

TURN UP THE COZY

It's 50% off select tea, cocoa, and chai time. And we've got a lot to choose from—including locally made.

Really BIG DEAL

TEA, COCOA & CHAI : 50% off

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

Really BIG DEALS

MARY'S WHOLE FRYER CHICKEN

Tender, flavorful, and perfect for roasting. Always air-chilled.

\$1.99 lb

SAVE \$2lb



ORGANIC HONEYCRISP APPLES

Extra crisp and extra sweet! From Allview Orchards in Wenatchee, WA.

\$2.99 lb

SAVE \$1lb



PNW LOCAL

MCCONNELL'S FINE ICE CREAMS ICE CREAM AND FROZEN DESSERTS

Selected Varieties 1pt

\$5.99 ea

SAVE \$2ea



LESSER EVIL ORGANIC POPCORN

Selected Varieties 4.6-6.4oz

\$2.99 ea

SAVE \$1.80ea



RAO'S HOMEMADE PASTA AND PASTA SAUCE

Selected Varieties

50% off



PLANET OAT OATMILK

Assorted Varieties 52oz

\$2.99 ea

SAVE \$1.20ea



Want to have weekly deals delivered to your inbox? Just sign up for email updates at newseasonsmarket.com/join
Visit us online at www.newseasonsmarket.com

WHAT WE'RE loving



New Seasons Tortilla Chips

Our search for the perfect tortilla chip ended in 2013 when we partnered with Don Pancho Mexican Foods—the largest Hispanic-owned employer in Oregon—to create a recipe all our own. Made in small batches with non-GMO corn, our tortilla chips are a snacker's dream: crisp, crunchy, and seasoned just right. It's no surprise they've been our top-selling grocery item year after year.

Find your favorite flavor, only at New Seasons.



MEAT & SEAFOOD

BEELER'S PURE PORK ALL BONELESS CENTER-CUT PORK CHOPS

Exceptional quality with no antibiotics ever.
Tender, flavorful, and perfect pan-seared.

\$5⁹⁹
lb

SAVE \$1lb



MUSSELS AND CLAMS

Packed with essential nutrients, mussels and clams come with their own built-in timer—once they open, they're ready to enjoy!

PNW
LOCAL

Starting at:

\$6⁹⁹
lb

SAVE \$2lb



NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to any pasta dish.

\$5⁹⁹
lb

SAVE \$1lb



ATLANTIC SALMON FILLET

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

\$15⁹⁹
lb

SAVE \$2lb



FLORAL

BC BLOOMS BOUQUET

A beautiful arrangement of fall blooms grown in B.C., Canada.



\$19⁹⁹
ea

SAVE \$5ea

PRODUCE

WILD CHANTERELLE MUSHROOMS

Just foraged and ready for stuffing, scrambles, and tartine. Grown in OR and WA.

PNW
LOCAL

\$14⁹⁹
lb

SAVE \$5lb



NAVEL ORANGES

Sweet and juicy with classic orange flavor. Grown in Australia.

\$2⁴⁹
lb

SAVE 50¢lb



ORGANIC KIWI

Naturally sweet, slightly tart, and packed with flavor. Grown in CA.

\$3⁹⁹
lb

SAVE \$2lb



BAKERY & CHEESE

COOKIE BAR

Mix and match between a variety of delicious treats, including locally made!

\$12⁹⁹
lb

SAVE \$1lb



APPEL FARMS GOUDAS

Creamy farmstead Goudas with a mild, crowd-pleasing flavor—perfect for a cheese board.

7oz

20%
off



PNW
LOCAL

PREPARED FOODS

NEW SEASONS BEEF & PORK MEATBALLS

Your favorite beef and pork meatballs, now bite-sized and simmered in rich marinara.

\$12⁹⁹
lb

SAVE \$3lb



NEW SEASONS BRUSSELS SPROUTS WITH HAZELNUT GREMOLATA

Roasted Brussels sprouts topped with a savory hazelnut and herb gremolata.

\$10⁹⁹
lb

SAVE \$2lb



IT'S IN
SEASON!

BAKERLY PUMPKIN SPICE SLICED BRIOCHE

Made with the perfect balance of pumpkin purée and warm fall spices, this delightful brioche is great for French toast!

\$6⁹⁹
ea

SAVE \$1ea



MILTON CREAMERY PRAIRIE BREEZE

This approachable yet sophisticated cheddar is rich, sharp, and nutty with a crystalline crunch.

