

LOCAL ORCHARDS, LEGENDARY FLAVOR

It's Apple Fest! Come take your pick from over 20 varieties of local, organically grown apples.

SALE

**ORGANIC
ENVY APPLES**

From Oppy Growers in Wenatchee, WA.

\$1.99
lb
SAVE \$2.1b

MARY'S WHOLE FRYER CHICKEN

Tender, flavorful, and perfect for a cozy fall meal. Always air-chilled.



\$1.99
lb
SAVE \$2.1b

NEW SEASONS SALMON CAKES

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



\$3.99
ea
SAVE \$1.00

VICOLO PIZZAS AND PIZZETTAS

Selected Varieties
13-15.75oz



**BUY 1 GET 1
FREE**
SAVE \$9.99 ON 2

OLIPOD PREBIOTIC SPARKLING TONIC

Selected Varieties
12oz



3 for \$6
SAVE 59¢ea

RXBAR PROTEIN BAR

Selected Varieties
1.83oz



**BUY 1 GET 1
FREE**
SAVE \$2.59 ON 2

RUBY JEWEL ICE CREAM SANDWICH

Selected Varieties
5.25oz



2 for \$6
SAVE \$1.79ea

**PNW
LOCAL**



WHAT WE'RE loving



CHEESE of the MONTH



SMOKY SCAMORZA FERNDALE FARMSTEAD | FERNDALE, WA

Crafted in the Italian tradition, this award-winning rope-aged cheese balances a light smokiness with classic creaminess.

BREAD of the MONTH



ORGANIC SEEDED HONEY NEW SEASONS MARKET | PORTLAND, OR

Baked fresh in-house by our talented bakers, this mildly sweet loaf combines honey and molasses with a hearty mix of organic seeds. Try it toasted!

CAKE of the MONTH



BASQUE CHEESECAKE PEARL RIVER PASTRY | NEW YORK

A crustless, Basque-style cheesecake with a golden, caramelized top and a silky, custard-like center.

MEAT & SEAFOOD

NEW SEASONS MARINATED HALF CHICKENS

Dressed in one of our gluten-free marinades and ready to hit the oven.

\$4⁹⁹
lb

SAVE \$2lb



RIVERENCE STEELHEAD TROUT FILLET

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

\$14⁹⁹
lb

SAVE \$2lb



NEW SEASONS ALL BULK SAUSAGE

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

\$5⁹⁹
lb

SAVE \$1lb



PACIFIC COD FILLET

Sustainably harvested at the peak of season and flash-frozen on the vessel. Mild, flaky, and perfect for fish & chips.

\$14⁹⁹
lb

SAVE \$2lb



RESERVE YOUR Thanksgiving ~FEAST~ *

Holiday your way with
humanely raised meats,
ready-to-heat sides,
local desserts,
and more.

Place your order now through
10pm, November 23 at
newseasonsmarket.com/reserve



PRODUCE & FLORAL

NEW SEASONS GUACAMOLE

Rich, creamy, and full of flavor. Pair this house-made favorite with New Seasons tortilla chips!

\$8⁹⁹
lb

SAVE \$1lb



BLOOD ORANGES

Sweet, tart, and juicy. From Pinnacle Fresh in Australia.

\$2⁹⁹
lb

SAVE \$1lb



ORGANIC HARD SQUASH

Delicious roasted and served as a healthy side. From Yakama Nation Farms in Wapato, WA.

\$1⁴⁹
lb

SAVE 50¢lb



MARIGOLDS

A bright, cheerful fall favorite. Perfect for Halloween decorating!

\$7⁹⁹
ea

SAVE \$2ea



BAKERY & CHEESE

CLYDE'S DONUTS GLAZED DONUT HOLES

Delicious bite-sized treats in a variety of flavors.
12oz

IT'S
NEW!

\$5⁴⁹
ea
SAVE 50¢ea



SIERRA NEVADA CHEESE COMPANY FARMER CHEESE

A fresh, creamy cheese that's perfect for stuffed pasta, as a base for spreads, or paired with crisp fall fruit.
16oz



\$7⁴⁹
ea
SAVE 50¢ea

NEW SEASONS CARAMEL SAUCE

A perfect way to celebrate fall. Great with apples, ice cream, and pancakes!

\$7⁹⁹
lb
SAVE \$1lb



ISIGNY SAINT-MÈRE MIMOLETTE

With its bold pumpkin-orange hue and rich, nutty flavor, this cheese is both a showstopper and a snack-time favorite.

20%
off



NEW SEASONS BEEF AND PORK LASAGNA

Featuring locally made pasta sheets layered with marinara, a blend of ground beef and pork, and ricotta, mozzarella, provolone, and parmesan cheeses.

