

ONE-POT WONDER

High-quality chuck roast and veggies is weeknight perfection—and it's easy to bring to the table.

Really BIG DEAL

BEEF CHUCK ROAST

\$8.99
lb
SAVE \$2.1b

Really BIG DEALS

25% off

OREGON SEAFOOD

Sale includes select Oregon rockfish, bay shrimp, Dungeness crab meat, Dover sole, Petrale sole, black cod, and lingcod—while supplies last.

ORGANIC SEEDLESS GRAPES

Juicy, flavorful red, green, or black grapes for your salads and snack plates. From Sun Pacific in Bakersfield, CA.

25% off



50% off

COLD CEREAL

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

NANCY'S ORGANIC YOGURT

Selected Varieties

PNW LOCAL

25% off



MUIR GLEN ORGANIC TOMATOES

Selected Varieties
14.5-15oz

2 for \$4

SAVE \$1.99ea



PORTLAND COFFEE ROASTERS

WHOLE BEAN COFFEE

Selected Varieties
12oz

PNW LOCAL

BUY 1 GET 1 FREE

SAVE \$16.99 ON 2



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

Prices shown are sale prices. Selection may vary by store.

WHAT WE'RE loving

Rivers Edge Chèvre



Is there anything better than local, artisan cheese?
We don't think so. That's why we've partnered with Rivers Edge Chèvre since 2005. Patricia Morford and her daughter do it all—from raising goats on their family farm to handcrafting award-winning cheeses.

A customer favorite, Up in Smoke starts with fresh chèvre smoked over alder and maple, then wrapped in bourbon-misted maple leaves. Find this uniquely Oregon cheese and more from Rivers Edge at your neighborhood New Seasons.



MEAT & SEAFOOD

NEW SEASONS

ALL PORK SAUSAGE LINKS

House-made and grill-ready. Choose from favorites like Mild Italian or Olympia Provisions Garlic. Options may vary by location.

\$6⁴⁹
lb

SAVE 50¢/lb



RIVERENCE

SMOKED TROUT

Sustainably harvested trout brined with salt, then slowly smoked over applewood. Available in Original and Garlic Pepper.

4oz

\$7⁹⁹
ea

SAVE \$2ea



NEW SEASONS

CHICKEN STIR-FRY BLENDS

Tender chicken dressed in one of our gluten-free marinades. Ready to cook for a quick and easy meal.

\$11⁴⁹
lb

SAVE 50¢/lb



NEW SEASONS

DUNGENESS CRAB AND SHRIMP CAKES

Made in-house and ready to cook for a decadent snack or meal.

\$5⁹⁹
ea

SAVE \$1ea



FLORAL

BIG POMPON BUNCH

Beautiful seasonal blooms grown in B.C., Canada.



\$8⁹⁹
ea

SAVE \$4ea

PRODUCE

ORGANICGIRL

SELECT SALAD BLENDS

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

1lb pkg

\$6⁹⁹
ea

SAVE \$1ea



ORGANIC HONEYCRISP APPLES

Extra crispy and extra sweet!
Grown in OR and WA.

PNW
LOCAL

\$3⁴⁹
lb

SAVE 50¢/lb



MORRO BAY AVOCADOS

Rich, creamy, and great for dips, toast, and healthy snacking. From Shanley Farms in Morro Bay, CA.

2 for \$5

SAVE 49¢ea



BAKERY & CHEESE

NEW SEASONS ORGANIC SEEDED HONEY BREAD

Baked fresh in-house with honey, molasses, and organic seeds.



\$5⁹⁹
ea

SAVE \$1ea

RIVERS EDGE UP IN SMOKE

Handcrafted locally, this fresh goat cheese is wrapped in smoked maple leaves for a uniquely delicious touch.

4oz



\$11⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

NEW SEASONS PARMESAN CHICKEN BREASTS

Boneless, skinless chicken breasts coated with parmesan cheese and breadcrumbs, then pan-fried. Ready to heat and serve.



\$14⁹⁹
lb

SAVE \$3lb

ORIGAMI CATERING TUNA SALMON FUTOMAKI

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



\$13⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

NEW SEASONS BAKEWELL TART

A classic treat for any sweet occasion. Try the Raspberry Almond or seasonal Pumpkin Pecan!



\$7⁹⁹
ea

SAVE \$1ea

ODYSSEY CRUMBLLED FETA

Tangy, salty feta conveniently crumbled for pizzas, scrambles, or pasta dishes.

6oz



\$6⁴⁹
ea

SAVE 50¢ea

OLYMPIA PROVISIONS MORTADELLA CLASSICA

A classic Italian Mortadella with black peppercorns, warm baking spices, and hand-cut fatback. Sliced to order.



