

QUICK, EASY & DELICIOUS

Mary's chicken has everything you're looking for—and it's Humane Certified, antibiotic-free, and \$4 off per pound.

Really BIG DEAL

MARY'S BONELESS SKINLESS CHICKEN BREASTS

\$4.99
lb
SAVE \$4lb



We're celebrating 24 years of eating good and doing good with a birthday BOGO! See pages 4 & 5 for details.

Really BIG DEALS

STRAWBERRIES

A sweet addition to smoothie bowls and lunch boxes.
From Driscoll's in MX.
1lb pkg



\$3.99
ea

SAVE \$3ea

NIXIE ORGANIC SPARKLING WATER

Assorted Varieties
8pk/12oz



BUY 1 GET 1
FREE

SAVE \$7.49 ON 2

MUIR GLEN ORGANIC TOMATOES

Selected Varieties
14.5-15oz



2 for \$4

SAVE \$1.49ea

STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties
12oz



PNW LOCAL

\$10.99
ea

SAVE \$6ea

EVERYDAY VALUE

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

NEW SEASONS PARMESAN CHICKEN BREASTS

Made in-house with Mary's chicken and ready to bake or fry for a quick and tasty meal.



\$8⁹⁹
lb

EVERYDAY VALUE

ORGANIC RUSSET POTATOES

PNW LOCAL

Perfect for wintery casseroles and soups. From Andersen Organics in Othello, WA.
3lb bag



\$2⁹⁹
ea

EVERYDAY VALUE

WILD HARVEST FROZEN VEGETABLES

Selected Varieties
12oz



\$2⁹⁹
ea

EVERYDAY VALUE

MRM NUTRITION MELATONIN 3MG

Helps to support a healthy sleep-wake cycle and improve quality of sleep.
60vc



\$6⁹⁹
ea

EVERYDAY VALUE

MEAT & SEAFOOD

ROCKFISH FILLET

Sustainably wild-caught off of OR and WA coasts. Great for a quick and healthy meal.

PNW LOCAL



\$7⁹⁹
lb

SAVE \$2lb

CARMAN RANCH 85% LEAN 15% FAT GRASS-FED GROUND BEEF

Regenified verified and humanely pasture-raised locally with no antibiotics or added hormones.

PNW LOCAL



\$9⁹⁹
lb

SAVE \$2lb

KEY TREASURE IN-SHELL PINK SHRIMP

Sustainably wild-caught in Florida, and flash frozen to preserve the briny taste and snappy texture.
36/40ct



\$7⁹⁹
lb

EVERYDAY VALUE

DIESTEL FAMILY RANCH GROUND TURKEY PACKS

Humanely raised on a 100% vegetarian diet with no antibiotics ever. Choose from natural or organic and dark or white meat. Availability may vary by location.
16oz



Starting at:

\$8⁹⁹
ea

SAVE \$1ea

FISHWIFE TINNED FISH

Ethically sourced and delicious tinned seafood from a female-founded company. Many flavors to choose from.



10%
off

NEW SEASONS ALL HAND-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added hormones. Available in a variety of flavors.



Starting at:

\$8⁹⁹
lb

SAVE \$1lb

PRODUCE

ORGANIC FUJI APPLES

Crisp, sweet, and great for healthy snacking. From Stemilt Growers in Wenatchee, WA.

PNW LOCAL



\$1⁹⁹
lb

SAVE \$1lb

ORGANIC VINE TOMATOES

Vine-ripened for the best flavor. From Wholesum Family Farms in MX.



\$2⁹⁹
lb

SAVE \$1lb

ORGANIC ARTICHOKES

Steam and stuff for a delicious appetizer. From Ocean Mist Farms in Castroville, CA.



\$3⁹⁹
ea

SAVE \$1ea

BAKERY & CHEESE

NEW SEASONS BANANA CAKE

A New Seasons birthday favorite with layers of moist banana cake, fresh banana slices, and mascarpone whipped cream.



\$14.99
ea
SAVE \$2ea

NEW SEASONS OREGON COAST CHEDDAR

PNW LOCAL

A versatile and flavorful sharp cheddar locally made in partnership with Face Rock Creamery.



