

CLEAN WITH PURPOSE

Dr. Bronner's has you covered from head to toe with fair trade body, hair, face, and oral care.



Really **BIG DEAL**

50% off DR. BRONNER'S
Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discount.

CREEKSTONE FARMS BEEF CHUCK ROAST

USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.



\$9.99
lb
SAVE \$2lb

ORGANIC AVOCADOS

Rich, creamy, and great for dips, toast, and smoothies. From Calavo Growers in CA.



5 for \$5
SAVE 79¢ea

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



\$3.99
ea
SAVE \$1.50ea

NANCY'S ORGANIC YOGURT

Selected Varieties
32oz

PNW
LOCAL



\$5.99
ea
SAVE 90¢ea

RED'S BREAKFAST BURRITOS

Selected Varieties
5oz



2 for \$5
SAVE UP TO 99¢ea

SELECT BEER MULTIPACKS

Limited to stock on hand. Items priced as marked. No additional discounts. Selection varies by location. Offer valid for in-store purchases only.
12-18ct



20%
off

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

Making B Corp boards piled high with delicious bites from fellow B Corps who share our commitment to balancing profit with purpose.



MEAT & SEAFOOD

MARY'S BONE-IN SPLIT CHICKEN BREASTS

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



\$5⁴⁹
lb

SAVE 50¢/lb

PACIFIC COD FILLET

Sustainably harvested at the peak of season and flash-frozen on the vessel to preserve flavor. Perfect for fish & chips!



\$16⁹⁹
lb

SAVE \$1lb



ANDERSON RANCHES LAMB LOIN CHOPS

Certified Humane, grass-fed and finished lamb loin chops. Excellent pan-seared or roasted.



\$13⁹⁹
lb

SAVE \$1lb

PNW LOCAL

ACME SMOKED FISH SMOKED NOVA SALMON

Cold-smoked lox with a rich, silky texture and delicate smoky flavor.

3oz



Available in-store only

BUY 1 GET 1
1/2 OFF

SAVE \$5 ON 2

RESERVE YOUR SPRING FEAST

Reserve your Easter or Passover mains, sides, and desserts now through 10pm on April 2 at newseasonsmarket.com/reserve

ORGANIC PRODUCE

ORGANIC FUJI APPLES

Crisp, sweet, and extra juicy. From Stemilt Growers in Wenatchee, WA.



\$2⁴⁹
lb

SAVE 50¢/lb

PNW LOCAL

ORGANIC RED BELL PEPPERS

Crisp, slightly sweet, and perfect for stir-fries and scrambles. From Divine Flavor in Mexico.



\$1⁷⁹
ea

SAVE 50¢/ea

ORGANIC BARTLETT PEARS

A classic favorite for salads, snack plates, and baked goods. From Viva Tierra in Argentina.



\$2⁴⁹
lb

SAVE 50¢/lb

FLORAL

RANUNCULUS BUNCH

Layers and layers of bright, spring colors in one beautiful bunch.



\$12⁹⁹
ea

SAVE \$4ea

BAKERY & CHEESE

NEW SEASONS COOKIES

Sweeten any moment with these bakery favorites, available in a variety of crowd-pleasing flavors. **12ct**



\$8.49
ea
SAVE 50¢ea

CASCADIA CREAMERY CLOUDCAP

A stunning seasonal cheese, hand-made in the foothills of Mt. Adams. **PNW LOCAL**



\$25.99
lb
SAVE \$3lb

NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.



\$5.99
lb
SAVE \$1lb

CORO FOODS SLICED SALAMI

Uniquely delicious salami crafted using all-natural ingredients. Perfect for charcuterie boards and sandwiches. **PNW LOCAL**



\$5.99
ea
SAVE \$1ea

NEW SEASONS SALMON WITH SPRING ONIONS

Salmon baked with thinly sliced spring onions and herbs. **IT'S IN SEASON!**



\$22.99
lb
SAVE \$3lb

NEW SEASONS BEET SALAD WITH ARUGULA AND GOAT CHEESE

Featuring diced beets, arugula, and crumbled goat cheese in a champagne vinaigrette. **IT'S BACK!**



\$9.99
lb
SAVE \$4lb

NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.



\$5.99
lb
SAVE \$1lb

CORO FOODS SLICED SALAMI

Uniquely delicious salami crafted using all-natural ingredients. Perfect for charcuterie boards and sandwiches. **PNW LOCAL**



\$5.99
ea
SAVE \$1ea

TRUE STORY FOODS HERBED CHICKEN BREAST

Great for healthy snacking, wraps, and sandwiches.



