

IT'S COHO SEASON!

Our annual Whole Coho Sale is on.
Throw an end-of-summer party or
stock the freezer—and save!

≥ TWO DAYS ONLY! ≤

**WHOLE COHO
SALMON SALE**

Saturday & Sunday,
Sept. 7-8, 9am-5pm

\$7⁹⁹
lb
SAVE \$3lb

Really BIG DEALS

MARY'S
**ORGANIC BONELESS SKINLESS
CHICKEN BREASTS**

Humane Certified and always air-chilled with no antibiotics ever.

\$8⁹⁹
lb

SAVE \$2lb



**ORGANIC
BARTLETT PEARS**

Tree-ripened and ready for your fall recipes!
From Columbia Gorge Organics in
Hood River, OR.

\$1⁹⁹
lb

SAVE \$1lb



PNW
LOCAL

CASCADIAN FARM ORGANIC
CEREAL

Selected Varieties
8.6-14.6oz

**BUY 1 GET 1
FREE**

SAVE \$7.99 ON 2



PNW
LOCAL

**50%
off**

**FROZEN
BREAKFAST ITEMS**

Waffles, breakfast sandwiches, breakfast burritos, and more –
including gluten-free and vegan options!

Exclusions apply. Limited to stock on hand. No additional discounts.

WHAT WE'RE loving

The top picks and seasonal favorites we can't get enough of lately.

TORTIYAHS! TORTILLA CHIPS
Nacho, Jalapeno Ranch or Spicy Green Chili.
8oz
\$3⁹⁹ ea
SAVE \$1 ea



NEW SEASONS BAKEWELL TART
A classic treat for any sweet occasion. Try the Raspberry Almond or seasonal Pumpkin Pecan!

\$7⁹⁹ ea
SAVE \$1 ea



NUUN ELECTROLYTE TABLETS
Save on a variety of Nuun flavors and formulas to help you stay hydrated.
10ct
\$7⁹⁹ ea
FEATURED



DAHLIAS

Brighten the day with locally grown dahlias.

PNW LOCAL



\$8⁹⁹ ea
SAVE \$2 ea

MEAT & SEAFOOD

NEW! LOWER PRICE!

COUNTRY NATURAL BEEF TOP SIRLOIN STEAK

USDA Choice, humanely range-raised beef with no added hormones and no antibiotics ever.

\$14⁹⁹ lb



COHO SALMON FILLET

Sustainably harvested and full of peak-season flavor. Excellent grilled, pan-seared, or baked.

\$14⁹⁹ lb
SAVE \$4 lb



FLORAL

PACIFIC CREST NURSERY HARDY FALL MUMS

Locally grown 6.5" fall mum. Perfect for fall decorating!
6.5in

PNW LOCAL

\$4⁹⁹ ea
SAVE \$1 ea



THOUSAND HILLS LIFETIME GRAZED GRASS-FED BEEF PACKS

Regeneratively raised and 100% grass-fed and finished with no added hormones and no antibiotics ever.
6-32oz

Starting at
\$7⁹⁹ ea

SAVE \$2 ea



WHOLE COHO SALMON SALE

Saturday & Sunday,
Sept. 7-8, 9am-5pm

\$7⁹⁹ lb

We'll cut and wrap it any way you'd like!

PRODUCE

MARYHILL PEACHES

Juicy, sun-kissed peaches picked at the peak of ripeness. From Gunkel Orchards in Goldendale, WA.

PNW LOCAL

\$3⁹⁹ lb
FEATURED



ORGANIC DRY FARM TOMATOES

Grown just for us, these flavorful tomatoes make for a tasty BLT! From Dirty Girl Produce in Santa Cruz, CA.

\$4⁹⁹ lb
SAVE \$1 lb



ORGANIC LEAF LETTUCE

Choose from romaine, red, or green leaf varieties. From Siri & Son Farms in St. Paul, OR.

PNW LOCAL

2 for \$5
SAVE 49¢ ea



BAKERY & CHEESE

ABE'S VEGAN MINI CUPCAKES

Delicious school-friendly treats made with plant-based frosting and sprinkles with no dairy, peanuts, eggs, or soy.

12ct



\$6⁹⁹
ea

SAVE \$1ea

ROGUE CREAMERY OREGON BLUE

This local B Corp handcrafts their delicious Certified Organic cheeses with a commitment to sustainability.

PNW
LOCAL



\$23⁹⁹
lb

SAVE \$2lb

NEW SEASONS GARLIC NAAN

Serve this soft flatbread alongside your favorite curry or rice dish, or as a base for a quick and easy pizza!

4ct



\$3⁹⁹
ea

SAVE \$1ea

NEW SEASONS MOZZARELLA BALL

Made to order for us by Ferndale Farmstead, this fresh cheese is perfect for pizza, panini, or seasonal pasta salads.

