

LOVE IS IN BLOOM

Our stunning selection of
exquisitely fresh and vibrant rose
options offers so many gorgeous
ways to show your love!

VALENTINE'S DAY
DOZEN ROSES \$29.99^{ea}
FEATURED

LOBSTER TAILS

Sweet, succulent, cold-water lobster tails
from Canada. Perfect for Valentine's Day!
4-5oz



\$10.99
^{ea}

SAVE \$2ea



CREEKSTONE FARMS NEW YORK STEAKS

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



\$18.99
^{lb}

SAVE \$7.50lb



BLUEBERRIES

Tasty on their own or in a fresh smoothie!
From Naturipe in Mexico.



25%
off

SMITH TEAMAKER TEA

Selected Varieties
15ct

PNW
LOCAL

\$9.99
^{ea}

SAVE \$3ea



RAO'S HOMEMADE FROZEN ENTRÉES

Selected Varieties
8.4-10oz

**BUY 2 GET 1
FREE**

SAVE \$6.99 ON 3



Available
in-store only

Really **BIG DEAL**

20%
off

**SELECT LOCAL & NA
SPARKLING
WINES**

Limited to stock on hand. Items priced as marked.
No additional discounts. Selection priced as marked.

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

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



A WHOLE LOT of love



Make this Valentine's Day extra special with sweet treats, soft plushies, a little self-care, and cheers-worthy wine.

DELUXE VALENTINE'S DAY BOUQUET

Choose from four beautiful New Seasons exclusive bouquets. Only at NSM.

\$49⁹⁹
ea
FEATURED



AURA CACIA AROMATHERAPY BATH PACKETS

Relax and de-stress with savings on mineral and foaming bath soaks.

30%
off



BELLA NOTTE ROSÉ BRUT

An elegant sparkling rosé from Italy showing a beautiful strawberry, cranberry, and hibiscus bouquet, finishing with a subtle citrus note. 750ml

\$11⁹⁹
ea
AFTER 20% DISCOUNT

CHOCOLOVE PREMIUM CHOCOLATE BARS

Selected Varieties
2.9-3.2oz

BUY 1 GET 1
1/2 OFF
SAVE \$2.10 ON 2



Available
in-store only

DOUGLAS VALENTINE PLUSH CUDDLE TOYS

Super soft, super sweet plushies for your valentine.

STARTING AT:
\$14⁹⁹
ea
FEATURED



FARINA BAKERY FRENCH MACARONS

Crispy, chewy, bite-sized treats filled with light Italian buttercream or ganache.

\$3⁰⁰
ea
FEATURED





WHAT WE'RE loving

February



CHEESE of the MONTH



7-YEAR EXTRA SHARP CHEDDAR
724 SELECT | KIEL, WI

Selected from the best aged Wisconsin cheddars for flavor and quality, this extra-sharp cheddar is bold and tangy with a firm, crystalline texture.

BREAD of the MONTH



ORGANIC FRENCH BAGUETTE
NEW SEASONS MARKET | PORTLAND, OR
Baked in-house by our talented bakers, this classic French baguette features a light, airy crumb and a crisp, golden-brown crust.

CAKE of the MONTH



RASPBERRY FUDGE CAKE
THE DESSERT TRAY | BEAVERTON, OR
A rich, dark chocolate buttermilk cake layered with raspberry jam and finished with a smooth semi-sweet ganache.

MEAT & SEAFOOD

MARY'S ORGANIC BONELESS SKINLESS CHICKEN BREASTS

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

\$9⁹⁹
lb

SAVE \$1lb



HOKKAIDO SEA SCALLOPS U-15 COUNT

Sweet, tender, and flavorful, scallops are tasty as a Valentine's Day appetizer or meal.

\$37⁹⁹
lb

SAVE \$8lb



ANDERSON RANCHES LAMB LOIN CHOPS

Certified Humane, grass-fed and finished lamb with no antibiotics ever.

