

# PEACH PERFECT

California-grown peaches are here—and bursting with sweet, sun-ripened flavor. Come take your pick!



**SALE**  
**ALL PEACHES** 25% off  
Grown in CA.

**MARY'S ORGANIC WHOLE FRYER CHICKENS**

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



**\$3.49**  
lb  
SAVE \$1.10/lb

**TILLAMOOK MEDIUM CHEDDAR BABY LOAF**

2lb

PNW LOCAL



**\$9.99**  
ea  
SAVE \$6ea

**RUBY JEWEL ICE CREAM SANDWICH**

Selected Varieties  
5.25oz



PNW LOCAL

**BUY 2 GET 1 FREE**  
SAVE \$5.19 ON 3

Available in-store only

**BOULDER CANYON POTATO CHIPS**

Assorted Varieties  
5.25-6oz



**2 for \$5**  
SAVE UP TO \$2.49ea

Really BIG DEAL

# 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 purchase only.

Want to have weekly deals delivered to your inbox? Just sign up for email updates at [newseasonsmarket.com/join](http://newseasonsmarket.com/join)  
Visit us online at [www.newseasonsmarket.com](http://www.newseasonsmarket.com)

# WHAT WE'RE

♥♥♥ loving ♥♥♥♥♥

## SUSHI & SAKE

Fresh, locally made sushi and clean, refreshing sake are a match made for light spring days—and we've got both! Swing by your neighborhood New Seasons to find your favorite pairings.



### MEAT & SEAFOOD

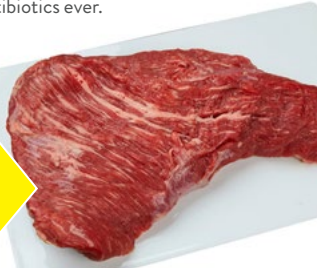
#### CREEKSTONE FARMS TRI-TIP ROAST & STEAKS

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

Starting at:

**\$14<sup>99</sup>**  
lb

SAVE \$1lb



#### AHI TUNA STEAKS

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

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

SAVE \$4lb



#### NEW SEASONS ALL CHICKEN SKEWERS

Tender chicken in one of our gluten-free marinades. Choose from breast or thigh meat. Flavors may vary by location.

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

SAVE \$1lb



#### OCEAN BEAUTY SEAFOODS PEELED & DEVEINED SHRIMP

Sustainably farm-raised and ready to cook. Perfect for pastas, stir-fries, or easy weeknight meals.  
13/15ct

**\$14<sup>99</sup>**  
lb

SAVE \$1lb



### FLORAL

#### WESTWIND GARDENS ORGANIC GALLON TOMATO & VEG STARTS



Get a big jump on your garden with gallon-sized vegetable and tomato starts, grown locally in Forest Grove, OR.

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

SAVE \$1ea



### PRODUCE

#### ORGANIC BLUEBERRY PINTS

Tasty on their own or in a fresh smoothie! Grown in CA.

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

SAVE \$1ea



#### RED APRICOTS

Super flavorful and super snackable!  
From Family Tree Farms in Reedley, CA.

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

SAVE \$1lb



#### ORGANIC CANTALOUPE

Sweet, juicy, and melt-in-your-mouth delicious.  
Grown in CA.

**\$1<sup>49</sup>**  
lb

SAVE 50¢lb



## BAKERY & CHEESE

### NEW SEASONS DARK CHOCOLATE MOUSSE

Rich, silky dark chocolate mousse. Perfect with fresh fruit or a dollop of whipped cream.  
10.46oz



**\$6.49**  
ea  
SAVE 50¢ea

### BELGIOIOSO AMERICAN GRANA

A full-flavored, aged Wisconsin parmesan, ideal for grating over pasta, vegetables, or salads.  
8oz



**\$6.49**  
ea  
SAVE \$1.50ea

### NEW SEASONS BAKED ZITI WITH ITALIAN SAUSAGE

Locally made ziti layered with marinara, Italian sausage, and a generous mix of melty cheeses.



**\$9.99**  
lb  
SAVE \$3lb

### NEW SEASONS FARRO LENTIL SALAD

This hearty salad features kale, toasted pecans, and bell peppers in a maple Dijon mustard dressing.



**\$9.99**  
lb  
SAVE \$3lb

### NEW SEASONS ORGANIC DARK RYE

Made fresh daily by our talented bakers using organic ingredients. Try it with Brie, or toasted and topped with butter and honey.



