

BRING ON THE HALIBUT!

Fresh, sustainably harvested, and peak-season delish—the whole halibut sale is here.

≡ ONE DAY Only ≡

WHOLE HALIBUT SALE **\$14.99** lb
Saturday, May 3, from 9am to 5pm. **SAVE \$9lb**

≡ Really BIG DEALS ≡

BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Humanely raised with no antibiotics ever.



\$3.99 lb

SAVE \$2lb

ORGANIC HASS AVOCADOS

Rich, creamy, and great for dips, toast, and smoothies. From Calavo Growers in California.



5 for \$5

SAVE 89¢ea

TOM'S OF MAINE ORAL AND BODY CARE

Enjoy great savings on select oral care products, including toothpaste, floss, and mouthwash. Plus, save on select body care essentials!



25% off

TILLAMOOK SHREDDED CHEESE

Selected Varieties
16oz



\$5.99 ea

SAVE \$2.30ea

NEW SEASONS TORTILLA CHIPS

From Don Pancho
Authentic Mexican Foods
in Salem, OR. Restaurant
Style, Hint of Lime,
or Spicy Blue.
9-14oz



2 for \$5

SAVE \$1.49ea

50% off

**GLUTEN-FREE
PRODUCTS**

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

WHAT WE'RE loving



Yakama Nation Farms

Fresh-cut, peak-season asparagus is here—from local favorite Yakama Nation Farms!

We've partnered with this asparagus farm since the early days, and when the Yakama Nation took ownership in 2022, they continued a legacy of sustainability while working to restore the self-sufficiency their tribes held before westward expansion. Oh—and the asparagus? Top-notch!



WHOLE HALIBUT SALE!

\$14.99
lb

SAVE \$9/lb

**Saturday, May 3,
from 9am to 5pm.**

**We'll cut and wrap
any way you like.**

MEAT & SEAFOOD

MARY'S WHOLE CHICKEN LEGS

Humanely raised and always air-chilled with no antibiotics ever.

\$3.99
lb

SAVE \$1/lb



OREGON BAY SHRIMP

Sweet, briny shrimp sustainably harvested in Oregon, and cooked to perfection. Great on a spring salad.

**PNW
LOCAL**

\$8.99
lb

SAVE \$2/lb



THOUSAND HILLS LIFETIME GRAZED GRASS-FED BEEF PACKS

Regeneratively raised, 100% grass-fed and finished beef with no added hormones and no antibiotics ever. Choose from ground, flat-iron, and more. Prices vary by cut. 6-32oz

Starting at:

\$8.99
ea

SAVE \$1/ea



FRESH HALIBUT FILLET

Fresh, sustainably wild-caught halibut! Great grilled, baked, pan-seared, or poached.

\$27.99
lb

SAVE \$9/lb



FLORAL

EXCLUSIVE HANGING BASKETS

Looking for a gift for Mother's Day? These beautiful seasonal baskets are brimming with love. Grown by Bauman Farms just for us.

**PNW
LOCAL**



Mother's Day Flowers

**Call or stop by your
neighborhood New Seasons'
floral department to
pre-order your
Mother's Day
arrangements now.**



PRODUCE

ORGANIC ATAULFO MANGOS

Smooth and creamy with rich mango flavor. From Crespo Organic in Mexico.

2 for \$5

SAVE \$1/ea



ORGANIC CILANTRO

Fresh, fragrant, and delicious as a garnish or addition to spring soups. From Tomatero Farm in Watsonville, CA.

\$1.49
ea

SAVE 50¢/ea



ORGANIC LIMES

Add a squeeze of vibrant, tangy flavor to dressings, dips, and cocktails. From Covilli Brand Organics in Mexico.

\$2.49
lb

SAVE 50¢/lb



BAKERY & CHEESE

FLAX4LIFE CHOCOLATE BROWNIES

A chocolatey delight made by a family-owned company using certified gluten-free ingredients.

12ct

PNW
LOCAL

\$7⁹⁹
ea

SAVE \$1ea



DON FROYLAN QUESO FRESCO

A fresh, award-winning cheese from a family-owned creamery. Delicious on tacos!

12oz

PNW
LOCAL

\$7⁹⁹
ea

SAVE \$1ea



NEW SEASONS ORGANIC SEEDED HONEY BREAD

Baked fresh in-house with honey, molasses, and organic seeds.

\$5⁹⁹
ea

SAVE \$1ea



CASCADIA CREAMERY SLEEPING BEAUTY

Herbal and buttery with a touch of tang, this handcrafted cheese from Trout Lake, WA, is cave-aged to perfection.

