

QUALITY COZY TIME

Mary's humanely raised chicken is the recipe for fall comfort—from weeknight dinners to weekend feasts.

SALE

MARY'S
BONELESS SKINLESS CHICKEN BREASTS

\$4.99 lb
SAVE \$3lb

RESERVE YOUR *Thanksgiving* ~FEAST~

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

Place your order now through 10pm, November 23 at newseasonsmarket.com/reserve



PARTNERS IN CRIME PINOT NOIR

Black cherry and raspberry aromas meld with subtle notes of earth and spice, topped with delicate tannins. Best enjoyed with a partner in crime of your own. Only at NSM. 750ml



ONLY AT NSM
PNW LOCAL

\$9.99 ea
SAVE \$2ea

ORGANIC SEEDLESS GRAPES

A delicious addition to lunch boxes and charcuterie boards. From Sun Pacific in Tulare, CA.



\$3.99 lb
SAVE \$1lb

CASCADIAN FARM ORGANIC FROZEN FRUIT

Assorted Varieties
8-10oz



PNW LOCAL

2 for \$7
SAVE \$3.49ea

DAVE'S KILLER BREAD BREAD, BAGELS OR ENGLISH MUFFINS

Selected Varieties
13.2-27oz



PNW LOCAL

BUY 1 GET 1
1/2 OFF
SAVE \$3.50 ON 2

Available in-store only

OATLY OATMILK

Selected Varieties
1/2gal



\$3.99 ea
SAVE \$2.60ea

Really BIG DEAL

30% off
FROZEN ENTRÉES

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

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

WHAT WE'RE loving

Diestel Turkey Ranch

We've partnered with the Diestel family since 2000 for one simple reason: they raise turkeys the right way—with care, compassion, and time to grow naturally. Raised in Sonora, California, Diestel turkeys are Non-GMO Project Verified, vegetarian-fed, and available in a range of options, including Certified Organic and Regeneratively Raised.

Bring Diestel home for the holidays with ready-to-cook turkeys in our meat department and fully prepared deliciousness in our deli.



MEAT & SEAFOOD

BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Tender, juicy, and perfect for fall. No antibiotics ever.



\$5⁴⁹
lb
SAVE 50¢ lb

ATLANTIC SALMON FILLET

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



\$16⁹⁹
lb
SAVE \$1lb

NEW SEASONS PARMESAN CHICKEN BREASTS

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



\$10⁹⁹
lb
SAVE \$1lb

DOVER SOLE FILLET

Sustainably harvested with a light and mild flavor. Delicious sautéed for a light, easy meal.



\$8⁹⁹
lb
SAVE \$2lb

FLORAL

FALL MIXED MUM BUNCH

A beautiful mix of fall colors in one big bunch!



\$14⁹⁹
ea
SAVE \$2ea

ORGANIC PRODUCE

ORGANIC LEMONS

Add a squeeze of brightness to salads, dressings, and desserts. From Sespe Creek Organics in De Luz, CA.



\$2⁴⁹
lb
SAVE 50¢ lb

ORGANIC RED BELL PEPPERS

Crisp, slightly sweet, and perfect for stir-fries and scrambles. From Siri & Son Farms in St. Paul, OR.



\$3⁹⁹
lb
SAVE \$1lb

ORGANIC BLUEBERRY PINTS

Tasty on their own or in a fresh smoothie! From Naturipe in Mexico.



\$5⁴⁹
ea
SAVE 50¢ea

BAKERY & CHEESE

NEW SEASONS ORGANIC SEEDED HONEY BREAD

Made fresh daily by our talented bakers with honey, molasses, and organic seeds.



\$5⁹⁹
ea
SAVE \$1ea

MITICA FONTAL

Smooth with a buttery finish, this favorite melts beautifully in everything from risotto to sauces.



\$16⁴⁹
lb
SAVE \$1.50lb

PEARL RIVER BASQUE CHEESECAKE

A crustless, baked cheesecake characterized by its distinctive caramelized top and creamy, custard-like interior.

6in



\$28⁹⁹
ea
SAVE \$1ea

KERRYGOLD IRISH CHEESES

Rich and flavorful, these Irish classics are perfect for pairing with crusty bread, beer, or cider.

7oz



20%
off

PREPARED FOODS

NEW SEASONS MUSHROOM RISOTTO CAKES

Delicious savory cakes made with Arborio rice, sautéed mushrooms, and parmesan cheese.

