

# SAVOR THE CENTERPIECE

Celebrate your holiday with a New Seasons bone-in, boneless, or spiral-cut ham.

**LAST CHANCE FOR EASTER RESERVATIONS!**  
See the full menu and place your order by April 2 at 10pm at [newseasonsmarket.com/reserve](http://newseasonsmarket.com/reserve)

Starting at:  
**HAMS \$4.99<sup>99</sup> lb**

Really **BIG DEAL**

**25% off**

**ALL SALMON LOX**

Exclusions apply.

## ASPARAGUS

Crisp, springy, and delicious added to quiche, pasta, or stir-fries. Grown in CA.



**\$2.99<sup>99</sup> lb**  
SAVE \$3lb

## TILLAMOOK ICE CREAM

Assorted Varieties  
1.5qt



**\$4.99<sup>99</sup> ea**  
SAVE \$3ea

## SMITH TEAMAKER TEA

Selected Varieties  
15ct



**\$10.99<sup>99</sup> ea**  
SAVE \$3.90ea

## KETTLE & FIRE BROTH

Selected Varieties  
32oz



**2 for \$6**  
SAVE UP TO \$2.69ea

## MORTON & BASSETT SPICES AND EXTRACTS

Selected Varieties



**25% off**

Want to have weekly deals delivered to your inbox? Just sign up for email updates at [newseasonsmarket.com/join](http://newseasonsmarket.com/join)  
Visit us online at [www.newseasonsmarket.com](http://www.newseasonsmarket.com)



# WHAT WE'RE loving

## April



### CHEESE of the MONTH



**FRESH CHEVRE**  
**LOST PEACOCK CREAMERY | OLYMPIA, WA**  
 A soft and creamy goat cheese with fresh, tangy notes of spring pasture and lemon zest.

### BREAD of the MONTH



**ORGANIC 7-GRAIN BREAD**  
**NEW SEASONS MARKET | PORTLAND, OR**  
 Baked in-house by our talented bakers with a hearty blend of locally grown and milled organic grains and a hint of honey sweetness.

### CAKE of the MONTH



**BANANA CAKE**  
**NEW SEASONS MARKET | PORTLAND, OR**  
 A longtime customer favorite made with layers of moist banana cake, fresh banana slices, and mascarpone whipped cream.

## MEAT & SEAFOOD

### MARY'S WHOLE FRYER CHICKEN

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



**\$2<sup>49</sup>**  
 lb  
 SAVE \$1.10lb

### YAKOBI FISHERIES COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.



**\$20<sup>99</sup>**  
 lb  
 SAVE \$1lb

### WESTWIND GARDENS ORGANIC HERB STARTS

Locally grown 4-inch herb starts, including basil. Great for garden beds or pots.

PNW LOCAL



**\$4<sup>99</sup>**  
 ea  
 SAVE \$1ea

### NEW SEASONS BACON

From Beeler's Pork in Le Mars, IA. Choose from Applewood Smoked, Pepper Crusted, or No Sugar Added.



**\$8<sup>99</sup>**  
 ea  
 SAVE \$1ea

### NEW SEASONS SALMON CAKES

Made in-house with wild-caught salmon, fresh herbs, and veggies. Ready to cook.



**\$3<sup>99</sup>**  
 ea  
 SAVE \$1ea

### TULIP & HYACINTH DUET

A beautiful spring duo, grown in the PNW and perfect for Easter.

PNW LOCAL



**\$12<sup>99</sup>**  
 ea  
 SAVE \$2ea

## PRODUCE

### ORGANIC RASPBERRIES

For all your smoothies, salads, and snacking. From Driscoll Growers in Watsonville, CA.



**\$4<sup>99</sup>**  
 ea  
 SAVE \$2ea

### ORGANIC RUSSET POTATOES

Great for soup, mashers, or Shepherd's pie! From Cal-Ore Potatoes in Klamath Falls, OR.

PNW LOCAL



**\$1<sup>49</sup>**  
 lb  
 SAVE 50¢lb

### GOLD PINEAPPLE

Extra sweet and juicy with rich, tropical flavor. From Del Monte in Costa Rica.