\$15.99
lb
SAVE \$2lb

ORIGAMI CATERING TUNA SALMON FUTOMAKI ROLL

Featuring black-pepper Ahi tuna, Coho salmon, wasabi cream, red tobiko, chili flakes, and black sesame seeds. **PNW LOCAL**



\$12.99
ea
SAVE \$2ea

20% OFF SELECT BEER MULTIPACKS (12-18CT)

MIX & MATCH

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

MODELO ESPECIAL LAGER 12-PACK CANS

Well-balanced with a light hop character and a crisp, clean finish. Perfect for early spring cookouts. **PNW LOCAL**



\$18.39
ea

AFTER 20% DISCOUNT

NINKASI BREWING ADVENTURE VARIETY 12-PACK

Embark on a flavor journey with this 12-pack featuring four of Ninkasi's most popular IPAs. **PNW LOCAL**



\$21.59
ea

AFTER 20% DISCOUNT

PABST BLUE RIBBON 12-PACK CANS

Crisp and refreshing, this classic lager is perfect for a springy afternoon in the backyard. **PNW LOCAL**



\$11.99
ea

AFTER 20% DISCOUNT

10 BARREL BREWING PUB BEER 18-PACK

A crisp, easy-drinking lager with light malt character. Great for any occasion. **PNW LOCAL**



\$15.99
ea

AFTER 20% DISCOUNT

IT SAVES TO SHOP ONLINE

Find all your favorite in-store items online, and get free delivery or pickup on orders of \$35+ with code

SHOPONLINE26

shop.newseasonsmarket.com

Powered by **Instacart**

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members who are opted in to email or text get a FREE 8oz block of New Seasons organic cheese with a \$10 purchase.

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.

*NSM Medium Cheddar, Sharp Cheddar, Monterey Jack, Pepper Jack



WELLNESS

DR. BRONNER'S BODY CARE

Enjoy 50% off Dr. Bronner's body care favorites. Sale excludes gallon and half-gallon sizes.

50% off



PRANAROM AROMATHERAPY

Save 30% on Pranarom essential oils and diffusers.

30% off



MAD HIPPIE FACIAL CARE

Stock up and save on all-natural facial care and cosmetics from Mad Hippie.

30% off



SOURCE NATURALS MELATONIN

Helps to support a healthy sleep/wake cycle and improve quality of sleep. 100tab

\$6.49 ea
SAVE \$5.50ea



ANCIENT NUTRITION ORGANIC SUPERGREENS

A blend of 25 organic greens, fermented mushrooms, and adaptogens. Save on full sizes, too. .2oz

\$1.49 ea
SAVE \$1ea



QUANTUM HEALTH ZINC ELDERBERRY LOZENGES

A delicious way to help support your immune system. 14ct

\$3.19 ea
SAVE \$1ea



NOW FOODS B-12 1000MCG

Help support healthy brain and nerve function with 1000 mcg of B-12 per tablet. 250ct

\$14.49 ea
SAVE \$7.50ea



BLOOM MAGNESIUM GLYCINATE 400MG

An easily absorbable form of magnesium to help promote rest and relaxation. 90vc

\$15.99 ea
SAVE \$6ea



ORGANIC INDIA PSYLLIUM PRE & PROBIOTIC FIBER

Essential soluble and insoluble fibers to support digestion and elimination. Save on select formulas. 10oz

\$14.99 ea
SAVE \$6ea



EO PRODUCTS LAVENDER HAND SANITIZERS

Made with organic ingredients, free from synthetic fragrances and parabens. 2oz or 10ct

