



SUSTAINABLY DELICIOUS

Throw a seafood party with responsibly raised Atlantic salmon, Riverence trout, shrimp, clams, mussels, and more.

Really BIG DEAL

10% off ALL RESPONSIBLY FARMED SEAFOOD

Really BIG DEALS

MARY'S
BONELESS SKINLESS CHICKEN BREASTS

Humanely raised with no antibiotics ever.



\$5.99
lb

SAVE \$2lb



ORGANIC ATAULFO MANGOES

Smooth and creamy with rich mango flavor. From Crespo Organic in Mexico.



2 for \$5

SAVE \$1ea



HOPWORKS BREWERY
6-PACKS

Exceptional brewers and a fellow B Corp, Hopworks core lineup is a must for sunny days. Choose from Overland IPA and the Hazy IPA seasonal release.

6pk/12oz



PNW LOCAL

\$11.99
ea

SAVE \$4ea



CLIF BAR
ENERGY BARS

Selected Varieties
2.4oz

BUY 1 GET 1
FREE

SAVE \$2.29 ON 2



VICOLO
PIZZETTAS

Assorted Varieties
2ct

BUY 1 GET 1
FREE

SAVE \$9.99 ON 2



POPPI
PREBIOTIC SODA

Assorted Varieties
4pk/12oz

\$6.99
ea

SAVE \$5ea



WHAT WE'RE loving



Oregon's Wild Harvest



Oregon's Wild Harvest, a family-owned company for over 30 years, crafts herbal tinctures and supplements using sustainably grown or sourced, certified organic and non-GMO ingredients—free from harmful pesticides or chemicals.

We've proudly partnered with this Oregon-based favorite for over 25 years, offering a selection of their herbal tinctures and supplements.

RESERVE YOUR SPRING FEAST



We've got everything for your Easter or Passover feast—humanely raised meats, ready-to-heat sides, fresh rolls, local desserts, and more. Reserve online by 10 PM on 4/17 at catering.newseasonsmarket.com.

MEAT & SEAFOOD

COUNTRY NATURAL BEEF 80% LEAN 20% FAT GROUND BEEF



Humanely raised beef with no added hormones and no antibiotics ever.

\$6⁴⁹
lb

SAVE 50¢lb



NEW SEASONS ALL HOUSE-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added hormones. Available in a variety of flavors.

\$9⁴⁹
lb

SAVE 50¢lb



NEW SEASONS MARINATED ATLANTIC SALMON PORTIONS

Atlantic salmon marinated in one of our house marinades. Ready to cook.

\$9⁴⁹
ea

SAVE 50¢ea



REGAL SMOKED KING SALMON

New Zealand King salmon, slow-roasted over beech wood for a rich, smoky flavor. 4oz

BUY 1 GET 1
FREE

SAVE \$12.99 ON 2



FLORAL

GERBER DAISIES

Celebrate spring's arrival with these vibrant blooms!

\$6⁹⁹
ea

SAVE \$3ea



DON'T FORGET THE FLOWERS



Order stunning, handcrafted bouquets and floral vase arrangements online for quick and convenient delivery.

newseasonsmarket.com/floral-delivery

PRODUCE

JUMBO ARTICHOKEs

Steam and stuff for a delicious appetizer. From Ocean Mist Farms in Castroville, CA.

\$3⁹⁹
ea

SAVE \$1ea



ORGANIC COSMIC CRISP APPLES

Just as the name implies, these sweet local apples are extra crisp! Grown in OR and WA.

\$2⁹⁹
lb

SAVE \$1lb



JOSIE'S ORGANICS SALAD KITS

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

\$5⁹⁹
ea

SAVE \$1ea



BAKERY & CHEESE

CHUCKANUT BAY FOODS CRÈME BRÛLÉE CHEESECAKE

Pure decadence made with a blend of mascarpone and cream cheese, then lightly torched on top for that classic crème brûlée flavor.



