

# SUSTAINABLY HARVESTED

Stock up and save on sustainably wild-caught Alaska Seafood—perfect for healthy weeknight meals.

Really **BIG DEAL**

**15% off** ALL ALASKA SEAFOOD



## CREEKSTONE FARMS BEEF STEW MEAT

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



**\$8.99**  
lb

SAVE \$3.1b

## ENVY APPLES

Firm, crisp, and super sweet.  
From Oppy Growers in Wenatchee, WA.

PNW LOCAL



**\$2.49**  
lb

SAVE \$1.50lb

## AMY'S FROZEN BOWLS AND ENTRÉES

Selected Varieties  
8.3-10oz



**\$4.99**  
ea

SAVE UP TO \$3.40ea

## SIGGI'S ICELANDIC YOGURT

Selected Varieties  
24oz



**\$4.99**  
ea

SAVE \$2.80ea

## PUKKA ORGANIC TEA

Assorted Varieties  
20ct



BUY 1 GET 1  
**FREE**

SAVE \$8.39 ON 2

**BUY 1 GET 1 FREE**

Over 100 items to choose from. See page 5 for more BOGO deals!

Want to have weekly deals delivered to your inbox? Just sign up for email updates at [newseasonsmarket.com/join](http://newseasonsmarket.com/join)  
Visit us online at [www.newseasonsmarket.com](http://www.newseasonsmarket.com)

Prices shown are sale prices. Selection may vary by store.



# WHAT WE'RE loving

## New Seasons Chilaquiles

Warm, comforting, and full of flavor and texture, Chilaquiles always hits the spot—especially when it's made with New Seasons favorites! Give this simple recipe a try.

### Ingredients

6 oz New Seasons Market Tortilla Chips  
1.5 cups of chicken broth  
11 oz New Seasons Market Fire-Roasted Salsa  
2 New Seasons Market Eggs  
1.5 tbsp New Seasons Market Salsa Crema  
Additional garnishes: avocado, cilantro, radish, lime, queso fresco

### Directions

Heat the fire-roasted salsa and chicken broth in a pan over low heat until warmed through and starting to simmer.  
Add the tortilla chips to the pan, stir, and let stand for a few minutes.  
At the same time, fry the eggs in a separate pan over medium heat.  
To plate, add tortilla chip mixture on the bottom and top with fried eggs, salsa crema, and garnishes. Enjoy!



## MEAT & SEAFOOD

### MARY'S BONE-IN SPLIT CHICKEN BREASTS

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

**\$4<sup>99</sup>**  
lb

SAVE \$1lb



### KENAI-RED FISH CO. WILD SOCKEYE LOX

Sustainably wild-caught Alaskan Sockeye smoked in micro batches for a lightly smoky, European-style lox. 3oz

**\$12<sup>99</sup>**  
ea

SAVE \$2ea



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

Vegetarian-fed pork with no antibiotics ever.

**\$5<sup>99</sup>**  
lb

SAVE \$1lb



### NEW SEASONS FISH TACO MIX

Make taco night a cinch with this tasty mix of Pacific cod and veggies in a zesty sauce. Ready to cook.

**\$9<sup>99</sup>**  
lb

SAVE \$2lb



### NEW SEASONS PREMIUM POTTING SOIL

From Better Urban Dirt in Salem, OR. .5cf

**\$7<sup>99</sup>**  
ea

SAVE \$1ea



Really BIG DEAL

**30%**  
off

SELECT  
**HOUSEPLANTS**

Excludes blooming plants. Other exclusions may apply.

## PRODUCE

### SUMO MANDARINS

Easy to peel and bursting with sweet-tart flavor! From Sun Pacific in Bakersfield, CA. 2lb bag

**\$8<sup>99</sup>**  
ea

SAVE \$1ea



### ORGANIC GREEN BEANS

Crisp, flavorful, and great pan-seared. From Covilli Farms in Mexico.

**\$3<sup>99</sup>**  
lb

SAVE \$1lb



### ORGANIC LEAF LETTUCE

Choose from romaine, red, or green leaf varieties. From Cal Organics in Lamont, CA.