PNW LOCAL

\$13⁹⁹
lb

SAVE \$1lb



ALL LIVE OYSTERS

A Valentine's Day must, sustainably raised in the PNW.

PNW LOCAL

20%
off



Don't Forget the Flowers!

Valentine's Day is February 14.

Order a beautiful assortment of flowers for your valentine in-store or online for easy pickup or delivery at newseasonsmarket.com/floral-delivery



PRODUCE

CARA CARA ORANGES

Sweet and tart with hints of raspberry and rose. From Rising C Ranch in Reedley, CA.

\$2⁴⁹
lb

SAVE 50¢lb



ORGANIC ASPARAGUS

Crisp, snappy, and delicious as a healthy side. From Gourmet Trading in Mexico.

\$5⁹⁹
lb

SAVE \$3lb



ORGANIC PINK LADY APPLES

Crisp, juicy, and full of flavor. From Stemilt Growers in Wenatchee, WA.

PNW LOCAL

\$2⁴⁹
lb

SAVE 50¢lb



BAKERY & CHEESE

NEW SEASONS ORGANIC CHALLAH

Baked fresh daily in-house, this soft and slightly sweet bread is great for French toast!

\$6⁴⁹
ea
SAVE 50¢ ea



BELGIOIOSO BURRATA

Rich, creamy, and perfect on pizza, salad, or served with crostini and cured meats.

8oz

\$7⁹⁹
ea
SAVE \$1 ea



PREPARED FOODS

NEW SEASONS MEDITERRANEAN HALF CHICKEN WITH SALSA VERDE

Marinated half chicken roasted with a tangy, herbaceous sauce.

\$5⁹⁹
lb
SAVE \$3 lb



NEW SEASONS STUFFED PEPPERS WITH QUINOA AND TOFU

Red bell peppers stuffed with a quinoa, tofu, and vegetable filling.

\$8⁹⁹
lb
SAVE \$4 lb



PORTLAND STYLE CHEESECAKE & DESSERT CO.

PNW LOCAL

DOUBLE CHOCOLATE CHEESECAKE

A chocolate wafer crust with a rich dark chocolate filling.

6in

\$24⁹⁹
ea
SAVE \$1 ea



SIERRA NEVADA CHEESE COMPANY GRAZIER'S RAW SHARP CHEDDAR

A delicious sharp cheddar crafted in Northern California with milk from grass-fed cows.

8oz

20%
off



NEW SEASONS KALE, BEET, AND TANGERINE SALAD

A classic winter salad featuring tangerine sections, roasted beets, pumpkin seeds, and an orange miso dressing.

\$10⁹⁹
lb
SAVE \$3 lb



MANINI'S GLUTEN-FREE PASTA

Made with ancient grains, this naturally gluten-free pasta delivers big flavor. Save on select varieties.

25%
off



BEER & WINE

G.D. VAJRA LANGHE ROSSO

This delicious blend of Barbera, Dolcetto, and Nebbiolo offers earthy aromas on the nose balanced by bright, juicy strawberry, plum, and cherry notes.

750ml

\$16⁹⁹
ea
SAVE \$7 ea



OVERJOY SOKOL BLOSSER SPARKLING BRUT RESERVE

Notes of peach, mandarin, and apple interplay with subtle spice and crisp minerality. Only at NSM.

750ml

\$19⁹⁹
ea
AFTER 20% DISCOUNT



ARGYLE BLANC DE BLANC

Lifted aromas of lemon zest, green apple, and white flowers, layered with subtle brioche and chalky minerality. Crisp and focused, with fine bubbles and a beautifully dry finish.

750ml

\$23⁹⁹
ea
AFTER 20% DISCOUNT



JACQUES BOURGUIGNON PINOT NOIR OR CHARDONNAY

Discover great quality and value with these French varietals. Try the citrusy, mineral-tinged Chardonnay or the bright, berry-forward Pinot Noir.

750ml

\$11⁹⁹
ea
SAVE \$4 ea



A TO Z ROSÉ BUBBLES

Lively and aromatic with bursts of passionfruit, pear, honeydew melon, and summer strawberries, laced with a bouquet of apple blossom and rose petal.