\$3.49 ea
SAVE \$1.50ea



GROCERY

DR. PRAEGER'S FROZEN VEGGIE SNACKS

Selected Varieties 9oz

\$7.99 ea
SAVE 60°ea



MASON DIXIE FOODS FROZEN BREAKFAST BURRITO

Assorted Varieties 5oz

2 for \$7
SAVE 99°ea



SOBO FOODS PLANT-BASED DUMPLINGS

Assorted Varieties 8oz

\$7.99 ea
SAVE \$2ea



NOTCO PLANT-BASED PROTEINS

Selected Varieties

20% off



COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Selected Varieties 14oz

\$6.99 ea
SAVE \$2ea



BLUE ZONES KITCHEN FROZEN MEAL BOWLS

Assorted Varieties 8-9oz

\$6.99 ea
SAVE UP TO \$1.60ea



PURAVIDA FIRE ROASTED VEGETABLES

Assorted Varieties 10oz

2 for \$7
SAVE UP TO \$1.39ea



RAO'S HOMEMADE FAMILY-SIZE FROZEN ENTRÉES

Assorted Varieties 24-27oz

\$12.99 ea
SAVE UP TO \$2.50ea



GROCERY

KETTLE BRAND POTATO CHIPS
Selected Varieties
6-7.5oz

PNW LOCAL



\$3.99
ea
SAVE 60¢ea

SABOR MEXICANO HOME MADE TORTILLA CHIPS
Original or Thick.
10oz



\$5.99
ea
SAVE UP TO \$2.40ea

TERRA VEGETABLE CHIPS
Selected Varieties
5oz



\$3.99
ea
SAVE UP TO 90¢ea

BETTER WITH BUCKWHEAT MAINE CRISPS
Assorted Varieties
4oz



\$6.69
ea
SAVE \$1ea

DRIZZILICIOUS MINI RICE CAKES
Selected Varieties
4oz



\$3.99
ea
SAVE \$1.20ea

EPIC MEAT BAR
Selected Varieties
1.3oz



2 for \$6
SAVE 99¢ea

CRISPY GREEN FREEZE-DRIED FRUIT SNACKS
Assorted Varieties
1.6-2.5oz



\$9.99
ea
SAVE \$2.70ea

RANGER CHOCOLATE CO. DARK CHOCOLATE CHERRIES OR HAZELNUTS
4.5-5.3oz



PNW LOCAL

\$9.99
ea
SAVE UP TO \$5ea

MI-DEL GINGER SNAPS
Assorted Varieties
8-10oz



\$4.99
ea
SAVE \$1ea

NEWMAN'S OWN COOKIES
Assorted Varieties
13oz



\$5.99
ea
SAVE \$2ea

JOYRIDE CANDY
Assorted Varieties
3.5-4oz



\$4.99
ea
SAVE UP TO \$1ea

JACOBSEN SALT CO. CANDY
Assorted Varieties
3oz



PNW LOCAL

\$6.79
ea
SAVE \$2ea

LIQUID DEATH SPARKLING ENERGY DRINK
Assorted Varieties
12oz



2 for \$5
SAVE 69¢ea

FEVER-TREE PREMIUM DRINK MIXER
Selected Varieties
16.9oz



\$2.99
ea
SAVE 40¢ea

TEJAVA TEA
Assorted Varieties
1L



2 for \$5
SAVE 89¢ea

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



\$1.99
ea
FEATURED

BULK

HUMMINGBIRD WHOLESALE ORGANIC GARBANZO BEANS

PNW LOCAL



\$2.99
lb
EVERYDAY VALUE

ROASTED & SALTED SUNFLOWER SEEDS



\$4.49
lb
SAVE 50¢lb

SUNRIDGE FARMS ORGANIC DELUXE TRAIL MIX



\$12.99
lb
SAVE \$1lb

NEW SEASONS ORGANIC COFFEE

Sustainably sourced by our partners at Equal Exchange in Portland, OR.

