

PEAK GRILL SEASON

Every holiday weekend calls for burgers—ours are grill-ready and available in a variety of flavors.



SALE

NEW SEASONS
BURGER PATTIES



Starting at:
\$2.75 ea
SAVE \$1 ea

Really BIG DEAL

50%
off

SELECT DELI SIDES

Get your BBQ off to a delicious start with your choice of Macaroni Salad, Coleslaw, and Classic Potato Salad.

ORGANIC BULK BLUEBERRIES

PNW LOCAL

Plump, sweet, and bursting with flavor. From Springbank Farm in Lebanon, OR.



\$5.99 lb
SAVE \$2 lb

NAKED BREAD ORGANIC BUNS

PNW LOCAL

Selected Varieties
8ct



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

KINDER'S GLAZES, MARINADES & DIPPING SAUCES

Selected Varieties



30%
off

BOULDER CANYON POTATO CHIPS

Selected Varieties
5.25-6oz



BUY 1 GET 1 FREE
SAVE \$4.99 ON 2

SUMMER OF SCOPS

50%
off

ALDEN'S ORGANIC + GOODPOP

Exclusions apply. Limited to stock on hand or while supplies last.

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

WHAT WE'RE *loving* **FOURTH OF JULY DELICIOUSNESS**

From grill-ready dogs and burger patties to chips, freshly made deli sides, and local wine and beer, we've got your holiday weekend covered.



4TH OF JULY FAVES!

81% LEAN 19% FAT GROUND BEEF

Freshly ground USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.



\$6⁹⁹
lb
SAVE \$2lb

OLYMPIA PROVISIONS FRANKFURTERS & SAUSAGES

Locally handcrafted and grill-ready. 12oz



40%
off

NEW SEASONS SHRIMP COCKTAIL

Fully cooked shrimp and a zesty cocktail sauce with an extra kick of horseradish. Perfect for summer gatherings.



\$8⁹⁹
ea
SAVE \$1ea

BAKERY BRIOCHE BUNS

Sweet, buttery, and ready to elevate any burger or hot dog. 4 or 6ct



Starting at:

\$5⁴⁹
ea
SAVE 50¢ea

NEW SEASONS WATERMELON SALAD WITH FETA & MINT

A refreshing salad featuring watermelon, summer tomatoes, and feta cheese in a harissa honey dressing.



\$11⁹⁹
lb
SAVE \$2lb

REUBEN'S BREWS STRIKER AMERICAN WHEAT ALE

Bright and refreshing with clean citrus notes and a smooth body, because every great goal deserves a great beer. 16oz



\$3⁹⁹
ea
SAVE \$1ea

SWEET CORN

A must-have for any BBQ or backyard celebration. Grown in CA.



5 for \$5
SAVE 50¢ea

ORGANIC SEEDLESS WATERMELON

Picked ripe for the best farm-fresh flavor. From Durst Organic Growers in Esparto, CA.



99¢
lb
SAVE 30¢lb

ORGANIC CHERRIES

Sweet, juicy, and full of peak-season flavor! Grown in OR and WA.



\$6⁹⁹
lb
SAVE \$1lb

BADGER SUN CARE

Enjoy some fun in the sun with broad-spectrum, mineral-based sunscreens.



25%
off

PREPARED FOODS

NEW SEASONS BUFFALO CHICKEN WINGS

Fully cooked chicken wings tossed in our house-made buffalo sauce. Available in our deli.



\$10⁹⁹
lb
SAVE \$2lb

NEW SEASONS GREEK ORZO PASTA SALAD

Made with local Rallenti pasta, fresh arugula, and Kalamata olives. Perfect paired with a sandwich.



\$11⁹⁹
lb
SAVE \$2lb

NEW SEASONS LEMONGRASS CHICKEN SALAD

A light and crunchy salad featuring lemongrass chicken, green cabbage, sugar snap peas, carrots, and cilantro.



\$15⁹⁹
lb
FEATURED

IT'S
BACK!

FLORAL

SUNFLOWER BUNCH

Bright, beautiful, and locally grown. Nothing says summer like this first-of-the-season bunch!



\$8⁹⁹
ea
SAVE \$1ea

PIE IN JULY

BLUE RAEVEN 9" FRUIT PIES

Hand-made pies loaded with locally grown fruit baked into a rich, flaky crust.



