

THE GRILL DEAL

You can't beat our new lower price
on local, humanely raised New York
steak, with no antibiotics ever.

NEW! LOWER PRICE!

COUNTRY NATURAL BEEF
**NEW YORK
STEAKS**

\$19⁹⁹
lb

Really BIG DEALS

MARATIVA WILD-CAUGHT SHRIMP

Sustainably wild-caught blue shrimp from
Mexico with a sweet and briny flavor.
21/25ct

\$9⁹⁹
lb

SAVE \$4lb



ORGANIC CANTALOUPE

A sweet addition to a summery fruit salad.
From Access Organics in Holtville, CA.

99¢
lb

SAVE 50¢lb

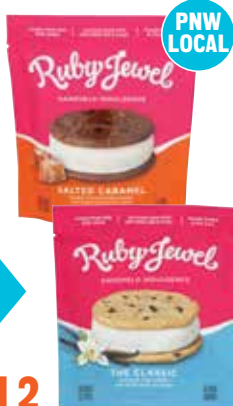


RUBY JEWEL ICE CREAM SANDWICH

Selected Varieties
5.25oz

**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2



KETTLE BRAND PARTY SIZE POTATO CHIPS

Assorted Varieties
13oz

\$3⁹⁹
ea

SAVE \$3ea



FRANZ PREMIUM BUNS

Selected Varieties
8ct

\$3⁹⁹
ea

SAVE UP TO \$2.50ea



EVERYDAY VALUE

Check this spot each week for everyday favorites at great prices you can count on.

NEW SEASONS 80% LEAN 20% FAT BEEF BURGERS

House-made with humanely raised beef with no antibiotics ever. Ready for the grill!



\$1.99
ea

EVERYDAY VALUE

ORGANIC LUNCHBOX APPLES

Sweet, juicy, and great for healthy snacking. Grown in OR and WA.



\$1.99
lb

EVERYDAY VALUE

PNW
LOCAL

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

KEY TREASURE IN-SHELL PINK SHRIMP

Sustainably wild-caught in Florida, and flash frozen to preserve the briny taste and snappy texture. Assorted varieties.

36/40ct



\$7.99
lb

EVERYDAY VALUE

MEAT & SEAFOOD

NEW SEASONS GREEN CHILI CHEESE PORK SAUSAGE LINKS

House-made with fire-roasted fresh poblano chili, cheese, and humanely raised pork.



\$1.99
ea
SAVE \$1ea



MARY'S BONELESS SKINLESS CHICKEN BREASTS

Humane Certified and always air-chilled with no antibiotics ever.



\$6.49
lb

SAVE 50¢lb

NEW SEASONS ANIMAL-STYLE BEEF BURGERS

House-made with caramelized onions, cheese, and humanely raised beef with no antibiotics ever.



\$2.50
ea

SAVE \$2ea

ATLANTIC SALMON FILLET

Sustainably farm-raised with a fresh, mild, and buttery flavor. Great on the grill!



\$14.99
lb

SAVE \$1lb

SEAFRESH COOKED SHRIMP

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

31/40ct



\$15.99
lb

SAVE \$2lb

PRODUCE & FLORAL

OREGON STRAWBERRY PINTS

Local strawberry season is here at last! From Unger Century Farm in Cornelius, OR, and Bluff Berry Farm in Boring, OR.



\$5.99
ea

FEATURED

PNW
LOCAL

MARYHILL CHERRIES

Picked at the peak of perfection for the best flavor. From Gunkel Orchards in Goldendale, WA.



\$6.99
lb

FEATURED

PNW
LOCAL

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Siri and Sons Farms in St. Paul, OR.



2 for \$5

SAVE 49¢ea

PNW
LOCAL

WESTWIND GARDENS ORGANIC 4" HERB STARTS

Get your garden going in a snap with locally grown, 4-in organic herb starts.



\$3.99
ea

SAVE \$1ea

PNW
LOCAL

BAKERY & CHEESE

SIMPLE JOYS

SLICED LOAF CAKES

Super moist and perfect as is or topped with fresh berries and cream! Choose from assorted flavors.

14.1oz

\$5⁹⁹
ea

SAVE \$1ea



NEW SEASONS

SLICED PROSCIUTTO

Ready for your next charcuterie plate, appetizer, or sandwich.

4oz

\$8⁹⁹
ea

SAVE \$1ea



NEW SEASONS

ORGANIC CIABATTA

Made fresh daily in-house, this bakery fave is great for grilled sandwiches.

\$4⁹⁹
ea

SAVE \$1ea



ATALANTA

HALLOUMI

The ultimate grilling cheese. Slice and warm on the grill, then add to salads, antipasti plates, or pasta dishes.

8.8oz

\$9⁹⁹
ea

SAVE \$1ea



NEW SEASONS

ROASTED SUMMER VEGETABLES

A medley of roasted summer vegetables seasoned with garlic and herbs.

