

# LEGENDARY LOCAL PEACHES!

You can't find these sweet, handpicked peaches just anywhere—but you can at New Seasons. Come take your pick!

**MARYHILL  
PEACHES**

From Gunkel Orchards in Goldendale, WA.

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

## Really BIG DEALS

**MARY'S  
ORGANIC  
BONELESS SKINLESS  
CHICKEN BREASTS**

Perfect for summer recipes and backyard grilling. Always air-chilled for the best flavor.

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

**SAVE \$3lb**



**ROCKFISH FILLET**

Sustainably wild-caught off of OR and WA coasts. A delicious choice for tacos!

PNW  
LOCAL

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

**SAVE \$2lb**



SUMMER  
OF  
SCOOPS

**50%**  
off

**VAN LEEUWEN +  
BUBBIES MOCHI**

Exclusions apply. Limited to stock on hand or while supplies last.

**50%**  
off  
**BREW DR.  
KOMBUCHA**

Exclusions apply. Look for signs on specially marked items  
Limited to stock on hand. No additional case discount.

**SCREAMIN SICILIAN PIZZA  
PREMIUM FROZEN  
CRAFT PIZZA**

Assorted Varieties  
20.8-23.5oz

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

**SAVE \$4ea**



**DELALLO  
PASTA**

Selected Varieties  
16oz

**2 for \$4**

**SAVE 99¢ea**



# WHAT WE'RE loving



## Olympia Provisions

Our friends at Olympia Provisions handcraft exceptional charcuterie and European-style meats the old-school way—with patience, precision, and respect for tradition.

They source pasture-raised pork from small NW farms and prioritize sustainability at every step. A longtime New Seasons partner, you'll find their sausages, salami, Sweetheart Ham, and more in our stores—including our Sausage of the Week: Kale Provolone Pork.



## MEAT & SEAFOOD

### OLYMPIA PROVISIONS KALE PROVOLONE PORK SAUSAGE LINKS

PNW  
LOCAL

A delicious grill-ready pork sausage made in-house using a recipe from Olympia Provisions.



**\$7<sup>49</sup>**  
lb

SAVE 50¢lb

### BEELER'S PURE PORK BONE-IN PORK CHOPS

Uncompromising quality, with no antibiotics ever. Choose from center-cut, rib, or porterhouse.

Starting at:

**\$5<sup>49</sup>**  
lb

SAVE 50¢lb



### RIVERENCE WHOLE DRESSED TROUT

Sustainably farm-raised in Idaho's Magic Valley. Great on the grill!

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

SAVE \$2lb



### NEW SEASONS ALL CHICKEN SKEWERS

Tender, juicy chicken in one of our gluten-free marinades. Choose from breast or thigh meat. Flavors may vary by location.

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

SAVE \$1lb



### OCEAN BEAUTY SEAFOODS PEELED AND DEVEINED SHRIMP

Sustainably farm-raised and ready to cook for a quick, protein-packed meal.

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

SAVE \$2lb



## FLORAL

### BIG POMPON BUNCH

Add a pop of color and charm with these unique novelty varieties, grown in BC, Canada.



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

SAVE \$3ea

## PRODUCE

### CHERRIES

Handpicked and bursting with peak-season flavor. From Hood River Cherry Company in Hood River, OR.

PNW  
LOCAL

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

SAVE \$1lb



### ORGANIC PLUMS AND PLUCOTS

Sweet, juicy, and delicious grilled. From Valliwide Organic Farms in Reedley, CA.

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

SAVE \$1lb



### ORGANIC LEAF LETTUCE

Choose from romaine, red, or green leaf varieties. From Siri & Sons Farms in St. Paul, OR.

PNW  
LOCAL

**2 for \$5**

SAVE 49¢ea





## BAKERY & CHEESE

### BLUE RAEVEN PEACH RASPBERRY PIE

A hand-made seasonal favorite loaded with locally sourced fruit. Get it before it's gone!  
9in



**\$19<sup>99</sup>**  
ea

SAVE \$2ea

PNW  
LOCAL

### ORIGIN CREAMERY SHARP CHEDDAR

Handcrafted using 100% A2 milk sourced from pasture-raised Guernsey cows, this cheddar is bold and tangy with a smooth finish.

