

A SIZZLING DEAL

Make the most of your long weekend with \$2 off per pound on local, humanely raised ground beef.

Really BIG DEAL

COUNTRY NATURAL BEEF
80% LEAN 20% FAT
GROUND BEEF **\$4.99**
lb
SAVE \$2lb

Really BIG DEALS

NEW SEASONS TERIYAKI CHICKEN SKEWERS

Humanely raised chicken thighs with no antibiotics ever in our classic gluten-free teriyaki marinade.



\$2.99
ea

SAVE \$2ea

ORGANIC SEEDLESS GRAPES

Juicy, flavorful red or green grapes for your salads and snack plates. From Sun Pacific in Bakersfield, CA.



\$2.99
lb

SAVE \$1lb

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



4 for \$10

SAVE \$2.99ea

20% off

SELECT DELI SALADS

Deli Mac • Red Potato with Dill
Coastal Kale

Available in our Deli Case and Grab and Go.

TILLAMOOK CHEESE

Selected Varieties
5.5-8oz



PNW LOCAL

BUY 2 GET 1
FREE

SAVE \$4.99 ON 3

In-store only.

SUMMER OF SCAMPS

50% off

ALDEN'S ORGANIC + OATLY FROZEN DESSERTS

Exclusions apply. Limited to stock on hand or while supplies last.

WHAT WE'RE loving

The top picks and seasonal favorites we can't get enough of lately.

WHITE CLAW SELTZER WORKS HARD SELTZER VARIETY 12-PACKS

Clean, crisp, and effervescent hard seltzers with a twist of natural fresh fruit flavor. Selection may vary by store. 12pk /12oz



PNW LOCAL

IT'S NEW!



YONDER CIDER SELECT HARD CIDERS

Crafted with a blend of crisp, juicy culinary apples and flavorful, fragrant cider apples grown in Wenatchee, WA, and throughout the PNW. 16oz

2 for \$7

SAVE 49¢ea

COORS 12-PACK CANS

A two-row lager malt made from 100% American-grown Moravian barley, offering its brilliant, golden color. 12pk /12oz

\$14.99 ea

FEATURED

TUESDAY COCKTAIL CLUB WINE COCKTAILS

Premium, fruit-forward cocktails made with fresh-pressed PNW apple wine and unique natural ingredients. Selection may vary by store. 12oz

\$3.99 ea

FEATURED



MEAT & SEAFOOD

NEW SEASONS TOMATO BASIL PORK SAUSAGE LINKS

Made with humanely raised pork with no antibiotics ever. Great on the grill, in a pasta dish, or on pizza.



\$2.59 ea

SAVE 40¢ea



NEW SEASONS HOUSE-MADE BURGERS

House-made burger patties prepped and ready for the grill. Flavors may vary by location.



\$4.00 ea

SAVE \$1ea

PRE-ORDER WHOLE COHO SALMON

Pre-order your whole Coho in-store now or at catering.newseasonsmarket.com

Pick up in the seafood department during our annual sale. Saturday & Sunday, Sept. 7 – 8, 9am–5pm

We'll cut and wrap it any way you'd like!

NEW YORK STEAKS

USDA Choice, humanely raised with no antibiotics ever or added hormones.



\$18.99 lb

SAVE \$1lb

AHI TUNA STEAKS

Sustainably line-caught and great grilled or pan-seared. Previously frozen.



\$14.99 lb

SAVE \$3lb

NEW SEASONS AHI TUNA SKEWERS

Sustainably line-caught Ahi tuna marinated in one of our house marinades and ready for the grill.



\$5.99 ea

SAVE \$1ea

PRODUCE & FLORAL

ORGANICGIRL SALAD BLENDS

Choose from 50/50!, Baby Spring Mix, Super Greens!, or Spinach. Grown in Salinas, CA. 1lb pkg



\$6.99 ea

SAVE \$1ea

CORN

Sweet, crisp, and great on the grill. From Stadelman Valley Farms in Hillsboro, OR.



PNW LOCAL

5 for \$5

SAVE 50¢ea

ORGANIC MINI SEEDLESS WATERMELON

A sweet addition to a light, summery salad. From Siri and Sons Farms in St. Paul, OR.



PNW LOCAL

\$6.99 ea

SAVE \$1ea

LARGE FARM BOUQUET

Made just for us with fresh-cut flowers grown in Eugene, OR.



PNW LOCAL

\$27.99 ea

SAVE \$2ea

BAKERY & CHEESE

NEW SEASONS ORGANIC CIABATTA

Made fresh daily in-house, this bakery fave is perfect for grilled sandwiches.



\$4⁹⁹
ea
SAVE \$1ea

PRESIDENT FRENCH EMMENTAL SWISS

Cube and add to any party platter. Also great for quiche or gratin.



