

BLUEBERRY BLISS

Sweet California blueberries are here, perfect for topping oats, blending into smoothies, or enjoying by the handful.

SALE

BLUEBERRIES : 25% off

Grown in CA.

MARY'S BONELESS SKINLESS CHICKEN BREASTS

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



\$5.99
lb

SAVE \$2lb

ATLANTIC SALMON FILLET

Sustainably farm-raised in Norway, with a fresh, mild, and buttery taste. Delicious pan-seared or baked.



\$17.99
lb

SAVE \$1lb

LÄRABAR ENERGY BAR

Selected Varieties
1.6-1.7oz



10 for \$10

SAVE 79¢ ea

OLIPOP PREBIOTIC SPARKLING TONIC

Selected Varieties
12oz



2 for \$4

SAVE 79¢ ea

MOM'S BEST CEREAL

Assorted Varieties
17.5-24oz

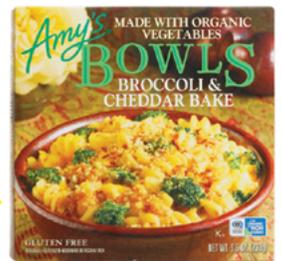


BUY 1 GET 1 FREE

SAVE \$6.99 ON 2

AMY'S FROZEN MEALS, BOWLS AND ENTRÉES

Selected Varieties
8.3-10oz



\$5.99
ea

SAVE 50¢ ea

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



Lemon Olive Oil Cupcakes

For the Cupcakes

- 1 ½ cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 eggs
- ½ cup milk
- ⅓ cup Durant Lemon-Fused Olive Oil
- ¼ cup sour cream
- Zest of 1 washed lemon

For the Whipped Cream Frosting

- 2 cups heavy whipping cream
- 3 tbsp powdered sugar

Directions

1. Preheat oven to 350°F. Line a cupcake pan with baking cups.
 2. In a large mixing bowl, whisk together the dry ingredients. Add in the eggs, milk, and olive oil, and mix well. Stir in sour cream and lemon zest until just combined.
 3. Fill 12 cupcake wells halfway with batter, and bake cupcakes for 20 minutes. Remove from oven and allow to fully cool.
 4. In the bowl of a stand mixer fitted with the whisk attachment, whip the heavy cream until it thickens and soft peaks form. Mix in the powdered sugar.
 5. Top the cooled cupcakes with the whipped cream frosting, and finish with additional lemon zest.
- Enjoy!

MEAT & SEAFOOD

NEW SEASONS PARMESAN CHICKEN BREASTS

Made in-house and ready to bake or fry for a quick and tasty meal.



\$9⁹⁹
lb

SAVE \$2lb

BLACK COD FILLET

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

PNW LOCAL

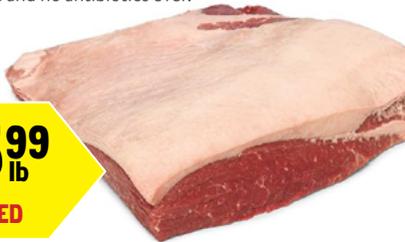


\$12⁹⁹
lb

SAVE \$2lb

CREEKSTONE FARMS CENTER-CUT BRISKET

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



\$15⁹⁹
lb

FEATURED

BIG GLORY BAY KING SALMON FILLET

Tender, flaky salmon, responsibly farm-raised in New Zealand.



\$37⁹⁹
lb

SAVE \$2lb



RESERVE YOUR SPRING FEAST

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

ORGANIC PRODUCE

ORGANIC ATAULFO MANGOS

Sweet and creamy with a honey-like flavor. From Crespo Organics in Mexico.



2 for \$5

SAVE \$1ea

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Tomatero Farm in Watsonville, CA.



2 for \$5

SAVE 49¢ea

ORGANIC BUNCHED CARROTS

Sweet, tender, and tasty raw with dip or roasted. From John Givens Farm in Santa Barbara, CA.



2 for \$6

SAVE 50¢ea

FLORAL

10-STEM TULIP BUNCH

PNW-grown tulips in a cheerful bunch of spring color.



\$10⁹⁹
ea

SAVE \$2ea

BAKERY & CHEESE

PORTLAND STYLE CHEESECAKE & DESSERT CO. CHEESECAKE SLICES

PNW LOCAL

Extra rich, ultra creamy, and offered in a range of craveable flavors.



\$6⁹⁹ ea
SAVE \$1ea

MYTHREESONS GOURMET PIMENTO CHEESE

A delicious addition to any party tray, sandwich, or burger.
10oz



\$8⁴⁹ ea
SAVE \$1.50ea

NEW SEASONS BAKED MAC & CHEESE

Our beloved mac & cheese topped with seasoned breadcrumbs, then baked to perfection.