8oz



**20%**  
off

### NEW SEASONS CAPRESE SALAD

A classic summer salad featuring tomatoes, fresh mozzarella, and herbs.



**\$11<sup>99</sup>**  
lb

SAVE \$1lb

### NEW SEASONS PARMESAN CHICKEN BREASTS

Boneless, skinless chicken breasts coated with parmesan cheese and breadcrumbs, then pan-fried. Ready to heat and serve.



**\$16<sup>99</sup>**  
lb

SAVE \$1lb

### TRES LECHERIA PEACHES & CREAM TRES LECHES CAKE SLICE

Tender peaches and milk-soaked sponge cake topped with whipped cream and freeze-dried peach powder.



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

SAVE \$1ea

PNW  
LOCAL

### FACE ROCK CREAMERY ASSORTED CHEDDARS

Flavorful, award-winning cheddars made in Bandon, OR. Assorted flavors.

6oz



**20%**  
off

PNW  
LOCAL

### OLYMPIA PROVISIONS SWEETHEART HAM

Locally handcrafted pork sirloin tip gently smoked over applewood.



**\$16<sup>99</sup>**  
lb

SAVE \$4lb

PNW  
LOCAL

### PRIME ROOTS PLANT-BASED KOJI-MEATS

Choose from Koji-Ham or Salami. Available sliced to order in our deli and pre-sliced in the grab & go case.



Starting at:

**\$14<sup>99</sup>**  
lb

SAVE \$3lb

## BEER & WINE

**MIX  
&  
MATCH**

**10%**  
off  
6 bottles of wine

**20%**  
off  
12 or more bottles of wine

\*Offer available in-store only.

### PELICAN BREWING SELECT 19.2OZ CANS

Known for their bold hoppiness and superb drinkability, the Beak Breaker IPA series are perfect for summer. Choose from IPA, Double IPA, and Hazy IPA. Selection may vary by location.

19.2oz

**2 for \$7**

SAVE \$1.49ea

PNW  
LOCAL



### TUESDAY COCKTAIL CLUB WINE COCKTAILS

Premium, fruit-forward cocktails made with fresh-pressed PNW apple wine and other natural ingredients. Selection may vary by location.

4pk/12oz

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

SAVE \$2ea

PNW  
LOCAL



### PABST BLUE RIBBON 6-PACK CANS

Crisp and refreshing, this classic lager is perfect for an afternoon in the backyard. Choose from Lager and Light Lager.

6pk/16oz



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

SAVE \$3ea

### FREMONT BREWING SELECT 4-PACKS

Refreshing summer-ready brews. Enjoy the crisp and citrusy Summer Pale Ale or smooth Golder Pilsner with the perfect balance of toasted malt and grassy hop notes.

4pk/16oz

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

SAVE UP TO \$4ea

PNW  
LOCAL



## SKIP THE LINE, NOT THE SUNSHINE

Save time for summer fun—and get the same prices as in-store when you shop online for quick, easy pickup or delivery.

[shop.newseasonsmarket.com](https://shop.newseasonsmarket.com)

Powered by  
instacart

## DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get 20% off New Seasons house-baked artisan breads.

Join or sign up by Thursday at [newseasonsmarket.com/rewards](https://newseasonsmarket.com/rewards) for this exclusive member offer on Friday.



## WELLNESS

### NATURAL FACTORS VITAMINS AND SUPPLEMENTS

Save 35% on all your favorites from Natural Factors, including probiotics, minerals, and sleep formulas.

**35%  
off**



### THINKSPORT SUNSCREENS

Save on assorted reef-safe, mineral-based sunscreens.

**25%  
off**



### ENZYMEDICA ACID SOOTHE

Supports a healthy digestive tract and helps relieve occasional heartburn and discomfort.