750ml

\$11⁹⁹
ea
AFTER 20% DISCOUNT



WILLAMETTE VALLEY VINEYARDS OREGON BLOSSOM SPARKLING ROSE

Off-dry and light-bodied, featuring a bouquet of spring florals and a sweet burst of cherry, strawberry, and melon.

750ml

\$17⁵⁹
ea
AFTER 20% DISCOUNT



IT SAVES TO SHOP ONLINE

Find all your favorite in-store items online, and get free delivery or pickup on orders of \$35+ with code

SHOPONLINE26

shop.newseasonsmarket.com

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Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members who are opted in to email or text get one Chocolove chocolate bar* with a purchase of \$5 or more.

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

*Offer limited to 2.9 - 3.2oz
Chocolove chocolate bars



WELLNESS

HOST DEFENSE MUSHROOMS FUNCTIONAL MUSHROOMS

Save 25% on your favorite formulas this week, including powders, tinctures, capsules, and more.

PNW
LOCAL

**25%
off**



RENEW LIFE PROBIOTICS AND CLEANSERS

Support for gut health and overall digestive wellness.

**25%
off**



MRM NUTRITION SUPERFOODS

A delicious way to add naturally occurring vitamins, minerals, and antioxidants to your diet. Save on select superfoods.

**40%
off**



ACURE FACIAL CARE

Vegan, cruelty-free, and developed for all skin types.

**30%
off**



AURA CACIA ESSENTIAL OILS AND AROMATHERAPY

Save 30% on essential oils, bath soaks, body oils, and more!

**30%
off**



NEW CHAPTER MAGNESIUM + ASHWAGANDHA

An easily absorbable magnesium glycinate with ashwagandha to support rest and relaxation.

30tab

**\$13⁹⁹
ea**
SAVE \$8ea



NOW FOODS MELATONIN 3MG

Helps to improve sleep quality and supports a healthy sleep/wake cycle. 180vc

**\$9⁹⁹
ea**
SAVE \$5ea



GOOD DAY CHOCOLATE CHOCOLATE SLEEP SUPPLEMENT

A delicious milk chocolate to support sleep and relaxation. Save on Calm and Energy formulas, too. 8ct

**\$2⁹⁹
ea**
SAVE \$1.70ea



GIOVANNI HAIR CARE

Formulated to hydrate and detangle dry or damaged hair. Save on select formulas. 8.5oz