\$9⁹⁹ lb
SAVE \$3lb

NEW SEASONS SWEET POTATO & RED CABBAGE SALAD

Roasted sweet potatoes, shredded red cabbage, and garbanzo beans in a balsamic vinaigrette.



\$9⁹⁹ lb
SAVE \$3lb

NEW SEASONS OLIVE CIABATTA

Our signature, house-baked ciabatta loaded with Kalamata olives. Great for sandwiches!



\$5⁹⁹ ea
SAVE \$1ea

MIFROMA SLICED RACLETTE

Rich and aromatic, this classic melting cheese is perfect for raclette and adds bold flavor to pasta or grilled sandwiches.
7oz



\$8⁹⁹ ea
SAVE \$1ea

FRA MANI GENOA SALAMI

Classic artisan pork salami seasoned with a touch of nutmeg. Freshly sliced to order in our deli.

IT'S NEW!



\$26⁹⁹ lb
SAVE \$3lb

NEW SEASONS FARRO ASPARAGUS SALAD

Peak-season asparagus, farro, and spring onions in a tangy yogurt dressing.

IT'S NEW!



\$10⁹⁹ 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.

ERCOLE ITALIAN BLENDS

Juicy, highly quaffable blends from a cooperative of small family vineyards in northwestern Italy. Choose from Rosso, Bianco, and Rosato.
1L



\$14⁹⁹ ea
SAVE UP TO \$6ea

OVERJOY RESERVE GRÜNER VELTLINER

Crisp and fragrant with notes of green apple, lemon zest, white peach, fresh herbs, and white pepper. Pair with spring asparagus or curry.
1L



IT'S NEW!

ONLY AT NSM

\$19⁹⁹ ea
SAVE \$2ea

CHATEAU DE L'ESCARILLE RUMEURS ROSÉ

A fun, generous, and wonderfully elegant rosé with aromas of summer peach, blackcurrant, and ripe red raspberry.
750ml



\$12⁹⁹ ea
SAVE \$6ea

FREIGHT BEER CO AMERICAN LAGER

A smooth, crisp, and easy-drinking American lager with a biscuit-like malt and subtle hoppiness.
6pk/16oz



PNW LOCAL

\$8⁹⁹ 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 opted in to email or text get a FREE dozen of New Seasons Large Cage-Free Grade AA Eggs with a \$10 purchase.

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

*Offer includes New Seasons white and brown Large Cage-Free Grade AA Eggs



WELLNESS

NEW CHAPTER NUTRITIONAL SUPPLEMENTS

Save on your favorites, including multivitamins, herbs, and anti-inflammatory formulas.



35% off

TRIOLOGY FACIAL CARE

Effective, all-natural formulas for every skin type.



35% off

SOLARAY MAGNESIUM GLYCINATE 350MG

An easily absorbable form of magnesium to support rest and relaxation. 120vc



\$14.99 ea
SAVE \$12ea

BOIRON ARNICARE ARTHRITIS CREAM

Fast-absorbing, non-greasy relief for sudden flare-ups and soreness. 2.5oz



\$15.99 ea
SAVE \$4ea

+PlusCBD by CV Sciences CBD SLEEP GUMMIES

10 mg of CBD plus melatonin to support a restful night's sleep. Save on Calm gummies, too! 30ct



\$23.99 ea
SAVE \$12ea

NOW FOODS IRON COMPLEX

Supports iron absorption and utilization. Gentle on the stomach. 100tab



\$9.49 ea
SAVE \$4.50ea

MRM NUTRITION VEGGIE PROTEIN WITH SUPERFOODS

Get 22 grams of plant-based proteins per serving. 570g



\$14.99 ea
SAVE \$25ea

CRYSTAL MINERAL-ENRICHED DEODORANT ROLL-ON

Hypoallergenic, gentle on the skin, and dries quickly without streaks or staining. 2.25oz



\$4.19 ea
SAVE \$1.80ea

HIMALAYA WHITENING TOOTHPASTES

Plant-based formulas designed to reduce plaque and promote healthy gums. Save on select formulas. 5.29oz



