

HERE COMES SUMMER

Kick off BBQ season with great deals on organic cantaloupe, local wine, sausage links, and more.

Really BIG DEAL

**ORGANIC
CANTALOUPE**

From Divine Flavor in Mexico.

**79¢
lb**
SAVE 70¢/lb

Really BIG DEALS

MARY'S
**WHOLE FRYER
CHICKEN**

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

**\$199
lb**

SAVE \$2/lb



PURELY ELIZABETH
GRANOLA

Assorted Varieties
8-12oz

**\$4.99
ea**

SAVE \$3/ea



BUY 1 GET 1
FREE

**ROMA VICOLO
PIZZA**

Exclusions apply. Look for signs on specially marked items.
Limited to stock on hand. No additional case discounts.

**25%
off**

**12 BOTTLES
OF WINE OR MORE**

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

EVERYDAY VALUE

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

NEW SEASONS SPINACH PARMESAN TURKEY SAUSAGE LINKS

Made with dark meat from humanely raised turkey on a 100% vegetarian diet with no antibiotics ever.



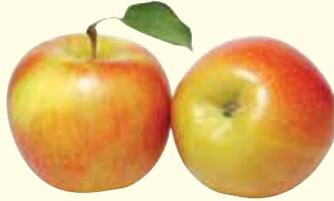
\$1.99
ea

EVERYDAY VALUE

ORGANIC LUNCHBOX APPLES

PNW LOCAL

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



\$1.99
lb

EVERYDAY VALUE

ESSENTIAL EVERYDAY BEANS

Selected Varieties
15oz



99¢
ea

EVERYDAY VALUE

NOW FOODS XYLIWHITE TOOTHPASTE PLATINUM MINT

Made with xylitol to help remove plaque and freshen breath. Save on select flavors.

6.4oz



\$5.99
ea

EVERYDAY VALUE

MEAT & SEAFOOD

NEW SEASONS PORK BRATWURST SAUSAGE LINKS

Grill-ready links with no added fillers or antibiotics ever.



\$1.99
ea

SAVE 60¢ea

OREGON BAY SHRIMP

PNW LOCAL

Sweet, briny shrimp sustainably harvested in Oregon, and cooked to perfection. Great on a summery garden salad.



\$8.99
lb

SAVE \$1lb

NEW SEASONS MARINATED HALF CHICKENS

Marinated in one of our gluten-free marinades and ready for the grill.



\$3.99
lb

SAVE \$2lb

PACIFIC COD FILLET

Sustainably harvested in the pristine waters of Alaska, during the peak of season.



\$12.99
lb

SAVE \$3lb

THOUSAND HILLS LIFETIME GRAZED GRASS-FED BEEF PACKS

IT'S NEW!

Humanely raised with no antibiotics ever. Selection may vary by store.

6-16oz



Starting at:

\$7.99
ea

SAVE \$2ea

NEW SEASONS COD PARMESAN

Made in-house with wild, Alaskan cod. Ready to bake for a quick and delicious meal.



\$12.99
lb

SAVE \$3lb

PRODUCE & FLORAL

CALIFORNIA CHERRIES

Picked at the peak of perfection for the best flavor. From Rivermaid in Sacramento, CA.



\$6.99
lb

SAVE \$1lb

ORGANIC APRICOTS

Super flavorful and super snackable! From Blossom Hill Orchard & Farm in Patterson, CA.



\$4.99
lb

SAVE \$1lb

ORGANIC BLUEBERRY PINTS

Great on their own or in a fresh smoothie! From Homegrown Organics in Fresno, CA.



\$4.99
ea

SAVE \$1ea

PEONY BUNCH

These multi-layered local blooms are as fragrant as they are beautiful.

5-stem



PNW LOCAL

\$13.99
ea

SAVE \$1ea

BAKERY & CHEESE

PEACH RASPBERRY PIE

PNW LOCAL

A handmade seasonal favorite loaded with locally sourced fruit. Get it before it's gone!



10% off

NARRAGANSETT CREAMERY BURRATA

Exceptionally crafted and utterly delicious, this cheese is perfect with grilled peaches or heirloom tomatoes. **8oz**



\$12.99 ea
SAVE \$1ea

NEW SEASONS JUMBO BEEF AND PORK MEATBALLS WITH MARINARA

Delicious meatballs made with a blend of beef and pork, then gently braised in our house marinara sauce.



\$7.49 ea
SAVE 50¢ea

NEW SEASONS SPINACH SALAD WITH BERRIES AND FETA CHEESE

PICK OF THE SEASON!

A seasonal fave made with fresh baby spinach, berries, and feta cheese in a red wine vinaigrette.



