

PEAK-SEASON FLAVOR

Fresh, sustainably harvested Coho—perfect for the grill, the freezer, or your next feast!

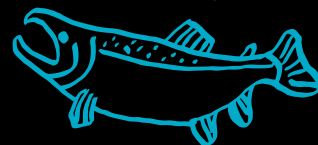
Really BIG DEAL

COHO SALMON FILLET **\$15.99** lb
SAVE \$4lb

WHOLE COHO SALMON SALE

Saturday & Sunday,
September 6-7, 9am-5pm

\$7.99 lb



We'll cut and wrap it any way you'd like!

Really BIG DEALS

TOP SIRLOIN STEAK

USDA Choice, top-quality beef. Great on the grill!

\$9.99 lb

SAVE \$3lb



ORGANIC HONEYCRISP APPLES

Extra crisp and sweet! From Allview Orchards in Wenatchee, WA.

\$2.99 lb

SAVE \$1lb



PNW LOCAL

CASCADIAN FARM ORGANIC CEREAL

Selected Varieties
8.6-14.6oz

\$3.99 ea

SAVE UP TO \$3.30ea



PNW LOCAL

SIGGI'S YOGURT

Selected Varieties
5.3oz

3 for \$5

SAVE \$1.22ea



NEW SEASONS MAC & CHEESE

Made in partnership with Rallenti Pasta Company in Portland, OR.
Cheddar or White Cheddar.
8.4oz

3 for \$5

SAVE \$1.92ea



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

Prices shown are sale prices. Selection may vary by store.

WHAT WE'RE LOVING

Enjoying a mix of savory and sweet with freshly baked New Seasons organic artisan bread, decadent scratch-made local cake, and one of Oregon's favorite handcrafted cheeses.

CHEESE of the MONTH



OREGON BLUE ROGUE CREAMERY | CENTRAL POINT, OR
A Southern Oregon classic since 1954, this rich, fruity blue from fellow B Corp Rogue Creamery is a customer favorite—perfect on salads, cheese boards, or all on its own.

BREAD of the MONTH



ORGANIC PEASANT LEVAIN NEW SEASONS MARKET | PORTLAND, OR
Baked fresh daily by our talented bakers with locally grown organic grains from Camas County and slow, natural fermentation. This hearty loaf is an everyday favorite, perfect for any occasion.

CAKE of the MONTH



GERMAN CHOCOLATE CAKE THE DESSERT TRAY | BEAVERTON, OR
Locally made by women-owned The Dessert Tray, this decadent classic features dark chocolate cake, crème de cacao syrup, and layers of toasted walnut, pecan, coconut, and brown sugar filling.

MEAT & SEAFOOD

MARY'S ORGANIC WHOLE FRYER CHICKENS

Humane Certified and always air-chilled.



\$4⁵⁹_{lb}

SAVE 40¢/lb

OREGON BAY SHRIMP

Fresh, briny shrimp sustainably harvested in Oregon, and cooked to perfection.

PNW LOCAL



\$8⁹⁹_{lb}

SAVE \$2/lb

NEW SEASONS HOUSE-MADE BEEF SKEWERS

Grill-ready beef skewers made in-house with our gluten-free marinades.



\$14⁹⁹_{lb}

SAVE \$1/lb

ANNASEA POKE MEAL KITS

Make poke at home with sustainable seafood. Six flavors to choose from. 10oz



\$10⁹⁹_{ea}

SAVE \$2ea

LOCAL SUNFLOWER BOUQUET

Let the sun shine in with these beautiful local flowers. Grown in Eugene, OR.

PNW LOCAL



\$16⁹⁹_{ea}

SAVE \$3ea

PACIFIC CREST NURSERY HARDY FALL MUMS

Beautiful, locally grown 6.5" mums for fall decorating! 6.5in

PNW LOCAL



\$4⁹⁹_{ea}

SAVE \$1ea

PRODUCE

MARYHILL PEACHES

Tree-ripened for the sweetest flavor. From Gunkel Orchards in Goldendale, WA.

