

# DINNER'S LOOKING GOOD!

Add chicken to your weeknight meal plan with Mary's Humane Certified whole fryers.

Really BIG DEAL

MARY'S  
WHOLE FRYER  
CHICKEN

**\$1.99**  
lb  
SAVE 50¢/lb

Really BIG DEALS

## COHO SALMON FILLET

Sustainably harvested in the PNW and full of peak-season flavor. Excellent grilled, pan-seared, or baked.

**\$12.99**  
lb

SAVE \$6/lb



## PUMPKINS

Locally grown and picked at the peak of perfection for your festive decorations. From West Union Gardens in Hillsboro, OR.

PNW  
LOCAL

**39¢**  
lb

SAVE 20¢/lb



## MUIR GLEN ORGANIC TOMATOES

Selected Varieties  
14.5-15oz

**4 for \$5**

SAVE \$2.24ea



**25% off**  
**CBD PRODUCTS**

Exclusions apply. Look for signs on specially marked items.  
Limited to stock on hand. No additional case discounts.  
Select CBD available in-store only.

# WHAT WE'RE loving

Celebrating the start of fall with pumpkin spice and everything nice.

**RUBY JEWEL  
SPICED PUMPKIN  
ICE CREAM  
SANDWICH**  
5.25oz

PNW  
LOCAL



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

**TATE'S BAKE SHOP  
PUMPKIN SPICE  
COOKIES**  
6.5oz



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

**GRAINS OF WRATH  
GRAVEYARD SMASH  
PUMPKIN ALE**

Ideal for cool fall nights, this pumpkin ale features real pumpkin, brown sugar, and warming spices like cinnamon, nutmeg, clove, and ginger.

16oz

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



PNW  
LOCAL

**CALIFIA FARMS  
PUMPKIN SPICE  
OAT BARISTA  
BLEND**  
1qt



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

## MEAT & SEAFOOD

**CARMAN RANCH  
85% LEAN 15% FAT  
GRASS-FED GROUND  
BEEF**

Regenified Verified and humanely pasture-raised locally with no added hormones and no antibiotics ever.

PNW  
LOCAL



**\$11<sup>59</sup>**  
lb  
SAVE 40¢lb

**NEW SEASONS  
MARINATED COHO  
SALMON FILLET**

Wild-caught Coho salmon marinated in one of our house-made marinades and ready to cook. Flavors may vary by location.



**\$14<sup>99</sup>**  
lb  
SAVE \$4lb

**BEELER'S PURE PORK  
BONELESS PORK  
SHOULDER ROAST**

Humanely raised with no antibiotics ever.



**\$4<sup>99</sup>**  
lb  
SAVE \$1lb

**NEW SEASONS  
WILD-CAUGHT  
SALMON BURGERS**

Mixed in-house with veggies and the perfect blend of seasonings. Flavors may vary by location.



**\$3<sup>00</sup>**  
ea  
SAVE 50¢ea

## FLORAL

**FALL POMPON MUMS**

Beautiful seasonal blooms grown in B.C. Canada.



**\$6<sup>99</sup>**  
ea  
SAVE \$3ea

## PNW LOCAL PRODUCE

**ORGANIC PEARS**

Choose from Bosc, Bartlett, D'Anjou, or Star Krimson varieties. Grown in OR and WA.

PNW  
LOCAL



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

**MINI PUMPKINS AND  
ORNAMENTAL GOURDS**

A great way to add fall flair to your home. From West Union Gardens in Hillsboro, OR.

PNW  
LOCAL



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

**ORGANIC KALE**

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Sunrise Organic Farm in Albany, OR.

