

COMFORT ZONE

Bring a cozy, crowd-pleasing meal to the table with USDA Choice, Certified Humane beef from Creekstone Farms.

Really BIG DEAL

CREEKSTONE FARMS
BEEF STEW MEAT

\$8.99 lb
SAVE \$3.1b

Really BIG DEALS

20% off

ALASKA SEAFOOD



Wild,
Natural &
Sustainable®

MORRO BAY AVOCADOS

Great for dips, toast, and veggie bowls. From Shanley Farms in Morro Bay, CA.



2 for \$4

SAVE 99¢ea

**ROMA VICOLO
ROMAN STYLE
PIZZA CRUST**

Selected Varieties
9.1-9.6oz



**BUY 1 GET 1
FREE**

SAVE \$9.99 ON 2

**BEN & JERRY'S
ICE CREAM**

Selected Varieties
14.4-16oz



\$4.99 ea

SAVE UP TO \$3ea

**YERBA MADRE
ORGANIC
SPARKLING
YERBA MATE**

Assorted Varieties
12oz



2 for \$4

SAVE 99¢ea

**BROWN COW
WHOLE MILK
YOGURT**

Assorted Varieties
5.3oz



10 for \$10

SAVE 49¢ea

Want to have weekly deals delivered to your inbox? Just sign up for email updates at newseasonsmarket.com/join
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WHAT WE'RE LOVING

Enjoying a mix of savory and sweet with freshly baked New Seasons artisan bread, rich Gouda cheese, and a locally made seasonal pumpkin cake.



CHEESE of the MONTH



18-MONTH AGED GOUDA ARTIKAAS | THE NETHERLANDS

A classic Dutch cheese aged to perfection with a firm texture and rich, complex flavors of toasted walnuts with a smooth brown-butter finish.

BREAD of the MONTH



ORGANIC EMMER MICHE NEW SEASONS MARKET | PORTLAND, OR

A naturally leavened, slightly tangy bread, made fresh daily in-house by our talented bakers with whole-grain, organic heirloom emmer grown and milled in the Pacific Northwest.

CAKE of the MONTH



PUMPKIN CARAMEL CAKE PORTLAND STYLE CHEESECAKE | PORTLAND, OR

An irresistibly moist pumpkin cake layered with caramel cream cheese icing, side-walled in white chocolate, and dusted with pumpkin pie spice.

MEAT & SEAFOOD

MARY'S WHOLE CHICKEN LEGS

The perfect option for a simple weeknight meal. Always air-chilled for the best flavor.



\$3⁹⁹
lb

SAVE \$1lb

OCEAN BEAUTY SEAFOODS COOKED PEELED & DEVEINED SHRIMP, 26/30 COUNT

Sustainably farm raised and cooked to perfection. Ready to dip in your favorite cocktail sauce.

16oz

\$10⁹⁹
ea

SAVE \$3ea



BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Tender, juicy, and perfect for fall. No antibiotics ever.



\$5⁴⁹
lb

SAVE 50¢lb

NEW SEASONS PARMESAN COD FILLET

Wild-caught pacific cod seasoned, breaded, and ready to cook for a quick weeknight meal.



\$13⁹⁹
lb

SAVE \$4lb

FLORAL

LOCAL DAHLIAS

Oregon-grown and blooming with seasonal charm.



\$10⁹⁹
ea

SAVE \$2ea

PRODUCE

ORGANIC SEEDLESS GRAPES

Choose from red, green, or black varieties for your salads, snack plates, or lunch boxes. From Divine Flavor in Mexico.



\$4⁴⁹
lb

SAVE 50¢lb

ORGANIC ASIAN PEARS

A classic favorite for salads, healthy snacking, and baked goods. From Columbia Gorge Organic in Hood River, OR.



30%
off

BLACKBERRIES

Extra juicy with sweet-tart flavor. The perfect addition to smoothies and desserts. From Driscoll's in OR.

6oz



2 for \$5

SAVE \$1.49ea

BAKERY & CHEESE

BECKMANN'S OLD WORLD BAKERY PUMPKIN PIE SLICE

An award-winning classic made with all-natural ingredients and just the right balance of warm, pumpkin-spice goodness.



\$4⁴⁹
ea
SAVE 50¢ea

IT'S
NEW!

ARTIKAAS HOLY SHEEP GOUDA

Crafted from sheep's milk and aged for 9 months, this Gouda is nutty with a crystal-studded texture that melts in the mouth.

6oz



20%
off

NEW SEASONS ORGANIC HEIRLOOM EMMER MICHE QUARTER LOAF

Naturally leavened and baked fresh by our talented bakers with organic heirloom emmer grown and milled in the PNW.



