

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 \$3lb

ENVY APPLES

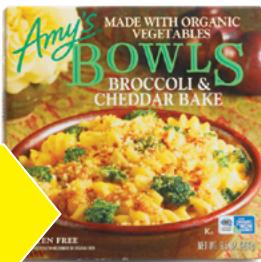
Firm, crisp, and super sweet.
From Oppy Growers in Wenatchee, WA.



\$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

Visit us online at www.newseasonsmarket.com

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.

\$4.99
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

\$12.99
ea
SAVE \$2ea



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

Vegetarian-fed pork with no antibiotics ever.

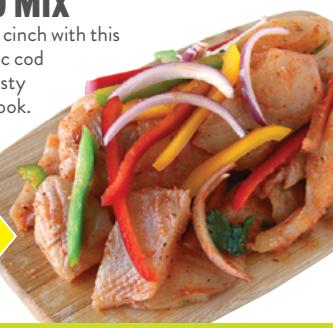
\$5.99
lb
SAVE \$1lb



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.

\$9.99
lb
SAVE \$2lb



FLORAL

Really BIG DEAL

30% off

SELECT HOUSEPLANTS

Excludes blooming plants. Other exclusions may apply.



SUMO MANDARINS

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

2lb bag

\$8.99
ea
SAVE \$1ea



ORGANIC GREEN BEANS

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

\$3.99
lb
SAVE \$1lb



PRODUCE

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.



\$4.99
ea
SAVE \$1ea

BELGIOIOSO
PARMESAN CUPS

A delicious and convenient addition to salads, veggies, and pasta dishes.
4-5oz



20%
off

NEW SEASONS
CHIPOTLE LIME
CHICKEN BREAST

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



\$13.99
lb
SAVE \$3lb

BETTER BUTTER
GARLIC BUTTER

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

3oz



\$3.99
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



\$6.49
ea
SAVE 50¢ea

PNW
LOCAL

DIESTEL FAMILY RANCH
SMOKED TURKEY

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



\$15.99
lb
SAVE \$2lb

NEW SEASONS
SWEET POTATO
& RED CABBAGE
SALAD

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



\$10.99
lb
SAVE \$2lb

IT'S
NEW!

NEW SEASONS
SAFFRON ARANCINI

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



\$3.99
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



\$12.99
ea
SAVE \$2ea

PNW
LOCAL

IT'S
NEW!

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



\$9.99
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



\$4.99
ea
SAVE \$1ea

PNW
LOCAL

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



\$8.99
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**

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DON'T MISS
THIS OFFER!
NEIGHBOR
Rewards

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 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

VITANICA
WOMEN'S HEALTH
SUPPLEMENTS

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



25% off

BOIRON
OSCILLOCOCCINUM

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

6ct

\$13.49
ea
SAVE \$3.50eaSPECTRUM
ORGANIC
GROUND FLAXSEED

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

14oz

\$8.99
ea
SAVE \$1.90eaORGANIC INDIA
PSYLLIUM
WHOLE HUSK FIBER

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

12oz

\$13.99
ea
SAVE \$7eaHUMMINGBIRD WHOLESALE
ORGANIC QUINOA

Assorted Varieties

\$5.99
lb
EVERYDAY VALUENATURAL 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

PNW LOCAL
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

NOW FOODS
VITAMIN K-2 100MCG

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

100vc

\$11.49
ea
SAVE \$5.50eaCHILDLINE ESSENTIALS
LIQUID VITAMIN C

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

4oz

\$6.49
ea
SAVE \$2.50eaSHIKAI
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 \$3eaPNW LOCAL
HUMMINGBIRD WHOLESALE
ORGANIC BLACK CHIA SEEDS

Assorted Varieties

\$7.99
lb
EVERYDAY VALUE

LOCAL ORGANIC BULK

PNW LOCAL
NEW SEASONS
ORGANIC COFFEE

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

PNW LOCAL
HUMMINGBIRD WHOLESALE
ORGANIC MANGO CHEEKS

Assorted Varieties

\$13.99
lb
EVERDAY VALUEPNW LOCAL
HUMMINGBIRD WHOLESALE
ORGANIC QUINOA

Assorted Varieties

\$16.99
lb
EVERDAY VALUE

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

POPCIPS 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

BOB'S RED MILL INSTANT OATMEAL
Selected Varieties
6ct



PNW LOCAL

\$4.99 ea
SAVE UP TO \$2.60ea

\$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



Selected Varieties
1.7oz

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



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
Selected Varieties
4oz



\$5.99 ea
SAVE \$1.70ea

BLUE DIAMOND NUT THINS
Selected 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



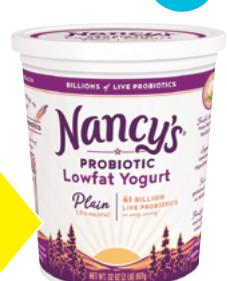
\$4.99
ea
SAVE \$2ea

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

VIOLIFE
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

C20
PURE COCONUT WATER
Selected Varieties
1L



\$4.99
ea
SAVE \$1ea