\$11⁹⁹
lb
SAVE \$2lb



NEW SEASONS MAC AND CHEESE

Locally made pasta in a rich and creamy cheese sauce. Available in our grab & go case.

\$9⁹⁹
lb
SAVE \$3lb



AZEH'S KITCHEN THREE BEAN SALAD

Garbanzo, kidney, and pinto beans in a salad with green cabbage, mint, and a touch of garlic.

\$9⁹⁹
lb
SAVE \$2lb



PNW
LOCAL

PICK
OF THE
SEASON!

NEW SEASONS MAPLE ORANGE GLAZED RAINBOW CARROTS

Bias-cut rainbow carrots roasted in a maple and orange glaze.

\$9⁹⁹
lb
SAVE \$2lb



PICK
OF THE
SEASON!

BEER & WINE

MIX & MATCH

10%
off
6 bottles of wine

20%
off
12 or more bottles of wine

*Offer available in-store only.

APOTHIC RED BLEND

A Zinfandel-based blend that's rich and jammy with blackberry and cherry, accented by vanilla and mocha. A portion of the proceeds goes to Meals on Wheels People.
750ml

\$12⁹⁹
ea
SAVE \$2ea



OWEN ROE SINISTER HAND RED BLEND

Dark and spicy with generous raspberry and black cherry aromas. Notes of vanilla and toasty spice round it out, with a juicy texture, chewy tannins, and a balanced finish.
750ml

\$19⁹⁹
ea
SAVE \$12ea



PNW
LOCAL

ROGUE ALES DEAD GUY ALE

Brewed in the style of a German Maibock with Rogue's proprietary Pacman yeast, Dead Guy pours a deep honey hue with a malty aroma and a rich, hearty flavor.
6pk/12oz

\$13⁹⁹
ea
SAVE \$3ea



PNW
LOCAL

SEATTLE CIDER HARD CIDER

Known for both benchmark ciders and inventive blends, Seattle Cider crafts all of their offerings from mindfully sourced Pacific Northwest fruit and apples. Selection may vary by location.
6pk/12oz

\$14⁹⁹
ea
SAVE \$3ea



PNW
LOCAL

CLICK, SAVE, ENJOY!

Shop online for the same great deals you find in-store, plus free delivery or pickup on orders of \$50+ with code

EASYDELIVER50

Powered by
instacart

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get 50% off fresh Atlantic salmon in the seafood department.

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



WELLNESS

NAVITAS ORGANICS CACAO AND SUPERFOODS

Stock up and save on
USDA Organic cacao
and superfoods.

25%
off



AURA CACIA AROMATHERAPY

Relax and unwind with great
savings on bath salts,
essential oils, and more.

30%
off



BOIRON CHESTAL HONEY

Combining homeopathic relief with
premium Acacia honey to calm coughs
and chest congestion.

6.7oz

\$10⁹⁹
ea

SAVE \$3ea



BLOOM ORGANIC HEMP HEARTS

An excellent source of plant-based
protein and omega-3s.

12oz

\$13⁹⁹
ea

SAVE \$4ea



SOLGAR LIQUID CALCIUM MAGNESIUM CITRATE

A delicious and easy way to get your daily
dose of calcium. Save on select flavors.

16oz

\$11⁹⁹
ea

SAVE \$3ea



NOW FOODS PEPPERMINT OIL

Pure peppermint essential oil with a cool,
refreshing scent for everyday aromatherapy.

1oz

\$7⁹⁹
ea

SAVE \$4ea



BLOOM MELATONIN

An alcohol-free
formula used to help
support a healthy
sleep/wake cycle.

2oz

\$7⁹⁹
ea

SAVE \$4ea



DR TUNG'S SMART FLOSS

Waxed dental floss designed to
stretch and expand to get into
hard-to-reach spaces.

30yd

\$4²⁹
ea

SAVE \$2.20ea



OREGON SOAP COMPANY BAR SOAPS

Save on your favorite scents
of bar soaps from a longtime
local soap maker.

3.75oz

\$4⁶⁹
ea

SAVE \$2.30ea



**PNW
LOCAL**

JÄSÖN ALUMINUM-FREE DEODORANTS

Gentle, effective protection, free
from aluminum and baking soda.

Save on select scents.