\$5.49 ea
SAVE \$3.50ea

KIRK'S CASTILE BAR SOAPS

Gentle, moisturizing formulas for all skin types. Save on select formulas. 4oz



\$2.19 ea
SAVE \$1ea

GROCERY

BANZA CHICKPEA CRUST FROZEN PIZZA

Assorted Varieties 10.9-13.4oz



\$7.99 ea
SAVE UP TO \$4.30ea

JAJU PIEROGI FROZEN PIEROGI

Assorted Varieties 14oz



\$10.99 ea
SAVE \$1.30ea

WOODSTOCK FROZEN FOODS

Selected Varieties



50% off

WILLAMETTE VALLEY PIE COMPANY FROZEN DESSERTS AND PIE CRUSTS

Selected Varieties



10% off

COLUMBIA FRUIT FROZEN DARK SWEET CHERRIES

40oz



\$11.99 ea
SAVE \$2.80ea

MCCONNELL'S FINE ICE CREAMS ICE CREAM AND FROZEN DESSERTS

Selected Varieties 1pt



\$7.99 ea
SAVE \$1ea

SNO-PAC ORGANIC FROZEN VEGETABLES

Assorted Varieties 10-16oz



2 for \$7
SAVE UP TO \$1.39ea

DAILY HARVEST SMOOTHIE

Assorted Varieties 6.7-8oz



\$7.99 ea
SAVE UP TO \$1.70ea

GROCERY

LATE JULY SNACKS TORTILLA CHIPS

Selected Varieties
6-10.1oz



\$3.99
ea
SAVE UP TO \$2ea

PIP'S HEIRLOOM SNACKS SNACKS

Selected Varieties
7-9.25oz



\$3.99
ea
SAVE \$2.70ea

MARY'S GONE CRACKERS GLUTEN-FREE CRACKERS

Selected Varieties
4oz



\$3.99
ea
SAVE UP TO \$2.30ea

QUE PASA AVOCADO OIL TORTILLA CHIPS

Assorted Varieties
7.5oz



\$4.99
ea
SAVE \$3ea

EPIC PORK RINDS

Assorted Varieties



25%
off

SIETE FOODS POTATO CHIPS

Assorted Varieties
5.5oz



\$2.99
ea
SAVE \$1.60ea

NEW SEASONS VIRGINIA PEANUTS

Grade A Virginia-grown peanuts from
Feridies in Courtland, VA.
9oz



\$7.99
ea
FEATURED

SANTA CRUZ ORGANIC APPLE SAUCE CUPS

Assorted Varieties
6ct



\$4.99
ea
SAVE \$1.30ea

EPIC PROTEIN BITES

Selected Varieties
2.5oz



\$6.99
ea
SAVE \$2.90ea

BOBO'S OATMEAL BARS

Selected Varieties
4ct



\$8.99
ea
SAVE \$2ea

BONNE MAMAN TARTLETS

Assorted Varieties
9ct



\$6.99
ea
SAVE \$2ea

UNREAL CHOCOLATE SNACKS

Selected Varieties
3.2-5oz



\$5.99
ea
SAVE \$1.60ea

TAZO CHAI LATTE CONCENTRATE

Assorted Varieties
32oz



\$5.99
ea
SAVE \$1.20ea

CELESTIAL SEASONINGS TEA

Selected Varieties



33%
off

ETERNAL NATURALLY ALKALINE SPRING WATER

2.5L



2 for \$6
SAVE \$1.49ea

YERBA MADRE ORGANIC SPARKLING YERBA MATE

Assorted Varieties
12oz



2 for \$4
SAVE 99¢ea

BULK

HUMMINGBIRD WHOLESALE SNACKS, NUTS OR DRIED FRUIT

Selected Varieties



10%
off

HUMMINGBIRD WHOLESALE ORGANIC BLACK BEANS

Selected Varieties



\$2.49
lb
SAVE 50¢ lb

WALNUT HALVES & PIECES

Selected Varieties



\$9.99
lb
SAVE \$2lb

SUNRIDGE FARMS WOMEN'S VITALITY MIX

Selected Varieties



\$14.99
lb
SAVE \$1lb

GROCERY

GROUNDWORK COFFEE
ORGANIC WHOLE BEAN COFFEE
 Selected Varieties
 12oz

PNW LOCAL



\$13.99
 ea
 SAVE UP TO \$4.50ea

CROFTER'S ORGANIC PREMIUM FRUIT SPREAD
 Assorted Varieties
 16.5oz



\$4.99
 ea
 SAVE \$1.50ea

SANTA CRUZ ORGANIC PEANUT BUTTER
 Assorted Varieties
 16oz



\$6.99
 ea
 SAVE \$1.40ea

BIRCH BENDERS PANCAKE & WAFFLE MIX
 Selected Varieties



20%
 off

NEW SEASONS MAC & CHEESE
 From Rallenti Pasta Co. in Portland, OR.
 Cheddar or White Cheddar.
 8.4oz



