

CATCH OF THE SEASON

Fresh, sustainably wild-caught Alaskan Sockeye is here—and full of rich, peak-season flavor.

SALE

SOCKEYE SALMON FILLET

\$16⁹⁹_{lb}
SAVE \$9lb

Really **BIG DEAL**

WHOLE SOCKEYE SALE

SATURDAY AND SUNDAY,
JULY 18-19

\$9⁹⁹_{lb}
SAVE \$6lb

TOP SIRLOIN STEAK

USDA Choice, Certified Humane beef with no added hormones, and no antibiotics ever.



\$14⁹⁹_{lb}
SAVE \$3lb

CHERRIES

Handpicked and bursting with peak-season flavor. From Hood River Cherry Company in Hood River, OR.

PNW LOCAL



\$4⁹⁹_{lb}
SAVE \$1lb

BLUE DIAMOND ALMOND BREEZE

Selected Varieties
59-64oz



\$2⁹⁹_{ea}
SAVE UP TO \$1.90ea

Really **BIG DEAL**

40%_{off}

PROTEIN POWDERS AND COLLAGEN

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

SUMMER
OF
SCOPS

50%_{off}

MCCONNELL'S + JONNYPOPS

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

Really **BIG DEAL**

50%_{off}

SNACKS AND JERKY

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

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 ♥♥♥

BLUE RAEVEN

Just a little something sweet. Blue Raven 5" fruit pies are the perfect size for summer cookouts, host gifts, and easy after-dinner desserts.

Each handmade pie is loaded with locally sourced fruit baked into a tender, flaky crust—with delicious options like Cherry, Peach Raspberry, Marionberry, and vegan Oregon Berry.

Grab yours this week and get 25% off during Pie in July. And don't forget the ice cream.



MEAT & SEAFOOD

MARY'S WHOLE FRYER CHICKEN

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



\$2⁵⁹
lb

SAVE \$1lb

NEW SEASONS HOUSE-MADE BEEF SKEWERS

Grill-ready beef skewers made in-house with our gluten-free marinades.



\$14⁴⁹
lb

SAVE 50¢lb

OREGON BAY SHRIMP

Fresh, first-of-the-season shrimp, sustainably harvested locally. Cooked and ready to eat!

PNW
LOCAL



\$9⁹⁹
lb

SAVE \$1lb

ORGANIC PRODUCE

ORGANIC BLUEBERRIES

Great on their own or in a fresh smoothie! From Lapierre Farms in Zillah, WA.

2lb pkg

PNW
LOCAL



\$11⁹⁹
ea

SAVE \$3ea

ORGANIC MINI SEEDLESS WATERMELON

A sweet addition to a light, summery salad. From Yakama Nation Farms in Wapato, WA.

PNW
LOCAL



\$5⁹⁹
ea

SAVE \$1ea

ORGANIC PLUMS & PLUCOTS

A juicy summer favorite. Delicious grilled! Grown in OR and CA.



25%
off

LOCAL FLORAL

LOCAL BLOOMS BOUQUET

A lovely mix of locally grown flowers in one big, beautiful bunch.



\$24⁹⁹
ea

SAVE \$2ea

BAKERY & CHEESE

NEW SEASONS ORGANIC FOCACCIA

Genovese-style flatbread made with extra-virgin olive oil and topped with rosemary and coarse sea salt.



\$5⁴⁹
ea

SAVE \$1ea

LIONI BURRATA CON PANNA

Richer and creamier than traditional burrata, we love this one with peaches and heirloom tomatoes on a bed of fresh arugula.

8oz



\$10⁹⁹
ea

SAVE \$2ea

.....PIE IN JULY.....

BLUE RAEVEN 5" FRUIT PIES

Handmade favorites loaded with locally sourced fruit. Assorted varieties.

PNW
LOCAL



25%
off

LENGDAIRY 20-YEAR CHEDDAR

Super-sharp yet balanced with a rich, caramelized flavor and crumbly, crystalline texture.



\$22⁹⁹
lb

SAVE \$2lb

NEW SEASONS KOREAN TOFU

Made in a spicy, tangy sauce featuring gochujang paste from local Choi's Kimchi, sesame seeds, and green onion.



\$9⁹⁹
lb

SAVE \$3lb

NEW SEASONS COASTAL KALE

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



\$9⁹⁹
lb

SAVE \$4lb

AZEH'S KITCHEN PINEAPPLE CORN SALAD

Pineapple, sweet corn, and bell pepper in a sesame lime dressing.

