

CHEERS TO LOCAL

Celebrate the bounty of the Pacific Northwest with local Pinot Noir.

Really **BIG DEAL**

20% off ALL PNW PINOT NOIR

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

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.

LOCAL STRAWBERRY PINTS

Extra sweet and juicy! From Eisele Farms in Boring, OR and Unger Century Farm in Cornelius, OR.

\$4.99
ea

SAVE \$1ea



PNW LOCAL

CARMAN RANCH 85% LEAN 15% FAT GRASS-FED GROUND BEEF

Humanely pasture-raised locally with no added hormones and no antibiotics ever.

\$9.99
lb

SAVE \$1.50lb



PNW LOCAL

LINGCOD FILLET

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

\$13.99
lb

SAVE \$3lb



PNW LOCAL

TONY'S CHOCOLONELY CHOCOLATE BAR

Selected Varieties
6.35oz

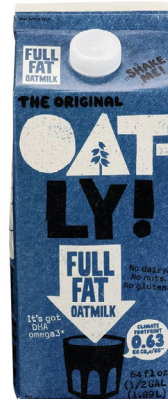


BUY 1 GET 1
FREE

SAVE \$6.89 ON 2

OATLY OATMILKS & CREAMERS

Selected Varieties
32-64oz



\$4.99
ea

SAVE UP TO \$2.20ea

Really **BIG DEAL**

25% off

SELECT CBD PRODUCTS

Exclusions apply. Look for signs on specially marked items.

Items priced as marked. Limited to stock on hand.

No additional case discount.

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WHAT WE'RE loving

OKTOBERFEST

Prost to Oktoberfest—a celebration of great beer and great food! Kick off your festivities with all your favorite Bavarian-inspired deliciousness, like German-style beers, savory sausages, tangy mustards, and plenty of pretzel-y goodness.



Oktoberfest beer, of course!



We Must Mustard locally made dipping mustard



Olympia Provisions handcrafted local sausage



Golden, buttery pretzel buns



MEAT & SEAFOOD

MARY'S BONE-IN SPLIT CHICKEN BREASTS

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

\$5⁴⁹
lb

SAVE 50¢/lb



NEW SEASONS SALMON CAKES

Made in-house with wild-caught salmon, fresh herbs, and veggies. Ready to cook.

\$3⁹⁹
ea

SAVE \$1.50/ea



NEW SEASONS BULK SAUSAGE

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

\$6⁴⁹
lb

SAVE 50¢/lb



ULTRA NATURAL PEELED & DEVEINED SHRIMP

Sustainably farm-raised, Fair Trade Certified, and great for an easy weeknight meal.

51/60ct

\$11⁹⁹
lb

SAVE \$1/lb



FLORAL

LOCAL DAHLIAS

Grown nearby and cut fresh, these dahlias bring big, showy color to any room.

\$9⁹⁹
ea

SAVE \$3/ea



PRODUCE

JACK-O'-LANTERN PUMPKINS

Decorative pumpkins for your fall decor. From West Union Gardens in Hillsboro, OR.

49¢
lb

SAVE 10¢/lb



DECORATIVE GOURDS & MINI PUMPKINS

A great way to add fall flair to your home. From West Union Gardens in Hillsboro, OR.

\$1⁹⁹
lb

SAVE \$1/lb



ORGANIC CARROTS

Great for snacking, roasting, or steaming. From Montecucco Farm in Canby, OR.

\$1⁴⁹
lb

SAVE 50¢/lb



BAKERY & CHEESE

BAKERLY
SLICED BRIOCHE
BREAD

A traditional French-style bread with soft, fluffy texture and buttery flavor. Great for French toast!



\$7⁹⁹
ea

SAVE \$1ea

CARPENTER HILL CREAMERY
FROMAGE BLANC
& FETA

PNW
LOCAL

Handcrafted on a small farmstead creamery in Medford, OR, these fresh, creamy cheeses pair beautifully with fall flavors.

9oz



20%
off

NEW SEASONS
SALMON
PUTTANESCA

IT'S
BACK!

Grilled salmon fillet topped with a chunky tomato, olive, and caper sauce.



\$23⁹⁹
lb

SAVE \$2lb

AZEHI'S KITCHEN
PUMPKIN SAGE
RISOTTO CAKES

PNW
LOCAL

Made with Arborio rice, pumpkin purée, sage, and parmesan cheese. Perfect as a snack or side dish.



\$4⁹⁹
ea

SAVE 50°ea

SCHWARTZ BROTHERS
BAKERY
PUMPKIN CREAM
CHEESE MUFFINS

PNW
LOCAL

Decadent pumpkin spice muffins swirled with velvety cream cheese and finished with toasted pumpkin seeds.

