

BRING ON THE CITRUS!

Celebrate the start of citrus season with your pick of over 25 varieties, plus take 25% off our juicy selection of oranges!

SALE

ALL ORANGES : 25% off

MARY'S ORGANIC BONELESS SKINLESS CHICKEN BREASTS

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

\$8⁹⁹_{lb}
SAVE \$21b



PACIFIC COD FILLET

Sustainably harvested at the peak of season and flash-frozen on the vessel to preserve flavor. Perfect for fish & chips!

\$14⁹⁹_{lb}
SAVE \$21b



PORTA FROZEN PIZZA

Assorted Varieties
14.3-17.6oz

BUY 1 GET 1 FREE
SAVE \$12.99 ON 2



RXBAR PROTEIN BAR

Selected Varieties
1.83-1.9oz

2 for \$4
SAVE 59¢ea



MUIR GLEN ORGANIC TOMATOES

Selected Varieties
28oz

2 for \$6
SAVE \$4.89ea



OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Stock up and save on all your favorite herbs from Oregon's Wild Harvest.

30% off



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*

January



CHEESE of the MONTH



PARMIGIANO REGGIANO EMILIA-ROMAGNA, ITALY

Aged a minimum of 24 months, this classic Italian cheese has incredible depth of flavor and a signature crystalline texture.

BREAD of the MONTH



ORGANIC NORTHWEST WHOLE GRAIN
NEW SEASONS MARKET | PORTLAND, OR
A naturally leavened artisan bread baked fresh daily by our talented bakers with whole wheat, rye, and barley flours grown and milled in the Pacific Northwest.

CAKE of the MONTH



TANGERINE DREAM CAKE
MARSEE BAKING | PORTLAND, OR
Moist white cake layered with tangerine whipped cream and mandarin orange slices, wrapped in marbled cream cheese frosting, and crowned with swirls of citrus cream and candied tangerine pieces.

MEAT & SEAFOOD

NEW SEASONS PARMESAN CHICKEN BREASTS

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



CREEKSTONE FARMS SIRLOIN TIP STEAKS

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



MANILA CLAMS

Packed with essential nutrients, clams come with their own built-in timer. Once they pop open, they're ready to enjoy!



RIVERENCE STEELHEAD TROUT FILLET

Mild and lean Steelhead trout sustainably raised by Riverence in Idaho's Magic Valley.



ORGANIC PRODUCE

ORGANIC RIO STAR GRAPEFRUIT

Deep red flesh with super sweet flavor. From South Tex Organics in Brownsville, TX.



ORGANIC MINNEOLA TANGELOS

A fragrant favorite with sweet-tart flavor. From Doc's Organics in Coachella, CA.



ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From the Nunes Company in Salinas, CA.



ORGANIC BROCCOLI

Delicious roasted, steamed, or stir-fried. From Access Organics in Coachella, CA.



ORGANIC COSMIC CRISP APPLES

Just as the name implies, these sweet local apples are extra crisp! From Stemlit Growers in Wenatchee, WA.



BAKERY & CHEESE

NEW SEASONS ORGANIC SEVEN GRAIN BREAD

Made fresh by our talented bakers with a blend of seven organic grains grown and milled in the NW.



\$4⁹⁹
ea
SAVE \$1ea

ODYSSEY CRUMBLLED FETA

Tangy, salty feta conveniently crumbled for salads, pizza, and pasta dishes.
6oz



\$6⁴⁹
ea
SAVE 50¢ea

NEW SEASONS LEMON SUPREME PIE

A flaky crust with layers of sweet ambrosia and tangy lemon fillings topped with whipped cream.
8in



\$18⁹⁹
ea
SAVE \$1ea

APPEL FARMS PANEER

Delicious cubed or pan-fried in curries, stews, and veggie bowls.
7oz



PNW
LOCAL

\$5⁹⁹
ea
SAVE \$1ea

NEW SEASONS ASIAN CHICKEN MEATBALLS

Made with ginger and sesame in a sweet and tangy plum sauce. Delicious as a starter or an entrée!



\$12⁹⁹
lb
SAVE \$3lb

NEW SEASONS BROCCOLI CHOP SALAD

A light and lemony salad featuring a mix of shaved broccoli, kale, green cabbage, and sweet hot peppers.



\$9⁹⁹
lb
SAVE \$3lb

ORIGAMI CATERING TUNA SALMON FUTOMAKI ROLL

Featuring black-pepper Ahi tuna, Coho salmon, wasabi cream, red tobiko, chili flakes, and black sesame seeds.