\$8.99 ea
SAVE \$1ea

FLAX4LIFE CHOCOLATE BROWNIES

PNW LOCAL

A chocolately delight made by a women-owned company using Certified Gluten-Free ingredients. **12ct**



\$7.99 ea
SAVE \$1ea

LACLARE FAMILY CREAMERY GOAT CHEESES

This creamy, rich goat cheese pairs wonderfully with stone fruits, fresh greens, or asparagus. Assorted flavors. **4oz**



Starting at:
\$4.99 ea
SAVE \$1ea

TRUE STORY FOODS HERBED CHICKEN BREAST

Great for healthy snacking, wraps, and sandwiches.



\$14.99 lb
SAVE \$2lb

ORIGAMI CATERING TOFU SALAD ROLL

PNW LOCAL

A delicious roll featuring organic tofu, crunchy vegetables, and rice noodles with a peanut dipping sauce.



\$8.99 ea
SAVE \$1ea

BEER & WINE

Really BIG DEAL

25% off

12 BOTTLES OF WINE OR MORE

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

MONTE TONDO ROSATO FRIZZANTE

A zippy Rosato Frizzante featuring notes of ripe raspberry, strawberry, and citrus, with a well-balanced, mineral finish. A perfect summer aperitif. **750ml**

\$14.99 ea
SAVE \$5ea



ONLY AT NSM

AMITY WHITE PINOT NOIR

Produced from mature vines, this wine has intense lemon custard, pineapple, and melon notes with a delicate floral perfume. **750ml**

\$19.99 ea
SAVE \$3ea



PNW LOCAL

TERMINAL GRAVITY BREWING SELECT 6-PACKS

This delicious NW-style IPA—from an iconic Oregon brewery—is crisp with plenty of citrus character and a light malt body. Try out other brews in the lineup too. Selection varies by store. **750ml**

\$9.99 6pk
SAVE \$4ea



PNW LOCAL

LA VIEILLE FERME ROUGE, ROSÉ, OR BLANC

Great wines at a great price, these blends from Southern France make the ideal accompaniment to summery recipes. **750ml**

\$9.99 ea
SAVE \$4ea



SAVE TIME, ORDER ONLINE!

Get \$15 off your next order of \$75+ when you shop online for pickup or delivery.

To redeem your \$15, enter promo code **MAY15OFF** only at shop.newseasonsmarket.com

Powered by **instacart**

GET \$10 OFF \$40!

Are you receiving Neighbor Rewards emails or texts?

Opt in today, and never miss another member offer—like the \$10 off \$40 offer you'll get just for opting in at newseasonsmarket.com/rewards



WELLNESS

SIMPLY TERA'S WHEY PROTEIN

Add a boost of protein to smoothies, coffees, baked goods, and more. Save on select flavors.



25% off

VIBRANT HEALTH NUTRITIONAL SUPPLEMENTS

Save on a variety of formulas from Vibrant Health, including green superfoods and urinary tract support.



25% off

BLOOM NUTRITIONAL SUPPLEMENTS AND BODY CARE

Stock up on all your favorite Bloom items, from supplements to body care and more.



30% off

HOST DEFENSE LION'S MANE

Save on many lion's mane formulas this week, including capsules and powders.



25% off

INESSENTS BODY CARE

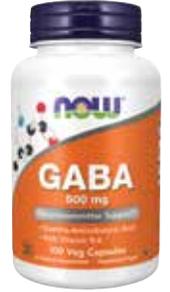
Enjoy great savings from this fellow B Corp, including bath salts, body butters, and perfume oils.



30% off

NOW FOODS GABA 500MG

A natural neurotransmitter to help support relaxation and sleep.



\$9.99 ea

SAVE \$4ea

NATURAL STACKS MAGTECH MAGNESIUM DRINK MIX

A highly absorbable magnesium mix for a healthy, restful sleep cycle. Also save on 20-count stick packs.

.12oz



\$1.99 ea

SAVE \$1ea

EVANHEALY WHIPPED SHEA BUTTER FOR LIPS

A hand-whipped shea butter blend to help moisturize, nourish, and protect against dry, chapped lips.

.25oz



\$6.99 ea

SAVE \$3ea

WELEDA PRODUCTS SKIN FOOD

Made with clean, ethically sourced ingredients formulated to nourish the skin.

2.5oz



\$14.99 ea

SAVE \$8ea

ANDALOU NATURALS DAILY DEFENSE SPF18 FACE LOTION

A lightweight lotion with moisturizing broad-spectrum SPF 18 protection.

