

# HELLO, LOCAL RAINIERS!

Sweet, golden, and locally grown—  
Rainier season is here at last. Come  
take your pick!

**SALE**

**RAINIER CHERRIES** : 20% off  
Grown in OR and WA.

**MARY'S ORGANIC BONELESS SKINLESS CHICKEN BREASTS**

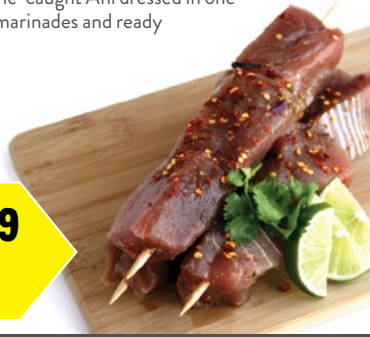
Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



**\$8<sup>99</sup>**  
lb  
SAVE \$2lb

**NEW SEASONS AHI TUNA SKEWERS**

Sustainably line-caught Ahi dressed in one of our house marinades and ready for the grill.



**\$15<sup>99</sup>**  
lb  
SAVE \$4lb

**TRUFF TRUFFLE-INFUSED CONDIMENTS**

Selected Varieties



**50%**  
off

**POLAR SPARKLING SELTZER WATER**

Assorted Varieties  
8pk/12oz



**2 for \$7**  
SAVE \$1.99ea

**NANCY'S ORGANIC PLAIN YOGURT**

Selected Varieties  
32oz

PNW LOCAL



**\$5<sup>99</sup>**  
ea  
SAVE 90¢ea

Really **BIG DEAL**

**20%**  
off

**SELECT NON-ALCOHOLIC WINES, BEERS, AND SPIRITS**

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

Want to have weekly deals delivered to your inbox? Just sign up for email updates at [newseasonsmarket.com/join](http://newseasonsmarket.com/join)  
Visit us online at [www.newseasonsmarket.com](http://www.newseasonsmarket.com)

# WHAT WE'RE loving POLLINATOR WEEK

Did you know that over 30% of the foods and beverages we enjoy daily rely on pollinators? Without them, our landscape of delicious food would look very different. That's why we celebrate and support their crucial contribution.



Look for these signs in our floral department for products made possible by our small but mighty heroes.

## MEAT & SEAFOOD

### BAVETTE STEAKS

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



**\$18<sup>99</sup>**  
lb  
SAVE \$1lb

### GOOSE POINT SHUCKED OYSTERS

Local oysters from Washington's Willapa Bay. Pan fry for a delicious oyster Po'boy!



**10%**  
off

### NEW SEASONS ALL CHICKEN SKEWERS

Tender chicken in one of our gluten-free marinades. Choose from breast or thigh meat. Flavors may vary by location.



**\$8<sup>99</sup>**  
lb  
SAVE \$1lb

### FRESH HALIBUT FILLET

Fresh, sustainably wild-caught, and delicious on the grill.



**\$34<sup>99</sup>**  
lb  
SAVE \$6lb

## PNW LOCAL FLORAL

### PNW BOUQUET

Bring home the beauty of the Pacific Northwest with this stunning, locally grown bouquet.



**\$19<sup>99</sup>**  
ea  
SAVE \$5ea

## PRODUCE

### KISS MELONS

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



**\$1<sup>99</sup>**  
lb  
SAVE 50¢lb

### ORGANIC PEACHES

Picked at the peak of perfection for the best flavor. From Valliwide in Reedley, CA.



