

# BERRY SEASON IS ON

Fresh, organically grown, and stain-your-fingers delicious—blueberry season is here at last.

Really BIG DEAL

**ORGANIC BLUEBERRY PINTS**

From Driscoll's in Watsonville, CA.

**\$4.99** ea  
SAVE \$2ea

Really BIG DEALS

## MARY'S HEIRLOOM WHOLE FRYER

Humanely pasture-raised and always air-chilled.

**\$2.99** lb

SAVE \$2lb



## ACME SMOKED FISH NOVA SMOKED SALMON

This lox is everything smoked salmon should be—rich, silky, and delicately smoky.  
3oz

BUY 1 GET 1 FREE

SAVE \$9.99 ON 2



## VICOLO PIZZAS AND PIZZETTAS

Selected Varieties  
13-15.75oz

BUY 1 GET 1 FREE

SAVE \$9.99 ON 2



## RXBAR PROTEIN BAR

Selected Varieties  
1.83oz

3 for \$5

SAVE \$1.22ea



# SPRING WINE SALE

30% off 12+ BOTTLES

20% off 6 - 11 BOTTLES

10% off 3 - 5 BOTTLES

Limited to stock on hand. No additional discounts. Selection varies by location. Offer valid for in-store purchases only.

# WHAT WE'RE loving



## Nong's Khao Man Gai

James Beard–nominated restaurateur Nong Poonsukwattana is a beloved figure in Portland's food scene—and a longtime New Seasons favorite.

In 2009, she launched her first food cart with an unforgettable dish: Khao Man Gai (chicken and rice). Fast forward to today—she has two restaurants, a devoted fanbase, and bottles her famous Khao Man Gai sauce so you can drizzle it on chicken, tofu, veggies . . . anything! And it's available at New Seasons!



## MEAT & SEAFOOD

### COUNTRY NATURAL BEEF TOP SIRLOIN STEAK

USDA Choice, humanely range-raised, and great on the grill!

**\$15<sup>99</sup><sub>lb</sub>**

**FEATURED**



### PACIFIC COD FILLET

Sustainably harvested at the peak of season from the pristine waters of Alaska.

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

**SAVE \$2lb**



### NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to any pasta dish.

**\$6<sup>49</sup><sub>lb</sub>**

**SAVE 50¢lb**



### OREGON BAY SHRIMP

Fresh, briny shrimp sustainably harvested in Oregon, and cooked to perfection. Great on a summery garden salad.

**\$9<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**



**PNW  
LOCAL**

## FLORAL

### WESTWIND GARDENS ORGANIC GALLON VEG STARTS

Jumpstart your garden with local veggie starts grown in Forest Grove, OR.

**PNW  
LOCAL**

**\$5<sup>99</sup><sub>ea</sub>**

**SAVE \$1ea**



## PRODUCE

### ORGANIC APRICOTS

Super flavorful and super snackable! From Frog Hollow Farm in Brentwood, CA.

**\$4<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**



### ORGANIC TOMATOES ON THE VINE

Vine-ripened for the best flavor. From Oppy in B.C., Canada.

**\$2<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**



### CALIFORNIA CHERRIES

Picked at the peak of perfection for the sweetest, juiciest flavor. From Rivermaid in Lodi, CA.

**\$7<sup>99</sup><sub>lb</sub>**

**SAVE \$1lb**





## BAKERY & CHEESE

### BLUE RAEVEN PEACH RASPBERRY PIE

A hand-made favorite loaded with locally sourced fruit. Get it before it's gone!  
9in

PNW LOCAL

**\$19.99**  
ea

SAVE \$2ea



### BELGIOIOSO BURRATA

Creamy, dreamy, and perfect on pizza or paired with tomatoes, stone fruit, or cured meats.

8oz

**\$7.99**  
ea

SAVE \$1ea



### SCHWARTZ BROTHERS BAKERY ORGANIC BAGEL CHIPS

Perfectly baked and seasoned! Choose from Everything or Garlic & Herb  
8oz

PNW LOCAL

**\$5.99**  
ea

SAVE \$1ea



### CORO FOODS SLICED SALAMI

Uniquely delicious salami crafted using all-natural ingredients. A great addition to charcuterie boards and sandwiches.

3oz

**\$5.99**  
ea

SAVE \$1ea



PNW LOCAL

### NEW SEASONS RED PEPPER RISOTTO CAKES

Made with Arborio rice, roasted sweet pepper, and parmesan cheese. Delicious as a snack or meal served with a seasonal side.

IT'S BACK!

**\$4.49**  
ea

SAVE 30¢ea



### NEW SEASONS ALMOND CHICKEN SALAD

Diced grilled chicken with crunchy almonds, celery, and grapes in a creamy dressing.