\$15⁹⁹
lb

SAVE \$3lb

PNW
LOCAL

AZEH'S KITCHEN APPLE CURRY PEARL COUSCOUS SALAD

Pearl couscous, diced fresh apples, arugula, and pumpkin seeds in a curry dressing.



\$11⁹⁹
lb

SAVE \$2lb

PNW
LOCAL

FALL BEER SEASON

AYINGER OKTOBERFEST MARZEN

Medium-bodied with a deep and inviting malty nose and bready flavor, with a touch of warmth on the finish and soft dryness from long maturation.

16.9oz

\$4⁹⁹
ea

SAVE \$1ea



PFRIEM FAMILY BREWERS OKTOBERFEST LAGER

A malty, easy-drinking tribute to the classic German Festbier, this festive lager has notes of honey, sourdough, and spice.

4pk/16oz

\$15⁹⁹
ea

SAVE \$4ea



PNW
LOCAL

ATHLETIC BREWING NON-ALCOHOLIC OKTOBERFEST

Inspired by Bavarian tradition, this alcohol-free take on Festbier pours golden and bright with a malty backbone, gentle bitterness, and soft, bready aromatics. Perfect for any occasion.

6pk/12oz

\$11⁹⁹
ea

SAVE \$2ea



BACK TO BUSY? WE'VE GOT YOU.

Save time by shopping online and get the same great prices you find in-store—plus free delivery or pickup on orders \$35+ with code

EASYDELIVER25

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instacart

Terms apply.

GREAT NOTION BREWING FRESH HOP NORTHLEFT HAZY IPA

Generously hopped with Citra, Mosaic, Krush, and Citra Lupomax, this hazy is the perfect fall treat. Only available for a limited time!

16oz

\$5⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

IT'S
NEW!

ZOIGLHAUS BREWING OKTOBERFRESH

A seasonal favorite with a distinctive malt aroma, mild spiciness, and delicate florals from the freshly harvested Haller Tauer hops.

4pk/16oz

\$13⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

IT'S
NEW!

SPRITZ DEL CONTE NEGRONI WINE COCKTAIL

Offering a bold, bittersweet profile with vibrant notes of orange peel, juniper, herbal botanicals, and a touch of warming spice.

750ml

\$18⁹⁹
ea

SAVE \$3ea



IT'S
NEW!

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a **FREE** pint of New Seasons ice cream on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

NEW CHAPTER VITAMINS AND SUPPLEMENTS

Save up to 25% off multivitamins, herbs, and anti-inflammatory formulas.

Save up to:
25% off



VITANICA WOMEN'S HEALTH SUPPLEMENTS

Save on a wide variety of women's specific nutritional support from local ND, Tori Hudson.

25% off



PNW LOCAL

HERB PHARM HERBAL TINCTURES AND EXTRACTS

Enjoy 30% off liquid herbs from our friends in Williams, OR.

30% off



PNW LOCAL

EVANHEALY FACIAL CARE

Stock up with 25% off serums, hydrosols, moisturizers, and more.

25% off



HUMBLE BRANDS BODY CARE

Save 25% on your favorite deodorants and bar soaps this week.

25% off



EO PRODUCTS EVERYONE BODY CARE

Choose from sanitizers, lotions, body washes, and more.

30% off



OLLY EXTRA STRENGTH SLEEP GUMMIES

Melatonin gummies with L-Theanine to help your body fall asleep and stay asleep.
50ct

\$15.99 ea
SAVE \$6ea



NOW FOODS D-MANNOSE 500MG

A naturally occurring simple sugar to help cleanse and maintain a healthy urinary tract.
120vc

\$21.99 ea
SAVE \$3ea



BLOOM B-12 1000MCG

Help support healthy brain and nerve function with 1000 mcg of B-12 per tablet.
100tab

\$13.99 ea
SAVE \$4ea



AUOMERE AYURVEDIC HERBAL TOOTHPASTES

Made with neem and pure mint oils for a refreshing, cool, clean taste. Save on select flavors.
4.16oz

