

QUALITY MEETS COMFORT

Certified Humane, vegetarian-fed, and always tender, Mary's chicken is an easy dinner win.

SALE

**MARY'S
WHOLE FRYER
CHICKEN**

\$2⁵⁹_{lb}
SAVE \$1^{1b}

NEW SEASONS SALMON CAKES

Made in-house with wild-caught salmon, fresh herbs, and veggies. Ready to cook.



\$3⁹⁹_{ea}
SAVE \$1^{ea}

ORGANIC BLUEBERRY PINTS

Tasty on their own or in a fresh smoothie!
From Naturipe in Chile.



\$4⁹⁹_{ea}
SAVE \$1^{ea}

BROWN COW WHOLE MILK YOGURT

Assorted Varieties
5.3oz



10 for \$10
SAVE 49¢ ea

Really **BIG DEAL**

20% off

**NON-ALCOHOLIC
WINES, BEERS,
& SPIRITS**

Limited to stock on hand. Items priced as marked.
No additional discounts. Selection varies by location.

PROBAR MEAL BAR

Assorted Varieties
3oz



2 for \$5
SAVE 69¢ ea

Really **BIG DEAL**

25% off

**SELECT
CBD PRODUCTS**

Exclusions apply. Look for signs on specifically marked items.
Items priced as marked. Limited to stock on hand.
No additional case discounts.

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

Citrus Season

From classics like Heirloom navel oranges and Page mandarins to specialty favorites like Yuzu lemons and Sweet limes, citrus season is at its peak—and we're here for it!

Your neighborhood New Seasons is your sweet (and tart!) spot to squeeze some sunshine with the largest assortment of citrus around. Come take your pick!



MEAT & SEAFOOD

BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Tender, juicy, and perfect for a cozy winter meal. No antibiotics ever.

\$4⁹⁹
lb
SAVE \$1lb



MUSSELS

A good source of minerals and vitamin B12, mussels are great for a quick and healthy snack or meal.

PNW
LOCAL

\$6⁹⁹
lb
SAVE \$2lb



NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to pasta dishes.

\$5⁹⁹
lb
SAVE \$1lb



COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.

\$20⁹⁹
lb
SAVE \$1lb



FLORAL

GERBER DAISY

A locally grown 5-stem bunch, perfect for brightening winter spaces!

PNW
LOCAL



\$7⁹⁹
ea
SAVE \$3ea

PRODUCE

JOSIE'S ORGANICS SALAD KITS

Great for a quick and easy meal. Save on select varieties. From Braga Fresh in Salinas, CA.

\$5⁹⁹
ea
SAVE \$1ea



ORGANIC HONEYCRISP APPLES

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

PNW
LOCAL

\$3⁴⁹
lb
SAVE 50¢ lb



ORGANIC RED BELL PEPPERS

Crisp, sweet, and delicious raw, baked, or stir-fried. From Divemex in Mexico.

\$1⁷⁹
ea
SAVE 50¢ ea



BAKERY & CHEESE

TRES LECHERIA ORANGE CREAM DREAM TRES LECHES CAKE SLICE

A classic sponge cake soaked in three milks with orange and vanilla, then finished with whipped cream.

PNW
LOCAL

\$8⁹⁹
ea
SAVE \$1ea



CUCINA ANDOLINA CRUMBLED BLUE CHEESE

A convenient and tasty topping for your next salad or veggie dish.

\$10⁹⁹
lb
SAVE \$2lb



SCHWARTZ BROTHERS BAKERY CRANBERRY ORANGE SCONES

Tender scones packed with dried cranberries and orange peel, finished with a sweet orange glaze.
6ct

PNW
LOCAL

\$7⁹⁹
ea
SAVE \$1ea



ALBINA CITY NUTS TOASTED CORN

Full of flavor, these crunchy corns are a great addition to a charcuterie board or snack-pack.

PNW
LOCAL

\$8⁹⁹
lb
SAVE \$1lb



NEW SEASONS ORANGE GLAZED TOFU

Cubed tofu in an orange and apricot glaze with a pinch of chili flake.

