

LOCAL STRAWBERRIES ARE HERE!

Sweet, juicy, and grown just down the road, local strawberries are here to usher in summer.

STRAWBERRY PINTS

From Unger Century Farm in Cornelius, OR, and Bluff Berry Farm in Boring, OR.

\$5.99
ea
FEATURED

Really BIG DEALS

MARY'S BONELESS SKINLESS CHICKEN BREASTS

Humanely raised and always air-chilled.
Delicious on the grill!

\$5.99
lb

SAVE \$2lb



ULTRA NATURAL EZ PEEL SHRIMP

Responsibly farm-raised.
Cook in the shell for the best flavor.
21/25ct

\$9.99
ea

SAVE \$2ea



BACK TO NATURE CRACKERS

Selected Varieties
4.5-8oz

2 for \$7



ROMA VICOLO ROMAN STYLE PIZZA CRUST

Selected Varieties
9.1-9.6oz

BUY 1 GET 1 FREE

SAVE \$9.99 ON 2



DELALLO ORGANIC PASTA

Selected Varieties
16oz

2 for \$5

SAVE \$2.29ea



50% off

GT'S LIVING FOODS FERMENTED FOODS

Limited to stock on hand.
No additional discounts. Selection varies by location.



WE'RE LOVING local



Indulging in the perfect mix of sweet and savory with this month's bread, cheese, and cake favorites.

CHEESE of the MONTH



GLACIER BLUE CASCADIA CREAMERY | TROUT LAKE, WA

Aged in a lava tube near Mt. Adams—this rich, earthy, and bold blue is a true taste of the Pacific Northwest.

BREAD of the MONTH



ORGANIC FRENCH BAGUETTE BAKED FRESH DAILY

Made by our talented bakers using organic ingredients, this classic favorite is crisp on the outside, soft inside, and perfect for just about anything.

CAKE of the MONTH



ITALIAN ALMOND CAKE THE DESSERT TRAY | BEAVERTON, OR

Rich, moist, and generously dusted with powdered sugar—this classic cake from a beloved woman-owned bakery pairs perfectly with fresh local berries.

MEAT & SEAFOOD

OLYMPIA PROVISIONS PORK SAUSAGE LINKS

House-made with humanely raised pork blends from Olympia Provisions. Choose from Garlic Bratwurst or Kale Provolone.

PNW
LOCAL



\$6⁴⁹
lb
SAVE \$1.50lb

NEW SEASONS ALL MARINATED PORK

Choose from a variety of skewers and boneless chops, marinated in our gluten-free blends. Perfect for the grill!

Starting at:
\$6⁴⁹
lb
SAVE 50¢lb



PACIFIC COD FILLET

Sustainably harvested at the peak of season from the pristine waters of Alaska.

\$14⁹⁹
lb
SAVE \$1lb



NEW SEASONS MARINATED BONELESS SKINLESS CHICKEN BREASTS

Humanely raised boneless, skinless chicken breasts in a gluten-free marinade.

\$8⁹⁹
lb
SAVE \$1lb



ALASKAN LEADER SEAFOODS FROZEN WILD- CAUGHT SEAFOOD

Sustainably harvested in Alaska, and frozen immediately for the best peak-season flavor.

12-16oz
Starting at:
\$8⁹⁹
ea
SAVE \$1ea



PEONY 5-STEM BUNCH

Add a burst of color and whimsy with a beautiful, locally grown 5-stem bunch.

\$9⁹⁹
ea
SAVE \$5ea



PNW
LOCAL

WESTWIND GARDENS ORGANIC HERB STARTS

Locally grown 4-inch herb starts, including basil. Great for garden beds or pots.

4in
\$3⁹⁹
ea
SAVE \$1ea



PNW
LOCAL

PRODUCE

ORGANICGIRL SELECT SALAD BLENDS

Great for a quick and easy lunch or dinner. From organicgirl in Salinas, CA. 5oz

\$4⁴⁹
ea
SAVE 50¢ea



ORGANIC APRICOTS

Super flavorful and super snackable! From Blossom Hill in Reedley, CA.

\$4⁹⁹
lb
SAVE \$1lb



ASPARAGUS

Tender, vibrant, and peak-season delicious. From Yakama Nation Farms in Yakima, WA.

\$3⁹⁹
lb
SAVE \$1lb



PNW
LOCAL

BAKERY & CHEESE

NEW SEASONS ORGANIC CHEESE STICKS

Our signature organic ciabatta rolled with organic white cheddar and baked into deliciously crispy cheese sticks.

6ct

\$5⁹⁹
ea

SAVE \$1ea



ODYSSEY CRUMBLLED FETA

Tangy, salty feta, conveniently crumbled for pizzas, scrambles, or pasta dishes.

