

THE PEAK OF LOCAL SWEETNESS

Handpicked local Maryhill peaches are here in all their sweet, peak-season glory. Come take your pick!

Really BIG DEAL

**MARYHILL
PEACHES**

From Gunkel Orchards in Goldendale, WA.

\$2.99
lb
SAVE \$1lb

Really BIG DEALS

20%
off

**ALL FROZEN
SHRIMP**

**80% LEAN 20% FAT
GROUND BEEF**

USDA Choice beef for your burgers, pasta recipes, and meatball sandwiches.

\$4.99
lb

SAVE \$2lb



SUMMER
OF
SCAMPS

50%
off

**JENI'S +
OUTSHINE**

Exclusions apply. Limited to stock on hand or while supplies last. Selection varies by location.

C20
**COCONUT
WATER**

Assorted Varieties
17.5oz



5 for \$10

SAVE \$1.29ea

**TILLAMOOK
CHEESE**

Selected Varieties
7-8oz



PNW
LOCAL

\$3.99
ea

SAVE UP TO \$2ea

**NOSSA FAMILIA COFFEE
COFFEE**

Selected Varieties
12oz



PNW
LOCAL

\$11.99
ea

SAVE UP TO \$4ea



WHAT WE'RE LOVING

Enjoying a little savory and a little sweet with New Seasons bread, seasonal local cake, and fresh artisan cheese.

CHEESE of the MONTH



BURRATA
BELGIOIOSO | GREEN BAY, WI

This delicate Italian-inspired cow's milk cheese features a rich and creamy center filled with pieces of fresh mozzarella soaked in heavy cream. Enjoy it on salads, with roasted peaches, or spread on crostini.

BREAD of the MONTH



ORGANIC SOURDOUGH
NEW SEASONS MARKET | PORTLAND, OR

Baked fresh daily by our talented bakers using organic ingredients and a natural sourdough starter, this customer favorite is tangy and chewy with a crispy crust.

CAKE of the MONTH



OREGON BERRY POPPY
PAPA HAYDN | PORTLAND, OR

A New Seasons exclusive and a true taste of Oregon, featuring layers of moist poppy seed cake, marionberry compote, and raspberry cream cheese, all finished with poppy seed buttercream and a delicate white chocolate garnish.

MEAT & SEAFOOD

NEW SEASONS BASIL CHICKEN SAUSAGE LINKS

Our original recipe made with lean chicken and fresh basil. Delicious grilled!



\$6⁹⁹_{lb}
SAVE \$1lb



MARY'S BONE-IN SPLIT CHICKEN BREASTS

Perfect for summer recipes and backyard grilling. Always air-chilled for the best flavor.



\$5⁴⁹_{lb}
SAVE 50¢lb

NEW SEASONS HOUSE-MADE BURGER

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



Starting at:
\$3⁵⁰_{ea}
FEATURED

OREGON BAY SHRIMP

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



\$8⁹⁹_{lb}
SAVE \$2lb

PNW
LOCAL

PACIFIC COD FILLET

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



\$13⁹⁹_{lb}
SAVE \$2lb

FLORAL

LOCAL SUNFLOWERS

Bring home a burst of sunshine with locally grown blooms. Available in a variety of stunning styles.

5-stem



\$8⁹⁹_{ea}
SAVE \$1ea

PNW
LOCAL

PRODUCE

CORN

Sweet, crisp, and great on the grill. From Stadelman Valley Farms in Hillsboro, OR.



5 for \$5
SAVE 25¢ea

PNW
LOCAL

ORGANIC SEEDLESS WATERMELON

A summer favorite with sweet, just-picked flavor. From Walchli Farms in Hermiston, OR.



99¢_{lb}
SAVE 30¢lb

PNW
LOCAL

ORGANICGIRL SELECT SALAD BLENDS

Fresh, vibrant, and ready to eat. From organicgirl in Salinas, CA.

4.2-5oz



\$4⁴⁹_{ea}
SAVE 50¢ea

BAKERY & CHEESE

PAPA HAYDN OREGON BERRY POPPY CAKE

Layers of moist poppy seed cake, marionberry compote, and raspberry cream cheese, finished with buttercream and white chocolate.

6in

SAVE \$2ea



PNW LOCAL

BELGIOIOSO STRACCIATELLA

This creamy, rich burrata filling is perfect on pizza or with heirloom tomatoes and basil.

8oz

\$5.49
ea

SAVE \$1.50ea



IT'S NEW!

NEW SEASONS DELI COLESLAW

A classic BBQ favorite in a light, sweet mayonnaise dressing.

