

WHOLE SOCKEYE IS HERE!

Throw a party or stock the freezer with fresh,
sustainably harvested whole Sockeye from Alaska.

≡ TWO DAYS Only ≡

**WHOLE
SOCKEYE SALMON**

Saturday and Sunday 9am-5pm

\$8⁹⁹ lb
SAVE \$5 lb

≡ Really BIG DEALS ≡

DOUBLE R RANCH TOP SIRLOIN STEAK

USDA Choice, humanely raised, and
great on the grill!

\$9⁹⁹
lb

SAVE \$3 lb



ORGANIC YELLOW AND WHITE NECTARINES

Exceptionally sweet and full of tree-ripened flavor.
From Valliwide in Reedley, CA.

\$3⁹⁹
lb

SAVE \$2 lb



SUMMER
OF
SCOPS

50%
off

**HÄAGEN-DAZS
+ COSMIC BLISS**

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

50%
off
**SNACKS
AND JERKY**

Exclusions apply. Look for signs on specially marked items.
Limited to stock on hand. No additional case discount.

ROMA VICOLO ROMAN STYLE PIZZA CRUST

Selected Varieties
9.1-9.6oz

**BUY 1 GET 1
FREE**

SAVE \$9.99 ON 2



NIXIE ORGANIC SPARKLING WATER

Assorted Varieties
8pk/12oz

\$4⁹⁹
ea

SAVE \$2.20 ea



WHAT WE'RE loving

Peak-season local strawberries and everything you need to turn them into a delicious summer shortcake.

LOCAL STRAWBERRY PINTS

Locally grown by Unger Century Farm in Cornelius, OR, and Bluff Berry Farm in Boring, OR.

\$5⁹⁹
ea

FEATURED



PNW LOCAL

SCHWARTZ BROTHERS BAKERY SHORTCAKE SWEET BISCUITS

Buttery, tender shortcakes with a crunchy sugar top. 4ct

\$8⁹⁹
ea

FEATURED



PNW LOCAL

NEW SEASONS HEAVY WHIPPING CREAM

Locally sourced rBST-free cream from Alpenrose Dairy in Portland, OR.

1pt
\$5⁶⁹
ea

FEATURED



NEW SEASONS MASCARPONE WHIPPED CREAM

A smooth, fluffy, and decadently rich whipped cream.

\$12⁹⁹
lb

FEATURED



PNW LOCAL

MEAT & SEAFOOD

NEW SEASONS GREEN CHILE CHEESE PORK SAUSAGE LINKS

House-made with fire-roasted fresh Hatch chiles, cheese, and humanely raised pork.



\$6⁹⁹
lb

SAVE \$1lb



MARY'S WHOLE CHICKEN LEGS

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

\$3⁹⁹
lb

SAVE \$1lb



SOCKEYE SALMON FILLET

Peak season! Fresh, wild-caught, and full of rich, robust flavor.

\$15⁹⁹
lb

SAVE \$4lb



NEW SEASONS HOUSE-MADE BEEF SKEWERS

Grill-ready beef skewers made in-house with our gluten-free marinades.

\$15⁹⁹
lb

FEATURED



OREGON BAY SHRIMP

Fresh, briny shrimp sustainably harvested in Oregon, and cooked to perfection. Great on a summery garden salad.

\$8⁹⁹
lb

SAVE \$2lb



PNW LOCAL

WHOLE SOCKEYE SALE

Fresh, wild Sockeye salmon—sustainably harvested in Alaska and packed with summer flavor.

Saturday & Sunday,
July 19–20

\$8⁹⁹
lb

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

PRODUCE

ORGANIC MINI SEEDLESS WATERMELONS

A sweet addition to a light, summery salad. From Rico Farms in Mexico.

\$5⁹⁹
ea

SAVE \$1ea



ORGANIC CHERRY TOMATO PINTS

Add peak-season flavor to salads, pasta dishes, and snack plates. From Durst Organic Growers in Esparto, CA.

