

SIZZLE WITH WAGYU

Tender, juicy, and packed with flavor—
Wagyu beef turns any summer burger
into a masterpiece.



Really BIG DEAL

Snake River Farms
75% LEAN 25% FAT
WAGYU GROUND BEEF

\$7.99
lb
SAVE \$3lb

Really BIG DEALS

ANNASEA POKE MEAL KITS

Make poke at home with sustainable seafood.
Six flavors to choose from.
10oz

20%
off



LOCAL BLACKBERRY PINTS

Extra juicy with sweet-tart flavor.
From Eisele Farms in Boring, OR.

PNW
LOCAL

\$4.99
ea

SAVE \$1ea



SUMMER
OF
SCAMPS

50%
off

**STRAUS +
JONNYPOPS**

Exclusions apply. Limited to stock on hand or
while supplies last. Selection varies by location.

50%
off

KIND BRAND
Snacks • Granola • Bars

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

GT'S LIVING FOODS KOMBUCHA

Selected Varieties
16oz

BUY 2 GET 1
FREE

SAVE \$4.29 ON 3



Available
in-store only

RICKSHAW CALIFORNIA WINES

Incredible quality and value in every
bottle. Choose from Cabernet
Sauvignon, Chardonnay,
Pinot Noir, or Sauvignon Blanc.
750ml

\$7.99
ea

SAVE \$9ea



WHAT WE'RE loving

Origami Catering

We've been partnering with our friends at Origami Catering in Portland for over 15 years—because when it comes to quality, they deliver in spades. Freshness and quality are their standard, with sashimi and sushi rolls made using sustainably sourced seafood, plus salad rolls, japchae noodles, and so much more.

Made fresh daily and conveniently packaged, you'll find it all ready to grab and go in the deli at your neighborhood New Seasons.



MEAT & SEAFOOD

NEW SEASONS GREEN CHILE CHEESE PORK SAUSAGE LINKS

House-made with fire-roasted fresh Hatch chiles, cheese, and pork.



\$7⁴⁹
lb
SAVE 50¢lb



NEW SEASONS MARINATED BEEF FLANKEN RIBS

Made with USDA Choice beef marinated in our gluten-free marinades. Flavors may vary by location.

Starting at:

\$13⁹⁹
lb

SAVE \$1lb



NEW SEASONS SHRIMP COCKTAIL

The perfect snack on the go featuring cooked shrimp and a zesty cocktail sauce with an extra kick of horseradish.

\$8⁹⁹
ea

SAVE \$1ea



NEW SEASONS ALL SAUSAGE LINKS

Choose from a wide selection of hand-made sausage links. Selection may vary by location.

Starting at:

\$7⁴⁹
lb

SAVE 50¢lb



RIVERENCE WHOLE DRESSED TROUT

Sustainably farm-raised in Idaho's Magic Valley. Delicious baked, pan-roasted, or grilled.

\$7⁹⁹
lb

SAVE \$2lb



FLORAL

LOCAL DAHLIAS

Oregon-grown and blooming with summer charm.



\$10⁹⁹
ea

SAVE \$2ea

ORGANIC PRODUCE

ORGANIC FIGS

Delicate and sweet with a honeylike flavor. From Maywood Farm in Corning, CA.

\$7⁹⁹
lb

SAVE \$2lb



ORGANIC PLUMS AND PLUCOTS

Sweet, juicy, and delicious grilled. Grown in CA and OR.

\$3⁹⁹
lb

SAVE \$1lb



ORGANICGIRL SELECT SALAD BLENDS

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

\$4⁴⁹
ea

SAVE 50¢ea



BAKERY & CHEESE

NEW SEASONS HATCH CHILE CORNBREAD

Sweet meets heat in this ultra-moist cornbread made with seasonal Hatch chiles and cheddar cheese.



\$6⁹⁹
lb

SAVE \$1lb

SIERRA NEVADA CHEESE COMPANY FARMER CHEESE

A fresh, creamy cheese perfect for stuffed pasta, as a base for spreads, or served alongside summer strawberries.

16oz



\$6⁹⁹
ea

SAVE \$1ea

NEW SEASONS BBQ BEEF AND PORK MEATBALLS

A bite-sized take on our beef and pork meatballs in a smoky chipotle BBQ sauce.



\$11⁹⁹
lb

SAVE \$4lb

NEW SEASONS WATERMELON SALAD WITH FETA AND MINT

A refreshing salad featuring watermelon, summer tomatoes, and feta cheese in a harissa honey dressing.



\$9⁹⁹
lb

SAVE \$3lb

BLUEBIRD BAKERS HATCH CHILE SWEET MAIZE COOKIES

Slightly sweet cornbread flavor with a kick of Hatch chile heat.



