

HELLO, CITRUS SEASON!

Enjoy a taste of sunshine with a great deal on sweet, juicy, California-grown satsumas.



SALE

SATSUMA

From Rising C Ranch in Reedley, CA.

\$1.99
lb
SAVE \$1.1b

CREEKSTONE FARMS BEEF CHUCK ROAST

USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.



\$7.99
lb

SAVE \$3.1b

MUIR GLEN ORGANIC TOMATOES

Selected Varieties
14.5-15oz



2 for \$4

SAVE UP TO \$1.99ea

APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties
16oz



\$9.99
ea

SAVE \$5ea

NEW SEASONS TORTILLA CHIPS

From Don Pancho Authentic Mexican Foods in Salem, OR. Select varieties.
9-14oz



2 for \$7

SAVE 49¢ea

DE CASA FINE FOODS DIPS AND SALSAS

Selected Varieties
14-14.5oz



PNW LOCAL

2 for \$7

SAVE UP TO \$1.99ea

≡ Really **BIG DEAL** ≡

20%
off

SELECT
**BARREL-AGED
& BEYOND BEERS**

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

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

Portland Syrups Peppermint Mocha

INGREDIENTS

- 1 shot of espresso or 8oz strong coffee
- 1oz Portland Syrups Peppermint Syrup
- 1oz chocolate syrup
- 4oz steamed milk
- Whipped cream (optional)
- Crushed candy cane (for garnish)

DIRECTIONS

1. Brew a shot of espresso or a strong coffee.
2. In a separate container, steam the milk.
3. Add the Portland Syrups Peppermint Syrup and chocolate syrup to the espresso or coffee.
4. Pour in the steamed milk and stir to combine.
5. Top with whipped cream and garnish. Enjoy!



MEAT & SEAFOOD

MARY'S BONE-IN SPLIT CHICKEN BREASTS

A versatile option that's great baked or roasted. Always air-chilled for the best flavor.

\$5⁴⁹_{lb}
SAVE 50¢/lb



BEELER'S PURE PORK ALL BONELESS CENTER-CUT PORK CHOPS

Exceptional quality with no antibiotics ever. Tender, flavorful, and perfect pan-seared.

\$5⁹⁹_{lb}
SAVE \$1/lb



ULTRA NATURAL PEELED AND DEVEINED SHRIMP

Sustainably farm-raised, Fair Trade Certified, and great for a quick and easy weeknight meal. 51/60ct

\$12⁹⁹_{lb}
SAVE \$1/lb



ECHO FALLS NORTHWEST ORIGINAL SMOKED ATLANTIC SALMON

Honey-cured and slowly smoked over oak for a rich, smokey flavor. 6oz

\$11⁹⁹_{ea}
SAVE \$4/ea



FLORAL



HOLIDAY WREATHS

Local wreaths are here! Choose from many sizes and options, including New Seasons exclusives! Starting at: \$24.99ea

ORGANIC PRODUCE

ORGANIC BUNCHED CARROTS

Sweet, tender, and tasty with dip or roasted and served as a side. From John Givens Farm in Santa Barbara, CA.

2 for \$5
SAVE \$1/ea



ORGANIC SUGARBEE APPLES

Loved for their crisp, firm texture and sugary-sweet flavor. From Chelan Fresh in Chelan, WA.

\$3⁴⁹_{lb}
SAVE 50¢/lb



PNW LOCAL

ORGANIC RED BELL PEPPERS

Crisp, sweet, and delicious stuffed or served raw with hummus. From Sunset Produce in Mexico.

\$4⁴⁹_{lb}
SAVE 50¢/lb



Really BIG DEAL

20% off

SELECT BARREL-AGED & BEYOND BEERS

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

GIGANTIC BREWING BARREL-AGED IMPERIAL STOUT

A rich, barrel-aged stout with a strong malt backbone and delicate woody notes. Choose from Scotch or Rye barrel-aged variants. 500ml

PNW LOCAL


\$9⁵⁹
ea

AFTER 20% DISCOUNT

THRESHOLD BREWING & BLENDING FOG WALKER PASTRY STOUT

We teamed up with Threshold Brewing on this decadent seasonal stout, packed with hazelnuts and chocolate for a distinctly Oregon flavor. Only at NSM.