PNW
LOCAL

IT'S
NEW!



\$9⁹⁹
lb

SAVE \$3lb

NEW SEASONS ROAST BEEF

Made with grass-fed, antibiotic-free top round, perfectly seasoned and sliced to order for sandwiches, wraps, and snacking.



\$19⁹⁹
lb

SAVE \$4lb

BEER & WINE

**MIX
&
MATCH**

**10%
off**

6 bottles of wine

**20%
off**

12 or more bottles of wine

*Offer available in-store only.

BIELER FAMILY WINES BOTTLEROCKET SPRITZ

A spritzly blend of rosé, blood orange, and botanicals with flavors of cherry, strawberry, orange, and fresh herbs. Enjoy on its own or in a cocktail.

4pk/187ml

\$17⁹⁹
ea

SAVE \$6ea



OVERJOY STYRING ROSÉ

Ripe and juicy with notes of summer strawberry, raspberry lemonade, and dried rose petal, finishing with a soft, creamy texture.

750ml

PNW
LOCAL

ONLY AT
NSM

\$16⁹⁹
ea

SAVE \$1ea



BREAKSIDE BREWERY SELECT 6-PACKS

Keep cool and refreshed with these local favorites from Breakside Brewing. Choose from Rainbows & Unicorns IPA, Stay West IPA, and Pilsner. Selection may vary by location.

6pk/12oz

PNW
LOCAL

\$13⁹⁹
ea

SAVE UP TO \$4ea



BEST DAY BREWING NON-ALCOHOLIC CRAFT BEER

All the character and flavor of craft beer without the alcohol. Try the juicy Endless Mango IPA seasonal or customer-favorite Kölsch, plus more refreshing options.

6pk/12oz

IT'S
NEW!

\$12⁹⁹
ea

SAVE \$2ea



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

Powered by
Instacart

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a **FREE** pint of New Seasons ice cream or sorbet on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

GARDEN OF LIFE COLLAGEN & PROTEINS

Stock up on your favorite protein and collagen formulas.

40% off

Pricing includes all discounts.



**NOW FOODS
100% PURE
PEA PROTEIN**
Enjoy savings on all NOW proteins this week.

40% off

Pricing includes all discounts.



**MRM NUTRITION
VEGGIE PROTEIN
VANILLA**
Save on all veggie and whey proteins.

40% off

Pricing includes all discounts.



ALL GOOD SUN & BODY CARE

Enjoy fun in the sun with savings on reef-safe, mineral-based sunscreens.

30% off



**KETONE-IQ
ENERGY SHOTS**
Supports clear, focused energy. Also available in caffeine-free.
2oz

\$4⁴⁹_{ea}
SAVE \$1.50ea



**BLOOM
SUPER SEEDS**
A great source of plant-based protein. Save on flax seeds and hemp hearts too.
12oz

\$9⁹⁹_{ea}
SAVE \$1ea



SUNFOOD ORGANIC MACA POWDER

Rich in vitamins, minerals, and antioxidants.
8oz

\$11⁹⁹_{ea}
SAVE \$5ea



DRITUNG'S SMART FLOSS

Waxed dental floss designed to stretch and expand to get into those hard-to-reach spaces.
30yd

\$4⁴⁹_{ea}



**EARTH THERAPEUTICS
HYDRO BODY SPONGE**
Designed to cleanse and exfoliate from head to toe.

\$3⁴⁹_{ea}
SAVE \$1.50ea



JÄSÖN ANTI-DANDRUFF HAIR CARE

Gentle formulas to help control scalp dermatitis and mild psoriasis. Save on select hair care this week.
12oz

\$10⁹⁹_{ea}
SAVE \$4ea



GROCERY

APPLEGATE BREAKFAST SAUSAGE

Selected Varieties
7oz

2 for \$10
SAVE \$2.59ea



NATURE'S PATH ORGANIC FROZEN WAFFLES

Assorted Varieties
6ct

\$3⁹⁹_{ea}
SAVE 80°ea



TRUJOY YOGURT FROZEN GREEK YOGURT

Assorted Varieties
1pt

BUY 1 GET 1 FREE
SAVE \$7.79 ON 2



BUBBIES MOCHI MOCHI ICE CREAM

Assorted Varieties
7.5oz

\$6⁹⁹_{ea}
SAVE UP TO \$1.90ea



PITAYA FOODS FROZEN SUPERFRUITS

Selected Varieties
12oz

\$5⁹⁹_{ea}
SAVE UP TO \$2ea



HÄAGEN-DAZS ICE CREAMS & BARS

Selected Varieties
9-14oz

2 for \$10
SAVE UP TO \$1.59ea



SIMPLY THE BEST

Rich, creamy, and made with the best ingredients, Van Leeuwen Ice Cream proves that simple is the way to go.