6oz

\$6⁴⁹
ea

SAVE 50¢ea



PREPARED FOODS

NEW SEASONS BROCCOLI CHOP SALAD

A light and lemony salad featuring a mix of shaved broccoli, kale, green cabbage, and sweet hot peppers.

IT'S
BACK!

\$11⁹⁹
lb

SAVE \$1lb



NEW SEASONS ORANGE GLAZED TOFU

Cubed tofu in an orange and apricot glaze with a hint of chili flake.

\$10⁹⁹
lb

SAVE \$1lb



SCHWARTZ BROTHERS BAKERY SHORTCAKE SWEET BISCUITS

Buttery with a tender crumb and just the right crunch of sugar on top. Perfect with fresh berries and cream!

4ct

\$7⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

IT'S
NEW!

APPEL FARMS PANEER

Wonderful in paneer butter masala or added to veggie dishes.

7oz

\$5⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

NEW SEASONS SESAME NOODLES

A staple since its debut in 2007, our sesame noodles feature yakisoba noodles in a spicy dressing with ginger, chili garlic paste, sesame oil, and scallions. Enjoy hot or cold.

\$10⁴⁹
ea

SAVE 50¢ea



ORIGAMI CATERING TUNA SALMON FUTOMAKI ROLL

Featuring black-pepper Ahi tuna, Coho salmon, wasabi cream, red tobiko, chili flakes, and black sesame seeds.

\$13⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

BEER & WINE

**MIX
&
MATCH**

**10%
off**
6 bottles of wine

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

*Offer available in-store only.

DOUBLE MOUNTAIN BREWERY BASIC RIGHTS IPA

Handcrafted for Pride Month using a colorful array of English malts and local hops. A portion of the profits benefit Basic Rights Oregon.

16.9oz

\$4⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

UNDERWOOD WINE SELECT CANNED WINES

Underwood canned wines over deliver in flavor and quality and are perfectly transportable for all your summertime activities. A portion of the profits benefit LGBTQ+ organizations.

355ml

\$5⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

MONTE TONDO ROSATO FRIZZANTE

A zippy Rosato Frizzante featuring notes of ripe raspberry, strawberry, and citrus, with a well-balanced, minerally finish. A perfect summer aperitif.

750ml

\$14⁹⁹
ea

SAVE \$5ea



ROGUE ALES BERRY BLONDE ALE

A refreshing blend of marionberry and plum flavors, balanced by a light biscuity malt backbone and subtle floral hops. With a clean finish, it offers a delightful harmony of fruity sweetness and crisp drinkability.

6pk/12oz

\$12⁹⁹
ea

SAVE \$5ea



PNW
LOCAL

IT'S
NEW!

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+.

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a FREE pint of New Seasons ice cream on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

ACURE FACE AND BODY CARE

Free from parabens, sulfates, mineral oil, and animal testing. Select facial and hair care on sale this week.

30% off



ALBA BOTANICA SUN CARE

Save on select Alba Botanica lotions, sprays, and mineral-based sunscreens.

25% off



JARROW FORMULAS METHYL B-12 1000MCG

Lemon-flavored chewable tablets that help support brain and nervous system function.

100ct

\$9⁹⁹ ea

SAVE \$4ea



SPECTRUM ORGANIC GROUND FLAXSEED

An easy way to add plant-based omega-3s, protein, and fiber to your diet. Save on select formulas.

14oz

\$8⁹⁹ ea

SAVE \$4ea



OLLY SLEEP BLACKBERRY ZEN GUMMIES

A blend of L-Theanine and melatonin to support relaxation and healthy sleep.

10ct

\$3⁹⁹ ea

SAVE \$2ea



NOW FOODS MELATONIN 3MG

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

180cap

\$9⁹⁹ ea

SAVE \$5ea



BLOOM MAGNESIUM GLYCINATE 400MG

An easily absorbable form of magnesium to help promote rest and relaxation.

90vc

\$16⁹⁹ ea

SAVE \$5ea



ENZYMEDICA LACTO

Formulated to aid in the digestion of lactose (dairy sugar), casein (dairy protein), and dairy fats.

30cap

\$17⁹⁹ ea

SAVE \$8ea



ONE WITH NATURE BAR SOAPS

Tripled-milled soap with argan oil and shea butter.

7oz

\$3⁹⁹ ea

SAVE \$2ea



CRYSTAL MINERAL-ENRICHED DEODORANT ROLL-ON

Hypoallergenic and gentle on skin. Save now on select scents.

