



**25% OFF
BODY CARE!**

Stock up for spring and summer with 25% off
suncare, facial care, moisturizers, and more.

Really BIG DEAL

25% off BODY CARE
(including sale items!)

Limited to stock on hand. No additional case discounts.

Really BIG DEALS

MARY'S
**ORGANIC BONELESS
SKINLESS CHICKEN BREASTS**



Humane Certified and always air-chilled with no
antibiotics ever.

\$7.99
lb

SAVE \$3lb



ASPARAGUS

Crisp, sustainably grown, and full of farm-fresh flavor.
From Yakama Nation Farms in Yakima, WA.

PNW LOCAL

\$3.99
lb

SAVE \$1lb



URBAN PIE PIZZA CO.
FROZEN PIZZA

Assorted Varieties
16.7-20.45oz

\$6.99
ea

SAVE \$4ea



DELALLO
PASTA

Selected Varieties
16oz

2 for \$4

SAVE \$1.49ea



EVERYDAY VALUE

Check this spot each week for everyday favorites at great prices you can count on.

COUNTRY NATURAL BEEF TIP STEAK

USDA Choice, humanely range-raised local beef with no added hormones and no antibiotics ever.



\$8⁹⁹
lb

EVERYDAY VALUE



ORGANIC LUNCHBOX APPLES

Sweet, juicy, and great for healthy snacking. Grown in OR and WA.



\$1⁹⁹
lb

EVERYDAY VALUE



LOTUS FOODS BULK ORGANIC JASMINE WHITE RICE



\$4⁹⁹
lb

EVERYDAY VALUE

BANDIT BOXED WINES

Conveniently packaged in lightweight, portable, and environmentally friendly Tetra Pak cartons, this boxed favorite is ready for all your spring adventures. 1L



\$9⁹⁹
ea

EVERYDAY VALUE

MEAT & SEAFOOD

WHOLE HALIBUT PRE-SALE!

Preorder your sustainably harvested whole halibut for pick-up during our annual Whole Halibut Sale.

Saturday, May 4 • 9am–5pm

We'll cut and wrap it for free!

YAKOBI FISHERIES COHO SALMON FILLET

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

\$18⁹⁹
lb

SAVE \$2lb



NEW SEASONS PARMESAN CHICKEN BREASTS

Made in-house using Mary's chicken with no antibiotics ever. Ready to bake or pan-fry.

\$9⁹⁹
lb

SAVE \$1lb



DOVER SOLE FILLET

Sustainably harvested off OR and WA coasts, this light and mild sole is delicious baked for a quick and easy meal.

\$8⁹⁹
lb

SAVE \$2lb



MARY'S GROUND CHICKEN PACKS

Humane Certified and always air-chilled with no antibiotics ever. Dark meat and breast also available, including organic options.

16oz

Starting at:

\$4⁹⁹
ea

SAVE \$2ea



NEW SEASONS STUFFED DOVER SOLE

Wild-caught dover sole stuffed in-house. Bake at 350°F for 20-25 minutes. Flavors may vary by location.

Starting at:

\$10⁹⁹
lb

SAVE \$2lb



COUNTRY NATURAL BEEF STEW MEAT

USDA Choice, humanely range-raised local beef with no added hormones and no antibiotics ever.

\$9⁹⁹
lb

SAVE \$1lb



PRODUCE & FLORAL

ORGANIC RUSSET POTATOES

Great for soup, mashers, or shepherd's pie! From Cal-Ore Potatoes in Klamath Falls, OR.



\$1⁴⁹
lb

SAVE 50¢lb



ORGANIC CANTALOUPE

Sweet, floral, and a delicious addition to a fresh fruit salad. From Divine Flavor in Mexico.

\$1²⁹
lb

SAVE 50¢lb



ORGANIC LEMONS

Add a squeeze of brightness to salads, dressings, and desserts. From Sespe Creek Organics in De Luz, CA.