**2 for \$5**

SAVE 49¢ea



## BAKERY & CHEESE

### NEW SEASONS ORGANIC FRENCH BATARD

Made fresh daily by our talented bakers using organic ingredients. Perfect for sandwiches or avocado toast.



**\$4<sup>99</sup>**  
ea

SAVE \$1ea

### BELGIOIOSO PARMESAN CUPS

A delicious and convenient addition to salads, veggies, and pasta dishes.

4-5oz



**20%**  
off

### BETTER BUTTER GARLIC BUTTER

A rich blend of butter, parmesan, roasted garlic, and basil. Great for grilled cheese!

3oz



**\$3<sup>99</sup>**  
ea

SAVE 50¢ea

### NEW SEASONS MOZZARELLA BALL

Made to order for us by Ferndale Farmstead, this fresh cheese is perfect for pizza night!

8oz



PNW  
LOCAL

**\$6<sup>49</sup>**  
ea

SAVE 50¢ea

### NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

IT'S IN  
SEASON!

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.



**\$13<sup>99</sup>**  
lb

SAVE \$3lb

### NEW SEASONS SWEET POTATO & RED CABBAGE SALAD

IT'S  
NEW!

Roasted sweet potatoes, shredded red cabbage, and garbanzo beans in a balsamic vinaigrette.



**\$10<sup>99</sup>**  
lb

SAVE \$2lb

### DIESTEL FAMILY RANCH SMOKED TURKEY

Slightly sweet and lightly smoked. Delicious on sandwiches and snack plates.



**\$15<sup>99</sup>**  
lb

SAVE \$2lb

### NEW SEASONS SAFFRON ARANCINI

Hand-formed saffron risotto balls filled with mozzarella and fried to golden perfection.



**\$3<sup>99</sup>**  
ea

SAVE \$2ea

## BEER & WINE

**MIX  
&  
MATCH**

**10%**  
off

6 bottles of wine

**20%**  
off

12 or more bottles of wine

\*Offer available in-store only.

### REUBEN'S BREWS NON-ALCOHOLIC CRAFT BREWS

Brand new non-alcoholic brews from the talented team at Reuben's Brews. Choose from Non-alcoholic IPA or Gold.

6pk/12oz



PNW  
LOCAL

IT'S  
NEW!

**\$12<sup>99</sup>**  
ea

SAVE \$2ea

### CAPE WINE COMPANY SOUTH AFRICAN WINES

High-quality wines with a refreshing, no nonsense approach. We love the ripe pear, quince, and chamomile notes on the Chenin Blanc.

750ml



**\$9<sup>99</sup>**  
ea

SAVE \$6ea

### THE PATHFINDER NON-ALCOHOLIC NEGRONI

A thoughtfully crafted non-alcoholic Negroni made with bespoke ingredients to capture the classic bittersweet profile. Serve over ice with an orange twist.

200ml



PNW  
LOCAL

**\$4<sup>99</sup>**  
ea

SAVE \$1ea

### CASA SANTOS LIMA TOPO RED BLEND

An exuberant red blend bursting with ripe red fruit, balanced by notes of spice, chocolate, and oak, with a smooth, velvety finish.

750ml



**\$8<sup>99</sup>**  
ea

SAVE \$3ea

## NEW YEAR, NEW GOALS

Make 2026 the year of more me-time by shopping online for convenient pickup or delivery—and snag \$10 off your next order of \$50 or more with code

**NEWFORYOU10**

Powered by  
instacart

Terms apply.

## DON'T MISS THIS OFFER!



Neighbor Rewards members who are opted in to email or text get a FREE 1lb bag of New Seasons Blend coffee with a \$20 purchase.

Not getting our messages yet? Join or update your preferences by Thursday at [newseasonsmarket.com/rewards](https://newseasonsmarket.com/rewards) to unlock this exclusive member offer on Friday.



## WELLNESS

### NORDIC NATURALS OMEGA-3 SUPPLEMENTS

Save 20% on all of your favorites, including fish oils and gummy vitamins.



**20% off**

### NATURAL FACTORS VITAMINS AND SUPPLEMENTS

Choose from probiotics, minerals, sleep formulas, and more.



**30% off**

### VEGA PLANT-BASED PROTEINS

Stock up and save on all Vega plant-based protein and sports nutrition formulas.