PNW LOCAL



\$3⁴⁹_{lb}

SAVE 50¢/lb

ORGANIC CHERRY TOMATO PINTS

Picked fresh and ready for snacking. Grown in OR and CA.



\$5⁴⁹_{ea}

SAVE 50¢ea

ORGANIC SEEDLESS WATERMELON

Sweet, juicy, and full of farm-fresh flavor. From Walchli Farms in Hermiston, OR.

PNW LOCAL



99¢_{lb}

SAVE 30¢/lb

BAKERY & CHEESE

NEW SEASONS PEASANT LEVAIN

Made by our talented bakers using locally grown and milled organic grains, this delicious bread pairs perfectly with fall soups and pasta.



\$5⁹⁹
ea

SAVE \$1ea

BEECHER'S HANDMADE CHEESE FLAGSHIP SNACK STICK

A portable version of a Seattle favorite. Perfect for lunch or snacks on the go.

.75oz



\$1⁴⁹
ea

SAVE 50¢ea

PNW
LOCAL

PREPARED FOODS

NEW SEASONS MAC AND CHEESE

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



\$9⁹⁹
lb

SAVE \$3lb

NEW SEASONS ROASTED CORN & GREEN BEAN SALAD

A sweet and savory mix of fire-roasted corn, green beans, spicy peppers, and pickled onions.



\$9⁹⁹
lb

SAVE \$3lb

FLAX4LIFE GLUTEN-FREE MUFFINS

Made with all-natural ingredients, free from nuts, dairy, and gluten. Assorted flavors.

4ct



\$7⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

ROGUE CREAMERY OREGON BLUE

An Oregon Cheese Month favorite, handcrafted with a commitment to sustainability.



\$25⁹⁹
lb

SAVE \$2lb

PNW
LOCAL

NEW SEASONS GRAB & GO SANDWICHES

Select flavors for quick and easy lunches.



30%
off

DIESTEL FAMILY RANCH SMOKED TURKEY

Slightly sweet and lightly smoked. Delicious on sandwiches and snack plates.



\$15⁹⁹
lb

SAVE \$2lb

BEER & WINE

**MIX
&
MATCH**

**10%
off**

6 bottles of wine

**20%
off**

12 or more bottles
of wine

*Offer available in-store only.

CLETO CHIARLI LAMBRUSCO

A chillable, fizzy red with fragrances of strawberry, cranberry, and wildflowers. Fresh, velvety, and vibrant.

750ml

\$18⁹⁹
ea

SAVE \$2ea



KOHA SAUVIGNON BLANC

Intriguingly complex with bold gooseberry, floral, and citrus notes, complemented by subtle hints of nettle, melon, and mineral. Perfect with oysters and fresh seasonal salads.

750ml

\$12⁹⁹
ea

SAVE \$7ea



FAMILLE FABRE LUX LEVIS CHILLABLE RED

This light, chillable organic Cinsault delivers juicy red cherry, red currant, and raspberry flavors with a hint of violet. Try with pizza, tapas, or Indian dishes.

750ml

\$21⁹⁹
ea

SAVE \$1ea



BEND CIDER HARD CIDERS

Unique and balanced hard ciders from a boutique cidery in Bend, bringing together vibrant fruit and botanical combinations. Selection may vary.

4pk/16oz

\$13⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

BACK TO BUSY? WE'VE GOT YOU.

Save time by shopping online and get the same great prices you find in-store—plus free delivery or pickup on orders \$35+ with code

EASYDELIVER25

Powered by
instacart

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get 30% off bulk grocery favorites.

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

*Offer does not include bulk body care, cookie bar, or olive bar.



WELLNESS

MEGAFOOD VITAMINS AND SUPPLEMENTS

Enjoy great savings on multivitamins, probiotics, iron, and more!