\$5⁴⁹
ea

SAVE 50¢ea



PICK 4 BERRY PINTS

Mix and match four pints of locally grown berries! From Unger Century Farm in Cornelius, OR, and Bluff Berry Farm in Boring, OR.

\$19⁹⁹
ea

SAVE \$2.51ea



PNW LOCAL

FLORAL

LOCAL DAHLIAS

Bright, beautiful, and locally grown. Summer dahlias are here at last!

\$10⁹⁹
ea

SAVE \$2ea



BAKERY & CHEESE

BLUE RAEVEN BLUE HAWAIIAN PIE

The perfect balance of ripe blueberries, crushed pineapple, and toasted coconut streusel.
9in

PNW
LOCAL

ONLY AT
NSM

\$19⁹⁹
ea

SAVE \$2ea



HOFFMAN'S SHARP CHEDDAR

Enjoy this sharp Vermont cheddar melted into mac and cheese, layered on a sandwich, or sliced on a cheese board.



20%
off

SCHWARTZ BROTHERS BAKERY CINNAMON CROISSANT LOAF

Made with real butter and swirls of cinnamon. Delicious for French toast topped with fresh berries.
17oz

PNW
LOCAL



\$7⁹⁹
ea

SAVE \$1ea

WYKE FARMS IVY'S RESERVE CHEDDAR

The world's first carbon-neutral cheddar! Ivy's Reserve is sharp, rich, and so delicious.

7oz



20%
off

NEW SEASONS RED PEPPER RISOTTO CAKES

Made with Arborio rice, roasted sweet pepper, and parmesan cheese. Delicious as a snack or meal served with a seasonal side.

PNW
LOCAL

\$4⁹⁹
ea

SAVE 50¢ea



NEW SEASONS ROASTED CORN & GREEN BEAN SALAD

A sweet and savory mix of fire-roasted corn, green beans, spicy peppers, and pickled onions.

IT'S
NEW!

\$11⁹⁹
lb

SAVE \$1lb



NEW SEASONS TUNA WRAP

Our Albacore tuna salad with pickle slices in a wheat tortilla. Available in our grab & go.

\$8⁹⁹
ea

SAVE 50¢ea



NEW SEASONS CHICKEN MEATBALLS WITH ORANGE SAUCE

New for summer, our famous Asian chicken meatballs in a tangy orange glaze.

IT'S
NEW!

\$14⁹⁹
lb

SAVE \$1lb



BEER & WINE

**MIX
&
MATCH**

10%
off
6 bottles of wine

20%
off
12 or more bottles
of wine

*Offer available in-store only.

LITTLE BEAST BREWING PIÑA COLADA SOUR

This tiki-inspired sour ale delivers bold tropical vibes with juicy pineapple, creamy coconut, and a hint of rum flavoring.
16oz

PNW
LOCAL



\$4⁹⁹
ea

SAVE \$1ea

BREAKSIDE BREWERY SELECT 6-PACKS

Keep cool and refreshed with these local favorites from Breakside Brewing. Choose from Rainbows & Unicorns IPA, Stay West IPA, and Pilsner. Selection may vary by location.
6pk/12oz

PNW
LOCAL

\$12⁹⁹
ea

SAVE UP TO \$4ea



BIELER FAMILY DAISY ORANGE WINE

Notes of orange peel, dried apricot, white peach, potpourri, roasted nuts, ginger, and wild strawberry come together with a full, rich palate and structure with silky tannins.
750ml

PNW
LOCAL



\$19⁹⁹
ea

SAVE \$7ea

RAM CELLARS ORANGE FRAICHE

Candied apricot and melon greet the nose while grapefruit and Honeycrisp apple await, with a hint of white pepper on the finish. Made from 100% skin-contact fermented Riesling.
750ml

PNW
LOCAL



\$19⁹⁹
ea

SAVE \$5ea

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

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a FREE pint of New Seasons ice cream on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Stock up all your favorites from our friends at Oregon's Wild Harvest.