PNW LOCAL


\$5⁵⁹
ea

AFTER 20% DISCOUNT

PFRIEM FAMILY BREWERS BARREL-AGED LIMITED

Aged 10 months in bourbon barrels, this brew blends vanilla, toasted oak, and cacao nibs, revealing notes of rich chocolate, dark fruit, and a touch of char. 375ml

PNW LOCAL


\$9⁵⁹
ea

AFTER 20% DISCOUNT

BEER & WINE

BUOY BEER CO. 6-PACK CANS

A local favorite, Buoy Beer Co. blends modern brewing techniques with the traditions that define great beer. Selections may vary. 6pk/12oz

PNW LOCAL


\$12⁹⁹
ea

SAVE \$3ea

COORS LIGHT 12-PACK CANS

A two-row lager malt made from 100% American-grown Moravian barley for a bright, golden color. 12pk/12oz


\$16⁹⁹
ea

SAVE \$2ea

NINKASI BREWING ADVENTURE VARIETY 12 PACKS

Embark on a flavor journey with this 12-pack featuring four of Ninkasi's most popular IPAs. 12pk/12oz

PNW LOCAL


\$19⁹⁹
ea

SAVE \$10ea

BAKERY & CHEESE

NEW SEASONS ORGANIC FRENCH BATARD

Made fresh daily by our talented bakers using organic ingredients.


\$4⁹⁹
ea

SAVE \$1ea

NEW SEASONS MOZZARELLA BALL

Made to order for us by Ferndale Farmstead, this fresh cheese is a tasty option for pizza, panini, or pasta dishes. 8oz

PNW LOCAL


\$6⁴⁹
ea

SAVE 50¢ ea

HOME GOODS

LITTLE COW CO. NATURAL SOY WAX CANDLES

Hand-poured locally with 100% natural soy wax and organic butter for a clean, beautiful burn. Save on travel tins and jars.

PNW LOCAL


20% off

PREPARED FOODS

OLYMPIA PROVISIONS SWEETHEART HAM

Locally handcrafted pork sirloin tip gently smoked over applewood.

PNW LOCAL


\$16⁹⁹
lb

SAVE \$4lb

SCHWARTZ BROTHERS BAKERY PUMPKIN CINNAMON SCONES

A seasonal favorite made from scratch locally. Great for breakfast or dessert! 6ct

PNW LOCAL


\$7⁹⁹
ea

SAVE \$1ea

JOYFULL BAKERY PARMESAN CRISPS

Crunchy, cheesy, and full of flavor, these crisps are perfect for snacking or crumbling over salads and soups. 3oz


\$6⁹⁹
ea

SAVE \$1ea

SKIP THE HOLIDAY HUSTLE— SHOP ONLINE!

Get the same great deals you find in-store with easy pickup or delivery. Plus, take \$15 off your next online grocery order of \$75+ with code

ENJOY15

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LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a **FREE** pint of New Seasons ice cream on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



WELLNESS

VIBRANT HEALTH NUTRITIONAL SUPPLEMENTS

Save on your favorite formulas, including greens and urinary tract support.

**25%
off**



BARLEAN'S FLAX OIL

Over 7g of heart-healthy omega-3s per serving.
8oz

**\$12⁹⁹
ea**



OLBAS INHALER

Formulated for seasonal relief of clogged nasal passages and sinuses.
.01oz

**\$4⁹⁹
ea**
SAVE \$2ea



NOW FOODS 5-HTP 100MG

A precursor to serotonin to promote rest and relaxation.
120vc

**\$21⁹⁹
ea**
SAVE \$14ea



MRM NUTRITION CREATINE MONOHYDRATE 325

Helps to increase muscle energy production and recuperation.
11.5oz

**\$19⁹⁹
ea**
SAVE \$15ea



MICKELBERRY GARDENS ELDERBERRY HONEY TONIC

An immune-boosting tonic. Save on select sizes.
4oz

**\$10⁹⁹
ea**
SAVE \$4ea



MOON VALLEY ORGANICS FOAMING HAND SOAPS

Gentle cleansers with calendula and comfrey for soft, moisturized skin. Save on select scents.
8.8oz

**\$5⁴⁹
ea**
SAVE \$2.50ea



JĀSŌN BODY WASH

Made with pure tea tree oil to soothe and nourish. Save on select scents.
30oz

**\$11⁹⁹
ea**
SAVE \$4ea



BABASSU CO. DEODORANTS

An aluminum-free formula that is gentle on the skin. Save on select scents.
2oz

**\$9⁴⁹
ea**
SAVE \$2.50ea



MINERAL FUSION MASCARA

A hypoallergenic formula for fuller, thicker lashes. Save on select mascaras this week.
.3oz