PNW
LOCAL

\$13⁹⁹
ea
SAVE \$1ea

ORIGAMI CATERING SALAD ROLLS

Made with shrimp or tofu, rice noodles, and a side of peanut sauce.



PNW
LOCAL

\$8⁹⁹
ea
SAVE \$1ea

BEER & WINE

**MIX
&
MATCH**

**10%
off**
6 bottles of wine

**20%
off**
12 or more bottles of wine

*Offer available in-store only.

MIGRATION BREWING RIPPED NON-ALCOHOLIC CRAFT BREWS

Brewed locally with fresh Cascade Mountain water, Pacific Northwest hops, and top-choice grains.
6pk/12oz



PNW
LOCAL

\$12⁹⁹
ea
SAVE UP TO \$4ea

ST. AGRESTIS NON-ALCOHOLIC NEGRONI

Elegant floral and piney citrus notes blend seamlessly in this classic, non-alcoholic Negroni. A touch of carbonation adds a delightful bite. Serve over ice with an orange twist.
200ml



\$5⁹⁹
ea
SAVE \$1ea

RATIONALE BREWING NON-ALCOHOLIC BREWS

Exceptional non-alcoholic craft beers, perfect for any occasion. Selection varies by location.
6pk/12oz



\$12⁹⁹
ea
SAVE \$3ea

RUZZO SPARKLING HARD CITRUS

All-natural and gluten-free, these sparkling hard citrus drinks are a bright, refreshing alternative to hard seltzers.
16oz



PNW
LOCAL

2 for \$9
SAVE 49¢ea

NEW YEAR, NEW GOALS

Make 2026 the year of more me-time by shopping online for convenient pickup or delivery—and snag \$10 off your next order of \$50 or more with code **NEWFORYOU10**

Powered by
instacart

Terms apply.

GIFT IT!

Neighbor Rewards members not only earn points when they shop—they can also choose to gift all or part of their rewards (in dollar increments) to our featured local partners through our Gift It! Program.

Not yet a member?
Join Neighbor Rewards now at newseasonsmarket.com/join and start earning points today.

WELLNESS

DR. HAUSCHKA FACIAL CARE

Formulated with organic and biodynamic plant extracts for effective but gentle skin care.



20% off

OREGON SOAP COMPANY LIQUID AND BAR SOAPS

Locally made with gentle, effective ingredients. Save on all your favorite scents.



PNW LOCAL

30% off

JARROW FORMULAS THEANINE 100

A unique amino acid that helps support relaxation without causing drowsiness.

60vc



\$12.99 ea
SAVE \$4.50ea

ANCIENT NUTRITION BONE BROTH

A nourishing, concentrated bone broth to help support gut and joint health.

445-560g



\$32.99 ea
SAVE \$20ea

NOW FOODS VITAMIN D-3 5000IU

Each easy-to-swallow soft cap delivers 5,000 IU of vitamin D3.

120sg



\$9.99 ea
SAVE \$3ea

BLOOM LIQUID MELATONIN

Helps support a healthy sleep/wake cycle. Alcohol-free.

2oz



\$7.99 ea
SAVE \$4ea

GARDEN OF LIFE VITAMIN CODE RAW ZINC

Each dose has 30 mg of easily absorbable zinc in a base of organic fruits and vegetables.

60cap



\$12.99 ea
SAVE \$5ea

UNCLE HARRY'S TOOTHPASTES

Ionic minerals provide calcium and magnesium for healthy teeth. Save on select flavors.

3oz



\$5.99 ea
SAVE \$2.80ea

VITAL BODY THERAPEUTICS CBD MINERAL BATH SOAK

Relax and de-stress with CBD mineral bath soaks infused with lavender and bergamot oils.

4oz



\$12.99 ea
SAVE \$5ea

GROCERY

GREEN GIRL BAKESHOP PLANT-BASED COOKIE SANDWICH

Selected Varieties

5oz



BUY 1 GET 1 1/2 OFF
SAVE \$3.85 ON 2

Available in-store only

QUEEN ST. BAKERY SUPERFOOD BAGELS AND ENGLISH MUFFINS

Assorted Varieties



20% off

SOBO FOODS PLANT-BASED DUMPLINGS

Assorted Varieties

8oz



\$7.99 ea
SAVE \$2ea

STRONG ROOTS FRIES AND HASH BROWNS

Assorted Varieties



20% off

BEYOND MEAT PLANT-BASED SEARED TIPS

Assorted Varieties

10oz



\$7.99 ea
SAVE UP TO \$2.40ea

SEAL THE SEASONS FROZEN FRUIT

Assorted Varieties



20% off

SUNDAY SUPPER PLANT-BASED ITALIAN FROZEN FOODS

Assorted Varieties

9-12oz



\$8.99 ea
SAVE UP TO \$3ea

MICHAEL ANGELO'S FROZEN ENTRÉES

Assorted Varieties

28-32oz



20% off

GROCERY

NEW SEASONS NATURE'S GRANOLA

From Ranger
Chocolate Co. in
Portland, OR.
12oz

\$11.79
ea
FEATURED



NEW SEASONS ORGANIC COCONUT MILK

Made with sustainably harvested
coconuts from small family
farms. Regular or Light.
13.5oz