4ct



\$8⁹⁹
ea

SAVE 50°ea

CYPRESS GROVE
HUMBOLDT FOG

An American original with a bright, tangy flavor and creamy texture that's right at home on a fall cheese board.



\$27⁹⁹
lb

SAVE \$4lb

DIESTEL FAMILY RANCH
HONEY ROASTED
TURKEY

Slightly sweet and savory, this honey roasted turkey is great for sandwiches, snacks, and more. Sliced to order in our deli.



\$16⁹⁹
lb

SAVE \$2lb

NEW SEASONS
CHOPPED SALAD

IT'S
BACK!

Loaded with salami, olives, parmesan cheese, and roasted tomatoes, this kale salad can be a meal in itself.



\$10⁹⁹
lb

SAVE \$3lb

20% OFF PNW PINOT NOIR

EVESHAM WOOD
PINOT NOIR

PNW
LOCAL

Elegant and beautifully balanced, this Pinot Noir delivers silky red fruit, soft earthiness, and exceptional quality for the price.

750ml



\$19¹⁹
ea

AFTER 20% DISCOUNT

OVERJOY RESERVE
LANDMASS
PINOT NOIR

PNW
LOCAL

ONLY AT
NSM

A lush Pinot Noir bursting with notes of red raspberry, cherry cola, cocoa powder, cedar, and dried rose.

750ml



\$19⁹⁹
ea

AFTER 20% DISCOUNT

OVERJOY
LEMELSON
PINOT NOIR

PNW
LOCAL

ONLY AT
NSM

Vibrant notes of tart blackberry and summer blueberry laced with hints of violets, cranberry, and baking spice.

750ml



\$14³⁹
ea

AFTER 20% DISCOUNT

PURPLE HANDS
LONE OAK
PINOT NOIR

PNW
LOCAL

A fresh and lively medium-bodied Pinot Noir with notes of cranberry, blackberry, cherry, hibiscus, and spice.

750ml



\$25⁵⁹
ea

AFTER 20% DISCOUNT

DOMAINE DROUHIH
PINOT NOIR

PNW
LOCAL

A benchmark Oregon Pinot Noir from Burgundy's Drouhin family, this elegant, layered wine offers impressive depth and complexity, with even more to discover as it ages.

750ml



\$44⁷⁹
ea

AFTER 20% DISCOUNT

FULLERTON WINES
PINOT NOIR

PNW
LOCAL

Ripe blackberry, strawberry, and cherry meet earthy wild mushroom and warm baking spice in this lush, beautifully balanced Pinot Noir.

750ml



\$18³⁹
ea

AFTER 20% DISCOUNT

DELIVERY'S
ON US!

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THIS OFFER!

Neighbor Rewards members who are opted in to email or text get 50% off New Seasons Toilet Paper and Paper Towels.

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

WELLNESS

MEGAFOOD FOOD-BASED VITAMINS & SUPPLEMENTS

Stock up on multivitamins, probiotics, iron support, and more!

30% off



HOST DEFENSE MUSHROOMS FUNCTIONAL MUSHROOMS

Save 25% on your favorite formulas this week, including powders, tinctures, capsules, and more.

25% off



MRM NUTRITION BONE MAXIMIZER III

Supports bone health with bioavailable calcium, key minerals, and vitamins C, D, K2, and zinc.

50% off



AMERICAN HEALTH NUTRITIONAL SUPPLEMENTS

Save on digestive enzymes and buffered vitamin C.

35% off



YERBA PRIMA PSYLLIUM HUSKS CAPS

Supports digestion and elimination with essential soluble and insoluble fibers.

180cap

\$13.99 ea
SAVE \$2ea



SOURCE NATURALS WELLNESS FORMULA

A blend of herbs, vitamins, and nutraceuticals for overall wellness.

60cap

\$10.99 ea
SAVE \$6ea



VEGA PROTEIN MADE SIMPLE

Each plant-based serving provides 15 grams of protein. Save on select flavors.

9.2-9.6oz

\$17.99 ea
SAVE \$7ea



A LA MAISON DE PROVENCE FRENCH LIQUID SOAPS

Made with olive and argan oil rich in vitamin E. Save on select scents.

16.9oz

\$8.99 ea



DERMA E VITAMIN C CONCENTRATED SERUM

Rich in vitamins, antioxidants, and botanicals. Save on select facial care.

1.7oz

\$18.99 ea
SAVE \$3ea



AVALON ORGANICS HAIR CARE

Certified Organic formulas made with plant-based botanicals and essential oils.

