

QUALITY MEETS COMFORT

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

SALE

**MARY'S
WHOLE FRYER
CHICKEN**

**\$2.59
lb
SAVE \$1lb**

NEW SEASONS SALMON CAKES

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



**\$3.99
ea
SAVE \$1ea**

ORGANIC BLUEBERRY PINTS

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



**\$4.99
ea
SAVE \$1ea**

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.

\$4.99
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

\$6.99
lb
SAVE \$2lb



NEW SEASONS ALL BULK SAUSAGE

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

\$5.99
lb
SAVE \$1lb



COHO SALMON FILLET

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



GERBER DAISY

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

PNW
LOCAL



JOSIE'S ORGANICS SALAD KITS

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

\$5.99
ea
SAVE \$1ea



ORGANIC HONEYCRISP APPLES

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

PNW
LOCAL

\$3.49
lb
SAVE 50¢lb



ORGANIC RED BELL PEPPERS

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

\$1.79
ea
SAVE 50¢ea



PRODUCE

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

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

\$8.99
ea
SAVE \$1ea

CUCINA ANDOLINA
CRUMBLED
BLUE CHEESE

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

\$10.99
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

\$7.99
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

\$8.99
lb
SAVE \$1lb

NEW SEASONS
ORANGE GLAZED TOFU

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

\$10.99
lb
SAVE \$3lb

NEW SEASONS
KALE, BEET, AND
TANGERINE SALAD

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

\$10.99
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



\$11.19
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

\$3.99
ea



AFTER 20% DISCOUNT

OVERJOY
NON-ALCOHOLIC
WINES

All the quality of fine wine without the alcohol.

750ml

ONLY AT
NSM

\$11.99
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.

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



\$23.99
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!

\$11.99
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



\$11.99
ea

AFTER 20% DISCOUNT

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 \$8eaSIMPLY TERA'S
WHEY PROTEIN

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

\$19.99
ea
SAVE \$11eaNOW FOODS
NAC 600MG

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

\$14.99
ea
SAVE \$7eaMRM NUTRITION
FERMENTED
CACAO POWDER

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

\$9.99
ea
SAVE \$8eaWILEY'S FINEST
EASY SWALLOW
EPA + DHA

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

\$14.99
ea
SAVE \$7eaMELORA
MANUKA HONEY & OIL
BODY LOTION

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

\$9.99
ea
SAVE \$4eaDRTUNG'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

\$2.99
lb
EVERYDAY VALUEORGANIC RAW
PUMPKIN SEEDS\$9.99
lb
SAVE \$6lbHUMMINGBIRD WHOLESALE
ORGANIC
MEDJOOl DATES\$11.99
lb
SAVE \$1.19lbFRONTIER 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 oaty 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

BIENA CHICKPEA SNACKS

Assorted Varieties
5oz



\$3.99
ea
SAVE \$2.90ea

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

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 \$2.30ea

BEYOND MEAT PLANT-BASED SEARED TIPS

Assorted Varieties
10oz



\$7.99
ea
SAVE UP TO \$2.40ea

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

ALTER ECO ORGANIC CHOCOLATE

BARNANA ORGANIC BANANA BITES

Selected Varieties
2.65-2.82oz



\$3.99
ea
SAVE \$1.50ea

BARNANA ORGANIC BANANA BITES

Assorted Varieties
3.5oz



\$3.99
ea
SAVE \$2.60ea

KETTLE BRAND POTATO CHIPS

ACTUAL VEGGIES VEGGIE BURGERS OR SUPER FRIES

Selected Varieties
6-7.5oz



\$3.99
ea
SAVE 60¢ ea

KETTLE BRAND POTATO CHIPS

Selected Varieties
12-14oz



\$5.99
ea
SAVE UP TO \$2.70ea

PITAYA FOODS FROZEN SUPERFRUITS

Selected Varieties
12oz



SEAL THE SEASONS FROZEN FRUIT

Assorted Varieties

VEGGIES MADE GREAT MUFFINS, CORNBREAD OR FRITTATAS

Assorted Varieties



20%
off



20%
off

GROCERY

SIMPLI
REGENERATIVE
ORGANIC BEANS
OR QUINOA

Assorted Varieties

33% offMAYA KAIMAL
ORGANIC EVERYDAY
DAL AND CHANASelected Varieties
10oz**BUY 1 GET 1
FREE
SAVE \$5.69 ON 2**MEKHALA
ORGANIC
COOKING PASTEAssorted Varieties
3.53oz**\$4.99
ea
SAVE \$1.60ea**BRAGG
PLANT-BASED
PANTRY STAPLES