**30% off**

### VITANICA WOMEN'S HEALTH SUPPLEMENTS

Choose from a wide variety of women's specific nutritional support from local ND, Tori Hudson.



PNW LOCAL

**25% off**

### FLORA PROBIOTICS AND NUTRITIONAL OILS

Thoughtfully crafted probiotics and nutritional oils designed to support everyday wellness.



**25% off**

### AURA CACIA ESSENTIAL OILS

Pure essential oils thoughtfully sourced for aromatherapy, home, and personal care.



**30% off**

### BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms.  
6ct



**\$13.49 ea**

SAVE \$3.50ea

### NOW FOODS VITAMIN K-2 100MCG

A bioavailable form of vitamin K-2 for cardiovascular and bone health.  
100vc



**\$11.49 ea**

SAVE \$5.50ea

### CHILDLIFE ESSENTIALS LIQUID VITAMIN C

A delicious way to support children's overall immune health.  
4oz



**\$6.49 ea**

SAVE \$2.50ea

### SPECTRUM ORGANIC GROUND FLAXSEED

An easy way to add more plant-based omega-3s into your diet.  
14oz



**\$8.99 ea**

SAVE \$1.90ea

### ORGANIC INDIA PSYLLIUM WHOLE HUSK FIBER

Supports digestion and elimination with essential soluble and insoluble fibers. Save on select formulas.  
12oz



**\$13.99 ea**

SAVE \$7ea

### BADGER LIP BALMS

Made with extra-virgin olive oil and beeswax for soft, moisturized lips.  
.15oz



**2 for \$5**

SAVE \$1.49ea

### SHIKAI BORAGE HAND CREAM

Soothe and hydrate with the deep moisturizing of borage oil. Save on select sizes and varieties.  
2.5oz