**\$16⁹⁹
ea**
SAVE \$3ea



GROCERY

NEW SEASONS ICE CREAM AND SORBETS

Made in small batches by Lopez Island Creamery in Anacortes, WA. Assorted flavors.
1pt

2 for \$10
SAVE 99¢ea



BLACKBIRD PLANT-BASED PIZZA

Assorted Varieties
14oz

**BUY 1 GET 1
FREE**

SAVE \$13.59 ON 2



RAO'S HOMEMADE FAMILY-SIZE FROZEN ENTRÉES

Assorted Varieties
24-27oz

**\$11⁹⁹
ea**
SAVE UP TO \$3.50ea



WOODSTOCK FROZEN VEGETABLES

Selected Varieties

**20%
off**



PITAYA FOODS SORBETTER SORBETS

Assorted Varieties
1pt

**\$5⁹⁹
ea**
SAVE \$3ea



QUEEN ST. BAKERY SUPERFOOD ENGLISH MUFFINS

6ct

**\$4⁹⁹
ea**
SAVE \$2.10ea



BLUE ZONES KITCHEN FROZEN MEAL BOWLS

Assorted Varieties
8-9oz

**\$5⁹⁹
ea**
SAVE \$2ea



GROWN IN IDAHO FRIES OR TOTS

Assorted Varieties
28oz

**\$5⁹⁹
ea**
SAVE \$2ea



GROCERY

TONY'S CHOCOLONELY CHOCOLATE BAR

Selected Varieties
6.35oz



\$4⁹⁹
ea

SAVE \$1.90ea

G.H.CRETORS POPCORN

Assorted Varieties
6.5-8oz



\$4⁹⁹
ea

SAVE 70¢ea

CARR'S WATER CRACKERS

Assorted Varieties
4.25-7oz



\$4⁹⁹
ea

SAVE UP TO \$1.90ea

SIMPLE MILLS SNACK PACKS

Assorted Varieties
8ct



\$8⁹⁹
ea

SAVE UP TO \$3.60ea

ALESSI THIN BREADSTICKS

Assorted Varieties
3-4.4oz



2 for \$5

SAVE 89¢ea

MI-DEL GINGER SNAPS

Assorted Varieties
8-10oz



\$4⁹⁹
ea

SAVE UP TO \$1.90ea

MUDDY BITES WAFFLE CONE SNACKS

Selected Varieties
2.33oz



\$3⁹⁹
ea

SAVE UP TO \$1.30ea

NEW COAST FORAGING CO. ORGANIC TRUFFLES

Assorted Varieties
7oz



BUY 1 GET 1 FREE

SAVE \$7.99 ON 2

NEW COAST FORAGING CO. CANNED NUTS

Assorted Varieties



25% off

GO RAW SPROUTED ORGANIC SEEDS

Pumpkin or Super Simple.
14oz



\$13⁹⁹
ea

SAVE UP TO \$5ea

SEACHARRONES VEGAN SEA-FARMED KELP PUFFS

Assorted Varieties
2oz



\$3⁹⁹
ea

SAVE UP TO \$1.50ea

SAHALE SNACKS NUT MIX

Assorted Varieties
1.5oz



2 for \$5

SAVE UP TO \$1.09ea

QUEST NUTRITION PROTEIN BAR

Assorted Varieties
2.12oz



2 for \$6

SAVE UP TO 79¢ea

PANDA NATURAL LICORICE

Black or Raspberry.
7oz



\$4⁹⁹
ea

SAVE \$3.10ea

OLYRA ORGANIC BREAKFAST SNACKS

Assorted Varieties
5.3oz



\$4⁹⁹
ea

SAVE UP TO 80¢ea

BACK TO NATURE COOKIES

Selected Varieties
5.5-9oz



\$3⁹⁹
ea

SAVE UP TO \$2.90ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC SUGAR

Selected Varieties



10% off

ORGANIC THOMPSON RAISINS

\$4⁹⁹
lb

SAVE \$1lb

NATURAL SLICED ALMONDS

\$9⁹⁹
lb

SAVE \$1lb

NEW SEASONS ORGANIC COFFEE

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

\$13⁹⁹
lb

SAVE \$1lb

GROCERY

**PACIFIC FOODS
BROTH**
Selected Varieties
32oz



PNW LOCAL

2 for \$7
SAVE \$1.29ea

**CHOSEN FOODS
AVOCADO OIL MAYO**
12oz



\$7.99
ea
SAVE \$2.90ea

**SUZIE'S
CONDIMENTS**
Assorted Varieties



PNW LOCAL

20%
off

**PRIMAL KITCHEN
DRESSING &
MARINADE**
Assorted Varieties