25%
off

PNW
LOCAL

CORO FOODS SLICED SALAMI

Flavorful, all-natural salamis to elevate your charcuterie board, sandwiches, or pizza.



BUY 1 GET 1
FREE
SAVE \$7.49 ON 2

PNW
LOCAL



CYPRESS GROVE CHEVRE DISKS

Creamy, tangy, and endlessly versatile. Delicious on cheese boards or crumbled over salads. Available in assorted flavors.

\$7⁴⁹
ea
SAVE \$1ea



SEAFOOD

AHI TUNA STEAKS

Sustainably line-caught and delicious grilled and thinly sliced for a quick, protein-packed meal.



\$14⁹⁹
lb
SAVE \$3lb

BEER & WINE

OVERJOY WINES

Whether you're looking for a crisp white or a full-bodied red, a local wine or an import, there's an Overjoy for every occasion.

750ml

\$12⁹⁹-\$21⁹⁹
ea
SAVE \$2ea



ONLY AT
NSM

Really BIG DEAL

WHOLE SOCKEYE PRE-SALE!

Pre-order now to reserve your whole sockeye salmon at newseasonsmarket.com/sockeye

Pick up your order during our annual sale. Saturday & Sunday, July 18-19, 9am-5pm

RAINIER BEER 18-PACK CANS

A satisfying brew with malty, slightly fruity flavors spiced with Chinook, Mt. Hood, and Willamette hops.

18pk/12oz



\$16⁹⁹
ea
SAVE \$5ea

PFRIEM FAMILY BREWERS 6-PACK CANS

A perennial local favorite, pFriem Family Brewers crafts amazing beers using only the highest-quality ingredients. Selection may vary by location.

6pk/12oz



\$12⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

TOP BOX BOXED WINES

These bold and bright local wines are structured yet smooth with fruit-forward flavors. Great for summer sipping!

3L

\$14⁹⁹
ea
SAVE \$10ea

PNW
LOCAL



DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get a FREE 5.2oz bag of New Seasons Kettle Style Chips with a \$10 purchase.

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

*Offer includes New Seasons Kettle Chips Sea Salt, BBQ, Wild Onion & Yogurt, and Sea Salt & Vinegar.



WELLNESS

NUUN ELECTROLYTE TABLETS

A variety of flavors and formulas to help you stay hydrated. Save on multipacks too.



35% off

HUME SUPERNATURAL DEODORANTS

Allergen-free formulas with no aluminum or baking soda.



30% off

NATURAL FACTORS TRANQUIL SLEEP TRAVEL SIZE

Supports relaxation and restful sleep. Save on select sizes.



\$6⁹⁹ ea
SAVE \$4ea

HIMALAYA PARTY SMART

Wake up feeling your best. Save on Party Smart singles and multipacks. 1vc



\$2⁴⁹ ea
SAVE 80¢ea

NOW FOODS BIOTIN 5000MCG

Supports healthy skin, strong hair and nails, and overall immune health. 60vc



\$6⁷⁹ ea
SAVE \$3.20ea

MRM NUTRITION VEGAN VITAMIN D3 & K2

Plant-based vitamin D3 with K2 for enhanced bone support. 60vc



\$10⁹⁹ ea
SAVE \$9ea

THE HUMBLE CO. SENSITIVE TOOTHBRUSH

Eco-friendly, sustainable oral care for healthy teeth and gums.



\$2⁴⁹ ea
SAVE \$1ea

BOIRON ARNICARE GEL

Helps to soothe sore muscles and bruises. Save on Arnicare cream as well. 2.6oz



\$10⁹⁹ ea
SAVE \$2.50ea

HOST DEFENSE MUSHROOMS MUSHROOM GUMMIES

A tasty alternative to capsules, powders, and extracts. Save on select formulas. 90ct