\$13.99
lb
SAVE \$2lb

NEW SEASONS PARMESAN CHICKEN BREAST

Boneless, skinless chicken breast fillets coated with parmesan cheese and bread crumbs, then pan-fried. Ready to heat and serve.



\$15.99
lb
SAVE \$1lb

NEW SEASONS SESAME NOODLES

Beloved by customers and staff alike, these soy and sesame-flavored egg noodles are delicious served cold or lightly reheated.



\$7.99
ea
SAVE \$1ea

NEW SEASONS ORGANIC FRENCH BATARD

Made fresh daily with organic ingredients. Great for sandwiches or avocado toast.



\$4.99
ea
SAVE \$1ea

WILLAMETTE VALLEY CHEESE FRENCH PRAIRIE BRIE

PNW LOCAL

Rich and creamy Brie made with organic milk in the Willamette Valley. 4oz



\$7.99
ea
SAVE \$1ea

OLYMPIA PROVISIONS CAPICOLA

PNW LOCAL

Locally made pork shoulder coated in black pepper, fennel, and coriander seeds, then slow roasted until tender. Sliced to order.



\$19.99
lb
SAVE \$2lb

ORIGAMI CATERING SPICY TUNA ROLL

PNW LOCAL

Spicy Ahi tuna and cool cucumber rolled with sesame seeds and topped with sriracha mayo.



\$9.99
ea
SAVE \$1ea

BEER & WINE

Mix & Match
Every day

10%
off
6 bottles
of wine

20%
off
12 bottles
of wine
or more

*Offer available in-store only.

OVERJOY RHONE ROUGE & BORDEAUX ROUGE

IT'S NEW!

Introducing our new Rhone Rouge with ripe, plummy fruit and Bordeaux Rouge showing spice-accented berry notes. Only at NSM. 750ml

\$12.99
ea
SAVE \$2ea



PARTNERS IN CRIME BLANC DE BLANC & BRUT ROSE

IT'S NEW!

Fresh, fruit-forward, and effervescent, our new Partners in Crime bubbly are perfect for brunch, cheerful toasts, and celebrations. Only at NSM. 750ml

\$11.99
ea
SAVE \$1ea



BLOCK 15 BREWING STICKY HANDS

PNW LOCAL

A local favorite, this IPA is packed with bold flavors of citrus, tropical fruit, and dank herbs. 4pk/16oz

\$17.99
4pk
SAVE \$2ea



PFRIEM FAMILY BREWERS JAPANESE LAGER

PNW LOCAL

Brewed with rice in the Japanese tradition, this lager is an effervescent delight with aromas of Shiso plum, fresh bread, green tea, and wildflowers. Only at NSM. 4pk/16oz

\$11.99
4pk
SAVE \$3ea



SAVE TIME,
ORDER ONLINE!

Free pickup or delivery
on two online orders of
\$35 or more with code
STAYCOZY2024

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instacart



EARN REWARDS,
GET EXCLUSIVE OFFERS,
SPECIAL PERKS
+ MORE!

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newseasonsmarket.com/join



WELLNESS

WYLD CBD CBD GUMMIES

Made locally with THC-free, broad-spectrum hemp extract and real fruit. Save on select flavors and formulas.

PNW LOCAL



30% off

PRANAROM AROMATHERAPY AND BODY CARE

Save 30% on Pranarom essential oils and diffusers.



30% off



HUMBLE BRANDS SOAPS AND DEODORANTS

Gentle soaps and deodorants made with simple, clean ingredients. Save on your favorite scents.



30% off

ANDALOU NATURALS FACIAL AND BODY CARE

Formulated with organic, all-natural ingredients.



30% off

YERBA PRIMA PSYLLIUM HUSKS CAPS

Supports digestion and elimination with essential soluble and insoluble fibers.

180cap



\$12.99 ea

SAVE \$5ea

ENER-C VITAMIN C MULTIVITAMIN DRINK MIX

A delicious, effervescent drink mix loaded with nutrients to help boost immunity.