\$14⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

NEW SEASONS SALT & VINEGAR NUT MIX

Made in partnership with Albina City Nuts, this crunchy, flavorful mix is perfect for a party or snack platter.

4.5oz



\$6⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

PREPARED FOODS

NEW SEASONS BEET SALAD WITH FENNEL SEED VINAIGRETTE

Roasted diced beets in a fennel seed and shallot vinaigrette.



\$12⁹⁹
lb

FEATURED

NEW SEASONS BEEF BRISKET WITH TOMATOES

Beef brisket braised with tomato and onion. Sliced and ready to reheat and serve.



\$23⁹⁹
lb

FEATURED

NEW SEASONS ORGANIC BAGUETTE

Crispy French bread with a light and airy interior. Baked in-house daily.



\$2⁹⁹
ea

SAVE \$1ea

NEW SEASONS BRIE

Rich, creamy French Brie in a shareable size. Delicious baked and served with fig spread and hazelnuts.

8.8oz



\$8⁹⁹
ea

SAVE \$1ea



PRIME ROOTS PLANT- BASED KOJI-MEATS

Choose from Koji-Ham or Salami. Available in our deli charcuterie case, sandwiches, and pre-sliced in the grab & go case.



\$14⁹⁹
lb

SAVE UP TO \$5lb



NEW SEASONS MATZO BALL SOUP

Hand-made matzo balls in a rich chicken stock with vegetables and a touch of dill.



\$10⁹⁹
ea

FEATURED

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.

OVUM WINES BIG SALT AND PNK SALT BLENDS

Bright and aromatic, Big Salt bursts with lemon, peach, ginger, and briny notes. PNK Salt is light and dry with aromas of cherry jam, currants, and rose petal.

750ml

\$16⁹⁹
ea

SAVE \$4ea



PNW
LOCAL

OVERJOY ELK COVE ROSÉ

A dry, refined Pinot Noir Rosé with vibrant raspberry, tangerine, and yellow apple aromas. A perfect refresher to enjoy with charcuterie, grilled salmon, or veggies.

Only at NSM.

750ml

\$14⁹⁹
ea

SAVE \$2ea



IT'S
NEW!

ONLY AT
NSM

RIFF PINOT GRIGIO

The chalky soils of an ancient reef gives this wine beautiful flinty undertones. Crisp, green apple rounds it out. Refreshing with seafood or risotto.

750ml

\$10⁹⁹
ea

SAVE \$5ea



PNW
LOCAL

HOPWORKS BREWERY ORGANIC 4-PACKS

New organic brews supporting Hopworks sustainability efforts. Choose from Tree Frog Hoppy Pale and Beestly Honey Golden Ale.

4pk/16oz



\$11⁹⁹
ea

SAVE \$4ea



MAKE IT EASY, ORDER ONLINE!

Enjoy in-store prices online and save \$6 on orders of \$40+ with code **EASYSAVING6**. Choose quick, convenient pickup or delivery!

shop.newseasonsmarket.com

Powered by

instacart

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

GET \$10 OFF!

Neighbor Rewards members opted into email or text get \$10 off \$20 or more on non-alcoholic beverages in the beer & wine department.

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



WELLNESS

PRE-SHOP OUR ANNUAL BODY CARE SALE!

Reserve your 25% off all skincare, oral care, soaps, sunscreen, and more—even sale items! We'll set aside your goodies and have them ready for pick-up during the sale, April 23 – 29

**NOW THROUGH
APRIL 22**

NEW CHAPTER NUTRITIONAL SUPPLEMENTS

Save 35% on your favorites from New Chapter, including multivitamins, herbs, and anti-inflammatory formulas.

