

BEEF UP YOUR BBQ

Gear up for a long weekend of grilling with humanely raised ground beef.



Really BIG DEAL

80% LEAN 20% FAT : \$4⁹⁹
GROUND BEEF : lb
SAVE \$2lb

SNAKE RIVER FARMS GOURMET WAGYU FRANKFURTERS

16oz



BUY 1 GET 1
FREE

SAVE \$11.99 ON 2

NAKED BREAD ORGANIC BUNS

Selected Varieties
8ct



\$3⁹⁹
ea

SAVE \$3.50ea

Really BIG DEALS

AHI TUNA STEAKS

Sustainably line-caught and great pan-seared or grilled.
Previously frozen.

30%
off



ORGANIC CHERRIES

Sweet, juicy, and bursting with flavor. From Columbia Gorge Organic in Hood River, OR.

PNW
LOCAL

\$5⁹⁹
lb

SAVE \$2lb



SUMMER
OF
SCOOPS

50%
off

ALDEN'S
+ ALEC'S

Exclusions apply. Limited to stock on hand or while supplies last.

20%
off
SELECT
DELI SIDES

Classic Potato Salad
Coastal Kale Salad
Greek Orzo Pasta Salad

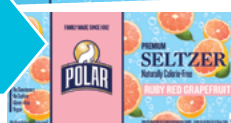
POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



4 for \$10

SAVE \$2.99ea



TILLAMOOK CHEESE

Selected Varieties
7-8oz



PNW
LOCAL

2 for \$7

SAVE UP TO \$2.49ea



WE'RE LOVING local

Celebrating the long weekend with sweet and savory cookout favorites.



CHEESE of the MONTH



NEW SEASONS OREGON COAST CHEDDAR
FACE ROCK CREAMERY | BANDON, OR

Handcrafted using milk from small family dairies just 15 miles down the road.

BREAD of the MONTH



ORGANIC CIABATTA
BAKED FRESH DAILY

Made fresh by our talented bakers using organic ingredients, our ciabatta has a light, airy crumb and perfectly chewy crust—great for grilling.

CAKE of the MONTH



TRIPLE BERRY CAKE
PORTLAND STYLE CHEESECAKE
PORTLAND, OR

A light, traditional white layer cake filled with blueberry compote and frosted with raspberry and marionberry buttercream.

MEAT & SEAFOOD

NEW SEASONS CUBAN PORK SAUSAGE LINKS

Delicious grill-ready links with a hint of cumin, orange zest, and a little heat. No added fillers or hormones, and no antibiotics ever.



\$6⁹⁹_{lb}
SAVE \$1lb



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

Humanely raised with no antibiotics ever. Great pan-seared or grilled.



\$5⁹⁹_{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 HOUSE-MADE BURGERS

House-made burger patties prepped and ready for the grill. Flavors may vary by location.



Starting at:
\$3⁰⁰_{ea}
SAVE 50¢ea

ULTRA NATURAL COOKED SHRIMP

Cooked and ready-to-eat shrimp sustainably farm-raised in Thailand. Great for shrimp cocktail! 31/40ct



\$15⁹⁹_{lb}
SAVE \$2lb

ANNUAL WHOLE SOCKEYE PRE-SALE

Preorder now,
pick up July 19–20

Get a head start on Sockeye season! Reserve your whole wild Sockeye salmon today, and get an extra 10% off the sale price when you preorder online.

We'll cut and wrap it
any way you like.

Preorder now at:
newseasonsmarket.com/sockeye

PRODUCE

ORGANIC ATAULFO MANGOS

Sweet and creamy with a honey-like flavor. From Crespo Organics in Mexico.



2 for \$3
SAVE 50¢ea

SWEET CORN

Sweet, crisp, and great on the grill. From G&S Farms in Brentwood, CA.