30% off



PNW LOCAL

BADGER BODY CARE

Save on broad-spectrum, mineral-based sunscreens, lip balms, bug spray, and body care from this fellow B corp.

30% off



NORDIC NATURALS VITAMINS AND SUPPLEMENTS

Enjoy 20% off on all of your favorites, including fish oils and gummy vitamins.

20% off



LIQUID I.V. HYDRATION MULTIPLIERS

Stay hydrated and save on full boxes and singles. Assorted flavors.

5.65oz
\$15.99 ea

SAVE \$7ea



NOW FOODS ZINC 50MG TABLETS

Zinc is a necessary mineral co-factor for hundreds of enzymatic reactions, including overall immune support.

100tab
\$5.79 ea

SAVE \$2.20ea



BLOOM L-THEANINE

An amino acid used to help promote relaxation without drowsiness.

60vc
\$21.99 ea

SAVE \$9ea



HERBS, ETC. DEEP SLEEP

Made from fresh herbs, Deep Sleep is designed to help you fall asleep, stay asleep, and wake up refreshed.

1oz

\$10.99 ea

SAVE \$5ea



SKY ORGANICS COTTON ROUNDS

Made with 100% pure organic cotton, these hypo-allergenic, chlorine-free pads are great for all skin types.

\$3.69 ea

SAVE \$1.30ea



DR. TUNGS ACTIVATED CHARCOAL FLOSS

Designed to gently expand between teeth with added charcoal to absorb bacteria.

30yd

\$4.29 ea

SAVE \$1.70ea



EARTH SCIENCE OLIVE & AVOCADO SHAMPOO AND CONDITIONER

Formulated with olive and avocado to deeply nourish and moisturize hair.