**\$4<sup>99</sup>**  
 ea  
 SAVE \$1ea

## BAKERY & CHEESE

### PETITS PAINS HOT CROSS BUNS

An Easter classic loaded with raisins and topped with a lightly sweetened icing.  
6ct

**\$9<sup>99</sup>**  
ea  
FEATURED



### NEW SEASONS ARTICHOKE PARMESAN SPREAD

A creamy, crowd-pleasing dip for veggies, chips, or crackers.  
6oz

**\$7<sup>49</sup>**  
ea  
SAVE 50¢ea



## PREPARED FOODS

### NEW SEASONS MATZO BALL SOUP

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

**\$10<sup>99</sup>**  
ea  
FEATURED



### NEW SEASONS QUICHE

Choose from classic Quiche Lorraine and Broccoli Cheddar baked in an all-butter crust. Available in the grab & go case.

**\$19<sup>99</sup>**  
ea  
FEATURED



### THE DESSERT TRAY PASSOVER TORTE

A rich, flourless chocolate cake made with ground almonds and finished with a dusting of powdered sugar.

PNW LOCAL

**\$32<sup>99</sup>**  
ea  
FEATURED



### MARIN FRENCH CHEESE PETITE CHEESES

French-inspired cheeses that pair beautifully with chilled rosé. Perfect for sharing.  
4oz

Starting at:

**\$7<sup>99</sup>**  
ea  
SAVE \$1ea



### NEW SEASONS SPINACH FETA RISOTTO CAKE

Delicious savory cakes made with Arborio rice, fresh spinach, and feta cheese.

**\$5<sup>49</sup>**  
ea  
FEATURED



### NEW SEASONS ROASTED ASPARAGUS AND FENNEL

Spring asparagus and fennel, perfectly seasoned and roasted.

**\$13<sup>99</sup>**  
lb  
FEATURED



## BEER & WINE

### OPERA PRIMA MIMOSA OR PALOMA

Delicious, ready-to-serve wine-based cocktails. Great for brunch or spring celebrations. Choose from Mimosa or Paloma.  
750ml

**\$6<sup>99</sup>**  
ea  
SAVE \$5ea



### STOLLER FAMILY ESTATE CHARDONNAY

A bright and expressive Chardonnay with a silky texture and notes of crisp apple, green pear, and lemon curd.  
750ml

**\$19<sup>99</sup>**  
ea  
SAVE \$12ea



### OVERJOY BARNARD GRIFFIN VIOGNIER

Fresh and aromatic with notes of apricot, pineapple, and ginger. Pair with roasted chicken, ham, or potato leek soup.  
750ml

**\$14<sup>99</sup>**  
ea  
SAVE \$3ea



## RESERVE YOUR SPRING FEAST

Reserve your Easter mains, sides, and desserts by 10pm on April 2 at [newseasonsmarket.com/reserve](http://newseasonsmarket.com/reserve)

### CRAFTWELL COCKTAILS WINE COCKTAILS

Fruit-forward, ready-to-drink cocktails, perfect for the early days of spring. Selection may vary by location.  
4pk/12oz

PNW LOCAL

IT'S NEW!

**\$9<sup>99</sup>**  
ea  
SAVE \$3ea



### NINKASI BREWING GOLD PREMIUM LAGER

An easy-drinking American lager with a full body, lively hops, and a crisp, refreshing finish.  
15pk/12oz

PNW LOCAL

**\$19<sup>99</sup>**  
ea  
SAVE \$2ea



### FORT GEORGE BREWERY SELECT 6-PACKS

Known for hoppy IPAs and rich dark beers, and now, a refreshing new Pilsner that's perfect for spring sipping. Selection may vary by location.  
6pk/12oz

PNW LOCAL

IT'S NEW!

**\$12<sup>99</sup>**  
ea  
SAVE \$3ea



## DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get 30% off first-of-the-season halibut fillets from our seafood counter or seafood grab & go case.

Not getting our messages yet? Join or update your preferences by Thursday at [newseasonsmarket.com/rewards](http://newseasonsmarket.com/rewards) to unlock this exclusive offer on Friday.



