

LOCAL STRAWBERRIES ARE HERE!

Oregon-grown and
sweeter than ever.
Come take your pick.

STRAWBERRY PINTS

From Unger Century Farm in Cornelius, OR, and
Bluff Berry Farm in Boring, OR.

\$4⁹⁹
ea
SAVE \$1ea

Really BIG DEALS

MARY'S WHOLE FRYER CHICKEN

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

\$2⁹⁹
lb

SAVE \$1lb



YAKOBI FISHERIES

COHO SALMON FILLET

Wild-caught during the peak of season and
frozen immediately to retain its fresh flavor.

SAVE \$4lb



CHOBANI GREEK YOGURT

Selected Varieties
5.3oz



10 for \$10

SAVE 29¢ea

KASHI CEREAL

Selected Varieties
12-16.3oz

\$3⁹⁹
ea

SAVE \$2ea



50% off

GT'S LIVING FOODS

Kombucha and Yogurt

Limited to stock on hand. No additional discounts.
Selection varies by location.

EVERYDAY VALUE

Check this spot each week for everyday favorites at great prices you can count on.

MARY'S CHICKEN DRUMSTICKS

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



\$1.99
lb

EVERYDAY VALUE

ORGANIC GRAPE TOMATO QUARTS

Picked ripe and ready for fresh salads, nachos, or summer pasta. From Divine Flavor in Mexico.



\$5.99
ea

EVERYDAY VALUE

ZOI GREEK YOGURT

Assorted Varieties
32oz

PNW
LOCAL



\$5.99
ea

EVERYDAY VALUE

NOW FOODS NAC 600MG

Helps the body produce glutathione, a powerful antioxidant.
100cap



\$16.99
ea

EVERYDAY VALUE

MEAT & SEAFOOD

NEW SEASONS TURMERIC GARLIC CHICKEN SAUSAGE LINKS

House-made with humanely raised chicken and ready for the grill.



\$1.99
ea

SAVE \$1ea



NEW SEASONS HOUSE-MADE BEEF SKEWERS

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



\$7.99
ea

FEATURED

COUNTRY NATURAL BEEF 80% LEAN 20% FAT GROUND BEEF

Humanely range-raised local beef with no added hormones and no antibiotics ever.



\$6.99
lb

FEATURED

PNW
LOCAL

NEW SEASONS ALL SEAFOOD STUFFED MUSHROOMS

Made in-house and ready to bake or grill. Great for a shared appetizer or an easy meal.



Starting at:

\$6.99
ea

SAVE \$1ea

ALASKAN LEADER SEAFOODS FROZEN WILD-CAUGHT SEAFOOD

Choose from Sockeye Salmon, Miso Black Cod and more!
12-16oz



Starting at:

\$8.99
ea

SAVE \$1ea

PRODUCE & FLORAL

ORGANIC NECTARINES

Sweet, juicy, and full of flavor. From Valliwide in Reedley, CA.



\$3.99
lb

SAVE \$1lb

ORGANIC GEM AVOCADOS

Rich, creamy, and great for a batch of guacamole! From Calavo Growers in CA.



2 for \$5

SAVE 29¢ea

ORGANICGIRL SELECT SALAD BLENDS

Perfect for a quick and easy lunch or dinner. From organicgirl in Salinas, CA.
4.2-5oz



\$4.49
ea

SAVE 50¢ea

PEONY BUNCH

These multi-layered local blooms are as fragrant as they are beautiful.



\$12.99
ea

SAVE \$2ea

PNW
LOCAL

BAKERY & CHEESE

BLUE STAR DONUT BITES

The perfect bite-sized treats in a variety of flavors.
12oz

PNW
LOCAL

\$9⁹⁹
ea

SAVE \$1ea



OLYMPIA PROVISIONS ARTISAN SALAMIS

Handcrafted with high-quality ingredients that support sustainable farming. Great for Father's Day!
4.2oz

PNW
LOCAL

\$10⁹⁹
ea

SAVE 50¢ea



NEW SEASONS ORGANIC ROSEMARY SEA SALT BAGUETTE

Hand-made by our bakers with the perfect balance of rosemary, olive oil, and sea salt.

\$2⁹⁹
ea

SAVE \$1ea



BEECHER'S HANDMADE CHEESE FLAGSHIP

Sweet, nutty, and sharp, this popular Seattle cheese is great on a sandwich or party platter.

PNW
LOCAL

\$19⁹⁹
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.

IT'S
BACK!

\$11⁹⁹
lb

FEATURED



NEW SEASONS SESAME GREEN BEANS

Tender green beans lightly steamed, then tossed with sesame oil, sesame seeds, and a pinch of salt.