PNW  
LOCAL



**2 for \$5**  
SAVE 49¢ea



## BAKERY & CHEESE

### SCHWARTZ BROTHERS BAKERY MUFFINS

Try the seasonal Pumpkin Cream Cheese topped with a rosette of cream cheese and pumpkin seeds.  
4ct

PNW  
LOCAL

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

SAVE \$1ea



### WYKE FARMS IVY'S RESERVE SOMERSET RED

From the world's first carbon-neutral cheddar producer, this standout cheese is nutty, sharp, and super creamy.  
7oz

IT'S  
NEW!

**\$8<sup>49</sup>**  
ea

SAVE \$1.50ea



### NEW SEASONS FRIED CHICKEN

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

IT'S  
NEW!

**\$12<sup>99</sup>**  
lb

FEATURED



### NEW SEASONS PUMPKIN SAGE RISOTTO CAKES

Made with Arborio rice, pumpkin purée, sage, and parmesan cheese. Perfect as a snack or side dish.

PICK  
OF THE  
SEASON!

**\$4<sup>79</sup>**  
ea

FEATURED



### NEW SEASONS CORNBREAD

Light, sweet, and great on its own or as a quick and easy side.

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

SAVE \$1lb



### DIVINA JAMS AND SPREADS

Packed full of flavor and ready to add to your next cheese board or sandwich.  
7.6-9oz

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

SAVE \$1ea



### COLUMBUS CRAFT MEATS ITALIAN DRY SALAMI

Crafted with black pepper, spices, and a touch of red wine. Great for sandwiches and charcuterie boards.

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

SAVE \$2lb



### ORIGAMI CATERING SALMON AVOCADO ROLL

Made with sustainable salmon, multigrain rice, and avocado.

PNW  
LOCAL

IT'S  
NEW!

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

SAVE \$1ea



## BEER & WINE

### Mix & Match Every day

**10% off**

6 bottles  
of wine

**20% off**

12 bottles  
of wine  
or more

\*Offer available in-store only.

### OVUM WINES BIG SALT WHITE BLEND

Bright and aromatic, this blend bursts with bergamot, lemon, and sweet grapefruit, finishing dry with floral and briny notes.  
750ml

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

SAVE \$1ea



PNW  
LOCAL

### KINGS & DAUGHTERS FILL YOUR CUP FRESH HOP SOFT IPA

Loaded with citrusy, dank fresh hop flavors, this IPA boasts a soft, pillowy mouthfeel and easy drinkability.  
16oz

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

SAVE \$1ea



PNW  
LOCAL

### CAVES SAO JOAO BAGA NOVO TINTO

Vibrant, intensely fresh, and elegant. Portugal's indigenous Baga grape shines with flavors of strawberry, dried rose, and spice. Serve slightly chilled.  
1L

**\$16<sup>99</sup>**  
ea

SAVE \$12ea



IT'S  
NEW!  
ONLY AT  
NSM

### BOGLE FAMILY VINEYARDS OLD VINE ZINFANDEL AND SAUVIGNON BLANC

Versatile and quaffable, these wines are delightful on their own or with food. Choose the ripe, juicy Zinfandel or the crisp, citrusy Sauvignon Blanc.  
750ml

**\$12<sup>99</sup>**  
ea

SAVE \$5ea



## SAVE TIME, ORDER ONLINE!

Use code **AUTUMN5**  
for \$5 off \$35+  
online for delivery  
or free pickup.\*

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

Powered by  
**instacart**

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

## GET A FREE COOKIE!

Neighbor Rewards members opted into email or text get one The Cookie free just for spending \$10 or more in the bakery department.\*

Join or sign up by Thursday at [newseasonsmarket.com/rewards](https://newseasonsmarket.com/rewards) to get this special member offer on Friday.

\*Offer only available at select stores.



## WELLNESS

### MRM NUTRITION NUTRITIONAL SUPPLEMENTS

Stock up and save big on select items from MRM this week.

**45% off**



### FLORA NUTRITIONAL SUPPLEMENTS

Save 30% on your favorite probiotics and nutritional oils from Flora.