**\$13.99**  
lb

SAVE \$1lb



### NEW SEASONS TORTELLINI SALAD WITH TOMATO & COTIJA

Featuring cheese tortellini, roasted cherry tomatoes, pepitas, and Cotija cheese in a honey-lime dressing.

**\$11.99**  
lb

SAVE \$1lb



### NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.

**\$14.99**  
lb

SAVE \$1lb



## SPRING WINE SALE—STOCK UP AND SAVE!

### OCCIDENTAL BREWING SELECT 6-PACK CANS

Known for their easy-drinking, continental-style beers, Occidental's new IPA is crisp, hop-forward, and bursting with citrus and pine.  
6pk/12oz

PNW LOCAL

IT'S NEW!

**\$12.99**  
ea

SAVE \$3ea



### OVERJOY SKIN- CONTACT PINOT GRIS

A fun and energetic orange wine with aromas of cherry, apricot, and ginger, accented with hints of dried flowers and soft herb. Only at NSM.

750ml

**\$16.99**  
ea

SAVE \$2ea



ONLY AT NSM

PNW LOCAL

### VINHOS ATLANTICOS PATIO POUNDER VINHO VERDE

Bright green apple and jasmine aromas meet a touch of minerality, finishing crisp, clean, and zesty—perfect for patio sipping.  
1L

IT'S NEW!

**\$12.99**  
ea

SAVE \$5ea



### INCLINE CIDER COMPANY CRAFT CIDER CANS

Packed with Pacific Northwest flavor and perfectly crisp—easy to sip, hard to put down.  
19.2oz

PNW LOCAL

**\$3.99**  
ea

SAVE \$2ea



### PLANET OREGON ROSÉ BUBBLES

A lively nose of summer berries, wild rose, and candied melon leads to a bright, fresh palate bursting with red fruit and a zippy, clean finish.

750ml

**\$19.99**  
ea

SAVE \$10ea



PNW LOCAL

### CROWLEY DUNDEE HILLS PINOT NOIR

Bright red fruit and perfumed floral aromas lead into red raspberry, cherry, and black tea on the palate. Classically Oregon in style, pair with grilled salmon, lamb, or soft cheese.  
750ml

ONLY AT NSM

IT'S NEW!

**\$18.99**  
ea

SAVE \$21ea



## 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](https://shop.newseasonsmarket.com)

Powered by  
**instacart**

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

## 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](https://newseasonsmarket.com/rewards) so we know when to celebrate you!



## WELLNESS

### BLOOM SUPPLEMENTS AND BODY CARE

It's our biggest savings of the year on your favorite supplements and body care from Bloom.

**30% off**



### OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Now is a great time to stock up all your go-to supplements from our friends at Oregon's Wild Harvest.

**35% off**



**PNW LOCAL**

### THE GINGER PEOPLE GINGER RESCUE STRONG TABLETS

Made with real ginger to support digestion.

24tab  
**\$4<sup>29</sup> ea**

**SAVE \$2.20ea**



### NATURE'S WAY ALIVE! CALCIUM GUMMIES

A delicious formula to help support healthy bones, strong teeth, and muscle function.  
**60ct**

**\$11<sup>99</sup> ea**

**SAVE \$4ea**



### NOW FOODS L-LYSINE 500MG

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

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

**SAVE \$3ea**



### NATURAL STACKS MAGTECH MAGNESIUM

A blend of three highly absorbable forms of magnesium to support healthy, restful sleep. Save on MagTech capsules, too.

**.12oz**

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

**SAVE \$1ea**



### ECO-DENT MINT GENTLEFLOSS

Infused with mint essential oils to freshen breath. Eco-friendly, plastic-free packaging!  
**100yd**

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

**SAVE \$2.50ea**



### EO PRODUCTS EVERYONE HAND SOAPS

Plant-based hand soap with pure essential oils for a gentle cleanse.  
**12.75oz**

**\$4<sup>29</sup> ea**

**SAVE \$1.70ea**



### ANDALOU NATURALS DAILY DEFENSE SPF 18 FACE LOTION

A lightweight moisturizer with broad-spectrum UV protection. Great savings on select facial care this week.

**2.7oz**

**\$11<sup>99</sup> ea**

**SAVE \$5ea**



### MYCHELLE DERMACEUTICALS DEEP REPAIR CREAM

A rich and hydrating face moisturizer designed for dry skin. Save on select facial care this week.