8oz

PNW
LOCAL



\$6⁹⁹
ea

FEATURED

NEW SEASONS DELI COLESLAW

A classic BBQ favorite in a light, sweet mayonnaise dressing.



\$8⁹⁹
lb

SAVE \$1lb

NEW SEASONS MEDITERRANEAN TURKEY BREAST

Boneless Diestel turkey breast coated with herbs and smoked paprika, then roasted to perfection.



\$17⁹⁹
lb

SAVE \$1lb

ORIGAMI CATERING SPAM MUSUBI

Sushi rice topped with Spam and wrapped in seaweed. Gently reheat and enjoy!

PNW
LOCAL



\$6⁴⁹
ea

SAVE \$1ea

BEER & WINE

Mix & Match Every day

10% off

6 bottles
of wine

20% off

12 bottles
of wine
or more

*Offer available in-store only.

BAERLIC BREWING OKTOBAERFEST BIER

This German-style Märzen lager boasts an herbal hop character that perfectly complements its toasty malt base and dry finish. Prost!

16oz

\$3⁵⁰
ea

SAVE 49¢ea



PNW
LOCAL

IT'S
NEW!

OVERJOY SCENIC VALLEY CHARDONNAY

A classic, creamy Chardonnay balanced by bright flavors of pineapple, peach, and nectarine. Locally-sourced oak barrels add structure and a clean, dry finish.

750ml

\$13⁹⁹
ea

SAVE \$3ea



ONLY AT
NSM

IT'S
NEW!

SEATTLE CIDER PUMPKIN SPICE HARD CIDER

Embrace the season with this crisp, juicy cider infused with warming notes of cinnamon, clove, and nutmeg.

6pk/12oz



\$13⁹⁹
ea

SAVE \$6ea

PNW
LOCAL

BARNARD GRIFFIN SELECT WINES

For 40 years, this family-owned winery has delivered exceptional quality and value. Try the crisp and citrusy Sauvignon Blanc. Selection may vary by location.

750ml

\$12⁹⁹
ea

SAVE \$3ea



PNW
LOCAL

SAVE TIME, ORDER ONLINE!

Use code **AUTUMN5**
for \$5 off \$35+
online for delivery
or free pickup.*

shop.newseasonsmarket.com

Powered by

instacart

*Terms apply. Free pickup on orders of \$35+.

GET \$5 OFF \$35!

Neighbor Rewards members
opted into email or text
get \$5 off a shopping trip
of \$35 or more.

Join or sign up by Thursday at
newseasonsmarket.com/rewards
to get this special member offer on
Friday—a great night
for New Seasons
artisan pizza!



WELLNESS

MARY RUTH'S NUTRITIONAL SUPPLEMENTS

Take 30% off select Mary Ruth's supplements for adults and children.

30%
off



VITANICA NUTRITIONAL SUPPLEMENTS

Save on a range of women's nutritional support from local naturopath Tori Hudson.

30%
off



WYLD CBD CBD GUMMIES

THC-free, broad-spectrum hemp extract in delicious real-fruit infused gummies.

30%
off



NOW FOODS D-MANNOSE 500MG

A naturally occurring simple sugar to help cleanse the urinary tract and maintain a healthy bladder lining.
120vc

\$19.99
ea

SAVE \$12ea



BLOOM L-THEANINE 200MG

Helps to promote relaxation without drowsiness.

60vc

\$22.99
ea

SAVE \$8ea



ANCIENT NUTRITION MULTI COLLAGEN PROTEIN POWDER

Contains 10 types of collagen to support healthy hair, skin, nails, and joints.

459g

\$34.99
ea

SAVE \$18ea



JARROW FORMULAS MAGMIND

Formulated with magnesium L-threonate to help support healthy brain function and memory.

90vc

\$31.99
ea

SAVE \$16ea



WISHGARDEN HERBS DEEP LUNG

Breathe easy with Deep Lung. Save on select liquid herbal formulas from Wish Garden Herbs this week.

.66oz

\$6.99
ea

SAVE \$3ea



AUOMERE AYURVEDIC FRESH MINT TOOTHPASTE

Made with neem and pure mint oils for a refreshingly cool, clean taste. Save on select flavors.

4.16oz

\$5.99
ea

SAVE \$4ea



DR. BRONNER'S HAND SANITIZERS

Great for back to school! Also save on select Dr. Bronner's hand and shaving soaps.

