

LOCAL BLUEBERRY BONANZA!

Local, organic blueberries are here in all their peak-season glory! Come and get them before they're gone!

Really **BIG DEAL**

**ORGANIC BULK
BLUEBERRIES**

From Springbank Farm in Lebanon, OR.

\$5.99
lb
SAVE \$2lb

Really **BIG DEALS**

MARY'S BONELESS SKINLESS CHICKEN BREASTS

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

\$5.99
lb

SAVE \$2lb



NEW SEASONS DUNGENESS CRAB AND SHRIMP CAKES

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

\$5.99
ea

SAVE \$1ea



SUMMER
OF
SCOOPS

50%
off

**TALENTI
+ YASSO**

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

40%
off

**PROTEIN
POWDERS AND
COLLAGEN**

Limited to stock on hand. No additional case discounts.
Selection varies by location. Items priced as marked.

BOULDER CANYON POTATO CHIPS

Selected Varieties
5.25-6oz

2 for \$6

SAVE UP TO \$2.19ea



PRESSED JUICERY COLD-PRESSED JUICES AND WELLNESS SHOTS

Assorted Varieties

30%
off



WHAT WE'RE loving



Jacobsen Salt Co.

Jacobsen Co. sea salt has been a New Seasons pantry staple for chefs and home cooks alike since 2011, when we became their first retail partner. And it's easy to see why. Harvested from the pristine waters of Netarts Bay on the Oregon Coast, Jacobsen's sea salt is as local as it gets with flavor-packed favorites like Dillon's Dill Pickle Salt—made in collaboration with the Portland Pickles—or limited-release Mama Lil's Sweet Hot Pepper Salt.

Find these and more from Jacobsen at your neighborhood New Seasons.



MEAT & SEAFOOD

NEW SEASONS SPINACH FETA CHICKEN SAUSAGE LINKS

House-made using humanely raised chicken with no antibiotics ever.



\$6⁹⁹
lb
SAVE \$1lb



NEW SEASONS ALL PORK SAUSAGE LINKS

House-made with humanely raised pork. Choose from favorites like Mild Italian or Olympia Provisions Garlic. Options may vary by location.



\$6⁹⁹
lb
SAVE \$1lb

PACIFIC COD FILLET

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



\$13⁹⁹
lb
SAVE \$2lb

T-BONE STEAKS

A great grill-ready option that offers the best of both worlds—one half NY steak, the other tenderloin.



\$16⁹⁹
lb
SAVE \$2lb

OPEN BLUE COBIA FILLET

Sustainably open-ocean farmed in deep water and incredibly versatile with a mild, buttery flavor and a firm, flaky texture.



\$18⁹⁹
lb
SAVE \$10lb

ANNUAL WHOLE SOCKEYE PRE-SALE

Preorder now,
pick up July 19–20

Get a head start on Sockeye season! Reserve your whole wild Sockeye salmon today, and get an extra 10% off the sale price when you preorder online.

We'll cut and wrap it
any way you like.

Preorder now at:
newseasonsmarket.com/sockeye

PRODUCE

JOSIE'S ORGANICS SALAD KITS

Perfect for a quick and easy meal. Save on select varieties. From Braga Fresh in Salinas, CA.



\$6⁴⁹
ea
SAVE 50¢ea

KISS MELONS

Sweet, juicy, and bursting with sun-ripened flavor. From AZ and CA.



\$1⁴⁹
lb
SAVE 50¢lb

ORGANIC GREEN BEANS

Great grilled, steamed, or pan-seared. From Montecucco Farms in Canby, OR.



\$2⁹⁹
lb
SAVE \$1lb

PNW
LOCAL

FLORAL

FLOWER DUET

A fun and beautiful mix of locally grown flowers.



\$12⁹⁹
ea
SAVE \$2ea

PNW
LOCAL

BAKERY & CHEESE

PORTLAND STYLE CHEESECAKE & DESSERT CO. TRIPLE BERRY CAKE

PNW
LOCAL

A classic white cake layered with blueberry compote and raspberry and marionberry buttercream.
6in

\$35⁹⁹
ea
SAVE \$2ea



MILTON CREAMERY PRAIRIE BREEZE

Handcrafted in Iowa, this aged cheddar is sweet, tangy, and perfectly crumbly.
6oz



20%
off

NEW SEASONS ORGANIC CIABATTA

Made fresh daily in-house, this bakery favorite is great for sandwiches.
16oz

\$4⁹⁹
ea
SAVE \$1ea



TILLAMOOK MEDIUM CHEDDAR

PNW
LOCAL

Wildly popular for a reason, this flavorful cheddar is great for snacking, sandwiches, and melting.