\$10⁹⁹
lb
SAVE \$1lb

NEW SEASONS SELECT DELI SALADS

Choose from Deli Mac, Red Potato with Dill, or Coastal Kale.



20%
off

BELL & EVANS CHICKEN TENDERS

Tender chicken breast meat lightly breaded and cooked to perfection. Served with our buttermilk ranch dressing.



\$11⁹⁹
lb
SAVE \$2lb

WILLAMETTE VALLEY PIE COMPANY BLUEBERRY CRUMBLE PIE

Tender, flaky crust chocked full of locally grown blueberries!



\$14⁹⁹
ea
SAVE \$2ea

PNW LOCAL

NEW SEASONS ARTICHOKE PARMESAN SPREAD

Our house recipe is delicious served warm or cold with veggies, crackers, or a baguette.

6oz



\$6⁹⁹
ea
SAVE \$1ea

DIESTEL FAMILY RANCH SMOKED TURKEY

Slightly sweet and great for healthy snacking, sandwiches, or wraps.



\$14⁹⁹
lb
SAVE \$2lb

ORIGAMI CATERING POKE BOWL WITH RICE

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



\$13⁹⁹
ea
SAVE \$1ea

PNW LOCAL

BEER & WINE

PARTNERS IN CRIME ALL NEW SEASONS PARTNERS IN CRIME WINES

Partners in Crime wines offer the best quality at the best prices. They are great for weeknight dinners, casual backyard hangouts, or entertaining friends and family. Only at NSM. 750ml



ONLY AT NSM

SAVE \$2ea

SAVE TIME, ORDER ONLINE!

Use code **SUMMERSHOP10** for \$10 off \$50+ online for delivery or free pickup.*

shop.newseasonsmarket.com

Powered by **Instacart**

*Terms apply. Free pickup on orders of \$35+.

CAPE WINE COMPANY SOUTH AFRICAN WINES

High-quality wines with a refreshing, no nonsense approach. We love the ripe pear, quince, and chamomile notes on the Chenin Blanc. 750ml



\$9⁹⁹
ea
SAVE \$6ea

BEST DAY BREWING NON-ALCOHOLIC KOLSCH

Light, crisp, and easy-drinking with a nice toasty malt character and lighter hopping. The combination of malts and hops creates a refreshingly complex Kölsch-style ale without the alcohol.

6pk/12oz



\$11⁹⁹
ea
SAVE \$2ea

HOP VALLEY BREWING TRIPPY RICKEY CHERRY LIME ALE

Inspired by the cherry lime Rickey soda fountain, this adult beverage features the flavors of sweet and tart cherries with a limeade zip. Take your taste buds on a trip with Trippy Rickey!

6pk/12oz



\$9⁹⁹
ea
SAVE \$4ea

PNW LOCAL

IT'S NEW!

GET \$10 OFF \$40!

Neighbor Rewards members opted into email or text get \$10 off a shopping trip of \$40 or more.

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



WELLNESS

SUKIN FACIAL AND BODY CARE

Now is a great time to stock up on all of your favorite facial and body care products from Sukin.

30% off



SMARTYPANTS ORGANIC KIDS MULTI & OMEGAS

Delicious gummies with omega-3 fatty acids from small, sustainably wild-caught fish.

120ct
\$21⁹⁹_{ea}

SAVE \$10ea



NATURAL FACTORS VITAMIN C 500MG FRUIT CHEWS

A tasty way to get your daily dose of vitamin C. Save on select flavors.

90tab
\$11⁹⁹_{ea}

SAVE \$6ea



NORDIC NATURALS VITAMIN D3 5000 GUMMIES

Supports bone and immune health with 5,000 IU of vitamin D3 per gummy.

30ct
\$12⁹⁹_{ea}

SAVE \$2ea



NOW FOODS NAC 600MG

Aids the body in producing glutathione, a powerful antioxidant.

100cap
\$14⁹⁹_{ea}

SAVE \$7ea



MRM NUTRITION VEGGIE PROTEIN WITH SUPERFOODS

Get 22 grams of plant-based proteins per serving.

570g
\$18⁹⁹_{ea}

SAVE \$15ea



CHARLOTTE'S WEB CALM AND SLEEP CBD GUMMIES

Rest and relax with 10 mg of full-spectrum hemp-based CBD per serving.

6ct
\$4⁹⁹_{ea}

SAVE \$5ea



WILD CARROT HERBALS VANILLA BEAN SKIN CREAM

PNW LOCAL

Made locally with all-natural ingredients for soft, moisturized skin.

2oz
\$16⁹⁹_{ea}

SAVE \$7ea



DESERT ESSENCE KIDS TOOTHPASTE GEL

A plant-powered formula with aloe to gently and safely remove plaque buildup and keep little teeth and gums clean.