\$3.59
ea
FEATURED



NEW SEASONS ALBACORE TUNA

Sustainably sourced tuna from
Oregon Seafood in Charleston, OR.
Salted or Unsalted.
6oz

\$6.99
ea
FEATURED



NEW SEASONS ASIAN-INSPIRED BROTHS

Convenient broths made in
collaboration with
MakeNice in Portland, OR.
24oz

\$9.99
ea
FEATURED



ZOUP! SOUP

Assorted Varieties
16oz

\$4.99
ea
SAVE \$1.90ea



TONNINO TUNA FILLETS

Assorted Varieties
6.7oz

\$8.99
ea
SAVE \$1.30ea



CHICKAPEA ORGANIC PROTEIN PASTA

Assorted Varieties
8oz

\$3.99
ea
SAVE \$2ea



NAPOLEON EXTRA VIRGIN OLIVE OIL

33.8oz

\$15.99
ea
SAVE \$3.50ea



ANNIE'S PASTA & CHEESE

Selected Varieties
6oz

2 for \$7
SAVE 99¢ea



MAYA KAIMAL INDIAN SAUCES AND SIDES

Selected Varieties

20% off



KOYO ORGANIC NOODLES

Selected Varieties

20% off



MUIR GLEN ORGANIC PASTA SAUCE

Assorted Varieties
23.5oz

2 for \$7
SAVE \$1.69ea



WOODSTOCK PEANUT BUTTER

Selected Varieties
35oz

\$12.99
ea
SAVE \$5ea



PORTAL TEA COMPANY TEA

Selected Varieties
16ct

\$9.99
ea
SAVE \$2.60ea



TRADITIONAL MEDICINALS TEA

Selected
Varieties
16ct

\$4.99
ea
SAVE \$1ea



WATER AVENUE COFFEE COFFEE

Selected Varieties
12oz

\$12.99
ea
SAVE UP TO \$4ea



LOCAL BULK

BLUEBIRD GRAIN FARMS ORGANIC WHOLE GRAIN EINKORN

PNW
LOCAL

\$4.49
lb
SAVE 50¢lb



BLUE SKIES BAKERY GRANOLA

Selected Varieties

PNW
LOCAL

\$11.99
lb
SAVE UP TO \$2lb



HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER

PNW
LOCAL

\$12.99
lb
SAVE \$1lb



EQUAL EXCHANGE ORGANIC CASHEWS

Selected Varieties

PNW
LOCAL

\$16.99
lb
SAVE \$3lb



GROCERY

NEW SEASONS
NORTHWEST BLEND
APPLE JUICEMade with local
apples by Hood
River Juice Co.
1gal**\$6⁹⁹**
ea
FEATUREDNEW SEASONS
COCONUT
WATERMade using
sustainably grown
and harvested coconuts.
17.5oz**\$1⁹⁹**
ea
FEATUREDBLUE DIAMOND
NUT THINS
Assorted Varieties
4.25oz**\$3⁹⁹**
ea
SAVE 90¢eaTHE HUMBLE SEED
BAKED GRAIN-FREE
CRACKERS
Assorted Varieties
4.25oz**\$4⁹⁹**
ea
SAVE \$1.80eaR.W. KNUDSEN FAMILY
RECHARGE
JUICE
BEVERAGE
Assorted Varieties
32oz**2 for \$6**
SAVE \$1.39eaWET HYDRATION
FUNCTIONAL
WELLNESS
WATER
Assorted Varieties
12oz**2 for \$4**
SAVE 59¢eaTHE GOOD CRISP COMPANY
CHEESE BALLS
Spicy or Cheddar.
4oz**\$2⁹⁹**
ea
SAVE \$1.20eaBABY STAR
CRUNCHY
RAMEN
SNACK
Assorted Varieties
2.46oz**2 for \$4**
SAVE UP TO \$1.19eaMELA
WATERMELON
WATER
Assorted Varieties
16.9oz**2 for \$6**
SAVE 99¢eaHINT
FRUIT-INFUSED
WATER
Selected Varieties
16oz**2 for \$3**
SAVE 49¢eaBONNE MAMAN
TARTLETS
Assorted Varieties
4.41-4.76oz**\$4⁹⁹**
ea
SAVE \$3.70eaNEWMAN'S OWN
COOKIES
Assorted
Varieties
10-13oz**\$5⁹⁹**
ea
SAVE UP TO \$2eaGOLDTHREAD
PLANT-BASED
TONIC
Selected Varieties
10.5oz**2 for \$7**
SAVE \$1.49eaCHAMBERLAIN COFFEE
OATMILK
LATTE
Assorted Varieties
11oz**2 for \$7**
SAVE \$1.29eaOLD TRAPPER
BEEF JERKY
Assorted Varieties
4oz**\$9⁹⁹**
ea
SAVE \$2.60eaHU KITCHEN
CHOCOLATE
BARS
Selected
Varieties
2.1oz**BUY 2 GET 1
FREE**
SAVE \$5.49 ON 3Available
in-store onlyBETTY BUZZ
PREMIUM
SPARKLING
SODA
Assorted Varieties
4pk/9oz**\$6⁹⁹**
ea
SAVE \$2eaS.PELLEGRINO
SPARKLING
NATURAL
MINERAL WATER
Selected Varieties
1L**2 for \$5**
SAVE 89¢eaTCHO
CHOCOLATE BAR
Selected Varieties
2.1oz**\$3⁹⁹**
ea
SAVE 60¢eaJUSTIN'S
SNACKS
Selected Varieties**20%
off**

