

LOCAL APPLES ARE HERE!

PNW LOCAL

We're kicking off our annual Apple Fest with a large variety of apples—all grown in the PNW.

Really BIG DEAL

ORGANIC ENVY APPLES

From Oppy Growers in Wenatchee, WA.

\$2.49
lb

SAVE \$1.50 lb

Really BIG DEALS

BEEF CHUCK ROAST

USDA Choice, humanely raised beef with no added hormones and no antibiotics ever.



\$5.99
lb

SAVE \$2 lb

MARY'S WHOLE FRYER CHICKEN

Humane Certified and always air-chilled with no antibiotics ever.



\$1.99
lb

SAVE 50¢ lb

TILLAMOOK CHEESE

Selected Varieties
12-16oz



\$5.99
ea

SAVE UP TO \$4 ea

KETTLE BRAND POTATO CHIPS

Selected Varieties
7.5oz

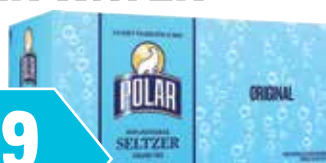


2 for \$6

SAVE \$2.49 ea

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



\$2.99
ea

SAVE \$2.50 ea

VICOLO CORN MEAL CRUST PIZZA

Selected Varieties



50%
off

WHAT WE'RE loving

Enjoying the best of fall's bounty with apples, apples, and more apples!

NEW SEASONS BACON APPLE CHICKEN BREAKFAST SAUSAGE LINKS

Made using humanely raised chicken with no added sulfites or antibiotics ever.

79¢_{ea}
FEATURED



KISSABEL APPLES

Sweet, juicy, and great fresh, cooked, or baked. From Stemilt Growers in Wenatchee, WA.

\$2⁹⁹_{lb}
FEATURED



BISOU SWEET CONFECTIONS APPLE CIDER DOUGHNUT MUFFINS

Handcrafted with clean, simple ingredients and baked, not fried. Try the seasonal Apple Cider!

9oz

\$7⁹⁹_{ea}

SAVE \$1ea



NEW SEASONS NORTHWEST BLEND APPLE JUICE

Made with NW-grown apples by Hood River Juice Co. in Hood River, OR.

1gal

\$6⁹⁹_{ea}

EVERYDAY VALUE



MEAT & SEAFOOD

NEW SEASONS MARINATED HALF CHICKENS

Delicious grill-ready half chickens marinated in one of our gluten-free marinades.

\$3⁹⁹_{lb}
SAVE \$21b



PACIFIC COD FILLET

Sustainably harvested in the pristine waters of Alaska during the peak of season.

\$12⁹⁹_{lb}
SAVE \$31b



NEW SEASONS ALL BULK SAUSAGE

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

\$5⁹⁹_{lb}
SAVE \$11b



NEW SEASONS COD PARMESAN

Made in-house with wild, Alaskan cod. Ready to bake for a quick and delicious meal.

\$12⁹⁹_{lb}
SAVE \$31b



FLORAL

MIXED MARIGOLD BUNCH

A beautiful mix of locally grown marigold varieties.

\$12⁹⁹_{ea}
SAVE \$2ea



PRODUCE

ORGANIC SUGAR BEE APPLES

Loved for its crisp, firm texture and sugary-sweet flavor. From Chelan Fresh in Wenatchee, WA.

\$2⁹⁹_{lb}
SAVE \$11b



ORGANIC SPINACH

Great for salads, fall quiche, and scrambles. From Siri & Sons Farms in St. Paul, OR.

\$2⁴⁹_{ea}
SAVE 50¢ea



ORGANIC BROCCOLINI

Delicious sautéed with garlic and finished with a squeeze of lemon. From Lakeside Organics in Watsonville, CA.

\$2⁹⁹_{ea}
SAVE \$1ea



BAKERY & CHEESE

IFI GOURMET KOUIGN AMANN

A delightful treat with a rich buttery flavor and uniquely flaky, caramelized texture.