\$9.99
lb

SAVE \$1lb



NEW SEASONS FRIED CHICKEN

Fully cooked and extra crispy bone-in chicken. Ready to enjoy hot or cold.

\$12.99
lb

SAVE \$1lb



NEW SEASONS ORGANIC SOURDOUGH

Baked in-house with organic ingredients and our natural starter, our tangy sourdough has a chewy crumb and crispy crust.

\$4.99
ea

SAVE \$1ea



LACLARE FAMILY CREAMERY CRUMBLLED GOAT FETA

Toss on a salad with fresh greens and strawberries or sprinkle over grilled garden veggies.

6oz

\$6.49
ea

SAVE 50¢ea



TILLAMOOK MEDIUM CHEDDAR SLICES

Conveniently pre-sliced and ready in our grab & go case for easy lunch prep.

\$11.49
lb

SAVE 50¢lb



PNW LOCAL

BROOKLYN CURED SMOKED BEEF SALAMI

All-beef salami with a hint of smoke. Sliced to order in our deli and perfect for snacking and sandwiches.

\$29.99
lb

SAVE \$2lb



IT'S NEW!

BEER & WINE

**MIX
&
MATCH**

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

CASCADIAN OUTFITTERS BOXED WINE

Washington wines offering great value and versatility, perfect for hikes, bike rides, beach days, or just everyday sipping. Selection may vary by location.

1L

\$8.99
ea

SAVE \$5ea



PNW LOCAL

YONDER CIDER HOT YONDER SUMMER CIDER

Tart, juicy, and wildly refreshing, this cider blends peach, lemon, and a hint of mint for one seriously fun sip of summer.

16oz

2 for \$9

SAVE 49¢ea



PNW LOCAL

IT'S NEW!

SKIP THE LINE, NOT THE SUNSHINE

Save time for summer fun—and get the same prices as in-store when you shop online for quick, easy pickup or delivery.

shop.newseasonsmarket.com

Powered by
Instacart

WINE BY JOE PINOT GRIS AND PINOT BLANC

Choose from Pinot Gris with ripe tropical and citrus notes or Pinot Blanc with fresh pear and elegant floral tones, both great pairings with summer fare.

750ml

\$12.99
ea

SAVE \$6ea



PNW LOCAL

CALDERA BREWING HARD SELTZER

Summer-ready hard seltzer from the pioneering Oregon brewers at Caldera. Choose from a variety of flavors (or try them all!) Selection may vary by location.

6pk/12oz

\$11.99
ea

SAVE \$3ea



PNW LOCAL

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get a **FREE** half gallon of New Seasons conventional milk.

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



WELLNESS

MELORA MANUKA FACIAL AND BODY CARE

Save on select manuka honey-based face and body care.

25%
off



NUUN ZERO SUGAR HYDRATION TABLETS

Five essential electrolytes, none of the sugar. Save on select flavors.

10tab
\$5⁹⁹
ea

SAVE \$3ea



ORGANIC INDIA TURMERIC FORMULA

Supports a healthy inflammation response with USDA-Certified Organic turmeric extract.

90vc
\$22⁹⁹
ea

SAVE \$9ea



SPECTRUM ORGANIC GROUND FLAXSEED

An easy way to add more plant-based omega-3s into your diet. USDA Organic and non-GMO.

14oz
\$8⁹⁹
ea

SAVE \$4ea



NOW FOODS B-12 1000MCG

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

250ct
\$15⁹⁹
ea

SAVE \$6ea



BLOOM D3 & K2

Get 2500 IU of vitamin D3 with added vitamin K2 for bone and cardiovascular support.

60vc
\$10⁹⁹
ea

SAVE \$6ea



WYLD CBD CBD + CBN ELDERBERRY GUMMIES

THC-free, broad-spectrum hemp extract with 5mg of CBN per gummy. Save on select sizes.

10ct
\$17⁹⁹
ea

SAVE \$7ea



PNW LOCAL

CRYSTAL MINERAL-ENRICHED DEODORANT ROLL-ON

A hypoallergenic mineral deodorant for all skin types. Save on select scents.

2.25oz

\$3⁴⁹
ea

SAVE \$2.50ea



DR. BRONNER'S ALL-ONE TOOTHPASTES

Made with organic and fair trade ingredients. Save on various flavors.

5oz

\$5⁹⁹
ea

SAVE \$2ea



ALAFFIA EVERYDAY BODY WASH

Gently cleanses and moisturizes with neem, coconut oil, and raw shea butter. Save on select formulas.