2oz

\$3.99
ea

SAVE \$1.50ea



GROCERY

TILLAMOOK ICE CREAM

Assorted Varieties
1.5qt

\$6.99
ea

SAVE \$1ea



YASSO FROZEN GREEK YOGURT DESSERTS

Selected Varieties
4ct

\$6.99
ea

SAVE \$1ea



NOOSA FROZEN YOGHURT GELATO

Assorted Varieties
14oz

\$5.99
ea

SAVE \$1ea



SEAPOINT FARMS FROZEN EDAMAME

Assorted Varieties
12-14oz

\$3.99
ea

SAVE \$1ea



URBAN PIE PIZZA CO. PINZZA ROMA STYLE PIZZA

Assorted Varieties
13-15.75oz

\$12.99
ea

SAVE \$2ea



APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties
8oz

\$8.99
ea

SAVE \$1ea



MEATI FOODS MUSHROOM ROOT PROTEIN

Assorted Varieties

20%
off



FOOD FOR LIFE SPROUTED GRAIN BREAD

Selected Varieties

20%
off



GROCERY

SNACK FACTORY PRETZEL CRISPS

Selected Varieties
7.2oz



\$3⁹⁹
ea
SAVE \$1ea

ARTISAN TROPIC PLANTAIN OR CASSAVA STRIPS

4.5oz



\$4⁹⁹
ea
SAVE \$2ea

G.H.CRETORS POPCORN

Assorted Varieties
6.5-8oz



\$4⁹⁹
ea
SAVE \$2.50ea

THE GOOD CRISP COMPANY POTATO CHIPS

Selected Varieties
5.5oz



\$3⁹⁹
ea
SAVE \$1ea

4505 MEATS CHICHARRONES

Assorted Varieties
2.25-2.5oz



\$4⁹⁹
ea
SAVE \$1ea

BETTER WITH BUCKWHEAT CRACKERS

Assorted Varieties
4.25oz



\$4⁹⁹
ea
SAVE \$1ea

WHISPS CHEESE & PRETZEL BITES

Assorted Varieties
2.5oz



\$3⁹⁹
ea
SAVE \$1ea

MUDDY BITES WAFFLE CONE SNACKS

Milk or Dark Chocolate.
2.33oz



\$3⁹⁹
ea
SAVE \$1ea

BOBO'S OAT BAR

Assorted Varieties
3oz



\$2⁹⁹
ea
SAVE 50¢ea

LAIRD SUPERFOOD PROTEIN BAR

Assorted Varieties
1.6oz



\$2⁴⁹
ea
SAVE 50¢ea

BOBO'S OAT BITES

Assorted Varieties
5ct



\$4⁹⁹
ea
SAVE \$1ea

BEAR FRUIT ROLLS

Assorted Varieties
5ct



\$4⁹⁹
ea
SAVE \$1ea

TAZA CHOCOLATE ORGANIC CHOCOLATE

Selected Varieties
2.7oz



\$5⁹⁹
ea
SAVE \$2ea

QUEST PROTEIN BAR

Assorted Varieties
2.12oz



\$2⁹⁹
ea
SAVE \$1ea

DARRELL LEA SOFT AUSTRALIAN LICORICE

Assorted Varieties
7oz



**BUY 1 GET 1
FREE**
SAVE \$3.99 ON 2

BEYOND GOOD CHOCOLATE OR VANILLA

Assorted Varieties



**30%
off**

BULK

HUMMINGBIRD WHOLESALE SNACKS, NUTS OR DRIED FRUIT

Selected Varieties



**PNW
LOCAL**

**20%
off**

GRAIN MILLERS ORGANIC REGULAR ROLLED OATS

\$2⁴⁹
lb
SAVE 50¢lb



**PNW
LOCAL**

HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER

\$12⁹⁹
lb
FEATURED



**PNW
LOCAL**

NOSSA FAMILIA COFFEE COFFEE

Selected Varieties



**PNW
LOCAL**

\$12⁹⁹
lb
SAVE \$3lb

GROCERY

**PORTLAND
COFFEE ROASTERS
WHOLE BEAN
COFFEE**

 Assorted Varieties
12oz

**PNW
LOCAL**

**BUY 1 GET 1
FREE**
SAVE UP TO \$5 ON 2
**PUKKA
ORGANIC TEA**
Assorted Varieties
20ct

\$4⁹⁹
ea

SAVE \$3ea

**RISE BREWING CO.
NITRO COLD BREW
COFFEE**
Assorted Varieties
7oz

2 for \$5
SAVE 99¢ea

**CAFFE UMBRIA
WHOLE BEAN
COFFEE**
Assorted Varieties
12oz

\$13⁹⁹
ea

SAVE \$1ea

**PNW
LOCAL**
**LAKEWOOD
ORGANIC
PINEAPPLE
JUICE**

 Spicy or Cranberry.
32oz

\$8⁹⁹
ea

SAVE \$1ea

**LORINA
SPARKLING
BEVERAGES**
Assorted Varieties
6pk/11.2oz

\$6⁹⁹
ea

SAVE \$2ea