\$2⁴⁹
lb

SAVE 50¢lb



BOTANICAL VASE ARRANGEMENT

Perfect for Earth Month celebrations. For every arrangement sold, 10% goes to help promote the reforestation of native trees in Ecuador's Andean highlands.

\$16⁹⁹
ea

SAVE \$3ea



Building Better Soil for a Healthier Future

This Earth Month, 26 brands, including New Seasons Partner Brand, are donating 1% of sales to Zero Foodprint to help fund farmers and ranchers working to transition to regenerative farming practices.

Look for this icon throughout the flyer to support products funding soil health!



BAKERY

NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.



\$4⁹⁹
lb
SAVE \$1lb

THE ORIGINAL CAKERIE TIRAMISU BAR CAKE

Fluffy sponge cake infused with espresso coffee, then layered with creamy mascarpone and coffee liquor, and topped with whipped cream.



\$15⁹⁹
ea
SAVE \$1ea

CHEESE

CYPRESS GROVE FRESH CHEVRE DISKS

Award-winning fresh goat cheese for your spring greens, crostini, or cheese plates. Assorted flavors.

4oz



\$6⁹⁹
ea
SAVE \$1ea

PARMIGIANO REGGIANO

Aged a minimum of 24 months for the best texture and sharp, salty, and slightly nutty flavor. Great shaved over asparagus!



\$22⁹⁹
lb
FEATURED

PREPARED FOODS

NEW SEASONS ASPARAGUS AND KALE SALAD



Made with fresh spring asparagus, curly kale, and grated carrot in our lemon tahini dressing.



\$10⁹⁹
lb
SAVE \$1lb

NEW SEASONS VEGETARIAN LASAGNA

Our homestyle lasagna features a rich marinara sauce and locally made noodles from our friends at Classic Foods.



\$10⁹⁹
lb
FEATURED

BEER & WINE

PICOLLO GAVI DI GAVI

Made from Cortese grapes, this beautiful white wine is abundantly fruity and fragrant yet dry and crisp. Gavi this good is a real treat!

750ml



\$14⁹⁹
ea
SAVE \$2ea

MONTE TONDO FRIZZANTE

A light, semi-sparkling wine with notes of citrus, pear blossom, and sea salt with a touch of minerality.

750ml



\$11⁹⁹
ea
SAVE \$4ea

PRIME ROOTS PLANT-BASED KOJI-MEATS

Available in our charcuterie case, on sandwiches, and pre-sliced in the grab & go case. Choose from Koji-Ham, Pepper Turkey, or Salami.



Starting at:
\$13⁹⁹
lb
SAVE \$3lb

ORIGAMI CATERING POKE BOWL WITH RICE



A healthy, protein-packed bowl made with tuna, salmon, surimi, rice, and seaweed salad.



\$13⁹⁹
ea
SAVE \$1ea

DOUBLE MOUNTAIN BREWERY SELECT BOTTLES



With fruity aromas and round malt character, the Kolsch is perfect for springtime sipping. Also, try the Hop Lion IPA and Juicy IPA 6-packs in reusable bottles.

6pk/12oz



\$12⁹⁹
6pk
SAVE \$1ea

PORTLAND CIDER CO SQUEEZE PLAY CIDER



Made using fresh-pressed apples, this margarita-inspired cider bursts with bright citrus flavor and subtle hopiness with a pinch of salt.

16oz



2 for \$7
SAVE 49¢ea

GET YOUR \$10 OFF!

Neighbor Rewards members get \$10 off your next order of \$50 or more just for signing up for email or text.

Join or sign up by Thursday to get this special offer on Friday at newseasonsmarket.com/rewards



WELLNESS

Really **BIG DEAL**

25% off

BODY CARE

(including sale items!)

Limited to stock on hand.
No additional case discounts.

Save an additional 25% at the register

ACURE HAIR CARE

Save 30% on all of your favorite Acure hair care products this week.

