

TO YOUR HEALTH

Our Supplement Sale is on—save 25% on vitamins, minerals, and more—including sale items!



Really **BIG DEAL**
25% off ALL SUPPLEMENTS
Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discount.

Really BIG DEALS

MARY'S ORGANIC BONELESS SKINLESS CHICKEN BREASTS
This versatile favorite is a great source of lean protein. Always air-chilled for the best flavor.



\$7.99 lb
SAVE \$3lb

ORGANIC SWISS GOURMET APPLES PNW LOCAL
The perfect balance of sweet and tart!
From Cinagro Orchards in Parkdale, OR.



\$1.99 lb
SAVE \$1lb

SIGGI'S ICELANDIC YOGURT
Selected Varieties
24oz



\$4.99 ea
SAVE \$3ea

ITALPIZZA WOOD-FIRED PIZZA
Assorted Varieties
14.1-16.58oz



\$7.99 ea
SAVE \$2ea

WYLD CBD CBD GUMMIES PNW LOCAL
Great savings on THC-free, broad-spectrum hemp extract in delicious, real fruit-infused gummies.



50% off
Pricing includes all discounts

KIND SNACK BAR
Selected Varieties
1.4oz



3 for \$5
SAVE \$1.32ea

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*



Kenai-Red Fish Company

At New Seasons, we believe good food should be good for people and the planet. That's why, since 2013, we've partnered with Kenai-Red Fish Company—a family-owned business dedicated to sharing their love of sustainably wild-caught Alaskan salmon with Portland and beyond.

Each summer, their fresh Sockeye takes center stage at your neighborhood New Seasons, while year-round you can always find their Sockeye lox, smoked salmon spread, and frozen Sockeye.



MEAT & SEAFOOD

CREEKSTONE FARMS BEEF CHUCK ROAST

Certified Humane beef with no added hormones and no antibiotics ever.

\$11⁴⁹
lb

SAVE 50¢/lb



ROCKFISH FILLET

Sustainably wild-caught off of OR and WA coasts. Delicious pan-seared or baked.



\$7⁹⁹
lb

SAVE \$2/ib



NEW SEASONS CHICKEN STIR-FRY BLENDS

Choose from a variety of ready-to-cook blends, from Chicken Fajita to Lemongrass Chicken.

\$10⁹⁹
lb

SAVE \$1/ib



ULTRA NATURAL PEELED AND DEVEINED SHRIMP

Responsibly farm-raised and processed in Thailand, this 100% traceable shrimp is great for skewers, pasta dishes, or shrimp cocktail. 16/20ct

\$16⁹⁹
lb

SAVE \$3/ib



FLORAL

SUNFLOWERS

Let the sun shine in with a beautiful 5-stem bunch.



\$7⁹⁹
ea

SAVE \$2ea

LOCAL ORGANIC PRODUCE

ORGANIC YELLOW POTATOES

Great for soup, mashers, or Shepherd's pie! From Cal-Ore Potatoes in Klamath Falls, OR.



\$1⁴⁹
lb

SAVE 50¢/lb



ORGANIC LEEKS

A delicious addition to soups, casseroles, and frittatas. From Ralph's Greenhouse in Mt. Vernon, WA.



\$2⁴⁹
lb

SAVE 50¢/lb



ORGANIC BOSCH AND CONCORDE PEARS

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



\$1⁹⁹
lb

SAVE \$1/ib



BAKERY & CHEESE

NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.



\$5⁹⁹
lb

SAVE \$1lb

MILL DANCE RED WAX GOUDA

A flavorful Gouda for burgers, sandwiches, and snack platters.



20%
off

PREPARED FOODS

NEW SEASONS BEEF FLAT IRON STEAK

Grilled Royal Ranch beef flat-iron topped with a savory tomato, garlic, and rosemary sauce.



\$21⁹⁹
lb

SAVE \$4lb

NEW SEASONS MASHED POTATOES

Russet and Yukon Gold potatoes mashed with just a touch of butter. Simple and delicious.



\$7⁹⁹
lb

SAVE \$3lb

NEW SEASONS THE COOKIE BITES

Bite-sized pieces of our favorite cookies. Choose from The Cookie, Peanut Butter, or Milk Chocolate.



\$3⁹⁹
ea

SAVE 50¢ea

CREMINELLI FINE MEATS SLICED CHARCUTERIE

An artisan favorite for your next sandwich or charcuterie board. Choose from assorted styles.

2-2.2oz



\$6⁴⁹
ea

SAVE \$1ea

NEW SEASONS DELICATA SQUASH, KALE AND APPLE SALAD

IT'S IN SEASON!