PNW
LOCAL

\$25⁹⁹
lb

SAVE \$2lb



NEW SEASONS COASTAL KALE

This longtime customer favorite is light and lemony with crunchy toasted seeds and marinated onions.

\$12⁹⁹
lb

SAVE 50¢lb



NEW SEASONS JUMBO BEEF AND PORK MEATBALLS WITH MARINARA

Made with a blend of ground beef and pork, then gently braised in our house marinara sauce.

\$7⁴⁹
ea

SAVE 50¢ea



NEW SEASONS VEGETABLE FRIED RICE

Basmati rice with sautéed veggies, scrambled egg, and a touch of soy sauce and sesame oil.

\$11⁴⁹
lb

SAVE 50¢lb



NEW SEASONS ALMOND CHICKEN SALAD

Diced grilled chicken with crunchy almonds, celery, and grapes in a creamy dressing.

\$14⁴⁹
lb

SAVE 50¢lb



BEER & WINE

PRE-SHOP OUR ANNUAL SPRING WINE SALE!

30% off 12+ BOTTLES **20% off 6 - 11 BOTTLES**

Pre-order in store now through May 13,
for pick-up during our sale May 14 - 20.

Additional discount available during sale period only. Selection may vary by location. Offer available in-store only.

MODELO ESPECIAL MEXICAN LAGER

An exceptionally crisp, refreshing, and full-flavored pilsner-style lager with a well-balanced, light hop character.

6pk/12oz

PNW
LOCAL

\$12⁹⁹
ea

SAVE \$2ea



LIVING HÄUS BEER FRANK MEXICAN-STYLE LAGER

Brewed with flaked corn, Pilsner and Vienna malts for a light, toasty base. Balanced with Mittlefruh and Mandarina Bavaria hops for hints of rosemary and orange peel.

16oz

PNW
LOCAL

\$3⁹⁹
ea

SAVE \$1ea



CORONA SUNBREW CITRUS CERVEZA

Bright, crisp, and citrusy. Brewed with orange and lime peels for a refreshingly bold twist on classic Mexican beer.

6pk/12oz

\$12⁹⁹
ea

SAVE \$3ea



ATHLETIC BREWING NON-ALCOHOLIC COPPER CERVEZA

Brewed with the finest Munich malts, this non-alcoholic beer offers aromas of lightly toasted malt, spicy florals, and fresh-baked bread. With a medium body and big flavor, it's the epitome of easy drinking.

6pk/12oz

\$11⁹⁹
ea

SAVE \$1ea



IT SAVES TO SHOP ONLINE!

Get everything you love in-store, without the lines. Use code **DELIVER4YOU** for FREE pickup or delivery!

shop.newseasonsmarket.com

Powered by
Instacart

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

GET 50% OFF MANDARINS!

Neighbor Rewards members opted into email or text get one 50% off one 3lb bag of mandarins.

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



WELLNESS

ORGANIC INDIA ORGANIC WHOLE HUSK PSYLLIUM

Supports digestion and elimination with essential soluble and insoluble fibers. Save on select formulas.

12oz

\$12⁹⁹
ea

SAVE \$6ea



LIQUID I.V. HYDRATION MULTIPLIERS

Stay hydrated with an assortment of delicious flavors. Save on full boxes and singles.

.56oz

\$1⁶⁹
ea

SAVE 80°ea



NEW CHAPTER BONE STRENGTH TAKE CARE

USDA Organic plant-based calcium from sustainably harvested red marine algae. Save on select sizes.

60tab

\$27⁹⁹
ea

SAVE \$17ea



NOW FOODS ZINC 50MG

An essential mineral, zinc supports hundreds of enzymatic reactions, including immune system function and overall health.

100tab

\$5⁷⁹
ea

SAVE \$2.20ea



NORDIC NATURALS DHA XTRA

Packed with 960 mg of DHA per serving, this omega-3 rich formula supports brain, eye, and heart health.

60sg

\$26⁹⁹
ea

SAVE \$7ea



FLORA SUPER 8 HI-POTENCY PROBIOTIC

Supports digestive health with eight active probiotic strains for a balanced gut and optimal immune function.

30cap

\$18⁹⁹
ea

SAVE \$8ea



WELEDA DAY AND NIGHT CREAM

A nutrient-rich and fast-absorbing cream to help protect and repair day or night. Save on facial cleanser as well.

1.3oz

\$19⁹⁹
ea

SAVE \$9ea



DESERT ESSENCE NATURAL TEA TREE OIL CLEANSING PADS

Convenient cleansing pads made with Australian tea tree oil to gently remove oil, impurities, and makeup.