**VAN LEEUWEN
FRENCH ICE CREAM**
Selected Varieties
14oz



\$5⁹⁹_{ea}
SAVE \$1.80ea

GROCERY

**BUILT
PUFF BARS**
Assorted Varieties
4ct



\$9.99
ea
SAVE \$2.20ea

**ONE BRANDS
PROTEIN BAR**
Assorted Varieties
2.12oz



2 for \$5
SAVE 89¢ea

**BOB'S RED MILL
BOB'S BARS**
Assorted Varieties
5ct

PNW
LOCAL



\$5.99
ea
SAVE \$1.50ea

**LILY'S
CHOCOLATE**
Selected Varieties



33% off

**FINN CRISP
SOURDOUGH
RYE THINS**
Assorted Varieties
6.2-7oz



\$4.99
ea
SAVE UP TO \$1.70ea

**MARY'S GONE CRACKERS
ORGANIC CRACKERS**
Selected Varieties
4oz



\$3.99
ea
SAVE \$1ea

**MUDDY BITES
WAFFLE CONE SNACKS**
Selected Varieties
2.33oz



2 for \$7
SAVE \$1.79ea

**VIOLET CRUMBLE
CANDY HONEYCOMB
CUBES**
Assorted Varieties
6oz



\$4.99
ea
SAVE \$1.30ea

**LESSER EVIL
CHEEZMOS
CHEESE PUFFS**
Assorted Varieties
7oz



\$3.99
ea
SAVE \$1.70ea

**PRETZELIZED
PITA CHIPS**
Assorted Varieties
7oz



\$3.99
ea
SAVE \$1.50ea

**SIETE FOODS
POTATO CHIPS**
Assorted Varieties
5.5oz



\$2.99
ea
SAVE \$1.60ea

**THE GOOD CRISP COMPANY
POTATO CRISPS**
Selected Varieties
5.6oz



\$3.99
ea
SAVE 70¢ea

**FRANZ
PREMIUM BAGELS**
Plain or Cinnamon Raisin.
6ct

PNW
LOCAL



2 for \$6
SAVE \$1.99ea

**FRANZ
ENGLISH MUFFINS**
Extra Crisp or Sourdough.
6ct

PNW
LOCAL



2 for \$4
SAVE 99¢ea

**INGRILLI
ORGANIC LEMON
OR LIME SQUEEZE**
Assorted Varieties



20% off

**THE GOOD CRISP COMPANY
POTATO CHIPS**
Selected Varieties
5.5oz



\$3.99
ea
SAVE 70¢ea

BULK

ORGANIC FLAX SEEDS
Brown or Golden.



