

CHEERS TO GREAT SAVINGS

It's time to stock up and save up to 30% on wine—including all your local favorites.



Really BIG DEAL

FALL WINE SALE

30% off 12+ BOTTLES
20% off 6-11 BOTTLES
10% off 3-5 BOTTLES

Limited to stock on hand. No additional discounts.
Selection varies by location.
Offer valid for in-store purchases only.

CREEKSTONE FARMS 81% LEAN 19% FAT GROUND BEEF

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

\$5⁹⁹
lb
SAVE \$2lb



ORGANIC JONAGOLD APPLES

A sweet-tart cross between Golden Delicious and Jonathan apple varieties. From Columbia Gorge Organic in Hood River, OR.

PNW
LOCAL

\$1⁹⁹
lb
SAVE \$1lb



BLACK COD FILLET

Sustainably wild-caught locally and full of rich, buttery flavor with a silky, delicate texture.

PNW
LOCAL

\$9⁹⁹
lb
SAVE \$5lb



POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



4 for \$10
SAVE \$2.99ea

CHOBANI GREEK YOGURT

Selected Varieties
5.3oz



10 for \$10
SAVE 59¢ea

Really BIG DEAL

50% off FROZEN PIZZA

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

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.

RESERVE YOUR *Thanksgiving* ~FEAST~

Holiday your way with
humanely raised meats,
ready-to-heat sides,
local desserts,
and more.

Place your order now through
10pm, November 23 at
newseasonsmarket.com/reserve



WHAT WE'RE loving

Bowery Bagels

Our friend Michael Madigan opened Bowery Bagels in 2012 with one goal: to bring true New York-style bagels to the Pacific Northwest. More than a decade later, that same dedication to craft, quality, and community is baked into everything they make.

From hand-rolled bagels to oven-ready pizza dough, Bowery uses simple, locally sourced ingredients. We're proud to partner with Michael and Bowery Bagels to bring you New Seasons bagels and pizza dough, as well as their breads and rolls in the bakery and deli.



MEAT & SEAFOOD

MARY'S WHOLE CHICKEN LEGS

The perfect option for a simple weeknight meal.
Always air-chilled with
no antibiotics ever.

\$2⁹⁹
lb

SAVE \$2lb



NEW SEASONS DUNGENESS CRAB AND SHRIMP CAKES

Made in-house and ready to cook
for a decadent snack or meal.

\$5⁹⁹
ea

SAVE \$1ea



NEW SEASONS ALL HOUSE-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added
hormones. Available in a variety of flavors.

\$8⁹⁹
lb

SAVE \$1lb



YAKOBI FISHERIES COHO SALMON FILLET

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

\$20⁹⁹
lb

SAVE \$1lb



FLORAL

GERBER DAISIES

Cheerful blooms that brighten any room and pair
perfectly with fall décor.



\$7⁹⁹
ea

SAVE \$3ea

PRODUCE

ORGANIC FUJI APPLES

Crisp and sugary-sweet! Grown in OR and WA.



\$2⁴⁹
lb

SAVE 50¢lb



ORGANIC BUNCHED CARROTS

Sweet, tender, and tasty eaten
with dip or roasted and served
as a side. Grown in CA.

2 for \$5

SAVE \$1ea



WILD CHANTERELLE MUSHROOMS

Just foraged and ready for stuffing, scrambles, and
tartine. Grown in OR and WA.



25%
off



BAKERY & CHEESE

NEW SEASONS ORGANIC FRENCH BAGUETTE

Made fresh daily by our talented bakers, this baguette is great for sandwiches and soup dipping.



\$3⁴⁹
ea
SAVE 50¢ea

BEEEMSTER VLASKAAS

A rich and flavorful Dutch cheese from a farmer-owned co-op committed to sustainability.



20%
off

NEW SEASONS QUESADILLAS

Choose from Cheese or Birria, both featuring Don Froylan Oaxaca and Tillamook cheese in a wheat tortilla.



30%
off

NEW SEASONS GRILLED SHAWARMA CHICKEN BREAST

Tender chicken breast seasoned with aromatic spices and lemon, then grilled to perfection.



\$14⁹⁹
lb
SAVE \$2lb

NEW SEASONS TEXAS CHOCOLATE SHEET CAKE LARGE SLICE

This classic favorite is moist, chocolatey, and perfect for any occasion.



\$7⁴⁹
ea
SAVE 50¢ea

RUMIANO ORGANIC QUESO DIPS

Made with organic milk, these rich and creamy dips are the ultimate chip companion. Assorted flavors. 11oz



\$8⁹⁹
ea
SAVE \$1ea

AZEH'S KITCHEN APPLE CURRY PEARL COUSCOUS SALAD

Pearl couscous, diced fresh apples, arugula, and pumpkin seeds in a curry dressing.