50ct

\$5⁹⁹
ea

SAVE \$3ea



PHILLIP ADAM HAIR CARE

Gently cleanses hair and scalp, and helps remove product build-up. Save on select formulas.

12oz

\$11⁹⁹
ea

SAVE \$8ea



GROCERY

RAO'S HOMEMADE FROZEN ENTRÉES

Selected Varieties
8.4-9.5oz



2for\$10

SAVE \$1.49ea

TUCSON FOODS FROZEN TAMALES

Assorted Varieties
5-7.5oz



2for\$6

SAVE 89°ea

MASPANADAS FROZEN EMPANADAS

Assorted Varieties
7.5oz



\$6⁹⁹
ea

SAVE \$1.70ea

VISTA HERMOSA BURRITOS AND TORTILLAS

Selected Varieties



20% off

SEAPOINT FARMS FROZEN EDAMAME

Assorted Varieties
12oz



2for\$7

SAVE \$1.49ea

SAMBAZON FROZEN ACAI SUPERFRUIT PACKS

Selected Varieties
4pk/3.5oz



\$6⁹⁹
ea

SAVE \$2ea

TRU FRU CHOCOLATE COVERED FROZEN SNACKS

Selected Varieties
8oz



\$8⁹⁹
ea

SAVE \$2.60ea

STRAUS FAMILY CREAMERY ORGANIC ICE CREAM

Assorted Varieties
1pt



\$5⁹⁹
ea

SAVE \$1.60ea

GROCERY

**KETTLE BRAND
POTATO
CHIPS**
Assorted Varieties
6.5-7.5oz



2 for \$7
SAVE \$1.99ea

**LATE JULY SNACKS
TORTILLA
CHIPS**
Selected Varieties
7.5-10.1oz



\$3.99
ea
SAVE \$2ea

**JACKSON'S
POTATO
CHIPS**
Assorted
Varieties
5oz



\$2.99
ea

**BARBARA'S
CHEESE
PUFFS**
Assorted Varieties
5.5-7oz



\$3.99
ea

**BLUE DIAMOND
NUT THINS**
Assorted Varieties
4.25oz



\$4.99
ea

**IQBAR
PLANT-BASED
PROTEIN BAR**
Assorted Varieties
1.6oz



\$1.99
ea
SAVE 50¢ea

**INKA CROPS
SNACKS**
Selected Varieties
4oz



\$2.99
ea
SAVE UP TO \$1.50ea

**CHOCLOVE
PREMIUM
CHOCOLATE**
Selected Varieties



20% off

**LAKEWOOD
ORGANIC
JUICE**
Selected Varieties



20% off

**SANTA CRUZ ORGANIC
LEMONADE**
Selected Varieties
16oz



2 for \$5
SAVE 49¢ea

**WATERLOO
SPARKLING WATER**
Assorted Varieties
8pk/12oz



\$4.99
ea
SAVE \$1ea

**HOP WTR
SPARKLING HOP
WATER**
Assorted Varieties
6pk/12oz



\$8.99
ea
SAVE \$5ea

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



**BUY 1 GET 1
FREE**
SAVE \$2.69 ON 2

**JUST WATER
BUBBLES**
Assorted Varieties
16oz



\$2.29
ea
SAVE 70¢ea

**SEVEN TEAS
ORGANIC
TEA**
Selected Varieties
16oz



2 for \$6
SAVE 79¢ea

**GORGIE
ENERGY
DRINK**
Assorted Varieties
12oz



2 for \$5
SAVE 49¢ea

BULK

**HUMMINGBIRD WHOLESALE
ORGANIC
BLACK
BEANS**

**PNW
LOCAL**



\$2.99
lb
EVERYDAY VALUE

**HUMMINGBIRD WHOLESALE
ORGANIC DRIED
CRANBERRIES**

**PNW
LOCAL**



\$6.99
lb
SAVE \$1lb

**MARICH CONFECTIONERY
CHOCOLATES
OR CANDIES**
Selected Varieties



\$7.99
lb
SAVE \$2lb

**HUMMINGBIRD WHOLESALE
ORGANIC
ALMOND
BUTTER**

**PNW
LOCAL**



\$11.99
lb
SAVE \$1lb

GROCERY

NEAR EAST RICE PILAF, COUSCOUS OR QUINOA

Selected Varieties
4.7-10oz

\$2⁹⁹
ea

SAVE UP TO \$2ea



VIGO RICE

Selected Varieties

20%
off



SIMPLY ORGANIC SEASONING MIX

Selected Varieties
.7-1.5oz

\$1⁹⁹
ea

SAVE UP TO \$1ea



