

BEEF UP YOUR BBQ

Every great burger starts with the best ingredient—humanely raised ground beef.

Really BIG DEAL

COUNTRY NATURAL BEEF
80% LEAN 20% FAT
GROUND BEEF

\$5⁹⁹
lb
SAVE \$1lb

**BUY ONE,
GET ONE
FREE SALE!**

Choose from
over 100 items
—see page 6
for more.

Really BIG DEALS

ATLANTIC SALMON FILLET

Sustainably farm-raised in Norway, with a fresh, mild, and buttery taste. Perfect for pan-searing or grilling.

\$15⁹⁹
lb

SAVE \$2lb

SWEET CORN

Sweet, crisp, and great on the grill. From Brentwood Growers in Brentwood, CA.

5 for \$5

SAVE 50¢ea

NAKED BREAD ORGANIC BUNS

Hamburger or Hot Dog.
8ct

**BUY 1 GET 1
FREE**

SAVE \$7.49 ON 2

PNW LOCAL

20% off

**SELECT WINE
COCKTAILS AND
HARD SELTZERS**

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

SANTA CRUZ ORGANIC LEMONADE OR LIMEADE

Assorted Varieties
32oz

**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2

20% off

**SELECT
DELI SIDES**

Smoked Mozzarella Pasta Salad
Kale Carrot Salad
Red Potato Salad with Dill

WHAT WE'RE loving



Overjoy Wines

Overjoy Wines Born 10 years ago a collaboration between New Seasons and some of our favorite Oregon producers, Overjoy has grown into a collection of exceptional wines from the Northwest and beyond—all at everyday prices.

Whether it's a French Rosé, an Italian Chianti, or an offering from partners like Sokol Blosser, Cooper Mountain, and Elk Cove, Overjoy wines are available exclusively at New Seasons.



MEAT & SEAFOOD

NEW SEASONS HOUSE-MADE BURGERS

Delicious house-made burger patties prepped and ready for the grill. Flavors may vary by location.

Starting at:
\$3⁵⁰
ea
FEATURED



ULTRA NATURAL PEELED AND DEVEINED SHRIMP

Responsibly farm-raised and processed in Thailand, this 100% traceable shrimp is great for skewers, pasta dishes, or shrimp cocktail.

\$18⁹⁹
lb
SAVE \$1lb



FLORAL

PEONY 5-STEM BUNCH

Local peony season is here! Add a burst of color and whimsy with a beautiful 5-stem bunch.

**PNW
LOCAL**

\$12⁹⁹
ea
SAVE \$2ea



BEELER'S PURE PORK BONE-IN PORK CHOPS

Humanely raised with no antibiotics ever. Delicious grilled! Choose from center-cut, rib, or porterhouse chops.

Starting at:
\$5⁴⁹
lb
SAVE 50¢lb



MANILA CLAMS

Packed with nutrients, clams come with their own cook timer. Once they pop open, they're done!

\$9⁹⁹
lb
SAVE \$1lb



DON'T FORGET THE FLOWERS

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

shop.newseasonsmarket.com



ORGANIC PRODUCE

ORGANIC PEACHES

Grown in the California sun and picked at the peak of perfection. From Valliwide in Reedley, CA.

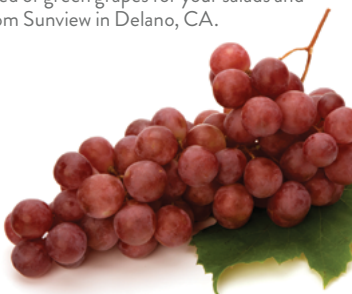
\$3⁹⁹
lb
SAVE \$1lb



ORGANIC SEEDLESS GRAPES

Juicy, flavorful red or green grapes for your salads and snack plates. From Sunview in Delano, CA.

\$4⁹⁹
lb
SAVE \$1lb



ORGANICGIRL SELECT SALAD BLENDS

Choose from 50/50!, Baby Spring Mix, Super Greens!, and Spinach. Grown in Salinas, CA.

\$6⁹⁹
ea
SAVE \$1ea



BAKERY & CHEESE

BAKERLY BRIOCHE BUNS

Elevate your next burger or hot dog with sweet, buttery brioche.

4 or 6ct



\$4⁹⁹
ea

SAVE \$1ea

NEW SEASONS CHEESE SNACK PACK

A tasty selection of cubed cheeses. Perfect for lunch boxes, snacks, and party platters.



\$9⁹⁹
lb

SAVE \$1lb

NEW SEASONS COOKIES

Sweeten any gathering with these tasty treats. Available in a variety of crowd-pleasing flavors.

12ct



\$7⁹⁹
ea

SAVE \$1ea

NEW SEASONS FRENCH ONION CHEESE SPREAD

Rich, savory, and endlessly dippable. Great with chips or as a burger topper. Try it warm!