**\$7⁹⁹
ea**
SAVE \$3ea



EO PRODUCTS LAVENDER HAND SANITIZER SPRAY

Clean and sanitize with pure lavender essential oil. 2oz

**\$3⁴⁹
ea**
SAVE \$1.50ea



GROCERY

HÄAGEN-DAZS ICE CREAMS AND BARS

Selected Varieties 9-14oz

2 for \$8
SAVE \$2.29ea



WILLAMETTE VALLEY PIE COMPANY WHIPPED CHEESECAKE

Marionberry or Salted Caramel. 9.5oz

**\$5⁹⁹
ea**
SAVE \$1.80ea



PNW
LOCAL

TRU FRU CHOCOLATE COVERED FROZEN SNACKS

Selected Varieties 8oz

**\$7⁹⁹
ea**
SAVE \$2.30ea



NATURE'S PATH ORGANIC FROZEN WAFFLES

Assorted Varieties 6ct

2 for \$7
SAVE \$1.29ea



LAOBAN FROZEN DUMPLINGS AND APPETIZERS

Assorted Varieties

**20%
off**



CAPPELLO'S GRAIN-FREE PASTA

Assorted Varieties 9.9-12oz

**\$8⁹⁹
ea**
SAVE \$4ea



KATIE'S PASTA BAKES AND PIZZAS

Assorted Varieties

**30%
off**



MASSA PIZZA COMPANY SICILIAN STYLE FROZEN PIZZA

Assorted Varieties 21.5-24oz

**\$12⁹⁹
ea**
SAVE \$4ea



GROCERY

THE GOOD CRISP COMPANY
POTATO CRISPS
Selected Varieties
5.6oz



\$2.99
ea
SAVE \$1.60ea

SKINNYPOP
PARTY SIZE POPCORN
8oz



\$5.99
ea
SAVE 90¢ea

SIETE FOODS
TORTILLA CHIPS
Assorted Varieties



33%
off

POPCORNERS
POPPED-CORN SNACK
Assorted Varieties
5oz



\$3.99
ea
SAVE 60¢ea

SNACK FACTORY
PRETZEL CRISPS
Selected Varieties
7.2oz



BUY 1 GET 1
1½ OFF
SAVE \$2.40 ON 2

Available
in-store only

FOODIES VEGAN
PUMTHINS
Assorted Varieties
4.25oz



\$4.99
ea
SAVE \$1.80ea

7TH HEAVEN
VEGAN CHOCOLATE BAR
Assorted Varieties
3.5oz



\$3.99
ea
SAVE \$2.30ea

BUILT
PUFF BAR
Assorted Varieties
1.41-1.55oz



3 for \$5
SAVE \$1.62ea

RENEW JUICE COMPANY
JUICE
Selected Varieties



20%
off

SAMBAZON
AMAZON ENERGY DRINK
Selected Varieties
12oz



2 for \$5
SAVE UP TO \$1.19ea

LIQUID DEATH
ICED TEA
Assorted Varieties
19.2oz



\$2.29
ea
SAVE 70¢ea

Q MIXERS
PREMIUM DRINK MIXERS
Selected Varieties
4pk/7.5oz



2 for \$8
SAVE 99¢ea

CALIFIA FARMS
ORGANIC ALMONDMILK
Selected Varieties
32oz



\$5.99
ea
SAVE \$2.80ea

CHOICE ORGANICS
TEA
Selected Varieties
16ct



BUY 1 GET 1
FREE
SAVE \$6.29 ON 2

MINA
ORGANIC MOROCCAN TEA
Selected Varieties



20%
off

ORGANIC INDIA
TULSI TEA
Selected Varieties
18ct



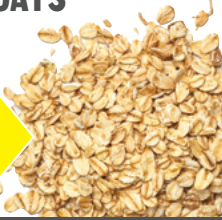
\$4.99
ea
SAVE \$3ea

BULK

HUMMINGBIRD WHOLESALE
ORGANIC THICK ROLLED OATS



\$1.99
lb
SAVE 50¢lb



NEW SEASONS
YOGURT PRETZELS

From SunRidgeFarms
in Royal Oaks, CA.
5oz



\$4.99
ea
SAVE \$1ea

STUMPTOWN COFFEE
ROASTERS
COFFEE
Selected Varieties



\$17.99
lb
SAVE \$2lb



SUNRIDGE FARMS
ORGANIC DARK CHOCOLATE ALMONDS

\$22.99
lb
SAVE \$2lb



GROCERY

DE CASA FINE FOODS
TORTILLAS
Selected Varieties
10ct

PNW LOCAL



2 for \$6
SAVE 99¢ea

LOISA
RICE MIXES AND SOFRITO SAUCES
Assorted Varieties



20% off

SPANGLISH ASADERO
SEASONINGS
Assorted Varieties



33% off

MASIENDA
HEIRLOOM MASA HARINA
White or Blue Corn.
2.2lb



