

LOCAL FARM FRESH IS BEST

You know summer has hit its peak
when local tomatoes arrive. Come
take your pick!

Great with
FRESH
MOZZARELLA
20% off

Really BIG DEAL

**ORGANIC CHERRY
TOMATO PINTS**

From Riverland Family Farms in Corvallis, OR.

\$4.99
ea
SAVE \$1ea

Really BIG DEALS

**MARY'S
WHOLE FRYER
CHICKEN**

Always air-chilled, Mary's
is tender, flavorful, and
perfect for roasting
or grilling.

\$1.99
lb

SAVE \$2lb



**OCEAN BEAUTY SEAFOODS
PEELED AND
DEVEINED SHRIMP**

Sustainably farm-raised and ready to cook for
a quick, protein-packed meal.
13/15ct

\$9.99
lb

SAVE \$5lb



SUMMER
OF
SCAMPS

50% off

**RUBY JEWEL +
MCCONNELL'S**

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

50% off
**SPARKLING
WATER**

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

**NATURE'S PATH ORGANIC
CEREAL**

Selected Varieties
10-14oz

\$3.99
ea

SAVE 90¢ea



**PORTA
FROZEN
PIZZA**

Assorted Varieties
14.3-17.6oz

\$7.99
ea

SAVE \$3ea



WHAT WE'RE loving

New Seasons Brand

At New Seasons, we believe great food starts with great partnerships—especially local ones! That's why our fruit spreads come from Kelly's Jelly in Lake Oswego, made with Non-GMO Project Verified, locally sourced fruit. And our nut butters? They're made in small batches with all-natural ingredients by women-owned Ground Up, based right here in Portland.

You can find this winning combo and more New Seasons Brand favorites at your neighborhood store.



MEAT & SEAFOOD

NEW SEASONS KINGSTON JERK PORK SAUSAGE LINKS

Made in-house with ground pork and locally made jerk seasoning from FiMi Kingston.



\$6⁹⁹
lb

SAVE \$1lb



NEW SEASONS HOUSE-MADE BEEF SKEWERS

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



\$14⁹⁹
lb

SAVE \$1lb

BLACK COD FILLET

Sustainably wild-caught locally and full of rich, buttery flavor with a silky, delicate texture.



\$9⁹⁹
lb

SAVE \$5lb

PNW
LOCAL

LOCAL SNAPDRAGONS

Pick your favorite color from our selection of beautiful Chantilly snapdragons.



\$7⁹⁹
ea

SAVE \$2ea

PNW
LOCAL

TOP SIRLOIN STEAKS

USDA Choice cuts known for their exceptional quality and grill-ready flavor.



\$11⁹⁹
lb

SAVE \$1lb

ATLANTIC SALMON FILLET

Sustainably farm-raised in Norway, with a fresh, mild, and buttery taste. Delicious pan-seared or grilled.



\$15⁹⁹
lb

SAVE \$2lb

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

PRODUCE

HATCH CHILE PEPPERS

Loved for their robust flavor and balanced heat. Great for salsas, sauces, and roasting. From Hatch Valley, NM.



\$2⁹⁹
lb

SAVE \$1lb

ORGANIC PEACHES

Picked at the peak of perfection. From Lapierre Farms in Zillah, WA.



\$3⁴⁹
lb

SAVE \$1.50lb

PNW
LOCAL

CHERRIES

Handpicked and bursting with peak-season flavor. From Hood River Cherry Company in Hood River, OR.



\$6⁴⁹
lb

SAVE 50¢lb

PNW
LOCAL

BAKERY & CHEESE



FRESH MOZZARELLA
All fresh mozzarella is 20% off this week, just in time for caprese season!

20% off

NEW SEASONS ORGANIC FOCACCIA
Genovese-style flatbread baked fresh daily by our talented bakers with organic extra-virgin olive oil, rosemary, and sea salt. Pair it with our Rosemary Focaccia Candle!

\$4⁹⁹ ea
SAVE \$1ea



BETTER BUTTER GARLIC BUTTER
Enhance your favorite meals with a rich blend of butter, parmesan, roasted garlic, and basil.
3oz

\$3⁹⁹ ea
SAVE 50¢ea



NEW SEASONS BAKED SALMON WITH TOMATOES
Tender, flaky salmon fillet baked with tomatoes and herbs.

\$22⁹⁹ lb
SAVE \$3lb



AZEH'S KITCHEN TABBOULEH
A summer classic made with bulgur wheat, fresh parsley, and tomato in a tangy dressing.

\$11⁹⁹ lb
SAVE \$1lb



FRA' MANI ROSEMARY HAM
Lightly seasoned with rosemary and smoked to perfection. Sliced to order in the deli.