6oz



\$7⁹⁹
ea

SAVE 50¢ea

NEW SEASONS DELI HAM

A deli classic with just the right balance of smoky and sweet, thanks to a touch of maple syrup.



\$13⁹⁹
lb

FEATURED

NEW SEASONS CHICKEN TENDERS

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



\$12⁹⁹
lb

SAVE \$1lb

MOLINARI HOT COPPA

Dry-cured pork shoulder flavored with red and black pepper. Sliced to order in our deli.

IT'S NEW!



\$18⁹⁹
lb

SAVE \$1lb

NEW SEASONS SELECT DELI SIDES

Choose from Red Potato Salad with Dill, Smoked Mozzarella Pasta Salad, or Kale Carrot Salad.



20%
off

BEER & WINE

DESCHUTES BREWERY SELECT 6-PACKS

Soak up the sun with refreshing favorites like Mirror Pond Pale Ale, a bright and citrusy brew with a fruity hop aroma. Selection may vary by location.

6pk/12oz

PNW LOCAL



\$12⁹⁹
ea

SAVE \$1ea

STRAIGHTAWAY CASCADE AND SEVILLE SPRITZ

New releases from Straightaway featuring PNW botanicals and bright refreshing flavors. Choose from Cascade and Seville Spritzes.

250ml

PNW LOCAL

IT'S NEW!



\$4⁷⁹
ea

AFTER 20% DISCOUNT

WHITE CLAW HARD SELTZERS

Clean, crisp, and effervescent hard seltzers with a twist of natural fresh fruit flavor. Selection may vary by store.

12pk/12oz



\$15⁹⁹
ea

AFTER 20% DISCOUNT

MAUI BREWING POG HARD SELTZER

Tropical-inspired hard seltzers made with natural fruit flavors. Selection may vary by location.

6pk/12oz



\$9⁵⁹
ea

AFTER 20% DISCOUNT

CRAFTWELL COCKTAILS READY TO DRINK WINE COCKTAILS

Fruit-forward, cider-based cocktails made with natural fruit and ready to drink! Pour over ice or drink chilled straight from the can. Selection may vary by store.

4pk/12oz

PNW LOCAL



\$11⁹⁹
ea

AFTER 20% DISCOUNT

RUZZO SPARKLING HARD CITRUS

The perfect spring refresher made with gluten-free ingredients. Light and fizzy with great fruit flavors, and a crisp finish. Selection may vary by store.

16oz

PNW LOCAL



\$3⁹⁹
ea

AFTER 20% DISCOUNT

IT SAVES TO SHOP ONLINE!

Get everything you love in-store, without the lines. Use code **DELIVER4YOU** for FREE pickup or delivery!

shop.newseasonsmarket.com

Powered by
instacart

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

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get one free 14oz bag of New Seasons Tortilla Chips.

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



WELLNESS

ULTIMA REPLENISHER ELECTROLYTE POWDERS

Stay hydrated with easy-to-mix electrolyte powders. Select flavors on sale.

**30%
off**



EVANHEALY FACIAL CARE

Now is an excellent time to stock up on your favorite facial and body care from evanhealy.

**30%
off**



DERMA E NATURAL SKIN CARE

Save 30% on skin care powered by vitamins, antioxidants, and botanicals.

**30%
off**



MINERAL FUSION COLOR COSMETICS

Luscious mineral-based cosmetics for glowing skin. Save on mascara, nail polish, foundation, and more.

**20%
off**



MRM NUTRITION BONE MAXIMIZER III

Vital bone proteins, minerals, and calcium in a bioavailable form.

150cap

**50%
off**



BOIRON ARNICARE TABLETS

Used to help soothe sore muscles and may help reduce bruising.

60tab

**\$10⁹⁹
ea**

SAVE \$3ea



NOW FOODS GABA WITH B6 500MG

A natural neurotransmitter to help support relaxation and sleep.

100vc

**\$9⁹⁹
ea**

SAVE \$4ea



CHILDLIFE ESSENTIALS BERRY VITAMIN D3 DROPS

Tasty, all-natural support for healthy growth and immune function in infants, kids, and teens.

1oz

**\$5⁹⁹
ea**

SAVE \$4ea



MICKELBERRY GARDENS NW POLLEN HONEY TONIC

A delicious and unique formula designed to support seasonal respiratory health.

4oz

**\$10⁹⁹
ea**

SAVE \$4ea



ALBA BOTANICA HAWAIIAN ISLAND VIBE SUNSCREEN SPF 50

Water-resistant, broad-spectrum sunscreen. Great savings on select sunscreens this week.