30% off



Save an additional 25% at the register

NOW FOODS ESSENTIAL OILS

Certified Organic essential oils made with botanicals, free from pesticides, synthetic fertilizers, and herbicide residues.

30% off



Save an additional 25% at the register

SUKIN FACIAL AND BODY CARE

All-natural, cruelty-free skincare with no artificial additives or harsh ingredients.

30% off



Save an additional 25% at the register

JASÖN TOOTHPASTES

Formulated to brighten teeth and freshen breath with no harsh abrasives or chemicals. Save on select formulas.

30% off



Save an additional 25% at the register

THE HUMBLE COMPANY ORAL CARE

Support a healthy smile with great savings on eco-friendly, sustainable oral care.

30% off



Save an additional 25% at the register

DR. TUNGS SMART FLOSS

Waxed dental floss designed to stretch and expand to get into those hard-to-reach spaces.

\$3.99 ea

SAVE \$2ea



Save an additional 25% at the register

HUME SUPERNATURAL DEODORANTS

Plant-based formulas with prebiotics, probiotics, and mineral-rich ingredients.

2oz

\$9.99 ea

SAVE \$4ea



Save an additional 25% at the register

ANDALOU NATURALS DAILY DEFENSE SPF18 FACE LOTION

An ultra-sheer, lightweight SPF 18 for daily broad-spectrum protection.

2.7oz

\$11.99 ea

SAVE \$5ea



Save an additional 25% at the register

ANCIENT SECRETS NETI NASAL CLEANSING POT

Designed to help clear nasal passages of dust, pollen, and excess mucus. Save on salts too!

\$13.99 ea

SAVE \$10ea



Save an additional 25% at the register

MEDINATURA T-RELIEF ARNICA +12 CREAM

Formulated to help relieve muscle, joint, and nerve pain.

3oz

\$12.99 ea

SAVE \$4ea



GROCERY

NEW SEASONS ICE CREAM

Made in small batches by Lopez Island Creamery in Anacortes, WA.

Assorted flavors.

1pt

\$5.99 ea

EVERYDAY VALUE



NEW SEASONS FROZEN FRUIT

Locally sourced from NW farms by family-owned and operated Scenic Fruit Company in Gresham, OR.

10-16oz

Starting at:

\$2.99 ea

FEATURED



ALDEN'S ORGANIC FROZEN BARS OR ICE CREAM SANDWICHES

Assorted Varieties

3-4ct

\$5.99 ea

SAVE \$2ea



CHUBBY SNACKS SUPERFOOD PB&J SANDWICHES

Assorted Varieties

4ct

\$8.99 ea

SAVE \$1ea



BEECHER'S HANDMADE CHEESE FROZEN MAC & CHEESE ENTRÉES

Assorted Varieties

20% off



JUST EGG FOLDED PLANT-BASED EGGS

8oz

\$5.49 ea

SAVE \$2.50ea



DEEP INDIAN KITCHEN FROZEN ENTRÉES

Assorted Varieties

7.5-12oz

\$6.99 ea

SAVE \$2ea



WOW BAO FROZEN BAO

Assorted Varieties

10oz

\$7.99 ea

SAVE \$2ea



GROCERY

Simply Delicious

Want to capture that Sunday sauce flavor but don't have the time to make it? Enter **Pomodoro Fresco Sauce** from DeLallo—handcrafted and simmered in small batches to capture the heart of authentic Italian cuisine with **fresh, simple ingredients**. Just heat and toss in your favorite freshly cooked DeLallo pasta!