## WELLNESS

### NATURAL FACTORS VITAMINS AND SUPPLEMENTS

Save on probiotics, minerals, sleep formulas, and more.

**35% off**



### AMERICAN HEALTH NUTRITIONAL SUPPLEMENTS

Save on all of your favorites, including digestive enzymes and buffered vitamin C.

**30% off**



### GREAT LAKES WELLNESS UNFLAVORED DAILY WELLNESS COLLAGEN

Helps to promote healthy hair, skin, nails and joints. .42oz

**\$149 ea**  
SAVE 50¢ea



### SMARTYPANTS KIDS ORGANIC MULTI & OMEGAS

Formulated for kids with omega-3s from small, sustainably wild-caught fish. 120ct

**\$21.99 ea**  
SAVE \$10ea



### NOW FOODS L-LYSINE 500MG

Help to support a healthy immune response with 500mg of lysine per cap. 100vc

**\$7.99 ea**  
SAVE \$2ea



### MRM NUTRITION BCAA+G MUSCLE RECOVERY

Post-workout recovery designed to help reduce muscle soreness and fatigue. 6.35oz

**\$15.99 ea**  
SAVE \$17ea



### BOIRON ALLERGYCALM

A non-drowsy, homeopathic formula to help relieve symptoms of upper-respiratory allergies. 60tab

**\$10.79 ea**  
SAVE \$3.20ea



### ANCIENT NUTRITION GRASS-FED WHEY PROTEIN

Each serving delivers 23 grams of easily digestible protein from grass-fed whey. 594-646g

**\$36.99 ea**  
SAVE \$18ea



### PRESERVE TOOTHBRUSHES

Made from recycled plastic that's recyclable after use. Save on select options.

**\$2.99 ea**  
SAVE \$1ea



### ANCIENT SECRETS NASAL CLEANSING SALT JAR

Pure, non-iodized salt for nasal irrigation to help clear mucus, pollen, and dust. Save on neti pots, too! 10oz