2.25oz

\$4¹⁹ ea

SAVE \$1.80ea



GROCERY

TALENTI GELATO OR SORBETTO

Selected Varieties
10.7-16oz

\$5⁹⁹ ea

SAVE UP TO \$3ea



HÄAGEN-DAZS ICE CREAM

Selected Varieties
9-14oz

\$5⁹⁹ ea

SAVE UP TO \$1ea



CAULIPOWER CHICKEN BITES

Dill or Original.
14oz

\$10⁹⁹ ea

SAVE \$2ea



RUDI'S ROCKY MOUNTAIN BAKERY TEXAS TOAST

Assorted Varieties
11.8-13.8oz

\$7⁹⁹ ea

SAVE UP TO \$2ea



STAHLBUSH ISLAND FARMS ORGANIC FROZEN FRUIT

Assorted Varieties
3lb

\$14⁹⁹ ea

SAVE \$5.50ea



JUST EGG PLANT-BASED BREAKFAST BURRITO

Assorted Varieties
5.5oz

\$5⁹⁹ ea

SAVE UP TO \$1.50ea



ESSENTIAL EVERYDAY HASH BROWN PATTIES

10ct

\$5³⁹ ea

FEATURED



KACKHA DUMPLINGS

Selected Varieties
8.8oz

\$7⁹⁹ ea

EVERYDAY VALUE



GROCERY

NEW SEASONS GRANOLA

Original Nature's
or Mocha Crunch.
10-12oz

Starting at:

\$8⁹⁹
ea

FEATURED



MALK ORGANICS PLANT-BASED MILK

Selected Varieties
32oz

\$7⁹⁹
ea

SAVE \$1ea



ONCE AGAIN ORGANIC SUNFLOWER BUTTER

Selected Varieties
16oz

\$9⁹⁹
ea

SAVE \$2.60ea



BONNE MAMAN FRUIT PRESERVES

Assorted Varieties
12.7-13oz

\$5⁹⁹
ea

SAVE \$1.20ea



BARKLEY'S BAG DOG TREATS

Assorted Varieties
4oz

\$10⁹⁹
ea

SAVE \$3.80ea



PLUM ORGANICS BABY FOOD

Selected Varieties

20%
off



YOGI CHAI LATTE CONCENTRATE

Assorted Varieties
32oz

\$4⁹⁹
ea

SAVE \$2ea



SMITH TEAMAKER ICED TEA

Selected Varieties
10ct

\$11⁹⁹
ea

SAVE \$3ea



HENRY & LISA'S WILD SARDINES

Selected Varieties
4.25oz

2 for \$7



RAINCOAST TRADING WILD ALBACORE TUNA

Traditional or No Salt Added.
5.3oz

\$5⁹⁹
ea

SAVE \$1ea



SPICELY ORGANICS SPICES, HERBS AND SEASONINGS

Selected Varieties

20%
off



KIKKOMAN PANKO BREAD CRUMBS

8oz

\$2⁹⁹
ea

SAVE 30¢ea



LET'S DO ICE CREAM CONES

Selected Varieties
12ct

\$4⁹⁹
ea

SAVE UP TO \$2ea



HEYDAY CANNING BEANS

Assorted Varieties
15oz

\$3⁹⁹
ea

SAVE \$1ea



DESERT PEPPER TRADING COMPANY QUESO OR SALSA

Assorted Varieties
16oz

\$5⁹⁹
ea

SAVE \$1.80ea



NEW SEASONS PASTA SAUCE

Made with fresh
Italian tomatoes that
go from vine to jar in
just two hours.
Assorted varieties.
24oz