**30% off**



### SOURCE NATURALS MELATONIN

Helps promote a healthy sleep/wake cycle. Save on select melatonin items this week.

60tab

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

**SAVE \$4ea**



### AMERICAN HEALTH SUPER PAPAYA ENZYME PLUS

Naturally sourced enzymes to aid with digestion and nutrient absorption.

90tab

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

**SAVE \$2.50ea**



### NOW FOODS VITAMIN D-3 5000IU

Each easy-to-swallow softgel delivers 5000 IU of vitamin D3.

120sg

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

**SAVE \$4ea**



### BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms.

6ct

**\$12<sup>99</sup> ea**

**SAVE \$4ea**



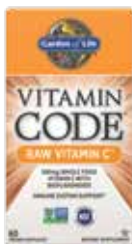
### GARDEN OF LIFE VITAMIN CODE RAW VITAMIN C

Whole food vitamin C with added probiotics and enzymes. Save on select vitamins and minerals.

60vc

**\$16<sup>99</sup> ea**

**SAVE \$8ea**



### NATURAL FACTORS MAGNESIUM CITRATE 150MG

Helps support rest and relaxation with an easily absorbable form of magnesium.

90cap

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

**SAVE \$4ea**



### SOUTH OF FRANCE LIQUID HAND SOAP

Certified vegan and non-GMO with environmentally safe ingredients. Save on select scents.

8oz

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

**SAVE \$2.50ea**



### HERBATINT PERMANENT HAIR COLOR

Get salon-quality color at home! Save on select Herbatint colors.

4.56-5.75oz

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

**SAVE \$6ea**



## GROCERY

### HÄAGEN-DAZS ICE CREAM

Selected Varieties

14oz

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

**SAVE \$2ea**



### OUTSHINE FRUIT BARS

Selected Varieties

6ct

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

**SAVE \$1ea**



### BOBA X ICE CREAM

Assorted Varieties

14oz

**BUY 1 GET 1  
FREE**

**SAVE \$8.99 ON 2**



### BUBBIES MOCHI MOCHI ICE CREAM

Assorted Varieties

7.5oz

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

**SAVE \$1ea**



### BEYOND MEAT PLANT-BASED PROTEINS

Selected Varieties

8-10oz

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

**SAVE UP TO \$1.50ea**



### NOTCO PLANT-BASED PROTEINS

Selected Varieties

**33% off**



### SCOTT & JON'S FROZEN SHRIMP BOWLS

Assorted Varieties

9.6oz

**\$5<sup>49</sup> ea**

**SAVE \$1ea**



### DR. PRAEGER'S LITTLES OR VEGGIE FRIES

Assorted Varieties

**20% off**





## GROCERY

SEATTLE SOURDOUGH  
BAKING COMPANY  
**SOURDOUGH  
SLICED  
ROUNDS**  
Selected Varieties  
24oz



**\$5<sup>49</sup>**  
ea

**SAVE UP TO \$1.50ea**

SEATTLE INTERNATIONAL BAKING  
COMPANY  
**BAGELS**  
Assorted Varieties  
5ct



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

**SAVE \$2.50ea**

MIKE'S MIGHTY GOOD  
**CRAFT RAMEN**  
Assorted Varieties  
1.6-2.4oz



**2 for \$5**

**SAVE 79¢ea**

LUNDBERG FAMILY FARMS  
**RICE**  
Selected Varieties



**20%**  
off

MONTEBELLO  
**ORGANIC PASTA**  
Assorted Varieties  
16oz



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

**SAVE \$2ea**

MUIR GLEN  
**ORGANIC PASTA SAUCE**  
Assorted Varieties  
23.5oz



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

**SAVE \$1ea**

MUIR GLEN  
**ORGANIC TOMATOES**  
Selected Varieties  
28oz



**BUY 1 GET 1  
FREE**

**SAVE \$5.99 ON 2**

ANNIE'S  
**DRESSING**  
Selected Varieties  
8oz



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

**SAVE \$1.50ea**

TIA LUPITA  
**HOT SAUCE**  
Chipotle or Habanero.  
8oz



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

**SAVE UP TO \$2ea**

NAPOLEON  
**OLIVES**  
Selected Varieties



**20%**  
off

PROUD MARY  
COFFEE ROASTERS  
**WHOLE BEAN  
COFFEE**  
Selected Varieties  
8.8oz