**\$4.29 ea**  
SAVE \$1.70ea



## GROCERY

### ICE CREAM FOR BEARS FRENCH ICE CREAM

Assorted Varieties 14oz

**\$6.99 ea**  
SAVE \$1.60ea



### WILLAMETTE VALLEY PIE COMPANY FROZEN DESSERTS AND PIE CRUSTS

Selected Varieties

**20% off**



### SO DELICIOUS COCOWHIP

Original or Light. 9oz

**2 for \$8**  
SAVE \$1.49ea



### DUFOUR PASTRY KITCHENS PUFF PASTRY DOUGH

Assorted Varieties 10-14oz

**\$10.99 ea**  
SAVE \$2ea



### HÄAGEN-DAZS ICE CREAMS AND BARS

Selected Varieties 9-14oz

**2 for \$8**  
SAVE UP TO \$5.79ea



### WHOLLY WHOLESOME PIE CRUSTS AND SHELLS

Selected Varieties

**20% off**



### STAHLBUSH ISLAND FARMS FROZEN FRUIT AND VEGETABLES

Selected Varieties

**20% off**



### SAFFRON ROAD FROZEN ENTRÉES

Selected Varieties 10oz

**BUY 2 GET 1 FREE**  
SAVE \$6.29 ON 3



Available in-store only

# GROCERY

## NEW SEASONS KETTLE CHIPS

From Naturally Homegrown Foods. Assorted varieties. 5.2oz



**\$2.99** ea  
FEATURED

## MILTON'S CRACKERS

Selected Varieties 6-8.4oz



**\$3.99** ea  
SAVE \$1ea

## SUN TROPICS SNACKS

Selected Varieties



**20%** off

## LOUISVILLE JERKY CO. PLANT-BASED JERKY

Assorted Varieties 3oz



**\$6.99** ea  
SAVE \$1ea

## ANNIE'S ORGANIC GRAHAMS

Honey or Cinnamon. 14.4oz



**\$4.99** ea  
SAVE \$1.30ea

## PROBAR PLANT-BASED BARS AND SNACKS

Selected Varieties



**30%** off

## SKINNYDIPPED CUPS OR BITES

Selected Varieties



**20%** off

## RITTER SPORT CHOCOLATE BAR

Selected Varieties 3.5oz



**\$3.99** ea  
SAVE \$2.30ea

## LILY'S SWEETS CHOCOLATE

Selected Varieties



**33%** off

## ANNIE'S ORGANIC FRUIT SNACKS

Selected Varieties 3.3-7oz



**\$4.99** ea  
SAVE \$3.60ea

## VIDA MATE YERBA MATE

Assorted Varieties 16oz



**2 for \$5**  
SAVE 49¢ea

## SAMBAZON AMAZON ENERGY DRINK

Selected Varieties 12oz



**2 for \$5**  
SAVE UP TO \$1.19ea

## LIQUID DEATH ICED TEA

Assorted Varieties 19.2oz



**2 for \$5**  
SAVE 49¢ea

## GEROLSTEINER SPARKLING MINERAL WATER

25.3oz



**2 for \$5**  
SAVE 49¢ea

## Snack Better

Equal Exchange snacks pair great taste with fair, sustainable trade that supports small-scale farmers and stronger communities.

**EQUAL EXCHANGE BULK NUTS AND DRIED FRUIT**

Selected Varieties



**10%** off

## HOP WTR SPARKLING HOP WATER

Assorted Varieties 6pk/12oz



**\$9.99** ea  
SAVE \$4ea

## DE SOI SPARKLING NON-ALCOHOLIC APERITIF

Assorted Varieties 4pk/8oz



**\$13.99** ea  
SAVE UP TO \$4ea

## HUMMINGBIRD WHOLESALE BULK ORGANIC DRIED CRANBERRIES



**\$7.99** lb  
SAVE \$1lb



## STUMPTOWN COFFEE ROASTERS BULK COFFEE

Selected Varieties



**\$17.99** lb  
SAVE \$2lb



# GROCERY

**BOB'S RED MILL FLOUR**  
Selected Varieties



**20% off**

**WOODSTOCK ORGANIC SUGAR**  
Selected Varieties



**20% off**

**WOODSTOCK NUTS AND DRIED FRUIT**  
Selected Varieties



**20% off**

**GUITTARD BAKING CHOCOLATE**  
Selected Varieties



**20% off**

**LET'S DO ORGANIC COCONUT, CORNSTARCH OR TAPIOCA**  
Selected Varieties



**20% off**

**LAUREL FOODS HAZELNUTS**  
Assorted Varieties  
2.8-4oz



**\$4.99 ea**  
SAVE \$1.30 ea

**NAPOLEON SPECIALTY FOODS**  
Selected Varieties



**20% off**

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



**\$6.99 ea**  
SAVE UP TO \$1.60 ea

**CRAVINGS BY CHRISSEY TEIGEN BAKING MIXES**  
Assorted Varieties  
15.76-23oz



**\$9.99 ea**  
SAVE UP TO \$1.50 ea

**LOCAL HIVE RAW & UNFILTERED HONEY**  
Assorted Varieties  
16oz



**\$8.99 ea**  
SAVE UP TO \$3 ea

**IF YOU CARE BAKING AND KITCHEN PRODUCTS**  
Selected Varieties



**20% off**

**MAPLE JOE ORGANIC MAPLE SYRUP**  
Assorted Varieties  
12.5oz



**\$11.99 ea**  
SAVE \$2.70 ea

**CB'S NUTS PEANUT BUTTER**  
Assorted Varieties  
16oz



**\$4.99 ea**  
SAVE 70% ea

**YOGI TEA**  
Selected Varieties  
16ct



**\$3.99 ea**  
SAVE UP TO \$3 ea

**ROSELINE COFFEE WHOLE BEAN COFFEE**  
Assorted Varieties  
12oz



**\$18.99 ea**  
SAVE UP TO \$6 ea

**MOOALA ORGANIC SIMPLE PLANTMILK**  
Almond or Oat.  
32oz



**\$5.99 ea**  
SAVE \$1 ea

**LUNDBERG FAMILY FARMS RICE**  
Selected Varieties  
32oz



**\$9.99 ea**  
SAVE \$1.70 ea

**MUIR GLEN ORGANIC TOMATOES**  
Selected Varieties  
28oz



**2 for \$6**  
SAVE \$4.89 ea

**NEW SEASONS PASTA SAUCE**  
Made with fresh Italian tomatoes that go from vine to jar in just two hours. Assorted varieties.  
24oz