3oz

**\$9⁹⁹
ea**

SAVE \$5ea



GROCERY

BOULDER CANYON POTATO CHIPS

Selected Varieties

5.25-6oz

2 for \$6



HIYO NON-ALCOHOLIC SOCIAL TONIC

Assorted Varieties

4pk/12oz

**\$10⁹⁹
ea**

SAVE \$4ea



FEVER-TREE PREMIUM DRINK MIXERS

Selected Varieties

8pk/5.07oz

**\$6⁹⁹
ea**

SAVE \$2ea



SISTERS COFFEE CO. COFFEE

Selected Varieties

12oz

**\$13⁹⁹
ea**

SAVE UP TO \$5ea



MILTON'S CRACKERS

Selected Varieties

4.5oz

**\$3⁹⁹
ea**



MORENITA TORTILLA CHIPS

Assorted Varieties

14oz

2 for \$7



BIENA CHICKPEA SNACKS

Assorted Varieties

5oz

**\$4⁹⁹
ea**



MOON CHEESE CHEESE SNACK

Assorted Varieties

2oz

**\$3⁹⁹
ea**



GROCERY

ALDEN'S ORGANIC ICE CREAM

Selected Varieties
1.5qt

PNW
LOCAL



\$8⁹⁹
ea
SAVE \$1ea

WOODSTOCK FROZEN FRUIT AND VEGETABLES

Selected Varieties



20%
off

COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Selected Varieties
14oz



BUY 1 GET 1 FREE
SAVE \$7.59 ON 2

PRIMAL KITCHEN CONDIMENTS

Selected Varieties



30%
off

WEST LIFE ORGANIC SOYMILK

Assorted Varieties
32oz



\$4⁴⁹
ea
SAVE \$1.50ea

KODIAK CAKES GRANOLA BARS

Assorted Varieties
6pk/1.59oz



\$5⁹⁹
ea
SAVE \$1.50ea

WORLD CENTRIC COMPOSTABLE TABLEWARE

Selected Varieties



20%
off

PORTLAND PET FOOD COMPANY DOG TREATS

Selected Varieties
5oz

PNW
LOCAL



\$5⁹⁹
ea
SAVE \$2ea

WOODSTOCK PICKLES OR RELISH

Assorted Varieties
16-24oz



\$6⁹⁹
ea
SAVE \$2ea

JEFF'S GARDEN SPECIALTY FOODS

Selected Varieties



20%
off

EDEN FOODS ORGANIC BEANS

Selected Varieties
15oz



\$2⁹⁹
ea
SAVE \$1ea

MELINDA'S SAUCES

Assorted Varieties



20%
off

SAN-J ASIAN COOKING SAUCE

Selected Varieties



20%
off

COSTA D'ORO ORGANIC EXTRA VIRGIN OLIVE OIL

Selected Varieties



30%
off

DAIYA DAIRY-FREE MAC & CHEESE

Selected Varieties
5.5oz



2 for \$7
SAVE 79¢ea

DE CECCO PASTA

Selected Varieties
16oz



2 for \$6
SAVE \$1.19ea

BULK

GRAIN MILLERS ORGANIC STEEL CUT OATS

PNW
LOCAL



\$1⁹⁹
lb
SAVE \$1lb

HUMMINGBIRD WHOLESALE ORGANIC PITTED DEGLET NOOR DATES

PNW
LOCAL



\$6⁹⁹
lb
SAVE \$3lb

SUNRIDGE FARMS ZEN PARTY MIX

\$9⁹⁹
lb
SAVE \$1lb



NEW SEASONS ORGANIC COFFEE

Sustainably sourced by our partners at Equal Exchange in Portland, OR.



\$12⁹⁹
lb
SAVE \$1lb

STOCK UP—IT'S BUY ONE, GET ONE FREE!