IT'S
BACK!

\$11⁹⁹
lb

FEATURED



NIMAN RANCH APPLEWOOD SMOKED UNCURED HAM

Lightly seasoned with salt and sugar, then slow-smoked over applewood. Sliced to order in our deli.

\$13⁹⁹
lb

SAVE \$1lb



ORIGAMI CATERING CUCUMBER AVOCADO ROLL

Featuring English cucumber, avocado, and toasted sesame seeds.

PNW
LOCAL

\$8⁹⁹
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.

MODELO CHELADA FRESA PICANTE

A michelada-style beer with a spin, Fresa Picante is the perfect balance of strawberry flavor, authentic Mexican beer, and spice.
24oz

\$3⁹⁹
ea

SAVE \$1ea



FORT GEORGE BREWERY 3-WAY IPA

A celebrated annual three-way collaboration, this year's 3-Way IPA features Fort George, Brujos Brewing, and Ghost Town Brewing.
4pk/16oz

PNW
LOCAL

IT'S
NEW!

\$14⁹⁹
ea

SAVE \$1ea



BROADBENT VINHO VERDE

Fresh and lightly spritzzy with lively citrus, green apple, and white peach notes. Pair with fish, chicken, or spicy foods.
750ml

\$9⁹⁹
ea

SAVE \$5ea



SOLIS LUMEN ORGANIC ROSÉ

Organic Grenache-based rosé with notes of ripe berry, fresh citrus, and melon, finishing with soft herbal hints and zippy acidity.
750ml

\$14⁹⁹
ea

SAVE \$2ea



SAVE TIME, ORDER ONLINE!

Use code **SUNSHINE15**
for \$15 off \$75+
online for delivery or
free pickup.*

shop.newseasonsmarket.com

Powered by
instacart

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

GET \$10 OFF \$40!

Are you receiving Neighbor
Rewards emails or texts?

Opt in today, and never miss
another member offer—
like the \$10 off \$40 offer you'll
get just for opting in at
newseasonsmarket.com/rewards



WELLNESS

ALL GOOD SUN CARE

Be ready for the sun with great savings on broad-spectrum, mineral-based sunscreens.

30%
off



THE HONEY POT COMPANY PERSONAL HYGIENE PRODUCTS

All-natural, plant-derived feminine care products.

30%
off



RAINBOW LIGHT MULTIVITAMINS

Choose from men's and women's multivitamins, including prenatal formulas. 120tab

\$29⁹⁹
ea
SAVE \$15ea



VEGA PROTEIN MADE SIMPLE

Plant-based protein formulas with 15 grams of protein per serving. 9.2-9.6oz

\$16⁹⁹
ea
SAVE \$5ea



MEGAFOOD BLOOD BUILDER

Easily absorbable gentle iron with added nutrients to help build healthy blood. 30tab

\$13⁹⁹
ea
SAVE \$5ea



NOW FOODS VITAMIN D3 5000IU

Each serving delivers 5000 IU of vitamin D3 in an easy-to-swallow softgel. 120sg

\$9⁴⁹
ea
SAVE \$3.50ea



BLOOM ORGANIC LION'S MANE

Helps to support brain health, memory, and immune function. 60vc

\$12⁹⁹
ea
SAVE \$4ea



OREGON'S WILD HARVEST TURMERIC

Supports a healthy inflammation response. 60vc

\$24⁹⁹
ea
SAVE \$10ea



MAD HIPPIE VITAMIN C SERUM

Formulated to improve skin texture while reducing the appearance of fine lines, discoloration, and dark spots. 1.02oz