6oz

\$8⁴⁹
ea

SAVE 50¢ea



ORIGAMI CATERING SALAD ROLLS

Made with shrimp or tofu, rice noodles, and a side of peanut sauce.

\$8⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

AZEH'S KITCHEN SAFFRON ARANCINI

Balls of saffron risotto, with mozzarella filling, and a golden breadcrumb crust.

\$5⁹⁹
ea

FEATURED



PNW
LOCAL

BEER & WINE

Really BIG DEAL

PRE-SHOP OUR ANNUAL FALL WINE SALE

30%
off

**12+
BOTTLES**

20%
off
**6-11
BOTTLES**

Pre-order in store now through October 21, for pick-up during our sale, October 22 – 28.

Limited to stock on hand. No additional discounts. Selection varies by location. Offer valid for in-store purchases only.

MONCARO SANGIOVESE AND PINOT GRIGIO

Fruit-forward organic Italian wines perfect for pairing or sipping. Try the Sangiovese with pasta in red sauce or the Pinot Grigio with roasted chicken.

750ml

\$9⁹⁹
ea

SAVE \$4ea



GHIA NON-ALCOHOLIC APERITIFS

Non-alcoholic aperitifs for any occasion. Choose from a variety of styles and flavors. Selection may vary by location.

8oz

\$4⁹⁹
ea

SAVE \$2ea



IT'S
NEW!

CRUX FERMENTATION PROJECT HALF HITCH IMPERIAL IPA

Mosaic hops impart surprisingly floral aromas and complex layers of guava, mango, stone fruit, and lemon flavors.

6pk/12oz

\$14⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

IT'S
NEW!

FORT GEORGE BREWERY TOPAZ PUMPKIN ALE

This mildly roasty, malty, amber-colored seasonal ale was made with wood-fired pumpkin from Topaz Farms, spiced with nutmeg, cinnamon, ginger, clove, and allspice.

4pk/16oz

\$15⁹⁹
ea

SAVE \$4ea



PNW
LOCAL

IT'S
NEW!

CLICK, SAVE, ENJOY!

Shop online for the same great deals you find in-store, plus free delivery or pickup on orders of \$50+ with code

EASYDELIVER50

Powered by
instacart

Terms apply.

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a FREE pint of New Seasons ice cream on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

PRE-SHOP OUR ANNUAL SUPPLEMENT SALE NOW!

Reserve your 25% off supplements, including immune support, protein powders, collagen, and more—even sale items! We'll set aside your goodies and have them ready for pick-up during the sale, October 15 – 21.

NOW THROUGH OCTOBER 14

EO PRODUCTS BODY CARE

Enjoy great savings on select hand sanitizers, soaps, and body care.

25% off



QUANTUM HEALTH ZINC ELDERBERRY LOZENGES

A delicious way to help support the immune system.

14ct



\$3²⁹ ea

SAVE \$1.20ea

PNW LOCAL

SOURCE NATURALS MELATONIN 1MG

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

100tab

\$7⁹⁹ ea

SAVE \$4ea



BLOOM CAL-MAG-ZINC

Formulated with vitamins and minerals to support bone health.

100tab

\$11⁹⁹ ea

SAVE \$5ea



NOW FOODS LAVENDER OIL

Soothing, pure aromatherapy oil for calming comfort.

1oz

\$12⁴⁹ ea

SAVE \$4.50ea



MRM NUTRITION RED YEAST RICE

Helps support cardiovascular and heart health.

60vc

\$9⁹⁹ ea

SAVE \$7ea



WISHGARDEN HERBS SERIOUS COUGH

Used to soothe throats, calm coughs, and support lung health.

.66oz

\$6⁹⁹ ea

SAVE \$3ea



INESSENTS CBD INFUSED BATH SALTS

Relax and unwind with CBD-infused bath salts. Select scents on sale.

4oz

\$7⁹⁹ ea



PNW LOCAL

HUME SUPERNATURAL DEODORANTS

Allergen-free formulas without aluminum and baking soda.

2oz

\$10⁹⁹ ea

SAVE \$4ea



MELORA MANUKA HONEY & OIL FACE WASH

Formulated with Manuka honey for soft, moisturized skin.

5oz

\$9⁹⁹ ea

SAVE \$4ea



GROCERY

HÄAGEN-DAZS ICE CREAMS AND BARS

Selected Varieties

9-14oz

2 for \$10

SAVE UP TO \$1.69ea



KATIE'S FROZEN PIZZAS

Assorted Varieties

14.8-16.6oz

\$12⁹⁹ ea

SAVE \$2.50ea



CAULIPOWER PIZZAS AND CHICKEN

Assorted Varieties

20% off



CAPPELLO'S FROZEN BISCUITS

Buttermilk or Cheddar.