Roasted delicata squash, apples, and kale in a cider dressing.



\$11⁹⁹
lb

SAVE \$2lb

ORIGAMI CATERING SUNSET ROLL

Salmon, crab, avocado, and cucumber with a spicy mayo garnish.

PNW LOCAL



\$10⁹⁹
ea

SAVE \$1ea

BEER & WINE

Really BIG DEAL

PRE-SHOP OUR ANNUAL FALL WINE SALE

30%
off

12+
BOTTLES

20%
off

6-11
BOTTLES

Pre-order in store now through October 21, for pick-up during our sale, October 22 - 28.

Limited to stock on hand. No additional discounts. Selection varies by location. Offer valid for in-store purchases only.

BONEYARD BEER HOLY BONES IPA

A West Coast IPA with resonant notes of citrus, resinous pine, and a hint of tropical fruit.

4pk/16oz

PNW LOCAL

IT'S NEW!



\$13⁹⁹
ea

SAVE \$2ea

HOPWORKS BREWERY GREAT GOURDS OF FIRE PUMPKIN ALE

This warming fall seasonal features roasted pumpkin from Bella Organic Farm, spiced with notes of cinnamon, ancho chili, and cocoa.

4pk/16oz

\$12⁹⁹
ea

SAVE \$3ea

PNW LOCAL



RARE RED RED AND BLACK BLENDS

Bold and full-bodied red blends, perfect for fall feasts. Choose from the ripe and subtly smokey Rare Red blend and the spicy and structured Rare Black blend.

750ml

\$8⁹⁹
ea

SAVE \$4ea



BAUMAN'S CIDER NON-ALCOHOLIC APFELSCHORLE CIDERS

Made with apple cider and sparkling water, this refreshing, non-alcoholic German-style cider is great for all occasions.

4pk/12oz

\$9⁹⁹
ea

SAVE \$2ea

PNW LOCAL



CLICK, SAVE, ENJOY!

Shop online for the same great deals you find in-store, plus free delivery or pickup on orders of \$50+ with code

EASYDELIVER50

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Terms apply.

DON'T MISS THIS SWEET OFFER!

Neighbor Rewards members opted into email or text get a FREE The Cookie from the bakery with a purchase of \$10 or more.

Join or sign up by Thursday at newseasonsmarket.com/rewards for this exclusive member offer on Friday.



Really **BIG DEAL**

25% off

ALL SUPPLEMENTS

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

SAVE AN ADDITIONAL 25%

OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

PNW LOCAL

Now is a great time to stock up with 30% off on your favorites from Oregon's Wild Harvest.

30% off



SAVE AN ADDITIONAL 25%

NOW FOODS NUTRITIONAL SUPPLEMENTS

Enjoy great savings on your favorite nutritional supplements from NOW Foods. Exemptions apply.

25% off

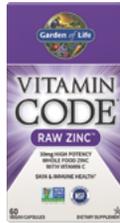


SAVE AN ADDITIONAL 25%

GARDEN OF LIFE VITAMIN CODE ZINC

Immune system support with live probiotics and enzymes to support digestion. 60cap

