

# 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

PNW LOCAL

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



**\$4.99**  
ea

SAVE \$1ea

SUMMER OF SCAPPS

**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.



**\$7<sup>49</sup>**  
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:**  
**\$13<sup>99</sup>**  
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.

**\$8<sup>99</sup>**  
ea  
**SAVE \$1ea**



#### NEW SEASONS ALL SAUSAGE LINKS

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

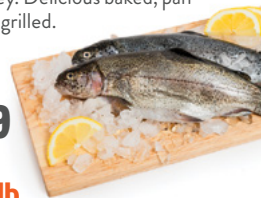
**Starting at:**  
**\$7<sup>49</sup>**  
lb  
**SAVE 50¢/lb**



#### RIVERENCE WHOLE DRESSED TROUT

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

**\$7<sup>99</sup>**  
lb  
**SAVE \$2lb**



### FLORAL

#### LOCAL DAHLIAS

Oregon-grown and blooming with summer charm.



**\$10<sup>99</sup>**  
ea  
**SAVE \$2ea**

### ORGANIC PRODUCE

#### ORGANIC FIGS

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



**\$7<sup>99</sup>**  
lb  
**SAVE \$2lb**

#### ORGANIC PLUMS AND PLUCOTS

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



**\$3<sup>99</sup>**  
lb  
**SAVE \$1lb**

#### ORGANICGIRL SELECT SALAD BLENDS

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



**\$4<sup>49</sup>**  
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.



**\$6<sup>99</sup>**  
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**



**\$6<sup>99</sup>**  
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.



**\$11<sup>99</sup>**  
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.



**\$9<sup>99</sup>**  
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!

**\$10<sup>99</sup>**  
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**



**\$7<sup>49</sup>**  
ea

SAVE 50¢ea

### SCHREIBER SLICED SWISS CHEESE

Perfect for sandwiches and snacking.



**\$9<sup>99</sup>**  
lb

SAVE \$2lb

### NEW SEASONS KALE CRANBERRY SALAD

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



**\$9<sup>99</sup>**  
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**



**\$13<sup>99</sup>**  
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**



**\$19<sup>99</sup>**  
ea

SAVE \$14ea

PNW LOCAL

IT'S NEW!

### 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**



**\$14<sup>99</sup>**  
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**



**\$12<sup>99</sup>**  
ea

SAVE \$3ea

## 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](http://shop.newseasonsmarket.com)

Powered by **instacart**

## 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](http://newseasonsmarket.com/rewards) for this exclusive member offer on Friday.



## WELLNESS

### VIBRANT HEALTH NUTRITIONAL SUPPLEMENTS

Save on your favorite formulas from 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

**\$24.99 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

**\$32.99 ea**

SAVE \$7ea



### NOW FOODS NAC 600MG

Helps the body produce glutathione, a powerful antioxidant.

100cap

**\$14.99 ea**

SAVE \$2ea



### BLOOM B-12 1000MCG

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

100tab

**\$13.99 ea**

SAVE \$4ea



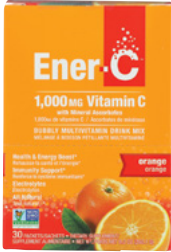
### ENER-LIFE ENER-C MULTIVITAMIN DRINK MIX

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

30ct

**\$15.99 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

**\$5.99 ea**

SAVE \$2ea



### EVERY MAN JACK DEODORANTS

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

3oz

**\$6.49 ea**

SAVE \$2.50ea



## GROCERY

### STRAUS FAMILY CREAMERY ICE CREAM

Assorted Varieties

NOW:

**\$3.79- ea**

**\$7.99 ea**

WITH 50% DISCOUNT



SUMMER OF SCOOPS

### 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:

**\$3.44- ea**

**\$3.99 ea**

WITH 50% DISCOUNT



SUMMER OF SCOOPS

### 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-FRUITS

Selected Varieties

**20% off**



### SCREAMIN' SICILIAN PIZZA PREMIUM FROZEN CRAFT PIZZA

Assorted Varieties

20.8-23.5oz

**\$9.99 ea**

SAVE \$2ea



# GROCERY

## NEW SEASONS KETTLE CHIPS

Produced by the farmers who grow the potatoes at Naturally Homegrown Foods. Assorted varieties. 5.2oz



