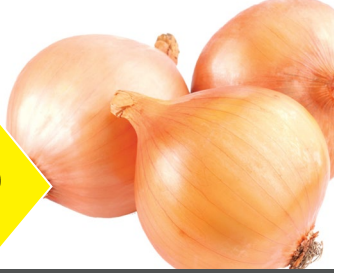
20% off

ALL PEARS
PNW LOCAL
Tree-ripened and ready for your fall salads, snack plates, and desserts. Grown in OR and WA.



20% off

ALL ONIONS
PNW LOCAL
Perfect for your fall soups and casseroles. Grown in OR and WA.



20% off

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BAKERY & CHEESE

PEARL RIVER
BASQUE CHEESECAKE
A crustless, baked cheesecake characterized by its distinctive caramelized top and creamy, custard-like interior.
6in



$28.99 ea
SAVE $1ea

LESLEY STOWE
RAINCOAST CRISPS
Studded with fruit, these crisp crackers add a delicious touch to everything from lunch boxes to cheese boards.
5.3oz



$7.99 ea
SAVE $1ea

NEW SEASONS
ORGANIC SEEDED HONEY BREAD
PNW LOCAL
Made fresh daily by our talented bakers with honey, molasses, and organic seeds.



$6.29 ea
SAVE $1ea

CASTELLO
DANISH HAVARTI
Rich, creamy, and buttery smooth, these cheeses are perfect sliced for sandwiches or cubed for entertaining.
8oz



$5.99 ea
SAVE $1ea

PREPARED FOODS

LAURETTA JEAN'S
CHICKEN POT PIE
PNW LOCAL
A comfort-food classic made locally in an all-butter herbed crust.



$10.99 ea
SAVE $1ea

NEW SEASONS
BRUSSELS SPROUTS WITH HAZELNUT GREMOLATA
Roasted Brussels sprouts topped with a hazelnut and herb gremolata.



$12.99 lb
SAVE $1lb

TRUE STORY FOODS
HERBED CHICKEN BREAST
Great for healthy snacking, wraps, and sandwiches.



$15.99 lb
SAVE $2lb

NEW SEASONS
PUMPKIN SAGE RISOTTO CAKES
Made with Arborio rice, pumpkin purée, sage, and parmesan cheese. Perfect as a snack or side dish.



$4.49 ea
SAVE $1ea

BEER & WINE

MIX & MATCH

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

TIETON CIDER WORKS
SPICED PECAN CIDER
PNW LOCAL
Capturing the seasonality of fall and the scent of holiday cheer, this spiced pecan hard cider features flavors of apple butter, tart apple, and pecan.
16oz



2 for $7
SAVE 49¢ea

BENNU
PINOT NOIR & WHITE BLEND
PNW LOCAL
With bold designs and vibrant flavors, these wines bring good vibes to cozy fall nights and lively celebrations
750ml



$14.99 ea
SAVE $8ea

NINKASI BREWING
IPA 6-PACKS
PNW LOCAL
This local brewery has been crafting PNW-style IPAs since 2006. Choose from Total Domination IPA, Tricerahops Double IPA, and Megalodom Triple IPA.
6pk/12oz



$12.99 ea
SAVE $2ea

JOEL GOTT
CABERNET SAUVIGNON & SAUVIGNON BLANC
Ripe and juicy, these wines are great with food or enjoyed on their own. Try out the rich Cabernet Sauvignon and the bright Sauvignon Blanc.
750ml



$12.99 ea
SAVE $12ea

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 **NOVEMBER15**

newseasonsmarket.com/online

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Terms apply.

DON'T MISS THIS OFFER!

NEW SEASONS MARKET NEIGHBOR Rewards

Neighbor Rewards members who are opted in to email or text get 50% off New Seasons coffee in the grocery department.

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

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

WELLNESS

VITANICA
WOMEN'S HEALTH SUPPLEMENTS
PNW LOCAL
Locally formulated supplements for women's wellness.

25% off



HOST DEFENSE MUSHROOMS
MYCOMMUNITY
PNW LOCAL
Save on select immune support formulas this week, including capsules, liquids, and powders.

25% off



NATURE'S WAY
SAMBUCUS IMMUNE LOZENGES
A delicious way to help support your immune system this season. Save on select formulas.
24ct

$5.49 ea
SAVE UP TO $2.50ea



ANCIENT NUTRITION
MULTI COLLAGEN STICK PACKET
Support for healthy hair, skin, and joints.
.36oz

$1.99 ea
SAVE $1ea



NOW FOODS
MAGNESIUM CAPS
Each vegan cap delivers 400 mg of an easily absorbable magnesium.
180vc

$15.99 ea
SAVE $8ea



BLOOM
CRANBERRY + D-MANNOSE
A dual-action formula to support urinary tract health.
60vc

$14.99 ea
SAVE $7ea



MRM NUTRITION
CREATINE MONOHYDRATE 325G
Supports increased muscle mass, strength, and recovery. Save on select sizes.
325g

$19.99 ea
SAVE $15ea



HERBAN COWBOY
DEODORANTS
Aluminum-free, vegan formulas for all-day freshness.
2.8oz

$7.29 ea



EARTH THERAPEUTICS
HYDRO SPONGE
Helps to cleanse and exfoliate from head to toe.