\$12.99 ea
SAVE \$5ea



SAVE AN ADDITIONAL 25%

BLOOM MAGNESIUM GLYCINATE 400MG

Each capsule delivers 400 mg of an easily absorbable form of magnesium. 90vc

\$19.99 ea
SAVE \$2ea



SAVE AN ADDITIONAL 25%

HOST DEFENSE MUSHROOMS LION'S MANE MUSHROOM MYCELIUM POWDER

Helps clear mental fog and boost memory and immune health. 3.5oz

\$22.99 ea
SAVE \$7ea



SAVE AN ADDITIONAL 25%

BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms. 6ct

\$13.49 ea
SAVE \$3.50ea



SAVE AN ADDITIONAL 25%

LIQUID I.V. HYDRATION MULTIPLIERS

Stay hydrated and save on full boxes and singles. Assorted flavors. .56oz

\$1.69 ea
SAVE 80¢ea



SAVE AN ADDITIONAL 25%

MICKELBERRY GARDENS ELDERBERRY HONEY TONIC

An herbal tonic made with raw, local honey for immune support. 4oz

\$10.99 ea
SAVE \$4ea



SAVE AN ADDITIONAL 25%

MANITOBA HARVEST RAW SHELLLED HEMP HEARTS

An excellent source of plant-based protein and heart-healthy omega-3s. 8oz

\$7.69 ea
SAVE \$3.30ea



GROCERY

TRULY INDIAN NAAN

Garlic or Plain. 12oz

2 for \$8
SAVE \$1.79ea



GRAIN TRUST RICE

Assorted Varieties 20-30oz

2 for \$10
SAVE \$1.89ea



ICE CREAM FOR BEARS FRENCH ICE CREAM

Assorted Varieties 14oz

\$6.99 ea
SAVE \$1.20ea



COLUMBIA FRUIT PREMIUM FROZEN FRUIT

Assorted Varieties 40oz

\$9.99 ea
SAVE \$3.80ea



DAIYA DAIRY-FREE PIZZA

Selected Varieties 13-19.4oz

\$7.99 ea
SAVE \$3ea



DEEP INDIAN KITCHEN FROZEN ENTRÉES

Assorted Varieties 7.8-9oz

\$5.99 ea
SAVE UP TO \$1.20ea



JAJU PIEROGI FROZEN PIEROGI

Assorted Varieties 14oz

\$9.99 ea
SAVE \$2.30ea



GROCERY

MADE SIMPLE. MADE BETTER.

From snack-time favorites like cheddar crackers to classics like mac & cheese, Annie's is on a mission to cultivate a healthier, happier world through nourishing foods. Made with non-GMO and organic ingredients from trusted producers, these pantry staples are ones you can feel good about serving your family.

ANNIE'S PRODUCTS
Assorted Varieties

30% off

Hop into Savings: All Annie's is On Sale!