**\$4<sup>99</sup>**  
lb  
SAVE \$1lb

### ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Siri & Son Farms in St. Paul, OR.



**2 for \$5**  
SAVE 49¢ea

## BAKERY & CHEESE

### NEW SEASONS OLIVE CIABATTA ROLLS

Our Signature ciabatta loaded with Kalamata olives. Great for appetizers and sandwiches. **6ct**



**\$6.99** ea  
SAVE \$1ea

### BELGIOIOSO FRESH MOZZARELLA

Fresh, creamy mozzarella in a variety of sizes. A delicious addition to summer salads and pizzas. **8oz**



**\$5.49** ea  
SAVE 50¢ea

### NEW SEASONS GRILLED SHAWARMA CHICKEN BREAST

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



**\$13.99** lb  
SAVE \$3lb

### NEW SEASONS PINEAPPLE CORN SALAD

Pineapple, sweet corn, and bell pepper in a sesame lime dressing.



**\$9.99** lb  
SAVE \$3lb

PNW LOCAL

IT'S NEW!

## BEVERAGE

### NEW SEASONS ICED TEA

Freshly steeped and bottled in-house using sustainably sourced teas from our friends at Smith Teamaker. **16oz**



**\$2.49** ea  
SAVE 50¢ea

### KOLIOS ORGANIC GREEK FETA

Full-flavored with a distinct tanginess. Perfect added to grilled veggies or Greek salad. **5.3oz**



**\$7.49** ea  
SAVE 50¢ea

### OLYMPIA PROVISIONS SALAMI COTTO

Seasoned with rosemary, chili flake, fennel seed, garlic, and black pepper. Sliced to order.



**\$15.99** lb  
SAVE \$2lb

PNW LOCAL

### AZEH'S KITCHEN SAFFRON RISOTTO CAKES

Saffron-infused risotto cakes with roasted peppers and parmesan cheese.



**\$4.49** ea  
SAVE \$1ea

PNW LOCAL

IT'S NEW!

## BEER & WINE

### BACKWOODS BREWING DREAMSICKLE GOLDEN ALE

A refreshing golden ale with a touch of pure vanilla and orange. **6pk/12oz**



**\$14.99** ea  
SAVE \$2ea

PNW LOCAL

IT'S NEW!

### PENTIRE NON-ALCOHOLIC COCKTAILS

Ready-to-drink, non-alcoholic cocktails with refreshing coastal flavors. Great for sipping anytime! **200ml**



**\$5.59** ea

AFTER 20% DISCOUNT

### CRUX FERMENTATION PROJECT NØ MØ NON-ALCOHOLIC CRAFT BEERS

All the flavor of quality craft beer with none of the alcohol. We're loving the River Refresher IPA with Citra and Mosaic hops. **6pk/12oz**



**\$11.99** ea

AFTER 20% DISCOUNT

PNW LOCAL

## DOWNLOAD OUR APP, SAVE \$15!

It pays to shop online for easy same-day pickup or delivery. Just download our app, and get \$15 off your first order of \$60+ with code

**DOWNLOAD15**

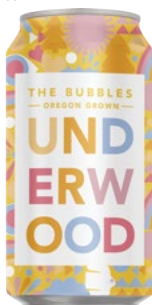
[newseasonsmarket.com/download](http://newseasonsmarket.com/download)

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Terms apply.

### UNDERWOOD WINE SPARKLING WINE PRIDE CAN

Canned wines that overdeliver on flavor and quality. A portion of every purchase benefits LGBTQ+ organizations. **355ml**



**\$5.99** ea  
SAVE \$1ea

PNW LOCAL

### LAPO'S NON-ALCOHOLIC COCKTAILS

Sophisticated non-alcoholic cocktails for those who appreciate Italian classics. Enjoy chilled from the can or serve over ice. Selection may vary by location. **250ml**



**\$5.59** ea

AFTER 20% DISCOUNT

### GIESEN NON-ALCOHOLIC WINES

Classic non-alcoholic wines that never compromise on taste. Selection may vary by location. **750ml**