\$14⁹⁹ lb
SAVE \$3lb



NEW SEASONS DELI MACARONI SALAD
Elbow macaroni in a tangy, sweet dressing with diced peppers, onions, and a hint of black pepper.

\$7⁹⁹ lb
SAVE \$3lb



BEER & WINE

CHEHALEM PINOT NOIR ROSÉ
A beautiful salmon hue with the playful vibrancy of pink cotton candy. Delicate aromas of grapefruit, strawberry, and rose petal mingle with a subtle hint of fresh basil.
750ml

\$18⁹⁹ ea
SAVE \$8ea



OVERJOY AND PARTNERS IN CRIME ROSÉ WINES
Our Partners in Crime and Overjoy rosés are the perfect summer wines with juicy berry notes, balanced acidity, and tremendous quality. Only at NSM.
750ml

\$9⁹⁹-\$14⁹⁹ ea
SAVE \$2ea



AIX PROVENCE ROSÉ
A softer, rounder style of dry rosé, with notes of strawberry, fresh herb, and rose petal.
750ml

\$19⁹⁹ ea
SAVE \$3ea



LA QUERCIA BIANCO AND CERSUOLO ROSATO
The perfect summer sippers from a favorite Italian producer. Enjoy the ripe, citrusy Bianco and vibrant, fruity Cerasuolo Rosato.
750ml

\$14⁹⁹ ea
SAVE \$5ea



JIAINT HARD TEA
Brewed with tea, real fruit, and just a touch of sweetness, these hard teas are crisp, refreshing, and made for summertime. Try Half and Half Lemon or Peach. Selection may vary by location.
19.2oz

\$3⁹⁹ ea
SAVE \$1ea



CRUX FERMENTATION PROJECT SELECT 6-PACK CANS
Crux is dedicated to brewing excellence and fermentative exploration, offering standout beers like the crisp, floral Bochi Bochi Japanese Rice Lager. Selection may vary by store.
6pk/12oz

\$12⁹⁹ ea
SAVE \$4ea



PERKS FOR YOU—AND THE PLANET
Neighbor Rewards members earn 10 points a day just for shopping with reusable bags.

Join today at newseasonsmarket.com/rewards and start earning!



WELLNESS

ANCIENT NUTRITION NUTRITIONAL SUPPLEMENTS

Save 35% on select proteins and Certified Regenerative herbal formulas.

35%
off



MINERAL FUSION COSMETICS

Luxurious mineral-based cosmetics for glowing skin. Save on mascara, nail polish, foundations, and more.

20%
off



ANDALOU NATURALS BODY AND FACIAL CARE

Save 25% on plant based, non-GMO facial and body care from Andalous Naturals.

25%
off



MARY RUTH'S WOMEN'S MULTIVITAMIN GUMMIES

Vegan, gelatin-free, and delicious! Save on men's multivitamin gummies, too.

60ct
\$16⁹⁹
ea

SAVE \$7ea



BOIRON ARNICARE VALUE PACK

Helps to relieve muscle aches and bruising. Save on Arnica cream value packs as well.

2.6oz
\$13⁹⁹
ea

SAVE \$4ea



NOW FOODS WHOLE PSYLLIUM HUSKS

Supports digestion and elimination with essential soluble and insoluble fibers.

16oz
\$12⁴⁹
ea

SAVE \$1.50ea



MRM NUTRITION COQ-10

A naturally derived and fermented form of Co-Q-10 to support cardiovascular health.

120sg
\$22⁹⁹
ea

SAVE \$9ea



SOURCE NATURALS MELATONIN 1MG

Helps to support a healthy sleep/wake cycle and improve quality of sleep.

100tab
\$6⁹⁹
ea

SAVE \$5ea



FLORADIX IRON & HERBS

A gentle daily iron along with vitamin B complex, vitamin C, and herbal extracts.

Save on select sizes and formulas.

8.5oz

\$26⁹⁹
ea

SAVE \$8ea



CLEARLY NATURAL GLYCERIN BAR SOAPS

Hypo-allergenic, glycerin-based soaps for sensitive skin. Save on select scents.

4oz

\$2¹⁹
ea

SAVE \$1.10ea



GROCERY

MCCONNELL'S FINE ICE CREAMS ICE CREAM AND FROZEN DESSERTS

Assorted Varieties

NOW:

\$3⁹⁹-\$5⁹⁹
ea

WITH 50% DISCOUNT



DARING FOODS PLANT-BASED CHICKEN AND BOWLS

Assorted Varieties

20%
off



AGAINST THE GRAIN GOURMET GLUTEN-FREE PIZZA POPPERS

Assorted Varieties

6oz

2 for \$10

SAVE \$1.59ea



DAILY HARVEST FROZEN HARVEST BOWLS AND SMOOTHIES

Assorted Varieties

20%
off



THE JEWEL OF SUMMER

PNW
LOCAL

It's summer, and Ruby Jewel ice cream sandwiches are hitting the spot. Locally made with the perfect balance of creamy, flavor-packed goodness, they're proof that great things really do come in small packages.