**\$2.99** ea

**EVERYDAY VALUE**

## HIPPEAS CHICKPEA PUFFS

Selected Varieties 3.75-4oz



**\$3.99** ea

**SAVE 90¢ea**

## BOULDER CANYON AVOCADO OIL TORTILLA CHIPS

Assorted Varieties 8oz



**\$3.99** ea

**SAVE \$2.50ea**

## UNIQUE SNACKS PRETZELS

Selected Varieties 11oz



**\$3.99** ea

**SAVE \$1.70ea**

## GIMME GRAB & GO ROASTED SEAWEED SNACKS

Assorted Varieties 5ct



**\$3.99** ea

**SAVE \$1.70ea**

## MILTON'S CRACKERS

Selected Varieties 6-8.4oz



**\$3.99** ea

**SAVE 90¢ea**

## CRUNCHMASTER GLUTEN-FREE CRACKERS

Assorted Varieties 4oz



**2 for \$7**

**SAVE \$1.09ea**

## WASA CRISP BREAD

Assorted Varieties



**20% off**

## LUNDBERG FAMILY FARMS RICE CAKES

Selected Varieties 5-10.5oz



**\$3.99** ea

**SAVE UP TO \$2ea**

## MOON CHEESE CHEESE SNACK

Assorted Varieties 2oz



**\$3.99** ea

**SAVE \$1.30ea**

## SAFFRON ROAD CRUNCHY CHICKPEAS

Assorted Varieties 5.4oz



**\$4.99** ea

**SAVE UP TO \$2ea**

## JOOLIES ORGANIC DATE POPS

Assorted Varieties 3.5oz



**\$5.99** ea

**SAVE \$2ea**

## THAT'S IT FRUIT BAR

Assorted Varieties 1.2oz



**2 for \$3**

**SAVE 79¢ea**

## YUM EARTH CANDY

Selected Varieties



**20% off**

## GLUTINO GLUTEN-FREE SNACKS

Selected Varieties 4.6-10.5oz



**\$4.99** ea

**SAVE UP TO \$3.30ea**

## CHUAO CHOCOLATIER CHOCOLATE BAR

Assorted Varieties 2.8oz



**\$4.99** ea

**SAVE \$2.40ea**

# BULK

## REED'S CRYSTALLIZED GINGER

**PNW LOCAL**

**\$10.99** lb

**SAVE \$3lb**



## SUNRIDGE FARMS ORGANIC DELUXE TRAIL MIX

**\$11.99** lb

**SAVE \$2lb**



## EQUAL EXCHANGE ORGANIC ROASTED ALMONDS

**PNW LOCAL**

**\$12.99** lb

**SAVE \$4lb**



## PORTLAND COFFEE ROASTERS COFFEE

Selected Varieties

**\$14.99** lb

**EVERYDAY VALUE**



# GROCERY

**GRAZA**  
**EXTRA VIRGIN OLIVE OIL**  
Selected Varieties  
25.3oz



**\$14<sup>99</sup>**  
ea  
**SAVE \$2ea**

**RAO'S HOMEMADE PASTA SAUCE**  
Assorted Varieties  
32oz



**\$9<sup>99</sup>**  
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



**\$11<sup>99</sup>**  
ea  
**SAVE \$4.50ea**

**SUNBUTTER SUNFLOWER BUTTER**  
Selected Varieties



**20%**  
off

**NATURE'S PATH ORGANIC INSTANT OATMEAL**  
Selected Varieties  
8ct



**\$3<sup>99</sup>**  
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



**\$14<sup>99</sup>**  
ea  
**SAVE \$5ea**

**PEET'S COFFEE COFFEE**  
Selected Varieties  
10.5oz



**\$11<sup>99</sup>**  
ea  
**SAVE \$3ea**

**ELMHURST OAT CREAMER**  
Selected Varieties  
16oz



**\$4<sup>99</sup>**  
ea

**SEVENTH GENERATION DISH LIQUID**  
Assorted Varieties  
19oz



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

**ANTIOXIDANT SOLUTIONS JUICE**  
Assorted Varieties  
32oz



**\$5<sup>99</sup>**  
ea  
**SAVE \$1.50ea**

**JUST WATER BUBBLES**  
Assorted Varieties  
16oz



**\$2<sup>29</sup>**  
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



**\$1<sup>99</sup>**  
ea  
**FEATURED**

# GROCERY

**50% off**  
**STRAUS + JONNYPOPS**

**SUMMER OF SCOOPS**

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

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



**4 for \$5**  
**SAVE \$4.99 ea**

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



**2 for \$6**  
**SAVE \$1.49 ea**

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



**\$3.99 ea**  
**SAVE \$1.30 ea**

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



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

Available in-store only

**GREEN VALLEY CREAMERY LACTOSE-FREE CHEESE**  
 Selected Varieties  
 6oz



**\$4.99 ea**  
**SAVE \$2 ea**

**RIPPLE PLANT-BASED MILK**  
 Selected Varieties



**25% off**

**HARMLESS HARVEST ORGANIC COCONUT WATER**  
 Selected Varieties



**25% off**

**PNW LOCAL**  
**PORTAL BEVERAGE CO. COLD BREW OR MATCHA LATTE**  
 Selected Varieties  
 12oz



**\$3.99 ea**  
**SAVE \$1 ea**

**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 \$1.29 ea**



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



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

**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 \$1.50 ea**

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



**\$7.99 ea**  
**SAVE \$2 ea**

**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.