**\$6.29**  
ea  
SAVE \$1ea

### APPEL FARMS GOUDAS

Creamy farmstead Goudas with a mild, crowd-pleasing flavor. Delicious on a cheese board.  
7oz



**\$7.49**  
ea  
SAVE \$1ea

PNW LOCAL

### ORIGAMI CATERING SALAD ROLLS

Lettuce wrapped with shrimp or tofu and noodles. Served with a side of peanut sauce.



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

PNW LOCAL

### NEW SEASONS ASPARAGUS & TALEGGIO RAVIOLI

A spring favorite, made in small batches by our friends at Classic Foods. Ready to cook.  
16oz



**\$11.99**  
ea  
FEATURED

PNW LOCAL

## BEER & WINE

### CHUCKANUT BREWERY SELECT 6-PACKS

A pillar of the Pacific Northwest brewing scene, Chuckanut Brewery is renowned for its crisp, award-winning lagers. Selection may vary by location.  
6pk/12oz



**\$14.99**  
ea  
SAVE UP TO \$3ea

PNW LOCAL

### PONZI PINOT GRIS

Juicy and aromatic with notes of honeydew, pear, Meyer lemon, and jasmine. A great pick for appetizers, fish, or roasted veggies.  
750ml



**\$16.99**  
ea  
SAVE \$13ea

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. Pair with grilled salmon, lamb, or soft cheese.  
750ml



**\$18.99**  
ea  
SAVE \$21ea

PNW LOCAL

ONLY AT NSM

Really BIG DEAL

## 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 purchase only.

### BAUMAN'S CIDER PEACH RASPBERRY CIDER

Juicy peaches and tart berries come together in a lively cider that celebrates seasonal fruit.  
4pk/12oz



**\$11.99**  
ea  
SAVE \$2ea

PNW LOCAL

### MONTE TONDO FRIZZANTE

A light, semi-sparkling wine with notes of citrus, pear blossom, and sea salt with a touch of minerality.  
750ml



**\$13.99**  
ea  
SAVE \$3ea

### CHATEAU HAUT-RIAN CHILLABLE RED

Fresh and bright with cherry, blueberry, and red plum notes accented by crisp minerality. Chill and enjoy with burgers, barbecue, or pizza.  
750ml



**\$16.99**  
ea  
SAVE \$5ea

IT'S NEW!

## SHOP ONLINE, SAVE \$15!

Spring into easier shopping with same-day pickup or delivery! Just download our app, and get \$15 off your first order of \$60+ with code

**DOWNLOAD15**

[shop.newseasonsmarket.com](http://shop.newseasonsmarket.com)

Powered by **instacart**

Terms apply.

## WELLNESS

### BLOOM SUPPLEMENTS

Stock up on all your favorite Bloom items, including vitamins, minerals, and protein powders.

**30% off**



### NATURAL STACKS NOOTROPICS SUPPLEMENTS

Unique nootropic formulas to support overall brain health.

**25% off**



### UPCIRCLE FACIAL CARE

Natural, sustainable face and body care in 99% plastic-free packaging.

**25% off**



### HUME SUPERNATURAL DEODORANTS

Aluminum-free formulas to help you fight odor and feel fresh. Body deodorants on sale, too!

**25% off**



### SIMPLY TERA'S WHEY PROTEIN

An easy-to-digest protein source. Select flavors and sizes on sale this week.

**\$19<sup>99</sup> ea**  
SAVE \$11ea



### CURE HYDRATION ELECTROLYTE DRINK MIX

Support hydration with plant-based electrolyte mixes.

**\$16<sup>99</sup> ea**  
SAVE 30¢ea



### NOW FOODS MELATONIN 3MG

Helps support sleep quality and a healthy sleep-wake cycle.

180vc

**\$9<sup>99</sup> ea**  
SAVE \$5ea



### ALICE MUSHROOMS MUSHROOM CHOCOLATES FOR DEEP SLEEP

Made with functional mushrooms and nootropics to help support healthy sleep cycles.

2.7oz

**\$25<sup>99</sup> ea**  
SAVE \$11ea



### MOON VALLEY ORGANICS FOAMING HAND SOAP

Soothing herbal hand soaps made with calendula and comfrey to gently cleanse and moisturize. Save on select scents.

8.8oz

**\$6<sup>49</sup> ea**  
SAVE \$3ea



### ALL GOOD MINERAL SPORT SUNSCREEN SPRAY

Reef-friendly, non-nano zinc oxide in a convenient spray..

6oz

**\$14<sup>99</sup> ea**  
SAVE \$7ea



## GROCERY

### FIND YOUR BLISS

Rich, creamy, and made with organic coconut milk—this is dairy-free done right. Real ingredients, full flavor, no compromise.

### COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Selected Varieties  
1pt

**\$6<sup>99</sup> ea**  
SAVE \$2.60ea

### HÄAGEN-DAZS ICE CREAMS & BARS

Selected Varieties  
9-14oz

**2 for \$10**  
SAVE \$1.29ea



### LILY'S TOASTER GRILLS FROZEN SANDWICHES

Assorted Varieties  
6.8-7.1oz

**\$4<sup>99</sup> ea**  
SAVE 70¢ea



### MILA NOODLES & DUMPLINGS

Assorted Varieties

**20% off**



### DUFOUR PASTRY KITCHENS PUFF PASTRY DOUGH

Assorted Varieties

**\$10<sup>99</sup> ea**  
SAVE \$2ea



### DAIYA DAIRY-FREE PIZZA

Selected Varieties

**20% off**



### WOODSTOCK FROZEN FOODS

Selected Varieties

**20% off**



# GROCERY

## LATE JULY SNACKS TORTILLA CHIPS

Selected Varieties  
6-10.1oz



**\$3.99**  
ea  
SAVE UP TO \$2ea

## SKINNYPOP POPCORN

Assorted Varieties  
4.4oz



**2 for \$7**  
SAVE 79¢ea

## PIRATE'S BOOTY SNACKS

Selected Varieties



**\$3.99**  
ea  
SAVE UP TO \$1.30ea

## MARY'S GONE CRACKERS GLUTEN-FREE CRACKERS

Selected Varieties



**20%**  
off

## ARCHER MEAT STICK

Selected Varieties  
1oz



**2 for \$4**  
SAVE 59¢ea

## GO RAW SPROUTED ORGANIC SEEDS

Pumpkin or  
Super Simple.