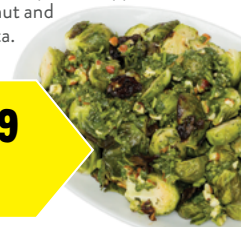


\$5⁴⁹
ea
FEATURED

IT'S IN SEASON!

NEW SEASONS BRUSSELS SPROUTS WITH HAZELNUT GREMOLATA

Roasted Brussels sprouts topped with a toasted hazelnut and herb gremolata.



\$10⁹⁹
lb
SAVE \$2lb

IT'S IN SEASON!

NEW SEASONS CHICKEN TENDERS

Tender chicken breast lightly breaded and cooked to perfection. Served with our buttermilk ranch dressing.



\$12⁹⁹
lb
SAVE \$2lb

LAURETTA JEAN'S POT PIES

A comfort food classic made from scratch locally. Choose from Chicken or Steak and Veggie.



\$10⁹⁹
ea
SAVE \$1ea

PNW LOCAL

BEER & WINE

MIX & MATCH

10%
off

6 bottles of wine

20%
off

12 or more bottles of wine

*Offer available in-store only.

NOBILO SAUVIGNON BLANC

Crisp and vibrant with citrus, gooseberry, and melon flavors. Great with grilled seafood. A portion of the proceeds benefit Meals on Wheels People.

750ml



\$12⁹⁹
ea
SAVE \$2ea

DOMINIO DE EGUREN PROTOCOLO TINTO

Crafted by a renowned Rioja producer known for its exceptional value, this approachable yet complex Spanish red wine has a balanced structure and satisfying depth.

750ml



\$9⁹⁹
ea
SAVE \$3ea

BACKWOODS BREWING PECAN PIE PORTER

Caramel, chocolate, and vanilla notes meet a warm pecan finish in this perfectly balanced, dessert-worthy seasonal.

6pk/12oz



PNW LOCAL

\$14⁹⁹
ea
SAVE \$2ea

TIETON CIDER WORKS CRANBERRY HARD CIDER

A favorite for the season, this hard cider is a perfect balance of sweet and tart from fresh-pressed cranberries and Washington-grown apples.

6pk/12oz



PNW LOCAL

\$14⁹⁹
ea
SAVE \$3ea

SKIP THE HOLIDAY HUSTLE— SHOP ONLINE!

Find the same great deals you find in-store, enjoy convenient delivery or pickup, and get \$15 off a purchase of \$75+ with code

ENJOY15

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instacart

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get a free 1lb bag of New Seasons coffee with a purchase of \$20 or more.

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



WELLNESS

JARROW FORMULAS NUTRITIONAL SUPPLEMENTS

Save 25% on your favorites, including probiotics, protein powders, and aminos. Exclusions apply.

25% off



MEGAFOOD FOOD-BASED VITAMINS AND SUPPLEMENTS

Stock up on multivitamins, probiotics, iron support, and more. Exclusions apply.

20% off



TOM'S OF MAINE ORAL AND BODY CARE

Stock up and save on all your favorites from Tom's of Maine.

25% off



ANDALOU NATURALS FACE AND BODY CARE

Made with all-natural ingredients for soft, moisturized skin and hair.

25% off



NATURAL FACTORS MELATONIN 3MG

Each serving delivers 3mg of melatonin to help support a healthy sleep-wake cycle. 90tab

\$4.99 ea
SAVE \$4ea



NOW FOODS ZINC

An essential mineral co-factor that plays a key role in immune support. 100tab

\$5.99 ea
SAVE \$2ea



BLOOM PURE CREATINE MONOHYDRATE

Helps to increase muscle energy production and recuperation. 8oz

\$12.49 ea
SAVE \$7.50ea



WEDDERSPOON MANUKA HONEY LOZENGES

Made with raw Manuka honey to help nourish and soothe. Save on select flavors. 4oz

\$8.99 ea
SAVE \$4ea



GOOD DAY CHOCOLATE CHOCOLATE SLEEP SUPPLEMENT

Delicious milk chocolate paired with sleep-supporting nutrients. Save on Calm and Energy formulas, too. 8ct

\$2.99 ea
SAVE \$1ea



ACURE RADICALLY REJUVENATING UNDER EYE GEL

Soothing hydrogels infused with botanicals to refresh the delicate skin around your eyes.

