

MANGO MAGIC

Peak tropical fruit is here! Come take your pick from seasonal favorites like creamy, honey-sweet Ataulfo mangos.

SALE

**ORGANIC
ATAULFO MANGOS**

From Crespo Organics in Mexico.

2 for \$5
SAVE \$1ea

**CREEKSTONE FARMS
BEEF STEW MEAT**

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



\$9.99
lb
SAVE \$2lb

AHI TUNA STEAKS

Sustainably line-caught and delicious pan-seared and thinly sliced for a quick, protein-packed meal.



\$12.99
lb
SAVE \$5lb

**ANNIE'S
MAC & CHEESE**

Selected Varieties
5.5-6oz



4 for \$5
SAVE \$1.44ea

**BEN & JERRY'S
ICE CREAM**

Selected Varieties
14.4-16oz



\$4.99
ea
SAVE UP TO \$2ea

**FAGE
TOTAL GREEK YOGURT**

Assorted Varieties
5.3oz



3 for \$4
SAVE 46¢ea

**WYLD CBD
CBD GUMMIES**

THC-free, broad-spectrum hemp extract in delicious real fruit-infused gummies.

PNW LOCAL



30% off

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

STATE OF B-ING

We're celebrating B Corp Month with some of our favorite fellow B Corps—using business as a force for good to support a more socially and environmentally sustainable future.



ERATH
PINOT GRIS
750ml

PNW LOCAL



\$13.99
ea
EVERYDAY VALUE

ELEPHANT'S DELICATESSEN
FICELLE SANDWICHES

PNW LOCAL

\$7.49
ea
FEATURED



EO PRODUCTS
EVERYONE COCONUT + LEMON HAND SANITIZER SPRAY
2oz



\$3.99
ea
FEATURED

ROGUE CREAMERY
OREGON BLUE CHEESE
4.2oz

PNW LOCAL



\$8.99
ea
FEATURED

NOSSA FAMILIA COFFEE
FULLY CYCLE WHOLE BEAN COFFEE
12oz

PNW LOCAL

\$16.99
ea
FEATURED



CHOMPS
ORIGINAL BEEF STICKS
8ct



\$22.99
ea
FEATURED



GRAND CENTRAL BAKERY
SLICED COMO BREAD
27oz

PNW LOCAL

\$7.49
ea
FEATURED

KING ARTHUR BAKING COMPANY
UNBLEACHED ALL-PURPOSE FLOUR
5lb



\$8.59
ea
FEATURED



WHAT WE'RE *loving* March



CHEESE of the MONTH



FLAGSHIP CHEESE
BEECHER'S HANDMADE CHEESE | SEATTLE, WA
Rich and nutty with a slight crumble, this semi-hard cow's milk cheese earns its depth from 15 months of aging.

BREAD of the MONTH



ORGANIC CHALLAH BREAD
NEW SEASONS MARKET | PORTLAND, OR
A soft, slightly sweet traditional egg bread made in-house by our talented bakers using organic ingredients.

CAKE of the MONTH



COCONUT DREAM CAKE
PORTLAND STYLE CHEESECAKE & DESSERT CO. | PORTLAND, OR
A moist coconut cake, layered with coconut cream, iced with coconut cream cheese frosting, and finished with coconut flakes.

MEAT & SEAFOOD

MARY'S WHOLE CHICKEN LEGS

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



\$4⁴⁹
lb
SAVE 50¢/lb

NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to pasta dishes.



\$5⁹⁹
lb
SAVE \$1/lb

ANNASEA POKE MEAL KITS

Make poke at home with sustainable seafood. Six flavors to choose from.

10oz



\$10⁹⁹
ea
SAVE \$2ea

ACME SMOKED FISH SESAME CRUSTED SMOKED AHI TUNA

Wild-caught Ahi tuna, cured and cold-smoked to perfection.

3oz



BUY 1 GET 1
1/2 OFF
SAVE \$5 ON 2

Available in-store only

PRODUCE & FLORAL

GERBER DAISY

Beautiful, bright spring blooms. Perfect for International Women's Day!