6oz

\$9.99 ea

SAVE \$5ea



GROCERY

HÄAGEN-DAZS ICE CREAM

Assorted Varieties

NOW:
**\$3.09-
\$5.44 ea**

WITH 50% DISCOUNT



SUMMER OF SCALOPS

KETO PINT ZERO ADDED SUGAR ICE CREAM

Assorted Varieties

20% off



PNW LOCAL

NATURE'S PATH ORGANIC FROZEN WAFFLES

Assorted Varieties
6ct

2 for \$7
SAVE \$1.09ea



RUBY JEWEL MINI ICE CREAM SANDWICHES

Assorted Varieties
3ct

\$5.99 ea
SAVE UP TO \$2.80ea



PNW LOCAL

COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Assorted Varieties

NOW:
\$3.15-\$4.14 ea

WITH 50% DISCOUNT



SUMMER OF SCALOPS

GOODPOP FROZEN POPS

Selected Varieties

20% off



UDI'S GLUTEN-FREE BUNS

Hamburger or Hot Dog.
4-6ct

2 for \$10
SAVE UP TO \$2.99ea



DR. PRAEGER'S PLANT-BASED FROZEN FOODS

Selected Varieties
8-10oz

2 for \$10
SAVE \$1.99ea



GROCERY

**THE GOOD CRISP COMPANY
POTATO CHIPS**
Selected Varieties
5.5oz



\$2⁹⁹
ea

SAVE \$1.60ea

**TERRA
VEGETABLE CHIPS**
Selected Varieties
5oz



\$2⁹⁹
ea

SAVE \$2ea

**STACY'S
PITA CHIPS**
Assorted Varieties
7.33oz



\$2⁹⁹
ea

SAVE \$2.50ea

**POPCORNERS
POPPED-CORN SNACK**
Assorted Varieties
5oz



\$4⁹⁹
ea

SAVE \$1.20ea

**ANGIE'S
BOOMCHICKAPOP
POPCORN**
Selected Varieties
4.5-7oz



**BUY 1 GET 1
FREE**

SAVE \$4.59 ON 2

**HIPPEAS
PARTY
SIZE
CHICKPEA
PUFFS**
8oz



\$7⁹⁹
ea

SAVE \$1.80ea

**POP DADDY SNACKS
PRETZEL STICKS**
Assorted Varieties
7.5oz



\$2⁹⁹
ea

SAVE \$1.40ea

**LATE JULY SNACKS
TORTILLA CHIPS**
Selected Varieties
7.5-10.1oz



\$3⁹⁹
ea

SAVE \$2ea

**LÄRABAR
ENERGY BAR**
Selected Varieties
1.6-1.7oz



2 for \$3

SAVE 29¢ea

**BOB'S RED MILL
BOB'S BAR**
Assorted Varieties
1.76oz

**PNW
LOCAL**



4 for \$5

SAVE 64¢ea

**SOUTH FORTY SNACK COMPANY
NUT BAR**
Assorted Varieties
1.4oz



2 for \$5

SAVE 49¢ea

**LEGENDARY FOODS
PROTEIN PASTRY**
Assorted Varieties
2.2oz



2 for \$5

SAVE 89¢ea

**BOBO'S
OAT BITES**
Assorted Varieties
5ct



2 for \$8

SAVE UP TO \$1.19ea

**DARRELL LEA
SOFT AUSTRALIAN
LICORICE**
Selected Varieties
7oz



\$2⁹⁹
ea

SAVE UP TO \$1ea

**HU KITCHEN
DARK CHOCOLATE
BITES**
Selected Varieties
2.75oz

**IT'S
NEW!**



\$6⁹⁹
ea

SAVE \$1.30ea

**MOONSTRUCK CHOCOLATE
CHOCOLATE BAR**
Selected Varieties
3oz

**PNW
LOCAL**



\$3⁹⁹
ea

SAVE 50¢ea

BULK

**HUMMINGBIRD WHOLESALE
ORGANIC BLACK
CHIA SEEDS**

**PNW
LOCAL**



\$7⁹⁹
lb

SAVE \$1lb

**ORGANIC
TURKISH APRICOTS**



\$8⁹⁹
lb

SAVE \$1lb

**HUMMINGBIRD WHOLESALE
ORGANIC
ALMOND
BUTTER**

**PNW
LOCAL**



\$12⁹⁹
lb

SAVE \$1lb

**PORTLAND COFFEE
ROASTERS
COFFEE**
Selected Varieties

**PNW
LOCAL**



\$14⁹⁹
lb

EVERYDAY VALUE

GROCERY

POLAR SPARKLING SELTZER WATER

Selected Varieties
1L



5 for \$5

SAVE 79¢ea

ETERNAL NATURALLY ALKALINE SPRING WATER

2.5L



2 for \$5

SAVE \$1.99ea

MINERAGUA SPARKLING WATER

9pk/12.5oz



\$9.99
ea

SAVE \$2ea

100 COCONUTS PURE COCONUT WATER

Assorted Varieties
11oz



2 for \$4

SAVE 79¢ea

ZEVIA ZERO SUGAR SODA

Selected Varieties
6pk/12oz



\$6.99
ea

SAVE 50¢ea

DAYTRIP BEVERAGES CBD-INFUSED SPARKLING WATER

Assorted Varieties
12oz



2 for \$7

SAVE 49¢ea

Available in
OR stores only.