\$12⁹⁹
lb
SAVE \$1lb

PNW
LOCAL

ORIGAMI CATERING CALIFORNIA COMBO ROLL

Freshly made California rolls served three ways.



\$14⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

FALL WINE SALE—UP TO 30% OFF!

TERMINAL GRAVITY SELECT 6-PACKS

With unmatched quality and consistency, Terminal Gravity brews are always the right call for any occasion. Selection varies by location. 6pk/12oz



\$12⁹⁹
ea
SAVE \$4ea

PNW
LOCAL

A TO Z PINOT GRIS

Vibrant and quaffable with an expressive nose of bountiful fruit. Rich and satisfying with lip-smacking acidity and silky texture. 750ml



\$12⁹⁹
ea
SAVE \$2ea

PNW
LOCAL

CARPINETO TOSCANO ROSSO

A blend of Sangiovese and Cabernet Sauvignon that boasts fruity aromas with hints of cherry interlaced with coffee, vanilla, and spice. 750ml



\$16⁹⁹
ea
SAVE \$3ea

SON OF MAN LIMITED VARIETAL HARD CIDERS

Crafted to highlight the diversity of apples, each limited-release cider is built around one predominant varietal—offering a true taste of its unique character. Selection varies by store. 16oz



\$6⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

IT'S
NEW!

CHEHALEM INOX CHARDONNAY

One of Oregon's benchmark Chardonnays, this wine is fermented in stainless steel to create full-bodied notes of lemon curd, dried mango, and honey with a steely, zesty edge. 750ml



\$18⁹⁹
ea
SAVE \$6ea

PNW
LOCAL

CLOS LA COUTALE CAHORS MALBEC

Rustic yet refined, this French Malbec layers dark plum, brambly fruit, and leather with earthy minerality and spice. A perfect match for hearty fall stews, roasts, or game. 750ml



\$19⁹⁹
ea
SAVE \$5ea

CLICK, SAVE, ENJOY!

Shop online for the same great deals you find in-store, plus free delivery or pickup on orders of \$50+ with code

EASYDELIVER50

Powered by
instacart

Terms apply.

DON'T MISS THIS SWEET OFFER!

Neighbor Rewards members opted into email or text get 50% off fresh, peak-season apples in the produce department.

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



WELLNESS

MARY RUTH'S KIDS MULTIVITAMIN GUMMIES

A delicious way for kids to get their daily multivitamins and minerals.
60ct

\$16⁹⁹
ea

SAVE \$6ea



AMERICAN HEALTH SUPER PAPAYA ENZYME PLUS

Naturally sourced enzymes to aid with digestion and nutrient absorption. Save on select sizes.
180tab

\$9⁹⁹
ea

SAVE \$4ea



BLOOM ORGANIC BLACK CHIA SEEDS

An excellent source of plant-based protein, fiber, and heart-healthy omega-3s.
12oz

\$9⁹⁹
ea

SAVE \$4ea



NOW FOODS ARNICA SOOTHING RELIEF MASSAGE

The soothing power of arnica in a base of sunflower and olive oil.

8oz
\$12⁹⁹
ea

SAVE \$4ea



MRM NUTRITION COQ-10

A naturally derived and fermented form of Co-Q 10 to support cardiovascular health.
120sg

\$22⁹⁹
ea

SAVE \$25ea



BLOOM OREGANO OIL

Pure oil of oregano in 100% vegetarian liquid caps.
60vc

\$15⁹⁹
ea

SAVE \$6ea



ANCIENT SECRETS NASAL CLEANSING SALT JAR

This simple, iodine-free salt works in any Neti Pot for gentle and effective sinus cleansing.
10oz

\$4²⁹
ea

SAVE \$1.70ea



DAVIDS SENSITIVE + WHITENING TOOTHPASTE

All-natural toothpaste in a recyclable metal tube.
4oz

\$6⁹⁹
ea

SAVE \$3ea



HIBAR ALUMINUM-FREE DEODORANT

Free from aluminum, baking soda, and plastic packaging! Save on select scents.
2.25oz

\$9⁴⁹
ea

SAVE \$3.50ea



EARTH SCIENCE ALMOND-ALOE FRAGRANCE FREE MOISTURIZER

Made with simple and safe ingredients to nourish and moisturize skin. Save on select facial care this week.
5oz

\$11⁹⁹
ea

SAVE \$4ea



GROCERY

DINE IN, RESTAURANT- STYLE

Laoban proves that quick can still be crave-worthy. Crafted with responsibly sourced ingredients, their ready-to-heat favorites make dining in as seamless—and delicious—as going out.