\$9⁹⁹
lb

SAVE \$2lb



PICK OF THE SEASON!

LAURETTA JEAN'S

CURRY CAULIFLOWER POT PIE

An aromatic savory pie featuring cauliflower, peas, and potatoes in a flaky herb pastry crust.

\$11⁹⁹
ea

FEATURED



PNW LOCAL

IT'S NEW!

NEW SEASONS

DELI MACARONI SALAD

Elbow macaroni in a tangy, sweet dressing with diced peppers, onions, and a hint of black pepper.

\$8⁹⁹
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.

\$12⁹⁹
ea

SAVE \$1ea



PNW LOCAL

BEER & WINE

**Mix & Match
Every day**

10% off

**6 bottles
of wine**

20% off

**12 bottles
of wine
or more**

*Offer available in-store only.

BODEGAS SAN VALERO

PLANO ALTO GARNACHA & CARINENA

Full-bodied and ripe with aromas of fresh plum and blackberry and a dry herbal finish, this wine is great paired with burgers and barbeque.

750ml

\$11⁹⁹
ea

SAVE \$1ea



BAERLIC BREWING

DAD BEER

A crisp and refreshing brew great for grilling, fishing, camping, or hanging out in the backyard.

4pk/16oz

\$12⁹⁹
ea

SAVE \$1ea



PNW LOCAL

OVERJOY

CHIANTI

Elegant and structured, this Chianti has aromas of Morello cherry, elderflower, and brown spice. Enjoy paired with cured meats, tomato bruschetta, or pasta.

750ml

\$12⁹⁹
ea

SAVE \$2ea



ONLY AT NSM

DESCHUTES BREWERY SELECT 6-PACKS

Soak up the sun with refreshing favorites like Mirror Pond Pale Ale, a bright and citrusy brew with a fruity hop aroma.

6pk/12oz

\$11⁹⁹
ea

SAVE \$1ea



PNW LOCAL

**SAVE TIME,
ORDER ONLINE!**

Use code **SUNSHINE15**
for \$15 off \$75+
online for delivery or
free pickup.*

shop.newseasonsmarket.com

Powered by
Instacart

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

TAKE \$10 OFF \$50!

Neighbor Rewards members get
\$10 off your next purchase of
\$50 or more just for signing up
for email or text.

Join or sign up by Thursday at
newseasonsmarket.com/rewards
to get this special member offer
on Friday.



WELLNESS

WYLD CBD CBD GUMMIES

Made with THC-free, broad-spectrum hemp infused with real fruit.



35% off

PNW LOCAL

BADGER SUN CARE

Be ready for the sun with savings on broad-spectrum, mineral-based sunscreens from this fellow B Corp.



30% off

MINERAL FUSION COLOR COSMETICS

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



30% off

MANITOBA HARVEST RAW SHELLLED HEMP HEARTS

An easy and delicious way to add heart-healthy omega-3s to your diet. Save on select sizes.

8oz

\$7.99 ea

SAVE \$3ea



BLOOM CAL-MAG-ZINC WITH VITAMIN D3

Formulated to provide essential vitamins and minerals to support bone health.

100tab

\$11.99 ea

SAVE \$5ea



NOW FOODS MELATONIN 3MG

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

60vc

\$4.99 ea

SAVE \$3ea



MRM NUTRITION DIGEST-ALL

Formulated with 100% vegetarian enzymes to help promote healthy digestion.

30vc

\$6.49 ea

SAVE \$5.50ea



GARDEN OF LIFE VITAMIN CODE VITAMIN B COMPLEX

A high-potency, vegan formula to help promote mental and physical energy.

60vc

\$19.99 ea

SAVE \$8ea



OREGON SOAP COMPANY FOAMING SOAPS

Made with all-natural, organic ingredients to soothe and cleanse. Over 325 pumps per bottle.

8.3oz

\$5.99 ea

SAVE \$3ea



PNW LOCAL

EVERY MAN JACK BODY WASH

Made with naturally derived ingredients. Also save on deodorant, beard oil, and more. Great for Father's Day!