LA PREFERIDA CHILES, BEANS OR RICE

Selected Varieties

20%
off



A DOZEN COUSINS SEASONED BEANS

Assorted Varieties
10oz

\$2⁹⁹
ea

SAVE \$1ea



FRONTERA SALSA

Selected Varieties

20%
off



TIA LUPITA FOODS SALSAS AND HOT SAUCES

Assorted Varieties

20%
off



COUNTRY ARCHER PROVISIONS MEAT STICK

Selected Varieties
1oz

2 for \$4



KIKKOMAN HOISIN OR SOY SAUCE

Selected Varieties

20%
off



LILLIE'S Q SAUCES

Assorted Varieties

20%
off



RUFUS TEAGUE BBQ SAUCE

Assorted Varieties
16oz

\$6⁹⁹
ea

SAVE \$3ea



SPECTRUM ORGANIC CULINARY OILS

Selected Varieties

20%
off



NAPOLEON OLIVES

Selected Varieties

20%
off



NEW SEASONS PASTA

Made in small batches by Rallenti Pasta Company in Portland, OR. Select varieties.
16oz

\$2⁹⁹
ea

FEATURED



NEW SEASONS PASTA SAUCE

Made with fresh Italian tomatoes that go from vine to jar in just two hours. Assorted varieties.
24oz

\$5⁴⁹
ea



RAO'S HOMEMADE SLOW SIMMERED SOUP

Assorted Varieties
16oz

\$4⁹⁹
ea



NEW SEASONS ALBACORE TUNA

Sustainably sourced tuna from Oregon Seafood in Charleston, OR. Salted or Unsalted.
6oz

\$5⁴⁹
ea



BLUE BUFFALO CO. PET FOOD

Selected Varieties

20%
off



PAW LOVE DOG TREATS

Assorted Varieties

20%
off



CEREBELLY ORGANIC BABY FOOD

Selected Varieties

20%
off



GROCERY

MISSION FOODS
BURRITO
FLOUR TORTILLAS
8ct

\$3⁴⁹
ea
SAVE \$1ea



DAISY BRAND
SQUEEZE
SOUR CREAM
Regular or Light.
14oz

\$2⁹⁹
ea
SAVE 80¢ea



CHOBANI
GREEK YOGURT
Selected Varieties
5.3oz

BUY 2 GET 1
FREE
SAVE \$1.59 ON 3

Available
in-store only



KITE HILL
GREEK STYLE PLANT-
BASED YOGURT
Plain or Vanilla.
16oz

\$4⁹⁹
ea
SAVE \$1.60ea



HARMLESS HARVEST
ORGANIC
CULTURED COCONUT
Assorted Varieties
4.4oz

\$2²⁹
ea
SAVE UP TO \$1.20ea



DE CASA FINE FOODS
DIPS AND SALSAS **PNW LOCAL**
Selected Varieties
14-14.5oz

\$3⁹⁹
ea
SAVE UP TO \$1ea



BROWN COW
WHOLE MILK
YOGURT
Assorted Varieties
32oz

\$3⁹⁹
ea
SAVE \$1.30ea



MAPLE HILL
YOGURT
OR KEFIR
Selected Varieties
16-32oz

\$6⁹⁹
ea
SAVE \$2ea



CALIFIA FARMS
PLANT MILKS
AND CREAMERS
Selected Varieties

25% off



GOOD FOODS
SALSA OR GUACAMOLE
Selected Varieties

25% off



SOL-TI
ORGANIC SUPERSHOT
Ginger or Turmeric.
2.1oz

2 for \$5
SAVE \$1.09ea



HONEY MAMA'S
COCOA
TRUFFLE BAR
Assorted Varieties
2.5oz

2 for \$7
SAVE \$2.49ea



ORGANIC VALLEY
DHA
OMEGA 3
MILK
Whole or Reduced Fat.
1/2gal

\$6⁹⁹
ea
SAVE 50¢ea



FLORIDA'S NATURAL
JUICE
Assorted Varieties
52oz

\$4⁴⁹
ea
SAVE 50¢ea



DAISY BRAND
COTTAGE CHEESE
24oz

\$4⁹⁹
ea
SAVE \$1ea



DAVE'S KILLER BREAD **PNW LOCAL**
ORGANIC BREAD
OR BAGELS
Selected Varieties
16.75-20.5oz

\$4⁹⁹
ea
SAVE UP TO \$2ea



≡ Really **BIG DEALS** ≡

50% off

GLUTEN-FREE
PRODUCTS

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