**\$8.99 ea**

SAVE \$3ea

## LOCAL ORGANIC BULK

### HUMMINGBIRD WHOLESALE ORGANIC QUINOA

Assorted Varieties

PNW LOCAL



**\$5.99 lb**

EVERYDAY VALUE

### HUMMINGBIRD WHOLESALE ORGANIC BLACK CHIA SEEDS

PNW LOCAL



**\$7.99 lb**

SAVE \$1lb

### NEW SEASONS ORGANIC COFFEE

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

PNW LOCAL



**\$13.99 lb**

SAVE \$1lb

### HUMMINGBIRD WHOLESALE ORGANIC MANGO CHEEKS

PNW LOCAL



**\$16.99 lb**

SAVE \$3lb



## DOUBLE UP AND SAVE

**CASCADIAN FARM ORGANIC FROZEN VEGETABLES**  
Selected Varieties  
10oz

**PNW LOCAL**



**BUY 1 GET 1 FREE**

**SAVE \$4.29 ON 2**

**CASCADIAN FARM ORGANIC FROZEN FRUIT**  
Assorted Varieties  
8-10oz

**PNW LOCAL**



**BUY 1 GET 1 FREE**

**SAVE \$7.29 ON 2**

**BRAZI BITES GLUTEN-FREE FROZEN WAFFLES**  
Assorted Varieties  
6ct



**BUY 1 GET 1 FREE**

**SAVE \$5.99 ON 2**

**JACK & ANNIE'S FROZEN JACKFRUIT PRODUCTS**  
Selected Varieties  
7.2-10oz



**BUY 1 GET 1 FREE**

**SAVE \$6.99 ON 2**

**MAYA KAIMAL INDIAN SIMMER SAUCES**  
Assorted Varieties  
12.5oz



**BUY 1 GET 1 FREE**

**SAVE \$6.69 ON 2**

**GIMME ROASTED SEAWEED SNACKS**  
Selected Varieties  
6ct



**BUY 1 GET 1 FREE**

**SAVE \$7.99 ON 2**

**NEAR EAST RICE PILAF, COUSCOUS OR QUINOA**  
Selected Varieties  
4.7-10oz



**BUY 1 GET 1 FREE**

**SAVE \$3.39 ON 2**

**MUIR GLEN ORGANIC TOMATOES**  
Selected Varieties  
14.5-15oz



**BUY 1 GET 1 FREE**

**SAVE \$3.99 ON 2**

**HARVEST SNAPS SNACK CRISPS**  
Assorted Varieties  
3-3.3oz



**BUY 1 GET 1 FREE**

**SAVE \$2.79 ON 2**

**ARTISAN TROPIC PLANTAIN OR CASSAVA STRIPS**  
4.5oz



**BUY 1 GET 1 FREE**

**SAVE \$5.89 ON 2**

**POPCHIPS POPPED POTATO SNACK**  
Assorted Varieties  
5oz



**BUY 1 GET 1 FREE**

**SAVE \$3.99 ON 2**

**ANNIE'S ORGANIC FRUIT SNACKS**  
Selected Varieties  
3.3-7oz



**BUY 1 GET 1 FREE**

**SAVE \$8.59 ON 2**

**THREE WISHES GRAIN-FREE CEREAL**  
Assorted Varieties  
8.6oz



**BUY 1 GET 1 FREE**

**SAVE \$7.99 ON 2**

**CLEAN CAUSE ORGANIC YERBA MATE**  
Assorted Varieties  
15.5-16oz



**BUY 1 GET 1 FREE**

**SAVE \$3.39 ON 2**

**HALFDAY PREBIOTIC ICED TEA**  
Assorted Varieties  
12oz



**BUY 1 GET 1 FREE**

**SAVE \$2.79 ON 2**

**ARDOR ORGANIC SPARKLING WATER**  
Assorted Varieties  
12oz



**BUY 1 GET 1 FREE**

**SAVE \$3.59 ON 2**

**OLIPOP PREBIOTIC SODA**  
Selected Varieties  
12oz



**BUY 1 GET 1 FREE**

**SAVE \$2.79 ON 2**

**VIVE ORGANIC JUICE SHOT**  
Assorted Varieties  
2oz



**BUY 1 GET 1 FREE**

**SAVE \$3.99 ON 2**

**PRESSED JUICERY COLD-PRESSED JUICES**  
Selected Varieties  
15.2oz



**BUY 1 GET 1 FREE**

**SAVE \$6.99 ON 2**

**COCOJUNE DAIRY-FREE YOGURT**  
Assorted Varieties  
4oz



**BUY 1 GET 1 FREE**

**SAVE \$3.19 ON 2**

# GROCERY

**DE CECCO PASTA**  
Selected Varieties  
8.8-16oz



**2 for \$6**  
SAVE UP TO \$1.99ea

**IMAGINE FOODS ORGANIC SOUP**  
Assorted Varieties  
32oz



**2 for \$7**  
SAVE \$1.69ea

**KOYO ORGANIC NOODLES**  
Selected Varieties



**20% off**

**IMMI PLANT-BASED RAMEN SOUP**  
Assorted Varieties  
2-2.4oz



**\$4.99 ea**  
SAVE UP TO 70¢ea

**EDEN FOODS PANTRY STAPLES**  
Selected Varieties



**20% off**

**SEEDS OF CHANGE ORGANIC RICE POUCH**  
Selected Varieties  
8.5oz



**2 for \$6**  
SAVE 59¢ea