**30vc**  
**\$7<sup>99</sup>  
ea**  
**SAVE \$4ea**



### NOW FOODS L-LYSINE 500MG

Help to support a healthy immune response with 500mg of lysine per cap. **100vc**

**\$8<sup>99</sup>  
ea**  
**SAVE \$3ea**



### MRM NUTRITION D-MANNOSE + CRANBERRY

Overall urinary tract support in a flavorful drink mix. **7.05oz**

**\$19<sup>99</sup>  
ea**  
**SAVE \$16ea**



### VITANICA GABA EASE

A GABA and L-theanine based formula to help promote calm and relaxation. **60vc**

**\$16<sup>99</sup>  
ea**  
**SAVE \$6ea**



### ANCIENT SECRETS NETI NASAL CLEANSING POT

Used to help clear nasal passages of dust, pollen, and excess mucus. A dishwasher-safe ceramic.

**\$12<sup>99</sup>  
ea**  
**SAVE \$6ea**



### MEDINATURA T-RELIEF ARNICA +12 EXTRA STRENGTH

Helps relieve muscle, joint, and nerve pain. **3oz**

**\$12<sup>99</sup>  
ea**  
**SAVE \$6ea**



### JÄSÖN ANTI-DANDRUFF SCALP CARE SHAMPOO

Gently cleanses and nourishes hair while controlling scalp dermatitis and mild psoriasis. **12oz**

**\$10<sup>99</sup>  
ea**  
**SAVE \$4ea**



### WILEY'S FINEST EASY SWALLOW EPA + DHA

Each softgel packs a concentrated dose of EPA and DHA—30% more omega-3s than standard fish oil. **60sg**