POSITIVE BEVERAGE FUNCTIONAL DRINK

Assorted Varieties
12oz



2 for \$4

SAVE 99¢ea

ARDOR ORGANIC SPARKLING WATER

Assorted Varieties
12oz



2 for \$5

SAVE \$1.19ea

BETTY BUZZ PREMIUM SPARKLING SODA

Assorted Varieties
4pk/9oz



\$6.99
ea

SAVE \$2ea

RENEW JUICE COMPANY JUICE

Selected Varieties



30% off

MILKADAMIA MACADAMIA MILK

Selected Varieties
32oz



\$4.99
ea

SAVE 70¢ea

WATER AVENUE COFFEE COFFEE

Selected Varieties
12oz



\$13.99
ea

ONCE UPON A FARM BABY AND TODDLER SNACKS

Selected Varieties



20% off

DR. BRONNER'S ORGANIC COCONUT OIL

Selected Varieties



20% off

LUCINI ITALIA PREMIUM SELECT EXTRA VIRGIN OLIVE OIL

16.9oz



\$29.99
ea

SAVE \$7ea

TRUFF TRUFFLE-INFUSED CONDIMENTS

Selected Varieties



30% off

TIA LUPITA FOODS MEXICAN CHILE CRUNCH OR HOT SAUCE

Selected
Varieties
7.5-8oz



\$6.99
ea

SAVE UP TO \$3.80ea

SIERRA NEVADA MUSTARD

Assorted Varieties
8oz



\$3.99
ea

SAVE \$1.50ea

KIKKOMAN HOISIN OR SOY SAUCE

Selected Varieties



20% off

BIRDIE & LOUIE DOG FOOD

Selected Varieties



20% off

GROCERY

SUMMER
OF
SCOOPS

50%
off

HÄAGEN-DAZS
+ COSMIC BLISS

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

BLUE DIAMOND
ALMOND
BREEZE
Selected Varieties
1/2gal

\$2⁹⁹
ea

SAVE \$1.30ea



GALBANI
STRING
CHEESE
12ct

\$5⁴⁹
ea

SAVE \$1.40ea



BROWN COW
WHOLE MILK YOGURT
Assorted Varieties
32oz

\$3⁹⁹
ea

SAVE \$1.80ea



CHOBANI
FLIP GREEK YOGURT
Selected Varieties
4.5oz

3 for \$4

SAVE 66¢ea



CLEVELAND KITCHEN
PICKLES, KRAUTS
AND KIMCHI
Selected Varieties

25%
off



ESSENTIAL EVERYDAY
SHREDDED CHEESE
Assorted Varieties
8oz

2 for \$6

SAVE \$1.19ea



TILLAMOOK
CREAM CHEESE
SPREAD
Selected Varieties
7oz

PNW
LOCAL

\$3⁷⁹
ea

SAVE UP TO \$1.20ea



NANCY'S
ORGANIC
EUROPEAN
STYLE BUTTER
Sea Salted or Unsalted.
8oz

PNW
LOCAL

\$4⁹⁹
ea

SAVE \$1.30ea



HOUSE FOODS
TOFU
Selected Varieties
16oz

\$2⁴⁹
ea

SAVE 80¢ea



ITHACA
HUMMUS
Selected Varieties
10oz

\$3⁹⁹
ea

SAVE \$1.70ea



SUN TROPICS
JUICE
Assorted Varieties
64oz

\$4⁹⁹
ea

SAVE 40¢ea



EVOLUTION FRESH
ORGANIC FRUIT SODA
Assorted Varieties
12oz

BUY 1 GET 1
FREE

SAVE \$2.99 ON 2



POP & BOTTLE
ALMOND
LATTE
Selected Varieties
11oz

\$3⁷⁹
ea

SAVE 80¢ea



REBBL
ORGANIC
PLANT-BASED
BEVERAGE
Selected Varieties
12oz

2 for \$8

SAVE UP TO \$1.49ea



NAKED BREAD
ORGANIC
SANDWICH
BREAD
Selected Varieties
22.5oz

PNW
LOCAL

\$5⁹⁹
ea

SAVE \$1.50ea



FRANZ
PREMIUM
BUNS
Selected Varieties
8ct

PNW
LOCAL

\$3⁹⁹
ea

SAVE UP TO \$2.50ea



Really BIG DEAL

50%
off

SNACKS
AND JERKY

Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discount.