Starting at:  
**\$13<sup>99</sup>**  
ea

**SAVE \$2ea**

PLUM ORGANICS  
**BABY FOOD**  
Selected Varieties



**20%**  
off

KASHI  
**CEREAL**  
Selected Varieties  
10.6-14oz



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

**SAVE \$2ea**

BEAR NAKED  
**GRANOLA**  
Assorted Varieties  
11-12oz



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

**SAVE \$2.50ea**

NATURE'S PATH ORGANIC  
**OATMEAL**  
Selected Varieties  
8ct



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

**SAVE \$2ea**

LOCAL HIVE  
**RAW & UNFILTERED  
HONEY**  
Assorted Varieties  
16oz



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

**SAVE \$2ea**

## BULK

HUMMINGBIRD WHOLESALE  
**ORGANIC  
HEIRLOOM  
EMMER FARRO**

PNW  
LOCAL



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

**EVERYDAY VALUE**

**WALNUT HALVES  
& PIECES**



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

**SAVE \$2lb**

NEW SEASONS  
**ORGANIC COFFEE**  
Sustainably sourced by our partners at  
Equal Exchange in Portland, OR.



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

**FEATURED**

SUNRIDGE FARMS  
**ORGANIC DARK  
CHOCOLATE ALMONDS**



**\$19<sup>99</sup>**  
lb

**SAVE \$2lb**

# GROCERY

**GUAYAKI**  
**ORGANIC YERBA MATE**  
Assorted Varieties  
15.5oz



**2 for \$5**  
**SAVE 79¢ea**

**WATERLOO**  
**SPARKLING WATER**  
Assorted Varieties  
8pk/12oz



**\$4<sup>99</sup>ea**  
**SAVE \$1ea**

**STEAZ**  
**ORGANIC GREEN TEA**  
Assorted Varieties  
16oz



**\$1<sup>99</sup>ea**  
**SAVE 50¢ea**

**BETTY BUZZ**  
**PREMIUM SPARKLING SODA**  
Assorted Varieties  
4pk/9oz



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

**TONY'S COFFEE**  
**ORGANIC COFFEE**  
Assorted Varieties  
12oz



**PNW LOCAL**

**\$12<sup>99</sup>ea**  
**SAVE UP TO \$4ea**

**YOGI**  
**TEA**  
Assorted Varieties  
16ct



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

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



**\$1<sup>29</sup>ea**  
**SAVE UP TO 50¢ea**

**GOLDTHREAD**  
**PLANT-BASED TONIC**  
Assorted Varieties  
10.5oz



**2 for \$7**  
**SAVE \$1.49ea**

**ANGIE'S**  
**BOOMCHICKAPOP POPCORN**  
Selected Varieties  
4.5-7oz



**\$2<sup>99</sup>ea**  
**SAVE \$2.50ea**

**STACY'S**  
**PITA CHIPS**  
Assorted Varieties  
7.33oz



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

**LATE JULY SNACKS**  
**TORTILLA CHIPS**  
Assorted Varieties  
7.5-10.1oz



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

**SIETE FAMILY FOODS**  
**SALSA**  
Assorted Varieties  
10.5oz



**\$5<sup>99</sup>ea**  
**SAVE \$1ea**

**KETTLE BRAND**  
**POTATO CHIPS**  
Selected Varieties  
6.5-7.5oz



**PNW LOCAL**

**\$2<sup>99</sup>ea**  
**SAVE \$2.50ea**

**DARE**  
**CRACKERS**  
Assorted Varieties



