

LOCAL BERRY BOUNTY

Sweet, juicy, locally grown berries are at their peak. Grab them while you can!

SALE

LOCAL PNW BERRIES

Grown in OR and WA.

20% off

MARY'S BONELESS SKINLESS CHICKEN BREASTS

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



\$5.99 lb

SAVE \$2lb

ROCKFISH FILLET

Sustainably wild-caught off the OR and WA coast. Delicious pan-seared or baked.

PNW LOCAL



\$7.99 lb

SAVE \$2lb

URBAN PIE PIZZA CO. PINZA ROMAN STYLE PIZZA

Assorted Varieties 13.3-16.35oz



\$10.99 ea

SAVE \$3.30ea

SISTERS COFFEE CO. COFFEE

Selected Varieties 12oz

PNW LOCAL



\$13.99 ea

SAVE UP TO \$3ea

BROWN COW WHOLE MILK YOGURT

Assorted Varieties 5.3oz



10 for \$10

SAVE 49¢ea

SUMMER OF SCRAPPS

50% off

TALENTI + YASSO

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

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*

ORGANIC PRAIRIE

The best summer meals start outdoors—with the best ingredients. Get cooking with Organic Prairie grass-fed and finished organic beef with no added hormones and no antibiotics ever.

From burgers to steaks, we've got your cookout covered. Choose from ground beef, New York strip, tenderloin, top sirloin, and ribeye—all \$1 off in the meat department grab & go case.

ORGANIC PRAIRIE
STEAK &
GROUND BEEF
PACKS
6-16oz

Starting at:

\$12⁹⁹
ea
SAVE \$1ea



MEAT & SEAFOOD

BLACK COD FILLET

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

PNW LOCAL



\$11⁹⁹
lb
SAVE \$3lb

NEW SEASONS ALL PORK SAUSAGE LINKS

House-made and grill-ready. Choose from favorites like Jalapeno Cheddar and Olympia Provisions Garlic Bratwurst. Options may vary by location.



\$6⁴⁹
lb
SAVE 50¢lb

OCEAN BEAUTY SEAFOODS PEELED & DEVEINED SHRIMP

Sustainably farm-raised and perfect for an easy weeknight meal or weekend cookout.



\$14⁹⁹
lb
SAVE \$1lb

Really BIG DEAL

WHOLE SOCKEYE PRE-SALE!

Pre-order now to reserve your whole Sockeye salmon at newseasonsmarket.com/sockeye

Pick up your order during our annual sale. Saturday & Sunday, July 18-19, 9am-5pm

PRODUCE

NECTARINES

Exceptionally sweet and full of tree-ripened flavor. Grown in CA.



25%
off

ORGANIC CANTALOUPE

Sweet, juicy, and melt in-your-mouth delicious. Grown in CA.



\$1⁴⁹
lb
SAVE 50¢lb

RED BELL PEPPERS

Crisp, slightly sweet, and delicious on the grill. Grown in Canada.



\$1⁹⁹
ea
SAVE 50¢ea

LOCAL FLORAL

MINI GERBERA DAISY

A bright, beautiful 5-stem bunch locally grown and full of summer cheer.



\$5⁹⁹
ea
SAVE \$2ea

BAKERY & CHEESE

NEW SEASONS ORGANIC CIABATTA
Made fresh daily in-house, this bakery favorite is great for sandwiches.



\$5⁴⁹
ea
SAVE \$1ea

ALBINA CITY NUTS TOASTED CORN **PNW LOCAL**
Crunchy, flavorful toasted corn for all your summer adventures and gatherings. Assorted flavors. 12oz



\$8⁴⁹
ea
SAVE \$1.50ea

NEW SEASONS CHIPOTLE LIME CHICKEN BREAST
Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.



\$13⁹⁹
lb
SAVE \$3lb

NEW SEASONS SPINACH ARTICHOKE TORTELLINI SALAD **IT'S BACK!**
Cheese-filled tortellini with baby artichokes, spinach, and cherry tomatoes in a red wine vinaigrette.



\$10⁹⁹
lb
SAVE \$3lb

.....PIE IN JULY.....

NEW SEASONS CREAM PIES
Choose from crowd-pleasing favorites like Key Lime, Chocolate cream, and Coconut Cream.



25%
off

MARIN FRENCH CHEESE PETITE CHEESES
French-inspired cheeses that pair beautifully with chilled rosé. Perfect for sharing. 4oz



Starting at:
\$7⁴⁹
ea
SAVE \$1.50ea

ELEPHANTS DELICATESSEN PNW LOCAL FICELLE SANDWICHES
Choose from Ham & Brie, Turkey Cheddar, Caprese, and Salami Provolone—available in our grab & go case.