**\$8.39 ea**  
FEATURED

**NEW SEASONS PASTA**  
Small-batch pasta made by Rallenti Pasta Company in Portland, OR. Select varieties.  
16oz



**\$3.29 ea**  
FEATURED

# GROCERY

**NOOSA**  
**YOGHURT**  
Assorted Varieties  
8oz



**2 for \$4**  
SAVE 59¢ea

**NUTS FOR CHEESE**  
**CREAMY CASHEW DIPS**  
Assorted Varieties



**20% off**

**POP & BOTTLE**  
**ALMOND LATTE**  
Selected Varieties  
11oz



**\$3.99 ea**  
SAVE 90¢ea

**SUN TROPICS**  
**JUICE**  
Selected Varieties  
1L



**\$4.99 ea**  
SAVE \$1.80ea

**BELLWETHER FARMS**  
**PLAIN SHEEP MILK YOGURT**  
16oz



**\$6.99 ea**  
SAVE \$1.30ea

**CLIO SNACKS**  
**GREEK YOGURT BARS**  
Assorted Varieties  
4ct



**\$5.99 ea**  
SAVE \$1.50ea

**NEW SEASONS**  
**ORGANIC ORANGE JUICE**  
From Columbia Gorge Organic in Hood River, OR.  
46oz



**\$8.49 ea**  
FEATURED

**DAISY BRAND**  
**SOUR CREAM**  
Regular or Light.  
16oz



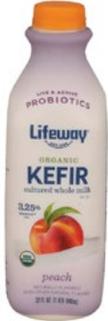
**2 for \$5**  
SAVE \$1.29ea

**IMMACULATE BAKING**  
**BISCUITS OR ROLLS**  
Selected Varieties



**20% off**

**LIFEWAY**  
**PROBIOTIC PRODUCTS**  
Selected Varieties  
1qt



**\$4.99 ea**  
SAVE \$1ea

**MELT ORGANIC**  
**PLANT BUTTER**  
Assorted Varieties



**20% off**

**APPLEGATE**  
**BACON**  
Selected Varieties  
2.52-12oz



Starting at:  
**\$5.99 ea**  
SAVE \$2ea

**FRESH FINDS, FAST!**

Shop all your spring favorites online for delivery or pickup—and get \$10 off an online order of \$50+ with code **SPRINGSVER10**

[shop.newseasonsmarket.com](http://shop.newseasonsmarket.com)

Powered by **instacart** Terms apply.

**HAPPY MOUNTAIN**  
**KOMBUCHA**  
Assorted Varieties  
12oz



**PNW LOCAL**

**BUY 1 GET 1 1/2 OFF**  
SAVE \$2.10 ON 2

Available in-store only

**HONEY MAMA'S**  
**CHOCOLATE FUDGE BARS**  
Selected Varieties  
2.5oz



**PNW LOCAL**

**2 for \$8**  
SAVE UP TO \$2.39ea

**FRANZ**  
**ENGLISH MUFFINS**  
Selected Varieties  
6ct



**PNW LOCAL**

**2 for \$4**  
SAVE 99¢ea

**FRANZ**  
**HAWAIIAN DINNER ROLLS**  
12ct



**PNW LOCAL**

**2 for \$8**  
SAVE \$1.49ea

**EARTH MONTH: 1% FOR HEALTHY SOIL**

Over 60 brands are donating 1% of sales in April to help fund local climate-smart farming projects with Zero Footprint

Look for this logo on products all throughout the store.



Learn more at [newseasonsmarket.com/earth-month](http://newseasonsmarket.com/earth-month)