RUBY JEWEL ICE CREAM SANDWICHES

Assorted Varieties

NOW:

\$2¹⁹-\$4³⁹
ea

WITH 50% DISCOUNT



ALDEN'S ORGANIC ICE CREAMS AND BARS

Selected Varieties

20%
off



PNW
LOCAL

CARBONAUT GLUTEN-FREE BREAD

Selected Varieties

20%
off



GROCERY

**KETTLE BRAND
PARTY SIZE
POTATO
CHIPS**

Assorted Varieties
11.25-13oz

\$4⁴⁹
ea

SAVE \$1.80ea



**PNW
LOCAL**

**NO COW
VEGAN PROTEIN BAR**

Assorted Varieties
2.12oz

2 for \$5

SAVE 99¢ea



PIPCORN HEIRLOOM SNACKS

FRIES
Assorted
Varieties
5-7oz

\$3⁹⁹
ea

SAVE \$1.30ea



**LATE JULY SNACKS
ORGANIC
TORTILLA
CHIPS**

Sea Salt or
Sea Salt & Lime.
14.75oz

\$3⁹⁹
ea

SAVE \$3.60ea



**LESSER EVIL
ORGANIC
POPCORN**

Selected Varieties
4.6-6.4oz

\$2⁹⁹
ea

SAVE \$1.80ea



**MAPLE POP!
ORGANIC MAPLE
CARAMEL POPCORN**

Assorted Varieties
3.6oz

\$5⁹⁹
ea

SAVE \$1.70ea



**BACK TO NATURE
COOKIES**

Selected Varieties

**33%
off**



**NEWMAN'S OWN
NEWMAN-O'S**

Assorted Varieties
13oz

\$4⁹⁹
ea

SAVE UP TO \$3ea



**BLUE DIAMOND
NUT THINS**

Assorted Varieties
4.25oz

\$3⁹⁹
ea

SAVE \$3.90ea



**NICK'S STICKS
MEAT
SNACK
STICK**

Selected Varieties
1.7oz

2 for \$6

SAVE 99¢ea



**LEGENDARY FOODS
PROTEIN PASTRY**

Assorted Varieties
2.2oz

2 for \$5

SAVE 89¢ea



**BOBO'S
OAT BARS**

Assorted Varieties
4ct

\$8⁹⁹
ea

SAVE \$2ea



**HOPLARK
SPARKLING
HOPTEA**

Assorted Varieties
16oz

2 for \$5

SAVE \$1.49ea



**STEAZ
ORGANIC
GREEN TEA**

Assorted Varieties
16oz

2 for \$3

SAVE 99¢ea



**TEJAVA
TEA**

Assorted Varieties
1L

2 for \$6

SAVE 99¢ea



**WAIAKEA
HAWAIIAN
VOLCANIC
WATER**

1.5L

2 for \$5

SAVE \$1.29ea



BULK

**HUMMINGBIRD WHOLESALE
ORGANIC BEANS**

Assorted Varieties

\$2⁴⁹
lb

SAVE 50¢lb



**PNW
LOCAL**

**SUNRIDGE FARMS
HIT THE TRAIL MIX**

\$11⁹⁹
lb

SAVE \$2lb



**EQUAL EXCHANGE
ORGANIC
CASHEWS**

Selected Varieties

\$16⁹⁹
lb

SAVE \$3lb



**PNW
LOCAL**

**WATER AVENUE COFFEE
COFFEE**

Selected Varieties

\$16⁹⁹
lb

SAVE \$3lb



**PNW
LOCAL**

GROCERY

SEATTLE INTERNATIONAL BAKING COMPANY
BUNS
Pub or Brioche.
8ct

PNW LOCAL



\$4.49
ea

SAVE \$2.50ea

FRANZ
MINI BUNS
Hawaiian or
Double Sesame.
8ct

PNW LOCAL



\$3.99
ea

SAVE \$1.30ea

NEW SEASONS
GRANOLA
Original Nature's
or Mocha Crunch.
10-12oz



\$9.89
ea

FEATURED

NEW SEASONS
ORGANIC
MAPLE SYRUP
Grade A organic syrup from
Bascom Family Farms in
Brambleboro, VT.
12oz