**35%
off**



SMARTYPANTS KIDS MULTI & OMEGAS

Multivitamin gummies for kids with omega-3 fatty acids sustainably sourced from wild-caught fish. Save on select formulas. 120ct

**\$19⁹⁹
ea**
SAVE \$10ea



GREAT LAKES WELLNESS COLLAGEN PEPTIDES

Helps promote healthy hair, skin, nails, and joints. 10oz

**\$23⁹⁹
ea**
SAVE \$10ea



NOW FOODS VITAMIN A 10000IU

Each easy-to-swallow softgel delivers 10,000 IU of vitamin A. 100sg

**\$5⁹⁹
ea**
SAVE \$2ea



MRM NUTRITION D-MANNOSE + CRANBERRY

Powdered cranberry drink mix to help support urinary tract health. 200g

**\$19⁹⁹
ea**
SAVE \$16ea



HOST DEFENSE LION'S MANE

Save on select lion's mane formulas this week, including capsules and powders. 60vc

**\$23⁹⁹
ea**
SAVE \$8ea



JARROW FORMULAS THEANINE 100

Theanine is a unique amino acid that helps support relaxation without causing drowsiness. 60vc

**\$12⁹⁹
ea**
SAVE \$6ea



AMERICAN HEALTH SUPER PAPAYA ENZYME PLUS

A 100% natural digestive enzyme that aids digestion and supports nutrient absorption. 90tab

**\$6⁴⁹
ea**
SAVE \$2.50ea



ANCIENT NUTRITION SBO PROBIOTICS ONCE DAILY

Helps to promote overall gut health with a unique blend of probiotics and fermented superfoods. 30cap

**\$19⁹⁹
ea**
SAVE \$10ea



LIFE-FLO PURE MAGNESIUM FLAKES

Rejuvenating body and foot soak. Fast-dissolving with naturally occurring trace minerals. 44oz

**\$17⁹⁹
ea**
SAVE \$10ea



GROCERY

Happy Gut. Happy Planet.

Alec's Ice Cream checks all the right boxes—delicious, sustainable, and easier on the gut. Made with regenerative, grass-fed organic A2 dairy, it's a sweet treat that's better for you and the planet.



**ALEC'S ICE CREAM
ORGANIC
ICE CREAM**
Assorted Varieties
14oz
**BUY 1 GET 1
FREE**
SAVE \$8.99 ON 2

WHOLLY WHOLESOME PIE CRUSTS AND SHELLS

Selected Varieties 2ct

**\$6⁹⁹
ea**
SAVE \$2ea



ESSENTIAL EVERYDAY HASH BROWN PATTIES

10ct

**\$4⁹⁹
ea**
SAVE 40¢ea



WILDWOOD ORGANIC TOFU

Selected Varieties 14-16oz

**\$4⁹⁹
ea**
SAVE UP TO \$2ea



DEEP INDIAN KITCHEN FROZEN ENTRÉES

Assorted Varieties 9-11oz

**\$6⁹⁹
ea**
SAVE \$1ea



NOTCO PLANT-BASED PROTEINS

Selected Varieties

**20%
off**



STRONG ROOTS PLANT-BASED FROZEN FOODS

Selected Varieties

**20%
off**



GROCERY

**C20
COCONUT
WATER**
Assorted Varieties
17.5oz

2 for \$4
SAVE \$1.29ea



**JUST ICE TEA
ORGANIC TEA**
Assorted Varieties
16oz

2 for \$5
SAVE 49¢ea



**WYLD CBD
CBD
SPARKLING
WATER**
Assorted Varieties
12oz

2 for \$7
SAVE 49¢ea



Only in OR stores.