**\$15.99** ea

AFTER 20% DISCOUNT

## DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get **50% off all avocados** in the produce department!

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



## WELLNESS

**DR. HAUSCHKA FACIAL CARE**  
Stock up on your favorite facial care with our deepest discount of the year.



**25% off**

**THINKSUN SUNSCREENS**  
Save on assorted mineral-based, reef-safe sunscreens.



**30% off**

**NUUN ELECTROLYTE TABLETS**  
Stay hydrated this summer with savings on a variety of flavors and formulas.  
10ct



**\$5.99 ea**  
SAVE \$2.80ea

**ANCIENT NUTRITION MULTI COLLAGEN PROTEIN**  
Featuring 10 types of collagen to support hair, skin, and joint health. Many formulas to choose from.  
.36oz



**99¢ ea**  
SAVE \$1ea

**JARROW FORMULAS THEANINE 100**  
A unique amino acid that helps support relaxation without causing drowsiness.  
60vc



**\$12.99 ea**  
SAVE \$4.50ea

**NOW FOODS VITAMIN D-3 2000IU**  
Each easy-to-swallow softgel delivers 2000 IU of vitamin D3.  
240sg



**\$11.99 ea**  
SAVE \$5ea

**BLOOM ORGANIC 100% SPIRULINA 500MG**  
Nutrient-dense blue-green algae, rich in protein, vitamins, and minerals.  
100tab



**\$9.99 ea**  
SAVE \$6ea

**SOLARAY MAGNESIUM GLYCINATE 350MG**  
An easily absorbable form of magnesium to help promote rest and relaxation. Save on select minerals and probiotics this week.  
120vc



**\$15.99 ea**  
SAVE \$11ea

**BIOCHEM CREATINE MONOHYDRATE**  
An amino acid that helps support an increase in muscle mass, strength, and recovery.  
17.6oz



**\$22.99 ea**  
SAVE \$9ea

**DR. BRONNER'S PURE-CASTILE BAR SOAPS**  
Made with certified organic oils for soft, moisturized skin.  
5oz



**\$3.99 ea**  
SAVE \$1.70ea

## GROCERY

**JENI'S ICE CREAM**  
Assorted Varieties  
9-16oz



**\$7.99 ea**  
SAVE UP TO \$2ea

**NEW SEASONS GLUTEN-FREE PIE SHELL**  
Certified gluten-free pie crust from women-owned Kember's Gluten Free in Vancouver, WA.  
8.2oz