$3.49 ea
SAVE $1.50ea



WELEDA
SKIN FOOD
Rich, nourishing moisture for dry, rough skin. Save on select sizes and formulas.
2.5oz

$17.99 ea



GROCERY

HÄAGEN-DAZS
ICE CREAM
Selected Varieties
14oz

2 for $10
SAVE $1.59ea



HIGHER TASTE
MAC & CHEESE
PNW LOCAL
Cheesy Mac or Cacio e Pepe.
9oz

$5.49 ea
SAVE $1ea



UDI'S
CLASSIC FRENCH DINNER ROLLS
6ct

$6.99 ea
SAVE $1.40ea



COLUMBIA FRUIT
PREMIUM FROZEN FRUIT
PNW LOCAL
Assorted Varieties
40oz

$9.99 ea
SAVE UP TO $5.50ea



ICE CREAM FOR BEARS
FRENCH ICE CREAM
Assorted Varieties
14oz

$7.99 ea
SAVE $2ea



TRULY INDIAN
WRAPS & SAMOSAS
Selected Varieties

30% off



GARDEIN
PLANT-BASED PROTEINS
Selected Varieties

20% off



CRAFTY RAMEN
FROZEN RAMEN NOODLE SOUP
Assorted Varieties
14.6-14.7oz

$7.59 ea
SAVE $1ea



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

HOLIDAY BAKING ESSENTIALS

HAPPY EGG CO.
HERITAGE FREE-RANGE EGGS
1doz



$6.99 ea
SAVE $2.50ea

GUITTARD
BAKING CHOCOLATE
Selected Varieties



33% off

WOODSTOCK
ORGANIC SUGAR
Selected Varieties



20% off

IF YOU CARE
BAKING & KITCHEN PRODUCTS
Selected Varieties



20% off



KING ARTHUR BAKING COMPANY
FLOUR
Selected Varieties



20% off

BOB'S RED MILL
ORGANIC FLOUR
Selected Varieties
5lb

PNW LOCAL



$5.99 ea
SAVE $5ea

BOB'S RED MILL
GLUTEN-FREE 1-TO-1 BAKING FLOUR
Selected Varieties

PNW LOCAL



35% off

COOMBS FAMILY FARMS
ORGANIC MAPLE SYRUP
Selected Varieties
12oz



$13.99 ea
SAVE $3ea

LAKANTO
MONKFRUIT SWEETENED PRODUCTS
Selected Varieties



25% off

DANDIES
VEGAN MARSHMALLOW CREAM
6.3oz



$4.99 ea
SAVE $1.90ea

LET'S DO ORGANIC
COCONUT, CORNSTARCH & TAPIOCA
Selected Varieties



20% off

BOB'S RED MILL
BAKING PRODUCTS
Selected Varieties

PNW LOCAL



20% off

NATURE'S CHARM
VEGAN BAKING PRODUCTS
Selected Varieties



20% off

FARMER'S MARKET
ORGANIC PUREES
Selected Varieties
15oz



2 for $5
SAVE $1.49ea

BEYOND GOOD
VANILLA
Assorted Varieties



50% off

WOODSTOCK
NUTS & DRIED FRUIT
Selected Varieties



20% off

BULK

LUNDBERG FAMILY FARMS
RICE
Selected Varieties



15% off

HUMMINGBIRD WHOLE SALE & WILD ROSE FARM
ORGANIC QUINOA
Assorted Varieties

PNW LOCAL



$5.99 lb
SAVE UP TO $2lb

EQUAL EXCHANGE
ORGANIC DRIED MANGO

PNW LOCAL



$16.99 lb
SAVE $1lb

ORGANIC PECAN HALVES
Selected Varieties



$17.99 lb
SAVE $2lb

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

GROCERY

A NOODLE MOMENT

Whether it's a warm cup of ramen or a flavorful rice noodle stir-fry, Lotus Foods' organic and gluten-free products always deliver on quality.