6.5in

\$14⁹⁹
ea

SAVE \$2ea



MITICA QUICOS

Giant, crunchy corn kernels ideal for snacking or adding to a party platter.

\$9⁹⁹
lb

SAVE \$2lb



NEW SEASONS ORGANIC SOURDOUGH ROLLS

Made with our own natural sourdough starter for that perfect tangy flavor. Great for soup dipping.

6ct

\$5⁹⁹
ea

SAVE \$1ea



ODYSSEY CRUMBLLED FETA

A deliciously salty, tangy feta conveniently crumbled for your pizzas, scrambles, or pasta dishes.

6oz

\$5⁴⁹
ea

SAVE 50¢ea



NEW SEASONS PIZZA

Made fresh from scratch using top-notch ingredients with dough from Bowery Bakeries.

18in

Starting at:

\$18⁹⁹
ea

FEATURED



AZEH'S KITCHEN APPLE CURRY PEARL COUSCOUS SALAD

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

\$12⁹⁹
lb

FEATURED



PNW
LOCAL

IT'S
NEW!

NEW SEASONS ORGANIC SOURDOUGH ROLLS

Made with our own natural sourdough starter for that perfect tangy flavor. Great for soup dipping.

6ct

\$5⁹⁹
ea

SAVE \$1ea



ODYSSEY CRUMBLLED FETA

A deliciously salty, tangy feta conveniently crumbled for your pizzas, scrambles, or pasta dishes.

6oz

\$5⁴⁹
ea

SAVE 50¢ea



FRA MANI ROSEMARY HAM

Lightly seasoned with rosemary and smoked to perfection. Sliced to order in the deli.

\$15⁹⁹
lb

SAVE \$1lb



ORIGAMI CATERING TUNA AVOCADO OSHI SUSHI

Pressed sushi featuring Ahi tuna, avocado, green onion, sweet eel sauce, and spices.

\$11⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

BEER & WINE

**Mix & Match
Every day**

**10%
off**

**6 bottles
of wine**

**20%
off**

**12 bottles
of wine
or more**

*Offer available in-store only.

SOLITUDE CÔTES DU RHÔNE ROUGE

Ripe red fruit aromas accent notes of dusty earth, dried herbs, and pepper in this lush and balanced wine with flavors of cocoa, cherry, and licorice on the finish. Pairs perfectly with lamb or wild game.

750ml

\$13⁹⁹
ea

SAVE \$6ea



HAHN CHARDONNAY OR RED BLEND

Enjoy the silky and apple-scented Chardonnay or the deeply colored Red Blend with notes of brambleberry and spice. A portion of proceeds goes to Meals on Wheels People.

750ml

\$12⁹⁹
ea

SAVE \$6ea



SEATTLE CIDER HARD CIDER

Made exclusively with Pacific Northwest apples, Seattle Ciders are deeply rooted in the community and are consistently top-notch quality, delicious, and refreshingly dry.

16oz

\$2⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

SON OF MAN BETI BASQUE STYLE CIDER

This Basque-style cider is bright, dry, and refreshingly crisp, featuring crushable notes of tart apple, green banana, and citrus peel.

4pk/12oz

\$17⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

**SAVE TIME,
ORDER ONLINE!**

Use code **FALLFOR5**
for \$5 off \$35+
online for delivery
or free pickup.*

shop.newseasonsmarket.com

Powered by

Instacart

*Terms apply. Free pickup on orders of \$35+.

GET \$5 OFF \$10!

Neighbor Rewards members
opted into email or text get \$5
off \$10 or more in the produce
department.

Join or sign up by Thursday at
newseasonsmarket.com/rewards
to get this special
member offer
on Friday—
and stock up on
peak-season apples!



WELLNESS

VIBRANT HEALTH NUTRITIONAL SUPPLEMENTS

Save on your favorite formulas from Vibrant Health, including greens and urinary tract support.