**LUCINI ITALIA
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
33.8oz



**NAPOLEON
VINEGAR**
Selected Varieties
12.7-16.9oz



**NEW COAST FORAGING CO.
FROZEN RAVIOLI**
Assorted Varieties
10-12oz



\$26⁹⁹_{ea}
SAVE \$7ea

\$5⁹⁹_{ea}
SAVE \$1ea

\$6⁹⁹_{ea}
SAVE \$2ea

**DELALLO
POMODORO
PASTA SAUCE**
Assorted Varieties
25.25oz

\$8⁹⁹_{ea}
SAVE \$2ea

**NEW SEASONS
ORGANIC
WHITE FLOUR
TORTILLAS**
Made by Don Pancho
Mexican Foods in
Salem, OR.
8ct



\$4⁹⁹_{ea}
FEATURED

**CUCINA ANTICA
PASTA SAUCE**
Assorted Varieties
16.9-25oz



\$7⁹⁹_{ea}
SAVE \$2ea

**YAMASA
BROTH OR
SAUCE**
Selected Varieties



**20%
off**

**SERENITY KIDS
BABY FOOD**
Selected Varieties



**20%
off**

**THOMAS'
ENGLISH MUFFINS**
Selected Varieties
6ct



\$3⁹⁹_{ea}
SAVE \$2ea

**RANGER CHOCOLATE CO.
GRANOLA**
Assorted Varieties
12-13.05oz



\$10⁹⁹_{ea}
SAVE \$2ea

**CLIF
BUILDERS
PROTEIN BAR**
Assorted Varieties
2.4oz



2 for \$4
SAVE 49¢ea

**ENJOY LIFE FOODS
BAKING CHOCOLATE**
Assorted Varieties
9-10oz



\$6⁹⁹_{ea}
SAVE \$2ea

**JOVIAL
ORGANIC FLOUR
OR BEANS**
Selected Varieties



**20%
off**

**SWEETLEAF
SWEETENERS**
Selected Varieties



**20%
off**

**BAR KEEPERS FRIEND
CLEANING
PRODUCTS**
Assorted Varieties



**20%
off**

BULK

**LUNDBERG FAMILY FARMS
ORGANIC
BASMATI RICE**
Selected Varieties



\$3⁹⁹_{lb}
SAVE UP TO \$2lb

**HUMMINGBIRD
WHOLESALE
ORGANIC
MEDJOOL
DATES**



\$8⁹⁹_{lb}
SAVE \$1lb

**NEW SEASONS
ORGANIC
COFFEE**
Sustainably sourced by our partners at
Equal Exchange in
Portland, OR.



\$12⁹⁹_{lb}
SAVE \$1lb

**HUMMINGBIRD
WHOLESALE
ORGANIC
WHOLE RAW
HAZELNUTS**



\$19⁹⁹_{lb}
SAVE \$2lb

GROCERY

LACROIX SPARKLING WATER

Selected Varieties
12pk/12oz



2 for \$10

SAVE \$1.99ea

C20 COCONUT WATER

Assorted Varieties
17.5oz



2 for \$3

SAVE \$1.49ea

GUAYAKI ORGANIC YERBA MATE

Assorted Varieties
15.5oz



2 for \$5

SAVE 79¢ea

APRCH// CBD SPARKLING BEVERAGE

Assorted Varieties
12oz



2 for \$5

SAVE \$1.49ea

Only available in OR stores.

SEVEN TEAS ICED TEA OR LEMONADE

Assorted Varieties
16oz



2 for \$4

SAVE 99¢ea

LORINA ARTISANAL SPARKLING BEVERAGE

Assorted Varieties
25.4oz



\$5.99 ea

SAVE \$1ea

OTTO'S CBD CIDER

Assorted Varieties
12oz



2 for \$7

SAVE 99¢ea Only available in OR stores.