5 for \$5
SAVE 50¢ea

ORGANICGIRL SELECT SALAD BLENDS

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



\$4⁴⁹_{ea}
SAVE 50¢ea

FLORAL

BC BLOOMS BOUQUET

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



\$19⁹⁹_{ea}
SAVE \$5ea

BAKERY & CHEESE

NEW SEASONS GRAHAMS

Honey grahams topped with fluffy marshmallow, rich caramel, or creamy peanut butter.

8.7-8.8oz

\$8⁹⁹
ea

SAVE \$1ea



724 WISCONSIN SELECT EXTRA SHARP 7-YEAR CHEDDAR

A super-sharp Wisconsin cheddar, aged to perfection. Great for burgers, snack plates, and mac and cheese.

20%
off



NEW SEASONS BEEF FLAT-IRON STEAK

Grilled Royal Ranch beef flat-iron topped with a savory tomato, garlic, and rosemary sauce.

\$23⁹⁹
lb

SAVE \$2lb



NEW SEASONS DELI SIDES

Choose from Greek Orzo Pasta, Coastal Kale, or Classic Potato Salad for your BBQ festivities.

20%
off



LITTLE RAE'S BAKERY FEELING TOASTY COOKIE PACK

Hand-decorated shortbread cookies made with locally sourced ingredients, no artificial colors.

7.5oz

\$9⁹⁹
ea

SAVE \$1ea



SIERRA NEVADA CHEESE COMPANY GRAZIERS RAW SHARP CHEDDAR

A delicious sharp cheddar crafted in Northern California with milk from grass-fed cows.

8oz

20%
off



DIESTEL FAMILY RANCH OVEN-ROASTED TURKEY

A tasty addition to sandwiches, wraps, or healthy snacks.

\$15⁹⁹
lb

SAVE \$2lb



ORIGAMI CATERING CALIFORNIA ROLL

Featuring sustainably sourced surimi, avocado, and English cucumber rolled with toasted sesame seeds.

\$8⁹⁹
ea

SAVE \$1ea



PNW LOCAL

BEER & WINE

ROSEADE WINE SPRITZERS

This summery wine spritzer is made from top-notch California rosé and freshly squeezed lemonade with a bit of spritz. It's a can of fun that tastes like a summer beach party!

4pk/250ml

\$14⁹⁹
ea

SAVE \$5ea



CHEMISTRY SAUVIGNON BLANC AND CABERNET SAUVIGNON

Bold and luscious Cabernet Sauvignon and bright and juicy Sauvignon Blanc from a producer committed to bringing quality to everyday wines.

750ml

\$7⁹⁹
ea

SAVE UP TO \$13ea



DOMAINE BOUSQUET ORGANIC BOXED WINES

Beautiful organic wines from renowned Argentine producer Domaine Bousquet. Perfect for your backyard BBQ or a day at the coast with friends. Selection may vary by location.

3L

\$19⁹⁹
ea

SAVE \$5ea



IT SAVES TO SHOP ONLINE!

Get everything you love in-store, without the lines. Use code **DELIVER4YOU** for FREE pickup or delivery!

shop.newseasonsmarket.com

Powered by **Instacart**

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

NINKASI BREWING GOLD PREMIUM LAGER

Level up your summer celebrations with this unbeatable craft brew lager from one of Oregon's favorite breweries.

6pk/16oz

\$8⁹⁹
ea

SAVE \$1ea



PNW LOCAL

DESCHUTES BREWERY FRESH SQUEEZED IPA

A refreshing blend of juicy and tropical hops in a crisp yet bold brew. The perfect beer for kicking back with friends.

Available as a non-alcoholic option too!

6pk/12oz

\$12⁹⁹
ea

SAVE \$1ea



PNW LOCAL

HOP VALLEY BREWING 15-PACKS

Dedicated to the spirit of Northwest brewing, Hop Valley maintains strict quality standards to produce their exceptional brews. Selection may vary by location.

15pk/12oz

\$19⁹⁹
ea

SAVE \$10ea



PNW LOCAL

IT'S NEW!