20% off



BONAFIDE PROVISIONS
ORGANIC BROTH
Selected Varieties
32oz



$4.99 ea
SAVE $1ea

RAO'S HOMEMADE
PASTA SAUCE
Assorted Varieties
32oz



$9.99 ea
SAVE $1.60ea

NAPOLEON
EXTRA VIRGIN OLIVE OIL
Selected Varieties
33.8oz

PNW LOCAL



$15.99 ea
SAVE $3.50ea

ALGAE COOKING CLUB
ALGAE COOKING OIL



20% off

LAUREL FOODS
HAZELNUT OIL
8.5oz



$10.99 ea
SAVE $3.60ea

I AND LOVE AND YOU
PET FOOD
Selected Varieties



20% off

SAN-J
ASIAN COOKING SAUCES
Selected Varieties



20% off

MOMOFUKU
CHILI CRUNCH & AIR-DRIED NOODLES
Assorted Varieties



20% off

18 CHESTNUTS
PLANT-BASED SOUP
Assorted Varieties
15.75–16oz



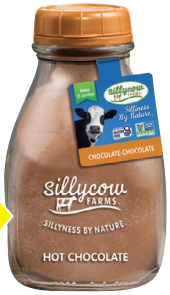
$9.99 ea
SAVE $1.60ea

CROFTER'S ORGANIC
PREMIUM FRUIT SPREAD
Assorted Varieties
16.5oz



$5.49 ea
SAVE $1.50ea

SILLYCOW FARMS
HOT CHOCOLATE
Selected Varieties
16.9oz



$6.99 ea
SAVE $1.60ea

SKINNYPOP
POPCORN
Assorted Varieties
4.4oz



$2.99 ea
SAVE UP TO $1.30ea

BOULDER CANYON
TORTILLA CHIPS
Assorted Varieties
7.5oz



BUY 1 GET 1 ½ OFF
SAVE $3.25 ON 2

Available in-store only

ALTER ECO
CHOCOLATE
Selected Varieties
2.65–2.96oz



$4.29 ea
SAVE $1.40ea

IZZE
SPARKLING JUICE BEVERAGES
Selected Varieties
6pk/8.4oz



$6.99 ea
SAVE $1.60ea

TRIP
SPARKLING MAGNESIUM DRINK
Assorted Varieties
12oz



2 for $4
SAVE $1.19ea

Q MIXERS
PREMIUM DRINK MIXERS
Selected Varieties
4pk/7.5oz



2 for $8
SAVE $1.99ea

POLAR
SPARKLING SELTZER WATER
Selected Varieties
1L



4 for $5
SAVE 54¢ea

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

GROCERY

PLAIN DELICIOUS
Made with just milk and live, active gut-friendly cultures, FAGE yogurt is rich, creamy, and as nutritious as it is delicious.



FAGE
GREEK YOGURT
Assorted Varieties
32oz
$5.99 ea
SAVE $1.70ea

PAINTERLAND SISTERS
ORGANIC SKYR YOGURT
Assorted Varieties
5.3oz


$2.99 ea
SAVE UP TO 80¢ea

HARMLESS HARVEST
ORGANIC CULTURED COCONUT
Assorted Varieties
24oz


$7.99 ea
SAVE UP TO $2.50ea

LIFEWAY
ORGANIC KEFIR
Assorted Varieties
1qt


2 for $10
SAVE 79¢ea

REBBL
PLANT PROTEIN SHAKE
Selected Varieties
12oz


$3.99 ea
SAVE $1ea

ORGANIC VALLEY
LACTOSE-FREE CREAMER
Selected Varieties
1qt


$6.99 ea
SAVE $1.20ea

TILLAMOOK
PNW LOCAL
CREAM CHEESE SPREAD
Selected Varieties
7oz


2 for $8
SAVE 69¢ea

ORGANIC VALLEY
BUTTER WITH OLIVE OIL
12oz


$6.49 ea
SAVE $1ea

JUST
PLANT-BASED EGG
16oz


$7.99 ea
SAVE $1.70ea

NEW SEASONS
PNW LOCAL
EGG NOG
32oz


$6.99 ea
FEATURED

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


$5.99 ea
SAVE $1ea

DAISY BRAND
SOUR CREAM
Regular or Light.
16oz


2 for $5
SAVE $1.09ea

LOCAL HIVE
RAW & UNFILTERED HONEY
Assorted Varieties
16oz


$8.99 ea
SAVE UP TO $3.70ea

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 **NOVEMBER15**

newseasonsmarket.com/online

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Terms apply.

SEATTLE SOURDOUGH BAKING COMPANY
PNW LOCAL
SOURDOUGH ROUNDS
Selected Varieties
24-32oz


$6.99 ea
SAVE $1ea

SINTO GOURMET
KIMCHI & PICKLES
Assorted Varieties
14-16oz


2 for $10
SAVE UP TO $2.99ea

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