**LUNDBERG FAMILY FARMS
RICE CAKES**
Selected Varieties
5-10.5oz



\$3.99
ea

SAVE UP TO \$2ea



**WAIAKEA
HAWAIIAN
VOLCANIC
WATER**
1.5L

2 for \$5
SAVE \$1.29ea



**MINERAGUA
SPARKLING WATER**
9pk/12.5oz

\$9.99
ea
SAVE \$2ea



**LUNA
WHOLE
NUTRITION
BARS**
Selected Varieties

20% off



**GIMME
GRAB & GO ROASTED
SEAWEED SNACKS**
Assorted Varieties
5ct

\$3.99
ea



**OLD TRAPPER
BEEF JERKY**
Assorted Varieties
4oz

\$9.99
ea
SAVE \$2ea



**HUMBLE SNACKS
ORGANIC
POTATO
CHIPS**
Assorted Varieties
5oz

2 for \$7
SAVE \$1.49ea



**CLIF BAR
ENERGY BARS**
Selected Varieties
5ct

\$7.99
ea
SAVE \$1ea



**LILY'S SWEETS
CHOCOLATE**
Selected Varieties

30% off



**ALTER ECO
CHOCOLATE**
Selected Varieties

20% off



**EQUAL EXCHANGE
ORGANIC
CHOCOLATE
BAR**
Selected Varieties
2.8-3.5oz

\$4.99
ea



**So Good,
It's Unreal**

When a chocolate craving strikes, go for the good stuff—unreal flavor with 100% real ingredients. Grab an Unreal snack for all the deliciousness you want, with no artificial ingredients and way less sugar.