\$24⁹⁹
ea
SAVE \$10ea



TOM'S OF MAINE TOOTHPASTES

Made with all-natural ingredients. Save on select toothpastes and gels. 4-4.7oz

\$6⁹⁹
ea
SAVE \$3ea



GROCERY

GOOD FOOD MADE SIMPLE BURRITOS AND BREAKFAST FOODS

Selected Varieties

20%
off



STAHLBUSH ISLAND FARMS FROZEN FRUIT

Assorted Varieties

30%
off



FOOD FOR LIFE SPROUTED ENGLISH MUFFINS

Selected Varieties 6ct

\$7⁹⁹
ea
SAVE \$1ea



ANNIE'S PIZZA SNACKS

Assorted Varieties

20%
off



HÄAGEN-DAZS ICE CREAM

Selected Varieties 9-14oz

\$5⁹⁹
ea
SAVE \$2ea



MY/MOCHI MOCHI ICE CREAM

Assorted Varieties 6ct

\$6⁹⁹
ea
SAVE \$1ea



RAO'S HOMEMADE FAMILY-SIZE FROZEN ENTRÉES

Assorted Varieties 24-27oz

\$11⁹⁹
ea
SAVE \$3ea



AMERICAN FLATBREAD FROZEN PIZZA

Cheese & Herb or Revolution. 13.8-16.8oz

\$12⁹⁹
ea
SAVE \$2ea



GROCERY

GARDEN OF EATIN' TORTILLA CHIPS

Assorted Varieties
16oz

\$6⁹⁹
ea

SAVE \$1.50ea



SIETE FAMILY FOODS TOTOPOS CORN TORTILLA CHIPS

Assorted Varieties
7.5oz

\$3⁹⁹
ea

SAVE \$2.50ea



TIM'S THINS

Assorted Varieties
7.5oz

\$3⁹⁹
ea

SAVE \$2ea



12 TIDES ORGANIC KELP CHIPS

Selected Varieties
2oz

\$3⁹⁹
ea

SAVE \$2ea



G.H. CRETORS POPCORN

Assorted Varieties
5.5-8oz

\$5⁹⁹
ea

SAVE \$1.50ea



SKINNYPOP FAMILY SIZE POPCORN

8oz

\$6⁹⁹
ea

SAVE \$2ea



TATE'S BAKE SHOP COOKIES

Selected Varieties
7oz

\$6⁹⁹
ea

SAVE \$1ea



ANNIE'S ORGANIC GRAHAMS

Honey or Cinnamon.
14.4oz

\$5⁹⁹
ea

SAVE \$3ea



NEW SEASONS SALMON JERKY

Made from 100% wild-caught Alaskan salmon. A great snack for on the go.
2.5oz

\$10⁹⁹
ea

FEATURED



KALAHARI BILTONG AIR DRIED SLICED BEEF

Assorted Varieties
2oz

\$7⁹⁹
ea

SAVE \$2ea



SUN TROPICS BANANA CHIPS

Assorted Varieties
5.1-6oz

\$4⁹⁹
ea

SAVE \$1ea



MAUNA LOA MACADAMIAS

Selected Varieties
4oz

\$6⁹⁹
ea

SAVE \$2ea



ANNIE'S ORGANIC FRUIT SNACKS

Selected Varieties
7oz

\$4⁹⁹
ea

SAVE \$3ea

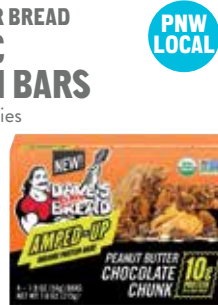


DAVE'S KILLER BREAD ORGANIC PROTEIN BARS

Selected Varieties
4ct

\$8⁹⁹
ea

SAVE \$2ea



SANDERS CHOCOLATE SEA SALT CARAMELS

Milk or Dark.
18oz

\$9⁹⁹
ea

SAVE \$3ea



RXBAR PROTEIN BARS

Selected Varieties
5-8ct

\$9⁹⁹
ea

SAVE \$3ea



BULK

GRAIN MILLERS ORGANIC QUICK ROLLED OATS

PNW
LOCAL

\$1⁹⁹
lb

SAVE \$1lb



NEW SEASONS RAINBOW PARTY MIX

Made in partnership with family-owned SunRidge Farms in Royal Oaks, CA.
15oz

\$9⁹⁹
ea

SAVE \$2ea



TONY'S COFFEE ORGANIC COFFEE

Assorted Varieties

PNW
LOCAL

\$12⁹⁹
lb

SAVE \$2lb



HUMMINGBIRD WHOLESALE ORGANIC SALTED AWAKENED ALMONDS

PNW
LOCAL

\$19⁹⁹
lb

SAVE \$4lb



GROCERY

**SANTA CRUZ ORGANIC
LEMONADE
OR LIMEADE**
Assorted Varieties
32oz



2 for \$5
SAVE UP TO \$2.49ea

**MELA WATER
WATERMELON
WATER**
Assorted Varieties
16.9oz



\$3⁴⁹_{ea}
SAVE UP TO \$1.50ea

**STEAZ
ORGANIC
YERBA MATE**
Assorted Varieties
16oz



2 for \$5
SAVE 79¢ea

**ITO EN
OI OCHA
GREEN TEA**
Assorted Varieties
16.9oz