20%
off

NEW SEASONS BROCCOLI CHOP SALAD

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

\$11⁹⁹
lb
SAVE \$1lb



NEW SEASONS GRILLED SHAWARMA CHICKEN BREAST

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

\$15⁹⁹
lb
SAVE \$1lb



NEW SEASONS ORGANIC CIABATTA

Made fresh daily in-house, this bakery favorite is great for sandwiches.
16oz

\$4⁹⁹
ea
SAVE \$1ea



TILLAMOOK MEDIUM CHEDDAR

PNW
LOCAL

Wildly popular for a reason, this flavorful cheddar is great for snacking, sandwiches, and melting.



20%
off

DIESTEL FAMILY RANCH SMOKED TURKEY

Slightly sweet and lightly smoked. Delicious on sandwiches and snack plates.

\$15⁹⁹
lb
SAVE \$2lb



ORIGAMI CATERING SALMON AVOCADO ROLL

Made with sustainably harvested salmon, avocado, and seasoned rice.

\$9⁹⁹
ea
SAVE \$1ea



BEER & WINE

**MIX
&
MATCH**

**10%
off**
6 bottles of wine
**20%
off**
12 or more bottles
of wine

*Offer available in-store only.

STIEGL RADLER 4-PACKS

Light, crisp, and made with real fruit juice, this low-alcohol refresher is perfect for sunny days.
4pk/16.9oz

\$12⁹⁹
ea
SAVE \$1ea



TIETON CIDER WORKS BLUEBERRY HARD CIDER

PNW
LOCAL

A bold burst of sweet blueberries balanced by crisp, tangy cider apples. Refreshing and full of flavor.
19.2oz

\$4⁹⁹
ea
SAVE \$1ea



MIGRATION BREWING SELECT 6-PACKS

PNW
LOCAL

Expertly crafted local brews from our friends at Migration. Try the light, dry Patio Pale Ale, or go bold with the Straight Outta Portland IPA.
6pk/12oz

\$12⁹⁹
ea
SAVE \$2ea



GILBERT CHON SOLSTICE ROSÉ

A refreshing rosé with layers of juicy raspberry, strawberry, cherry, and citrus with a hint of white pepper. Pair with grilled fish, poultry, or veggies.
750ml

\$13⁹⁹
ea
SAVE \$1ea



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

Powered by
instacart

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get a **FREE 25.4oz New Seasons Mineral Water** with a purchase of \$5 or more.

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



WELLNESS

VITAL PROTEINS COLLAGEN SUPPLEMENTS

Each serving delivers 20g of collagen peptides, plus vitamin C and hyaluronic acid. Save on select sizes.

40% off

Pricing includes all discounts.



GARDEN OF LIFE PROTEINS AND COLLAGENS

Now is a great time to stock up on your favorite proteins and collagens from Garden of Life.

40% off

Pricing includes all discounts.



NOW FOODS 100% PURE PEA PROTEIN

Get 24g of easily digestible plant-based protein per serving.

40% off

Pricing includes all discounts.



VEGA PLANT-BASED PROTEIN POWDERS

Save 40% on select plant-based protein formulas from Vega.

40% off

Pricing includes all discounts.



ULTIMA REPLENISH ELECTROLYTE POWDERS

Stay hydrated with easy-to-mix electrolyte powders. Save 30% on select flavors.

30% off



ALL GOOD BODY CARE

Enjoy great savings on broad-spectrum, mineral-based sunscreens, lip balms, and body care from this fellow B Corp.

30% off



MRM NUTRITION ORGANIC FERMENTED CACAO POWDER

A delicious way to get more naturally occurring vitamins, minerals, and antioxidants.

Save on select superfoods from MRM this week.
8.5oz

\$9.99 ea

SAVE \$8ea



YERBA PRIMA TAMPICO SKIN BRUSH

All-natural vegetable fiber bristles help to exfoliate and cleanse the skin.

\$12.99 ea

SAVE \$5ea



DR. BRONNER'S LIP BALMS

Made with organic beeswax to moisturize and protect lips. Save on select scents.

.15oz

\$2.99 ea

SAVE \$1.30ea



DAVIDS TOOTHPASTES

Fluoride-free formulas packaged in recyclable metal tubes.