GROCERY

**WILD HARVEST
ORGANIC
MILK**
Assorted Varieties
½gal



\$5²⁹_{ea}
EVERYDAY VALUE

**WILD HARVEST
SHREDDED
CHEESE**
Selected Varieties
6oz



\$4⁶⁹_{ea}
EVERYDAY VALUE

**GREEN VALLEY
ORGANIC
LACTOSE-FREE
CREAM CHEESE**
8oz



\$3⁹⁹_{ea}
SAVE \$1.30ea

**YAZA
LABNEH**
Assorted Varieties
12oz



\$5⁴⁹_{ea}
SAVE UP TO \$2.20ea

**HOUSE FOODS
TOFU**
Selected
Varieties
16oz



\$2⁴⁹_{ea}
SAVE 70¢ea

**DE CASA FINE FOODS
BURRITO SIZE
FLOUR TORTILLAS**
10ct **PNW LOCAL**



\$3⁴⁹_{ea}
SAVE 50¢ea

**SKINNY DIPS
ORIGINAL SEED DIP**
Assorted Varieties
8oz



\$4⁹⁹_{ea}
SAVE \$2.30ea

**WILDWOOD
ORGANIC TOFU**
Selected Varieties
14oz



\$4⁹⁹_{ea}
SAVE \$1.50ea

**GOOD WOLF
PROBIOTIC
SODA**
Assorted Varieties
12oz



2 for \$6
SAVE UP TO \$1.49ea

**GROUNDWORK COFFEE
ORGANIC
COLD BREW
COFFEE**
Selected Varieties
12oz **PNW LOCAL**



\$3⁴⁹_{ea}
SAVE \$2ea

NEW SEASONS BRAND— SO MUCH TO LOVE

Local, small-batch, and always the best quality—over 80% of New Seasons Brand products come from within 500 miles of Portland.

**VIVE ORGANIC
FUNCTIONAL
JUICE SHOT**
Selected Varieties
2oz



2 for \$5
SAVE \$1.49ea

**PORTAL TEA COMPANY
MATCHA
LATTE**
Lavender or Vanilla.
12oz



\$3⁹⁹_{ea}
SAVE \$1ea

**NEW SEASONS
FRESH
PESTO**
From Classic Foods
in Portland, OR.
7oz



\$7⁹⁹_{ea}
FEATURED

**NEW SEASONS
FRESH PIZZA SAUCE**
From our longtime partners at Heritage
Foods in Portland, OR.
16oz



\$6⁴⁹_{ea}
FEATURED

**DAVE'S KILLER BREAD
ORGANIC
THIN-SLICED
BREAD**
Assorted Varieties
20.5oz **PNW LOCAL**



\$4⁹⁹_{ea}
SAVE \$1.50ea

**MISSION FOODS
CARB BALANCE
TORTILLAS**
Assorted
Varieties
8ct



\$4⁹⁹_{ea}
SAVE \$1ea

**New Seasons Neighbor Rewards members
earn 2 points for every \$1 spent on
New Seasons Brand products!**

**Not a member? Sign up at
newseasonsmarket.com/rewards**