\$6⁹⁹
ea
SAVE \$1ea

AZEH'S KITCHEN PNW LOCAL GARBANZO BEAN & PEPPERONCINI SALAD **IT'S NEW!**
Garbanzo beans, mixed peppers, and olives in a tangy herb dressing.



\$9⁹⁹
lb
SAVE \$3lb

BEER & WINE

MIX & MATCH

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

COLORIAGES WINES **IT'S NEW!**
Bright and quaffable wines from sunny southern France. Serve slightly chilled. 750ml



\$11⁹⁹
ea
SAVE \$3ea

TIMOTHY MALONE WINES PNW LOCAL PRIMITIVO ROSÉ **ONLY AT NSM**
Bright and dry rosé with zippy acidity and notes of blackberry, blueberry, and lemon rind. 750ml



\$14⁹⁹
ea
SAVE \$2ea

POP SIPS **IT'S NEW!**
HARD SODA
Delicious probiotic hard sodas made with real fruit juice and other natural ingredients. Choose from Raspberry and Ginger Lime. 4pk/7.5oz



\$11⁹⁹
ea
SAVE \$1ea

KINGS & DAUGHTERS PNW LOCAL WEST COAST IPA
A vibrant and balanced West Coast IPA with a citrus and piney hop core. 16oz



\$3⁹⁹
ea
SAVE \$1ea

DOWNLOAD OUR APP, SAVE \$15!

It pays to shop online for easy same-day pickup or delivery. Just download our app, and get \$15 off your first order of \$60+ with code **DOWNLOAD15**

newseasonsmarket.com/download

Powered by **instacart**

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get 50% off a 12oz package of New Seasons Uncured Bacon.

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



WELLNESS

LIQUID I.V. HYDRATION MULTIPLIERS

Stay hydrated and save on full boxes and singles. Assorted flavors on sale.



30% off

NORDIC NATURALS VITAMINS & SUPPLEMENTS

Save 25% on all of your favorites, including fish oils and gummy vitamins.



25% off

NATRACARE PERIOD CARE

Organic cotton, free from plastics, fragrances, and chlorine. Save 15% on select period care.



15% off

DAVIDS ORAL CARE

Eco-friendly dental care, including fluoride-free toothpastes in a recyclable metal tube.



30% off

YERBA PRIMA DAILY FIBER CAPS

Made from 100% pure whole psyllium husks. Save on select formulas this week.

180cap



\$12⁹⁹ ea
SAVE \$9ea

NOW FOODS IRON COMPLEX

A vegetarian formula designed to maximize iron absorption and utilization. Gentle on the stomach.

100tab



\$9⁹⁹ ea
SAVE \$4ea

BLOOM MAGNESIUM GLYCINATE 400MG

Each capsule delivers 400mg of an easy-to-absorb form of magnesium. 90vc



\$16⁹⁹ ea
SAVE \$5ea

NATURE'S WAY ALIVE! GUMMY MULTIVITAMINS

Stock up and save on select men's and women's multivitamin gummies. 75ct



\$15⁹⁹ ea
SAVE \$4ea

MAD HIPPIE DAILY PROTECTIVE SERUM SPF 30

Hydrate, nourish, and protect with clear, mineral-based sun care. 1.02oz



\$16⁹⁹ ea
SAVE \$6ea

ALBA BOTANICA SHEER MINERAL SPF 50 SUNSCREEN LOTION

Mineral-based sun protection for even the most sensitive skin. Save on lotions and sprays. 3oz