32oz

\$10⁹⁹
ea

SAVE \$5ea



PNW LOCAL

GROCERY

JENI'S ICE CREAM

Assorted Varieties

**SUMMER
OF
SCAOPS**

NOW:
\$4⁹⁹
ea

WITH 50% DISCOUNT



FRUIT RIOT! CANDY-COATED FROZEN FRUIT

Assorted Varieties

8oz

2 for \$10

SAVE \$1.99ea



GARDEIN ULTIMATE PLANT- BASED BOWLS

Assorted Varieties

9oz

2 for \$10

SAVE \$1.99ea



DAIYA DAIRY-FREE PIZZA

Selected Varieties

15.3-19.4oz

\$7⁹⁹
ea

SAVE \$3ea



OUTSHINE FROZEN FRUIT BARS

Assorted Varieties

**SUMMER
OF
SCAOPS**

NOW:
\$2⁸⁴-
\$4⁸⁴
ea

WITH 50% DISCOUNT



CANYON BAKEHOUSE GLUTEN-FREE BREAD

Selected Varieties

14-18oz

\$7⁹⁹
ea

SAVE \$1.20ea



RED'S FROZEN BURRITOS AND BREAKFAST SANDWICHES

Assorted Varieties



20%
off

LAOBAN DUMPLINGS FROZEN BAO BUNS AND DUMPLINGS

Assorted Varieties



40%
off

GROCERY

SIETE FOODS GRAIN-FREE PRODUCTS

Selected
Varieties



33%
off

SIMPLE MILLS GLUTEN-FREE SNACKS

Selected Varieties



25%
off

QUE PASA ORGANIC TORTILLA CHIPS

Assorted Varieties
11oz



\$2⁹⁹
ea
SAVE \$1.20ea

PIRATE'S BOOTY SNACKS

Selected Varieties
4oz



2 for \$6
SAVE \$1.59ea

ABSOLUTELY GLUTEN FREE FLATBREAD

Assorted Varieties
5.29oz



\$3⁹⁹
ea
SAVE \$2.50ea

GIMME ROASTED SEAWEED SNACK

Selected Varieties
.35oz



2 for \$4
SAVE \$1.19ea

PARMCRISPS CHEESE SNACK

Assorted Varieties
1.75oz



2 for \$6
SAVE \$1.79ea

SAHALE SNACKS SNACK MIX

Assorted Varieties
4oz



\$4⁹⁹
ea
SAVE UP TO \$3ea

INKA CROPS SNACKS

Selected
Varieties
4oz



\$2⁹⁹
ea
SAVE UP TO \$1.50ea

GO RAW SPROUTED ORGANIC SUPER SIMPLE SEEDS

14oz



\$12⁹⁹
ea
SAVE \$2ea

MADE IN NATURE ORGANIC DRIED FRUIT

Selected Varieties



20%
off

ALOHA PLANT-BASED PROTEIN BAR

Assorted Varieties
1.98oz



2 for \$5
SAVE \$1.29ea

PROBAR PLANT-BASED BARS AND SNACKS

Selected Varieties
2.1-3oz



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

MAEVE CHOCOLATE TRUFFLE BAR

Selected Varieties
2.5oz



\$4⁹⁹
ea
SAVE \$1.30ea

CHOCXO ORGANIC CHOCOLATE SNACKS

Selected Varieties
3.45oz



\$5⁹⁹
ea
SAVE \$2ea

JOYRIDE CANDY

Assorted Varieties
3.5-4oz



\$4⁹⁹
ea
SAVE UP TO 80°ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC QUINOA

