

LOCAL CHERRIES ARE HERE!

Sweet, juicy, and grown just around the corner—Maryhill cherries are a true taste of summer.

Really BIG DEAL

CHERRIES

From Gunkel Orchards in Goldendale, WA.

\$5⁹⁹
lb

SAVE \$1lb

Really BIG DEALS

80% LEAN 20% FAT GROUND BEEF

Humanely raised and great for burgers, pasta dishes, and meatballs!

\$5⁹⁹
lb

SAVE \$1lb



YAKOBI FISHERIES COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.

\$19⁹⁹
lb

SAVE \$2lb



RUBY JEWEL ICE CREAM SANDWICH

Selected Varieties
5.25oz

2 for \$7

SAVE 89¢ea



ZOI GREEK YOGURT

Assorted Varieties
32oz

\$3⁹⁹
ea

SAVE \$2ea



LACROIX SPARKLING WATER

Selected Varieties
8pk/12oz

3 for \$10

SAVE \$2.66ea



GOMACRO ORGANIC MACROBARS

Selected Varieties
2-2.4oz

2 for \$5

SAVE 99¢ea



WHAT WE'RE loving

Bringing the sushi bar home with countless do-it-yourself options—no reservation required.

LUSAMERICA FISH SASHIMI GRADE SLICED SEAFOOD

Ready for DIY sushi night! Choose from sustainably harvested salmon, Ahi, Yellowtail, and Ebi. 5-6oz

\$12⁹⁹
ea
SAVE \$1ea



NIKISHI PREMIUM SUSHI RICE

32oz

\$5¹⁹
ea
FEATURED



AZUMA FOODS INTERNATIONAL GOMA WAKAME SALAD

Briny and subtly sweet with no added artificial colors or preservatives.

\$9⁹⁹
lb
SAVE \$2lb



MUSO FROM JAPAN ALL NATURAL WASABI

1.52oz

\$4⁴⁹
ea
FEATURED



MEAT & SEAFOOD

NEW SEASONS JACOBSEN'S SALT AND PEPPER PORK SAUSAGE LINKS

Made in-house with a blend of Jacobsen's Salt Co. sea salt and black pepper.



\$6⁹⁹
lb
SAVE \$1lb



MARY'S WHOLE FRYER CHICKEN

Humane Certified and always air-chilled, Mary's is tender, flavorful, and perfect for roasting or grilling.

\$3⁵⁹
lb
SAVE 40¢lb



ROCKFISH FILLET

Sustainably wild-caught off of OR and WA coasts. Delicious pan-seared or baked.

\$7⁹⁹
lb
SAVE \$2lb

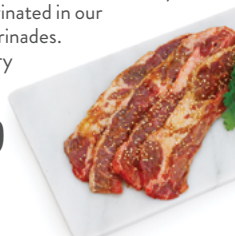


PNW LOCAL

NEW SEASONS MARINATED BEEF FLANKEN RIBS

Made with USDA Choice, humanely raised beef marinated in our gluten-free marinades. Flavors may vary by location.

\$17⁹⁹
lb
SAVE \$1lb



ECHO FALLS ALL SMOKED SEAFOOD

Wild-caught seafood seasoned and smoked to perfection. Choose from sesame tuna, hot and cold smoked salmon, and candied salmon. 3-4oz

25%
off



FLORAL

LARGE LOCAL BLOOMS BOUQUET

Locally produced and bursting with local seasonal favorites.



\$27⁹⁹
ea
SAVE \$2ea

PNW LOCAL

ORGANIC PRODUCE

ORGANICGIRL SELECT SALAD BLENDS

Fresh, vibrant, and ready to eat. From organicgirl in Salinas, CA. 4.2-5oz

\$4⁴⁹
ea
SAVE 50¢ea



ORGANIC SEEDLESS WATERMELON

A summer favorite with sweet, just-picked flavor. From Organic Treat in El Centro, CA.

99¢
lb
SAVE 30¢lb



ORGANIC NECTARINES

Exceptionally sweet and full of tree-ripened flavor. From Valliwide in Reedley, CA.

\$4⁹⁹
lb
SAVE \$1lb



BAKERY & CHEESE

BLUE RAEVEN CHERRY PIE

A hand-made favorite packed with locally sourced cherries baked into a buttery, flaky crust. 5in

PNW
LOCAL

\$8⁹⁹
ea

SAVE \$1ea



BEECHER'S FLAGSHIP

Sweet, nutty, and sharp, this popular Seattle cheese is great on sandwiches and party platters.

PNW
LOCAL

\$19⁹⁹
lb

SAVE \$2lb



PREPARED FOODS

NEW SEASONS SUMMER VEGETABLE SLAW

Sweet peppers, kale, cabbage, and Daikon radish with roasted corn in a creamy chipotle lime dressing.