**\$14<sup>99</sup>  
ea**  
**SAVE \$7ea**



## GROCERY

### VAN LEEUWEN FRENCH ICE CREAM

Assorted Varieties

**NOW:**  
**\$3<sup>59</sup>-  
ea**  
**\$6<sup>49</sup>  
ea**

**WITH 50% DISCOUNT**



**SUMMER  
OF  
SCAOPS**

### FEEL GOOD FOODS DANISH-STYLE PANCAKE BITES

Buttermilk or Wildberry. **12.7oz**

**\$7<sup>99</sup>  
ea**  
**SAVE UP TO \$2ea**



### FIELD ROAST PLANT-BASED PRODUCTS

Selected Varieties

**20%  
off**



**PNW  
LOCAL**

### SO DELICIOUS NON-DAIRY FROZEN DESSERTS

Selected Varieties

**20%  
off**



### BUBBIES MOCHI MOCHI ICE CREAM

Assorted Varieties

**NOW:**  
**\$4<sup>39</sup>  
ea**  
**WITH 50% DISCOUNT**



**SUMMER  
OF  
SCAOPS**

### YO EGG PLANT-BASED EGGS

Sunny Side Up or Poached. **7.2-7.9oz**

**\$7<sup>99</sup>  
ea**  
**SAVE \$3ea**



### APPLEGATE BREADED CHICKEN

Selected Varieties **16oz**

**\$12<sup>99</sup>  
ea**  
**SAVE \$2ea**



### GROWN IN IDAHO FRIES OR TOTS

Assorted Varieties **28oz**

**\$6<sup>99</sup>  
ea**  
**SAVE \$1ea**





## GROCERY

### SIETE FOODS POTATO CHIPS

Assorted Varieties  
5.5oz



**\$2.99**  
ea

SAVE \$1.60ea

### JACKSON'S POTATO CHIPS

Selected Varieties  
5oz



**\$3.99**  
ea

SAVE 70¢ea

### CHICAS TORTILLA CHIPS

Assorted Varieties  
10–11oz



**\$3.99**  
ea

SAVE UP TO \$1.20ea

### SABOR MEXICANO HOME MADE TORTILLA CHIPS

10oz



**\$4.99**  
ea

SAVE \$3ea

### NORA SNACKS SEAWEED SNACKS

Assorted Varieties  
1.13–1.6oz



**2 for \$5**

SAVE \$1.49ea

### BARE SNACKS ORGANIC APPLE CHIPS

Assorted Varieties  
3oz



**\$5.99**  
ea

SAVE \$1.20ea

### ARCHER JERKY

Selected Varieties  
2–2.5oz



**\$5.99**  
ea

SAVE \$1.60ea

### LOUISVILLE VEGAN JERKY CO. VEGAN JERKY

Assorted Varieties  
3oz



**\$5.99**  
ea

SAVE \$2ea

### GOMACRO ORGANIC MACROBARS

Selected Varieties



**20%**  
off

### GOODIE GIRL GLUTEN-FREE COOKIES

Assorted Varieties  
7–10.6oz



**\$5.99**  
ea

SAVE \$1.80ea

### SKINNYDIPPED DARK CHOCOLATE COCONUT ALMOND BITES

3.17oz



**\$4.99**  
ea

SAVE \$2ea

### CHOCOLOVE CHOCOLATE BITES

Assorted Varieties  
3.5oz



**\$4.99**  
ea

SAVE UP TO \$1.60ea

### LILY'S SWEETS CHOCOLATE

Selected Varieties



**33%**  
off

### RITTER SPORT CHOCOLATE BAR

Selected Varieties  
3.5oz



**2 for \$6**

SAVE \$2.89ea

### QUINN SNACKS PRETZEL SNACKS

Selected Varieties



**20%**  
off

### ENDANGERED SPECIES CHOCOLATE CHOCOLATE BAR

Selected Varieties  
3oz



**\$4.99**  
ea

SAVE 70¢ea

## BULK

### ORGANIC GREEN LENTILS

**\$3.99**  
lb

SAVE \$1lb



### SUNRIDGE FARMS ZEN PARTY MIX

**\$8.99**  
lb

SAVE \$2lb



### NEW SEASONS ORGANIC COFFEE

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

**\$14.99**  
lb

FEATURED



### EQUAL EXCHANGE ORGANIC ROASTED SALTED CASHEWS

**\$17.99**  
lb

SAVE \$4lb



PNW  
LOCAL

## GROCERY

**KASHI  
CEREAL**  
Selected Varieties  
12.3–18oz

**\$5<sup>99</sup>**  
ea  
**SAVE \$1.50ea**



**PUFF COFFEE  
SMALL BATCH  
COFFEE**  
Assorted Varieties  
12oz

**\$16<sup>99</sup>**  
ea  
**SAVE \$2ea**



**PNW  
LOCAL**

**ROLAND  
GLOBAL FOODS**  
Selected Varieties

**20%**  
off



**FRONTIER CO-OP  
PREMIUM  
NUTRITIONAL  
YEAST**  
3.6oz

**\$5<sup>99</sup>**  
ea  
**SAVE \$1.90ea**



**SIR KENSINGTON'S  
CONDIMENTS**  
Selected Varieties

**30%**  
off



**DELALLO  
OLIVES**  
Selected Varieties