4.7oz
\$3⁹⁹_{ea}

SAVE \$2ea



DR. BRONNER'S ALL-ONE TOOTHPASTES

Made with organic and fair trade ingredients. Save on various flavors.

5oz
\$5⁴⁹_{ea}

SAVE \$2.50ea



GROCERY

ALDEN'S ORGANIC ICE CREAM

Assorted Varieties

PNW LOCAL

SUMMER OF SCOOPS

NOW:
\$3⁹⁹-\$5⁴⁹_{ea}

WITH 50% DISCOUNT



OATLY NON-DAIRY FROZEN DESSERT

Assorted Varieties

NOW:
\$2⁹⁹_{ea}

WITH 50% DISCOUNT



VAN LEEUWEN FRENCH ICE CREAM

Selected Varieties

20% off



APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties

16oz

\$11⁹⁹_{ea}

SAVE \$4ea



STAHLBUSH ISLAND FARMS FROZEN FRUIT AND VEGETABLES

Assorted Varieties

PNW LOCAL

20% off



VEGGIES MADE GREAT FROZEN MUFFINS OR FRITTATAS

Assorted Varieties

12oz

\$7⁹⁹_{ea}

SAVE \$1ea



JACK & ANNIE'S JACKFRUIT CHICKEN OR SAUSAGE

Selected Varieties

7.2-10oz

\$5⁹⁹_{ea}

SAVE \$1ea



RED'S FROZEN BURRITOS

Assorted Varieties

4.3-5oz

\$2⁹⁹_{ea}

SAVE \$1ea



GROCERY

SEATTLE INTERNATIONAL BAKING COMPANY
BAGELS, BUNS OR ROLLS
 Selected Varieties
 5-8ct

PNW LOCAL



\$3.99
ea

SAVE UP TO \$3ea

FRANZ BUNS
 Selected Varieties
 8ct

PNW LOCAL



\$3.49
ea

SAVE \$1.50ea

WOODSTOCK ORGANIC CONDIMENTS
 Selected Varieties



20% off

PRIMAL KITCHEN DIPPING SAUCE
 Selected Varieties
 10oz



\$8.99
ea

SAVE \$2ea

BOB'S RED MILL MUESLI
 Selected Varieties

PNW LOCAL



20% off

CATALINA CRUNCH KETO CEREAL
 Assorted Varieties
 9 OZ



\$8.99
ea

SAVE \$2ea

NATURE'S PATH ORGANIC CEREAL
 Selected Varieties
 10-14oz



\$4.99
ea

SAVE \$1ea

KODIAK Cakes OATMEAL, CUPS OR MIXES
 Selected Varieties



20% off

ST. DALFOUR FRUIT SPREAD
 Assorted Varieties
 10oz



\$4.99
ea

SAVE \$2ea

ONCE AGAIN NUT BUTTER
 Selected Varieties

NON-GMO



20% off

BIRCH BENDERS PANCAKE & WAFFLE MIX
 Selected Varieties



20% off

CLEAN WITH PURPOSE

If you want clean, you want Seventh Generation clean. Their Free & Clear dishwashing liquid is USDA-certified Biobased and made with 95% renewable, plant-based ingredients for a gentle, effective clean without all the harsh chemicals.