2.7oz



\$11.99 ea

SAVE \$5ea

GROCERY

EVOL FROZEN BURRITOS

Selected Varieties

6oz



\$2.99 ea

SAVE \$1ea

FIELD ROAST PLANT-BASED PRODUCTS

Selected Varieties

PNW LOCAL



20% off

MILTON'S CRAFT BAKERS CAULIFLOWER CRUST PIZZA

Assorted Varieties

11oz



\$10.99 ea

SAVE \$2ea

LUCKY FOODS KOREAN STYLE PANCAKES OR SPRING ROLLS

Assorted Varieties

PNW LOCAL



20% off

GELATO BOY FROZEN GELATO

Assorted Varieties

14oz



\$6.99 ea

SAVE \$1.50ea

KATZ GLUTEN FREE DONUTS AND PASTRIES

Selected Varieties



20% off

CHLOE'S NON-DAIRY FROZEN NOVELTIES

Assorted Varieties



50% off

VAN'S FOODS FROZEN WAFFLES

Selected Varieties

6ct



\$3.99 ea

SAVE \$1ea

GROCERY

ANCIENT HARVEST PASTA
Selected Varieties



20% off

CARAPPELLI OLIVE OIL OR VINEGAR
Selected Varieties



20% off

LUCINI ITALIA PREMIUM SELECT EXTRA VIRGIN OLIVE OIL
16.9oz



\$29⁹⁹ ea
SAVE \$7ea

ANCIENT HARVEST POLENTA OR QUINOA
Selected Varieties



20% off

MISSION FOODS CARB BALANCE TORTILLAS
Assorted Varieties
8ct



\$3⁹⁹ ea
SAVE \$2ea

HATCH SAUCES, CHILES OR JALAPENOS
Selected Varieties



20% off

SPECTRUM ORGANIC CULINARY OILS
Selected Varieties



20% off

BIONATURAE ORGANIC PASTA
Selected Varieties
12oz



\$4⁹⁹ ea
SAVE \$1ea

KOYO ORGANIC NOODLES
Selected Varieties
8oz



\$3⁹⁹ ea
SAVE \$1ea

SAN-J ASIAN COOKING SAUCE
Selected Varieties
10oz



\$4⁹⁹ ea
SAVE \$1ea

UPTON'S NATURALS VEGAN SOUP
Assorted Varieties
14.5oz



\$3⁹⁹ ea
SAVE \$1ea

SIR KENSINGTON'S CONDIMENTS
Selected Varieties



20% off

POST HONEY BUNCHES OF OATS
Honey Roasted or with Almonds.
12oz



2 for \$7
SAVE \$1.99ea

OROWEAT BREAD
Selected Varieties
24oz



\$2⁹⁹ ea
SAVE \$3ea

WOODSTOCK ORGANIC PEANUT BUTTER
Selected Varieties
35oz



\$11⁹⁹ ea
SAVE \$3ea

WHITE LEAF PROVISIONS ORGANIC BIODYNAMIC BABY FOOD
Assorted Varieties
3.17oz



2 for \$4
SAVE UP TO 99¢ea

BULK

GRAIN MILLERS ORGANIC STEEL CUT OATS



\$1⁹⁹ lb
SAVE \$1lb



HUMMINGBIRD WHOLESALE ORGANIC PINTO BEANS



\$2⁹⁹ lb
EVERYDAY VALUE



HUMMINGBIRD WHOLESALE ORGANIC BLACK CHIA SEEDS



\$7⁹⁹ lb
SAVE \$1lb



HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER



\$10⁹⁹ lb
FEATURED



GROCERY

**SAN PELLEGRINO
SPARKLING
NATURAL
MINERAL
WATER**

Selected Varieties
1L

\$2⁹⁹
ea

SAVE 80¢ea



**SAN PELLEGRINO
ITALIAN
SPARKLING DRINKS**

Assorted Varieties
6pk/11.15oz

\$8⁹⁹
ea

SAVE \$2ea



**LIFEAID BEVERAGE CO.
FUNCTIONAL
BEVERAGE**

Assorted Varieties
12oz

2 for \$5

SAVE 99¢ea



**BEGOAT
CLEAN
ENERGY
DRINK**

Assorted Varieties
12oz

2 for \$5

SAVE 49¢ea



**C2O
ORGANIC
COCONUT
WATER**

1L

\$3⁹⁹
ea

SAVE \$2ea



**PLANET OAT
OATMILK**

Selected Varieties
32oz

\$3⁹⁹
ea

SAVE 70¢ea



**R.W. KNUDSEN FAMILY
JUICE**

Selected Varieties

20% off



**TONY'S COFFEE
ORGANIC
COFFEE**

Assorted Varieties
12oz

\$9⁹⁹
ea

SAVE \$4ea



**KETTLE BRAND
POTATO