\$2.99
 ea
 SAVE \$2ea

4TH & HEART GHEE
 Assorted Varieties



20%
 off

WILD PLANET ALBACORE TUNA
 Selected Varieties
 5oz



2 for \$9
 SAVE \$1.69ea

WILD PLANET WILD SARDINES
 Selected Varieties
 4.25-4.4oz



2 for \$6
 SAVE UP TO \$1.59ea

NEW SEASONS ALL-PURPOSE FLOUR
 Sustainably farmed by Shepherd's Grain, a co-op of family-owned farms in the NW.
 5lb



\$4.99
 ea
 FEATURED

KITCHEN BASICS COOKING STOCK
 Selected Varieties
 32oz



2 for \$6
 SAVE \$1.89ea

CALIFORNIA OLIVE RANCH EXTRA VIRGIN OLIVE OIL
 Selected Varieties
 16.9oz



\$29.99
 ea
 SAVE \$10ea

FISHWIFE TINNED SEAFOOD
 Selected Varieties



20%
 off

NEAR EAST ORIGINAL RICE PILAF
 3ct



\$6.99
 ea
 SAVE \$2.20ea

MAYA KAIMAL ORGANIC EVERYDAY DAL AND CHANA
 Selected Varieties



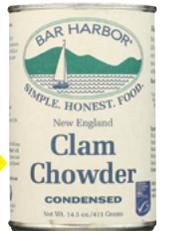
20%
 off

IMAGINE FOODS ORGANIC SOUP
 Assorted Varieties
 32oz



\$4.49
 ea
 SAVE 70¢ea

BAR HARBOR CHOWDERS AND BISQUES
 Assorted Varieties
 14.5oz



\$5.99
 ea
 SAVE \$1.30ea

MAILLE MUSTARDS OR CORNICHONS
 Assorted Varieties



30%
 off

BETTER THAN BOUILLON BOUILLON OR SOUP BASE
 Selected Varieties
 8oz



\$4.99
 ea
 SAVE UP TO \$4ea

BONAFIDE PROVISIONS ORGANIC BROTH
 Assorted Varieties
 16.9oz



\$5.99
 ea
 SAVE \$2ea

RAO'S HOMEMADE PASTA SAUCE
 Assorted Varieties
 32oz



\$9.99
 ea
 SAVE \$1.90ea

GROCERY

**HIGH BREW COFFEE
COLD-BREW
COFFEE**
Selected Varieties
8oz



2 for \$4
SAVE 79¢ea

**REBBL
PROTEIN
SHAKES AND
ELIXIRS**
Selected Varieties
12oz



\$3.99
ea
SAVE UP TO \$1.50ea

**SUJA ORGANIC
FUNCTIONAL SHOT**
Assorted Varieties
2oz



2 for \$5
SAVE \$1.29ea

**DRUMROLL
GLUTEN-FREE
DONUTS**
Assorted Varieties
2.6oz



2 for \$7
SAVE 79¢ea

**NOUNÓS
PROBIOTIC
PLAIN
YOGURT**
Classic or Nonfat.
16oz



\$4.99
ea
SAVE UP TO \$1.80ea

**FORAGER PROJECT
ORGANIC
CASHEWMILK YOGURT**
Selected Varieties
5.3oz



2 for \$4
SAVE 59¢ea

**MUSH
OVERNIGHT OATS**
Assorted Varieties
5-5.5oz



\$1.99
ea
SAVE UP TO 80¢ea

**SUNNIE
DIPPER
SNACKS**
Assorted Varieties
2.7-3.4oz



2 for \$7
SAVE UP TO \$1.79ea

**TRAZZA FOODS
HUMMUS**
Assorted
Varieties
9oz



PNW LOCAL

**BUY 1 GET 1
1/2 OFF**
SAVE \$2.50 ON 2

Available
in-store only

**TILLAMOOK
CREAM CHEESE
SPREAD**
Selected Varieties
7oz



PNW LOCAL

\$3.99
ea
SAVE 60¢ea

**GALBANI
FRESH MOZZARELLA**
Selected Varieties
16oz



\$6.49
ea
SAVE \$1ea

**ELLENOS
GREEK YOGURT**
Selected Varieties
5.3oz



PNW LOCAL

2 for \$5
SAVE 89¢ea

**THREE TREES
PLANT-BASED
MILK**
Assorted Varieties
28oz



\$6.99
ea
SAVE UP TO \$1.40ea

**NEW SEASONS
CAGE-FREE LARGE
WHITE EGGS**

From chickens raised on vegetarian feed
with no antibiotics by Steibers
Farms in Yelm, WA.
1doz



\$3.99
ea
FEATURED



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



PNW LOCAL

\$5.99
ea
SAVE \$2ea

**MISSION FOODS
FAJITA
FLOUR
TORTILLAS**
20ct



\$3.99
ea
SAVE \$1ea

RESERVE YOUR SPRING FEAST

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