30% off



GAIA HERBS BLACK ELDERBERRY ADULT DAILY GUMMIES

A Delicious gummy that delivers the equivalent of 7.5g of fresh elderberries.

40ct

\$10⁹⁹ ea

SAVE \$5ea



NATURAL FACTORS MELATONIN 10MG

Helps support a healthy sleep-wake cycle with 10mg of melatonin per serving.

60tab

\$8⁹⁹ ea

SAVE \$6ea



NOW FOODS MAGNESIUM 400MG

Each vegan cap delivers 400 mg of easily absorbable magnesium.

180vc

\$14⁹⁹ ea

SAVE \$7ea



BLOOM ASHWAGANDHA

Helps support the body's natural response to mental and physical stress.

1oz

\$9⁹⁹ ea

SAVE \$4ea



PRIMAL KITCHEN COLLAGEN FUEL

A delicious coconut-based formula for healthy hair, skin, and joints.

Choose from Chocolate or Vanilla.

13.1-13.89oz

\$31⁹⁹ ea

SAVE \$12ea



MARY RUTH'S MULTIVITAMIN GUMMIES

A tasty vegan, gelatin-free multivitamin gummy. Save on select formulas from Mary Ruth's this week.

60ct

\$16⁹⁹ ea

SAVE \$7ea



MAD HIPPIE VITAMIN C SERUM

Helps improve skin texture while reducing the appearance of fine lines, wrinkles, discoloration, and dark spots.

1.02oz

\$24⁹⁹ ea

SAVE \$10ea



HUMBLE BRANDS DEODORANTS

Aluminum-free formulas to help fight odor naturally. Save on select seasonal scents.

2.5oz

\$7⁹⁹ ea

SAVE \$3ea



ALBA BOTANICA HAIR CARE

A coconut-based formula for healthy, moisturized hair. Save on select hair care this week.

12oz

\$8⁹⁹ ea

SAVE \$4ea



GROCERY

CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Selected Varieties

10oz

2 for \$7

SAVE 79¢ea



CASCADIAN FARM ORGANIC FROZEN POTATOES

Selected Varieties

16oz

\$5⁹⁹ ea

SAVE \$2ea



CASCADIAN FARM ORGANIC FROZEN FRUIT

Assorted Varieties

8-10oz

\$4⁹⁹ ea

SAVE \$2ea



URBAN PIE PIZZA CO.

PINZZA ROMA STYLE PIZZA

Assorted Varieties

13-15.75oz

\$11⁹⁹ ea

SAVE \$3ea



AMY'S FROZEN BURRITOS AND ENTRÉES

Selected Varieties



20% off

BLAKE'S ALL NATURAL FOODS FROZEN ENTRÉES

Selected Varieties

8oz

\$4⁹⁹ ea

SAVE \$1ea



NEW COAST FORAGING CO. RISOTTO

Mushroom or Butternut Squash.