\$3⁴⁹
ea
SAVE 50¢ea

BELGIOIOSO PARMESAN CUPS

A delicious and convenient addition to pasta, salad, or veggie dishes.

4-5oz



\$4⁴⁹
ea
SAVE 50¢ea

NEW SEASONS MAPLE ORANGE GLAZED RAINBOW CARROTS

Bias-cut rainbow carrots roasted in a maple and orange glaze.



\$9⁹⁹
lb
SAVE \$2lb

IT'S IN
SEASON!

NEW SEASONS BEET AND GORGONZOLA SALAD

Sweet and earthy beets tossed in a cider vinaigrette with crumbled gorgonzola cheese.



\$11⁹⁹
lb
SAVE \$2lb

IT'S IN
SEASON!

NEW SEASONS GRILLED SALMON WITH OLIVE WALNUT TAPENADE

Grilled salmon fillet topped with a Castelvetro olive and walnut tapenade and a touch of smoky paprika.



\$22⁹⁹
lb
SAVE \$3lb

ORIGAMI CATERING CALIFORNIA ROLL

Featuring sustainably sourced surimi, avocado, and English cucumber rolled with toasted sesame seeds.



\$8⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

FALL BEER SEASON

MIX & MATCH

10%
off

6 bottles of wine

20%
off

12 or more bottles of wine

*Offer available in-store only.

BREAKSIDE BREWERY FRESH HOP BAYSIDE IPA

This modern West Coast IPA is crisp and refined, with bold tropical, citrus, and stone fruit notes amplified by an extra fresh hop kick.

4pk/16oz

\$19⁹⁹
ea
SAVE \$4ea



PNW
LOCAL

IT'S
NEW!

LAURELWOOD BREWING PUMPKIN ALE

Brewed with real pumpkin, squash, and spices, this bold and silky seasonal ale is rich, smooth, and warmly aromatic.

4pk/16oz

\$13⁹⁹
ea
SAVE \$3ea



PNW
LOCAL

GIGANTIC BREWING CENTENNIAL FRESH HOP IPA

Brewed with locally handpicked Centennial hops, this IPA bursts with bold citrus and pine character and a punchy, aromatic kick of fresh hops.

4pk/16oz

\$17⁹⁹
ea
SAVE \$2ea



PNW
LOCAL

IT'S
NEW!

ELYSIAN BREWING PUMPKIN ALE VARIETY PACK

Slice into the Pumpkin Pack and explore classic pumpkin ales and spookily smooth stouts.

12pk/12oz

\$24⁹⁹
ea
SAVE \$5ea



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 \$50+ with code

EASYDELIVER50

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DON'T MISS THIS OFFER

Neighbor Rewards members opted into email or text get a FREE one gallon jug of New Seasons Apple Juice with a purchase of \$10 or more.

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



WELLNESS

PRE-SHOP OUR ANNUAL SUPPLEMENT SALE NOW!

Reserve product now for 25% off all supplements including immune support, protein powders, collagen, and more—even sale items! We'll set aside your goodies and have them ready for pick-up during the sale, October 15 – 21.

NOW THROUGH OCTOBER 14

DESERT ESSENCE BODY CARE

Enjoy great savings on body care and oral care from this fellow B Corp!

Save up to:

30% off



ORGANIC INDIA WHOLE HUSK PSYLLIUM

Supports digestion and elimination with essential soluble and insoluble fibers. Save on select formulas.

12oz

\$13.99 ea

SAVE \$5ea



LILY OF THE DESERT ORGANIC PRESERVATIVE FREE ALOE VERA JUICE

Naturally occurring vitamins, amino acids, and enzymes to support healthy digestion. 32oz

\$5.99 ea

SAVE \$4ea



DR. SHEN'S COLD STOP

Made with wildcrafted herbs to help relieve symptoms of the common cold. 15tab

\$7.49 ea

SAVE \$3.50ea



NOW FOODS MAGNESIUM FLAKES

Helps to hydrate and soften skin, improving complexion without leaving behind an oily residue. 750g

\$10.49 ea

SAVE \$3.50ea



BLOOM CRANBERRY + D-MANNOSE

A dual-action formula to support urinary tract health. 60vc

\$14.99 ea

SAVE \$7ea



BLOOM ORGANIC GOLDEN FLAX MEAL

Rich in heart-healthy omega-3s and fiber. Great for baking or adding to smoothies. 12oz

\$8.49 ea

SAVE 50¢ea



MEDINATURA T-RELIEF ARNICA +12 EXTRA STRENGTH

Helps relieve muscle, joint, and nerve pain. Save on cream and gel. 3oz

\$13.49 ea

SAVE \$5.50ea



BADGER LIP BALMS

Formulated with fair trade cocoa butter for soft, moisturized lips. Save on select flavors. .25oz