\$10⁹⁹
lb
SAVE \$2lb



NEW SEASONS KALE, BEET, AND TANGERINE SALAD

A classic winter salad featuring tangerine sections, roasted beets, pumpkin seeds, and an orange miso dressing.

\$10⁹⁹
lb
SAVE \$3lb



DIESTEL FAMILY RANCH OVEN-ROASTED TURKEY

A tasty addition to sandwiches, wraps, or healthy snacks.

\$14⁹⁹
lb
SAVE \$3lb



NEW SEASONS ORANGE AND SWEET CHILI SALMON FILLET

Baked salmon fillet brushed with sweet chili sauce and topped with thinly sliced orange.

\$22⁹⁹
lb
SAVE \$3lb



20% OFF NON-ALCOHOLIC FAVORITES

BEST DAY BREWING NON-ALCOHOLIC CRAFT BEERS

Non-alcoholic craft beers for anyone who loves all the flavor of great beer without the alcohol. Selection may vary by location.
6pk/12oz

\$11¹⁹
ea



AFTER 20% DISCOUNT

STILL/SPARK BOTANICAL MOOD SPRITZ

Zero-proof botanical spritzes designed to help you feel calm, clear, and connected, without alcohol.
12oz

PNW
LOCAL

ONLY AT
NSM

\$3⁹⁹
ea



AFTER 20% DISCOUNT

OVERJOY NON-ALCOHOLIC WINES

All the quality of fine wine without the alcohol.
750ml

ONLY AT
NSM

\$11⁹⁹
ea



AFTER 20% DISCOUNT

DHOS NON-ALCOHOLIC SPIRITS

Locally produced by the talent at Ransom Distillery, Dhos provide the craft cocktail experience without the alcohol. Selection may vary by location.
750ml

PNW
LOCAL

\$23⁹⁹
ea



AFTER 20% DISCOUNT

ATHLETIC BREWING NON-ALCOHOLIC COCKTAILS

Non-alcoholic cocktails inspired by the classics. Choose from zesty Paloma and spicy, tart Moscow Mule.
4pk/12oz

IT'S
NEW!

\$11⁹⁹
ea



AFTER 20% DISCOUNT

HEINEKEN NON-ALCOHOLIC 0.0 LAGER

A non-alcoholic lager with refreshing fruity notes and a smooth, malty finish.
6pk/12oz

\$11⁹⁹
ea



AFTER 20% DISCOUNT

NEW YEAR, NEW GOALS

Make 2026 the year of more me-time by shopping online for convenient pickup or delivery—and snag \$10 off your next order of \$50 or more with code

NEWFORYOU10

Powered by
instacart

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members who are opted in to email or text get 50% off all avocados in the produce department.

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



WELLNESS

MANITOBA HARVEST HEMP SEEDS AND NUTRITIONAL OILS

An easy and delicious way to add heart-healthy omega-3s to your diet. Save 30% on select products.



30% off

MICKELBERRY GARDENS HIVE AND HERBAL PRODUCTS

Save on your favorite locally handcrafted formulations. Excludes honey and bee pollen.



25% off

AMERICAN HEALTH IMMUNE AND DIGESTIVE SUPPLEMENTS

Now is a great time to stock up for winter.



25% off

ANCIENT NUTRITION NUTRITIONAL SUPPLEMENTS

Proteins, collagen, and herbal supplements made with certified regenerative ingredients.



30% off

SOLGAR VITAMINS AND SUPPLEMENTS

Save on vitamins, minerals, joint formulas, and more!



25% off

WISHGARDEN HERBS HERBAL TINCTURES

Made with organic and ethically wildcrafted ingredients.



