

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  **\$29.99 ea**
DOZEN ROSES 
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

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.

\$49.99
ea
FEATURED



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

\$11.99
ea
AFTER 20% DISCOUNT

DOUGLAS VALENTINE PLUSH CUDDLE TOYS

Super soft, super sweet plushies for your valentine.

STARTING AT:
\$14.99
ea
FEATURED



AURA CACIA AROMATHERAPY BATH PACKETS

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

30% off



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



FARINA BAKERY FRENCH MACARONS

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

\$3.00
ea
FEATURED





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.

WHAT WE'RE loving February 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.

\$9.99
lb
SAVE \$1lb



HOKKAIDO SEA SCALLOPS U-15 COUNT

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

\$37.99
lb
SAVE \$8lb



ANDERSON RANCHES LAMB LOIN CHOPS

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

\$13.99
lb
SAVE \$1lb



PNW
LOCAL

ALL LIVE OYSTERS

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



PNW
LOCAL

20% off

PRODUCE

CARA CARA ORANGES

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

\$2.49
lb
SAVE 50¢lb



ORGANIC ASPARAGUS

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



\$5.99
lb
SAVE \$3lb



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



ORGANIC PINK LADY APPLES

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

\$2.49
lb
SAVE 50¢lb



PNW
LOCAL



BAKERY & CHEESE**NEW SEASONS
ORGANIC CHALLAH**

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



\$6.49
ea
SAVE 50¢ ea

**BELGIOIOSO
BURRATA**

Rich, creamy, and perfect on pizza, salad, or served with crostini and cured meats.
8oz



\$7.99
ea
SAVE 1¢ ea

**NEW SEASONS
MEDITERRANEAN
HALF CHICKEN WITH
SALSA VERDE**

Marinated half chicken roasted with a tangy, herbaceous sauce.



\$5.99
lb
SAVE \$3 lb

**NEW SEASONS
STUFFED PEPPERS
WITH QUINOA AND
TOFU**

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



\$8.99
lb
SAVE \$4 lb

**PORTLAND STYLE
CHEESECAKE & DESSERT CO.
DOUBLE
CHOCOLATE
CHEESECAKE**

A chocolate wafer crust with a rich dark chocolate filling.

6in



\$24.99
ea
SAVE \$1 ea

**SIERRA NEVADA
CHEESE COMPANY
GRAZIERS 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.



\$10.99
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



\$16.99
ea
SAVE \$7 ea

20% OFF SELECT SPARKLING WINES**OVERJOY
SOKOL BLOSSER
SPARKLING
BRUT RESERVE**

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

750ml



ONLY AT
NSM



\$19.99
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



\$23.99
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



\$11.99
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



\$11.99
ea

AFTER 20% DISCOUNT

**WILLAMETTE VALLEY
VINEYARDS
OREGON
BLOSSOM
SPARKLING
ROSÉ**

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

750ml



\$17.59
ea

AFTER 20% DISCOUNT

**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

PNW LOCAL

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

25% off

RENEW LIFE
PROBIOTICS AND CLEANSES

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

\$13.99
ea
SAVE \$8eaNOW FOODS
MELATONIN 3MGHelps to improve sleep quality and supports a healthy sleep/wake cycle.
180vc\$9.99
ea
SAVE \$5eaGOOD DAY CHOCOLATE
CHOCOLATE SLEEP
SUPPLEMENTA delicious milk chocolate to support sleep and relaxation. Save on Calm and Energy formulas, too.
8ct\$2.99
ea
SAVE \$1.70eaGIOVANNI
HAIR CARE

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

8.5oz

\$7.99
ea
SAVE \$3eaEO PRODUCTS
LAVENDER HAND
SANITIZER SPRAY

Clean and sanitize with pure lavender essential oil.

2oz

\$3.49
ea
SAVE \$1.50ea

GROCERY

HÄAGEN-DAZS
ICE CREAMS
AND BARSSelected Varieties
9-14oz2 for \$8
SAVE \$2.29eaWILLAMETTE VALLEY
PIE COMPANY
WHIPPED
CHEESECAKEMarionberry or
Salted Caramel.
9.5oz\$5.99
ea
SAVE \$1.80ea

PNW LOCAL

TRU FRU
CHOCOLATE COVERED
FROZEN SNACKSSelected Varieties
8oz\$7.99
ea
SAVE \$2.30eaNATURE'S PATH ORGANIC
FROZEN
WAFFLESAssorted Varieties
6ct2 for \$7
SAVE \$1.29eaLAOBAN
FROZEN
DUMPLINGS
AND
APPETIZERS

Assorted Varieties

20% off

CAPPELLO'S
GRAIN-FREE PASTAAssorted Varieties
9.9-12oz\$8.99
ea
SAVE \$4eaKATIE'S
PASTA
BAKES
AND
PIZZAS

Assorted Varieties

30% off

MASSA PIZZA COMPANY
SICILIAN STYLE
FROZEN PIZZAAssorted Varieties
21.5-24oz\$12.99
ea
SAVE \$4ea

GROCERY

THE GOOD CRISP COMPANY

POTATO CRISPS

Selected Varieties
5.6oz

SKINNYPOP PARTY SIZE POPCORN

8oz

\$2.99
ea
SAVE \$1.60ea\$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
7.2ozBUY 1 GET 1
1/2 OFF
SAVE \$2.40 ON 2Available
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
1.41-1.55oz3 for \$5
SAVE \$1.62ea

RENEW JUICE COMPANY JUICE

Selected Varieties



20% off

SAMBAZON AMAZON ENERGY DRINK

Selected Varieties
12oz2 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/7.5oz2 for \$8
SAVE 99¢ea

CALIFIA FARMS ORGANIC ALMONDMILK

Selected Varieties
32oz\$5.99
ea
SAVE \$2.80ea

CHOICE ORGANICS TEA

Selected Varieties
16ctBUY 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

HUMMINGBIRD WHOLESALE ORGANIC THICK ROLLED OATS

PNW LOCAL

\$1.99
lb
SAVE 50¢lb

NEW SEASONS YOGURT PRETZELS

From SunRidgeFarms in Royal Oaks, CA.
5oz\$4.99
ea
SAVE 1¢ea

STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties

\$17.99
lb
SAVE \$2lb

SUNRIDGE FARMS ORGANIC DARK CHOCOLATE ALMONDS

PNW LOCAL

\$22.99
lb
SAVE \$2lb

GROCERY

DE CASA FINE FOODS
TORTILLAS
Selected Varieties
10ct



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.
2.1lb



\$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



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



\$13.99 ea
SAVE 60¢ea

WATER AVENUE
COFFEE COMPANY COFFEE
Selected Varieties
12oz



\$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 Stiebels 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



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.



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