**UNREAL
CHOCOLATE SNACKS**
Selected Varieties
3.2-5oz



\$5.99
ea SAVE \$2ea

BULK

**LUNDBERG FAMILY FARMS
ORGANIC RICE**
Selected Varieties

\$3.99
lb
SAVE UP TO \$2lb



**BLUE SKIES BAKERY
GRANOLA**
Selected Varieties

\$11.99
lb
SAVE \$1lb



**EQUAL EXCHANGE
ORGANIC
ROASTED SALTED
CASHEWS**

\$19.99
lb
SAVE \$2lb



**HUMMINGBIRD WHOLESALE
ORGANIC
AWAKENED
SALTED
PECANS**

\$24.99
lb
SAVE \$1lb



GROCERY

**PACIFIC FOODS
ORGANIC
BROTH**
Selected Varieties
32oz

\$4⁴⁹
ea
SAVE \$1ea



**CALIFORNIA OLIVE RANCH
EVERYDAY
BLEND
EXTRA VIRGIN
OLIVE OIL**
25.4oz

\$24⁹⁹
ea



**RALSTON FAMILY FARMS
RICE**
Assorted Varieties
16-24oz

\$4⁹⁹
ea
SAVE \$1ea



**MEKHALA
ORGANIC
COOKING
PASTE**
Assorted Varieties
3.53oz

\$4⁹⁹
ea
SAVE \$1.50ea



**PLANTSTRONG
ORGANIC CHILI
OR STEW**
Assorted Varieties
16.9oz

\$5⁹⁹
ea
SAVE \$1ea



**SUSTAINABLE SEAS
TUNA**
Selected Varieties

20%
off



**PATAGONIA PROVISIONS
TINNED FISH**
Selected Varieties
4.2oz

\$6⁹⁹
ea
SAVE \$1.40ea



**CENTO
TOMATOES**
Selected Varieties
28oz

2 for \$7
SAVE 89¢ea



**ENJOY LIFE FOODS
DAIRY-FREE
BAKING CHOCOLATE**
Assorted Varieties
9oz

\$6⁹⁹
ea
SAVE UP TO \$2ea



**JOVIAL
FLOUR, PASTA
OR BEANS**
Selected Varieties

20%
off



**NIELSEN-MASSEY
PURE EXTRACTS**
Selected Varieties
2oz

\$5⁹⁹
ea
SAVE \$2ea



**WHOLESOME
ORGANIC SUGAR**
Selected Varieties
16-26oz

\$5⁹⁹
ea
SAVE UP TO \$2ea



**GROUNDWORK COFFEE
ORGANIC WHOLE
BEAN COFFEE**
Selected Varieties
10-12oz

\$10⁹⁹
ea
SAVE UP TO \$6ea



**MOUNT HAGEN
FREEZE-DRIED
INSTANT
COFFEE**
Assorted Varieties

25%
off



**NATURE'S PATH ORGANIC
TOASTER
PASTRIES**
Assorted Varieties
11oz

\$3⁹⁹
ea
SAVE \$2ea



**WILD HARVEST
CEREAL BARS**
Assorted Varieties
6ct

\$6⁹⁹
ea
EVERYDAY VALUE



**ALTER ECO
ORGANIC
GRANOLA**
Dark Chocolate
or Cashew Butter.
8oz

\$6⁹⁹
ea
SAVE \$2ea



**RANGER CHOCOLATE CO.
GRANOLA**
Assorted Varieties
12.7-13.05oz

\$10⁹⁹
ea
SAVE UP TO \$2ea



**MILKADAMIA
MACADAMIA
MILK**
Selected Varieties
32oz

\$4⁹⁹
ea
SAVE \$1.50ea



**ECOS
LAUNDRY
PRODUCTS**
Selected Varieties

20%
off



GROCERY

RESERVE YOUR SPRING FEAST

We've got everything for your Easter or Passover feast—humanely raised meats, ready-to-heat sides, fresh rolls, local desserts, and more. Reserve online by 10 PM on 4/17 at catering.newseasonsmarket.com.

FAGE
TOTAL GREEK YOGURT
Assorted Varieties
5.3oz



4 for \$5
SAVE 64¢ea

COCOJUNE
ORGANIC CULTURED COCONUT
Pure or Vanilla Unsweetened.
16oz



\$7.99
ea
SAVE \$2ea

CHOBANI
OATMILK
Assorted Varieties
52oz



\$3.99
ea
SAVE \$2ea

ESSENTIAL EVERYDAY
SLICED OR SHREDDED CHEESE
Selected Varieties
6-8oz



2 for \$6
SAVE \$1.19ea

KERRYGOLD
PURE IRISH BUTTER
Selected Varieties
8oz



\$4.49
ea
SAVE 50¢ea

REDDI-WIP
WHIPPED TOPPING
Selected Varieties
6.5oz



\$3.99
ea
SAVE 80¢ea

PAINTERLAND SISTERS
ORGANIC SKYR YOGURT
Assorted Varieties
5.3oz



2 for \$4
SAVE \$1.49ea

STONYFIELD
KIDS ORGANIC YOGURT
Selected Varieties
4-8ct



\$4.49
ea
SAVE UP TO \$1.50ea

PHILADELPHIA
CREAM CHEESE
Selected Varieties
7.5-8oz



\$3.99
ea
SAVE UP TO 60¢ea

NANCY'S
CREAM CHEESE OR SOUR CREAM
Selected Varieties
8-16oz



\$3.99
ea
SAVE UP TO \$2.30ea

GREEN VALLEY
LACTOSE-FREE CULTURED BUTTER
8oz



\$4.99
ea
SAVE \$2ea

KITE HILL
DAIRY-FREE CREAM CHEESE
Plain or Chive.
8oz



\$5.99
ea
SAVE \$1.20ea

BLUWATER
SPIRULINA SPARKLING WATER
Assorted Varieties
12oz



\$2.49
ea
SAVE \$1.10ea

EVOLUTION FRESH
ORGANIC COLD-PRESSED JUICE
Selected Varieties
15.2oz



\$3.99
ea
SAVE UP TO \$2ea

SEATTLE SOURDOUGH BAKING COMPANY
SLICED SOURDOUGH ROUNDS
Selected Varieties
24oz



\$4.99
ea
SAVE \$2ea

FRANZ
PREMIUM BAGELS
Assorted Varieties
6ct



\$2.99
ea
SAVE 50¢ea

Growing Better Together: 1% for Soil Health

This Earth Month, 52 brands, including New Seasons Partner Brand, are donating 1% of sales to Zero Foodprint to help local farmers and ranchers implement regenerative farming practices.

LOOK FOR THIS ICON
throughout the ad to support brands funding healthy soil!