\$3.99
lb
SAVE \$1lb

**GOLDEN TEMPLE
COCONUT ALMOND
GRANOLA**



\$5.99
lb
SAVE \$1.50lb

**SUNRIDGE FARMS
SALTED SESAME
STICKS**



\$9.99
lb
SAVE \$1lb

**HUMMINGBIRD WHOLESALE
ORGANIC
MEDJOOL DATES**

PNW
LOCAL



\$11.99
lb
SAVE \$1lb

GROCERY

**BE LOVE
ELECTROLYTE
BEVERAGE**
Assorted Varieties
12oz



2 for \$5
SAVE \$1.39ea

**WYLD CBD
CBD SPARKLING
WATER**
Assorted Varieties
12oz



2 for \$7
SAVE \$49¢ea

Available in
Oregon stores only

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



\$2.29
ea
SAVE \$30¢ea

**DAYTRIP
ORGANIC
PREBIOTIC SODA**
Assorted Varieties
12oz



2 for \$5
SAVE \$49¢ea

**S.PELLEGRINO
SPARKLING NATURAL
MINERAL WATER**
25.3oz



2 for \$5
SAVE \$39¢ea

**ICELANDIC GLACIAL
NATURAL
SPRING WATER**
1.5L



2 for \$6
SAVE \$1.29ea

**SMITH TEAMAKER
ICED TEA**
Assorted Varieties
10ct



\$14.99
ea
SAVE \$2ea

**AIYA
MATCHA**
Selected Varieties



20% off

**KINDER'S
RUBS & SEASONINGS**
Selected Varieties
5oz



\$4.99
ea
SAVE \$30¢ea

**LOTUS FOODS
RAMEN, NOODLES
& SOUPS**
Selected Varieties



20% off

**ANNIE'S
PASTA & CHEESE**
Selected Varieties
6oz



2 for \$7
SAVE UP TO \$1.99ea

**ROLAND
GLOBAL FOODS**
Selected Varieties



20% off

**SIR KENSINGTON'S
MAYONNAISE**
Selected Varieties



20% off

**SUZIE'S ORGANICS
CONDIMENTS**
Assorted Varieties



20% off

**THE MOLTEN TALLOW COMPANY
BEEF TALLOW**
Assorted Varieties
16.9oz



\$21.99
ea
SAVE \$4.20ea

**LUCINI ITALIA
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
16.9oz



\$31.99
ea
SAVE \$2ea

**SUSTAINABLE SEAS
TUNA**
Selected Varieties
5oz



\$2.99
ea
SAVE UP TO \$1.20ea

**DELALLO
PASTA SAUCE & OLIVES**
Selected Varieties



30% off

**REPURPOSE
COMPOSTABLE
TABLEWARE**
Selected Varieties



20% off

**BAMBO NATURE
BABY PRODUCTS**
Selected Varieties



30% off

GROCERY

PRESSED JUICERY
COLD-PRESSED
JUICES & SMOOTHIES
Selected Varieties
15.2oz

\$4⁹⁹
ea
SAVE UP TO \$2.30ea



VIVE ORGANIC
FUNCTIONAL
JUICE SHOT
Selected Varieties
2oz

2 for \$6
SAVE 99¢ea



POP & BOTTLE
ALMOND LATTE
Selected Varieties
11oz

\$3⁹⁹
ea
SAVE UP TO 80¢ea



BIOTIC FERMENTS
NIRA FERMENTED
SODA
Assorted Varieties
12oz

\$2⁹⁹
ea
SAVE UP TO 70¢ea



GT'S LIVING FOODS
AGUA DE KEFIR
Assorted Varieties
12oz

2 for \$5
SAVE 99¢ea



TRAZZA FOODS
HUMMUS
Selected Varieties
9oz

\$3⁹⁹
ea
SAVE \$1ea



PNW LOCAL

DE CASA FINE FOODS
SALSAS
Selected Varieties
14oz

\$3⁹⁹
ea
SAVE 90¢ea



PNW LOCAL

LA ROSA
TORTILLAS & WRAPS
Selected Varieties

20% off



STONYFIELD
KIDS ZERO SUGAR
YOGURT POUCHES
Selected Varieties
4ct

\$6⁹⁹
ea
SAVE \$1.60ea



DAIYA
DAIRY-FREE CHEESE
Selected Varieties
7.1oz

\$3⁹⁹
ea
SAVE \$1.20ea



FIELD ROAST
PLANT-BASED
PROTEINS
Selected Varieties

20% off



PNW LOCAL

KITE HILL
DAIRY-FREE
PRODUCTS
Selected Varieties

20% off



FRESH START
The most delicious way to fuel the day is with Evolution Fresh—juices and smoothies made with real, cold-pressed fruits and vegetables.
EVOLUTION FRESH
ORGANIC
COLD-PRESSED JUICE
Selected Varieties

20% off



ORGANIC VALLEY
DHA OMEGA-3 MILK
Selected Varieties
1/2 gal

\$5⁹⁹
ea
SAVE \$1.80ea



NEW SEASONS
PASTURE-RAISED
EGGS
From Wilcox Family Farms
in Aurora, OR.
1doz

\$6⁵⁹
ea
FEATURED



GET \$20 OFF \$50!

If you're a Neighbor Rewards member and opt in to receive email offers (like exclusive perks and savings!), we'll send you \$20 off an in-store purchase of \$50 or more just for signing up.*

Not a member yet? Join now at newseasonsmarket.com/rewards

*Offer valid for first-time email opt-ins only who have not previously redeemed a Neighbor Rewards opt-in offer received via email or SMS.