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get a FREE dozen of New Seasons white eggs with a purchase of \$10 or more.

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



WELLNESS

NEW CHAPTER NUTRITIONAL SUPPLEMENTS

Save 35% on your favorite formulas from New Chapter, including multivitamins, herbs, and anti-inflammatory formulas.

35%
off



ALBA BOTANICA SUN CARE

Get ready for the sun with great savings on lotions, sprays, and mineral-based sunscreens this week.

\$9⁹⁹
ea

SAVE \$5ea



NUUN ELECTROLYTE TABLETS

Enjoy great savings on a variety of flavors and formulas to help you stay hydrated.

\$4⁴⁹
ea

SAVE \$3.50ea



SOURCE NATURALS MELATONIN 1MG

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

100tab

\$6⁴⁹
ea

SAVE \$5.50ea



NOW FOODS B-6 100MG

Each capsule delivers 100mg of B-6 for nervous system and cardiovascular support.

100cap

\$6⁴⁹
ea

SAVE \$2.50ea



BLOOM LION'S MANE

Supports brain health, memory, and immune function.

60vc

\$10⁹⁹
ea

SAVE \$7ea



LILY OF THE DESERT ALOE VERA JUICE

Naturally occurring vitamins, amino acids, and enzymes to soothe and support overall digestion. Save on select formulas.

32oz

\$5⁹⁹
ea

SAVE \$4ea



HIBAR DEODORANTS

All-natural deodorant in plastic-free packaging. Save on select formulas.

2.25oz

\$8⁹⁹
ea

SAVE \$4ea



BOIRON ARNICARE CREAM

Helps to soothe sore muscles and bruises. Save on arnica gel as well.

2.5oz

\$10⁹⁹
ea

SAVE \$3ea



PATCH BAMBOO BANDAGES

Biodegradable, hypoallergenic, and plastic-free. Perfect for sensitive skin.

25ct

\$6⁹⁹
ea

SAVE \$3ea



GROCERY

ALDEN'S ORGANIC ICE CREAM

Assorted Varieties

NOW:

\$3³⁹
ea

\$4⁹⁹
ea

WITH 50% DISCOUNT



GOODPOP FREEZER POPS

Selected Varieties

15ct

**BUY 1 GET 1
FREE**

SAVE \$8.99 ON 2



TRU FRU CHOCOLATE COVERED FROZEN SNACKS

Selected Varieties

8oz

\$8⁹⁹
ea

SAVE \$2.60ea



COOL WHIP WHIPPED TOPPING

Assorted Varieties

8oz

2 for \$4

SAVE 69°ea



ALEC'S ICE CREAM ORGANIC ICE CREAM

Assorted Varieties

NOW:

\$4⁴⁹
ea

\$4⁸⁹
ea

WITH 50% DISCOUNT



WILLAMETTE VALLEY PIE COMPANY FROZEN PIES

Selected Varieties

15%
off



**PNW
LOCAL**

PACHA ORGANIC BUCKWHEAT BREAD

Assorted Varieties

22oz

\$6⁹⁹
ea

SAVE \$3ea



ACTUAL VEGGIES VEGGIE BURGERS OR SUPER FRIES

Selected Varieties

12-14oz

**BUY 1 GET 1
FREE**

SAVE \$7.99 ON 2



GROCERY

WOODSTOCK PICKLES OR RELISH

Assorted Varieties
16-24oz

\$6⁹⁹
ea
SAVE \$2ea



PRIMAL KITCHEN CONDIMENTS

Selected Varieties

30%
off



SUZIE'S CONDIMENTS

Assorted Varieties

20%
off



KINDER'S BBQ SAUCE

Assorted Varieties
15.3-15.8oz

2 for \$7
SAVE \$1.49ea



WORLD CENTRIC COMPOSTABLE TABLEWARE

Selected Varieties

30%
off



PRIMAL KITCHEN SAUCE & MARINADE

Selected Varieties

33%
off



BACHAN'S JAPANESE BARBECUE SAUCE

Assorted Varieties
16-17oz

\$6⁹⁹
ea
SAVE \$4ea



NAPOLEON ARTICHOKES

Selected Varieties
9.9-13.75oz

\$3⁹⁹
ea
SAVE \$2ea



DE CECCO PASTA

Selected Varieties
1lb

2 for \$6
SAVE \$1.19ea



NEW SEASONS ARBOSANA EXTRA VIRGIN OLIVE OIL

100% California-grown
with a robust and
nutty flavor.
25.4oz

\$15⁴⁹
ea
FEATURED



ANNIE'S PASTA & CHEESE

Selected Varieties
6oz

\$3⁹⁹
ea
SAVE \$1ea



PARADIGM FOODWORKS SALAD DRESSING

Assorted Varieties
12oz

\$3⁹⁹
ea
SAVE \$1ea



SERENITY KIDS BABY FOOD

Selected Varieties

20%
off



DANDIES VEGAN MARSHMALLOWS

Selected Varieties
9.9-10oz

\$3⁹⁹
ea
SAVE \$1.70ea



RIPPLE PLANT-BASED MILK

Selected Varieties
32oz

\$4⁴⁹
ea
SAVE \$1.50ea



PORTLAND COFFEE ROASTERS WHOLE BEAN COFFEE

Selected Varieties
12oz

\$11⁹⁹
ea
SAVE UP TO \$6ea



BULK

ORGANIC THOMPSON RAISINS

\$4⁹⁹
lb
SAVE \$1lb



GOLDEN TEMPLE GRANOLA

Selected Varieties

\$5⁹⁹
lb
SAVE \$1lb



EQUAL EXCHANGE ORGANIC ALMONDS

Selected Varieties

\$12⁹⁹
lb
SAVE \$3lb



NOSSA FAMILIA COFFEE COFFEE

Selected Varieties

\$15⁹⁹
lb
SAVE \$2lb



GROCERY

NEW SEASONS
TORTILLA CHIPS

From Don Pancho
Authentic Mexican
Foods in Salem, OR.
Restaurant Style,
Hint of Lime, or
Spicy Blue.