**20%
off**



TOM'S OF MAINE BODY AND ORAL CARE

Stock up and save on all your favorites from Tom's of Maine.

**25%
off**



PRIMAL KITCHEN COLLAGEN PEPTIDES

Each serving delivers 10 grams of collagen. Add to coffee or smoothies to help support hair, skin, and nails.

19.4oz

**\$24⁹⁹
ea**

SAVE \$15ea



NATURAL FACTORS MAGNESIUM CITRATE 150MG

An easily absorbable form of magnesium to help support rest and relaxation.

90cap

**\$9⁴⁹
ea**

SAVE \$5.50ea



NOW FOODS PEPPERMINT GELS

Digestive support with added ginger and fennel oils.

90sg

**\$12⁹⁹
ea**

SAVE \$5ea



BLOOM L-THEANINE

Helps to promote relaxation without drowsiness.

60vs

**\$21⁹⁹
ea**

SAVE \$3ea



MANITOBA HARVEST RAW SHELLLED HEMP HEARTS

An easy and delicious way to add heart-healthy omega-3s to your diet.

8oz

**\$7⁹⁹
ea**

SAVE \$3ea



MICKELBERRY GARDENS ELDERBERRY HONEY TONIC

Help support your immune system with a tasty tonic featuring local raw honey and apple cider vinegar. Save on 8oz too.

4oz

**\$10⁹⁹
ea**

SAVE \$4ea



PNW
LOCAL

MAD HIPPIE VITAMIN C SERUM

Helps improve skin texture while reducing the appearance of fine lines, wrinkles, discoloration, and dark spots caused by scarring.

1.02oz

**\$24⁹⁹
ea**

SAVE \$10ea



AVALON ORGANICS HAIR CARE

Certified organic formulas made with plant-based botanicals and essential oils.