**\$5.99 ea**  
SAVE \$1ea

**CASCADIAN FARM ORGANIC FROZEN FRUIT**  
Assorted Varieties  
8-10oz



**\$4.99 ea**  
SAVE \$2.30ea

**SEAPOINT FARMS FROZEN EDAMAME**  
Selected Varieties  
12oz



**\$3.99 ea**  
SAVE \$1ea

**NIGHTINGALE ICE CREAM SANDWICHES**  
Assorted Varieties  
5.1-5.4oz



**\$3.99 ea**  
SAVE 60¢ea

**EVERGREEN FROZEN MINI WAFFLES**  
Assorted Varieties  
9oz



**\$5.99 ea**  
SAVE \$1ea

**JONES DAIRY FARM SAUSAGE LINKS**  
Assorted Varieties  
5-7oz



**\$2.99 ea**  
SAVE UP TO \$1.50ea

**RED'S FROZEN BURRITOS**  
Selected Varieties  
4.5-5oz



**2 for \$5**  
SAVE UP TO 49¢ea

# GROCERY

## LESSER EVIL ORGANIC POPCORN

Selected Varieties  
4.6-6.4oz



**2 for \$6**  
SAVE \$1.59ea

## SIETE FOODS TORTILLA CHIPS

Assorted Varieties  
7.5oz



**\$3.99** ea  
SAVE UP TO \$2.50ea

## SABOR MEXICANO HOME MADE TORTILLA CHIPS

Original or Thick.  
10oz



**\$6.99** ea  
SAVE UP TO \$1.40ea

## QUINN SNACKS PEANUT BUTTER FILLED PRETZELS

11oz



**\$6.99** ea  
SAVE \$1.20ea

## ANNIE'S ORGANIC GRAHAMS

Honey or Cinnamon.  
14.4oz



**\$4.99** ea  
SAVE \$1.30ea

## WILD FOX TRAIL MIX

Assorted Varieties  
10oz



**\$8.99** ea  
SAVE UP TO \$3.30ea

## BEAR FRUIT ROLLS

Assorted Varieties  
5ct



**\$4.99** ea  
SAVE UP TO \$1.80ea

## MIGHTY SPARK SNACK STICKS

Assorted Varieties  
4oz



**\$6.99** ea  
SAVE \$1.20ea

## BUILT PUFF BARS

Assorted Varieties  
4ct



**\$9.99** ea  
SAVE \$2.20ea

## HU KITCHEN CHOCOLATE

Selected Varieties



**20%** off

## DANDIES VEGAN MARSHMALLOWS

Selected Varieties  
10oz



**\$3.99** ea  
SAVE \$2.30ea

## LET'S DO ICE CREAM CONES

Selected Varieties



**20%** off

## SIMPLE MILLS ALMOND FLOUR SNACK BARS

Selected Varieties  
5ct



**\$4.99** ea  
SAVE \$1ea

## MAXINE'S HEAVENLY CREME SANDWICH COOKIES

Oatmeal or Chocolate.  
4.6oz



**\$3.99** ea  
SAVE \$1.70ea

## TATE'S BAKE SHOP COOKIES

Selected Varieties  
5.5-7oz



**\$5.79** ea  
SAVE UP TO \$1.70ea

## BEGOAT CLEAN ENERGY DRINK

Assorted Varieties  
12oz



**BUY 1 GET 1 FREE**  
SAVE \$2.99 ON 2

# BULK

## GRAIN MILLERS ORGANIC QUICK ROLLED OATS

PNW LOCAL

**\$2.49** lb  
SAVE 50¢lb



## SUNRIDGE FARMS LICORICE FRUIT MIX

**\$11.99** lb  
SAVE \$1lb



## SUNRIDGE FARMS TRAIL MIXES

Selected Varieties

**20%** off



## SUNRIDGE FARMS NUTS

Selected Varieties

**20%** off



# GROCERY

**COAVA COFFEE**  
**COFFEE**  
Selected Varieties  
10.58oz

**PNW LOCAL**



**\$14.99**  
ea  
SAVE \$2ea

**TORANI SYRUPS**  
Selected Varieties



**20%**  
off

**PECANA ORGANIC PECAN MILK**  
Original or Vanilla.  
32oz



**\$6.99**  
ea  
SAVE \$1.40ea

**BONO MARMALADE**  
Assorted Varieties  
12.4oz



**\$7.99**  
ea  
SAVE \$1ea

**KIMONO MOM'S UMAMI SAUCE**  
Assorted Varieties  
10oz



**\$12.99**  
ea  
SAVE UP TO \$2ea

**SIETE FOODS SALSA**  
Assorted Varieties  
10.5oz



**\$4.99**  
ea  
SAVE \$1.50ea

**CABOO TREE FREE FACIAL TISSUES**  
50ct



**\$3.99**  
ea  
SAVE 80¢ea

**SEVENTH GENERATION DISHWASHER DETERGENT PACKS**  
20ct