11oz

\$8.99 ea



GROCERY

MCCONNELL'S FINE ICE CREAMS ICE CREAM

Selected Varieties
1pt

\$7.99 ea
SAVE \$1ea



YASSO FROZEN GREEK YOGURT DESSERTS

Selected Varieties
6.84-14oz

\$5.49 ea
SAVE UP TO \$2.20ea



SO DELICIOUS NON-DAIRY FROZEN DESSERTS

Selected Varieties
9.2-16oz

\$5.99 ea
SAVE UP TO \$1.60ea



RUDI'S BAKERY SANDWICHES & BREADS

Assorted Varieties

20% off



KEVIN'S NATURAL FOODS FROZEN BOWLS

Selected Varieties
9-9.5oz

\$5.99 ea
SAVE 60¢ea



BLOUNT'S FAMILY KITCHEN CHICKEN POT PIE

12oz

2 for \$10
SAVE \$2.99ea



CASCADIAN FARM ORGANIC FROZEN POTATOES

Selected Varieties
12-16oz

2 for \$10
SAVE \$2.99ea



KINDER'S FROZEN WINGS & FRIES

Assorted Varieties

30% off



GROCERY

OLIPOP MINI PREBIOTIC SODA

Assorted Varieties
6pk/7.5oz



\$10⁹⁹
ea
SAVE \$3ea

WOODSTOCK ORGANIC BANANA WATER

Assorted Varieties
11.2-16.9oz



2 for \$5
SAVE UP TO \$1.19ea

S.PELLEGRINO SPARKLING NATURAL MINERAL WATER

25.3oz



2 for \$5
SAVE 39¢ea

WATERLOO SPARKLING WATER

Selected Varieties
8pk/12oz



\$4⁹⁹
ea
SAVE 70¢ea

CULTURE POP PROBIOTIC SODA

Assorted Varieties
12oz



3 for \$5
SAVE 82¢ea

RINGA SPARKLING HYDRATION DRINK

Assorted Varieties
12oz



2 for \$7
SAVE \$1.09ea

SIMPLE MILLS COOKIES, CRACKERS & BARS

Selected Varieties



20% off

BONNE MAMAN TARTLETS

Assorted Varieties
9ct



\$5⁹⁹
ea
SAVE \$3ea

PIP'S HEIRLOOM SNACKS DIPPERS & CRUNCHIES

Selected Varieties
7-9.25oz



\$4⁹⁹
ea
SAVE \$1.70ea

KETTLE BRAND PARTY SIZE POTATO CHIPS

Assorted Varieties
13oz



\$4⁹⁹
ea
SAVE \$1.30ea

LUNDBERG FAMILY FARMS RICE CAKES

Selected Varieties
5-10.5oz



\$3⁹⁹
ea
SAVE UP TO \$2ea

SIETE FOODS GRAIN-FREE TORTILLA CHIPS

Selected Varieties
5oz



\$4⁹⁹
ea
SAVE \$1.50ea

HEAVENLY ORGANICS CHOCOLATE HONEY PATTIES

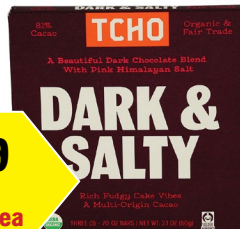
Double Dark or Mint.
4.66oz



\$5⁹⁹
ea
SAVE 90¢ea

TCHO CHOCOLATE BAR

Selected Varieties
2.1oz



\$4⁴⁹
ea
SAVE \$1.50ea

ALTER ECO ORGANIC CHOCOLATE

Selected Varieties
2.65-2.96oz



2 for \$7
SAVE \$2.19ea

BEYOND GOOD CHOCOLATE & VANILLA

Selected Varieties



50% off

BULK

NORTHWEST DELIGHTS FALL CANDIES

Selected Varieties
5.5-9oz



\$5⁹⁹
ea
SAVE \$1ea

GOLDEN TEMPLE GRANOLA

Selected Varieties



\$5⁹⁹
lb
SAVE \$1.50lb

NEW SEASONS ORGANIC COFFEE

Sustainably sourced by our partners at
Equal Exchange in Portland, OR.