EVOLUTION FRESH ORGANIC FRUIT SODA

Assorted
Varieties
12oz



**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2

ANGIE'S BOOMCHICKAPOP POPCORN

Selected Varieties
4.5-7oz



**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2

BEYOND MEAT PLANT-BASED BURGER PATTIES

Selected Varieties
8oz



**BUY 1 GET 1
FREE**

SAVE \$7.69 ON 2

ZENNER'S SAUSAGE COMPANY CRAFT SAUSAGES

Selected Varieties
10.6-12.8oz



**BUY 1 GET 1
FREE**

SAVE \$8.99 ON 2

SNACK FACTORY PRETZEL CRISPS

Selected
Varieties
7.2oz



**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2

OUTSHINE FROZEN FRUIT BARS

Selected Varieties
6ct



**BUY 1 GET 1
FREE**

SAVE \$6.39 ON 2

DR. PRAEGER'S PLANT-BASED FROZEN FOODS

Selected
Varieties
8-10oz



**BUY 1 GET 1
FREE**

SAVE \$6.99 ON 2

DARING FOODS PLANT-BASED BOWLS

Assorted Varieties
9oz



**BUY 1 GET 1
FREE**

SAVE \$6.99 ON 2

MCCONNELL'S FINE ICE CREAMS ICE CREAM

Selected Varieties
1pt



**BUY 1 GET 1
FREE**

SAVE \$7.99 ON 2

BUBBIES MOCHI MOCHI ICE CREAM

Assorted Varieties
7.5oz



**BUY 1 GET 1
FREE**

SAVE \$8.19 ON 2

NEW COAST FORAGING CO. ORGANIC TRUFFLES

Assorted Varieties
7oz



**BUY 1 GET 1
FREE**

SAVE \$7.99 ON 2

KIND SNACK BAR

Selected Varieties
1.4oz



**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2

SEAPOINT FARMS DRY ROASTED EDAMAME

Wasabi or Sea Salt.
3.5-4oz



**BUY 1 GET 1
FREE**

SAVE \$3.99 ON 2

KINDER'S BBQ SAUCE

Assorted Varieties
15.3-15.8oz



**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2

GRILLO'S PICKLES DILL PICKLES

Selected Varieties
32oz



**BUY 1 GET 1
FREE**

SAVE \$7.69 ON 2

DAISY BRAND SOUR CREAM DIP

French Onion or Creamy Ranch.
16oz



**BUY 1 GET 1
FREE**

SAVE \$4.49 ON 2

HINT FRUIT-INFUSED WATER

Assorted Varieties
16oz



**BUY 1 GET 1
FREE**

SAVE \$1.99 ON 2

CULTURE POP PROBIOTIC SODA

Assorted Varieties
12oz



**BUY 1 GET 1
FREE**

SAVE \$2.49 ON 2

NIXIE ORGANIC SPARKLING WATER

Assorted Varieties
8pk/12oz



**BUY 1 GET 1
FREE**

SAVE \$7.49 ON 2

POSITIVE BEVERAGE FUNCTIONAL DRINKS

Assorted Varieties
12oz



**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2

GROCERY

**SIMPLY
LEMONADE**
Assorted Varieties
52oz



\$2⁹⁹
ea
SAVE 80¢ea

**CEDAR'S
ORGANIC
HOMMUS**
Selected Varieties
10oz



2 for \$7
SAVE \$1.09ea

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



\$3⁹⁹
ea
SAVE 60¢ea

**THE COCONUT CULT
PROBIOTIC COCONUT
YOGURT**
Assorted Varieties
8oz



\$8⁴⁹
ea
SAVE \$2ea

**FIELD ROAST
PLANT-BASED
SAUSAGES**
Selected Varieties
12.95oz

**PNW
LOCAL**



\$5⁹⁹
ea
SAVE \$1.90ea

**TOFUTTI
BETTER THAN
SOUR CREAM**
12oz



\$4⁴⁹
ea
SAVE \$2.40ea

**SECOND NATURE
TRAIL MIX**
Assorted Varieties
10-14oz



**50%
off**

**FRANZ
PREMIUM
ROLLS**
Selected Varieties
6ct

**PNW
LOCAL**



\$4²⁹
ea
SAVE \$1.70ea

**TILLAMOOK
CHEESE**
Selected Varieties

**PNW
LOCAL**



**25%
off**

**ZEN
ORGANIC PUDDING**
Selected Varieties
4ct



\$5⁴⁹
ea
SAVE UP TO \$2.10ea

**BACHAN'S
JAPANESE
BARBECUE
SAUCE**
Assorted Varieties
16-17oz



\$6⁹⁹
ea

**REDDI-WIP
DAIRY-FREE
WHIPPED
TOPPING**
Coconut or Almond.
6oz



\$7⁹⁹
ea
SAVE \$1ea

**SIMPLY GUM
NATURAL
CHEWING GUM**
Assorted Varieties
15ct



\$2⁹⁹
ea
SAVE UP TO \$1.40ea

**COUNTRY ARCHER PROVISIONS
MEAT STICK**
Selected Varieties
1oz



2 for \$4

**CAMELLIA GROVE
KOMBUCHA**
Assorted Varieties
12oz



\$2⁹⁹
ea
SAVE \$1ea

**NEW SEASONS
HEAVY
WHIPPING CREAM**

Locally sourced
rBST-free cream from
Alpenrose Dairy
in Portland, OR.
16oz



\$4⁵⁹
ea
FEATURED

**NEW SEASONS
SOUR CREAM**

From our friends at Alpenrose Dairy in
Portland, OR.
16oz



\$2⁴⁹
ea
SAVE 30¢ea

MADE IN PARTNERSHIP

Why do we call our private label New Seasons Partner Brand? Because we work directly with small, regional producers who share our passion for good food and strong communities!