

# DON'T FORGET THE FLOWERS!

Make your valentine's day with a beautiful assortment of sustainably harvested roses.

## COUNTRY NATURAL BEEF NEW YORK STEAKS

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



**\$17<sup>99</sup>**  
lb

SAVE \$3lb



## LOBSTER TAILS

Sustainably trap-harvested in Nicaragua. Split in half, steam or broil, and top with butter. Great for Valentine's Day!  
**6oz**

**\$14<sup>99</sup>**  
ea

SAVE \$3ea



## Really BIG DEALS

**50% off**

.....  
**SELECT  
FROZEN SNACKS  
AND BURRITOS**

From our Grocery department.  
Limited to stock on hand. No additional case discounts.

## ORGANIC COSMIC CRISP APPLES

Juicy, sweet, and extra crisp! From Domex Superfresh Growers Wenatchee, WA.

**\$2<sup>99</sup>**  
lb

SAVE \$1lb



PNW  
LOCAL

**20% off**

.....  
**NEW SEASONS  
PARTY WINGS**

Choose from fully-cooked Buffalo, Lemongrass, or Orange Dijon.  
Available in the deli.

## ♥ MAKE VALENTINE'S DAY EXTRA SPECIAL ♥

All you need  
is love...  
roses, good  
food, and tasty  
beverages.



### DOZEN ROSES

Vibrant, premium roses  
by the dozen for  
your valentines.



**\$24<sup>99</sup>**  
ea

**FEATURED**

### ROSES GALORE BOUQUET

Make their Valentine's Day with  
this beautiful  
assorted dozen.



**\$24<sup>99</sup>**  
ea

**FEATURED**

### NEW SEASONS DUNGENESS CRAB CAKES

Made in-house with Dungeness  
crab meat. Ready to pan-fry.



**\$6<sup>99</sup>**  
ea

**SAVE \$1ea**

### OVERJOY SWEET CHEEKS PINOT NOIR

Layered with notes of black  
cherry and plum with hints of  
violet, cranberry, and spice,  
this terrific local wine pairs  
beautifully with lamb or  
roasted veggies.  
Only at NSM.  
750ml



**\$14<sup>99</sup>**  
ea

**SAVE \$2ea**

**PNW  
LOCAL**

### MOUTON NOIR LOVE DRUNK ROSÉ

This refreshing rosé from  
a favorite Black-owned  
winery has aromas of ripe  
berries followed by flavors  
of strawberry, watermelon  
rind, and a hint of kiwi.  
750ml



**\$16<sup>99</sup>**  
ea

**SAVE \$3ea**

**PNW  
LOCAL**

### NEW SEASONS COOKIES

Tasty treats in a  
variety of delicious  
flavors. Perfect for  
a Valentine's Day  
dessert platter.  
12ct



**\$6<sup>99</sup>**  
ea

**SAVE \$1ea**

### SUPER JUMBO SNOW CRAB SECTIONS

Harvested in Alaska, this sweet snow crab  
is a standout on any sea-cuterie board.



**\$15<sup>99</sup>**  
lb

**SAVE \$2lb**

### PFRIEM FAMILY BREWERS BARREL AGED FRUIT ALE

This local, barrel-aged favorite  
is craft brewed with seasonal  
fruit and pairs deliciously with  
chocolate desserts or  
charcuterie.  
375ml



**\$9<sup>99</sup>**  
ea

**SAVE \$3ea**

**PNW  
LOCAL**

### GRUET SPARKLING WINES

These non-vintage  
bubbles from the  
American Southwest  
offer exceptional quality  
at affordable prices. Great  
for everyday enjoyment  
and special occasions.  
750ml



**\$16<sup>99</sup>**  
ea

**SAVE \$6ea**

### NEW SEASONS FRESH FRUIT HEART TART

Made in-house with vanilla cream  
topped with fresh fruit. A fitting  
dessert for Valentine's Day!  
7in



**\$13<sup>99</sup>**  
ea

**SAVE \$1ea**

### NEW SEASONS CRAB & ARTICHOKE DIP

Made in-house with NW-caught  
Dungeness crab, this decadent dip is sure  
to wow your guests. Gently reheat in the  
oven for 20 minutes at 350°F.  
8oz



**\$8<sup>99</sup>**  
ea

**SAVE \$1ea**

## PREPARED FOODS, PRODUCE & CHEESE

### ORIGAMI CATERING THE MORRISON

Named after Portland's Morrison bridge,  
this tasty combo features salmon nigiri  
and salmon rolls.