KETTLE BRAND PARTY SIZE POTATO CHIPS **PNW LOCAL**
Assorted Varieties
13oz

\$4.99 ea
SAVE \$1.30 ea

QUINN SNACKS PRETZEL SNACKS
Selected Varieties

20% off

EPIC MEAT SNACKS
Selected Varieties

20% off

INKA CROPS SNACKS
Selected Varieties
4oz

2 for \$5
SAVE UP TO \$1.99 ea

LILY'S SWEETS CHOCOLATE
Selected Varieties

20% off

CHOCXO ORGANIC CHOCOLATE SNACKS
Selected Varieties
3.45oz

\$5.99 ea
SAVE UP TO \$1.80 ea

DARRELL LEA SOFT AUSTRALIAN LICORICE
Selected Varieties
7oz

BUY 1 GET 1 FREE
SAVE \$3.79 ON 2

CHOMPS BEEF STICKS
Original or Jalapeno.
8-9.2oz

\$16.99 ea
SAVE \$6 ea

TEJAVA TEA
Assorted Varieties
1L

2 for \$5
SAVE UP TO \$1.49 ea

STEAZ ORGANIC GREEN TEA
Assorted Varieties
16oz

2 for \$3
SAVE 99¢ ea

YACHAK ORGANIC PLANT-BASED ENERGY TEA
Assorted Varieties
16oz

2 for \$4
SAVE 99¢ ea

LIFE AID BEVERAGE CO. FUNCTIONAL BEVERAGE
Assorted Varieties
12oz

2 for \$5
SAVE UP TO \$1.29 ea

LOCAL ORGANIC BULK

HUMMINGBIRD WHOLESALE ORGANIC PINTO BEANS **PNW LOCAL**

\$2.99 lb
EVERYDAY VALUE

HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER **PNW LOCAL**

\$13.99 lb
SAVE \$2 lb

EQUAL EXCHANGE ORGANIC COFFEE **PNW LOCAL**
Selected Varieties

\$14.99 lb
SAVE \$2 lb

HUMMINGBIRD WHOLESALE ORGANIC MIXED NUTS **PNW LOCAL**

\$22.99 lb
SAVE \$2 lb

GROCERY

NOSSA FAMILIA COFFEE
COFFEE
 Selected Varieties
 12oz



\$12.99
ea

SAVE UP TO \$3.50ea

PNW LOCAL

TONY'S COFFEE
ORGANIC COFFEE
 Assorted Varieties
 12oz



\$14.99
ea

SAVE \$1ea

PNW LOCAL

YOGI ORGANIC TEA
 Selected Varieties
 16ct



\$4.99
ea

SAVE \$2ea

TECCINO HERBAL TEA
 Selected Varieties
 10ct



\$5.99
ea

SAVE UP TO \$2.30ea

PACIFIC FOODS
HEMP PLANT-BASED BEVERAGE
 Assorted Varieties
 32oz



\$4.49
ea

SAVE \$1.20ea

PNW LOCAL

CASCADE MOUNTAIN
SPARKLING WATER
 28oz



\$2.99
ea

SAVE 50¢ea Only available in Oregon stores

PNW LOCAL

VITA COCO
COCONUT WATER
 Selected Varieties
 1L



\$3.99
ea

SAVE UP TO \$2ea

NUMI ORGANIC TEA
 Selected Varieties
 12-18ct



\$5.99
ea

SAVE \$2ea

THE REAL CEREAL CO.
ORGANIC CEREAL
 Corn Flakes or Rice Crisps.
 8.4oz



\$4.99
ea

SAVE \$2ea

SMASH FOODS
SUPERFOOD JAM
 Assorted Varieties
 8oz



\$4.99
ea

SAVE \$2.50ea

COCONUT SECRET
COCONUT AMINOS AND SAUCES
 Selected Varieties



20% off

BIOITALIA
ORGANIC BEANS
 Assorted Varieties
 14oz



\$2.99
ea

SAVE \$1ea

IMMI
PLANT-BASED RAMEN SOUP
 Assorted Varieties
 2.4-2.43oz



\$4.99
ea

SAVE 70¢ea

ZOUP!
SOUP
 Assorted Varieties
 16oz



BUY 1 GET 1 FREE

SAVE \$6.49 ON 2

HEALTH VALLEY
ORGANIC SOUP
 Assorted Varieties
 14.5-15oz



2 for \$7

SAVE \$1.39ea

KATIE'S
PASTA SAUCE
 Assorted Varieties
 24oz



\$8.99
ea

SAVE \$2ea

DELALLO
POMODORO PASTA SAUCE
 Selected Varieties
 25.25oz



\$8.99
ea

SAVE UP TO \$2.80ea

DELALLO
PASTA
 Selected Varieties
 16oz



2 for \$5

SAVE UP TO \$2.29ea

CHICKAPEA
ORGANIC PROTEIN PASTA
 Assorted Varieties
 8oz



\$3.99
ea

SAVE \$1.50ea

I AND LOVE AND YOU
PET FOOD
 Selected Varieties



20% off

GROCERY

SILK PLANT-BASED MILK
Selected Varieties
1/2gal



\$3.99
ea

SAVE UP TO \$1.40ea

GROUNDWORK COFFEE ORGANIC COLD BREW
Selected Varieties
10.1oz

PNW LOCAL



\$2.99
ea

SAVE \$2ea

ELLENOS GREEK YOGURT
Selected Varieties
5.3oz

PNW LOCAL



3 for \$6

SAVE \$1.39ea

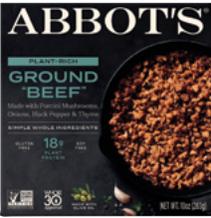
COCOJUNE DAIRY-FREE YOGURT
Assorted Varieties
4oz



\$2.29
ea

SAVE 90¢ea

ABBOT'S PLANT-BASED PROTEINS
Assorted Varieties
10oz



\$5.99
ea

SAVE \$3ea

MANINI'S GLUTEN-FREE PASTA
Selected Varieties
9.5-10oz

PNW LOCAL



\$6.99
ea

SAVE \$2ea

JACK & ANNIE'S FROZEN JACKFRUIT PRODUCTS
Selected Varieties
7.2-9.1oz



2 for \$10

SAVE \$1.99ea

PACHA SOURDOUGH BUCKWHEAT BREAD
Assorted Varieties
13-22oz



\$6.99
ea

SAVE UP TO \$3ea

BLAKE'S FROZEN ENTRÉES
Selected Varieties



20%
off

MILTON'S CAULIFLOWER CRUST PIZZA
Assorted Varieties
10.8-11.3oz



\$9.99
ea

SAVE \$2.70ea

PLANTSTRONG PLANT-BASED CHILIS AND STEWS
Assorted Varieties
16.9oz



\$5.99
ea

SAVE \$1.20ea

KOIA PLANT PROTEIN DRINK
Selected Varieties
12oz



2 for \$7

SAVE UP TO \$1.29ea

SUNNIE DIPPER SNACKS
Flatbread or Jam.
3.3-3.4oz



2 for \$6

SAVE \$1.99ea

HONEY MAMA'S COCOA TRUFFLE BAR
Assorted Varieties
2.5oz

PNW LOCAL



2 for \$7

SAVE UP TO \$2.49ea

DAVE'S KILLER BREAD ORGANIC THIN-SLICED BREAD
Assorted Varieties
20.5oz

PNW LOCAL



\$4.99
ea

SAVE \$1.50ea

MISSION FOODS SOFT TACO FLOUR TORTILLAS
10ct



\$2.49
ea

SAVE 50¢ea

New Lower Price

Look for this New Lower Price sign throughout the store for great deals on your favorite products.

NEW! LOWER PRICE!