\$27⁹⁹ ea
SAVE \$9ea

GROCERY

JONNYPOPS FROZEN POPS

Selected Varieties 6-8ct



\$5⁹⁹ ea
SAVE UP TO \$1.90ea

TRU FRU CHOCOLATE COVERED FROZEN SNACKS

Selected Varieties 8oz



\$7⁹⁹ ea
SAVE \$2.30ea

WILLAMETTE VALLEY FROZEN PIES & COBBLERS

Selected Varieties 26-40oz



\$14⁹⁹ ea
SAVE UP TO \$3ea

TRUWHIP FROZEN WHIPPED TOPPING

Original or Vegan. 9-10oz



\$4⁹⁹ ea
SAVE \$1ea

DR. PRAEGER'S PLANT-BASED FROZEN FOODS

Selected Varieties 8-10oz



\$5⁹⁹ ea
SAVE \$1ea

ACTUAL VEGGIES BURGERS, FRIES & TOTS

Assorted Varieties 12-14oz



\$6⁹⁹ ea
SAVE UP TO \$1.60ea

PORK KING GOOD CHICKEN PUGGETS

16oz



\$13⁹⁹ ea
SAVE \$2ea

KETO PINT ICE CREAM

Selected Varieties 11-16oz



\$5⁹⁹ ea
SAVE UP TO \$3ea



GROCERY

POPPI PREBIOTIC SODA

Selected Varieties
12oz



BUY 1 GET 1 FREE
SAVE \$2.69 ON 2

SANTA CRUZ ORGANIC LEMONADE & LIMEADE

Assorted Varieties
32oz



2 for \$6
SAVE \$1.79ea

NIXIE ORGANIC ZERO SUGAR SODA

Assorted Varieties
4pk/12oz



\$7.99 ea
SAVE \$1.50ea

ETERNAL NATURALLY ALKALINE SPRING WATER

2.5L



2 for \$6
SAVE \$1.49ea

DANDIES VEGAN MARSHMALLOWS

Selected Varieties
9.9-10oz



\$4.99 ea
SAVE \$1.30ea

CHOCOLOVE CHOCOLATE BAR

Selected Varieties
2.9-3.2oz



\$3.99 ea
SAVE 60¢ea

DARRELL LEA AUSTRALIAN LICORICE

Selected Varieties
7oz



\$2.99 ea
SAVE UP TO \$1ea

LET'S DO ICE CREAM CONES

Selected Varieties



20% off

OLD TRAPPER BEEF JERKY

Assorted Varieties
4oz



\$9.99 ea
SAVE UP TO \$3ea

DUKE'S SMOKED SHORTY SAUSAGES

Assorted Varieties
5oz



\$7.59 ea
SAVE \$1ea

BLUE DIAMOND ALMONDS

Assorted Varieties
16oz



\$10.99 ea
SAVE \$1ea

DANG THAI RICE CHIPS

Assorted Varieties
3.5oz



\$4.99 ea
SAVE \$1.50ea

LESSER EVIL ONION MOONIONS

Intergalactic or Hyperspace.
6oz



\$3.99 ea
SAVE \$1.50ea

SNACK FACTORY PRETZEL CRISPS

Selected Varieties
7.2oz



\$3.99 ea
SAVE 80¢ea

BUILT PUFF BAR

Assorted Varieties
1.41-1.45oz



2 for \$5
SAVE 69¢ea

FRONTERA SALSA

Selected Varieties
16oz



\$4.99 ea
SAVE 70¢ea

BULK

SUNRIDGE FARMS MILK CHOCOLATE RAINBOW DROPS

8oz



\$13.99 ea
SAVE \$1ea

EQUAL EXCHANGE ORGANIC ALMONDS

Selected Varieties



\$16.99 lb
SAVE \$1lb

NOSSA FAMILIA COFFEE

Selected Varieties



\$17.99 lb
SAVE \$2lb

HUMMINGBIRD WHOLESALE ORGANIC MANGO CHEEKS



\$19.99 lb
SAVE \$1lb

GROCERY

HIYO ORGANIC SOCIAL TONICS
Assorted Varieties
4pk/12oz



\$12⁹⁹ ea
SAVE \$3.50ea

HOPLARK SPARKLING HOPEA
Assorted Varieties
12oz



2 for \$4
SAVE \$1.49ea

FEVER-TREE PREMIUM DRINK MIXERS
Selected Varieties
4pk/6.8oz



\$6⁹⁹ ea
SAVE 50¢ea

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



\$9⁹⁹ ea
SAVE \$4ea

PNW LOCAL
WATER AVENUE COFFEE COMPANY COFFEE
Selected Varieties
12oz



\$12⁹⁹ ea
SAVE \$1.30ea

GORGIE SPARKLING ENERGY DRINK
Assorted Varieties
12oz



2 for \$5
SAVE 69¢ea