PNW
LOCAL

IT'S
NEW!

\$10⁹⁹
ea

SAVE \$1ea

CARR VALLEY CHEESE BREAD CHEESE

Sear in a pan or right on the grill, then add to veggie dishes or salads. Available in assorted flavors.

6oz



\$7⁴⁹
ea

SAVE 50¢ea

SCHREIBER SLICED SWISS CHEESE

Perfect for sandwiches and snacking.



\$9⁹⁹
lb

SAVE \$2lb

NEW SEASONS KALE CRANBERRY SALAD

This delicious salad features crumbled goat cheese, toasted pecans, dried cranberries, and a cider maple dressing.



\$9⁹⁹
ea

SAVE \$2ea

BEER & WINE

**MIX
&
MATCH**

**10%
off**
6 bottles of wine

**20%
off**
12 or more bottles
of wine

*Offer available in-store only.

CHUCKANUT BREWERY SELECT 6-PACK CANS

A pillar of the Pacific Northwest brewing scene, Chuckanut Brewery is renowned for its crisp, award-winning lagers.

Selection may vary by location.

6pk/12oz



\$13⁹⁹
ea

SAVE \$2ea

PNW
LOCAL

BROWNE FAMILY VINEYARDS GIGI'S GARDEN WHITE BLEND

Crisp and refreshing with bright aromas of lemon peel, Asian pear, apricot, Key lime, and a hint of wet stone. We recommend serving it chilled!

1L

\$19⁹⁹
ea

SAVE \$14ea



PNW
LOCAL

IT'S
NEW!

**SKIP THE LINE,
NOT THE
SUNSHINE**

Save time for summer fun—and get the same prices as in-store when you shop online for quick, easy pickup or delivery.

shop.newseasonsmarket.com

Powered by

instacart

SILVER CITY BREWERY BAVARIAN STYLE HEFEWEIZEN

Brewed true to tradition, this unfiltered hefeweizen bursts with notes of clove, vanilla, and banana, delivering classic Bavarian character in every refreshing sip.

6pk/12oz



\$14⁹⁹
ea

SAVE \$2ea

PNW
LOCAL

LAPIS LUNA CABERNET SAUVIGNON AND SAUVIGNON BLANC

Excellent quality and value from California. Choose from the full-bodied Cabernet Sauvignon with notes of dark chocolate and cherries and the zippy Sauvignon Blanc with crisp citrus and stone fruit flavors.

750ml

\$12⁹⁹
ea

SAVE \$3ea



**DON'T MISS
THIS OFFER!**

Neighbor Rewards members opted into email or text get **50% off peak-season peaches and nectarines** in the produce department.

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



WELLNESS

VIBRANT HEALTH NUTRITIONAL SUPPLEMENTS

Save on your favorite formulas form Vibrant Health, including greens and urinary tract support.

**35%
off**



DERMA E FACIAL CARE

Natural skin care rich in vitamins, antioxidants, and botanicals. Save on select facial care this week.

**25%
off**



PRIMAL KITCHEN COLLAGEN PEPTIDES

Get 10 grams of collagen per serving for healthy hair, skin, and nails. Add to coffee or smoothies.

19.4oz

**\$24⁹⁹
ea**

SAVE \$15ea



GARDEN OF LIFE SPORT CREATINE +PROBIOTICS POWDER

An unflavored and easy-to-mix powder with 5 grams of creatine per serving.

12.27oz

**\$32⁹⁹
ea**

SAVE \$7ea



NOW FOODS NAC 600MG

Helps the body produce glutathione, a powerful antioxidant.

100cap

**\$14⁹⁹
ea**

SAVE \$2ea



BLOOM B-12 1000MCG

Support healthy brain and nerve function with 1000 mcg of B-12 per tablet.

100tab

**\$13⁹⁹
ea**

SAVE \$4ea



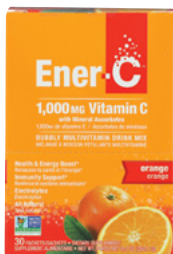
ENER-LIFE ENER-C MULTIVITAMIN DRINK MIX

A delicious, easy way to get your daily vitamin C. Save on singles and full boxes.

30ct

**\$15⁹⁹
ea**

SAVE \$6ea



CHARLOTTE'S WEB STAY ASLEEP CBD GUMMIES

Each serving delivers 20mg of CBN to promote restful sleep.

6ct

2 for \$10

SAVE \$4.99ea



MOON VALLEY ORGANICS FOAMING HAND SOAPS

Soothing herbal hand soaps made with calendula and comfrey to gently cleanse and moisturize.

8.8oz

**\$5⁹⁹
ea**

SAVE \$2ea



EVERY MAN JACK DEODORANTS

Get 24-hour odor protection free from aluminum and baking soda. Save on select scents.