SHROOMI ORGANIC MUSHROOM COFFEE

Assorted Varieties
12oz



\$19.99 ea

SAVE \$4ea

PNW LOCAL WATER AVENUE COFFEE COMPANY COFFEE

Assorted Varieties
12oz



\$13.99 ea

SAVE \$3ea

CHOICE ORGANICS TEA

Selected Varieties
16ct



\$3.99 ea

SAVE \$2ea

PNW LOCAL MOONSTRUCK CHOCOLATE COCOA

Assorted Varieties
9.5oz



\$12.99 ea

SAVE \$2ea

RISE BREWING CO. NITRO COLD BREW COFFEE

Assorted Varieties
7oz



\$2.79 ea

SAVE 70¢ea

JUSTIN'S ORGANIC NUT BUTTER CUPS

Assorted Varieties



20% off

ALTER ECO ORGANIC CHOCOLATE

Selected Varieties
2.65-2.96oz



2 for \$7

SAVE \$1.49ea

SKINNYDIPPED CUPS OR BITES

Selected Varieties
3.17oz



\$5.99 ea

SAVE \$2ea

TCHO CHOCOLATE BAR

Selected Varieties
2.5oz



\$3.99 ea

SAVE \$2ea

KIND SNACK BAR

Selected Varieties
1.4oz



BUY 1 GET 1 FREE

SAVE \$2.99 ON 2

SKINNYPOP MICROWAVE POPCORN

Sea Salt or Butter.
3ct



\$4.99 ea

SAVE \$2ea

VERMONT SMOKE & CURE MEAT STICK

Assorted Varieties
1oz



3 for \$5

SAVE 82¢ea

SONOMA CREAMERY CHEESE OR PIZZA CRISPS

Assorted Varieties
2-2.5oz



\$4.99 ea

SAVE \$1ea

GROCERY

Pure Goodness

Drink in the deliciousness with the fruit juices and smoothies from our friends at Naked. They make every flavor-packed recipe using sustainably grown and sourced fruits and veggies—with no artificial flavors or added sugars. Choose from a variety of flavors packaged in 100% rPET recycled plastic bottles.



NAKED FRUIT JUICES AND SMOOTHIES
Selected Varieties **25% off**

YAMI LACTOSE-FREE YOGURT

Assorted Varieties
32oz

\$3⁹⁹
ea
SAVE \$1ea



SIGGI'S PLANT-BASED COCONUT BLEND YOGURT

Assorted Varieties
5.3oz

2 for \$4
SAVE 99¢ea



HAPPY EGG CO. FREE-RANGE LARGE BROWN EGGS

Selected Varieties
1doz



\$5⁴⁹
ea
Save 50¢ea

CALIFIA FARMS PLANT-BASED MILK

Almondmilk or Oatmilk.
72oz



\$6⁹⁹
ea
SAVE UP TO \$3ea

ESSENTIAL EVERYDAY SHREDDED OR SLICED CHEESE

Selected Varieties
8oz

\$2⁹⁹
ea
SAVE \$1ea



TILLAMOOK CHEESE SNACK PORTIONS

Assorted Varieties
10ct



\$4⁴⁹
ea
SAVE \$1ea



PNW LOCAL

CHOBANI COFFEE CREAMER

Selected Varieties
24oz



\$3⁹⁹
ea
SAVE UP TO \$2ea

CHOBANI OATMILK

Assorted Varieties
52oz



\$3⁹⁹
ea
SAVE \$2ea

VICOLO PIZZETTAS

Assorted Varieties
2ct

BUY 1 GET 1 FREE
SAVE \$9.99 ON 2



IMMACULATE BAKING ORGANIC CINNAMON ROLLS

8oz

\$7⁹⁹
ea
SAVE \$3ea



NEW SEASONS SOUR CREAM

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



\$2⁹⁹
ea

EVERYDAY VALUE



NEW SEASONS REGENERATIVE HOT DOGS

Made with regeneratively raised grass-fed beef by Carman Ranch in Wallowa, OR.
8oz



BUY 1 GET 1 FREE

SAVE \$8.99 ON 2



TOP DOGS!

Get grill-ready with New Seasons Certified Regenified Hot Dogs made with regeneratively raised, grass-fed beef.



Look for this icon throughout the flyer to support products funding soil health!



Weekend Tasting

We're going peak-season spring with a sampling of local, sustainably grown asparagus!
Friday, Saturday & Sunday • 12pm - 6pm