\$14⁹⁹
lb
SAVE \$1lb

SUNRIDGE FARMS CHOCOLATE PEANUT BUTTER MALT BALLS



\$17⁴⁹
lb
SAVE 50¢lb

GROCERY

**NAKED BREAD
ORGANIC BAGELS**Plain or Everything.
18ozPNW
LOCAL**\$5.99**
ea

SAVE \$2ea

**NAKED BREAD
ORGANIC BREAD**Selected Varieties
20ozPNW
LOCAL**\$4.99**
ea

SAVE \$3ea

**JUSTIN'S
NUT BUTTER
& SNACKS**

Selected Varieties

**20%**
off**CROFTER'S ORGANIC
JUST FRUIT SPREAD**Assorted Varieties
10oz**\$4.99**
ea

SAVE 70¢ea

**SWEET LOREN'S
BREAKFAST BISCUITS**Assorted Varieties
5ct**\$7.49**
ea

SAVE 70¢ea

**GOOD KARMA
FLAXMILK**Selected Varieties
32oz**\$3.99**
ea

SAVE \$1.20ea

**MAPLE JOE
ORGANIC
MAPLE SYRUP**Assorted Varieties
12.5oz**\$11.99**
ea

SAVE \$2.70ea

**PACIFIC RESOURCES INTERNATIONAL
MANUKA HONEY
MGO 200+**

8oz

**\$19.99**
ea

SAVE \$4.50ea

**PUMPKIN TREE
ORGANIC FRUIT
PUREE POUCH**Selected Varieties
3.5oz**2 for \$5**

SAVE 79¢ea

**YOGI
TEA**Selected Varieties
16ct**\$3.99**
ea

SAVE UP TO \$1.20ea

**WATER AVENUE COFFEE
COFFEE**Selected Varieties
12ozPNW
LOCAL**\$12.99**
ea

SAVE \$1.30ea

**ANNIE'S
PASTA & CHEESE**Selected Varieties
6oz**2 for \$7**

SAVE \$1.29ea

**SEEDS OF CHANGE
ORGANIC RICE POUCH**Selected Varieties
8.5oz**\$2.99**
ea

SAVE 30¢ea

**PORTLAND COFFEE ROASTERS
WHOLE BEAN
COFFEE**Selected Varieties
12ozPNW
LOCAL**BUY 1 GET 1
FREE**

SAVE \$17.99 ON 2

**AMY'S
ORGANIC
REFRIED BEANS**Assorted Varieties
15.4oz**\$4.69**
ea

SAVE 80¢ea

**YO MAMA'S
DRESSING & DIP**Assorted Varieties
13oz**\$4.99**
ea

SAVE \$1.60ea

**MUIR GLEN
ORGANIC TOMATOES
& TOMATO SAUCE**Selected Varieties
14.5-15oz**2 for \$5**

SAVE UP TO \$1.49ea

**THE UNSCENTED COMPANY
CLEANING PRODUCTS**

Assorted Varieties

**20%**
off**BOBO'S
OAT BARS & SNACKS**

Selected Varieties

**30%**
off**MELTING FOREST
FUNCTIONAL
MUSHROOM
DRINKS**

Assorted Varieties

**20%**
off

GROCERY

**REMEDY ORGANICS
PLANT-BASED
WELLNESS SHAKE**
Assorted Varieties
12oz



\$3.99
ea
SAVE UP TO \$1ea

**POP & BOTTLE
ALMOND LATTE**
Selected Varieties
11oz



\$3.99
ea
SAVE 60¢ea

**LA FERMIERE
FRENCH DESSERT**
Assorted Varieties
4.4oz



2 for \$7
SAVE 49¢ea

**ELLENOS
GREEK YOGURT**
Selected Varieties
6oz



2 for \$5
SAVE \$1.29ea

PNW
LOCAL

**ORGANIC VALLEY
FREE RANGE
BROWN EGGS**
1doz



\$6.99
ea
SAVE \$1.60ea

**CHOBANI
COFFEE CREAMER**
Selected Varieties
24oz



2 for \$10
SAVE \$2.19ea

**GREEN VALLEY
LACTOSE-FREE
DAIRY PRODUCTS**
Selected Varieties



20% off

**NANCY'S
DAIRY PRODUCTS**
Selected Varieties



15% off

PNW
LOCAL

**BITCHIN' SAUCE
VEGAN DIPS & SAUCES**
Selected Varieties
7-8oz



\$4.99
ea
SAVE \$1.60ea

**BUBBIES
SLICED PICKLED BEETS**
25oz



\$9.99
ea
SAVE 80¢ea

**NEW SEASONS
BUTTER**
Made with rBST-free milk by Larsen's Creamery in Clackamas, OR.
Salted or Unsalted.
1lb



2 for \$6
SAVE 99¢ea

**VISTA HERMOSA
FLOUR TORTILLAS**
Selected Varieties



20% off

**WILDWOOD
ORGANIC TOFU**
Selected Varieties



20% off

**LION HEART
DRY KOMBUCHA**
Assorted Varieties
16oz

PNW
LOCAL



2 for \$7
SAVE 99¢ea

TOTALLY DELICIOUS
Made with simple ingredients including milk from cows fed a non-GMO diet—FAGE yogurt is as nutritious as it is delicious, with gut-friendly active cultures.

**FAGE
TOTAL GREEK YOGURT**
Assorted Varieties
5.3oz



4 for \$5
SAVE 64¢ea

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