16.9oz

\$6.99 ea

SAVE \$3ea



GROCERY

BEN & JERRY'S ICE CREAM

Selected Varieties
15.2-16oz

\$4.99 ea

SAVE \$3ea



CRAIG'S VEGAN NON-DAIRY FROZEN DESSERT

Assorted Varieties
1pt

\$5.99 ea

SAVE \$2ea



CASCADIAN FARM ORGANIC FROZEN FRUIT

Assorted Varieties
8-10oz

\$4.99 ea

SAVE \$2ea



PNW LOCAL

CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Selected Varieties

20% off



PNW LOCAL

URBAN PIE PIZZA CO. FROZEN PIZZA

Assorted Varieties
16.7-20.45oz

\$8.99 ea

SAVE \$2ea



CASCADIAN FARM ORGANIC FROZEN POTATOES

Selected Varieties
12-16oz

\$4.99 ea

SAVE \$3ea



PNW LOCAL

OMNI PLANT-BASED PROTEINS

Assorted Varieties
5.29-7.05oz

\$4.99 ea

SAVE UP TO \$1.50ea



SCOTT & JONS FROZEN SHRIMP BOWLS

Assorted Varieties
9.6oz

\$4.99 ea

SAVE \$1.50ea



GROCERY

BAHLESEN LEIBNIZ COOKIES OR WAFER ROLLS

Assorted Varieties
3.5-4.4oz

\$4⁹⁹
ea

SAVE \$2ea



TONY'S CHOCOLONELY LIL' BITS

Assorted Varieties
4oz

\$4⁴⁹
ea

SAVE \$1.50ea



NEW COAST FORAGING CO. ORGANIC TRUFFLES

Assorted Varieties
7oz

\$7⁹⁹
ea

FEATURED



PATIENCE FRUIT & CO. ORGANIC DRIED FRUIT

Assorted Varieties
4oz

\$3⁹⁹
ea

SAVE \$1ea



BACK TO NATURE CRACKERS

Selected Varieties
4-8.5oz

\$2⁹⁹
ea

SAVE \$2.50ea



LUNDBERG FAMILY FARMS RICE CAKES

Selected Varieties

25%
off



CASCADIAN FARM ORGANIC GRANOLA BARS

Selected Varieties
5-6ct

\$5⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

SPUDSY SWEET POTATO FRIES

Sea Salt or Hot.
4oz

\$2⁹⁹
ea

SAVE \$2ea



CLEAN CAUSE ORGANIC SPARKLING YERBA MATE

Assorted Varieties
16oz

2 for \$5

SAVE 99¢ea



JUST ICE TEA ORGANIC TEA

Assorted Varieties
16oz

2 for \$4

SAVE 99¢ea



LACROIX SPARKLING WATER

Selected Varieties
8pk/12oz

\$3⁹⁹
ea

SAVE \$1ea



HIGH BREW COFFEE COLD-BREW COFFEE

Assorted Varieties
8oz

2 for \$4

SAVE 79¢ea



RENEW JUICE COMPANY JUICE

Selected Varieties

20%
off



PNW
LOCAL

UNCLE MATT'S ORGANIC NO SUGAR ADDED JUICE BOXES

Assorted Varieties
8pk/6.75oz

\$4⁹⁹
ea

SAVE UP TO \$2ea



LIQUID DEATH SPARKLING WATER

Assorted Varieties
19.2oz

3 for \$5

SAVE 62¢ea



SHROOMI ORGANIC MUSHROOM COFFEE

Assorted Varieties
12oz

\$19⁹⁹
ea

SAVE \$4ea



BULK

NEW SEASONS NUT BUTTER FILLED PRETZELS

Choose from Peanut
or Almond Butter.
7-8oz

\$7⁹⁹
ea

SAVE \$1ea



SUNRIDGE FARMS BERRIES & CHOCOLATE ANTIOXIDANT MIX

\$12⁹⁹
lb

SAVE \$3lb



STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties

\$14⁹⁹
lb

SAVE \$4lb



PNW
LOCAL

HUMMINGBIRD WHOLESALE ORGANIC AWAKENED SALTED PECANS

\$19⁹⁹
lb

SAVE \$6lb



PNW
LOCAL

GROCERY

**FRANZ
PREMIUM
ROLLS**
Selected Varieties
6ct

PNW
LOCAL



2 for \$7
SAVE \$2.49ea

**JACOBSEN SALT CO.
SEASONING**
Selected Varieties
2.3–2.82oz

PNW
LOCAL



\$6⁹⁹
ea
SAVE \$1ea

**HEYDAY CANNING CO.
BEANS**
Assorted Varieties
15oz



2 for \$7
SAVE \$1.49ea

**RAINCOAST TRADING
WILD SALMON**
Selected Varieties



30% off

**ANNIE'S
PASTA & CHEESE**
Selected Varieties
5.5–10.5oz



2 for \$7
SAVE \$2.49ea

**DAIYA
DAIRY-FREE
MAC & CHEESE**
Assorted Varieties
10.6oz



\$4⁹⁹