11oz

**\$7⁹⁹
ea**

SAVE \$5ea



GROCERY

MCCONNELL'S FINE ICE CREAMS ICE CREAM AND FROZEN DESSERTS

Selected Varieties
1pt

**\$6⁹⁹
ea**

SAVE \$1ea



ALDEN'S ORGANIC ICE CREAM SANDWICHES

Selected Varieties

**20%
off**



PNW
LOCAL

ALEXIA FOODS FROZEN FRIES AND VEGETABLE SIDES

Selected Varieties

**20%
off**



ACTUAL VEGGIES VEGGIES BURGER OR SUPER FRIES

Assorted Varieties
12-14oz

**BUY 2 GET 1
FREE**

SAVE \$7.99 ON 3



Available
in-store only

OUTSHINE FROZEN FRUIT BARS

Assorted Varieties
12ct

**\$6⁹⁹
ea**

SAVE \$1.60ea



TRU FRU CHOCOLATE COVERED FROZEN SNACKS

Selected Varieties
8oz

**\$7⁹⁹
ea**

SAVE \$2.30ea



HUNDY! FROZEN FRUIT POPS

Mango or
Pineapple.
6oz

**BUY 1 GET 1
FREE**

SAVE \$9.99 ON 2



AFIA FROZEN FALAFEL

Assorted Varieties
9-10oz

**\$5⁹⁹
ea**

SAVE UP TO \$1.20ea



GROCERY

**BOULDER CANYON
POTATO
CHIPS**
Selected Varieties
5.25-6.5oz

\$2⁹⁹
ea

SAVE \$2.20ea



**HIPPEAS
CHICKPEA
PUFFS**
Selected Varieties
3.75-4oz

\$3⁹⁹
ea

SAVE 90¢ea



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

\$3⁹⁹
ea

SAVE \$2ea



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

**BUY 1 GET 1
FREE**

SAVE \$4.59 ON 2



**THREE FARMERS
ROASTED
LEGUME
SNACKS**
Assorted Varieties
5oz

\$3⁹⁹
ea

SAVE 80¢ea



**CRISPY GREEN
FREEZE-DRIED
FRUIT SNACKS**
Assorted Varieties
1.69-2.54oz

\$6⁹⁹
ea

SAVE \$4ea



**IQBAR
PLANT-BASED
PROTEIN BAR**
Assorted Varieties
1.6oz

3 for \$5

SAVE 82¢ea



**POP DADDY PRETZELS
PRETZEL
STICKS**
Assorted Varieties
7.5oz

2 for \$7

SAVE 89¢ea



**QUEST NUTRITION
PROTEIN BAR**
Assorted Varieties
2.12oz

2 for \$5

SAVE 99¢ea



**BOBO'S
OAT BARS**
Selected Varieties

**30%
off**



**BEAR
FRUIT ROLLS**
Assorted Varieties
5ct

\$3⁹⁹
ea

SAVE UP TO \$2.20ea



**PANDA
NATURAL LICORICE**
Black or Raspberry.
7oz

\$4⁹⁹
ea

SAVE \$2.20ea



**RIP VAN
WAFELS**
Selected Varieties
4ct

\$4⁴⁹
ea

SAVE \$1.20ea



**MAXINE'S HEAVENLY
GLUTEN-FREE
COOKIES**
Assorted Varieties
6.3-7.2oz

\$5⁹⁹
ea

SAVE \$1.50ea



**JUSTIN'S
SNACKS**
Selected Varieties

**20%
off**



**ALTER ECO
ORGANIC
CHOCOLATE**
Selected Varieties

**33%
off**



BULK

**SUNRIDGE FARMS
HONEY ROASTED
PEANUT BUTTER**

\$6⁹⁹
lb

SAVE \$1lb



**NOSSA FAMILIA COFFEE
COFFEE**
Selected Varieties

\$15⁹⁹
lb

SAVE \$2lb



**HUMMINGBIRD WHOLESALE
TRAIL MIXES**
Selected Varieties

\$19⁹⁹
lb

SAVE \$2lb



**HUMMINGBIRD WHOLESALE
ORGANIC SALTED
AWAKENED
ALMONDS**

\$19⁹⁹
lb

SAVE \$4lb



GROCERY

PRIMAL KITCHEN CONDIMENTS AND SAUCES

Selected Varieties



30% off

BELLUCCI ORGANIC EXTRA VIRGIN OLIVE OIL

Assorted Varieties
16.9oz

\$20⁹⁹ ea
SAVE \$6ea



SPICELY ORGANICS SPICES, HERBS AND SEASONINGS

Selected Varieties



20% off

KOYO RAMEN

Selected Varieties



20% off

ONCE UPON A FARM BABY AND TODDLER SNACKS

Selected Varieties



20% off

SANTA CRUZ ORGANIC APPLESAUCE

Assorted Varieties

23-24oz

\$4⁷⁹ ea
SAVE UP TO \$1.40ea



BOB'S RED MILL BOB'S BARS

Assorted Varieties

5ct

PNW LOCAL



\$5⁹⁹ ea
SAVE \$1.50ea

TORANI PUREMADE DESSERT SAUCE

Selected Varieties

16.5oz

\$5⁹⁹ ea
SAVE UP TO \$2.40ea



SANTA CRUZ ORGANIC PEANUT BUTTER

Assorted Varieties

16oz

\$6⁹⁹ ea
SAVE \$1ea



WOODSTOCK NUT BUTTER

Selected Varieties

20% off



BONNE MAMAN FRUIT PRESERVES

Assorted Varieties

12.7-13oz

\$5⁹⁹ ea
SAVE 50¢ea



LOCAL HIVE RAW & UNFILTERED HONEY

Assorted Varieties

16oz

\$8⁹⁹ ea
SAVE UP TO \$3ea



TONY'S COFFEE ORGANIC COFFEE

Assorted Varieties

12oz

PNW LOCAL

\$12⁹⁹ ea
SAVE \$3ea



TAZO TEA

Selected Varieties

16-20ct

\$3⁹⁹ ea
SAVE \$1ea



PNW LOCAL

MOOALA ORGANIC SIMPLE PLANTMILK

Almond or Oat.