IT'S
BACK!

\$11⁹⁹
lb

SAVE \$1lb



NEW SEASONS SALMON CAKE

Featuring flaked and diced salmon, grain mustard, and a touch of dill, with a side of house-made tartar sauce.

\$6⁹⁹
ea

FEATURED



NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.

\$5⁹⁹
lb

SAVE \$1lb



CYPRESS GROVE CHEVRE DISKS

Creamy, tangy, and endlessly versatile. Perfect on cheese boards or crumbled over salads. Available in assorted flavors. 4oz

\$6⁹⁹
ea

SAVE \$1ea



BBQ BEEF AND PORK MEATBALLS

A bite-sized take on our beef and pork meatballs in a smoky chipotle BBQ sauce.

IT'S
NEW!

\$14⁹⁹
lb

SAVE \$1lb



KACHKA DUMPLINGS

Locally made dumplings served with a side of sour cream. Choose from Pork & Beef or Chicken. Available in the deli grab & go case. 6.5oz

\$9⁴⁹
ea

SAVE 50¢ea



BEER & WINE

MIX & MATCH

10% off

6 bottles of wine

20% off

12 or more bottles of wine

*Offer available in-store only.

FORT GEORGE BREWERY CITY OF RAINBOWS HAZY IPA

Smooth as velvet with bold tropical aroma and a zippy finish. A portion of proceeds supports the LGBTQ+ community. 16oz

\$3⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

MARQUES DE CACERES SPANISH WINES

Juicy, refreshing, and bright Spanish wines, perfect for tapas, burgers, and other summer fare. Choose from Verdejo, Red Blend, and Rosado. Selection may vary by location. 750ml

\$9⁹⁹
ea

SAVE \$5ea



HOUSE WINE SPARKLING ROSÉ PRIDE CAN

Lively, bright, and flavorful with aromas of fresh berries and juicy citrus. A portion of the proceeds support the LGBTQ+ community. 355ml

\$4⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

10 BARREL BREWING HUCKLEBERRY CRUSH SOUR

Light, crisp, and refreshing with an invigorating zing of huckleberry tartness. Best enjoyed in the sunshine. 6pk/12oz

\$12⁹⁹
ea

SAVE \$3ea



PNW
LOCAL

IT SAVES TO SHOP ONLINE!

Get everything you love in-store, without the lines. Use code **DELIVER4YOU** for FREE pickup or delivery!

shop.newseasonsmarket.com

Powered by
Instacart

*Terms apply. Free pickup on orders of \$35+.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get \$10 off a shopping trip of \$50 or more—perfect for a DIY sushi night!

Join or sign up by Thursday at newseasonsmarket.com/rewards for this exclusive member offer on Friday.



WELLNESS

HIMALAYA BODY CARE AND SUPPLEMENTS

Enjoy great savings on select ayurvedic formulas from Himalaya.

**30%
off**



WILD CARROT HERBALS FACE AND BODY CARE

All-natural, nutrient-rich facial care handcrafted locally.

**30%
off**



PNW
LOCAL

HUMBLE BRANDS BODY CARE

Save 30% on your favorite scents of deodorants and bar soaps this week.

**30%
off**



VEGA PROTEIN MADE SIMPLE

Each serving delivers 15 grams of non-GMO pea protein. Chocolate is on sale, too!

9.2-9.6oz

**\$17⁹⁹
ea**

SAVE \$6ea



BLUEBIRD BOTANICALS CLASSIC CBD OIL 15MG

Each serving provides 15mg of full-spectrum CBD. Save on select formulas this week.

1oz

**\$14⁹⁹
ea**

SAVE \$5ea



NOW FOODS B-6 100MG

Get 100mg of B-6 per capsule for nervous system and cardiovascular support.

100vc

**\$6⁴⁹
ea**

SAVE \$2.50ea



BLOOM N-ACETYL CYSTEINE 600MG

Helps the body produce glutathione, a powerful antioxidant.

60cap

**\$12⁹⁹
ea**

SAVE \$6ea



HOST DEFENSE STAMETS 7 MUSHROOM MYCELIUM POWDER

Featuring a blend of lion's mane, reishi, maitake, and other beneficial mushrooms.

100g

**\$22⁹⁹
ea**

SAVE \$7ea



ALL GOOD MINERAL SPORT SUNSCREEN SPRAY

Save on broad-spectrum, mineral-based sunscreens from fellow B Corp, All Good.

6oz

**\$13⁹⁹
ea**

SAVE \$6ea



EARTH THERAPEUTICS HYDRO BODY SPONGE

Designed to cleanse and exfoliate from head to toe.