25%
off

**BONO
ORGANIC SICILIAN
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
16.9oz



\$19.99
ea
SAVE \$5ea

**DELALLO
OLIVES**
Selected Varieties



25%
off

**SUSTAINABLE SEAS
TUNA**
Selected Varieties



20%
off

**MUTTI
TOMATOES**
Selected Varieties



20%
off

**BRAGG
SEASONINGS**
Selected Varieties



20%
off

**DAIYA
DAIRY-FREE
MAC & CHEESE**
Assorted Varieties



20%
off

**RALSTON FAMILY FARMS
RICE**
Selected Varieties



20%
off

**SAN-J
TAMARI OR
SHOYU SAUCE**
Selected Varieties



20%
off

**TAZO
TEA**
Selected Varieties
16-20ct



PNW LOCAL

\$3.99
ea
SAVE \$1ea

**TEAPIGS
TEA**
Assorted Varieties
15ct



\$7.99
ea
SAVE \$2ea

**YOGI
TEA**
Selected Varieties
16ct



PNW LOCAL

\$3.99
ea
SAVE \$1ea

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



PNW LOCAL

\$13.99
ea
SAVE \$2ea

**BOB'S RED MILL
BAKING MIXES**
Selected Varieties
14-15.5oz



PNW LOCAL

\$3.99
ea
SAVE \$1.20ea

**FERRIS NUT CO.
NUT BUTTER**
Assorted Varieties
12oz



30%
off

**BONNE MAMAN
FRUIT SPREAD**
Strawberry or Apricot.
11.8oz



\$5.99
ea
SAVE 70¢ ea

**BIOKLEEN
BAC-OUT
CLEANING
PRODUCTS**
Selected Varieties



20%
off

GROCERY

ESSENTIAL EVERYDAY SHREDDED CHEESE

Selected Varieties
6-8oz



2 for \$5
SAVE \$1.49ea

DAISY BRAND COTTAGE CHEESE

Regular or Lowfat.
16oz



\$3.49
ea
SAVE 80¢ea

BROWN COW WHOLE MILK YOGURT

Assorted Varieties
32oz



\$3.99
ea
SAVE \$1.50ea

NOOSA YOGHURT

Assorted Varieties
4.5oz



**BUY 1 GET 1
FREE**
SAVE \$1.99 ON 2

COFFEE-MATE COFFEE CREAMER

Selected Varieties
1qt



\$3.99
ea
SAVE \$1ea

NEW SEASONS SOUR CREAM

From our friends at Alpenrose Dairy in
Portland, OR.
16oz



\$2.99
ea
FEATURED

GOOD CULTURE CREAM CHEESE SPREAD

Plain or Chive.
7oz



2 for \$7
SAVE \$1.49ea

DRUMROLL GLUTEN-FREE DONUTS

Assorted Varieties
2.6oz



2 for \$6
SAVE \$1.29ea

LAROSA FLOUR TORTILLAS

Selected Varieties
10ct



\$4.99
ea
SAVE \$2.40ea

MORI-NU SILKEN TOFU

Selected Varieties
10.8-10.9oz



\$2.29
ea
SAVE \$1.20ea

SIMPLY JUICE OR LEMONADE

Assorted Varieties
11.5oz



2 for \$4
SAVE 49¢ea

STUMPTOWN COFFEE ROASTERS COLD BREW CONCENTRATE

Assorted Varieties
25.4oz



\$10.99
ea
SAVE \$2.20ea

NUTS FOR CHEESE VEGAN CHEESE AND DIPS

Assorted Varieties



**25%
off**

NEW SEASONS FRESH PESTO

From Classic Foods in Portland, OR.
7oz



Starting at
\$8.99
ea
FEATURED

SOL-TI ORGANIC SUPERSHOT

Ginger or Turmeric.
2-2.1oz



2 for \$5
SAVE \$1.49ea

BIZZY ORGANIC COLD BREW COFFEE

Breakfast Blend or
Espresso Blend.
48oz



**BUY 1 GET 1
FREE**
SAVE \$8.49 ON 2

Get **10%
off**

**WHEN YOU
PURCHASE \$100+ IN
GIFT CARDS!**



Valid in-store and online, 11/28 - 12/5.
Individual card limit in-store: \$800.
Online limits vary.
See terms for details.