\$9⁹⁹
ea
SAVE \$2ea

INTERNATIONAL WOMEN'S DAY BOUQUET

Show your appreciation for the amazing women in your life with a beautiful bouquet.



\$29⁹⁹
ea
SAVE \$5ea

6-STEM ROSE POSY

A beautiful bouquet for the women who mean the most.



\$16⁹⁹
ea
SAVE \$3ea

ORGANIC INTENZA PAPAYA

These fair trade papayas support G.R.O.W. farming communities. From Organics Unlimited in Mexico.



\$2⁴⁹
lb
SAVE 50¢/lb

NATURAL DELIGHTS ORGANIC PITTED MEDJOOL DATES

Delicious added to smoothies or as a sweet snack. From Natural Delights in AZ and CA.

12oz



\$9⁹⁹
ea
SAVE \$2ea

MAGNIFICENT MELONS

Exceptionally sweet, juicy, and refreshingly delicious. From Del Monte farms in Costa Rica.



\$1⁴⁹
lb
SAVE 50¢/lb

BAKERY & CHEESE

NATS RAWLINE PASSION FRUIT & MANGO MOUSSE

A raw, vegan mousse made with cashews, coconut milk, and passion fruit-mango purée.
3oz



\$3.79
ea
SAVE 20¢ea

BEECHER'S HANDMADE CHEESE FLAGSHIP

Sweet, nutty, and sharp, this popular Seattle cheese is great on sandwiches and cheese boards.
1lb



PNW LOCAL

\$19.99
lb
SAVE \$2lb

PREPARED FOODS

NEW SEASONS LENTIL BULGUR SALAD WITH ROASTED VEGETABLES

Lentils, bulgur wheat, roasted potatoes, and squash with garlic and herbs.
1lb



\$9.99
lb
SAVE \$3lb

NEW SEASONS SELECT GRAB & GO MEALS

Rice and broccoli topped with your choice of chicken or tofu glazed in our tangy, sweet orange sauce.
1lb



IT'S NEW!

\$5.99
ea
SAVE \$6ea

SCHWARTZ BROTHERS BAKERY BANANA CHOCOLATE CHIP MUFFINS

Moist muffins made with ripe bananas and studded with rich chocolate chips.
4ct



PNW LOCAL

\$7.99
ea
SAVE \$1ea

LA PANZANELLA CROCCANTINI ARTISAN CRACKERS

Crisp, flavorful, and delicious with cheese, spreads, or dips. Assorted varieties.
6oz



PNW LOCAL

\$5.49
ea
SAVE 50¢ ea

NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.
1lb



\$13.99
lb
SAVE \$3lb

NEW SEASONS SMOKED MOZZARELLA PASTA SALAD

Local Rallenti pasta tossed with cherry tomatoes, smoked mozzarella, and arugula in a parmesan lemon dressing.
1lb



\$10.99
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.

OVERJOY J.C. SOMERS PINOT BLANC

Bright and energetic with notes of lemon zest, pineapple, and honeydew, finishing with a crisp minerality. Only at NSM.
750ml



ONLY AT NSM

IT'S NEW!

\$16.99
ea
SAVE \$1ea

PFRIEM FAMILY BREWERS TROPICAL HAZY IPA

A new IPA from a local favorite, bursting with juicy tropical notes of kiwi, mango, papaya, and peach.
6pk/12oz



PNW LOCAL

IT'S NEW!

\$12.99
ea
SAVE \$1ea

ILLAHE OREGON CHARDONNAY

Smooth and well-balanced with notes of ripe quince, pear, and apple, rounded out by a crisp, refreshing finish with a hint of vanilla.
750ml



PNW LOCAL

\$14.99
ea
SAVE \$7ea

GINGER CULT NON-ALCOHOLIC GINGER BEER

Brewed with fresh ginger, these ginger beers are spicy, flavorful, and complex. Delicious on their own or as mixers. Hard Ginger Beer available as well.
4pk/12oz



PNW LOCAL

\$12.99
ea
SAVE \$2ea

IT SAVES TO SHOP ONLINE

Find all your favorite in-store items online, and get free delivery or pickup on orders of \$35+ with code

SHOPONLINE26

shop.newseasonsmarket.com

Powered by **instacart**

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members who are opted in to email or text get **30% off bulk grocery items.***

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.