\$12⁹⁹ ea
SAVE \$5ea

GROCERY

GOODPOP FROZEN POPS

Selected Varieties 4-8ct



\$6⁹⁹ ea
SAVE UP TO \$1.90ea

ALDEN'S ORGANIC ICE CREAM

Selected Varieties 1.5qt

PNW LOCAL



\$8⁹⁹ ea
SAVE \$1ea

SOMETHING SWEET COOKIE DOUGH

Selected Varieties 12.69oz



\$11⁹⁹ ea
SAVE \$2ea

FOOD FOR LIFE SPROUTED GRAIN BREAD

Selected Varieties 18-24oz



\$6⁹⁹ ea
SAVE UP TO \$1.30ea

WHOLLY WHOLESOME PIE CRUSTS & SHELLS

Selected Varieties



20% off

FIELD ROAST PLANT-BASED APPETIZERS

Selected Varieties 10oz

PNW LOCAL



\$8⁹⁹ ea
SAVE 20¢ea

CHUNK FOODS PLANT-BASED PROTEINS

Assorted Varieties 8-11oz



\$8⁹⁹ ea
SAVE UP TO \$3ea

JESSE & BEN'S SWEET POTATO TALLOW FRIES

14oz



\$8⁹⁹ ea
SAVE 90¢ea

GROCERY

HUMBLE SNACKS
ORGANIC POTATO CHIPS
 Assorted Varieties
 5oz



BUY 1 GET 1 FREE
 SAVE \$5.49 ON 2

PIRATE'S BOOTY
AGED WHITE CHEDDAR PUFFS
 Selected Varieties
 10oz



\$7.99 ea
 SAVE \$1.20ea

SIETE FOODS
GRAIN-FREE TORTILLA CHIPS
 Selected Varieties
 5oz



\$4.99 ea
 SAVE \$1.50ea

MORENITA
TORTILLA CHIPS
 Assorted Varieties
 14oz



\$5.99 ea
 SAVE \$1.80ea

TERRA
VEGETABLE CHIPS
 Selected Varieties



30% off

ROOT FOODS
VEGETABLE CHIPS
 Assorted Varieties
 2.5oz



\$6.99 ea
 SAVE \$1ea

LOUISVILLE JERKY CO.
PLANT-BASED JERKY
 Assorted Varieties
 3oz



\$6.99 ea
 SAVE \$1ea

LOVE, CORN
CRUNCHY CORN SNACK
 Assorted Varieties
 4oz



2 for \$7
 SAVE 29¢ea

CRISPY GREEN
FREEZE-DRIED FRUIT SNACKS
 Assorted Varieties
 1.69-2.54oz



\$9.99 ea
 SAVE \$2.70ea

PNW LOCAL
NAKED BREAD
SANDWICH BREAD
 Selected Varieties
 22.5oz



\$3.99 ea
 SAVE \$2.50ea

SUN TROPICS
COCOROLLS
 Assorted Varieties
 4oz



\$3.99 ea
 SAVE UP TO \$1.80ea

PAMELA'S PRODUCTS
GLUTEN-FREE SNACKS & BAKING MIXES
 Selected Varieties



20% off

BARKTHINS
SNACKING CHOCOLATE
 Selected Varieties
 4.7oz



\$5.99 ea
 SAVE 90¢ea

LÄRABAR
ENERGY BAR
 Selected Varieties
 1.6-1.7oz



4 for \$5
 SAVE UP TO \$1.04ea

BOBO'S
OATMEAL BARS
 Selected Varieties
 4ct



\$8.99 ea
 SAVE \$2ea

BOBO'S
OATMEAL BAR
 Selected Varieties
 3oz



2 for \$5
 SAVE 79¢ea

BULK

GOLDEN TEMPLE
MAPLE ALMOND GRANOLA



\$5.99 lb
 SAVE \$1.50lb

ORGANIC
PITTED PRUNES



\$8.99 lb
 SAVE \$1lb

WALNUT HALVES & PIECES
 Selected Varieties



\$10.99 lb
 SAVE \$1lb

SUNRIDGE FARMS
MALT BALLS
 Selected Varieties
 7oz



\$10.99 ea
 SAVE \$2ea

GROCERY

FERRIS COFFEE & NUT CO.
NUT BUTTER
Selected Varieties



30% off

NEW SEASONS
ORGANIC TORTILLAS
From Don Pancho Authentic Mexican Foods in Salem, OR.
8-10ct