\$4.49 ea
SAVE \$1.50ea



GROCERY

STRAUS FAMILY CREAMERY ORGANIC ICE CREAM

Assorted Varieties

20% off



KATZ GLUTEN FREE PASTRIES

Selected Varieties

20% off



AGAINST THE GRAIN GOURMET GLUTEN-FREE BAGELS

Plain or Everything. 4ct

\$5.99 ea
SAVE \$1.40ea



CASCADIAN FARM ORGANIC FROZEN POTATOES

Selected Varieties 16oz

2 for \$8
SAVE UP TO \$3.99ea



GREEN GIRL BAKESHOP PLANT-BASED GELATO PINTS

Assorted Varieties 1pt

\$7.99 ea
SAVE \$4ea



CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Selected Varieties 10oz

2 for \$6
SAVE UP TO \$2.29ea



MASSA PIZZA COMPANY SICILIAN STYLE FROZEN PIZZA

Assorted Varieties 21.5-24oz

\$12.99 ea
SAVE \$3.50ea



DR. MCDUGALL'S RIGHT FOODS SOUP CUPS

Selected Varieties 1.8-2oz

2 for \$5
SAVE 69¢ea



GROCERY

HIPPEAS CHICKPEA SNACKS
Selected Varieties
3.75-4oz



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

MORENITA TORTILLA CHIPS
Assorted Varieties
14oz



\$4.49 ea
SAVE \$2.10ea

ARNOTT'S TIM TAM COOKIES
Assorted Varieties
7oz



\$4.49 ea
SAVE UP TO \$2.50ea

FINN CRISP SOURDOUGH RYE THINS
Assorted Varieties
6.2-7oz



\$4.99 ea
SAVE \$1ea

ALTER ECO ORGANIC CHOCOLATE
Selected Varieties
2.65-2.96oz



\$3.99 ea
SAVE \$1ea

GOOD EARTH SWEET & SPICY HERBAL TEA
Assorted Varieties
18ct



\$3.99 ea
SAVE \$1ea

KICKING HORSE COFFEE
Selected Varieties
10oz



\$15.99 ea
SAVE \$6ea

POPPI PREBIOTIC SODA
Assorted Varieties
12oz



2 for \$4
SAVE 69¢ea

CROFTER'S ORGANIC FRUIT SPREAD
Assorted Varieties
10oz



\$4.49 ea
SAVE \$1.20ea

CB'S NUTS PEANUT BUTTER
Assorted Varieties
16oz



\$4.49 ea
SAVE \$1.20ea

BRAGG PLANT-BASED PANTRY STAPLES
Selected Varieties



20% off

ZOUP! BONE BROTH
Assorted Varieties
32oz



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

ETERNAL NATURALLY ALKALINE SPRING WATER
2.5L



2 for \$6
SAVE \$1.49ea

BLUWATER SPIRULINA SPARKLING WATER
Assorted Varieties
12oz



2 for \$4
SAVE \$1.59ea

ECOS DISH SOAP
Assorted Varieties
25oz



\$3.99 ea
SAVE 90¢ea

CABOO BAMBOO WIPES AND PAPER PRODUCTS
Selected Varieties



20% off

DREAM RICEMILK
Assorted Varieties
32oz



\$4.99 ea
SAVE \$1ea

GRAZA EXTRA VIRGIN OLIVE OIL
Sizzle or Drizzle.
25.3oz



20% off

MILKADAMIA MACADAMIA MILK
Selected Varieties
32oz



\$4.49 ea
SAVE \$1.20ea

PETER RABBIT ORGANICS FRUIT & VEGGIE POUCH
Selected Varieties
4-4.4oz



2 for \$4
SAVE UP TO 79¢ea

HOLIDAY BAKING MUST-HAVES

MORTON & BASSET SPICES AND EXTRACTS

Selected Varieties


50%
off

WILD HARVEST ORGANIC RAW CANE SUGAR

24oz


\$4.99
ea
EVERYDAY VALUE

NEW SEASONS ORGANIC BUTTER

From Larsen's Creamery in Clackamas, OR. Salted or Unsalted.