LAOBAN FROZEN DUMPLINGS AND APPETIZERS

Assorted Varieties

20%
off



JENI'S ICE CREAM

Assorted Varieties
9-16oz

\$7⁹⁹
ea

SAVE UP TO \$2.80ea



GARDEIN PLANT-BASED PROTEINS

Selected Varieties

20%
off



MASON DIXIE FOODS BREAKFAST SANDWICH

Selected Varieties
3-4.7oz

**BUY 2 GET 1
FREE**

SAVE \$4.99 ON 3



Available
in-store only

MASIENDA QUESADILLAS

Assorted Varieties
8-9oz

\$8⁹⁹
ea

SAVE UP TO \$2.20ea



Protein-Packed

Fast doesn't mean you have to compromise on quality. Reach for Saffron Road. Their ready-to-heat entrées are pure deliciousness with no artificial additives or seed oils—and they now come with 50% more protein!

SAFFRON ROAD FROZEN ENTRÉES

Selected Varieties
10oz

2 for \$10

SAVE UP TO \$2.89ea



GROCERY

**ZACK'S MIGHTY
ROLLED
TORTILLA
CHIPS**
Assorted Varieties
7oz

\$3⁹⁹
ea
SAVE \$1.70ea



**UNIQUE SNACKS
PRETZELS**
Selected Varieties

33%
off



**LOVE, CORN
CRUNCHY CORN SNACK**
Assorted Varieties
4oz

\$2⁹⁹
ea
SAVE \$1.20ea



**SECOND NATURE
SNACK
MIX**
Selected Varieties
10-14oz

\$7⁹⁹
ea
SAVE UP TO \$2.30ea



**KIND
BARS**
Selected Varieties
5-6ct

\$4⁹⁹
ea
SAVE UP TO \$2ea



**PROBAR
PLANT-BASED BARS
AND SNACKS**
Selected Varieties
2.1-3oz

2 for \$5
SAVE UP TO 99¢ea



**LAIRD SUPERFOOD
PLANT-BASED
PRODUCTS**
Selected Varieties

33%
off



**TILLAMOOK COUNTRY
SMOKER
ZERO
SUGAR
SNACKS**
Selected Varieties
2.2-4oz

\$5⁹⁹
ea
SAVE UP TO \$2ea



**RANGER CHOCOLATE CO.
CHOCOLATE
BAR**
Selected Varieties
2.25oz

\$7⁹⁹
ea
SAVE \$2.30ea



**FREE2B
MINI
SUN CUPS**
Assorted Varieties
3.5-4.2oz

\$5⁹⁹
ea
SAVE UP TO \$1.90ea



**WUNDERGROUND
MUSHROOM
COFFEE**
Assorted Varieties
2.8-12oz

\$18⁹⁹
ea
SAVE UP TO \$3ea



**RENEW JUICE COMPANY
JUICE**
Selected Varieties

20%
off



**CLEAN CAUSE
ORGANIC
SPARKLING
YERBA MATE**
Assorted Varieties
15.5-16oz

2 for \$5
SAVE 89¢ea



**HOPLARK
SPARKLING
HOPTEA**
Assorted Varieties
16oz

2 for \$6
SAVE 99¢ea



**LORINA
SPARKLING
BEVERAGES**
Assorted Varieties
6pk/11.2oz

\$6⁹⁹
ea
SAVE \$2ea



**NEW SEASONS
ORGANIC
MAPLE SYRUP**
Grade A organic syrup
from Bascom Family
Farms in Brattleboro, VT.
12oz

\$10⁹⁹
ea
FEATURED



BULK

**NEW SEASONS
PEANUT BUTTER
FILLED PRETZELS**
From SunRidge farms
in Royal Oaks, CA.
5.5oz

\$4⁹⁹
ea
SAVE \$1ea



**HUMMINGBIRD WHOLESALE
ORGANIC
QUINOA**
Assorted
Varieties

\$5⁹⁹
lb
EVERYDAY VALUE



**ROASTED
PISTACHIOS**

\$13⁹⁹
lb
SAVE \$1lb



**PORTLAND COFFEE
ROASTERS
COFFEE**
Selected Varieties

\$14⁹⁹
lb
EVERYDAY VALUE



GROCERY

STEEPED IN BENEFITS

For Organic India, tea time is more than a ritual—it's wellness. Their Fairtrade Certified teas and infusions help relieve stress, boost mood, support immunity, and encourage natural detoxification.