**CASCADIAN FARM ORGANIC CEREAL**  
Selected Varieties  
8.6-14.6oz



**\$4.99 ea**  
SAVE UP TO \$2.60ea

**BOB'S RED MILL INSTANT OATMEAL**  
Selected Varieties  
6ct



**\$4.49 ea**  
SAVE \$1.50ea

**MARANATHA NUT BUTTER**  
Selected Varieties



**20% off**

**BIG TREE FARMS ORGANIC COCONUT SUGAR**  
Selected Varieties



**20% off**

**SIMPLY DESSERTS INSTANT PUDDING**  
Assorted Varieties  
1.7oz



**2 for \$5**  
SAVE 69¢ea

**MILKADAMIA MACADAMIA MILK**  
Selected Varieties  
32oz



**\$4.49 ea**  
SAVE UP TO \$3.50ea

**SIMPLE MILLS GLUTEN-FREE CRACKERS**  
Selected Varieties  
4-4.25oz



**\$3.99 ea**  
SAVE \$2ea

**TAZO TEA**  
Selected Varieties  
16ct



**2 for \$7**  
SAVE \$1.49ea

**FLORA MANUKA HONEY BLEND MGO 30+**  
Selected Varieties



**20% off**

**R.W. KNUDSEN FAMILY JUICE BLENDS**  
Selected Varieties



**20% off**

**LÄRABAR ENERGY BAR**  
Selected Varieties  
1.6oz



**BUY 1 GET 1 1/2 OFF**  
SAVE 90¢ ON 2

Available in-store only

**LAIRD SUPERFOOD PLANT-BASED PRODUCTS**  
Selected Varieties



**20% off**

**BETTER WITH BUCKWHEAT GLUTEN-FREE CRISPS**  
Assorted Varieties  
4oz



**\$5.99 ea**  
SAVE \$1.70ea

**BLUE DIAMOND NUT THINS**  
Assorted Varieties  
4.25oz



**\$3.99 ea**  
SAVE 90¢ea



# GROCERY

**CALIFIA FARMS  
PLANT MILKS**  
Selected Varieties  
48oz



**\$5.99**  
ea  
SAVE UP TO \$2ea

**NUTPODS  
DAIRY-FREE  
CREAMER**  
Selected Varieties  
25.4-32oz



**\$4.99**  
ea  
SAVE UP TO \$1.90ea

**FAGE  
TOTAL GREEK YOGURT**  
Assorted Varieties  
5.3oz



**4 for \$5**  
SAVE 54¢ea

**SIGGI'S  
PROTEIN PACKS AND  
YOGURT POUCHES**  
Selected Varieties



**25%**  
off

**ZOUP!  
BONE BROTH**  
Assorted Varieties  
32oz



**\$5.99**  
ea  
SAVE \$1.90ea

**LAIRD SUPERFOOD  
SUPERFOOD  
CREAMER**  
Selected Varieties  
25.4oz



**\$4.99**  
ea  
SAVE \$2ea

**NANCY'S  
KEFIR AND KIDS  
YOGURT**  
Selected Varieties



**25%**  
off

**NANCY'S  
YOGURT**  
Selected Varieties  
32oz



**\$3.99**  
ea  
SAVE \$1ea

**4SISTERS  
HEAT & EAT  
FLAVORED  
RICE**  
Assorted Varieties  
8.5oz



**\$2.99**  
ea  
SAVE 90¢ea

**LIGHTLIFE  
TEMPEH**  
Assorted Varieties



**25%**  
off

**GREENFIELD NATURAL MEAT CO  
LUNCH KIT**  
Assorted Varieties  
2.9oz



**BUY 2 GET 1  
FREE**  
SAVE \$3.99 ON 3

Available  
in-store only

**EGGLIFE FOODS  
EGG WHITE WRAPS**  
Assorted Varieties  
6oz



**\$4.99**  
ea  
SAVE \$1.90ea

**VIO LIFE  
DAIRY-FREE  
AND VEGAN  
CHEESE**  
Selected Varieties



**25%**  
off

**GT'S LIVING FOODS  
ALIVE  
MUSHROOM  
ELIXIR**  
Assorted Varieties  
16oz



**2 for \$6**  
SAVE \$1.29ea

**HIYO  
NON-ALCOHOLIC  
SOCIAL TONIC**  
Assorted Varieties  
4pk/12oz



**\$11.99**  
ea  
SAVE \$4.50ea

**LIQUID DEATH  
SPARKLING WATER  
AND ICED TEA**  
Assorted Varieties  
6pk/12oz



**\$6.99**  
ea  
SAVE UP TO \$3.30ea

**DAVE'S KILLER BREAD  
ORGANIC  
THIN-SLICED  
BREAD**  
Assorted Varieties  
20.5oz



**\$4.99**  
ea  
SAVE \$1.50ea

**MISSION FOODS  
ZERO  
NET CARBS  
TORTILLAS**  
Assorted Varieties  
14ct



**\$3.99**  
ea  
SAVE \$1ea

**POSITIVE BEVERAGE  
FUNCTIONAL  
DRINK**  
Assorted Varieties  
12oz



**2 for \$4**  
SAVE \$1.19ea

**C2O  
PURE  
COCONUT  
WATER**  
Selected Varieties  
1L



**\$4.99**  
ea  
SAVE \$1ea