\$6.79 ea
SAVE \$3.20ea



GROCERY

TALENTI GELATO OR SORBETTO

Selected Varieties
10.7-16oz

\$5.99 ea
SAVE UP TO \$3ea



BUBBIES MOCHI MOCHI ICE CREAM

Assorted Varieties
7.5oz

\$5.99 ea
SAVE UP TO \$2.80ea



EVIVE SMOOTHIE CUBES

Assorted Varieties
10.58oz

BUY 2 GET 1 FREE
SAVE \$8.79 ON 3



Available in-store only

MASON DIXIE FOODS BISCUITS AND BREAKFAST SANDWICHES

Selected Varieties
3-4.7oz

2 for \$7
SAVE UP TO \$1.49ea



COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Selected Varieties
14oz

\$5.99 ea
SAVE \$2.30ea



KATZ GLUTEN FREE GLUTEN-FREE PUMPKIN PIE

8.25oz

\$7.99 ea
SAVE \$2ea



SEAL THE SEASONS FROZEN FRUIT

Assorted Varieties

20% off



BIG MOZZ GIANT-SIZED MOZZARELLA STICKS

Original or Super Ranch.
13.44oz

\$7.99 ea
SAVE \$1.80ea



GROCERY

**CHICAS
TORTILLA
CHIPS**
Assorted Varieties
10-11oz



**BUY 1 GET 1
FREE**

SAVE \$4.99 ON 2

**ARTISAN TROPIC
PLANTAIN OR
CASSAVA
STRIPS**
4.5oz



\$4⁴⁹_{ea}

SAVE \$1ea

**POPCORNERS
POPPED-CORN SNACK**
Assorted Varieties
5oz



\$3⁹⁹_{ea}

SAVE \$2.20ea

**CHOMPS
ZERO SUGAR
BEEF STICK**
Original or Jalapeno.
1.15oz



2 for \$4

SAVE \$1.19ea

**BARE SNACKS
ORGANIC APPLE CHIPS**
Assorted Varieties
3oz



\$5⁹⁹_{ea}

SAVE \$1.20ea

**RANGER CHOCOLATE CO.
DARK CHOCOLATE
CHERRIES OR
HAZELNUTS**
4.5-5.3oz

**PNW
LOCAL**



\$9⁹⁹_{ea}

SAVE UP TO \$4ea

**BARKTHINS
SNACKING CHOCOLATE**
Selected Varieties
4.7oz



\$4⁹⁹_{ea}

SAVE \$1ea

**BEQUET
CARAMELS**
Assorted Varieties
3.6oz



\$4⁹⁹_{ea}

SAVE 70¢ea

**BITTER SPORT
CHOCOLATE BAR**
Selected Varieties
3.5oz



2 for \$7

SAVE \$2.39ea

**CHOCOLOVE
CHOCOLATE BAR**
Selected Varieties
2.9-3.2oz



2 for \$6

SAVE 89¢ea

**DEWEY'S BAKERY
MORAVIAN
COOKIE THINS**
Assorted Varieties
9oz



\$4⁹⁹_{ea}

SAVE 70¢ea

**BUILT
PUFF BAR**
Assorted Varieties
1.41-1.55oz



2 for \$5

SAVE 79¢ea

**R.W. KNUDSEN FAMILY
JUICE BLENDS**
Selected Varieties



**20%
off**

**ZEVIA
ZERO CALORIE SODA**
Assorted Varieties
6pk/12oz



\$5⁹⁹_{ea}

SAVE \$1.50ea

**S.PELLEGRINO
SPARKLING
NATURAL
MINERAL
WATER**
25.3oz



2 for \$4

SAVE 69¢ea

**WATERLOO
SPARKLING WATER**
Selected Varieties
8pk/12oz



2 for \$9

SAVE \$1.19ea

BULK

**MARICH CONFECTIONERY
PANCRAFTED
CHOCOLATES**
Selected Varieties



**10%
off**

**LUNDBERG FAMILY FARMS
ORGANIC WILD
BLEND RICE**
Selected Varieties



\$8⁹⁹_{lb}

SAVE \$21b

**WATER AVENUE COFFEE
COFFEE**
Selected Varieties

**PNW
LOCAL**



\$17⁹⁹_{lb}

SAVE \$21b

**HUMMINGBIRD WHOLESALE
ORGANIC
AWAKENED
SALTED PECANS**

**PNW
LOCAL**



\$23⁹⁹_{lb}

SAVE \$21b

GROCERY

**ONCE AGAIN
NUT BUTTER**
Selected Varieties



**20%
off**

**MARANATHA
NUT BUTTER**
Selected Varieties



**30%
off**

**PORTLANDIA FOODS
ORGANIC
FRUIT SPREAD**
Assorted Varieties
10.5oz

**PNW
LOCAL**



**\$4⁹⁹
ea**
SAVE \$2ea

**NATURE NATE'S HONEY CO.
PURE RAW &
UNFILTERED
HONEY**
Selected Varieties



**20%
off**

**TRADITIONAL MEDICINALS
STRESS RELIEF TEAS**
Selected Varieties
16ct



**\$4⁹⁹
ea**
SAVE \$2.70ea

**RIPPLE
PLANT-BASED