Selected Varieties

20% offBLUE DIAMOND
ALMOND
BREEZESelected Varieties
32oz**2 for \$4
SAVE 59¢ea**THE REAL CEREAL CO.
ORGANIC CEREALCorn Flakes or
Rice Crisps.
8.4oz**\$4.99
ea
SAVE \$2.30ea**OLYRA
ORGANIC
BREAKFAST
SNACKSAssorted Varieties
4ct**\$3.99
ea
SAVE UP TO \$1.80ea**SMASH FOODS
SUPERFOOD JAMAssorted Varieties
8oz**\$5.99
ea
SAVE \$1.50ea**BERRI LYTE
ORGANIC
ELECTROLYTE
SOLUTIONStrawberry or Acai Berry.
35.2oz**\$6.99
ea
SAVE \$2.50ea**SERENITY KIDS
BABY FOOD

Selected Varieties

20% offPRIMAL KITCHEN
CONDIMENT
AND SAUCES

Selected Varieties

30% offWATERLOO
SPARKLING WATERSelected Varieties
8pk/12oz**2 for \$9
SAVE 79¢ea**DE SOI
SPARKLING
NON-ALCOHOLIC
APERITIFAssorted Varieties
4pk/8oz**\$10.99
ea
SAVE UP TO \$7.10ea**GOLDTHREAD
PLANT-BASED
TONICSelected Varieties
10.5oz**2 for \$7
SAVE \$1.49ea**CALIWATER
CACTUS
WATERAssorted Varieties
12oz**2 for \$4
SAVE 99¢ea**SEVENTH GENERATION
LAUNDRY
DETERGENTSelected Varieties
87.5-90ozCULTURE POP
PROBIOTIC
SODAAssorted 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****\$12.99
ea
SAVE \$3ea**

PROTEIN-PACKED DELICIOUSNESS

CHOMPS
MEAT SNACKS
Assorted Varieties25%
offALOHA
PLANT-BASED
PROTEIN BAR
Assorted Varieties

1.98oz

2 for \$5
SAVE 89¢ eaWILDE BRANDS
PROTEIN
CHIPS
Selected Varieties

2.25oz

\$4.99
ea
SAVE \$2.40 eaMILTON'S
PROTEIN
CRACKERS
Assorted Varieties

4.25oz

\$4.99
ea
SAVE UP TO \$2 eaLEGENDARY FOODS
PROTEIN PASTRY
Assorted Varieties20%
offDRUMROLL
GLUTEN-FREE
DONUTS
Assorted Varieties

2.6oz

BUY 2 GET 1
FREE
SAVE \$4.29 ON 3Available
in-store onlyREMEDY ORGANICS
PLANT-BASED
WELLNESS
SHAKE
Assorted Varieties

12oz

BUY 2 GET 1
FREE
SAVE \$4.99 ON 3Available
in-store onlyMAGIC SPOON
GRAIN-FREE
PROTEIN
GRANOLA
Assorted Varieties

8oz

\$7.99
ea
SAVE \$2.50 eaKODIAK CAKES
OATMEAL OR
FLAPJACK CUP
Assorted Varieties
2.12-2.15oz2 for \$5
SAVE 89¢ eaCB'S NUTS
PEANUT
BUTTER
Assorted Varieties

14oz

20%
offNEW SEASONS
CAGE-FREE EGGS

From chickens raised on vegetarian feed with no antibiotics by Stiebels Farms in Yelm, WA.