**ORGANIC INDIA
TULSI TEA**
Selected Varieties
18ct

\$4.99
ea
SAVE UP TO \$2.50ea

**PURELY ELIZABETH
CEREAL AND GRANOLA**
Selected Varieties
8-12oz

\$6.99
ea

SAVE UP TO \$1.80ea



**SISTERS COFFEE CO.
COFFEE**
Selected Varieties
12oz

\$13.99
ea

SAVE UP TO \$4ea



**ONE DEGREE ORGANIC FOODS
SPROUTED OATS**
Rolled or Quick.
24oz

\$7.99
ea

SAVE \$2ea



**WEDDERSPOON
RAW MONOFLORAL
MANUKA HONEY**
8.8oz

\$24.99
ea

SAVE \$6ea



**BLUE LOTUS CHAI
MASALA CHAI**
Assorted Varieties
2-3oz

\$16.99
ea

SAVE UP TO \$3ea



**HEYDAY CANNING
BEANS**
Assorted Varieties
15oz

\$3.99
ea

SAVE \$1ea



**MAYA KAIMAL
INDIAN SAUCES
AND SIDES**
Assorted Varieties
12.5oz

\$4.99
ea

SAVE \$2ea



**IMAGINE FOODS
ORGANIC SOUP**
Assorted Varieties
32oz

\$4.49
ea

SAVE 40%ea



**MUTTI
TOMATOES**
Selected Varieties

20% off



**KETTLE & FIRE
REGENERATIVE
BONE BROTH**
Beef or Chicken.
16.9oz

\$7.99
ea

SAVE \$1.50ea



**DE CECCO
PASTA**
Selected Varieties
8.8-16oz

2 for \$6

SAVE UP TO \$1.99ea



**SFOGLINI
PASTA**
Assorted Varieties
12-16oz

\$5.99
ea

SAVE \$1ea



**CARBONE
PASTA SAUCE**
Assorted Varieties
15-24oz

\$8.99
ea

SAVE UP TO \$2ea



**DAMYA
ORGANIC
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
16.8oz

\$19.99
ea

SAVE \$7ea



**REVEAL
CAT FOOD**
Selected Varieties
2.47oz

2 for \$3

SAVE 49%ea



**I AND LOVE AND YOU
DOG TREATS**
Selected Varieties
4oz

\$7.99
ea

SAVE UP TO \$5.20ea



**I AND LOVE AND YOU
DOG FOOD**
Selected Varieties
13oz

\$3.19
ea

SAVE 70%ea



**COLAVITA
WINE VINEGAR**
Red or White.
17oz

\$5.99
ea

SAVE \$1.30ea



GROCERY

Really **BIG DEAL**

50% off FROZEN PIZZA

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

LACTAID LACTOSE-FREE MILK

Selected Varieties
1/2gal



\$4.29
ea

SAVE 90¢ea

WILD HARVEST SHREDDED CHEESE

Selected Varieties
6oz



\$4.49
ea

EVERYDAY VALUE

BLUE DIAMOND ALMOND BREEZE

Selected Varieties
32oz



2 for \$4

SAVE UP TO 79¢ea

SIGGI'S YOGURT POUCHES

Selected Varieties
4ct



\$5.99
ea

SAVE \$2ea

PETIT POT ORGANIC FRENCH DESSERT

Selected Varieties
8oz



\$4.49
ea

SAVE \$1.70ea

PERFECT BAR PROTEIN BAR

Selected Varieties
2.18-2.5oz



2 for \$5

SAVE 89¢ea

TOFUTTI BETTER THAN sour cream

12oz



\$3.99
ea

SAVE \$2.90ea

THREE TREES ORGANIC PLANT-BASED MILK

Selected Varieties
28oz



\$5.99
ea

SAVE UP TO \$2.40ea

KING HARVEST HUMMUS

Selected Varieties
10oz



\$3.99
ea

SAVE 40¢ea

NEW SEASONS FRESH PIZZA SAUCE

From our longtime partners at Heritage Foods in Portland, OR.
16oz



\$5.19
ea

FEATURED

DRINK IN THE GOODNESS

From morning boosts to afternoon pick-me-ups, Suja Organic juices, shots, and protein drinks help you pack in the vitamins, minerals, and probiotics you need to keep you thriving.

HEALTH-ADE SUNSIIP PREBIOTIC SODA

Assorted Varieties
11.5oz



BUY 1 GET 1
FREE

SAVE \$2.79 ON 2

SEATTLE INTERNATIONAL BAKING COMPANY BREAD

Selected Varieties
20oz



\$2.99
ea

SAVE \$3.50ea

DOWNLOAD OUR APP!

Want to save time?
Money? Both?
We've got you!

SUJA ORGANIC JUICES, PROTEIN DRINKS AND WELLNESS SHOTS

Assorted Varieties

25% off



THREE TREES ORGANIC MILK TEA

Assorted Varieties
10oz



\$3.99
ea

SAVE \$1ea

SEATTLE INTERNATIONAL BAKING COMPANY BAGELS

Assorted Varieties
5ct



\$3.99
ea

SAVE \$2.50ea

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.