16oz

\$5⁹⁹ ea

FEATURED



RUBY JEWEL MINI ICE CREAM SANDWICHES

Assorted Varieties

3ct

\$6⁹⁹ ea

SAVE \$1ea



GROCERY

DAVE'S KILLER BREAD ORGANIC BREAD OR BAGELS

Selected Varieties
16.75–20.5oz

\$4⁹⁹
ea

SAVE UP TO \$2ea



PNW
LOCAL

MISSION FOODS STREET TACOS

Selected Varieties
10–24ct

2 for \$4

SAVE 99¢ea



GOODLES MAC & CHEESE

Assorted Varieties
5.25–6oz

2 for \$6

SAVE UP TO \$3.49ea



SEEDS OF CHANGE ORGANIC RICE

Assorted Varieties
8.5oz

\$3⁹⁹
ea

SAVE \$2ea



RAO'S HOMEMADE PASTA SAUCE

Assorted Varieties
32oz

\$9⁹⁹
ea

SAVE \$3ea



POMI TOMATOES

Assorted Varieties
26.46oz

\$4⁹⁹
ea

SAVE \$1ea



ANNIE'S DRESSING

Selected Varieties
8oz

\$4⁹⁹
ea

SAVE \$1.50ea



LUCINI ITALIA EXTRA VIRGIN OLIVE OIL

Selected Varieties
33.8oz

\$25⁹⁹
ea

SAVE \$8ea



KETTLE & FIRE BROTH

Selected Varieties
32oz

\$3⁹⁹
ea

SAVE \$1.50ea



UPTON'S NATURALS PLANT-BASED SOUP

Assorted Varieties
14.5oz

2 for \$6

SAVE \$1.99ea



MIKE'S MIGHTY GOOD CRAFT RAMEN

Assorted Varieties
1.6–2.4oz

2 for \$5

SAVE 79¢ea



DR. MCDUGALL'S RIGHT FOODS NOODLE OR SOUP CUP

Selected Varieties
1.3–2oz

2 for \$5

SAVE 79¢ea



NANA JOES GRANOLA

Assorted Varieties
8–12oz

\$8⁹⁹
ea

SAVE \$2ea



KELLY'S JELLY PEPPER JELLY AND PRESERVES

Selected Varieties
11–12oz

\$7⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

SHARWOOD'S CHUTNEY OR COOKING SAUCE

Selected Varieties
12.5–14.1oz

\$5⁹⁹
ea

SAVE UP TO \$2ea



NAPOLEON OLIVES

Selected Varieties

20%
off



PNW
LOCAL

BULK

HUMMINGBIRD WHOLESALE ORGANIC SUGAR

Selected Varieties

20%
off



PNW
LOCAL

ORGANIC THOMPSON RAISINS

\$4⁹⁹
lb

SAVE \$1lb



HUMMINGBIRD WHOLESALE ORGANIC WALNUT HALVES AND PIECES

\$12⁹⁹
lb

SAVE \$2lb



PNW
LOCAL

TONY'S COFFEE ORGANIC COFFEE

Assorted Varieties

\$12⁹⁹
lb

SAVE UP TO \$3lb



PNW
LOCAL

GROCERY

SKINNYPOP POPCORN

Assorted
Varieties
4.4oz

\$3⁹⁹
ea
SAVE \$2ea



PIRATE'S BOOTY SNACKS

Selected
Varieties
4oz

\$3⁹⁹
ea
SAVE \$1ea



THE GOOD CRISP COMPANY CHEESE BALLS

Cheddar or Spicy.
2.75oz

\$3⁹⁹
ea
SAVE \$1ea



BLUE DIAMOND NUT THINS

Assorted Varieties
4.25oz

\$3⁹⁹
ea
SAVE \$2ea



BEYOND GOOD CHOCOLATE BAR

Assorted Varieties
2.64oz

\$2⁹⁹
ea
SAVE \$2ea



DAVE'S KILLER BREAD ORGANIC PROTEIN BARS

Selected Varieties
4ct

\$8⁹⁹
ea
SAVE \$2ea



PNW
LOCAL

DR. BRONNER'S MAGIC ALL-ONE CHOCOLATE BAR

Selected Varieties
2.93oz

\$4⁹⁹
ea
SAVE \$1ea



SANDERS CHOCOLATE SEA SALT CARAMELS

Milk or Dark.
18oz

\$9⁹⁹
ea
SAVE \$5ea



ARNOTT'S TIM TAM COOKIES

Assorted Varieties
7oz

\$4⁹⁹
ea
SAVE \$1ea



FINN CRISP SOURDOUGH RYE THINS

Assorted Varieties
7oz

\$4⁹⁹
ea
SAVE \$1ea



CEREBELLY ORGANIC BABY FOOD

Selected Varieties
4oz

2 for \$6
SAVE \$1.19ea



PLUM ORGANICS BABY FOOD

Selected Varieties

20% off



CLEAN CAUSE ORGANIC YERBA MATE

Assorted Varieties
15.5-16oz

2 for \$5
SAVE 79¢ea



BONEYARD ELIXIR CBD SPARKLING BEVERAGE

Assorted Varieties
12oz

2 for \$7
SAVE 99¢ea Only available in OR stores.