**20%**  
off



**NAPOLEON  
ORGANIC  
EXTRA VIRGIN  
OLIVE OIL**  
33.8oz

**\$22<sup>99</sup>**  
ea  
**SAVE \$7ea**



**PNW  
LOCAL**

**DELALLO  
POMODORO  
PASTA SAUCE**  
Assorted Varieties  
25.25oz

**\$8<sup>99</sup>**  
ea  
**SAVE UP TO \$2.80ea**



**REVEAL  
CAT FOOD**  
Selected Varieties  
2.47oz

**2 for \$3**  
**SAVE 39¢ea**



**WHITE LEAF PROVISIONS INC  
BIODYNAMIC  
BABY FOOD**  
Selected Varieties  
3.17oz

**\$2<sup>29</sup>**  
ea  
**SAVE 60¢ea**



**OATLY  
OATMILK**  
Selected Varieties  
32oz

**\$4<sup>49</sup>**  
ea  
**SAVE \$1.50ea**



**LIFE CIDER  
APPLE CIDER  
VINEGAR  
BEVERAGE**  
Assorted Varieties  
12oz

**\$2<sup>79</sup>**  
ea  
**SAVE \$1ea**



**FEVER-TREE  
PREMIUM  
DRINK  
MIXERS**  
Selected Varieties  
4pk/6.8oz

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



**ALO  
100%  
LYCHEE  
JUICE**  
10.8oz

**\$1<sup>79</sup>**  
ea  
**SAVE 70¢ea**



**YERBA MADRE  
ORGANIC  
YERBA MATE**  
Selected Varieties  
12–16oz

**\$2<sup>79</sup>**  
ea  
**SAVE UP TO 70¢ea**



**SEVEN TEAS  
ORGANIC TEA**  
Selected Varieties  
16oz

**2 for \$6**  
**SAVE 79¢ea**



**PROUD SOURCE  
SPRING OR  
SPARKLING  
WATER**  
25.3oz

**2 for \$6**  
**SAVE UP TO 79¢ea**



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

**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**



**CULTURE POP  
PROBIOTIC  
SODA**  
Assorted Varieties  
12oz

**2 for \$3**  
**SAVE 99¢ea**



**SANTA CRUZ ORGANIC  
LEMONADE**  
Selected Varieties  
16oz

**\$2<sup>29</sup>**  
ea  
**SAVE 70¢ea**





## GROCERY

**50% off**

**SUMMER  
OF  
SCOOPS**

**VAN LEEUWEN +  
BUBBIES MOCHI**

Exclusions apply. Limited to stock on hand or while supplies last.

### CHOBANI HIGH PROTEIN YOGURT

Assorted Varieties  
6.7oz



**3 for \$6**

SAVE 29¢ea

### KITE HILL GREEK STYLE PLANT-BASED YOGURT

Assorted Varieties  
16oz



**\$4.99**  
ea

SAVE \$2.20ea

### ESSENTIAL EVERYDAY CHEESE SLICES

Assorted Varieties  
7-8oz



**2 for \$6**

SAVE \$1.19ea

### FIELD ROAST PLANT-BASED MEATS AND CHEESES

Selected Varieties



**25% off**

### TOFUTTI DAIRY-FREE PRODUCTS

Selected Varieties  
8-12oz



**\$3.99**  
ea

SAVE UP TO 2.90ea

### DRUMROLL GLUTEN-FREE DONUTS

Assorted Varieties  
2.6oz



**BUY 2 GET 1  
FREE**

SAVE \$4.29 ON 3

Available  
in-store only

### MALK ORGANICS PLANT-BASED MILK

Selected Varieties  
25oz



**\$5.49**  
ea

SAVE UP TO \$2.10ea

### KEVITA ORGANIC PROBIOTIC DRINK

Selected Varieties  
12oz



**2 for \$5**

SAVE 19¢ea

### MAMMA CHIA ORGANIC CHIA BEVERAGE

Assorted Varieties  
10oz



**2 for \$6**

SAVE 49¢ea

### VIVE ORGANIC FUNCTIONAL JUICE SHOT

Selected Varieties  
2oz



**2 for \$5**

SAVE UP TO \$1.49ea

### WILDWONDER PREBIOTIC + PROBIOTIC SPARKLING DRINK

Assorted Varieties  
12oz



**BUY 2 GET 1  
FREE**

SAVE \$4.19 ON 3

Available  
in-store only

### NOSSA FAMILIA COFFEE ICED COFFEE

12oz



**2 for \$6**

SAVE 99¢ea

### DAVE'S KILLER BREAD ORGANIC THIN-SLICED BREAD

Assorted Varieties  
20.5oz



**\$4.99**  
ea

SAVE \$1ea

### MISSION FOODS CARB BALANCE TORTILLAS

Assorted Varieties  
8ct



**\$4.99**  
ea

SAVE \$1ea

Really **BIG DEAL**

**50% off** **BREW DR.  
KOMBUCHA**

Exclusions apply. Look for signs on specially marked items  
Limited to stock on hand. No additional case discount.