25% off

LIQUID I.V. HYDRATION MULTIPLIERS

Stay hydrated and save on full boxes and singles. Assorted flavors on sale. 10ct



\$18.99 ea
SAVE \$8ea

SIMPLY TERA'S WHEY PROTEIN

Each serving delivers 22 grams of easily digestible protein. Save on select flavors and sizes. 12oz



\$19.99 ea
SAVE \$11ea

NOW FOODS NAC 600MG

Helps support the production of glutathione, a powerful antioxidant. 100cap



\$14.99 ea
SAVE \$7ea

MRM NUTRITION FERMENTED CACAO POWDER

Antioxidant-rich, pure cocoa powder. Save on select super foods this week. 8.5oz



\$9.99 ea
SAVE \$8ea

WILEY'S FINEST EASY SWALLOW EPA + DHA

A high-potency EPA/DHA formula sourced from sustainably wild-caught fish. 60sg



\$14.99 ea
SAVE \$7ea

MELORA MANUKA HONEY & OIL BODY LOTION

Nourishing face and body care made with manuka honey and botanical oils. 7oz



\$9.99 ea
SAVE \$4ea

DRTUNG'S SMART FLOSS

Waxed dental floss designed to stretch and expand into those hard-to-reach spaces. Save on activated charcoal floss too! 30yd



\$4.69 ea
SAVE \$1.80ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC BEANS

Selected Varieties



PNW LOCAL

\$2.99 lb
EVERYDAY VALUE

ORGANIC RAW PUMPKIN SEEDS



\$9.99 lb
SAVE \$6lb

HUMMINGBIRD WHOLESALE ORGANIC MEDJOOL DATES



PNW LOCAL

\$11.99 lb
SAVE \$1lb

FRONTIER CO-OP SPICES AND SEASONINGS

Selected Varieties



20% off

GROCERY

ALL THINGS OATLY

From breakfast to dessert, Oatly products deliver oat-based goodness of the highest order. Made from sustainably grown, gluten-free oats, their milks, creamers, ice cream, and other oatly favorites are enriched with calcium and packed with beta-glucans (aka oat-derived soluble fiber). Naturally low in saturated fat, the whole plant-based lineup satisfies both dairy and non-dairy folks alike—all while treading a little lighter on the planet.



OATLY
DAIRY-FREE PRODUCTS
Selected Varieties

30% off

HIPPEAS CHICKPEA SNACKS
Selected Varieties
3.75-4oz



BUY 1 GET 1 1/2 OFF
SAVE \$2.30 ON 2

Available in-store only

PIRATE'S BOOTY SNACKS
Selected Varieties



33% off

ANNIE'S CRACKERS OR GRAHAMS
Selected Varieties



20% off

GO RAW SPROUTED ORGANIC SEEDS
Pumpkin or Super Simple.