**1.2oz**

**\$24<sup>99</sup> ea**

**SAVE \$12ea**



## GROCERY

### BEN & JERRY'S ICE CREAM

Assorted Varieties  
**1pt**

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

**SAVE \$1ea**



### GOODPOP FROZEN POPS

Selected Varieties

**20% off**



### PURPLE CARROT PLANT-BASED FROZEN MEALS

Assorted Varieties  
**10.75oz**

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

**SAVE UP TO \$1.50ea**



### GRAIN TRUST RICE

Assorted Varieties  
**20-30oz**

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

**SAVE \$1ea**



### OUTSHINE FROZEN FRUIT BARS

Selected Varieties  
**12ct**

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

**SAVE \$2.70ea**



### SCREAMIN SICILIAN PIZZA PREMIUM FROZEN CRAFT PIZZA

Assorted Varieties  
**20.8-23.5oz**

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

**SAVE \$2ea**



### EVOL FROZEN BURRITOS

Assorted Varieties  
**5-6oz**

**2 for \$5**

**SAVE UP TO \$1.29ea**



### ACTUAL VEGGIES SUPER FRIES OR VEGGIE BURGERS

Selected Varieties  
**12-14oz**

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

**SAVE UP TO \$1.20ea**





## GROCERY

**LIQUID DEATH  
ICED TEA**  
Selected Varieties  
6pk/12oz



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

**TOPO CHICO  
SABORES  
SPARKLING WATER**  
Assorted Varieties  
8pk/12oz



**\$7<sup>99</sup>**  
ea  
**SAVE \$2ea**

**TERRA  
VEGETABLE CHIPS**  
Selected Varieties  
5oz



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

**MARY'S GONE CRACKERS  
GLUTEN-FREE  
CRACKERS**  
Selected Varieties  
4-5oz



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

**ICELANDIC GLACIAL  
NATURAL  
SPRING WATER**  
1.5L



**2 for \$6**  
**SAVE \$1.29ea**

**HOPLARK  
SPARKLING  
HOPEA**  
Assorted Varieties  
16oz



**2 for \$6**  
**SAVE \$1.49ea**

**LIFE CIDER  
APPLE CIDER  
VINEGAR  
BEVERAGE**  
Assorted Varieties  
12oz



**2 for \$6**  
**SAVE 79¢ea**

**UNIQUE SNACKS  
PRETZELS**  
Selected Varieties  
11oz



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

**TOP FOX  
POP-ROASTED  
SNACKING SEEDS**  
Assorted Varieties  
3.5-5.5oz



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

**MILTON'S  
CRACKERS**  
Selected Varieties  
6-8.4oz



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

**VACADILLOS  
CARNE SECA**  
Assorted Varieties  
2oz



**\$6<sup>49</sup>**  
ea  
**SAVE \$1ea**

**YUMEARTH  
CANDY**  
Selected Varieties  
5oz



**\$5<sup>99</sup>**  
ea  
**SAVE UP TO \$3ea**

**NUGO  
NUTRITION BAR**  
Assorted Varieties  
1.59-1.76oz



**4 for \$5**  
**SAVE 94¢ea**

**TRUBAR  
PROTEIN BAR**  
Assorted Varieties  
1.76oz



**2 for \$3**  
**SAVE \$1.09ea**

**THEO CHOCOLATE  
ORGANIC  
CHOCOLATE  
BAR**  
Selected Varieties  
3oz



**\$3<sup>99</sup>**  
ea  
**SAVE UP TO \$1.20ea**

**DANDIES  
CAMPERS VEGAN  
MARSHMALLOWS**  
9.9oz



**\$4<sup>99</sup>**  
ea  
**SAVE 70¢ea**

## BULK

**ORGANIC FLAX SEEDS**  
Brown or Golden.



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

**HUMMINGBIRD WHOLESALE  
ORGANIC  
GARBANZO  
BEANS**



**\$2<sup>99</sup>**  
lb  
**EVERYDAY VALUE**

**MARICH CONFECTIONERY  
DARK CHOCOLATE  
SEA SALT CASHEWS**



**\$16<sup>99</sup>**  
lb  
**SAVE \$1lb**

**HUMMINGBIRD WHOLESALE  
ORGANIC  
MANGO  
CHEEKS**



**\$16<sup>99</sup>**  
lb  
**SAVE \$1lb**

# GROCERY

**RAO'S HOMEMADE PASTA**  
Assorted Varieties  
16oz



**2 for \$7**  
**SAVE 99¢ea**

**RAO'S HOMEMADE PASTA SAUCE**  
Assorted Varieties  
24oz



**\$8.99**  
**ea**

**BIONATURAE ORGANIC PASTA**  
Selected Varieties  
12oz



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

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



**\$39.99**  
**ea**  
**SAVE \$5ea**

**MOMOFUKU NOODLES**  
Assorted Varieties  