\$3.69 ea

SAVE \$1.30ea



DR. BRONNER'S PURE-CASTILE LIQUID SOAPS AND REFILLS

Made with all-natural, fair trade ingredients. Sale includes 32oz refill cartons. 32oz

\$15.99 ea

SAVE \$6ea



GROCERY

RAO'S HOMEMADE BRICK OVEN FROZEN PIZZA

Assorted Varieties 18.3-20.8oz

\$9.99 ea

SAVE \$2.70ea



RAO'S HOMEMADE FROZEN ENTRÉES

Selected Varieties 8.4-9.5oz

2 for \$10

SAVE UP TO \$1.69ea



AGAINST THE GRAIN GOURMET GLUTEN-FREE BREADS AND PIZZAS

Selected Varieties

20% off



IMPOSSIBLE FOODS PLANT-BASED BURGER PATTIES

6ct

\$12.99 ea

SAVE \$4.50ea



SUNBUTTER JAMMIES

Assorted Varieties 4ct

\$6.99 ea

SAVE \$1.60ea



WOW BAO FROZEN BAO

Assorted Varieties 10oz

\$6.99 ea

SAVE \$2.50ea



STRONG ROOTS PLANT-BASED FROZEN FOODS

Selected Varieties

20% off



NOTCO PLANT-BASED PROTEINS

Selected Varieties

20% off



GROCERY

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

UPTON'S NATURALS PLANT-BASED SOUP

Assorted Varieties
14.5oz



\$3.99
ea
SAVE UP TO \$2.20ea

NEAR EAST RICE PILAF, COUSCOUS OR QUINOA

Selected Varieties
4.7-10oz



\$2.99
ea
SAVE 80¢ea

WESTBRAE NATURAL ORGANIC BEANS

Assorted Varieties
15oz



2 for \$5
SAVE \$1.69ea

GREAT EASTERN SUN ORGANIC CHOPPED GARLIC OR GINGER

4.5oz



\$4.99
ea
SAVE \$2ea

FRONTIER CO-OP SPICES, SEASONINGS AND EXTRACTS

Selected Varieties



20%
off

SIMPLY ORGANIC SEASONING MIX

Selected Varieties
.7-1.5oz



2 for \$4
SAVE UP TO \$1.29ea

WHITE LEAF PROVISIONS BIODYNAMIC BABY FOOD

Selected Varieties
3.17oz



\$2.29
ea
SAVE 60¢ea

NAPOLEON ORGANIC EXTRA VIRGIN OLIVE OIL

16.9oz



\$12.99
ea
SAVE \$5ea

BIGELOW TEA

Selected Varieties
18-20ct



2 for \$5
SAVE \$1.69ea

CHOICE ORGANICS TEA

Selected Varieties
16ct



\$3.99
ea
SAVE \$2.30ea

PEET'S COFFEE COFFEE

Selected Varieties
10.5oz



\$11.99
ea
SAVE \$3ea

RUMMO PASTA

Assorted Varieties
12-16oz



2 for \$7
SAVE UP TO \$1.99ea

BOB'S RED MILL PANCAKE MIXES

Selected Varieties



20%
off

PORTLANDIA FOODS ORGANIC FRUIT SPREAD

Assorted Varieties
10.5oz



\$4.99
ea
SAVE \$2ea

MOM'S BEST CEREAL

Assorted
Varieties
17.5-24oz



\$4.99
ea
SAVE \$2ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC BLACK BEANS

\$2.99
lb

EVERYDAY VALUE



NEW SEASONS ORGANIC MANGO SLICES

From SunRidge Farms in Royal Oaks, CA.
7oz

\$9.99
ea

SAVE \$3ea



NEW SEASONS ORGANIC COFFEE

Sustainably sourced by our partners at Equal Exchange in Portland, OR.