20% off

BIENA CHICKPEA SNACKS
Assorted Varieties
5oz



\$3.99 ea
SAVE \$2.90 ea

SMARTSWEETS PLANT-BASED CANDY
Selected Varieties
1.6-1.8oz



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

Available in-store only

ALTER ECO ORGANIC CHOCOLATE
Selected Varieties
2.65-2.82oz



\$3.99 ea
SAVE \$1.50 ea

BARNANA ORGANIC BANANA BITES
Assorted Varieties
3.5oz



\$3.99 ea
SAVE \$2.60 ea

IQBAR PLANT-BASED PROTEIN BAR
Assorted Varieties
1.6oz



3 for \$5
SAVE 82¢ ea

PURELY ELIZABETH CEREAL AND GRANOLA
Selected Varieties
8-12oz



\$5.99 ea
SAVE \$2.30 ea

KETTLE BRAND POTATO CHIPS
Selected Varieties
6-7.5oz



\$3.99 ea
SAVE 60¢ ea

ACTUAL VEGGIES VEGGIE BURGERS OR SUPER FRIES
Selected Varieties
12-14oz



\$5.99 ea
SAVE UP TO \$2.70 ea

BEYOND MEAT PLANT-BASED SEARED TIPS
Assorted Varieties
10oz



\$7.99 ea
SAVE UP TO \$2.40 ea

PITAYA FOODS FROZEN SUPERFRUITS
Selected Varieties
12oz



\$4.99 ea
SAVE UP TO \$3.40 ea

SEAL THE SEASONS FROZEN FRUIT
Assorted Varieties



20% off

VEGGIES MADE GREAT MUFFINS, CORNBREAD OR FRITTATAS
Assorted Varieties



20% off

GROCERY

**SIMPLI
REGENERATIVE
ORGANIC BEANS
OR QUINOA**
Assorted Varieties



**33%
off**

**MAYA KAIMAL
ORGANIC EVERYDAY
DAL AND CHANA**
Selected Varieties
10oz



**BUY 1 GET 1
FREE**
SAVE \$5.69 ON 2

**MEKHALA
ORGANIC
COOKING PASTE**
Assorted Varieties
3.53oz



**\$4⁹⁹
ea**
SAVE \$1.60ea

**BRAGG
PLANT-BASED
PANTRY STAPLES**
Selected Varieties



**20%
off**

**BLUE DIAMOND
ALMOND
BREEZE**
Selected Varieties
32oz



2 for \$4
SAVE 59¢ ea

**THE REAL CEREAL CO.
ORGANIC CEREAL**
Corn Flakes or
Rice Crisps.
8.4oz



**\$4⁹⁹
ea**
SAVE \$2.30ea

**OLYRA
ORGANIC
BREAKFAST
SNACKS**
Assorted Varieties
4ct



**\$3⁹⁹
ea**
SAVE UP TO \$1.80ea

**SMASH FOODS
SUPERFOOD JAM**
Assorted Varieties
8oz



**\$5⁹⁹
ea**
SAVE \$1.50ea

**BERRI LYTE
ORGANIC
ELECTROLYTE
SOLUTION**
Strawberry or Acai Berry.
35.2oz



**\$6⁹⁹
ea**
SAVE \$2.50ea

**SERENITY KIDS
BABY FOOD**
Selected Varieties



**20%
off**

**PRIMAL KITCHEN
CONDIMENTS
AND SAUCES**
Selected Varieties



**30%
off**

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



2 for \$9
SAVE 79¢ ea

**DE SOI
SPARKLING
NON-ALCOHOLIC
APERITIF**
Assorted Varieties
4pk/8oz



**\$10⁹⁹
ea**
SAVE UP TO \$7.10ea

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



2 for \$7
SAVE \$1.49ea

**CALI WATER
CACTUS WATER**
Assorted Varieties
12oz



2 for \$4
SAVE 99¢ ea

**SEVENTH GENERATION
LAUNDRY
DETERGENT**
Selected Varieties
87.5-90oz



**\$12⁹⁹
ea**
SAVE \$3ea

**CULTURE POP
PROBIOTIC
SODA**
Assorted Varieties
12oz



2 for \$3
SAVE 99¢ ea

**ETERNAL
NATURALLY
ALKALINE
SPRING
WATER**
1.5L



2 for \$4
SAVE \$1.39ea

**PROUD SOURCE
SPRING OR
SPARKLING
WATER**
25.3oz



2 for \$6
SAVE UP TO 79¢ ea

PROTEIN-PACKED DELICIOUSNESS

CHOMPS
MEAT SNACKS
Assorted Varieties



25% off

ALOHA
PLANT-BASED PROTEIN BAR
Assorted Varieties
1.98oz



2 for \$5
SAVE 89¢ ea

WILDE BRANDS
PROTEIN CHIPS
Selected Varieties
2.25oz



\$4.99 ea
SAVE \$2.40 ea

MILTON'S
PROTEIN CRACKERS
Assorted Varieties
4.25oz



\$4.99 ea
SAVE UP TO \$2 ea

LEGENDARY FOODS
PROTEIN PASTRY
Assorted Varieties



20% off

DRUMROLL
GLUTEN-FREE DONUTS
Assorted Varieties
2.6oz



BUY 2 GET 1 FREE
SAVE \$4.29 ON 3

Available
in-store only

REMEDY ORGANICS
PLANT-BASED WELLNESS SHAKE
Assorted Varieties
12oz



BUY 2 GET 1 FREE
SAVE \$4.99 ON 3

Available
in-store only

MAGIC SPOON
GRAIN-FREE PROTEIN GRANOLA
Assorted Varieties
8oz



\$7.99 ea
SAVE \$2.50 ea

KODIAK CAKES
OATMEAL OR FLAPJACK CUP
Assorted Varieties
2.12-2.15oz



2 for \$5
SAVE 89¢ ea

CB'S NUTS
PEANUT BUTTER
Assorted Varieties



20% off

NEW SEASONS
CAGE-FREE EGGS
From chickens raised on vegetarian feed with no antibiotics by Stiebers Farms in Yelm, WA.
1doz