5ct



**\$10.99**  
**ea**

**RALSTON FAMILY FARMS RICE**  
Selected Varieties  
24oz



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

**SIR KENSINGTON'S CONDIMENTS**  
Selected Varieties



**30% off**

**RANDY'S ARTISANAL GOURMET PICKLES**  
Assorted Varieties  
24oz



**\$6.99**  
**ea**

**LAKANTO MONKFRUIT SWEETENER**  
Classic or Golden.  
16oz



**\$11.99**  
**ea**  
**SAVE \$2.80ea**

**MADE IN NATURE ORGANIC DRIED FRUIT**  
Selected Varieties



**20% off**

**CAFFE UMBRIA WHOLE BEAN COFFEE**  
Assorted Varieties  
12oz



**\$15.99**  
**ea**  
**SAVE \$2ea**

**SANTA CRUZ ORGANIC JUICE BLENDS**  
Selected Varieties  
32oz



**\$4.99**  
**ea**  
**SAVE \$2ea**

**KIND BREAKFAST BARS**  
Assorted Varieties  
6ct



**\$5.99**  
**ea**  
**SAVE UP TO \$2ea**

**UDI'S GLUTEN-FREE GRANOLA**  
Assorted Varieties  
11oz



**\$5.99**  
**ea**  
**SAVE \$2ea**

**BARBARA'S CEREAL**  
Assorted Varieties  
10-14oz



**\$4.49**  
**ea**  
**SAVE 40¢ea**

**PAMELA'S PRODUCTS GLUTEN-FREE PRODUCTS**  
Selected Varieties



**20% off**

**SERENITY KIDS BABY FOOD**  
Selected Varieties



**20% off**

**NEW SEASONS TREE FREE PAPER TOWELS**  
Created in partnership with Caboo using renewable, panda-friendly bamboo.  
3ct



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

**BUNDLE X JOY DOG FOOD**  
Selected Varieties  
4lb



**\$18.99**  
**ea**  
**SAVE \$1.50ea**

**BUNDLE X JOY SUPERFOOD JERKY DOG TREATS**  
Assorted Varieties  
5oz



**\$8.99**  
**ea**  
**SAVE \$1ea**



## GROCERY

**PLANET OAT  
OATMILK**  
Assorted Varieties  
52oz

**\$3<sup>49</sup>**  
ea  
**SAVE 70¢ea**



**MALK ORGANICS  
PLANT-BASED  
MILK**  
Selected Varieties  
1pt

**\$5<sup>99</sup>**  
ea  
**SAVE \$2ea**



**SIGGI'S  
ICELANDIC YOGURT**  
Selected Varieties  
4.4-5.3oz

**BUY 2 GET 1  
FREE**

**SAVE \$2.29 ON 3**



Available  
in-store only

**CHOBANI  
GREEK YOGURT**  
Selected Varieties  
5.3oz

**3 for \$5**  
**SAVE 22¢ea**



**PHILADELPHIA  
CREAM CHEESE**  
Selected Varieties  
7.5-8oz

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



**BUBBIES  
PICKLES AND  
SAUERKRAUT**  
Assorted Varieties

**25%  
off**



**ALEXANDRE FAMILY FARM  
A2/A2 ORGANIC  
WHOLE MILK YOGURT**  
24oz

**\$6<sup>99</sup>**  
ea  
**SAVE \$1ea**



**CHOBANI  
FLIP GREEK YOGURT**  
Selected Varieties  
4.5oz

**2 for \$3**  
**SAVE UP TO \$1.09ea**



**ESSENTIAL EVERYDAY  
CHEESE SLICES**  
Assorted Varieties  
7-8oz

**2 for \$7**  
**SAVE 69¢ea**



**ITHACA  
HUMMUS**  
Selected Varieties  
10oz

**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**



**MIYOKO'S CREAMERY  
ORGANIC VEGAN  
CHEESE**  
Selected Varieties

**25%  
off**



# IT'S OUR ANNUAL MATCH!

We've partnered  
with eight local  
organizations working  
to address hunger in  
our community. And  
you can help!

Now through May 20,  
when you make a  
donation at the register,  
we'll match it  
(up to \$42,000)!

**BREW DR. KOMBUCHA  
ORGANIC  
KOMBUCHA**  
Selected Varieties  
14oz

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



**LA COLOMBE COFFEE ROASTERS  
DRAFT  
LATTE**  
Assorted Varieties  
9oz

**BUY 2 GET 1  
FREE**  
**SAVE \$4.49 ON 3**



Available  
in-store only

**DAVE'S KILLER BREAD  
BUNS OR BREAD**  
Selected Varieties  
17.6-27oz

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



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

**2 for \$4**  
**SAVE 59¢ea**



**MISSION FOODS  
ZERO NET CARBS  
TORTILLAS**  
Assorted Varieties  
14ct

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



**GUAYAKI  
SPARKLING  
YERBA MATE**  
Selected Varieties  
12oz

**2 for \$4**  
**SAVE 99¢ea**



Together we can make  
a difference.