*Offer does not include bulk body care, cookie bar, or olive bar.



WELLNESS

WILD CARROT HERBALS FACIAL AND BODY CARE

Hand-made locally using whole-plant extracts and oils.



PNW LOCAL

30% off

YERBA PRIMA PSYLLIUM WHOLE HUSKS

Supports healthy digestion with essential soluble and insoluble fibers. Save on select formulas. 12oz



\$15.99 ea
SAVE \$7ea

NATURE'S WAY UMCKA COLD RELIEF LEMON HOT DRINK

A soothing hot drink to help shorten the duration of the common cold. 10ct



\$10.49 ea
SAVE \$3.50ea

NOW FOODS PURE SHEA BUTTER

Easily absorbed to condition and moisturize every skin type. 7oz



\$8.99 ea
SAVE \$4ea

BLOOM NETTLE

Supports upper respiratory health during seasonal changes. 75vc



\$9.49 ea
SAVE \$3.50ea

THE GINGER PEOPLE GINGER RESCUE STRONG CHEWABLE TABLETS

Made with real ginger to help support digestion. 24tab



\$4.69 ea
SAVE \$3ea

AUOMERE AYURVEDIC TOOTHPASTES

Made with neem and mint oil for a cool, clean taste. 4.16oz



\$7.99 ea
SAVE \$3.50ea

HERBATINT PERMANENT HAIR COLOR

An ammonia-free coloring made with organic herbal extracts. 5.75oz



\$17.99 ea
SAVE \$4ea

SOUTH OF FRANCE LIQUID HAND SOAPS

Enriched with natural vegetable oils and glycerin. Save on select scents. 8oz



\$3.69 ea
SAVE \$2.30ea

GROCERY

BONFIRE BURRITOS BREAKFAST BURRITOS

Assorted Varieties 10.3oz



\$5.99 ea
SAVE \$1ea

APPLEGATE BREAKFAST SAUSAGE

Assorted Varieties 7oz



\$6.99 ea
SAVE 60¢ea

RIPI FOODS FROZEN RAVIOLI

Assorted Varieties 9oz



\$8.99 ea
SAVE \$2ea

SIMPLY SO ORGANIC RICE

Assorted Varieties 20oz



2 for \$9
SAVE UP TO \$1.49ea

KATZ GLUTEN FREE GLAZED DONUT HOLES

Selected Varieties 6oz



\$5.99 ea
SAVE \$1.80ea

EVERGREEN THICK & FLUFFY WAFFLES

Assorted Varieties 4ct



\$5.99 ea
SAVE \$2ea

FRUIT RIOT CANDY-COATED FROZEN FRUIT

Assorted Varieties 8oz



\$6.59 ea
SAVE \$1ea

WYMAN'S FROZEN FRUIT

Selected Varieties



20% off

GROCERY

NEW SEASONS KETTLE CHIPS

Produced by the farmers who grow the potatoes at Naturally Homegrown Foods. Assorted varieties. 5.2oz