**20% off**

**RIP VAN**  
**WAFELS**  
Assorted Varieties  
4ct



**\$4<sup>99</sup>ea**  
**SAVE \$1ea**

**GOODIE GIRL**  
**GLUTEN-FREE COOKIES**  
Assorted Varieties  
7-10.6oz



**\$6<sup>99</sup>ea**  
**SAVE UP TO \$2ea**

**JUSTIN'S**  
**NUT BUTTER CUPS OR CANDY PIECES**  
Assorted Varieties



**20% off**

**BEQUET**  
**CARAMELS**  
Assorted Varieties  
3.6oz



**\$5<sup>99</sup>ea**  
**SAVE \$1ea**

**CLIF OR LUNA**  
**ENERGY AND NUTRITION BARS**  
Selected Varieties



**20% off**

**ONE BRANDS**  
**PROTEIN BAR**  
Assorted Varieties  
2.12oz



**2 for \$5**  
**SAVE \$1.49ea**



## GROCERY

**ALEXANDRE FAMILY FARM  
A2/A2 ORGANIC  
DAIRY  
PRODUCTS**  
Selected Varieties



**20%  
off**

**CHOBANI  
COFFEE CREAMER**  
Selected Varieties  
24oz



**\$4<sup>49</sup>  
ea**  
**SAVE \$2.50ea**

**CHOBANI  
GREEK YOGURT**  
Selected Varieties  
4.5-5.3oz



**3 for \$5**  
**SAVE UP TO \$1.02ea**

**SO DELICIOUS  
COCONUTMILK  
YOGURT**  
Assorted Varieties  
24oz

**PNW  
LOCAL**



**\$5<sup>49</sup>  
ea**  
**SAVE \$2ea**

**MALK ORGANICS  
PLANT-BASED MILK**  
Assorted Varieties  
28oz



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

**VIOLIFE  
VEGAN CHEESE**  
Selected Varieties  
7.05-8oz



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

**ICELANDIC PROVISIONS  
SKYR YOGURT**  
Assorted Varieties  
4.4-5.3oz



**2 for \$4**  
**SAVE 49¢ea**

**FORAGER PROJECT  
CASHEWMILK YOGURT**  
Selected Varieties  
3.2-5.3oz



**3 for \$5**  
**SAVE UP TO 92¢ea**

**EGGLIFE FOODS  
EGG WHITE WRAPS**  
Assorted Varieties  
6oz



**\$5<sup>99</sup>  
ea**  
**SAVE \$1ea**

**VICOLO  
PIZZETTAS**  
Assorted Varieties  
2ct



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

**TRUE STORY FOODS  
DICED CHICKEN**  
Assorted Varieties  
6oz



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

**CLEVELAND KITCHEN  
FERMENTED FOODS**  
Selected Varieties



**20%  
off**

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

**PNW  
LOCAL**



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

**HEALTH-ADE  
ORGANIC  
KOMBUCHA**  
Assorted Varieties  
48oz



**\$7<sup>49</sup>  
ea**  
**SAVE \$1.50ea**

**SIMPLY  
MIXOLOGY  
JUICE**  
Assorted Varieties  
52oz



**\$4<sup>49</sup>  
ea**  
**SAVE \$1ea**

**VIVE ORGANIC  
FUNCTIONAL  
JUICE SHOT**  
Selected Varieties  
2oz



**2 for \$6**  
**SAVE 99¢ea**

**Really BIG DEAL**

**25%  
off**

**CBD  
PRODUCTS**

Exclusions apply. Look for signs on specially marked items. Limited to stock on hand.  
No additional case discounts. Select CBD available in-store only.

**Weekend Tasting**

We're embracing that fall feeling with a taste of some of our seasonal, pumpkin-flavored favorites.  
Friday, Saturday & Sunday • 12pm – 6pm