2 for \$5
SAVE \$1.49ea

**BONEYARD ELIXIR
CBD SPARKLING
BEVERAGE**
Assorted Varieties
12oz



2 for \$7
SAVE 99¢ea

*Only available
in OR stores*

**ARDOR ORGANIC
SPARKLING
WATER**
Assorted Varieties
12oz



2 for \$5
SAVE \$1.19ea

**TEJAVA
TEA**
Assorted Varieties
1L



\$3⁹⁹_{ea}
SAVE \$2ea

**C2O
COCONUT
WATER**
Assorted Varieties
17.5oz



3 for \$5
SAVE \$1.32ea

**ANTIOXIDANT SOLUTIONS
JUICE**
Assorted Varieties



**20%
off**

**ETERNAL
NATURALLY
ALKALINE
SPRING
WATER**
1.5L



2 for \$5
SAVE 99¢ea

**MOOALA
ORGANIC
PLANT-BASED
MILK**
Oat or Almond.
32oz



\$4⁹⁹_{ea}
SAVE \$1ea

**PEET'S COFFEE
COFFEE**
Assorted Varieties
10-10.5oz



\$8⁹⁹_{ea}
SAVE \$5ea

**CABOO
BAMBOO
PAPER
PRODUCTS
AND BABY
WIPES**
Selected Varieties



**20%
off**

**PLUM ORGANICS
BABY FOOD**
Selected Varieties



**20%
off**

**BEAR NAKED
GRANOLA**
Assorted Varieties
11-12oz



\$4⁹⁹_{ea}
SAVE \$2.50ea

**NEW SEASONS
BAGELS**
Handmade in the
traditional NY style
by Bowery Bagels in
Portland, OR.
4ct



\$4⁹⁹_{ea}
FEATURED

**BONO
PASTA
SAUCE**
Assorted Varieties
24oz



\$8⁹⁹_{ea}
SAVE \$2ea

**KOYO
RICE RAMEN CUP**
Selected Varieties
2-2.1oz



2 for \$6
SAVE 99¢ea

**GOODLES
MAC &
CHEESE**
Assorted Varieties
5.25-6oz



\$3⁹⁹_{ea}
SAVE UP TO \$2.50ea

**MISSION FOODS
BURRITO FLOUR
TORTILLAS**
8ct



\$2⁹⁹_{ea}
SAVE \$1.50ea

GROCERY

Good for the Gut

The SYNERGY Raw Kombucha from family- and LGBTQ+-owned GT Living Foods ticks all the boxes: It's delicious, has zero added sugar, and is packed with gut-friendly probiotics.

Save 50% on SYNERGY Raw Kombucha and other favorites from GT's Living Foods this week.

GT'S LIVING FOODS
FERMENTED
FOODS
Assorted Varieties

50% off



VITAL FARMS
PASTURE-RAISED
GRADE A LARGE EGGS
1doz



\$6⁹⁹ ea
SAVE 50¢ea

UNCLE MATT'S ORGANIC
LEMONADE
OR JUICE
Selected Varieties



20% off

GOOD CULTURE
CREAM CHEESE
SPREAD
Plain or Chive.
7oz



2 for \$7
SAVE \$1.49ea

MIYOKO'S CREAMERY
PLANT MILK BUTTER
Selected Varieties
8oz



\$4⁹⁹ ea
SAVE \$1ea

COFFEE-MATE
COFFEE
CREAMER
Selected Varieties
1qt



\$4⁹⁹ ea
SAVE \$1ea

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

PNW
LOCAL



\$4⁹⁹ ea
SAVE \$1.50ea

NANCY'S
ORGANIC YOGURT
Selected Varieties
32oz

PNW
LOCAL



\$5⁴⁹ ea
SAVE \$1.50ea

NANCY'S
ORGANIC
KEFIR
Assorted Varieties
1qt

PNW
LOCAL



\$5⁴⁹ ea
SAVE \$1.50ea

ESSENTIAL EVERYDAY
CHEESE SLICES
Assorted Varieties
8oz



2 for \$5
SAVE \$1.49ea

HEBREW NATIONAL
BEEF FRANKS
Original or Reduced Fat.
9.43-10.3oz



\$5⁹⁹ ea
SAVE \$1ea

KOIA
PLANT
PROTEIN
DRINK
Assorted Varieties
12oz



2 for \$7
SAVE \$1.49ea

GROUNDWORK COFFEE CO.
COLD BREW
CONCENTRATE
Assorted Varieties
32oz

PNW
LOCAL



\$11⁹⁹ ea
SAVE \$3ea

Weekend TASTING

We're celebrating the start of local berry season with a taste of Oregon strawberries—picked at the peak of sweet, juicy perfection.

Friday, Saturday & Sunday
12pm – 6pm