3oz

**\$6⁴⁹
ea**

SAVE \$2.50ea



GROCERY

STRAUS FAMILY CREAMERY ICE CREAM

Assorted Varieties

NOW:

**\$3⁷⁹-
ea**

**\$7⁹⁹
ea**

WITH 50% DISCOUNT



**SUMMER
OF
SCOPS**

AMY'S FROZEN BREAKFAST FOODS

Selected Varieties

**20%
off**



FOOD FOR LIFE ENGLISH MUFFINS

Selected Varieties

**20%
off**



FEEL GOOD FOODS GLUTEN-FREE FROZEN FOODS

Assorted Varieties

**20%
off**



JONNYPOPS FROZEN BARS AND POPS

Assorted Varieties

NOW:

**\$3⁴⁴-
ea**

**\$3⁹⁹
ea**

WITH 50% DISCOUNT



**SUMMER
OF
SCOPS**

SAMBAZON FROZEN AÇAÍ AND SMOOTHIE BOWLS

Assorted Varieties

5.9-6.1oz

**BUY 2 GET 1
FREE**

SAVE \$4.59 ON 3



Available
in-store only

PITAYA FOODS FROZEN SUPER-FRUIITS

Selected Varieties

**20%
off**



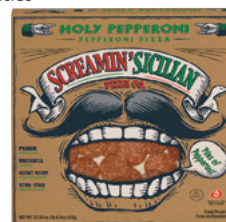
SCREAMIN' SICILIAN PIZZA PREMIUM FROZEN CRAFT PIZZA

Assorted Varieties

20.8-23.5oz

**\$9⁹⁹
ea**

SAVE \$2ea



GROCERY

NEW SEASONS KETTLE CHIPS

Produced by the farmers who grow the potatoes at Naturally Homegrown Foods. Assorted varieties.