**\$13<sup>99</sup>**  
ea

**SAVE \$1ea**

**PNW  
LOCAL**

### ORGANIC BROCCOLI

Delicious steamed, roasted, or raw. From  
Ocean Mist Farms in Castroville, CA.



**\$2<sup>49</sup>**  
lb

**SAVE \$1lb**

### ORGANICGIRL SELECT SALAD BLENDS

Great for a quick and easy lunch or dinner.  
From organicgirl in Salinas, CA.  
5oz



**\$3<sup>99</sup>**  
ea

**SAVE \$1ea**

### BELGIOIOSO SLICED FRESH MOZZARELLA

Sliced and ready for your next pizza,  
panino, or bruschetta.  
8oz



**\$4<sup>99</sup>**  
ea

**SAVE \$1ea**



## WINNING PICKS FOR GAME DAY!

### NEW SEASONS CHORIZO PORK SAUSAGE PACK

Made with humanely raised pork with no added fillers. Perfect for game-day nachos!  
16oz

**\$6<sup>99</sup>**  
ea

**SAVE \$1ea**



### NEW SEASONS AL PASTOR MARINATED PORK

Made locally by Aladdin Foods and ready to cook for a quick and delicious meal.

**\$6<sup>99</sup>**  
lb

**SAVE \$2lb**



### FIRST LIGHT WAGYU BEEF BURGERS

Unseasoned burger patties made with humanely raised, grass-fed and finished beef.

**2 for \$7**

**FEATURED**



### COUNTRY NATURAL BEEF 80% LEAN 20% FAT GROUND BEEF

Humanely range-raised locally with no antibiotics or added hormones.

**\$6<sup>99</sup>**  
lb

**SAVE \$1lb**



**PNW  
LOCAL**

### NEW SEASONS PARTY WINGS

Save 20% on your choice of Buffalo, Orange Dijon, or Spicy Lemongrass, fully-cooked from our deli.

**20%**  
off



### KENAI-RED FISH CO. WILD ALASKA SMOKED SALMON SPREAD

A blend of smoked wild salmon, mascarpone, and cream cheese, this delicious dip will keep you coming back for more.

6oz

**\$10<sup>99</sup>**  
ea

**SAVE \$1ea**



### LAURELWOOD BREWING SELECT 6-PACK CANS

This legacy Portland brewer crafts exceptionally expressive and balanced beers.

6pk/12oz

**\$10<sup>99</sup>**  
ea

**SAVE \$3ea**



**PNW  
LOCAL**

### MONTUCKY COLD SNACKS LAGER

A light and refreshing lager with notes of malt and flowery hops. Perfect with finger foods and salty snacks on game day.

12pk/12oz

**\$16<sup>99</sup>**  
ea

**SAVE \$2ea**



### NEW SEASONS SMOKED MOZZARELLA PASTA SALAD

Local Rallenti pasta tossed with cherry tomatoes, smoked mozzarella, and arugula in a parmesan lemon dressing.

**\$10<sup>99</sup>**  
lb

**SAVE \$1lb**



### NEW SEASONS CHEESE SPREADS

Our house cheese spreads are great as an appetizer or served on a snack platter.

6oz

**\$7<sup>99</sup>**  
ea

**FEATURED**



### NEW SEASONS GUACAMOLE

Made in-house and ready for chip dipping, toast topping, and taco filling.

**\$8<sup>99</sup>**  
lb

**SAVE \$1lb**



### KETTLE BRAND PARTY SIZE POTATO CHIPS

Assorted Varieties  
13oz

**\$3<sup>99</sup>**  
ea

**SAVE \$3ea**



**PNW  
LOCAL**

## EVERYDAY VALUE

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

### MARY'S WHOLE CHICKEN LEGS

Humane Certified, antibiotic-free, and always air-chilled.

**\$3<sup>59</sup>**  
lb

**EVERYDAY VALUE**



### WILD HARVEST ORGANIC BEANS

Selected Varieties  
15oz

**4 for \$5**

**EVERYDAY VALUE**



### ORGANIC MEDIUM YELLOW ONIONS

Perfect for your winter soups and casseroles. From Columbia Basin Onion in Hermiston, OR.