LIQUID DEATH ICED TEA
Assorted Varieties
6pk/12oz



\$7⁹⁹ ea
SAVE UP TO \$2.30ea

ARDOR SPARKLING ENERGY WATER
Assorted Varieties
12oz



2 for \$5
SAVE \$1.09ea

PNW LOCAL
TILLAMOOK SHREDDED CHEESE
Selected Varieties
7-8oz



2 for \$8
SAVE UP TO \$1.69ea

KINDER'S RUBS & SEASONINGS
Selected Varieties
5.5-6.25oz



\$5⁹⁹ ea
SAVE 90¢ea

BACHAN'S BARBECUE & DIPPING SAUCES
Selected Varieties
15.5-17oz



BUY 1 GET 1 FREE
SAVE \$10.29 ON 2

SIMPLY ORGANIC SEASONING MIX
Selected Varieties



20% off

DELALLO PASTA
Selected Varieties
16oz



2 for \$5
SAVE 69¢ea

BONO EXTRA VIRGIN OLIVE OIL
Selected Varieties



30% off

PNW LOCAL
NAPOLEON SPECIALTY FOODS
Selected Varieties



20% off

PRIMAL KITCHEN CONDIMENTS & SAUCES
Selected Varieties



30% off

MORTON & BASSET SPICES & EXTRACTS
Selected Varieties



20% off

WORLD CENTRIC COMPOSTABLE TABLEWARE
Selected Varieties



30% off

SERENITY KIDS BABY FOOD
Selected Varieties



20% off

PNW LOCAL
FRANZ BUNS
Selected Varieties
8ct



2 for \$7
SAVE \$2.29ea

GROCERY

LAUREL'S A2 DAIRY LATTES
Assorted Varieties
8oz



\$3.99
ea
SAVE 40¢ea

WTRMLN HYDRATING BEVERAGE
Selected Varieties
12oz



\$3.99
ea
SAVE UP TO 50¢ea

DRUMROLL GLUTEN-FREE DONUTS
Assorted Varieties
2.6oz



2 for \$7
SAVE 79¢ea

VIKOLO PIZZETTAS
Selected Varieties
12oz



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

BEYOND MEAT PLANT-BASED PROTEINS
Selected Varieties



50% off

BITCHIN' SAUCE VEGAN DIP
Selected Varieties
7-8oz



BUY 1 GET 1 FREE
SAVE \$6.89 ON 2

FOLLOW YOUR HEART VEGENAISE
Selected Varieties



20% off

DAISY BRAND SOUR CREAM DIP
French Onion or Creamy Ranch.
16oz



2 for \$7
SAVE 79¢ea

ELLENOS GREEK YOGURT
Selected Varieties
6oz



PNW LOCAL

2 for \$7
SAVE 29¢ea

MAMA TORREZ SALSA
Assorted Varieties
12oz



BUY 1 GET 1 FREE
SAVE \$6.59 ON 2

GRILLO'S PICKLES & SALSAS
Selected Varieties



30% off

CEDAR'S HOMOUMUS & TZATZIKI
Selected Varieties



50% off

NEW SEASONS HEAVY WHIPPING CREAM

Locally sourced rBST-free cream from Alpenrose Dairy in Portland, OR.
16oz



\$3.99
ea
SAVE \$1ea

SIMPLY LEMONADE & LIMEADE
Assorted Varieties
52oz



2 for \$7
SAVE UP TO 69¢ea



GET \$20 OFF \$50!

If you're a Neighbor Rewards member and opt in to receive email offers (like exclusive perks and savings!), we'll send you \$20 off an in-store purchase of \$50 or more just for signing up.*

Not a member yet? Join now at newseasonsmarket.com/rewards

*Offer valid for first-time email opt-ins only who have not previously redeemed a Neighbor Rewards opt-in offer received via email or SMS.

SIP INTO SUMMER

Sweet blackberry cobbler flavor, gut-healthy goodness, and real ingredients. Olipop's Blackberry Vanilla is made for summer.



OLIPOP PREBIOTIC SODA
Selected Varieties
12oz

3 for \$6
SAVE \$1.19ea