2 for \$5
SAVE 49¢ea

SIETE FOODS GRAIN-FREE CHIPS

Selected Varieties 5oz



\$3.99 ea
SAVE \$2.50ea

PRETZELIZED PRETZEL CRACKERS

Assorted Varieties 6.5oz



\$3.99 ea
SAVE \$1ea

FOOD SHOULD TASTE GOOD PITA CRACKERS

Assorted Varieties 5oz



\$3.99 ea
SAVE 90¢ea

HENRIETTA SAID JUMBO ROASTED PEANUTS

Assorted Varieties 5oz



\$4.99 ea
SAVE \$1.30ea

BOBO'S OAT BAR

Selected Varieties 3oz



2 for \$5
SAVE 69¢ea

NEWMAN'S OWN FIG NEWMANS

Assorted Varieties 10oz



\$4.99 ea
SAVE 70¢ea

WALKER'S SHORTBREAD

Selected Varieties 5.3oz



\$5.99 ea
SAVE 50¢ea

WOODSTOCK ORGANIC BANANA WATER

Assorted Varieties 11.2-16.9oz



2 for \$5
SAVE UP TO \$1.19ea

ARDOR ORGANIC SPARKLING ENERGY WATER

Assorted Varieties 12oz



2 for \$6
SAVE 59¢ea

CULTURE POP PROBIOTIC SODA

Assorted Varieties 12oz



2 for \$4
SAVE 49¢ea

VIOLET CRUMBLES CANDY HONEYCOMB CUBES

Assorted Varieties 6oz



\$4.99 ea
SAVE \$1.30ea

NIXIE ORGANIC SPARKLING WATER

Assorted Varieties 8pk/12oz



\$5.99 ea
SAVE UP TO \$1.50ea

GOLDTHREAD PLANT-BASED TONIC

Selected Varieties 10.5oz



\$3.99 ea
SAVE \$1ea

ICELANDIC GLACIAL GLACIAL SPARKLING WATER

25.3oz



2 for \$7
SAVE 29¢ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC PINTO BEANS

PNW LOCAL



\$2.79 lb
SAVE 20¢lb

ORGANIC RAW PUMPKIN SEEDS

Selected Varieties



\$14.99 lb
SAVE \$1lb

SUNRIDGE FARMS BERRIES & CHOCOLATE ANTIOXIDANT MIX

\$14.99 lb
SAVE \$1lb



WATER AVENUE COFFEE COFFEE

Selected Varieties

PNW LOCAL



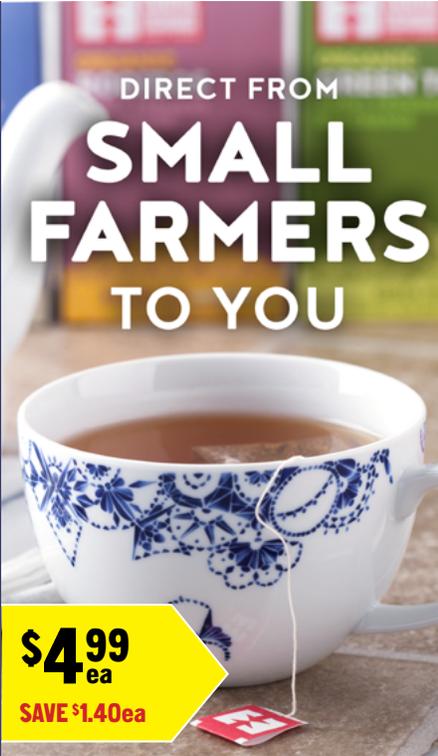
\$16.99 lb
SAVE \$3lb

GROCERY

BEYOND GREAT TEA

There's tea—and then there's Fair Trade organic tea from our friends at Equal Exchange in Portland. Ethically sourced from democratically organized small-scale farmers, this tea not only tastes delicious but also supports a more sustainable future.