5.2oz

\$2⁹⁹
ea

EVERYDAY VALUE



HIPPEAS CHICKPEA PUFFS

Selected Varieties
3.75-4oz

\$3⁹⁹
ea

SAVE 90¢ea



BOULDER CANYON AVOCADO OIL TORTILLA CHIPS

Assorted Varieties
8oz

\$3⁹⁹
ea

SAVE \$2.50ea



UNIQUE SNACKS PRETZELS

Selected Varieties
11oz

\$3⁹⁹
ea

SAVE \$1.70ea



GIMME GRAB & GO ROASTED SEAWEED SNACKS

Assorted Varieties
5ct

\$3⁹⁹
ea

SAVE \$1.70ea



MILTON'S CRACKERS

Selected Varieties
6-8.4oz

\$3⁹⁹
ea

SAVE 90¢ea



CRUNCHMASTER GLUTEN-FREE CRACKERS

Assorted Varieties
4oz

2 for \$7

SAVE \$1.09ea



WASA CRISPREAD

Assorted Varieties

20% off



LUNDBERG FAMILY FARMS RICE CAKES

Selected Varieties
5-10.5oz

\$3⁹⁹
ea

SAVE UP TO \$2ea



MOON CHEESE CHEESE SNACK

Assorted Varieties
2oz

\$3⁹⁹
ea

SAVE \$1.30ea



SAFFRON ROAD CRUNCHY CHICKPEAS

Assorted Varieties
5.4oz

\$4⁹⁹
ea

SAVE UP TO \$2ea



JOOLIES ORGANIC DATE POPS

Assorted Varieties
3.5oz

\$5⁹⁹
ea

SAVE \$2ea



THAT'S IT FRUIT BAR

Assorted Varieties
1.2oz

2 for \$3

SAVE 79¢ea



YUMEarth CANDY

Selected Varieties

20% off



GLUTINO GLUTEN-FREE SNACKS

Selected Varieties
4.6-10.5oz

\$4⁹⁹
ea

SAVE UP TO \$3.30ea



CHUAO CHOCOLATIER CHOCOLATE BAR

Assorted Varieties
2.8oz

\$4⁹⁹
ea

SAVE \$2.40ea



BULK

REED'S CRYSTALLIZED GINGER

PNW LOCAL

\$10⁹⁹
lb

SAVE \$31b



SUNRIDGE FARMS ORGANIC DELUXE TRAIL MIX

\$11⁹⁹
lb

SAVE \$21b



EQUAL EXCHANGE ORGANIC ROASTED ALMONDS

PNW LOCAL

\$12⁹⁹
lb

SAVE \$41b



PORTLAND COFFEE ROASTERS COFFEE

Selected Varieties

\$14⁹⁹
lb

EVERYDAY VALUE



GROCERY

GRAZA
EXTRA VIRGIN OLIVE OIL
Selected Varieties
25.3oz



\$14⁹⁹
ea
SAVE \$2ea

RAO'S HOMEMADE PASTA SAUCE
Assorted Varieties
32oz



\$9⁹⁹
ea
SAVE \$2.90ea

WILD PLANET SEAFOOD
Selected Varieties



30% off

DAIYA DAIRY-FREE MAC & CHEESE
Assorted Varieties



33% off

WOODSTOCK NUT BUTTER
Selected Varieties
35oz



\$11⁹⁹
ea
SAVE \$4.50ea

SUNBUTTER SUNFLOWER BUTTER
Selected Varieties



20% off

NATURE'S PATH ORGANIC INSTANT OATMEAL
Selected Varieties
8ct



\$3⁹⁹
ea
SAVE \$1.50ea

ONCE UPON A FARM BABY FOOD AND KIDS' SNACKS
Selected Varieties



20% off

BOB'S RED MILL PANCAKE MIXES
Selected Varieties

PNW LOCAL



20% off

COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP
Selected Varieties
12oz



\$14⁹⁹
ea
SAVE \$5ea

PEET'S COFFEE COFFEE
Selected Varieties
10.5oz



\$11⁹⁹
ea
SAVE \$3ea

ELMHURST OAT CREAMER
Selected Varieties
16oz



\$4⁹⁹
ea

SEVENTH GENERATION DISH LIQUID
Assorted Varieties
19oz



2 for \$7
SAVE UP TO \$1.49ea

ANTIOXIDANT SOLUTIONS JUICE
Assorted Varieties
32oz



\$5⁹⁹
ea
SAVE \$1.50ea

JUST WATER BUBBLES
Assorted Varieties
16oz



\$2²⁹
ea
SAVE 70¢ea

ICELANDIC GLACIAL NATURAL SPRING WATER
1.5L



2 for \$6
SAVE \$1.29ea

ITO EN OI OCHA GREEN TEA
Assorted Varieties
16.9oz



2 for \$5
SAVE 49¢ea

VIDA MATE YERBA MATE
Assorted Varieties
16oz



2 for \$5
SAVE 89¢ea

LIFE AID BEVERAGE CO. FUNCTIONAL BEVERAGE
Assorted Varieties
12oz



2 for \$5
SAVE 99¢ea

NEW SEASONS COCONUT WATER
Made using sustainably grown and harvested coconuts.
17.5oz



\$1⁹⁹
ea
FEATURED

GROCERY

50% off
STRAUS + JONNYPOPS

Exclusions apply. Limited to stock on hand or while supplies last. Selection varies by location.

**THE GREEK GODS
GREEK YOGURT**
Assorted Varieties
24oz

\$3.99
ea
SAVE \$1.30ea



**MOOSKI
CHILLED
OAT BAR**
Assorted Varieties
1.59oz

**BUY 2 GET 1
FREE**
SAVE \$2.99 ON 3



Available
in-store only

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

4 for \$5
SAVE 54¢ea



**GOODBELLY
PREBIOTIC &
PROBIOTIC
JUICE DRINK**
Selected Varieties
32oz

2 for \$6
SAVE \$1.49ea



**HARMLESS HARVEST
ORGANIC
COCONUT
WATER**
Selected Varieties

25% off



**PORTAL TEA CO.
COLD BREW OR
MATCHA LATTE**
Selected Varieties
12oz

\$3.99
ea
SAVE \$1ea



**PNW
LOCAL**

**GREEN GIRL BAKESHOP
PLANT-BASED
COOKIE SANDWICH**
Selected Varieties
5oz

**BUY 2 GET 1
FREE**
SAVE \$7.69 ON 3



Available
in-store only

**NOTCO
PLANT-BASED
PROTEINS**
Selected Varieties

50% off



FUEL THAT FEELS GOOD

Give your day a little get-up-and-go with a shake from Koia. Each delicious recipe packs 18 grams of plant-based protein, with just 4 grams of sugar, and no soy, gluten, or GMOs.

**KOIA
PLANT-BASED
PROTEIN
SHAKES**
Selected Varieties
12oz

2 for \$7
SAVE UP TO \$1.29ea



**HÄAGEN-DAZS
ICE CREAMS
AND BARS**
Selected Varieties
9-14oz

2 for \$10
SAVE UP TO \$1.29ea



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

**BUY 1 GET 1
1/2 OFF**
SAVE \$3.25 ON 2



Available
in-store only

**MISSION FOODS
ZERO NET CARBS
TORTILLAS**
14ct

\$4.99
ea
SAVE \$1.50ea



**CAPPELLO'S
FROZEN BISCUITS**
Assorted Varieties
12-12.1oz

\$7.99
ea
SAVE \$2ea



Really BIG DEAL

50% off **KIND BRAND**
Snacks · Granola · Bars

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