**99¢**  
lb

**EVERYDAY VALUE**



### ANNA PASTA

Assorted Varieties  
16oz

**\$1<sup>99</sup>**  
ea

**EVERYDAY VALUE**



**PNW  
LOCAL**

## WELLNESS

### HOST DEFENSE MUSHROOM SUPPLEMENTS

Save on your favorite formulas this week, including capsules, tinctures, hot cocoa, and more.

**25%  
off**



PNW  
LOCAL

### EVANHEALY FACIAL CARE

Make their Valentine's Day with nourishing facial and body care from evanhealy.



**30%  
off**

### AURA CACIA AROMATHERAPY AND ESSENTIAL OILS

Give the gift of aromatherapy. Save 30% on essential oils, bath soaks, body oils, and more!

**30%  
off**



### HERB PHARM SOOTHING THROAT SPRAY

Soothe and support the immune system with Echinacea, Propolis, and soothing liquid herbal extracts.

1oz

**\$11<sup>99</sup>  
ea**

**SAVE \$5ea**



PNW  
LOCAL

### ANDALOU NATURALS 1000 ROSES SHOWER GEL

Hydrate, soothe, nourish, and moisturize with pure rose extract. Save on 1000 Roses Body Butter, too.

8.5oz

**\$7<sup>99</sup>  
ea**

**SAVE \$3ea**



### NORDIC NATURALS ULTIMATE OMEGA

High in omega-3 fatty acids to help support heart, brain, eye, and immune health. Save on select sizes and formulas.

60sg

**\$24<sup>99</sup>  
ea**

**SAVE \$7ea**



### BLOOM SAMBUCUS ELDERBERRY SYRUP

Support a healthy immune system with Certified Organic elderberry extract.

4oz

**\$11<sup>99</sup>  
ea**

**SAVE \$5ea**



### SOLARAY D-MANNOSE WITH CRANACTIN

Helps to support healthy urinary tract function.

60vc

**\$21<sup>99</sup>  
ea**

**SAVE \$9ea**



### HIMALAYA ASHWAGANDHA

Certified Organic Ashwagandha root to help support long-term stress.

60cap

**\$14<sup>99</sup>  
ea**

**SAVE \$10ea**



### NOW FOODS MAGNESIUM CAPS 400MG

Each vegan cap delivers 400 mg of easy-to-absorb magnesium.