CHIPS**

Selected Varieties
6.5-7.5oz

2 for \$7

SAVE \$1.99ea



**MI NINA
TORTILLA
CHIPS**

Assorted Varieties
12oz

\$4⁹⁹
ea

SAVE \$2.50ea



**ARTISAN TROPIC
PLANTAIN
OR CASSAVA
STRIPS**

4.5oz

**BUY 1 GET 1
FREE**

SAVE \$6.99 ON 2



**COUNTRY ARCHER PROVISIONS
JERKY**

Assorted Varieties
2-2.5oz

\$5⁹⁹
ea

SAVE \$2ea



**CHOCOLOVE
MINI
CHOCOLATE
BAR**

Assorted Varieties
1.2-1.3oz

2 for \$3

SAVE 49¢ea



**ENDANGERED SPECIES CHOCOLATE
CHOCOLATE
BAR**

Selected Varieties
3oz

\$2⁹⁹
ea

SAVE \$2ea



**MINDRIGHT
NOOTROPIC-INFUSED
PROTEIN BAR**

Assorted Varieties
1.76oz

\$2²⁹
ea

SAVE \$1ea



**MADEGOOD
ORGANIC BARS**

Selected Varieties
6ct

\$4⁹⁹
ea

SAVE UP TO \$1.50ea



**PAMELA'S PRODUCTS
GLUTEN-FREE
PRODUCTS**

Selected Varieties

20% off



**SCHÄR
GLUTEN-FREE
SNACKS**

Selected Varieties

20% off



**MADE IN NATURE
ORGANIC
SUPERSNACKS**

Selected Varieties

20% off



**DAVE'S KILLER BREAD
ORGANIC
SNACK BARS**

Selected Varieties
4ct

\$5⁹⁹
ea

SAVE \$2ea



GROCERY

Really **BIG DEAL**

**BUY 1 GET 1
FREE**

**ROMA
VICOLO
PIZZA**

Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discounts.

VITAL FARMS BUTTER
Sea Salted or Unsalted.
8oz



\$3⁹⁹
ea
SAVE \$1ea

ESSENTIAL EVERYDAY SHREDDED OR SLICED CHEESE

Selected Varieties
6-8oz



\$2⁹⁹
ea
SAVE \$1ea

SIGGI'S ICELANDIC YOGURT
Assorted Varieties
4-5.3oz



2 for \$3
SAVE 79¢ea

THE GREEK GODS GREEK YOGURT
Assorted Varieties
24oz



\$3⁹⁹
ea
SAVE \$2ea

APPLEGATE BEEF HOT DOGS
Selected Varieties
8ct



\$9⁹⁹
ea
SAVE \$3ea

ORGANIC PRAIRIE UNCURED BEEF SUMMER SAUSAGE
12oz



\$13⁹⁹
ea
SAVE \$2ea

CALIFIA FARMS BARISTA BLENDS
Selected Varieties
1qt



\$6⁹⁹
ea
EVERYDAY VALUE

EGGLIFE FOODS EGG WHITE WRAPS
Assorted Varieties
6oz



\$5⁹⁹
ea
SAVE \$1ea

PICKLED PLANET ORGANIC SAUERKRAUT
Assorted Varieties
16oz



\$6⁹⁹
ea
SAVE \$2ea

WILDWOOD ORGANIC TOFU
Selected Varieties
7oz



\$4⁹⁹
ea
SAVE UP TO \$2.50ea

APPLEGATE ORGANIC DELI SLICED MEATS
Selected Varieties
6oz



\$7⁹⁹
ea
SAVE \$1ea

AL AMIR HUMMUS OR TZATZIKI

PNW LOCAL

Selected Varieties
8oz



\$2⁹⁹
ea
SAVE \$2ea

SIEFE FAMILY FOODS GRAIN-FREE TORTILLAS

Assorted Varieties



25% off

IT'S OUR ANNUAL MATCH!

We've partnered with 10 local organizations working to address hunger in our community. And you can help!

STUMPTOWN COFFEE ROASTERS COLD BREW COFFEE
Selected Varieties
11oz



PNW LOCAL

\$3⁹⁹
ea
SAVE 30¢ea

VIVE ORGANIC FUNCTIONAL JUICE SHOT
Selected Varieties
2oz



2 for \$6
SAVE 99¢ea

VISO ENERGY COLD-PRESSED ENERGY DRINK
Selected Varieties
16oz



\$3⁹⁹
ea
SAVE \$1.50ea

Now through May 21, when you make a donation at the register, we'll match it (up to \$42,000)!

Together we can make a difference.



We're getting sweet and summery with a sampling of stone fruit, grapes, and melon! Friday, Saturday & Sunday • 12pm - 6pm

Weekend Tasting