1lb


\$7.69
ea
FEATURED

NEW SEASONS CAGE-FREE EGGS

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

1doz


\$4.99
ea
EVERYDAY VALUE

WOODSTOCK NUTS AND DRIED FRUIT

Selected Varieties


20%
off

BIG TREE FARMS ORGANIC COCONUT SUGAR

Selected Varieties
14-16oz
\$5.49
ea
SAVE UP TO \$2.10ea

PHILADELPHIA CREAM CHEESE SPREAD

Assorted Varieties
7.5-8oz
\$4.29
ea
SAVE 70¢ ea

NEW SEASONS ALL-BUTTER PIE CRUSTS

From family-owned Maple Lane Bakery.

2ct


\$9.19
ea
FEATURED

KING ARTHUR BAKING COMPANY FLOUR

Selected Varieties


20%
off

GUITTARD BAKING CHOCOLATE

Selected Varieties


33%
off

DANDIES VEGAN MARSHMALLOWS

Selected Varieties


20%
off

NEW SEASONS COOKIE DOUGH

Made by Cougar Mountain Baking Co. in Seattle, WA. Choose from a variety of flavors.

16oz


\$5.99
ea
SAVE \$1ea

FARMER'S MARKET ORGANIC PUREES

Selected Varieties
15oz
2 for \$5
SAVE \$1.49ea

LAKANTO MONKFRUIT SWEETENER

Classic or Golden.
16oz
\$11.99
ea
SAVE \$1ea

LET'S DO ORGANIC COCONUT

Selected Varieties


20%
off

NATURE'S CHARM VEGAN BAKING PRODUCTS

Selected Varieties


20%
off

SPECTRUM COOKING OILS AND CONDIMENTS

Selected Varieties


20%
off

COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP

Selected Varieties


20%
off

BOB'S RED MILL BAKING ESSENTIALS

Selected Varieties


20%
off

IF YOU CARE BAKING AND KITCHEN PRODUCTS

Selected Varieties


20%
off

GROCERY

**TILLAMOOK
CHEESE**
Selected Varieties

PNW
LOCAL



20%
off

**GALBANI
FRESH MOZZARELLA**
Selected Varieties
16oz



\$5⁹⁹
ea
SAVE \$1.20ea

**THE GREEK GODS
GREEK YOGURT**
Assorted Varieties
24oz



\$4⁴⁹
ea
SAVE 80¢ea

**COCOJUNE
ORGANIC
CULTURED
COCONUT**
Pure or Vanilla
Unsweetened.
16oz



\$6⁹⁹
ea
SAVE \$2.20ea

**DAIYA
DAIRY-FREE CHEESE**
Selected Varieties
7.1oz



\$3⁹⁹
ea
SAVE \$1.20ea

**TREELINE CHEESEMAKERS
VEGAN CHEESE**
Assorted Varieties



25%
off

**GOODBELLY
PREBIOTIC &
PROBIOTIC
JUICE DRINK**
Selected Varieties
32oz



\$3⁹⁹
ea
SAVE \$1ea

**EVOLUTION FRESH
ORGANIC
COLD-PRESSED
JUICE**
Selected Varieties
15.2oz



\$3⁹⁹
ea
SAVE \$1.80ea

**MISSION FOODS
STREET TACOS**
Selected Varieties
12-24ct



2 for \$4
SAVE 99¢ea

**MALK ORGANICS
PLANT-BASED
MILK AND
CREAMERS**
Selected Varieties



25%
off

**MID-DAY SQUARES
FUNCTIONAL
CHOCOLATE
SQUARES**
Assorted Varieties
1.16oz



**BUY 1 GET 1
1/2 OFF**
SAVE \$1.30 ON 2

Available
in-store only

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



2 for \$6
SAVE \$2.49ea

PNW
LOCAL

LOCAL BULK

**HUMMINGBIRD WHOLESALE
ORGANIC BLACK
CHIA SEEDS**

PNW
LOCAL



\$7⁹⁹
lb
SAVE \$1lb

**BLUE SKIES BAKERY
GRANOLA**
Selected Varieties

PNW
LOCAL



\$10⁹⁹
lb
SAVE \$2lb

**HUMMINGBIRD WHOLESALE
ORGANIC
MEDJOL DATES**

PNW
LOCAL



\$11⁹⁹
lb
SAVE \$1lb

**TONY'S COFFEE
ORGANIC COFFEE**
Assorted Varieties

PNW
LOCAL



\$15⁹⁹
lb
SAVE \$2lb

Really **BIG DEAL**

30%
off

**FROZEN
ENTRÉES**

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