180vc

**\$15<sup>99</sup>  
ea**

**SAVE \$6ea**



## GROCERY

### URBAN PIE PIZZA CO. FROZEN PIZZA

Assorted Varieties  
16.7-20.45oz

**\$9<sup>99</sup>  
ea**

**SAVE \$1ea**



### DAIYA DAIRY-FREE FROZEN FOODS

Selected Varieties

**20%  
off**



### EARTH'S BEST KIDS BAKED CHICKEN NUGGETS

16oz

**\$11<sup>99</sup>  
ea**

**SAVE \$2ea**



### GROWN IN IDAHO FRIES OR TOTS

Assorted Varieties  
28oz

**\$6<sup>99</sup>  
ea**

**SAVE \$1ea**



### ALDEN'S ORGANIC FROZEN DESSERTS

Selected Varieties

**20%  
off**



PNW  
LOCAL

### BEN & JERRY'S ICE CREAM

Selected Varieties  
1pt

**\$4<sup>99</sup>  
ea**

**SAVE \$3ea**



### TRU FRU FROZEN TREATS

Assorted Varieties

**30%  
off**



### APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties  
8oz

**\$7<sup>99</sup>  
ea**

**SAVE \$2ea**





## GROCERY

**MISSION FOODS  
STREET TACOS**  
Assorted Varieties  
10-24ct

**2 for \$3**  
SAVE \$1.49ea



**GARDEN OF EATIN'  
TACO SHELLS  
OR SEASONING**  
Selected Varieties

**20% off**



**TIA LUPITA  
SALSA VERDE OR  
HOT SAUCE**  
Assorted Varieties  
8oz

**\$6.99 ea**  
SAVE UP TO \$1.50ea



**SIMPLY ORGANIC  
SEASONING MIX**  
Selected Varieties  
1-1.41oz

**2 for \$4**  
SAVE 99¢ea



**DELALLO  
PASTA**  
Selected Varieties  
16oz

**2 for \$5**  
SAVE 99¢ea



**DELALLO  
SPECIALTY  
ITALIAN FOODS**  
Selected Varieties

**20% off**



**DAIYA  
DAIRY-FREE  
DRESSING**  
Assorted Varieties

**20% off**



**FRANZ  
HAWAIIAN BUNS  
OR ROLLS**  
Selected Varieties  
6-12ct

**2 for \$7**  
SAVE \$1.99ea



**SAFE CATCH  
TUNA**  
Selected Varieties

**20% off**



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

**20% off**



**SPICELY ORGANICS  
SPICES, HERBS OR  
SEASONINGS**  
Selected Varieties

**20% off**



**CHICKAPEA  
ORGANIC CHICKPEA  
AND LENTIL PASTA**  
Assorted Varieties  
8oz

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



**BOB'S RED MILL  
PANCAKE &  
WAFFLE MIX**  
Selected Varieties

**25% off**



PNW LOCAL

**COOMBS FAMILY FARMS  
ORGANIC  
MAPLE SYRUP**  
Selected Varieties  
12oz

**\$15.99 ea**  
SAVE \$5ea



**SUNBUTTER  
SUNFLOWER BUTTER**  
Assorted Varieties  
16oz

**\$7.99 ea**  
SAVE \$2ea



**LOCAL HIVE  
RAW & UNFILTERED  
HONEY**  
Assorted Varieties  
16oz

**\$8.99 ea**  
SAVE \$4ea



## BULK

**NEW SEASONS  
PEANUT BUTTER  
FILLED PRETZELS**  
From family-owned SunRidge farms in  
Royal Oaks, CA.  
5.5oz

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



**SUNRIDGE FARMS  
ZEN PARTY MIX**

**\$7.99 lb**  
SAVE \$31b



**NOSSA FAMILIA COFFEE  
COFFEE**  
Assorted Varieties

**\$12.99 lb**  
SAVE \$31b



PNW LOCAL

**SUNRIDGE FARMS  
CONFECTIONS**  
Selected Varieties

**20% off**



## GROCERY

**COCA-COLA  
SODA**  
Selected Varieties  
12pk/12oz



**\$6<sup>99</sup>**  
ea  
**SAVE \$2ea**

**IZZE  
SPARKLING JUICE  
BEVERAGES**  
Assorted Varieties  
4pk/12oz



**\$7<sup>99</sup>**  
ea  
**SAVE \$2ea**

**HIYO  
NON-ALCOHOLIC  
SOCIAL TONIC**  
Assorted Varieties  
4pk/12oz



**\$12<sup>99</sup>**  
ea  
**SAVE \$2ea**

**RUNA  
ORGANIC  
ENERGY DRINK**  
Assorted Varieties  
16oz



**\$2<sup>29</sup>**  
ea  
**SAVE 70¢ea**

**POLAR  
SPARKLING  
SALTZ WATER**  
Selected Varieties  
1L



**5 for \$5**  
**SAVE 79¢ea**

**SMITH TEAMAKER  
TEA**  
Selected Varieties  
15ct



**PNW  
LOCAL**

**\$9<sup>99</sup>**  
ea  
**SAVE UP TO \$4ea**

**SISTERS COFFEE COMPANY  
COFFEE**  
Assorted Varieties  
12oz



**PNW  
LOCAL**

**\$12<sup>99</sup>**  
ea  
**SAVE \$4ea**

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



**PNW  
LOCAL**

**\$10<sup>99</sup>**  
ea  
**SAVE \$3ea**

**HIGH BREW COFFEE  
NITRO COLD BREW**  
Assorted Varieties  
10oz



**\$3<sup>49</sup>**  
ea  
**SAVE 70¢ea**

**GOOD KARMA  
FLAXMILK**  
Selected Varieties  
32oz



**2 for \$7**  
**SAVE \$1.29ea**

**UNIQUE SNACKS  
PRETZELS**  
Assorted Varieties  
11oz



**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**

**G.H.CRETORS  
POPCORN**  
Assorted Varieties  
5.5-8oz



**\$3<sup>99</sup>**  
ea  
**SAVE \$3.50ea**

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



**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**

**CHICAS  
TORTILLA CHIPS**  
Assorted Varieties  
7.5-8oz



**\$3<sup>99</sup>**  
ea  
**SAVE \$1ea**

**4505 MEATS  
CHICHARRONES**  
Assorted Varieties  
2.25-2.5oz



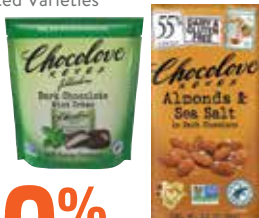
**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**