12-12.1oz

\$6⁹⁹ ea

SAVE \$3ea



VAN'S FOODS FROZEN WAFFLES

Selected Varieties

6ct

2 for \$7

SAVE \$1.89ea



WYMAN'S FROZEN FRUIT

Selected Varieties

3lb

\$15⁹⁹ ea

SAVE \$4.50ea



UDI'S GLUTEN-FREE BUNS

Hamburger or Hot Dog.

8-12oz

2 for \$10

SAVE UP TO \$2.99ea



ABBOT'S PLANT-BASED PROTEINS

Selected Varieties

8oz

\$6⁹⁹ ea

SAVE UP TO \$1.50ea



GROCERY

ALWAYS IN SEASON

If you want to whip up a meal full of flavor, Kikkoman is an indispensable pantry staple. Their Asian sauces and panko bread crumbs bring texture and umami deliciousness to any recipe—from stir-fries to veggie bowls and beyond.



SPICELY ORGANICS SPICES, HERBS AND SEASONINGS

Selected Varieties

BUY 2 GET 1 FREE
SAVE \$7.59 ON 3



Available in-store only

PARADIGM FOODWORKS SALAD DRESSING

Assorted Varieties 12oz

2 for \$7
SAVE \$1.49ea



PNW LOCAL

CARAPPELLI ORGANIC EXTRA VIRGIN OLIVE OIL

Selected Varieties 16.9oz

\$12.99 ea
SAVE \$2ea



RAO'S HOMEMADE SLOW SIMMERED SOUP

Assorted Varieties 16oz

\$4.49 ea
SAVE \$1.20ea



ANCIENT HARVEST PASTA, POLENTA OR QUINOA

Selected Varieties

20% off



HENRY & LISA'S WILD SARDINES

Selected Varieties 4.25oz

2 for \$7
SAVE 99¢ea



SAFE CATCH TUNA

Selected Varieties 5oz

\$4.49 ea
SAVE \$1ea



MEKHALA ORGANIC COOKING PASTE

Assorted Varieties 3.53oz

\$4.99 ea
SAVE \$1.50ea



SHARWOOD'S CHUTNEY OR COOKING SAUCE

Selected Varieties 14.1oz

\$5.99 ea
SAVE UP TO \$2ea



FRONTERA SALSA, DIPS OR SAUCES

Selected Varieties

20% off



MAGIC SPOON CEREAL

Assorted Varieties 7oz

\$7.99 ea
SAVE \$3.50ea



GOOD GOOD JAMS AND JELLY

Assorted Varieties 12oz

\$4.99 ea
SAVE \$1.50ea



BIRDIE & LOUIE DOG FOOD

Selected Varieties 13oz

\$2.79 ea
SAVE UP TO \$1.10ea



BIRDIE & LOUIE CAT FOOD

Selected Varieties 3oz

4 for \$5
SAVE 44¢ea



BULK

HUMMINGBIRD WHOLESALE ORGANIC GARBANZO BEANS

\$2.99 lb

EVERYDAY VALUE



PNW LOCAL

CB'S NUTS ORGANIC KETTLE ROASTED PEANUTS

Sea Salt or Jalapeno.