9-14oz

\$3⁹⁹
ea

EVERYDAY VALUE

SIETE FOODS
GRAIN-FREE
CHIPS

Selected Varieties
5oz

\$3⁹⁹
ea

SAVE \$2.50ea

PIRATE'S BOOTY
FAMILY SIZE
AGED
WHITE
CHEDDAR
PUFFS

10oz

\$6⁹⁹
ea

SAVE \$3ea

SNACK FACTORY
PRETZEL CRISPS

Selected Varieties
7.2oz

\$2⁹⁹
ea

SAVE \$2ea

SUN TROPICS
SNACKS

Selected Varieties

20%
offGOOD HEALTH
PEANUT BUTTER
FILLED PRETZELS

5oz

\$2⁹⁹
ea

SAVE \$2ea

EPIC
PROTEIN BITES

Assorted Varieties
2.5oz

\$6⁹⁹
ea

SAVE \$2ea

PAMELA'S PRODUCTS
GLUTEN-FREE
PRODUCTS

Selected Varieties

20%
offZING BARS
PLANT-BASED BAR

Assorted Varieties
1.76oz

2 for \$4

SAVE \$1.49ea

ALOHA
PROTEIN BARS

Assorted Varieties
5ct

\$12⁹⁹
ea

SAVE \$3ea

CHOCO
ORGANIC CHOCOLATE
SNACKS

Selected Varieties
3.45oz

\$5⁹⁹
ea

SAVE \$2ea

CHOCLOVE
CHOCOLATE
BAR

Selected Varieties
2.9-3.2oz

**BUY 1 GET 1
1/2 OFF**

SAVE \$1.95 ON 2



Available
in-store only

CHOCLOVE
MINI CHOCOLATE BAR

Selected Varieties
1.2-1.3oz

2 for \$4

SAVE 39¢ea

NIXIE
ORGANIC
ZERO SUGAR
SODA

Assorted Varieties
12oz

4 for \$5

SAVE \$1.24ea

WYLD CBD
CBD
SPARKLING
WATER

Assorted Varieties
12oz

2 for \$7

SAVE 49¢ea



Available only
in OR stores

HINT
FRUIT-INFUSED
WATER

Selected Varieties
16oz

2 for \$3

SAVE 49¢ea

HIYO
NON-ALCOHOLIC
SOCIAL TONIC

Assorted Varieties
4pk/12oz

\$10⁹⁹
ea

SAVE \$4ea

HOP WTR
SPARKLING
HOP WATER

Assorted Varieties
6pk/12oz

\$7⁹⁹
ea

SAVE \$6ea

FEVER-TREE
PREMIUM
DRINK MIXERS

Selected Varieties
8pk/5.07oz

\$6⁹⁹
ea

SAVE \$2ea

SANTA CRUZ ORGANIC
LEMONADE
OR LIMEADE

Assorted Varieties
32oz

2 for \$5

SAVE \$2.49ea



GROCERY

SUMMER
OF
SCOOPS

50%
off

ALDEN'S
+ ALEC'S

Exclusions apply. Limited to stock on hand or while supplies last.

NEW SEASONS BUTTER

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

1lb



\$4¹⁹
ea

EVERYDAY VALUE

REDDI-WIP WHIPPED TOPPING

Selected Varieties
6.5oz



2 for \$6

SAVE \$1.79ea

ELLENOS GREEK YOGURT

Selected Varieties
6oz

PNW
LOCAL



\$3²⁹
ea

SAVE 50¢ea

CHOBANI ZERO SUGAR GREEK YOGURT

Selected Varieties
5.3oz



3 for \$4

SAVE 56¢ea

DAIYA DAIRY-FREE CHEESE

Selected Varieties
7.1-7.8oz



\$3⁹⁹
ea

SAVE UP TO \$1.20ea

CEDAR'S ORGANIC HOMMUS

Selected Varieties
10oz



BUY 1 GET 1
FREE

SAVE \$4.59 ON 2

DAISY BRAND SOUR CREAM

Regular or Light.
16oz



2 for \$5

SAVE \$1.29ea

DAISY BRAND SOUR CREAM DIP

French Onion or Creamy Ranch.
16oz



2 for \$7

SAVE 99¢ea

BUBBIES PICKLES, HORSERADISH OR SAUERKRAUT

Assorted Varieties



25%
off

BEYOND MEAT PLANT-BASED SAUSAGE

Selected Varieties
10.6-14oz



BUY 1 GET 1
FREE

SAVE \$11.59 ON 2

KOIA PLANT PROTEIN DRINK

Selected Varieties
12oz



2 for \$7

SAVE UP TO \$1.29ea

UNCLE MATT'S ORGANIC NO SUGAR ADDED LEMONADE

Assorted Varieties
52oz



\$4⁴⁹
ea

SAVE \$3.70ea

OLIPOD PREBIOTIC SODA

Selected Varieties
12oz



3 for \$6

SAVE 39¢ea

CHEDDAR FEST NW

We're celebrating
cheddar all month
with 20% off a
rotating selection!

From everyday snacking
to cheeseboard
showstoppers. Check
out our cheese counter
each week for
new deals.



PORTAL TEA COMPANY COFFEE

Nitro Cold Brew or
Flash Chilled.
12oz

PNW
LOCAL



2 for \$7

SAVE \$1.49ea

FRANZ BUNS

Selected Varieties
8ct

PNW
LOCAL



\$2⁹⁹
ea

SAVE \$2ea

NEW SEASONS ORGANIC CORN TORTILLAS

Made using Certified Organic
masa flour by Don Pancho
Mexican Foods in
Salem, OR.
8ct



\$3⁴⁹
ea

FEATURED