\$10.99
ea

FEATURED

WOODSTOCK
ALMOND BUTTER
Selected Varieties
16oz



\$10.99
ea

SAVE \$5.50ea

HONEY MAMA'S
COCOA TRUFFLE BAR
Assorted Varieties
2.5oz

PNW LOCAL



2 for \$7

SAVE UP TO \$2.49ea

NEW SEASONS
BASIL PESTO
From Classic Foods in Portland, OR.
7oz



\$8.49
ea

FEATURED

NEW SEASONS
FRUIT SPREAD
Made with local, Non-GMO
Project Verified fruit
by Kelly's Jelly in
Lake Oswego, OR.
15oz



Starting at:

\$6.29
ea

FEATURED

CARBONE
PASTA SAUCE
Assorted Varieties
15-24oz



\$8.99
ea

SAVE UP TO \$2ea

CARAPPELLI
ORGANIC
EXTRA VIRGIN OLIVE OIL
Selected Varieties
16.9oz



\$13.99
ea

SAVE \$2ea

BANZA
CHICKPEA
MAC & CHEESE
Selected Varieties
5.5oz



\$3.99
ea

SAVE 90¢ea

LOS ROAST
NEW MEXICO
CHILES
AND SAUCES
Assorted
Varieties



PNW LOCAL

30% off

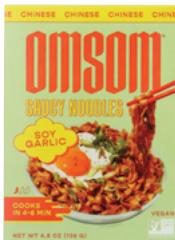
MARUKAN
ORGANIC
RICE VINEGAR
Selected Varieties
12oz



\$3.99
ea

SAVE \$1ea

OMSOM
SAUCY NOODLES
Assorted Varieties
4.8oz



\$3.99
ea

SAVE \$1.50ea

SAN-J
ASIAN
COOKING SAUCE
Selected Varieties
10oz



\$3.99
ea

SAVE 80¢ea

CABOO
BAMBOO
PAPER PRODUCTS
Selected Varieties
3-9ct



\$9.99
ea

SAVE UP TO \$3ea

BUNDLE X JOY
SUPERFOOD JERKY
DOG TREATS
Assorted Varieties



20% off

I AND LOVE AND YOU
CAT FOOD
Selected Varieties
3oz



3 for \$5

SAVE UP TO 72¢ea

CHEMICAL-FREE
CLEAN

Made with 100% recycled fibers and whitened without chlorine, Seventh Generation bath tissue and paper towels are smart for your home and safe for the planet—with no added dyes or fragrances.

SEVENTH GENERATION
LAUNDRY
AND PAPER
PRODUCTS
Selected Varieties

30% off



GROCERY

50% off

**RUBY JEWEL
+ MCCONNELL'S**

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

**NOOSA
YOGHURT**
Assorted Varieties
8oz



2 for \$4
SAVE 49¢ea

**MUSH
OVERNIGHT OATS**
Assorted Varieties
5oz



**BUY 1 GET 1
FREE**
SAVE \$2.29 ON 2

**CALIFIA FARMS
BARISTA
BLENDS**
Selected Varieties
32oz



\$4.49 ea
SAVE UP TO \$3.10ea

**FLORIDA'S NATURAL
JUICE**
Assorted Varieties
52oz



\$4.79 ea
SAVE 20¢ea

**CHAMELEON COLD-BREW
COFFEE AND COFFEE
CONCENTRATES**
Selected Varieties



25% off

**WILD HARVEST
SHREDDED
CHEESE**
Selected Varieties
6oz



\$4.49 ea
EVERYDAY VALUE

**MISS JONES BAKING CO.
GLUTEN-FREE
COOKIE DOUGH**
Assorted Varieties
11.84-12oz



\$6.99 ea
SAVE \$2.60ea

**EARTH'S BEST
ORGANIC
KIDS' SNACKS**
Selected Varieties



30% off

**GOOD KARMA
FLAXMILK**
Selected Varieties
1/2gal



\$4.99 ea
SAVE \$1.40ea

**MIYOKO'S CREAMERY
VEGAN CHEESE**
Selected Varieties



25% off

**EVOLUTION FRESH
ORGANIC
FRUIT SODA**
Assorted Varieties
12oz



2 for \$4
SAVE 99¢ea

**CEREBELLY
ORGANIC
BABY FOOD**
Selected Varieties



20% off

**KOR SHOTS
ORGANIC
HYDRATE
SPORTS
DRINK**
Assorted Varieties
16oz



**BUY 1 GET 1
FREE**
SAVE \$6.19 ON 2

**SUJA ORGANIC
COLD-PRESSED JUICE**
Selected Varieties
12oz



2 for \$7
SAVE UP TO \$1.69ea

**ONE DEGREE
ORGANIC FOODS
OATS AND
GRANOLA**
Selected Varieties



20% off

**MAGIC SPOON
CEREAL**
Assorted Varieties
7oz



\$8.99 ea
SAVE \$2.50ea

Really **BIG DEAL**

50% off **SPARKLING
WATER**

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