\$7.49 lb

SAVE \$1.50lb



SUNRIDGE FARMS BERRIES & CHOCOLATE ANTIOXIDANT MIX

\$12.99 lb

SAVE \$3lb



HUMMINGBIRD WHOLESALE ORGANIC WHOLE RAW HAZELNUTS

\$18.99 lb

SAVE \$3lb



PNW LOCAL

GROCERY

**BAREBELLS
PROTEIN BAR**Assorted Varieties
1.94oz**2 for \$5**

SAVE 89¢ea

**IQBAR
PLANT-BASED
PROTEIN BAR**Assorted Varieties
1.6oz**2 for \$4**

SAVE 49¢ea

**OLYRA
ORGANIC
BREAKFAST SNACKS**Assorted Varieties
4ct**\$4⁴⁹ea**

SAVE \$1ea

**NATURE'S BAKERY
FIG BARS**

Assorted Varieties

**20% off****GARDEN BAR
FRUIT BAR**Selected Varieties
1.1-1.23oz**3 for \$5**

SAVE \$1.32ea

**SAFFRON ROAD
CRUNCHY
CHICKPEAS**Selected Varieties
5.4oz**BUY 1 GET 1
FREE**

SAVE \$6.59 ON 2

**HUMBLE SNACKS
ORGANIC
POTATO CHIPS**Assorted Varieties
5oz**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2

**VACADILLOS
CARNE SECA**Assorted Varieties
2oz**\$6⁴⁹ea**

SAVE \$1ea

**BAHLEN
CHOCO LEIBNIZ
CRISPY COOKIES**Assorted Varieties
4.4oz**\$5⁹⁹ea**

SAVE \$2.20ea

**MAUNA LOA
CHOCOLATE COVERED
MACADAMIAS**Assorted Varieties
4oz**\$6⁹⁹ea**

SAVE \$1ea

**BLUE STRIPES
WHOLE CACAO
DARK CHOCOLATE
BAR**Assorted Varieties
2.1oz**\$3⁹⁹ea**

SAVE \$1.50ea

**NEW COAST FORAGING CO.
ORGANIC TRUFFLES**Assorted Varieties
7oz**BUY 1 GET 1
FREE**

SAVE \$7.99 ON 2

**WATER AVENUE COFFEE
COFFEE**Selected Varieties
12oz**PNW
LOCAL****\$13⁹⁹ea**

SAVE 50¢ea

**ELMHURST
PLANT MILKS
AND CREAMERS**

Selected Varieties

**20% off****NEW SEASONS
NORTHWEST BLEND
APPLE JUICE**Made with NW-grown apples by Hood River Juice Co. in Hood River, OR.
1gal**\$6⁹⁹ea**

EVERYDAY VALUE

**C2O
COCONUT WATER
HYDRATION PACK**

8pk/10.5oz

**\$8⁹⁹ea**

SAVE \$2.40ea

**POSITIVE BEVERAGE
FUNCTIONAL
DRINK**Assorted Varieties
12oz**\$2²⁹ea**

SAVE 70¢ea

**ALO
JUICE DRINK**Assorted Varieties
10.8-16.9oz**\$1⁷⁹ea**

SAVE UP TO \$1.10ea

**VIDA MATE
YERBA MATE**Assorted Varieties
16oz**2 for \$5**

SAVE 49¢ea

**LACROIX
SPARKLING WATER**Assorted Varieties
8pk/12oz**\$3⁹⁹ea**

SAVE UP TO \$2ea

GROCERY

NEW SEASONS BUTTER

Made with rBST-free milk by Larsen's Creamery in Clackamas, OR. Salted or Unsalted.

1lb



\$4¹⁹
ea

EVERYDAY VALUE

ESSENTIAL EVERYDAY CREAM CHEESE

8oz



\$2²⁹
ea

EVERYDAY VALUE

NOOSA YOGHURT

Assorted Varieties

8oz



2 for \$4

SAVE 59¢ea

KITE HILL DAIRY-FREE GREEK STYLE YOGURT

Assorted Varieties

16oz



\$4⁹⁹
ea

SAVE \$2.90ea

CHAMELEON COLD-BREW ORGANIC COFFEE CONCENTRATE

Assorted Varieties

32oz



\$8⁹⁹
ea

SAVE \$4.60ea

PLANET OAT OATMILK CREAMER

Selected Varieties

1qt



\$3⁹⁹
ea

SAVE \$1.50ea

STONYFIELD ORGANIC WHOLE MILK YOGURT

Plain or Vanilla.

32oz



\$4⁹⁹
ea

SAVE \$1.50ea

MUSH OVERNIGHT OATS

Assorted Varieties

5oz



3 for \$5

SAVE 62¢ea

DAISY BRAND SOUR CREAM

24oz



\$3⁹⁹
ea

SAVE \$1ea

NUTPODS PUMPKIN CREAMER

Selected Varieties

25.4oz



\$5⁴⁹
ea

SAVE \$1ea

LIGHTLIFE TEMPEH

Assorted Varieties



20% off

DE CASA FINE FOODS ORGANIC SALSA

Medium or Mild.

24oz



\$5⁹⁹
ea

SAVE \$1.30ea

KEVITA ORGANIC PROBIOTIC DRINK

Selected Varieties

12oz



2 for \$5

SAVE 39¢ea

HEALTH-ADE ORGANIC KOMBUCHA

Selected Varieties

16oz



2 for \$6

SAVE 99¢ea

FRANZ PREMIUM BAGELS

Assorted Varieties

6ct



2 for \$5

SAVE \$1.49ea

FRANZ BREAD

Selected Varieties

24oz



\$3⁹⁹
ea

SAVE \$2ea

Really BIG DEAL

50% off

TEA, COCOA & CHAI

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