PROUD SOURCE SPRING WATER

25.3oz

2 for \$6
SAVE 79¢ea



APRCH// CBD SPARKLING WATER

Assorted Varieties
16oz

2 for \$7
SAVE 49¢ea Only available in OR stores.



PEET'S COFFEE COFFEE

Assorted Varieties
10-10.5oz

\$9⁹⁹
ea
SAVE \$4ea



GOOD EARTH HERBAL TEA

Assorted Varieties

20% off



LAKEWOOD ORGANIC BEET GINGER TURMERIC JUICE

32oz

\$8⁹⁹
ea
SAVE \$1ea



BERRI LYTE ORGANIC ELECTROLYTE SOLUTION

Strawberry or Acai Berry.
35.2oz

\$6⁹⁹
ea
SAVE \$2ea



GROCERY

NEW SEASONS ORGANIC FREE-RANGE BROWN EGGS

From free-range hens fed an organic diet at Stiebers Farms in Yelm, WA.
1doz



\$4⁹⁹
ea

APPLEGATE THICK CUT BACON

12oz



\$8⁹⁹
ea

SAVE \$2ea

BROWN COW WHOLE MILK YOGURT

Assorted Varieties
32oz



\$3⁹⁹
ea

SAVE \$1.50ea

ELLENOS GREEK YOGURT

Selected Varieties
5.3oz

PNW
LOCAL



3 for \$6

SAVE \$1.29ea

PLANET OAT OAT NOG OATMILK

52oz



\$4⁹⁹
ea

SAVE \$1ea

CALIFIA FARMS ORGANIC PLANT-BASED MILK

Selected Varieties
48oz



\$5⁹⁹
ea

SAVE UP TO \$2ea

DAISY BRAND SOUR CREAM

Regular or Light.
16oz



2 for \$5

SAVE \$1.49ea

OATLY NON-DAIRY CREAM CHEESE

Plain or Chive & Onion.
8oz



\$4⁹⁹
ea

SAVE \$2ea

EVOLUTION FRESH COLD-PRESSED JUICE

Selected Varieties
59oz



\$8⁹⁹
ea

SAVE \$4ea

COFFEE-MATE COFFEE CREAMER

Selected Varieties
1qt



\$4⁹⁹
ea

SAVE \$1ea

GREEN VALLEY CREAMERY ORGANIC LACTOSE-FREE SOUR CREAM

12oz



\$4⁹⁹
ea

SAVE \$1ea

MIYOKO'S CREAMERY VEGAN CHEESE SPREAD

Selected Varieties
8oz



\$5⁹⁹
ea

SAVE UP TO \$3ea

NANCY'S ORGANIC CREAM CHEESE

Assorted Varieties
8oz

PNW
LOCAL



\$3⁹⁹
ea

SAVE \$1ea

AL AMIR HUMMUS OR TZATZIKI

Selected Varieties
8oz

PNW
LOCAL



\$2⁹⁹
ea

SAVE \$2.80ea

NEW SEASONS FRESH PESTO

From Classic Foods in Portland, OR.
Choose from
Classic, Nut-Free,
or Vegan.
7oz



\$5⁹⁹
ea

LA COLOMBE COFFEE ROASTERS DRAFT LATTE

Assorted Varieties
9oz



2 for \$6

SAVE \$1.49ea

RESERVE YOUR
Thanksgiving
~FEAST~

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

Place your order now through
10pm, November 24 at
catering.newseasonsmarket.com



Weekend Tasting

Come sample a variety of local apples during Apple Fest—from sweet to tart and everything in between.
Friday, Saturday & Sunday • 12pm – 6pm