**\$7.99**  
ea  
SAVE \$1.80ea

**HENRY & LISA'S WILD SARDINES**  
Selected Varieties  
4.25oz



**\$3.99**  
ea  
SAVE 90¢ea

**CLIF BAR ENERGY BARS**  
Selected Varieties  
2.4oz



**3 for \$5**  
SAVE 62¢ea

**KATIE'S PASTA SAUCE**  
Assorted Varieties  
24oz



**\$9.99**  
ea  
SAVE \$2ea

**LEMON PERFECT HYDRATING LEMON WATER**  
Assorted Varieties  
15.2oz



**2 for \$4**  
SAVE 59¢ea

**ALO JUICE DRINK**  
Assorted Varieties  
16.9oz



**\$1.79**  
ea  
SAVE UP TO \$1.20ea

**BE LOVE ELECTROLYTE BEVERAGE**  
Assorted Varieties  
12oz



**2 for \$6**  
SAVE 89¢ea

**MARQUIS TRI-BLEND CAFFEINE DRINK**  
Assorted Varieties  
12oz



**2 for \$5**  
SAVE 99¢ea

**HUXLEY ENERGY DRINK**  
Assorted Varieties  
12oz



**2 for \$5**  
SAVE \$1.09ea

**Q MIXERS PREMIUM DRINK MIXERS**  
Selected Varieties  
8pk/7.5oz



**BUY 1 GET 1 FREE**  
SAVE \$9.99 ON 2

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



**2 for \$4**  
SAVE 79¢ea

**C20 COCONUT WATER**  
Assorted Varieties  
17.5oz



**2 for \$5**  
SAVE \$1.09ea

**WOODSTOCK ORGANIC BANANA WATER**  
Assorted Varieties  
11.2-16.9oz



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

# GROCERY

**ICELANDIC PROVISIONS  
SKYR YOGURT**  
Selected Varieties  
4.4-5.3oz



**\$1.99**  
ea  
SAVE 30¢ea

**BREW DR.  
ORGANIC  
ICED TEA**  
Selected Varieties  
12oz

PNW LOCAL



**2 for \$4**  
SAVE 99¢ea

**SEATTLE SOURDOUGH  
BAKING COMPANY  
SOURDOUGH  
ROUNDS**  
Selected Varieties  
24oz

PNW LOCAL



**\$4.99**  
ea  
SAVE \$3ea

**STONYFIELD  
KIDS ORGANIC  
YOGURT POUCH**  
Selected Varieties  
3.5oz



**2 for \$4**  
SAVE 69¢ea

**NANCY'S  
KEFIR & KIDS  
YOGURT**  
Selected Varieties  
14-32oz

PNW LOCAL



**\$5.99**  
ea  
SAVE UP TO \$1.90ea

**ORGANIC VALLEY  
LACTOSE-FREE  
CREAMER**  
Selected Varieties  
1qt



**\$6.99**  
ea  
SAVE \$1.20ea

**NORMAL COFFEE  
COFFEE SODA**  
Assorted Varieties  
12oz

PNW LOCAL



**\$4.99**  
ea  
SAVE 50¢ea

**GROUNDWORK COFFEE  
ORGANIC  
COLD BREW**  
Selected Varieties  
10.1oz

PNW LOCAL



**\$2.99**  
ea  
SAVE \$2.20ea

**CLIO SNACKS  
GREEK YOGURT BARS**  
Assorted Varieties  
4ct



**\$5.99**  
ea  
SAVE \$1.50ea

**YAZA  
LABNEH**  
Assorted Varieties  
12oz



**\$5.99**  
ea  
SAVE UP TO \$1.90ea

**TREELINE CHEESEMAKERS  
VEGAN CHEESE**  
Assorted Varieties



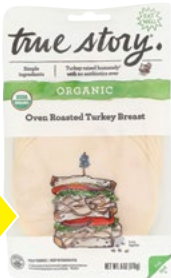
**20%**  
off

**BEYOND MEAT  
PLANT-BASED  
SAUSAGE**  
Selected Varieties  
14oz



**\$9.99**  
ea  
SAVE \$1.50ea

**TRUE STORY FOODS  
DELI MEATS**  
Selected Varieties  
6oz



**\$11.99**  
ea  
SAVE \$3.60ea

**GREEN VALLEY  
LACTOSE-FREE  
CHEESE**  
Selected Varieties



**20%**  
off

**BEYOND  
REFRESHING**

Ethically sourced, organic, and seriously hydrating—Harmless Harvest Coconut Water is good for you and the communities that grow it.

**HARMLESS HARVEST  
ORGANIC COCONUT  
PRODUCTS**  
Selected Varieties



**25%**  
off



**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.