Assorted Varieties

PNW
LOCAL

\$4⁹⁹
lb
SAVE \$1lb



SUNRIDGE FARMS BERRIES & CHOCOLATE ANTIOXIDANT MIX

\$12⁹⁹
lb
SAVE \$3lb



EQUAL EXCHANGE ORGANIC ALMONDS

Selected Varieties

PNW
LOCAL

\$12⁹⁹
lb
SAVE \$3lb



HUMMINGBIRD WHOLESALE ORGANIC MANGO CHEEKS

PNW
LOCAL

\$14⁹⁹
lb
SAVE \$3lb



GROCERY

**GOODLES
MAC &
CHEESE**
Assorted Varieties



**50%
off**

**SAFE CATCH
TUNA OR SALMON**
Selected Varieties



**20%
off**

**CALIFORNIA OLIVE RANCH
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
25.4oz



**\$19⁹⁹
ea**
SAVE \$10ea

**KOYO
ORGANIC
NOODLES**
Selected Varieties
8oz



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

**KEVIN'S NATURAL FOODS
SAUCE POUCH**
Assorted Varieties
7oz



2 for \$6
SAVE \$1.59ea

**CABOO
TREE-FREE BAMBOO
BATH TISSUE**
12ct



**\$9⁹⁹
ea**
SAVE \$2.60ea

**CABOO
TREE-FREE BAMBOO
PAPER TOWELS**
2ct



**\$4⁹⁹
ea**
SAVE \$3ea

**ECOS
DISH SOAP**
Assorted Varieties
25oz



**\$3⁹⁹
ea**
SAVE \$2ea

**NEWMAN'S OWN
DOG TREATS**
Selected Varieties
5oz



**\$6⁹⁹
ea**
SAVE \$1ea

**NATURE'S PATH ORGANIC
GRANOLA**
Selected Varieties
11-11.5oz



**\$4⁹⁹
ea**
SAVE UP TO \$1.90ea

**COOMBS FAMILY FARMS
ORGANIC
MAPLE SYRUP**
Selected Varieties
8oz



**\$9⁹⁹
ea**
SAVE \$4ea

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



**30%
off**

**PUKKA
ORGANIC TEA**
Selected Varieties
20ct



**\$4⁹⁹
ea**
SAVE \$3ea

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



2 for \$6
SAVE 79¢ea

**CLEAN CAUSE
ORGANIC YERBA MATE**
Assorted Varieties
15.5-16oz



2 for \$5
SAVE 79¢ea

**WET HYDRATION
FUNCTIONAL
WELLNESS
WATER**
Assorted Varieties
12oz



2 for \$5
SAVE 99¢ea

**ARDOR ORGANIC
SPARKLING
WATER**
Assorted Varieties
12oz



**\$2⁷⁹
ea**
SAVE 90¢ea

**HOP WTR
SPARKLING HOP
WATER**
Assorted Varieties
6pk/12oz



**\$7⁹⁹
ea**
SAVE \$6ea

**ESSENTIA
IONIZED
ALKALINE
WATER**
1.5L



2 for \$5
SAVE 79¢ea

**POLAR
SPARKLING
SALTZTER
WATER**
Selected Varieties
1L



5 for \$5
SAVE 79¢ea

GROCERY

**PLANET OAT
OATMILK
CREAMER**
Assorted Varieties
32oz

\$3⁹⁹
ea
SAVE \$1.50ea



**LA COLOMBE
COFFEE ROASTERS
COLD BREW
COFFEE**
Selected Varieties
42oz

\$5⁹⁹
ea
SAVE \$1.70ea



**NOUNÓS
GREEK STRAINED
YOGURT**
Assorted Varieties
5.3oz

2 for \$5
SAVE 69¢ea



**COCOJUNE
ORGANIC
CULTURED
COCONUT**
Pure or
Vanilla Unsweetened.
16oz

**BUY 1 GET 1
FREE**
SAVE \$9.19 ON 2



**FS DRINKS
PREMIUM
BOBA TEA**
Assorted Varieties
12oz

**BUY 1 GET 1
FREE**
SAVE \$4.69 ON 2



**GROUNDWORK COFFEE
COLD BREW
LATTE**
Assorted Varieties
8oz

2 for \$7
SAVE \$1.19ea



**YAMI
LACTOSE-FREE
YOGURT**
Assorted Varieties
6ct

\$2⁷⁹
ea
SAVE 70¢ea



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

3 for \$6
SAVE 59¢ea



**HUMM
ORGANIC
KOMBUCHA**
Assorted Varieties
12oz

2 for \$4
SAVE \$1.19ea



**REMEDY ORGANICS
PLANT-BASED
DRINK**
Assorted Varieties
12oz

2 for \$7
SAVE \$1.19ea



**AL AMIR
HUMMUS OR
TZATZIKI**
Selected Varieties
8oz

2 for \$6
SAVE UP TO 2.99ea



**HOUSE FOODS
TOFU**
Selected
Varieties
8-14oz

\$2⁷⁹
ea
SAVE UP TO \$1.20ea



**ZICO
NAM HOM
ORGANIC
COCONUT
WATER**
13.5oz

\$2⁹⁹
ea
SAVE \$1ea



**VICOLO
PIZZETTAS**
Selected Varieties
2ct

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



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

**BUY 1 GET 1
1/2 OFF**
SAVE \$3.50 ON 2



Available in-
store only

**MISSION FOODS
SOFT TACO
FLOUR TORTILLAS**
10ct

2 for \$5
SAVE 49¢ea



**SUMMER
OF
SCOOPS**

**50%
off**

**JENI'S +
OUTSHINE**

Exclusions apply. Limited to stock on hand or while supplies last.
Selection varies by location.