**C2O
PURE COCONUT
WATER**
Selected Varieties
1L

\$3⁹⁹
ea

SAVE 80¢ea

**MILKADAMIA
MACADAMIA MILK**
Assorted Varieties
32oz

\$5⁴⁹
ea

SAVE \$1ea

**MISSION FOODS
BURRITO FLOUR
TORTILLAS**
8 CT

\$3⁴⁹
ea

SAVE \$1ea

**DAVE'S KILLER BREAD
BUNS, BREAD OR
ENGLISH MUFFINS**
Selected Varieties
13.2-27oz

**PNW
LOCAL**
\$5⁹⁹
ea

SAVE \$1ea

**JUSTIN'S
NUT BUTTER**
Assorted Varieties

**20%
off**

**BONO
MARMALADE OR
PASTA SAUCE**
Assorted Varieties

**20%
off**

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

\$3⁹⁹
ea

SAVE \$2ea

**DR. MCDUGALL'S RIGHT FOODS
NOODLE OR SOUP CUP**
Selected Varieties
1.3-2oz

2 for \$5
SAVE 79¢ea

**BIONATURAE
ORGANIC TOMATOES**
Selected Varieties

**20%
off**

**POMI
TOMATOES**
Assorted Varieties
26.46oz

\$4⁹⁹
ea

SAVE \$1ea

**BELLUCCI
ORGANIC EXTRA
VIRGIN OLIVE OIL**
Assorted Varieties
16.9oz

\$20⁹⁹
ea

SAVE \$5ea

**CALIFORNIA OLIVE RANCH
VINAIGRETTE
DRESSING**
Assorted Varieties
10oz

\$8⁹⁹
ea

SAVE \$2ea

**SIR KENSINGTON'S
CONDIMENTS**
Selected Varieties

**30%
off**

**LILLIE'S Q
SAUCES**
Assorted Varieties
16-21oz

\$7⁹⁹
ea

SAVE UP TO \$2ea


GROCERY

**TILLAMOOK
CHEESE
BABY LOAF**
Selected Varieties
2lb

**PNW
LOCAL**



\$9⁹⁹
ea
SAVE \$3ea

**BLUE DIAMOND
ALMOND BREEZE**
Selected Varieties
1/2gal



\$2⁹⁹
ea
SAVE 50¢ea

**ZOI
GREEK YOGURT**
Assorted Varieties
32oz

**PNW
LOCAL**



\$3⁹⁹
ea
SAVE \$2ea

**CHOBANI
GREEK YOGURT**
Selected Varieties
5.3oz



10 for \$10
SAVE 29¢ea

**GALBANI
STRING CHEESE**
12ct



\$5⁴⁹
ea
SAVE \$1ea

**SIMPLY
JUICE**
Assorted Varieties
52oz



2 for \$8
SAVE \$1.49ea

**STONYFIELD
KIDS ORGANIC
YOGURT POUCH**
Selected Varieties
3.5oz



2 for \$4
SAVE 59¢ea

**SIGGI'S
PLANT-BASED
COCONUT BLEND
YOGURT**
Assorted Varieties
5.3oz



2 for \$4
SAVE 49¢ea

**TILLAMOOK
CHEESE SNACK
PORTIONS**
Assorted Varieties
7.5oz

**PNW
LOCAL**



\$4⁴⁹
ea
SAVE \$1ea

**WILDWOOD
ORGANIC TOFU**
Selected Varieties
14-15.5oz



\$4⁴⁹
ea
SAVE UP TO \$1ea

**GRILLO'S PICKLES
FRESH DILL PICKLES**
Selected Varieties



20% off

**NANCY'S
ORGANIC
COTTAGE CHEESE**
Whole Milk or Lowfat.
16oz

**PNW
LOCAL**



\$4⁹⁹
ea
SAVE \$1.50ea

**ORGANIC VALLEY
GRASS-FED
BEEF HOT DOGS**
Selected Varieties
10oz



\$8⁹⁹
ea
SAVE \$2ea

**PERFECT BAR
PROTEIN BARS**
Selected Varieties
4ct



\$9⁹⁹
ea
SAVE \$1ea

**EVOLUTION FRESH
ORGANIC COLD-
PRESSED JUICE**
Selected Varieties
15.2oz



\$3⁹⁹
ea
SAVE \$2ea

**GT'S LIVING FOODS
ORGANIC
KOMBUCHA**
Selected Varieties
16oz



2 for \$6
SAVE \$1.49ea

Really **BIG DEAL**

50% off

**FROZEN
BREAKFAST
ITEMS**

Waffles, breakfast sandwiches, breakfast burritos, and more – including gluten-free and vegan options!

Exclusions apply. Limited to stock on hand. No additional discounts.

Weekend Tasting

We're mixing things up with fresh Coho salmon on Friday and breakfast faves from our frozen section on Saturday and Sunday! 12pm – 6pm