PNW LOCAL



\$14.99
lb
FEATURED

GROCERY

**GRAZA
SIZZLE
EXTRA VIRGIN
OLIVE OIL**
25.3oz



\$13⁹⁹
ea
SAVE \$3ea

**LILLIE'S Q
BBQ SAUCE**
Selected Varieties
14.8-15.5oz



\$5⁹⁹
ea
SAVE \$1ea

**BEAVER BRAND
CONDIMENTS**
Selected Varieties



20%
off

**SUZIE'S
CONDIMENTS**
Assorted Varieties



20%
off

**SPICELY ORGANICS
SPICES, HERBS AND
SEASONINGS**
Selected Varieties
.09-2.1oz



**BUY 2 GET 1
FREE**
SAVE \$6.99 ON 3

Available
in-store only

**WILD PLANET
ALBACORE WILD TUNA**
Sea Salt or No Salt Added.
3oz



2 for \$6
SAVE 69¢ea

**FIRE & SMOKE SOCIETY
RUBS AND SPICES**
Assorted Varieties



20%
off

**DESERT PEPPER TRADING COMPANY
QUESO OR SALSA**
Assorted Varieties



20%
off

**NAPOLEON
ARTICHOKEs**
Selected Varieties
9.9-13.75oz



\$4⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

**RANDY'S ARTISANAL
GOURMET PICKLES**
Assorted Varieties
24oz



\$8⁹⁹
ea
SAVE UP TO \$2.90ea

**ARTISANA ORGANICS
NUT BUTTER**
Selected Varieties



20%
off

**FARMER DIRECT FOODS
FLOUR**
Selected Varieties



20%
off

**BOB'S RED MILL
HOMESTYLE
GRANOLA**
Assorted Varieties
11oz



2 for \$9
SAVE \$1.29ea

PNW
LOCAL

**PUMPKIN TREE
ORGANIC
FRUIT PUREE
POUCH**
Assorted Varieties
3.5oz



2 for \$5
SAVE 69¢ea

**PACIFIC FOODS
PLANT-BASED
BEVERAGE**
Selected Varieties



20%
off

PNW
LOCAL

**MISS JONES BAKING CO.
FROSTINGS AND
BAKING MIXES**
Assorted Varieties



20%
off

**SWEET LOREN'S
BREAKFAST BISCUITS**
Assorted Varieties
5ct



\$6⁹⁹
ea
SAVE \$1.50ea

**TAZO
TEA**
Selected Varieties
16-20ct



\$3⁹⁹
ea
SAVE \$1.50ea

PNW
LOCAL

**TORANI
PUREMADE
SYRUP**
Selected Varieties
12.7oz



\$6⁹⁹
ea
SAVE \$1.40ea

**BAR KEEPERS FRIEND
CLEANING
PRODUCTS**
Selected Varieties



20%
off

GROCERY

**WILDWONDER
PREBIOTIC +
PROBIOTIC
SPARKLING
DRINK**

Assorted Varieties
12oz

**BUY 2 GET 1
FREE**

SAVE \$3.99 ON 3



Available
in-store only

**PRESSED JUICERY
COLD-PRESSED
JUICES**

Selected Varieties
15.2oz

**\$5⁹⁹
ea**

SAVE \$1ea



**PRESSED JUICERY
COLD-PRESSED
JUICE SHOT**

Wellness or Vitality.
2oz

2 for \$7

SAVE 69¢ea



**PERFECT BAR
PROTEIN
BARS**

Selected Varieties
8ct

**\$19⁹⁹
ea**

SAVE \$9ea



**SIGGI'S
YOGURT**

Selected Varieties
4.5-5.3oz

2 for \$4

SAVE UP TO 89¢ea



**CHOBANI
LESS SUGAR
GREEK YOGURT**

Assorted Varieties
5.3oz

4 for \$5

SAVE 34¢ea



**DAIYA
DAIRY-FREE CHEESE**

Selected Varieties
7.1oz

**\$3⁹⁹
ea**

SAVE \$1.20ea



**ROMA VICOLO AND VICOLO
PIZZA**

Selected Varieties
9.1-15.75oz

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

SAVE \$5 ON 2



Available
in-store only

**HABIZA
HUMMUS**

Assorted Varieties
10oz

**BUY 1 GET 1
FREE**

SAVE \$6.79 ON 2



**MAMA TORREZ
SALSA**

Assorted Varieties
12oz

**\$5⁶⁹
ea**

SAVE \$1ea



**RIPPLE
PLANT-BASED
MILK**

Selected Varieties

**20%
off**



**ORGANIC VALLEY
LACTOSE-FREE
CREAMER**

Selected Varieties
1qt

**\$6⁹⁹
ea**

SAVE \$1.20ea



**NEW SEASONS
PASTURE-RAISED
EGGS**

From Wilcox Family Farms
in Aurora, OR.
1doz

**\$6⁵⁹
ea**

FEATURED



**LA ROSA
WRAPS AND
TORTILLAS**

Selected Varieties

**20%
off**



**SEATTLE INTERNATIONAL
BAKING COMPANY
BAGELS**

Assorted Varieties
5ct

**\$4⁹⁹
ea**

SAVE \$2ea



**SEATTLE INTERNATIONAL
BAKING COMPANY
SLICED
SOURDOUGH
ROUNDS**

Selected Varieties
24oz

**\$5⁹⁹
ea**

SAVE \$2ea



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and desserts now through 10pm on April 2
at newseasonsmarket.com/reserve