\$13.99
lb

SAVE \$1lb



HUMMINGBIRD WHOLESALE ORGANIC BRAZIL NUTS

\$17.99
lb

SAVE \$2lb



GROCERY

**BARBARA'S
CHEESE
PUFFS**
Assorted Varieties
5.5-7oz



2 for \$6
SAVE \$1.59ea

**DUKE'S SMOKED MEATS
SMOKED SHORTY
SAUSAGES**
Assorted Varieties
5oz



\$5⁹⁹ea
SAVE \$2.20ea

**GO RAW
SPROUTED
ORGANIC
SEEDS**
Pumpkin or
Super Simple.
14oz



\$13⁹⁹ea
SAVE UP TO \$5ea

**HARVEST SNAPS
SNACK CRISPS**
Assorted Varieties
3-3.3oz



**BUY 1 GET 1
FREE**
SAVE \$2.69 ON 2

**PIRATE'S BOOTY
CHEDDAR
BLAST**
4oz



\$2⁹⁹ea
SAVE \$2ea

**SIMPLE MILLS
SNACK PACKS**
Assorted Varieties
8ct



\$8⁹⁹ea
SAVE UP TO \$3ea

**SWEET LOREN'S
BREAKFAST BISCUITS**
Assorted Varieties
5ct



\$6⁹⁹ea
SAVE \$1.50ea

**SKINNYDIPPED
SNACKS**
Selected Varieties
4oz



\$4⁹⁹ea
SAVE \$1.90ea

**BEAR
FRUIT ROLLS**
Assorted Varieties
5ct



\$4⁹⁹ea
SAVE UP TO \$1.20ea

**SMARTSWEETS
PLANT-BASED CANDY**
Selected Varieties
1.6-1.8oz



2 for \$6
SAVE UP TO 99¢ea

**7TH HEAVEN
VEGAN
CHOCOLATE
BAR**
Assorted Varieties
3.5oz



\$4⁹⁹ea
SAVE 50¢ea

**BOB'S RED MILL
BOB'S BAR**
Assorted Varieties
1.76oz



10 for \$10
SAVE 89¢ea

**WAIAKEA
HAWAIIAN
VOLCANIC
WATER**
1.5L



2 for \$4
SAVE \$1.79ea

**WET HYDRATION
FUNCTIONAL
WELLNESS
WATER**
Assorted Varieties
12oz



2 for \$5
SAVE 99¢ea

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



2 for \$4
SAVE 79¢ea

**HOP WTR
SPARKLING
HOP WATER**
Assorted Varieties
6pk/12oz



\$8⁹⁹ea
SAVE \$5ea

**LORINA
ARTISANAL
SPARKLING
BEVERAGE**
Assorted Varieties
25.4oz



\$5⁹⁹ea
SAVE \$1.70ea

**ITO EN
OI OCHA
GREEN TEA**
Assorted Varieties
16.9oz



\$2²⁹ea
SAVE 70¢ea

**NIXIE
ORGANIC
SPARKLING WATER**
Assorted Varieties
8pk/12oz



\$4⁹⁹ea
SAVE \$2.20ea

**DAYTRIP BEVERAGES
ORGANIC
PREBIOTIC
SODA**
Assorted Varieties
12oz



\$2²⁹ea
SAVE 70¢ea

GROCERY

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

\$4⁹⁹
ea
SAVE \$1.30ea



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

\$4⁹⁹
ea
SAVE \$1.40ea



**NOUNÓS
GREEK
STRAINED YOGURT**
Assorted Varieties
5.3oz

2 for \$5
SAVE 69¢ea



**CLIO SNACKS
GREEK YOGURT BARS**
Assorted Varieties
4ct

\$5⁴⁹
ea
SAVE \$2ea



**UNCLE MATT'S ORGANIC
NO SUGAR
ADDED
LEMONADE**
Assorted Varieties
52oz

\$4²⁹
ea
SAVE \$1ea



**STUMPTOWN
COFFEE ROASTERS
COLD BREW**
Selected Varieties
7.5oz

2 for \$6
SAVE \$1.19ea



**KEFIRLAB
PROBIOTIC
KEFIR**
Plain or Vanilla.
16oz

\$4⁹⁹
ea
SAVE \$1.60ea



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

3 for \$5
SAVE \$1.32ea



**HUMM
ORGANIC
KOMBUCHA**
Assorted Varieties
12oz

2 for \$5
SAVE 69¢ea



**KOR SHOTS
HYDRATE
SPORTS DRINK**
Assorted Varieties
16oz

\$4⁴⁹
ea
SAVE \$1.70ea



**HOUSE FOODS
TOFU**
Selected Varieties
12-14oz

2 for \$5
SAVE 69¢ea



**MELT ORGANIC
BUTTERY SPREAD**
13oz

\$5⁹⁹
ea
SAVE \$2ea



**MISSION FOODS
BURRITO
FLOUR TORTILLAS**
8ct

\$3⁴⁹
ea
SAVE \$1ea



**NAKED
SMOOTHIE**
Selected Varieties
15.2oz

\$3²⁹
ea
SAVE 70¢ea



**DAVE'S KILLER BREAD
ORGANIC BREAD
OR BUNS**
Selected Varieties
17.6-27oz

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



**REMEDY ORGANICS
PLANT-BASED
DRINK**
Assorted Varieties
12oz

2 for \$7
SAVE \$1.19ea



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**Want to save time?
Money? Both?
We've got you!**

Our app makes it easier than ever to quickly order your groceries for pickup or delivery.

Get FREE pickup* anytime you order \$35 or more online.

*Pickup not available at all stores.