32oz

\$5⁴⁹ ea
SAVE \$1ea



LAKEWOOD ORGANIC PINEAPPLE GINGER JUICE

32oz

\$9⁹⁹ ea
SAVE 90¢ea



UNCLE MATT'S ORGANIC NO SUGAR ADDED JUICE BOXES

Assorted Varieties

8pk/6.75oz

\$4⁹⁹ ea
SAVE \$1.60ea



SEVEN TEAS ICED TEA OR LEMONADE

Assorted Varieties

16oz

2 for \$5
SAVE 69¢ea



HOP WTR SPARKLING HOP WATER

Assorted Varieties

6pk/12oz

\$8⁹⁹ ea
SAVE \$5ea



WOODSTOCK ORGANIC BANANA WATER

16.9oz

2 for \$5
SAVE 99¢ea



GROCERY

Really **BIG DEAL**

50% off **FROZEN BREAKFAST ITEMS**
Waffles, breakfast sandwiches, breakfast burritos, and more!

Exclusions apply. Look for signs on specially marked items.
Limited to stock on hand. No additional case discount.

**CALIFIA FARMS
PLANT MILKS
AND CREAMERS**
Selected Varieties



20% off

**NEW SEASONS
BUTTER**
Made with rBST-free milk by
Larsen's Creamery in Clackamas, OR.
Salted or Unsalted.
1lb



\$4¹⁹
ea

EVERYDAY VALUE

**STONYFIELD
KIDS ORGANIC
YOGURT POUCH**
Selected Varieties
3.5oz



2 for \$4
SAVE 69¢ea

**BREW DR. KOMBUCHA
ORGANIC
KOMBUCHA**
Selected Varieties
14oz



2 for \$5
SAVE \$1.09ea

**ELLENOS
GREEK YOGURT**
Selected Varieties
6oz

**PNW
LOCAL**



2 for \$6
SAVE 79¢ea

**NANCY'S
YOGURT**
Selected Varieties
32oz

**PNW
LOCAL**



\$3⁹⁹
ea
SAVE \$1ea

**THE A2 MILK COMPANY
MILK OR
HALF & HALF**
Selected Varieties



20% off

**VIOLIFE
DAIRY-FREE
AND VEGAN
CHEESE**
Selected Varieties
7.05-8oz



\$5⁴⁹
ea

SAVE \$1.40ea

**NOOSA
YOGHURT**
Assorted Varieties
4.5oz



5 for \$5
SAVE 99¢ea

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



2 for \$5
SAVE \$1.49ea

**BEYOND MEAT
PLANT-BASED
BURGER PATTIES**
Selected Varieties
8oz



\$5⁴⁹
ea

SAVE \$1.70ea

**GRILLO'S PICKLES
FRESH DILL PICKLES**
Selected Varieties
32oz



\$5⁴⁹
ea

SAVE \$2.70ea

**DAVE'S KILLER BREAD
BAGELS, BREAD
OR ENGLISH
MUFFINS**
Selected
Varieties
13.2-27oz

**PNW
LOCAL**



**BUY 1 GET 1
1/2 OFF**

SAVE \$3.50 ON 2

Available
in-store only

**IT'S OREGON
CHEESE MONTH!**

Stop by to celebrate with great deals on a wide selection of fabulous fromage from our incredible local artisan cheesemakers.



**PICKLED PLANET
ORGANIC
SAUERKRAUT**
Assorted Varieties
16oz

**PNW
LOCAL**

\$6⁹⁹
ea

SAVE \$2.60ea

**MISSION FOODS
STREET TACOS**
Selected Varieties
12-24ct



2 for \$4
SAVE 99¢ea

Your love of Oregon cheese supports makers in our communities, like Rogue Creamery, Don Froylan, Rivers Edge Chèvre, and so many more.