ea
SAVE \$2ea

**KIKKOMAN
PANKO
BREAD
CRUMBS**
8oz



\$2⁹⁹
ea
SAVE \$1ea

**SPICELY ORGANICS
SPICES, HERBS OR
SEASONINGS**
Selected Varieties



20% off

**BONO
ORGANIC
SICILIAN
EXTRA VIRGIN
OLIVE OIL**
Assorted Varieties
16.9oz



\$19⁹⁹
ea
SAVE \$6ea

**ANNIE'S
ORGANIC
DRESSING**
Assorted Varieties
8oz



\$4⁹⁹
ea
SAVE \$2.50ea

**NAPA VALLEY NATURALS
ORGANIC
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
25.4oz



\$24⁹⁹
ea
SAVE \$8ea

**SPECTRUM
CULINARY
OILS**
Selected Varieties



20% off

**BOB'S RED MILL
BUTTERMILK
PANCAKE &
WAFFLE
MIX**
24oz

PNW
LOCAL



\$4⁹⁹
ea
SAVE \$2ea

**MAPLE JOE
ORGANIC
MAPLE SYRUP**
Assorted Varieties
12.5oz



\$9⁹⁹
ea
SAVE \$3ea

**OCEAN'S BALANCE
FURIKAKE
SEASONING**
Assorted Varieties
1.7oz



\$6⁹⁹
ea
SAVE \$1ea

**BLUE BUFFALO
DOG FOOD**
Selected Varieties
12.5oz



\$4⁹⁹
ea
SAVE \$1.50ea

**CROFTER'S ORGANIC
PREMIUM
FRUIT
SPREAD**
Assorted Varieties
16.5oz



\$4⁹⁹
ea
SAVE \$2ea

**ONCE AGAIN
ORGANIC
SUNFLOWER
BUTTER**
Selected Varieties
16oz



\$8⁹⁹
ea
SAVE \$4ea

**CLIF BAR
ENERGY
BAR**
Selected Varieties
1.76–2.4oz



2 for \$3
SAVE UP TO \$1.49ea

**DANDIES
VEGAN
MARSHMALLOWS**
Selected Varieties
9.9–10oz



\$3⁹⁹
ea
SAVE UP TO \$2ea

GROCERY

AIDELLS SMOKED SAUSAGES

Selected Varieties
12oz

\$5⁹⁹
ea

SAVE \$1.50ea



TILLAMOOK CHEESE

Selected Varieties
7-8oz

2 for \$7

SAVE \$1.49ea



PNW
LOCAL

VICOLO PIZZETTAS

Assorted Varieties
2ct

BUY 1 GET 1
FREE

SAVE \$9.99 ON 2



WILDWOOD ORGANIC TOFU

Selected Varieties
14-15.5oz

\$3⁹⁹
ea

SAVE UP TO \$1.50ea



CALIFIA FARMS PLANT-BASED MILK OR CREAMER

Selected Varieties

25%
off



STUMPTOWN COFFEE ROASTERS COLD BREW CONCENTRATE

25.4oz

\$10⁹⁹
ea

EVERYDAY VALUE



PNW
LOCAL

DAISY BRAND SOUR CREAM

Regular or Light.
16oz

2 for \$5

SAVE \$1.49ea



REDDI-WIP WHIPPED TOPPING

Selected Varieties
6.5oz

2 for \$5

SAVE \$2.49ea



BITCHIN' SAUCE VEGAN DIP

Selected Varieties
7-8oz

\$5⁴⁹
ea

SAVE \$2.50ea



PAINTERLAND SISTERS ORGANIC SKYR YOGURT

Assorted Varieties
5.3oz

2 for \$5

SAVE 49¢ea



NOOSA YOGHURT

Assorted Varieties
8oz

2 for \$4

SAVE 99¢ea



NANCY'S ORGANIC PLAIN GRASS-FED YOGURT

24oz

\$4⁹⁹
ea

SAVE \$1.50ea



PNW
LOCAL

VIOLIFE VEGAN CHEESE

Selected Varieties
5.64-8oz

\$5⁴⁹
ea

SAVE \$2.50ea



WILDWONDER PREBIOTIC + PROBIOTIC SPARKLING DRINK

Assorted
Varieties
12oz

BUY 2 GET 1
FREE

SAVE \$3.79 ON 3 In-store only



NEW SEASONS ORGANIC LEMONADE

From Columbia Gorge
Organic in Hood River, OR.
48oz

\$5⁹⁹
ea

FEATURED



KEVITA ORGANIC PROBIOTIC DRINK

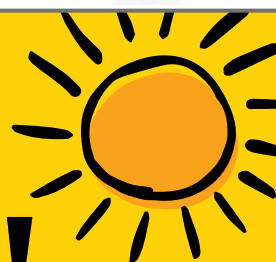
Selected Varieties
15.2oz

2 for \$7

SAVE 99¢ea



HAVE IT CATERED!



Whether you're celebrating
Father's Day or a recent
grad, our catering menu has
something for everyone.

[newseasonsmarket.com/
special-occasions](https://newseasonsmarket.com/special-occasions)

Weekend Tasting

We're celebrating the start of local berry season with a taste of Oregon strawberries—picked at the peak of sweet, juicy perfection. Friday, Saturday & Sunday • 12pm – 6pm