4-5.25oz

\$6.99 ea

SAVE \$3ea



GROCERY

TALENTI GELATO AND SORBETTO

Selected Varieties

NOW:

**\$3.99-
\$4.49 ea**

WITH 50% DISCOUNT



**SUMMER
OF
SCAMPS**

OATLY NON-DAIRY FROZEN DESSERT

Selected Varieties

20% off



PITAYA FOODS FROZEN SUPERFRUITS

Selected Varieties

20% off



EVOL FROZEN BURRITOS

Selected Varieties

5-6oz

2 for \$5

SAVE UP TO 99¢ea



YASSO FROZEN GREEK YOGURT

Assorted Varieties

NOW:

\$3.14-\$3.49 ea

WITH 50% DISCOUNT



**SUMMER
OF
SCAMPS**

JOLLY LLAMA FROZEN POPS AND CONES

Selected Varieties

20% off



GARDEIN PLANT-BASED PROTEINS

Selected Varieties

20% off



ABBOT'S VEGGIE BURGERS

Assorted Varieties

8oz

\$5.99 ea

SAVE \$2.30ea



GROCERY

**BOB'S RED MILL
GLUTEN-FREE
OATMEAL CUP**
Assorted Varieties
1.81-2.5oz

PNW
LOCAL

2 for \$4

SAVE UP TO 99¢ea



**BEAR NAKED
GRANOLA**
Assorted Varieties
11-12oz

\$4⁹⁹
ea

SAVE 70¢ea



**BLUE DIAMOND
ALMOND
BREEZE**
Selected Varieties
32oz

2 for \$6

SAVE 79¢ea



**SHROOMI
ORGANIC MUSHROOM
COFFEE**
Selected Varieties
12oz

\$17⁹⁹
ea

SAVE \$6ea



**SMITH TEAMAKER
ICED TEA**
Selected Varieties
10ct

PNW
LOCAL

\$11⁹⁹
ea

SAVE \$3ea



**PORTAL TEA COMPANY
CHAI
CONCENTRATE**
Selected Varieties
32oz

PNW
LOCAL

\$14⁹⁹
ea

SAVE \$4ea



**ANGIE'S
MICROWAVE POPCORN**
Assorted Varieties
6ct

\$5⁹⁹
ea

SAVE \$2ea



**EKONE
TINNED FISH**
Assorted Varieties

20%
off



**MEKHALA
ORGANIC
COOKING
PASTE**
Assorted Varieties
3.5oz

\$4⁹⁹
ea

SAVE \$1.50ea



**LOTUS FOODS
RICE
NOODLES**
Selected Varieties
8oz

\$3⁹⁹
ea

SAVE \$1.50ea



**INGRILLI
ORGANIC LEMON OR
LIME SQUEEZE**
Assorted Varieties

20%
off



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

\$8⁹⁹
ea

SAVE UP TO \$2ea



**LILLIE'S Q
SAUCES**
Assorted Varieties

25%
off



**CALIFORNIA OLIVE RANCH
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
16.9oz

\$15⁹⁹
ea

SAVE \$7ea



**STAR
RED WINE
VINEGAR**
25oz

\$5⁹⁹
ea

SAVE \$2ea



**APPLAWS
CAT FOOD**
Assorted Varieties
2.12-2.47oz

2 for \$4

SAVE \$1.29ea



BULK

ORGANIC FLAX SEEDS
Brown or Golden.