\$3.99 ea
FEATURED

QUEEN ST. BAKERY
SUPERFOOD BAGELS AND ENGLISH MUFFINS
Assorted Varieties
16-16.93oz



\$5.99 ea
SAVE UP TO \$2 ea

RED'S
FROZEN BREAKFAST SANDWICHES
Assorted Varieties
5.3-8.1oz



\$5.99 ea
SAVE UP TO \$1.60 ea

CAULIPOWER
PIZZAS AND CHICKEN
Assorted Varieties



20% off

YOUGH!
GREEK YOGURT DOUGH PIZZA
Assorted Varieties
10.2-13.8oz



\$9.99 ea
SAVE \$3 ea

BONAFIDE PROVISIONS
ORGANIC BROTH
Assorted Varieties



25% off

BANZA
CHICKPEA MAC & CHEESE
Selected Varieties
5.5oz



BUY 2 GET 1 FREE
SAVE \$4.79 ON 3

Available
in-store only

BANZA
CHICKPEA PASTA
Selected Varieties
8oz



2 for \$7
SAVE \$1.09 ea

WILDWOOD
ORGANIC TOFU
Selected Varieties
14-16oz



\$3.99 ea
SAVE UP TO \$3 ea

BLUE ZONES KITCHEN
FROZEN MEAL BOWLS
Assorted Varieties
8-9oz



\$4.99 ea
SAVE \$3 ea

GROCERY

EVOLUTION FRESH COLD-PRESSED JUICE

Selected Varieties



30% off

JUST EGG PLANT-BASED EGG

16oz



\$6⁹⁹ ea
SAVE \$2.80ea

ANNIE'S MAC & CHEESE

Selected Varieties
5.5-6oz



3 for \$5
SAVE 92¢ea

FORAGER PROJECT DAIRY-FREE PRODUCTS

Selected Varieties



30% off

SIETE FOODS GRAIN-FREE TORTILLAS

Selected Varieties
8ct



\$7⁹⁹ ea
SAVE \$2.90ea

ZOI GREEK YOGURT

Assorted Varieties
32oz



\$4⁹⁹ ea
SAVE \$1ea

LIFEWAY PROBIOTIC PRODUCTS

Selected Varieties
16-32oz



\$4⁷⁹ ea
SAVE 90¢ea

STONYFIELD KIDS ORGANIC YOGURT

Selected Varieties
4-8ct



\$4⁴⁹ ea
SAVE UP TO \$1.80ea

CLEVELAND KITCHEN KRAUTS AND KIMCHI

Selected Varieties



25% off

TREELINE CHEESEMAKERS VEGAN CHEESE

Assorted Varieties



25% off

ZICO NAM HOM ORGANIC COCONUT WATER

13.5oz



2 for \$6
SAVE \$1.99ea

MOOSKI CHILLED OAT BAR

Assorted Varieties
1.59oz



BUY 2 GET 1 FREE
SAVE \$3.19 ON 3

Available in-store only

BIZZY ORGANIC COLD BREW COFFEE

Breakfast Blend or Espresso Blend.
48oz



\$6⁴⁹ ea
SAVE \$2ea

HEALTH-ADE ORGANIC KOMBUCHA

Assorted Varieties
48oz



\$6⁹⁹ ea
SAVE \$2.80ea

CELESTIAL SEASONINGS TEA

Selected Varieties
20ct



BUY 2 GET 1 FREE
SAVE \$4.29 ON 3

Available in-store only

RISHI TEA & BOTANICALS TEA

Selected Varieties
15ct



25% off

NAKED BREAD SANDWICH BREAD

Selected Varieties
22.5oz



\$2⁴⁹ ea
SAVE \$3.50ea

BASE CULTURE PALEO SLICED BREAD

Assorted Varieties
16oz



\$7⁹⁹ ea
SAVE UP TO \$3ea

TEAPIGS TEA

Assorted Varieties
15ct



BUY 1 GET 1 FREE
SAVE \$9.99 ON 2

FOUR SIGMATIC ORGANIC MUSHROOM COFFEE

Selected Varieties
10-12oz



\$15⁹⁹ ea
SAVE UP TO \$4.80ea