**20%**  
off

## GOOD HEALTH VEGGIE SNACKS

Selected Varieties  
6.25oz



**\$3.99**  
ea  
SAVE 60¢ea

## SOLELY ORGANIC FRUIT SNACKS

Selected Varieties  
3.5oz



**\$4.69**  
ea  
SAVE \$1ea

## AL'S REAL GOODS CHEWY COOKIES

Assorted Varieties  
6.7oz



**\$7.99**  
ea  
SAVE \$2.50ea

## CHUAO CHOCOLATIER CHOCOLATE BAR

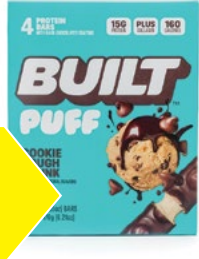
Assorted Varieties  
2.8oz



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

## BUILT PUFF BARS

Assorted Varieties  
4ct



**\$8.99**  
ea  
SAVE \$3.20ea

## CULTURE POP PROBIOTIC SODA

Selected Varieties  
12oz



**3 for \$5**  
SAVE 82¢ea

## LIFE AID BEVERAGE CO. FUNCTIONAL BEVERAGE

Selected Varieties  
12oz



**2 for \$5**  
SAVE UP TO \$1.29ea

## HOPLARK SPARKLING HOPTEA

Assorted Varieties  
16oz



**2 for \$6**  
SAVE 99¢ea

## 100 COCONUTS PURE COCONUT WATER

Assorted Varieties  
11oz



**2 for \$4**  
SAVE 99¢ea

## HOP WTR SPARKLING HOP WATER

Assorted Varieties  
6pk/12oz



**\$11.99**  
ea  
SAVE \$2ea

# BULK

## ORGANIC THOMPSON RAISINS

**\$4.99**  
lb  
SAVE \$1lb



## HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER

**PNW  
LOCAL**

**\$14.99**  
lb  
SAVE \$1lb



## GLORYBEE ROASTED & SALTED DELUXE MIXED NUTS

**PNW  
LOCAL**

**\$16.99**  
lb  
SAVE \$1lb



## WATER AVENUE COFFEE COMPANY COFFEE

Selected Varieties

**PNW  
LOCAL**

**\$16.99**  
lb  
SAVE \$3lb



# GROCERY

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



Available in-store only

**BUY 2 GET 1 FREE**  
SAVE \$9.19 ON 3

**GRAZA DRIZZLE EXTRA VIRGIN OLIVE OIL**  
16.9oz



**\$14.99 ea**  
SAVE \$4 ea

**RUMMO PASTA**  
Assorted Varieties  
12-16oz



**\$3.99 ea**  
SAVE UP TO \$1.50 ea

**DAIYA DAIRY-FREE MAC & CHEESE**  
Assorted Varieties



**20% off**

**SAN-J ASIAN COOKING SAUCES**  
Selected Varieties



**20% off**

**BRAGG LIQUID AMINOS**  
Selected Varieties



**20% off**

**SUZIE'S CONDIMENTS**  
Assorted Varieties

**PNW LOCAL**



**20% off**

**SIMPLY ORGANIC SEASONING MIX**  
Selected Varieties  
.7-1.5oz



**2 for \$4**  
SAVE UP TO \$1.89 ea

**KINDER'S RUBS & SEASONINGS**  
Selected Varieties



**33% off**

**FERRIS NUT CO. NUT BUTTER**  
Assorted Varieties



**30% off**

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

**PNW LOCAL**



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

**LAKEWOOD ORGANIC PURE POMEGRANATE JUICE**  
32oz



**\$13.99 ea**  
SAVE \$5.50 ea

**NUTPODS DAIRY-FREE CREAMERS**  
Selected Varieties



**20% off**

**GOOD KARMA FLAXMILK**  
Selected Varieties  
1/2 gal



**\$5.39 ea**  
SAVE \$1 ea

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



**\$3.99 ea**  
SAVE UP TO \$2 ea

**PORTAL TEA & COFFEE COMPANY COFFEE**  
Selected Varieties  
12oz

**PNW LOCAL**



**BUY 1 GET 1 FREE**  
SAVE \$19.99 ON 2

**PORTLAND PET FOOD COMPANY DOG FOOD**  
Selected Varieties

**PNW LOCAL**



**30% off**

**PORTLAND PET FOOD COMPANY DOG TREATS**  
Selected Varieties  
5oz

**PNW LOCAL**



**\$4.99 ea**  
SAVE \$3 ea

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

9ct



**\$7.99 ea**  
SAVE \$1 ea

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

3ct



**\$11.99 ea**  
SAVE \$1 ea

# GROCERY

## SODA, REIMAGINED

More than just a soda, OLIPOP is a refreshing boost for your inner ecosystem—made with plant-based prebiotics, plant fiber, and botanicals to support digestive health.

Enjoy all the nostalgia of classic soda flavors with better ingredients and less sugar.

**OLIPOP  
PREBIOTIC  
SODA**  
Selected Varieties  
12oz

**2 for \$4**  
SAVE 79¢ea



**NOSSA FAMILIA COFFEE  
ICED COFFEE**  
12oz

PNW LOCAL



**2 for \$6**  
SAVE \$1.99ea

**HUMM  
ORGANIC  
KOMBUCHA**  
Selected Varieties  
12oz

PNW LOCAL



**BUY 2 GET 1  
FREE**  
SAVE \$3.19 ON 3

Available  
in-store only

**ZEN  
ORGANIC PUDDING**  
Selected Varieties  
4ct



**\$5.99  
ea**  
SAVE UP TO \$1ea

**CEDAR'S  
HOMMUS OR TZATZIKI**  
Selected Varieties



**20%  
off**

**PAINTERLAND SISTERS  
PLAIN SKYR YOGURT**  
24oz



**\$10.99  
ea**  
SAVE \$1.70ea

**ICELANDIC PROVISIONS  
OATMILK SKYR  
YOGURT**  
Assorted Varieties  
5oz



**\$1.99  
ea**  
SAVE 50¢ea

**MOOSKI  
CHILLED  
OAT BAR**  
Assorted Varieties  
1.59oz



**BUY 2 GET 1  
FREE**  
SAVE \$3.19 ON 3

Available  
in-store only

**HAPPY EGG CO.  
PASTURE-RAISED  
LARGE EGGS**  
1doz



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

**HOUSE FOODS  
TOFU**  
Selected Varieties  
16oz



**BUY 1 GET 1  
FREE**  
SAVE \$3.19 ON 2

**VICOLO  
CORN MEAL CRUST  
PIZZA**  
Selected Varieties  
14-15.75oz



**BUY 1 GET 1  
1/2 OFF**  
SAVE \$5 ON 2

Available  
in-store only

**MISSION FOODS  
ZERO NET CARBS  
TORTILLAS**  
Selected Varieties  
8ct



**\$5.99  
ea**  
SAVE 50¢ea

**DAVE'S KILLER BREAD  
BAGELS &  
ENGLISH  
MUFFINS**  
Assorted Varieties  
13.2-16.75oz



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

Available  
in-store only

# IT'S OUR ANNUAL MATCH WEEK EVENT

We've partnered with 10 local nonprofits working to address hunger in our communities. And you can help!

Now through May 19, when you donate at the register, we'll match it (up to \$42,000)!

Together, we can make a difference.