\$3⁹⁹
lb

SAVE \$1lb



**ORGANIC
PITTED PRUNES**

\$8⁹⁹
lb

SAVE \$1lb



**UPPER LEFT ROASTERS
COFFEE**
Selected Varieties

\$15⁹⁹
lb

SAVE \$1lb



PNW
LOCAL

**EQUAL EXCHANGE
ORGANIC
CASHEWS**
Selected Varieties

\$16⁹⁹
lb

SAVE \$3lb



PNW
LOCAL

GROCERY

MARY'S GONE CRACKERS
GLUTEN-FREE CRACKERS
Selected Varieties
4-5oz



\$3⁹⁹
ea

SAVE UP TO \$2.90ea

MAUNA LOA
MACADAMIAS
Selected Varieties
4oz



\$6⁹⁹
ea

SAVE UP TO \$2.20ea

PIPCORN HEIRLOOM SNACKS
FRIES
Assorted Varieties
5oz



\$3⁹⁹
ea

SAVE \$1.30ea

MAPLE POP!
ORGANIC MAPLE CARAMEL POPCORN
Assorted Varieties
3.6oz



\$5⁹⁹
ea

SAVE \$1.70ea

FINN CRISP
SOURDOUGH RYE THINS
Assorted Varieties
6.2-7oz



\$4⁹⁹
ea

SAVE UP TO \$1ea

SECOND NATURE
TRAIL MIX
Selected Varieties



20%
off

MONKEY BRITTLE
VEGAN SNACK
Assorted Varieties
2oz



\$4⁹⁹
ea

SAVE \$1ea

BARKTHINS
SNACKING CHOCOLATE
Selected Varieties
4.7oz



\$4⁹⁹
ea

SAVE 60¢ea

BOBO'S
OAT BAR
Selected Varieties
3oz



\$2⁹⁹
ea

SAVE 20¢ea

GOMACRO
KIDS ORGANIC MACROBARS
Selected Varieties
7ct



\$6⁹⁹
ea

SAVE \$2.20ea

ONE BRANDS
PROTEIN BAR
Assorted Varieties
2.12oz



2 for \$5

SAVE 89¢ea

THEO CHOCOLATE
ORGANIC CHOCOLATE BAR
Selected Varieties
3oz



\$3⁹⁹
ea

SAVE UP TO \$1ea

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



\$2⁹⁹
ea

EVERYDAY VALUE

WILD HARVEST
SNACK CLUSTERS
Assorted Varieties
2.5-3oz



Starting at:

\$3⁹⁹
ea

FEATURED

WOODSTOCK
ORGANIC BANANA WATER
16.9oz



2 for \$5

SAVE 99¢ea

WATERLOO
SPARKLING WATER
Selected Varieties
8pk/12oz



2 for \$9

SAVE \$1.19ea

YACHAK ORGANIC
PLANT-BASED ENERGY TEA
Assorted Varieties
16oz



2 for \$4

SAVE 99¢ea

YERBA MADRE
ORGANIC SPARKLING YERBA MATE
Assorted Varieties
12oz



2 for \$5

SAVE 49¢ea

DAYTRIP BEVERAGES
ORGANIC PREBIOTIC SODA
Assorted Varieties
12oz



\$2²⁹
ea

SAVE 70¢ea

S.PELLEGRINO
SPARKLING NATURAL MINERAL WATER
25.3oz



\$2²⁹
ea

SAVE 40¢ea

GROCERY

**WILD HARVEST
SHREDDED
CHEESE**
Selected Varieties
6oz



\$4⁴⁹
ea

EVERYDAY VALUE

**ESSENTIAL EVERYDAY
CREAM CHEESE**
8oz



\$2²⁹
ea

EVERYDAY VALUE

**BROWN COW
WHOLE MILK
YOGURT**
Assorted Varieties
5.3oz



10 for \$10

SAVE 49¢ea

**MEYENBERG
GOAT MILK YOGURT**
Plain or Vanilla.
6oz



2 for \$5

SAVE 79¢ea

**DE CASA FINE FOODS
ORGANIC SALSA**
Selected Varieties
14oz



\$3⁹⁹
ea

SAVE 80¢ea

**DAISY BRAND
COTTAGE CHEESE**
Regular or Lowfat.
16oz



\$3⁴⁹
ea

SAVE 80¢ea

**PETIT POT
ORGANIC
FRENCH
DESSERT**
Selected Varieties



25% off

**FORAGER PROJECT
ORGANIC
CASHEWMILK
YOGURT**
Assorted Varieties
24oz



\$5⁴⁹
ea

SAVE \$2.50ea

**VISTA HERMOSA
FLOUR
TORTILLAS**
12ct



\$4⁹⁹
ea

SAVE \$2ea

**KITE HILL
DAIRY-FREE RICOTTA**
8oz



\$7⁹⁹
ea

SAVE \$3ea

**SUNNIE
DIPPER SNACKS**
Flatbread or Jam.
3.3–3.4oz



2 for \$6

SAVE \$1.99ea

**PERFECT BAR
PROTEIN BARS**
Selected Varieties
4ct



\$8⁹⁹
ea

SAVE \$2ea

**BRIGHTLEAF
ORGANIC
SPARKLING TEA**
Assorted Varieties
12oz



2 for \$5

SAVE 99¢ea

**WTRMLN
ULTRA-
HYDRATING
LEMONADE**
Original or Strawberry.
12oz



\$3⁹⁹
ea

SAVE \$1ea

**DAVE'S KILLER BREAD
ORGANIC BREAD
OR BUNS**
Selected Varieties
17.6–27oz



**BUY 1 GET 1
1/2 OFF**

SAVE \$3.50 ON 2

Available
in-store only

**MISSION FOODS
BURRITO FLOUR
TORTILLAS**
8ct



\$3⁴⁹
ea

SAVE \$1ea

**SUMMER
OF
SCOOPS**

50% off

**TALENTI
+ YASSO**

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