EQUAL EXCHANGE ORGANIC TEA
Assorted Varieties
20ct



\$4.99
ea

SAVE \$1.40ea

MARANATHA NUT BUTTER
Selected Varieties
16oz



\$6.99
ea

SAVE \$1ea

CROFTER'S ORGANIC SQUEEZEABLE FRUIT SPREAD
Selected Varieties
13oz



\$5.99
ea

SAVE 30¢ea

KIND PROTEIN GRANOLA
Selected Varieties
9oz



\$6.99
ea

SAVE 70¢ea

STUMPTOWN COFFEE ROASTERS COFFEE
Selected Varieties
12oz



\$15.99
ea

SAVE \$2ea

PETER RABBIT ORGANICS FRUIT & VEGGIE POUCH
Selected Varieties
4-4.4oz



2 for \$4

SAVE UP TO 79¢ea

SIMPLY ORGANIC SPICES AND SEASONINGS
Selected Varieties



20%
off

COCONUT SECRET COCONUT AMINOS AND SAUCES
Selected Varieties



20%
off

EKONE TINNED SEAFOOD
Assorted Varieties



30%
off

BRIANNAS DRESSING
Selected Varieties
12oz



\$3.99
ea

SAVE \$1.20ea

COBRAM ESTATE EXTRA VIRGIN OLIVE OIL
Assorted Varieties
750ml



\$19.99
ea

SAVE UP TO \$6ea

KITCHEN BASICS ORGANIC COOKING STOCK
Selected Varieties
32oz



\$4.99
ea

SAVE 70¢ea

WILD PLANET SKIPJACK WILD TUNA
Sea Salt or No Salt Added.
5oz



\$3.99
ea

SAVE UP TO \$1ea

ZOUP! SOUP
Assorted Varieties
16oz



\$5.99
ea

SAVE 90¢ea

DR. MCDUGALL'S RIGHT FOODS SOUP CUPS
Selected Varieties
1.3-1.9oz



2 for \$5

SAVE 69¢ea

ECOS DISH SOAP
Assorted Varieties
25oz



\$3.99
ea

SAVE \$1.20ea

PERFECT BAR PROTEIN BAR
Selected Varieties
1.94-2.5oz



BUY 1 GET 1 FREE

SAVE \$3.39 ON 2

GROCERY

BIOTIC FERMENTS
NIRA
FERMENTED
SODA
 Assorted Varieties
 12oz



2 for \$6
 SAVE 69¢ea

SIMPLY
JUICE OR
LEMONADE
 Assorted Varieties
 11.5oz



2 for \$4
 SAVE 49¢ea

ZICO
NAM HOM
ORGANIC
COCONUT
WATER
 13.5oz



\$3.99
 ea
 SAVE \$1ea

HUMM
ORGANIC
KOMBUCHA
 Assorted Varieties
 12oz



PNW LOCAL

BUY 2 GET 1 FREE
 SAVE \$3.19 ON 3

Available in-store only

CALIFIA FARMS
COLD BREW
COFFEE
 Selected Varieties
 48oz



\$5.99
 ea
 SAVE 90¢ea

FORAGER PROJECT
ORGANIC
CASHEWMILK
YOGURT
 Assorted Varieties
 24oz



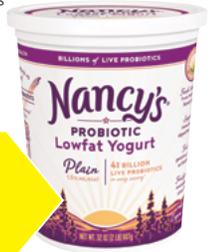
\$6.99
 ea
 SAVE UP TO \$2ea

GT'S LIVING FOODS
COCOYO RAW
COCONUT YOGURT
 Assorted Varieties
 8oz



\$6.99
 ea
 SAVE \$2.20ea

NANCY'S
YOGURT
 Selected Varieties
 32oz



PNW LOCAL

\$3.99
 ea
 SAVE \$1ea

BEYOND MEAT
PLANT-BASED
PROTEINS
 Selected Varieties



20% off

CLEVELAND KITCHEN
KRAUTS
AND
KIMCHI
 Selected Varieties
 16oz



\$4.99
 ea
 SAVE UP TO \$1.50ea

ESSENTIAL EVERYDAY
SHREDDED
CHEESE
 Selected Varieties
 8oz



2 for \$7
 SAVE UP TO \$1.29ea

DAISY BRAND
SOUR CREAM
 8oz



\$1.99
 ea
 SAVE 30¢ea

MELT ORGANIC
PLANT BUTTER
 16oz



\$6.99
 ea
 SAVE \$1ea

NEW SEASONS
CAGE-FREE
BROWN EGGS
 From Stiebers Farms in Yelm, WA.
 1doz



\$3.99
 ea
FEATURED



DAVE'S KILLER BREAD
BAGELS, BREAD
OR ENGLISH
MUFFINS
 Selected Varieties
 13.2-20.5oz



PNW LOCAL

BUY 2 GET 1 FREE
 SAVE \$6.99 ON 3

Available in-store only

MISSION FOODS
CARB BALANCE
TORTILLAS
 Assorted Varieties
 6-8ct



BUY 2 GET 1 FREE
 SAVE \$5.99 ON 3

Available in-store only

RESERVE YOUR SPRING FEAST

Reserve your Easter or Passover mains, sides, and desserts now through 10pm on April 2 at newseasonsmarket.com/reserve