\$6.99 ea
SAVE \$2ea

MUIR GLEN
ORGANIC TOMATOES
Selected Varieties
28oz



2 for \$6
SAVE \$4.89ea

HEYDAY CANNING BEANS
Assorted Varieties
15oz



\$3.99 ea
SAVE \$1ea

CALIFORNIA OLIVE RANCH
EXTRA VIRGIN OLIVE OIL
Selected Varieties
1L



\$24.99 ea
SAVE \$5ea

MOMOFUKU
NOODLES OR CHILI CRUNCH
Assorted Varieties



20% off

RUMMO
PASTA
Assorted Varieties
12-16oz



2 for \$7
SAVE UP TO \$1.99ea

TERLATO KITCHEN
PASTA SAUCE
Assorted Varieties
24oz



\$8.99 ea
SAVE \$4ea

MUTTI
TOMATOES
Selected Varieties



20% off

RAO'S HOMEMADE
PASTA SAUCE
Assorted Varieties
15-24oz



BUY 2 GET 1 FREE
SAVE \$9.39 ON 2

Available in-store only

WOODSTOCK
MUSTARD
Assorted Varieties
8oz



\$3.99 ea
SAVE \$1ea

WOODSTOCK
PICKLES OR RELISH
Assorted Varieties
16-24oz



\$6.99 ea
SAVE UP TO \$2.50ea

KIND
GRANOLA
Selected Varieties
11oz



\$5.99 ea
SAVE \$1ea

PLUM ORGANICS
BABY FOOD
Selected Varieties



20% off

NATURE NATE'S HONEY CO.
RAW & UNFILTERED HONEY
Assorted Varieties



20% off

DREAM
RICEMILK
Assorted Varieties
32oz



2 for \$9
SAVE \$2.09ea

TONY'S COFFEE
ORGANIC COFFEE
Assorted Varieties
12oz

PNW LOCAL



\$13.99 ea
SAVE 60¢ea

WATER AVENUE
COFFEE COMPANY
COFFEE
Selected Varieties
12oz

PNW LOCAL



\$12.99 ea
SAVE UP TO \$4ea

GROCERY

CHOBANI OATMILK
Assorted Varieties
52oz



\$3.99
ea
SAVE \$1.50ea

CHOBANI COFFEE CREAMER
Selected Varieties
24oz



\$5.49
ea
SAVE \$1.70ea

PAINTERLAND SISTERS ORGANIC SKYR YOGURT
Assorted Varieties
5.3oz



BUY 2 GET 1 FREE
SAVE \$3.39 ON 3

Available
in-store only

BROWN COW WHOLE MILK YOGURT
Assorted Varieties
32oz



\$3.99
ea
SAVE \$2ea

THE A2 MILK COMPANY MILK OR HALF & HALF
Selected Varieties
32-59oz



\$4.79
ea
SAVE \$1.20ea

NEW SEASONS CAGE-FREE EGGS
From chickens raised on vegetarian feed with no antibiotics by Stiebers Farms in Yelm, WA.
1doz



\$3.99
ea
FEATURED

BELGIAN BOYS PANCAKES OR CREPES
Assorted Varieties
9.6-18.5oz



\$5.49
ea
SAVE \$2.50ea

ORGANIC VALLEY CHEESE
Selected Varieties
6oz



\$5.49
ea
SAVE \$1.10ea

NAKED BREAD ORGANIC SANDWICH BREAD
Selected Varieties
22.5-27oz



\$3.99
ea
SAVE \$4ea

PETIT POT ORGANIC FRENCH DESSERT
Selected Varieties
8oz



BUY 1 GET 1 FREE
SAVE \$6.29 ON 2

HONEY MAMA'S CHOCOLATE FUDGE BARS
Selected Varieties
2.5oz



2 for \$8
SAVE \$2.39ea

ITHACA HUMMUS
Assorted Varieties
10oz



\$3.99
ea
SAVE UP TO \$2.50ea

EVOLUTION FRESH COLD-PRESSED JUICE
Selected Varieties



25% off

KOIA PLANT PROTEIN DRINK
Selected Varieties
12oz



2 for \$7
SAVE UP TO \$1.39ea

HAPPY GUT

GT's Living Foods SYNERGY Kombucha is as delicious as it is good for you, with pure, whole ingredients and 9 billion gut-friendly probiotics.

GT'S LIVING FOODS KOMBUCHA
Selected Varieties
16oz



2 for \$6
SAVE \$1.29ea



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.