MILK**
Original or
Unsweetened Original.
32oz



**\$3⁹⁹
ea**
SAVE \$2ea

**GOOD KARMA
FLAXMILK**
Selected Varieties
32oz



2 for \$6
SAVE UP TO \$2.49ea

**PLUM ORGANICS
BABY FOOD**
Selected Varieties
3.5-4oz



2 for \$4
SAVE UP TO 79¢ea

**FLORA
MANUKA
HONEY BLEND
MGO 30+**
Selected Varieties



**25%
off**

**EDEN FOODS
ORGANIC BEANS**
Assorted Varieties
15oz



2 for \$6
SAVE 99¢ea

**SEEDS OF CHANGE
ORGANIC RICE**
Assorted Varieties
8.5oz



2 for \$5
SAVE 89¢ea

**CALIFORNIA OLIVE RANCH
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
33.8oz



**\$34⁹⁹
ea**
SAVE \$5ea

**MIKE'S MIGHTY GOOD
CRAFT RAMEN**
Assorted Varieties
1.6-2.4oz



2 for \$4
SAVE 59¢ea

**YO MAMA'S
DRESSING & DIP**
Assorted Varieties
13oz



**BUY 1 GET 1
FREE**
SAVE \$6.89 ON 2

**WOODSTOCK
ORGANIC
CONDIMENTS**
Selected Varieties



**20%
off**

**TIA LUPITA FOODS
SALSA VERDE
OR HOT SAUCE**
Selected Varieties
8oz



**\$5⁹⁹
ea**
SAVE \$4.30ea

**HENRY & LISA'S
WILD SARDINES**
Selected Varieties
4.25oz



2 for \$7
SAVE 99¢ea

**KATIE'S PIZZA AND PASTA
PASTA SAUCE**
Assorted Varieties
24oz



**\$8⁹⁹
ea**
SAVE \$2ea

**MUIR GLEN
ORGANIC
PASTA SAUCE**
Assorted Varieties
23.5oz



2 for \$7
SAVE UP TO \$1.69ea

**DELALLO
ORGANIC PASTA**
Selected Varieties
16oz



2 for \$7
SAVE \$1.29ea

GROCERY

Really **BIG DEAL**

COLD CEREAL : 50% off

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

TILLAMOOK CHEESE
Selected Varieties
16oz



\$7.49
ea

SAVE UP TO \$2ea



NANCY'S ORGANIC EUROPEAN STYLE BUTTER
Sea Salted or Unsalted.
8oz

\$4.79
ea

SAVE \$1.50ea



SIGGI'S YOGURT POUCHES
Selected Varieties
4ct

\$5.99
ea

SAVE \$2ea



SO DELICIOUS COCONUTMILK YOGURT
Assorted Varieties
5.3oz

2 for \$4

SAVE 49¢ea



HEALTH-ADE ORGANIC KOMBUCHA
Assorted Varieties
48oz

\$6.99
ea

SAVE \$1.80ea



HIGH BREW COFFEE COLD-BREW COFFEE
Selected Varieties
8oz

2 for \$4

SAVE 69¢ea



MORI-NU SILKEN TOFU
Selected Varieties
10.8oz

\$2.29
ea

SAVE \$1ea



CLEVELAND KITCHEN KRAUTS AND KIMCHI
Selected Varieties
16oz

\$4.99
ea

SAVE UP TO \$1.50ea



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

BUY 1 GET 1 1/2 OFF

SAVE \$3.25 ON 2



Available in-store only

MISSION FOODS ZERO NET CARBS TORTILLAS
Assorted Varieties
14ct

\$3.99
ea

SAVE \$1ea



REBBL ORGANIC PLANT-BASED BEVERAGE
Selected Varieties
12oz

2 for \$8

SAVE UP TO 99¢ea



BETTER WITH NANCY'S

Smooth, creamy, and endlessly versatile—Nancy's Organic Yogurt makes smoothies brighter, parfaits tastier, and snack time more satisfying. Made with fresh milk and live cultures, it's delicious and good for you.

NANCY'S ORGANIC YOGURT
Selected Varieties

25% off



SOL-TI SUPERSHOT LIVING BEVERAGE
Assorted Varieties
2-2.1oz

2 for \$5

SAVE \$1.39ea



DOWNLOAD OUR APP!

Want to save time?
Money? Both?
We've got you!

Our app makes it easier than ever to quickly order your groceries for pickup or delivery.

Get FREE pickup* anytime you order \$35 or more online.

*Pickup not available at all stores.