1doz

\$3.99
ea
FEATUREDQUEEN ST. BAKERY
SUPERFOOD BAGELS
AND ENGLISH MUFFINS
Assorted Varieties

16-16.93oz

\$5.99
ea
SAVE UP TO \$2 eaRED'S
FROZEN BREAKFAST
SANDWICHES
Assorted Varieties
5.3-8.1oz\$5.99
ea
SAVE UP TO \$1.60 eaCAULIPOWER
PIZZAS AND CHICKEN
Assorted Varieties

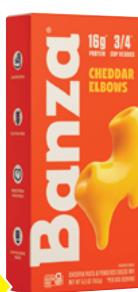
10.2-13.8oz

20%
offYOUGH!
GREEK YOGURT
DOUGH PIZZA
Assorted Varieties

10.2-13.8oz

\$9.99
ea
SAVE \$3 eaBONAFIDE PROVISIONS
ORGANIC BROTH
Assorted Varieties

16-16.93oz

25%
offBANZA
CHICKPEA
MAC &
CHEESE
Selected Varieties
5.5ozBUY 2 GET 1
FREE
SAVE \$4.79 ON 3Available
in-store onlyBANZA
CHICKPEA
PASTA
Selected Varieties

8oz

2 for \$7
SAVE \$1.09 eaWILDWOOD
ORGANIC
TOFU
Selected Varieties

14-16oz

\$3.99
ea
SAVE UP TO \$3 eaBLUE 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

Selected Varieties

**\$6.99 ea**
SAVE \$2.80eaSiete Foods
GRAIN-FREE
TORTILLASSelected Varieties
8ct**\$7.99
ea**
SAVE \$2.90eaZOI
GREEK YOGURTAssorted Varieties
32oz

PNW LOCAL

**\$4.99
ea**
SAVE \$1eaCLEVELAND KITCHEN
KRAUTS AND KIMCHI

Selected Varieties

**25% off**TREELINE CHEESEMAKERS
VEGAN CHEESE

Assorted Varieties

**25% off**BIZZY
ORGANIC
COLD BREW
COFFEEBreakfast Blend or
Espresso Blend.
48oz**\$6.49
ea**
SAVE \$2eaHEALTH-ADE
ORGANIC
KOMBUCHAAssorted Varieties
48oz**\$6.99
ea**
SAVE \$2.80eaNAKED BREAD
SANDWICH
BREADSelected Varieties
22.5oz

PNW LOCAL

**\$2.49
ea**
SAVE \$3.50eaBASE CULTURE
PALEO
SLICED BREADAssorted Varieties
16oz**\$7.99
ea**
SAVE UP TO \$3eaANNIE'S
MAC & CHEESESelected Varieties
5.5-6oz**3 for \$5**
SAVE 92¢ eaFORAGER PROJECT
DAIRY-FREE
PRODUCTS

Selected Varieties

**30% off**LIFEWAY
PROBIOTIC
PRODUCTSSelected Varieties
16-32oz**\$4.79
ea**
SAVE 90¢ eaSTONYFIELD
KIDS ORGANIC YOGURTSelected Varieties
4-8ct**\$4.49
ea**
SAVE UP TO \$1.80eaMOOSKI
CHILLED
OAT BARAssorted Varieties
1.59oz**BUY 2 GET 1
FREE**
SAVE \$3.19 ON 3Available
in-store onlyZICO
NAM HOM
ORGANIC
COCONUT
WATER

13.5oz

**2 for \$6**
SAVE \$1.99eaCELESTIAL SEASONINGS
TEASelected Varieties
20ct**BUY 2 GET 1
FREE**
SAVE \$4.29 ON 3Available
in-store onlyRISHI TEA & BOTANICALS
TEASelected Varieties
15ct**25% off**TEAPIGS
TEAAssorted Varieties
15ct**BUY 1 GET 1
FREE**
SAVE \$9.99 ON 2FOUR SIGMATIC
ORGANIC
MUSHROOM
COFFEESelected Varieties
10-12oz**\$15.99
ea**
SAVE UP TO \$4.80ea