\$5⁴⁹
ea



BULK

HUMMINGBIRD WHOLESALE ORGANIC WALNUT HALVES AND PIECES

**PNW
LOCAL**

\$14⁹⁹
lb

SAVE \$2lb



EQUAL EXCHANGE PECAN HALVES

**PNW
LOCAL**

\$12⁹⁹
lb

SAVE \$3lb



TONY'S COFFEE ORGANIC COFFEE

Assorted Varieties

**PNW
LOCAL**

\$14⁹⁹
lb

SAVE \$3lb



PORTAL TEA CO. TEA

Assorted Varieties

**PNW
LOCAL**

20%
off



GROCERY

NEW COAST FORAGING CO.
SNACK CRISPS
Assorted Varieties
5.3oz



**BUY 1 GET 1
FREE**
SAVE \$6.99 ON 2

LESSER EVIL
**ORGANIC
POPCORN**
Selected Varieties
4.6-6.4oz



\$2⁹⁹
ea
SAVE \$2.30ea

G.H. CRETORS
POPCORN
Assorted Varieties
6.5-8oz



\$4⁹⁹
ea
SAVE \$1.40ea

REAL FOODS
CORN THINS
Assorted Varieties
5.3oz



\$2⁹⁹
ea
SAVE \$1ea

STACY'S
**SIMPLY NAKED
PITA CHIPS**
16oz



\$7⁹⁹
ea
SAVE \$2ea

CHOMPS
**ZERO SUGAR
BEEF STICK**
Original or Jalapeno.
1.15oz



2 for \$4
SAVE 99¢ea

MAXINE'S HEAVENLY
**GLUTEN-FREE
COOKIES**
Assorted Varieties
6.3-7.2oz



\$5⁹⁹
ea

LEGENDARY FOODS
PROTEIN PASTRY
Assorted Varieties
2.2oz



2 for \$5

ALOHA
**PLANT-BASED
PROTEIN BAR**
Assorted Varieties
1.98oz



2 for \$5
SAVE \$1.29ea

JOYRIDE
CANDY
Assorted Varieties
3.5-4oz



\$3⁹⁹
ea
SAVE UP TO \$1.80ea

BLUE STRIPES
**WHOLE
CACAO
CHOCOLATE
BAR**
Assorted Varieties
2.1oz



\$3⁹⁹
ea
SAVE \$1ea

POLAR
**SPARKLING
SELTZER WATER**
Assorted Varieties
8pk/12oz



2 for \$7
SAVE \$1.99ea

JUST ICE TEA
ORGANIC TEA
Selected Varieties
12oz



4 for \$5
SAVE 44¢ea

DAYTRIP BEVERAGES
**ORGANIC
PREBIOTIC
SODA**
Assorted Varieties
12oz



\$2²⁹
ea
SAVE 70¢ea

YERBA MADRE
**ORGANIC
YERBA MATE**
Assorted Varieties
15.5oz



2 for \$5
SAVE \$1.09ea

ALO
**ALOE VERA
JUICE DRINK**
Assorted Varieties
10.8-16.9oz



2 for \$4
SAVE UP TO 69¢ea

ARDOR ORGANIC
**SPARKLING
WATER**
Assorted Varieties
12oz



2 for \$5
SAVE \$1.19ea

STEAZ
**ORGANIC
GREEN TEA**
Assorted Varieties
16oz



2 for \$3
SAVE 99¢ea

C2O
**COCONUT
WATER**
Assorted Varieties
17.5oz



2 for \$4
SAVE \$1.29ea

ESSENTIA
**IONIZED
ALKALINE
WATER**
1.5L



2 for \$5
SAVE 79¢ea

GROCERY

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.



**EVOLUTION FRESH
COLD-PRESSED
JUICE**
Selected Varieties
59oz



\$8⁹⁹_{ea}
SAVE \$2.20ea

**OATLY
BARISTA
EDITION
OATMILK**
32oz



\$4⁹⁹_{ea}
SAVE \$1.40ea

**NANCY'S
ORGANIC
YOGURT**
Selected Varieties
32oz



\$5⁴⁹_{ea}
SAVE 90¢ea

**LA FERMIERE
FRENCH YOGURT**
Assorted Varieties
4.4-4.9oz



2 for \$6
SAVE UP TO 79¢ea

**GREEN VALLEY
LACTOSE-FREE
SLICED OR
SHREDDED
CHEESE**
Selected Varieties
6oz



\$4⁹⁹_{ea}
SAVE \$2ea

**HOUSE FOODS
TOFU**
Selected Varieties
12-14oz



\$2⁴⁹_{ea}
SAVE 70¢ea

**NANCY'S
KIDS ORGANIC
WHOLE MILK
YOGURT**
Strawberry Banana
or Blueberry Spinach.
4ct



\$5⁴⁹_{ea}
SAVE \$2ea

**YAMI
LACTOSE-FREE
YOGURT**
Assorted Varieties
6ct



\$2⁷⁹_{ea}
SAVE 70¢ea

**GREEN VALLEY
LACTOSE-FREE
CHEESE BAR**
Selected Varieties
8oz



\$5⁹⁹_{ea}
SAVE \$2ea

**MEYENBERG
GOAT MILK**
Selected Varieties
1qt



\$5⁹⁹_{ea}
SAVE \$2ea

**NANCY'S
ORGANIC
COTTAGE CHEESE**
Whole Milk or Lowfat.
16oz



\$4⁹⁹_{ea}
SAVE 60¢ea

**ESSENTIAL EVERYDAY
CREAM CHEESE**
8oz



\$2²⁹_{ea}
EVERYDAY VALUE

**AL AMIR
HUMMUS**
Classic or Harissa.
8oz



2 for \$7
SAVE \$2.49ea

**MID-DAY SQUARES
FUNCTIONAL
CHOCOLATE SQUARES**
Assorted Varieties
1.16oz



2 for \$4
SAVE 59¢ea

**MISSION FOODS
SOFT TACO
FLOUR TORTILLAS**
10ct



\$2⁴⁹_{ea}
SAVE 50¢ea

**DAVE'S KILLER BREAD
ORGANIC
BREAD**
Selected Varieties
24-27oz



\$4⁹⁹_{ea}
SAVE \$2ea

**GT'S LIVING FOODS
FERMENTED
FOODS**
Selected Varieties



50% off