**PAQUI  
TORTILLA  
CHIPS**  
Assorted Varieties  
7oz



**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**

**CHOCOLOVE  
CHOCOLATE**  
Selected Varieties



**20%  
off**

**DR. BRONNER'S CHOCOLATE  
MAGIC ALL-ONE  
CHOCOLATE  
BAR**  
Assorted Varieties  
2.93oz



**\$3<sup>99</sup>**  
ea  
**SAVE \$2ea**

**LILY'S SWEETS  
STEVIA-SWEETENED  
CHOCOLATE  
BAR**  
Selected Varieties  
2.8oz



**2 for \$7**  
**SAVE \$1.49ea**

**POPCORNS  
POPPED-CORN SNACK**  
Assorted Varieties  
7oz



**\$3<sup>99</sup>**  
ea  
**SAVE \$1.50ea**



## GROCERY

Really **BIG DEAL**

**BUY 1 GET 1  
FREE** **VICOLO AND  
ROMA VICOLO  
PIZZA**

Exclusions apply. Look for signs on specially marked items.  
Limited to stock on hand. No additional case discounts.

**LIGHTLIFE  
PLANT-BASED  
PROTEINS**  
Assorted Varieties



**25%  
off**

**BITCHIN' SAUCE  
VEGAN DIP**  
Assorted Varieties  
7-8oz



**BUY 1 GET 1  
FREE**

**SAVE \$7.99 ON 2**

**100% DELICIOUS.  
0% DAIRY.**

From your favorite classic cheeses to ready-to-bake pizza, cheeze sauce, dressings, and more, Daiya plant-based products have all the dairy goodness you love, but without the dairy!

So whether you're making your famous grilled cheese, topping your game-day nachos, having a pizza party, or dressing a healthy salad, dining with Daiya is always a delicious choice.



**DAIYA  
DAIRY-FREE  
FOODS**  
Assorted Varieties

**20%  
off**



**COLUMBUS CRAFT MEATS  
PANINOS**  
Genoa Salame or Prosciutto.  
3.9oz



**\$4.99  
ea**

**SAVE UP TO \$2.50ea**

**COLUMBUS CRAFT MEATS  
SALAME**  
Selected Varieties



**20%  
off**

**NANCY'S  
ORGANIC  
CREAM CHEESE**  
Assorted Varieties  
8oz

**PNW  
LOCAL**



**\$3.99  
ea**

**SAVE \$1ea**

**CEDAR'S  
ORGANIC HOMMUS**  
Assorted Varieties  
10oz



**BUY 1 GET 1  
FREE**

**SAVE \$4.49 ON 2**

**ESSENTIAL EVERYDAY  
SHREDDED CHEESE**  
Selected Varieties  
8oz



**\$2.99  
ea**

**SAVE \$1ea**

**GRILLO'S PICKLES  
FRESH DILL PICKLES**  
Assorted Varieties  
32oz



**\$5.99  
ea**

**SAVE \$3ea**

**NEW SEASONS  
SOUR CREAM**  
From our friends at Alpenrose Dairy in Portland, OR.  
16oz



**\$2.99  
ea**

**FEATURED**

**GOOD FOODS  
SALSA OR GUACAMOLE**  
Assorted Varieties  
7-12oz



**\$3.99  
ea**

**SAVE UP TO \$2ea**

**SILK  
SOY MILK**  
Assorted Varieties  
1/2gal



**\$4.49  
ea**

**SAVE 50¢ea**

**REDDI-WIP  
DAIRY-FREE  
WHIPPED  
TOPPING**  
Coconut or Almond.  
6oz



**\$6.99  
ea**

**SAVE \$2ea**

Really **BIG DEAL**

**50%  
off**

**SELECT  
FROZEN SNACKS  
AND BURRITOS**

From our Grocery department. Limited to stock on hand. No additional case discounts.

Weekend Tasting

We're sharing some Valentine's Day love with decadent chocolate and local tea.  
Friday, Saturday & Sunday • 12pm - 6pm