FERRIS NUT CO. PEANUT BUTTER
 Selected Varieties
 14oz



\$4.99
ea

SAVE \$2ea

REPURPOSE COMPOSTABLE TABLEWARE
 Selected Varieties



30% off

KOYO RICE RAMEN
 Selected Varieties
 2-2.1oz



2 for \$5

SAVE \$1.49ea

SEVENTH GENERATION DISH LIQUID
 Assorted Varieties
 19oz



\$3.99
ea

SAVE \$1ea

BULK

GOLDEN TEMPLE GRANOLA
 Selected Varieties



\$5.99
lb

SAVE \$1lb

HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER

PNW LOCAL



\$10.99
lb

SAVE \$2lb

HUMMINGBIRD WHOLESALE ORGANIC WALNUT HALVES AND PIECES

PNW LOCAL



\$12.99
lb

SAVE \$2lb

WATER AVENUE COFFEE
 Assorted Varieties

PNW LOCAL



\$14.99
lb

SAVE \$2lb

GROCERY

SANTA CRUZ ORGANIC LEMONADE OR LIMEADE
Assorted Varieties
32oz



\$2.99
ea
SAVE \$2ea

ESSENTIA IONIZED ALKALINE WATER
1.5L



\$2.79
ea
SAVE 50¢ea

ZEVIA ZERO SUGAR SODA
Assorted Varieties
6pk/12oz



\$6.99
ea
SAVE \$2ea

ELMHURST PLANT MILK
Assorted Varieties
32oz



\$4.99
ea
SAVE \$3ea

TORANI PUREMADE DESSERT SAUCE
Selected Varieties
16.5oz



\$6.99
ea
SAVE \$1ea

CHUBBY SNACKS SUPERFOOD PB&J SANDWICHES
Assorted Varieties
4ct



\$8.99
ea
SAVE \$1ea

SOLELY ORGANIC FRUIT SNACKS
Assorted Varieties



30%
off

MADEGOOD ORGANIC BARS
Selected Varieties
5-6ct



\$4.99
ea
SAVE UP TO \$1.50ea

VERMONT SMOKE & CURE MEAT STICK
Assorted Varieties
1oz



3 for \$5
SAVE \$1.13ea

GIMME GRAB & GO ROASTED SEAWEED SNACKS
Assorted Varieties
5ct



\$4.99
ea
SAVE \$1ea

COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP
Selected Varieties
8oz



\$11.99
ea
SAVE \$2ea

INKA CROPS PLANTAIN CHIPS OR GIANT CORN
Assorted Varieties
4oz



\$2.99
ea
SAVE UP TO \$1.50ea

BACK TO NATURE CRACKERS
Assorted Varieties
4-8oz



2 for \$7
SAVE \$1.99ea

PATAGONIA PROVISIONS ORGANIC CRACKERS
Assorted Varieties
4.4oz



\$5.99
ea
SAVE \$1.50ea

LUNDBERG FAMILY FARMS RICE CAKES
Selected Varieties
3.3-10.5oz



\$4.99
ea
SAVE UP TO \$2ea

MARY'S GONE CRACKERS GLUTEN-FREE CRACKERS
Selected Varieties
5-6.5oz



\$4.99
ea
SAVE \$1ea

ALTER ECO ORGANIC CHOCOLATE
Selected Varieties
2.65-2.96oz



BUY 1 GET 1 FREE
SAVE \$4.99 ON 2

NATURE'S BAKERY FIG BARS
Selected Varieties
6-10ct



\$5.99
ea
SAVE \$2ea

SUN TROPICS SNACKS
Selected Varieties



20%
off

VIOLET CRUMBLES CANDY HONEYCOMB CUBES
Assorted Varieties
6oz



\$4.99
ea
SAVE \$1ea

GROCERY

VEG OUT!

From late-summer BBQs to Meatless Mondays, Field Roast Plant-Based Burgers always stack up. Handcrafted with garlic, carrots, and onions, these protein-packed patties are the savory vegan alternative any burger lover will enjoy.

DAISY BRAND SOUR CREAM
Regular or Light.
16oz

\$2⁹⁹
ea
SAVE \$1ea



NANCY'S YOGURT
Selected Varieties
32oz

\$3⁹⁹
ea
SAVE \$1ea



PNW LOCAL

APPLEGATE BACON
Selected Varieties



30% off

DEL REAL FOODS PREPARED MEALS AND SIDES
Selected Varieties
15oz

\$9⁹⁹
ea
SAVE UP TO \$6ea



PHILADELPHIA CREAM CHEESE
Selected Varieties
7.5-8oz

\$3⁹⁹
ea
SAVE \$1ea



ZEN ORGANIC PUDDING
Selected Varieties
4ct

\$5⁹⁹
ea
SAVE \$1ea



FIELD ROAST FIELD BURGER
2ct

\$3⁹⁹
ea
SAVE \$2ea

PNW LOCAL

OATLY BARISTA EDITION OATMILK
32oz

\$4⁹⁹
ea
SAVE \$1.50ea



NOSSA FAMILIA COFFEE
Selected Varieties
12oz

\$11⁹⁹
ea
SAVE UP TO \$4ea



PNW LOCAL

PLANET OAT OATMILK
Assorted Varieties
52oz

\$2⁹⁹
ea
SAVE \$1ea



BABYBEL SEMISOFT CHEESE
Selected Varieties
12ct

\$7⁹⁹
ea
SAVE \$2ea



GROUNDWORK COFFEE ORGANIC COLD BREW
Selected Varieties
10.1oz

\$2⁹⁹
ea
SAVE \$1ea



PNW LOCAL

HARMLESS HARVEST ORGANIC COCONUT BEVERAGES
Selected Varieties
10oz

\$3⁹⁹
ea
SAVE \$1ea



HUMM KOMBUCHA
Assorted Varieties
14oz

\$2⁹⁹
ea
SAVE 50¢ea



PNW LOCAL

LA COLOMBE COFFEE ROASTERS COLD BREW COFFEE
Selected Varieties
42oz

\$6⁹⁹
ea
SAVE \$1ea



SUMMER OF SCOOPS

50% off

ALDEN'S ORGANIC + OATLY FROZEN DESSERTS

Exclusions apply. Limited to stock on hand or while supplies last.

Weekend Tasting

Come for a taste of a variety of peak-season grapes with sweet, juicy, just-picked flavor!
Friday, Saturday & Sunday • 12pm – 6pm