**\$3⁴⁹
ea**

SAVE \$1.50ea



GROCERY

JENI'S ICE CREAM

Selected Varieties
1pt

**\$7⁹⁹
ea**

SAVE \$2ea



OATLY NON-DAIRY FROZEN DESSERT

Selected Varieties

**20%
off**



NOTCO NOTBURGER SMASHED

4ct

**\$6⁹⁹
ea**

SAVE \$1.80ea



ACTUAL VEGGIES SUPER FRIES

Assorted Varieties
14oz

**\$5⁹⁹
ea**

SAVE \$2ea



COLUMBIA FRUIT COMPANY PREMIUM FROZEN FRUIT

Assorted
Varieties
40oz

**\$7⁹⁹
ea**

SAVE UP TO \$4.60ea



PNW
LOCAL

VAN LEEUWEN ICE CREAM BARS

Selected Varieties
6ct

**\$7⁹⁹
ea**

SAVE \$2ea



RUDI'S ROCKY MOUNTAIN BAKERY GLUTEN-FREE BREAKFAST SANDWICHES

Assorted Varieties
9.3-10.5oz

**\$7⁹⁹
ea**

SAVE \$2ea



BEYOND MEAT PLANT-BASED PIZZA BAKES

Pepperoni or Meaty Italian.
9oz

**\$5⁹⁹
ea**

SAVE \$2ea



GROCERY

COAVA COFFEE
Selected Varieties
10.58oz

PNW
LOCAL

\$14⁹⁹
ea
SAVE \$2ea



GROUNDWORK COFFEE
ORGANIC WHOLE BEAN COFFEE
Selected Varieties
10-12oz

PNW
LOCAL

\$12⁹⁹
ea
SAVE UP TO \$3.50ea



GOOD EARTH SWEET & SPICY HERBAL TEA
Assorted Varieties

20%
off



NEWMAN'S OWN ORGANIC TEA
Selected Varieties
100ct

\$6⁹⁹
ea
SAVE \$1ea



OREGON GROWERS & SHIPPERS FRUIT SPREAD
Selected Varieties
12oz

PNW
LOCAL

\$4⁹⁹
ea
SAVE UP TO \$1.80ea



GONANAS BANANA BREAD MIX
Assorted Varieties
8.95-12.4oz

\$6⁹⁹
ea
SAVE \$2ea



BOB'S RED MILL BUTTERMILK PANCAKE & WAFFLE MIX
20oz

PNW
LOCAL

\$4⁹⁹
ea
SAVE \$2ea



COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP
Selected Varieties
12oz

\$14⁹⁹
ea
SAVE \$5ea



SPECTRUM CULINARY OILS
Selected Varieties

20%
off



SKY VALLEY SAUCES
Selected Varieties

20%
off



PATAK'S MAJOR GREY CHUTNEY
12oz

\$5⁹⁹
ea
SAVE \$1ea



ORGANICVILLE GLUTEN-FREE CONDIMENTS
Selected Varieties

20%
off



CABOO BAMBOO BATH TISSUE
12ct

\$10⁹⁹
ea
SAVE \$1.60ea



SUSTAINABLE SEAS CHUNK LIGHT TUNA
Salted or No Salt.
5oz

2 for \$6



YO MAMA'S DRESSING & DIP
Assorted Varieties
13oz

\$5⁹⁹
ea
SAVE \$1ea



CARBONE PASTA SAUCE
Assorted Varieties
24oz

\$8⁹⁹
ea
SAVE \$2ea



BULK

HUMMINGBIRD WHOLESALE ORGANIC GARBANZO BEANS

PNW
LOCAL

\$2⁹⁹
lb
EVERYDAY VALUE



EQUAL EXCHANGE ORGANIC ALMONDS
Selected Varieties

PNW
LOCAL

\$12⁹⁹
lb
SAVE \$3lb



WATER AVENUE COFFEE COFFEE
Selected Varieties

PNW
LOCAL

\$15⁹⁹
lb
SAVE \$4lb



HUMMINGBIRD WHOLESALE ORGANIC WHOLE RAW HAZELNUTS

PNW
LOCAL

\$17⁹⁹
lb
SAVE \$4lb



GROCERY

**CHICAS
TORTILLA CHIPS**Assorted Varieties
10-11oz**\$3⁴⁹**
ea**SNACK FACTORY
ORGANIC ORIGINAL
PRETZEL CRISPS**

9.35oz

\$4⁹⁹
ea**SAVE \$1ea****DRIZZILICIOUS
MINI RICE CAKES**Assorted Varieties
4oz**\$3⁴⁹**
ea**CATALINA CRUNCH
CHOCOLATE
COOKIE BARS**Assorted Varieties
4ct**\$5⁹⁹**
ea**SAVE \$3.40ea****PATIENCE FRUIT & CO
ORGANIC DRIED FRUIT**Assorted Varieties
4oz**\$4⁹⁹**
ea**CHOMPS
BEEF
STICKS**Original or Jalapeno.
8-9.2oz**\$15⁹⁹**