2.5oz

\$6²⁹
ea

SAVE \$2.20ea



GROCERY

BEYOND MEAT PLANT-BASED GROUND

Selected Varieties

16oz

\$9⁹⁹
ea

SAVE \$2ea



WILLAMETTE VALLEY PIE CO. PUMPKIN PIE

32oz

\$12⁹⁹
ea

SAVE \$4ea



**PNW
LOCAL**

FRANZ WAFFLES

6ct

\$3⁴⁹
ea

SAVE \$2.50ea



**PNW
LOCAL**

PORTA FROZEN PIZZA

Assorted Varieties

14.3-17.6oz

\$8⁹⁹
ea

SAVE \$2ea



FRUIT RIOT CANDY-COATED FROZEN FRUIT

Assorted Varieties

8oz

\$5⁹⁹
ea

SAVE \$1.20ea



EVERGREEN FROZEN MINI WAFFLES

Assorted Varieties

9oz

2 for \$10

SAVE \$1.99ea



APPLEGATE FROZEN BREADED CHICKEN

Selected
Varieties

16oz

\$10⁹⁹
ea

SAVE UP TO \$4ea



BANZA CHICKPEA CRUST FROZEN PIZZA

Assorted Varieties

10.9-13.4oz

\$9⁹⁹
ea

SAVE 70¢ea



GROCERY

THE GOOD CRISP COMPANY
POTATO CRISPS
Selected Varieties
5.6oz



\$3.49
ea

SAVE UP TO \$1.40ea

SKINNYPOP
PARTY SIZE POPCORN
8oz



\$5.99
ea

SAVE 90¢ea

SUN TROPICS
SNACKS
Selected Varieties



20%
off

SESMARK
RICE THINS
Assorted Varieties
3.2-4.25oz



\$3.99
ea

SAVE \$2ea

ARCHER
JERKY
Selected Varieties
2-2.5oz



\$5.99
ea

SAVE \$1.60ea

NORA SNACKS
SEAWEED SNACKS
Assorted Varieties
1.13-1.6oz



\$2.99
ea

SAVE \$1ea

GOMACRO
ORGANIC MACROBARS
Selected Varieties
2-2.4oz



2 for \$5

SAVE 69¢ea

DRIZZILICIOUS
MINI RICE CAKES
Assorted Varieties
4oz



\$3.49
ea

SAVE UP TO \$1.40ea

SKINNYDIPPED
CUPS OR BITES
Selected Varieties
3.17-3.5oz



\$5.49
ea

SAVE UP TO \$2.50ea

ENDANGERED SPECIES CHOCOLATE
CHOCOLATE BAR
Selected Varieties
3oz



\$3.99
ea

SAVE 60¢ea

JOYRIDE
CANDY
Assorted Varieties
3-4oz



\$4.99
ea

SAVE 80¢ea

CHUAO CHOCOLATIER
CHOCOLATE BAR
Assorted Varieties
2.8oz



BUY 1 GET 1 FREE

SAVE \$7.39 ON 2

YERBA MADRE
ORGANIC YERBA MATE
Selected Varieties
16oz



\$2.79
ea

SAVE UP TO 80¢ea

HIYO
NON-ALCOHOLIC SOCIAL TONIC
Assorted Varieties
4pk/12oz



\$11.99
ea

SAVE \$3ea

FEVER-TREE
PREMIUM DRINK MIXER
Selected Varieties
16.9oz



2 for \$5

SAVE 89¢ea

MINERAGUA
SPARKLING WATER
9pk/12.5oz



\$9.99
ea

SAVE \$5.50ea

BULK

GRAIN MILLERS
ORGANIC REGULAR ROLLED OATS

PNW LOCAL

\$2.49
lb

SAVE 50¢lb



ORGANIC THOMPSON RAISINS

\$5.49
lb

SAVE 50¢lb



ORGANIC PECAN HALVES

\$16.99
lb

SAVE \$1lb



STUMPTOWN COFFEE ROASTERS
COFFEE
Selected Varieties

PNW LOCAL

\$16.99
lb

SAVE \$3lb



GROCERY

**SMITH TEAMAKER
TEA**
Selected Varieties
15ct

PNW
LOCAL

\$9⁹⁹
ea
SAVE \$3ea



**AIYA
MATCHA**
Selected Varieties

20%
off



**GROUNDWORK COFFEE
ORGANIC WHOLE
BEAN COFFEE**
Selected Varieties
10-12oz

PNW
LOCAL

\$11⁹⁹
ea
SAVE UP TO \$6.50ea



**MINOR FIGURES
ORGANIC
BARISTA
OAT MILK**
Selected Varieties
32oz

\$3⁹⁹
ea
SAVE UP TO \$1.50ea



**MARTINELLI'S
SPARKLING
JUICE OR
CIDER**
Selected Varieties
25.4oz

2 for \$7