\$8¹⁹ ea
FEATURED

SPANGLISH ASADERO
SEASONINGS
Assorted Varieties



30% off

NAPOLEON
EXTRA VIRGIN OLIVE OIL
Selected Varieties



20% off

MAILLE
MUSTARD
Assorted Varieties
7.3-9.4oz



\$4⁹⁹ ea
SAVE \$1.30ea

CARBONE
PASTA SAUCE
Assorted Varieties
24oz



\$8⁹⁹ ea
SAVE \$2ea

EKONE
TINNED SEAFOOD
Assorted Varieties

PNW LOCAL



30% off

BIRDIE & LOUIE
DOG FOOD
Selected Varieties



20% off

ECOS
LAUNDRY PRODUCTS
Selected Varieties
70-100oz



\$13⁹⁹ ea
SAVE UP TO \$4ea

ROSELINE COFFEE
WHOLE BEAN COFFEE
Assorted Varieties
12oz

PNW LOCAL



\$19⁹⁹ ea
SAVE UP TO \$5ea

RENEW JUICE COMPANY
JUICE
Selected Varieties



30% off

IZZE
SPARKLING JUICE BEVERAGES
Selected Varieties
6pk/8.4oz



\$6⁹⁹ ea
SAVE UP TO \$1.60ea

WET HYDRATION
FUNCTIONAL WELLNESS WATER
Assorted Varieties
12oz



2 for \$4
SAVE UP TO \$1.49ea

YERBA MADRE
ORGANIC YERBA MATE
Selected Varieties
16oz



2 for \$6
SAVE 59¢ea

HINT
FRUIT-INFUSED WATER
Selected Varieties
16oz



BUY 1 GET 1 FREE
SAVE \$1.99 on 2

PROUD SOURCE
SPRING WATER
25.3oz



2 for \$6
SAVE 39¢ea

C2O
COCONUT WATER
Selected Varieties
1L



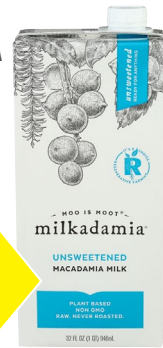
\$4⁹⁹ ea
SAVE \$1ea

VITA COCO
COCONUT WATER
Selected Varieties
11.1oz



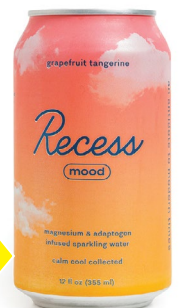
2 for \$4
SAVE 39¢ea

MILKADAMIA
MACADAMIA MILK
Selected Varieties
32oz



\$4⁹⁹ ea
SAVE UP TO \$3ea

RECESS
MOOD SPARKLING WATER
Assorted Varieties
12oz



2 for \$6
SAVE 99¢ea

GROCERY

**NOSSA FAMILIA COFFEE
ICED COFFEE**
12oz

PNW LOCAL



2 for \$5
SAVE \$2.49ea

**MOOD
FUNCTIONAL
SPARKLING BEVERAGE**
Assorted Varieties
12oz



2 for \$5
SAVE UP TO 99¢ea

**REBBL
PROTEIN SHAKES
& ELIXIRS**
Selected Varieties
12oz



2 for \$8
SAVE UP TO \$1.49ea

**HUMM
ORGANIC
KOMBUCHA**
Assorted Varieties
12oz

PNW LOCAL



2 for \$5
SAVE UP TO 69¢ea

**UNCLE MATT'S ORGANIC
JUICES & TEAS**
Selected Varieties
52oz



2 for \$7
SAVE \$1.79ea

**NEW SEASONS
ORGANIC CHERRY
LEMONADE**
Cold-pressed by
Columbia Gorge Organic
in Hood River, OR.
46oz



**\$7.29
ea**
FEATURED

**CHOBANI
ZERO SUGAR
GREEK YOGURT**
Selected Varieties
5.3oz



4 for \$5
SAVE 64¢ea

**SLICE
HEALTHY SODA**
Assorted Varieties
12oz



2 for \$5
SAVE 49¢ea

**CLEVELAND KITCHEN
KRAUTS & KIMCHI**
Selected Varieties



**20%
off**

**ITHACA
HUMMUS**
Selected Varieties
10oz



**\$3.99
ea**
SAVE UP TO \$2.70ea

**VISTA HERMOSA
TRADITIONAL
FLOUR TORTILLAS**
Selected Varieties



**20%
off**

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



**\$7.99
ea**
FEATURED

**WILCOX FAMILY FARMS
PASTURE-RAISED
LARGE EGGS**
Selected Varieties
1doz



**\$6.99
ea**
SAVE \$1ea

**SO GOOD SO YOU
COLD-PRESSED
JUICE SHOT**
Assorted Varieties
1.7oz



**\$2.99
ea**
SAVE \$1ea

SIMPLY DELICIOUS

Made with all-natural, Non-GMO Project Verified dairy, FAGE yogurt is rich, creamy, and worth every delightful spoonful.

**FAGE
TOTAL PLAIN
GREEK YOGURT**
Assorted Varieties
16oz



2 for \$7
SAVE \$2.49ea



**DOWNLOAD
OUR APP!**

Want to save time?
Money? Both?
We've got you!

Our app makes it easier than ever to quickly order your groceries for pickup or delivery.

Get FREE pickup* anytime you order \$35 or more online.

*Pickup not available at all stores.