ea**KIND
BARS**Selected Varieties
6ct**\$10⁹⁹**
ea**SAVE \$3ea****VIOLET CRUMBLES
CANDY
HONEYCOMB CUBES**Assorted Varieties
6oz**\$4⁹⁹**
ea**SAVE \$1ea****MUDDY BITES
WAFFLE CONE SNACKS**Selected Varieties
2.33oz**\$3⁹⁹**
ea**NEW SEASONS
ITALIAN
MINERAL
WATER**Sourced by Galvanina
from an ancient Roman
spring in Italy.
25.4oz**\$2⁹⁹**
ea**FEATURED****HIGH BREW COFFEE
COLD-BREW COFFEE**Assorted Varieties
8oz**2 for \$4****SAVE 89¢ea****JUST ICE TEA
ORGANIC TEA**Assorted Varieties
16oz**\$2²⁹**
ea**SAVE 70¢ea****WAIAKEA
HAWAIIAN
VOLCANIC
WATER**

1.5L

2 for \$5**SAVE \$1.29ea****BEGOAT
CLEAN
ENERGY
DRINK**Selected Varieties
12oz**BUY 1 GET 1
FREE****SAVE \$2.99 ON 2****POWERADE
ELECTROLYTE
ENHANCED
SPORTS
DRINK**Assorted Varieties
28oz**2 for \$3****SAVE 49¢ea****HALFDAY
PREBIOTIC
ICED TEA**Assorted Varieties
12oz**2 for \$4****SAVE 99¢ea****ODYSSEY
SPARKLING
MUSHROOM
ELIXIR**Assorted Varieties
12oz**2 for \$4****SAVE \$1.99ea****CALI WATER
CACTUS
WATER**Assorted Varieties
12oz**2 for \$4****SAVE 79¢ea****OLIPOP
PREBIOTIC SODA**Selected Varieties
4pk/12oz**\$8⁹⁹**
ea**SAVE \$1ea****CLEAN CAUSE
ORGANIC
YERBA MATE**Assorted Varieties
16oz**2 for \$4****SAVE \$1.29ea**

GROCERY

Fuel Your Gut

Looking for a tasty way to support your gut? The probiotic-packed Kefir and Farmers Cheese from Lifeway are as delicious as they are nutritious—loaded with live, active cultures to help support digestion and immune health.

LIFEWAY PROBIOTIC PRODUCTS

Selected Varieties

20% off



SIGGI'S ICELANDIC YOGURT

Selected Varieties
24oz

\$5.49
ea

SAVE \$1.80ea



SIGGI'S YOGURT

Selected Varieties
5.3oz

2 for \$4

SAVE 69¢ea



ORGANIC VALLEY MILK

Selected Varieties
1/2gal

\$4.99
ea

SAVE \$1ea



WILD HARVEST SHREDDED CHEESE

Selected Varieties
6oz

\$4.49
ea

EVERYDAY VALUE



NOOSA YOGHURT

Assorted Varieties
8oz

2 for \$4

SAVE 59¢ea



GALBANI FRESH MOZZARELLA

Selected Varieties
16oz

\$5.99
ea

SAVE \$1ea



HARMLESS HARVEST ORGANIC COCONUT BEVERAGES

Selected Varieties
10oz

\$3.99
ea

SAVE 60¢ea



HEALTH-ADE SUNSIP PREBIOTIC SODA

Assorted Varieties
11.5oz

2 for \$4

SAVE 79¢ea



HEALTH-ADE ORGANIC KOMBUCHA

Selected Varieties
16oz

BUY 2 GET 1 FREE

SAVE \$3.99 ON 3



Available
in-store only

VICOLO DEEP DISH PIZZETTAS

Selected Varieties
12oz

BUY 1 GET 1 FREE

SAVE \$7.99 ON 2



LA COLOMBE COFFEE ROASTERS COLD BREW COFFEE

Selected Varieties
42oz

\$6.49
ea

SAVE UP TO \$1.50ea



NAKED FRUIT JUICES AND SMOOTHIES

Selected Varieties

20% off

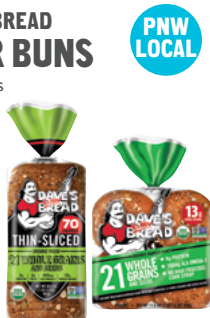


DAVE'S KILLER BREAD BREAD OR BUNS

Selected Varieties
17.6-20.5oz

\$4.99
ea

SAVE UP TO \$2ea



MISSION FOODS ZERO NET CARBS TORTILLAS

14ct

\$6.49
ea

SAVE \$1ea



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.