SAVE \$1.09ea



**R.W. KNUDSEN FAMILY
CIDER &
SPICE**
32oz

\$3⁹⁹
ea
SAVE \$2ea



**BIRCH BENDERS
PANCAKE &
WAFFLE MIX**
Selected Varieties

20%
off



**ONE DEGREE ORGANIC FOODS
SPROUTED GRANOLA
OR OATS**
Selected Varieties
11oz

\$5⁹⁹
ea
SAVE \$1.50ea



**MADHAVA
ORGANIC AGAVE**
Golden or Amber.
23.5oz

\$9⁹⁹
ea
SAVE \$2ea



**FARMER'S MARKET
ORGANIC PURÉES**
Selected Varieties
15oz

\$2⁹⁹
ea
SAVE \$1ea



**WESTBRAE NATURAL
ORGANIC BEANS**
Assorted Varieties
25oz

2 for \$7
SAVE \$1.99ea



**TAKE ROOT ORGANICS
ORGANIC TOMATOES**
Selected Varieties

20%
off



**KOOPS'
ORGANIC
MUSTARD**
Dijon or Spicy Brown.
12oz

\$3⁴⁹
ea
SAVE \$1.20ea



**MUSTAPHA'S
HARISSA
MOROCCAN
HOT SAUCE**
11.64oz

\$3⁹⁹
ea
SAVE 70¢ea



**TERLATO KITCHEN
PASTA SAUCE**
Assorted Varieties
24oz

\$8⁹⁹
ea
SAVE \$4ea



**TINKYADA
BROWN RICE PASTA**
Selected Varieties

20%
off



**KETTLE & FIRE
BONE
BROTH**
Selected Varieties
16.9oz

\$5⁹⁹
ea
SAVE \$3ea



**KETTLE & FIRE
SOUP**
Selected Varieties
16-16.9oz

\$4⁹⁹
ea
SAVE \$1.90ea



**APPLAWS
CAT FOOD**
Assorted Varieties
2.12-2.47oz

2 for \$4
SAVE UP TO \$1.49ea



**ECOS
LAUNDRY
PRODUCTS**
Selected Varieties

20%
off



GROCERY

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.

NEW SEASONS
ORGANIC FREE-RANGE
BROWN EGGS

From free-range hens fed an organic diet at Stiebrs Farms in Yelm, WA.

1doz

\$5⁹⁹
ea

FEATURED

NEW SEASONS
ORGANIC BUTTER

From Larsen's Creamery in Clackamas, OR. Salted or Unsalted.

1lb

\$7⁶⁹
ea

FEATURED

DAISY BRAND
SOUR CREAM

8oz

2 for \$3

SAVE 69¢ea

FIELD ROAST
PLANT-BASED
CHAO SLICES

Selected Varieties
7oz

\$5⁴⁹
ea

SAVE \$1.10ea

NEW SEASONS
ICE CREAM

Made in small batches by Lopez Island Creamery in Anacortes, WA. Assorted flavors. 1pt

\$5⁹⁹
ea

EVERYDAY VALUE

NEW SEASONS
COOKIE DOUGH

Made by Cougar Mountain Baking Co. in Seattle, WA. Choose from a variety of flavors.

16oz

\$6⁹⁹
ea

FEATURED

HOUSE FOODS
TOFU

Selected Varieties
16oz

\$2⁴⁹
ea

SAVE 70¢ea

ELMHURST
DAIRY-FREE
SOUR CREAM

8oz

\$4⁴⁹
ea

SAVE \$1.50ea

NEW SEASONS
FRESH PESTO

From Classic Foods in Portland, OR.
7oz

Starting at:
\$8⁴⁹
ea

FEATURED

NEW SEASONS
ORGANIC TORTILLAS

Made with organic flour by Don Pancho Mexican Foods in Salem, OR. Choose from Flour, Whole Wheat, or Golden Blend.

8-10ct

\$7³⁹
ea

FEATURED

BITCHIN' SAUCE
VEGAN DIP

Selected Varieties
7-8oz

\$5⁹⁹
ea

SAVE \$1ea

REBBL
ORGANIC
PLANT-BASED
BEVERAGE

Selected Varieties
12oz

2 for \$8

SAVE UP TO \$1.49ea



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

NAKED BREAD
ORGANIC
BREAD

Selected Varieties
26-27oz

\$3⁹⁹
ea

SAVE \$3.50ea

NAKED BREAD
OVERNIGHT
OATS BREAD

Blueberry or Brown Sugar Cinnamon.
18oz

\$3⁴⁹
ea

SAVE \$3.50ea