30ct

\$13.99 ea

SAVE \$6ea



NOW FOODS VITAMIN D-3 5000IU

Each easy-to-swallow softgel delivers 5000 IU of vitamin D3.

120sg



\$8.99 ea

SAVE \$4ea

BLOOM B-12 1000MCG

Helps support healthy brain and nerve function with 1000 mcg of B-12 per tablet.

100tab



\$12.99 ea

SAVE \$5ea

BOIRON ARNICARE GEL VALUE PACK

Great combination of topical and internal homeopathic Arnica. Enjoy savings on the Arnicare Cream value pack as well.

2.6oz



\$13.99 ea

SAVE \$4ea

KIRK'S GENTLE CASTILE BAR SOAP

Gentle, moisturizing formulas for all skin types.

4oz



\$1.99 ea

SAVE \$1ea

IT'S A BIRTHDAY BOGO!

SOL-TI ORGANIC SUPERSHOT

Ginger or Turmeric.



BUY 1 GET 1 FREE

SAVE \$3.99 ON 2

ROMA VICOLO ROMAN STYLE PIZZA CRUST

Assorted Varieties

17.25-20oz



BUY 1 GET 1 FREE

SAVE \$12.99 ON 2

ENDANGERED SPECIES CHOCOLATE CHOCOLATE BAR

Selected Varieties

3oz



BUY 1 GET 1 FREE

SAVE \$4.99 ON 2

SIETE FAMILY FOODS GRAIN-FREE COOKIES

Assorted Varieties

4.5oz



BUY 1 GET 1 FREE

SAVE \$4.99 ON 2

SIMPLE MILLS ALMOND FLOUR BARS

Assorted Varieties

5ct



BUY 1 GET 1 FREE

SAVE \$6.99 ON 2

COSMIC BLISS ORGANIC ICE CREAM

Selected Varieties

14oz



BUY 1 GET 1 FREE

SAVE \$7.99 ON 2

FORAGER PROJECT ORGANIC CASHEWMILK YOGURT

Selected Varieties

5.3oz



BUY 1 GET 1 FREE

SAVE \$2.29 ON 2

KASHI CEREAL

Selected Varieties

12-16.3oz



BUY 1 GET 1 FREE

SAVE \$5.99 ON 2

IT'S A BIRTHDAY BOGO!

FRANZ BREAD
Selected Varieties
24oz



PNW LOCAL

BUY 1 GET 1 FREE
SAVE \$5.99 ON 2

BONNE MAMAN FRUIT PRESERVES
Assorted Varieties
13oz



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

STASH TEA
Selected Varieties
18-20ct



PNW LOCAL

BUY 1 GET 1 FREE
SAVE \$5.99 ON 2

BRAZI BITES GLUTEN-FREE FROZEN WAFFLES
Assorted Varieties
6ct



PNW LOCAL

BUY 1 GET 1 FREE
SAVE \$5.99 ON 2

SEATTLE INTERNATIONAL BAKING COMPANY BAGELS
Assorted Varieties
5ct



PNW LOCAL

BUY 1 GET 1 FREE
SAVE \$6.49 ON 2

RAO'S HOMEMADE FROZEN ENTRÉES
Selected Varieties
8.4-9.5oz



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

ANGIE'S BOOMCHICKAPOP POPCORN
Selected Varieties
4.5-7oz



BUY 1 GET 1 FREE
SAVE \$5.49 ON 2

MIKE'S MIGHTY GOOD CRAFT RAMEN
Assorted Varieties
1.6-2.4oz



BUY 1 GET 1 FREE
SAVE \$3.29 ON 2

CABOO TREE-FREE BAMBOO BATH TISSUE
4ct



BUY 1 GET 1 FREE
SAVE \$6.49 ON 2

CABOO TREE-FREE BAMBOO PAPER TOWELS
2ct



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

HEALTH-ADE ORGANIC KOMBUCHA
Selected Varieties
16oz



BUY 1 GET 1 FREE
SAVE \$3.99 ON 2

BOULDER CANYON POTATO CHIPS
Selected Varieties
5.25-6.5oz



BUY 1 GET 1 FREE
SAVE \$5.99 ON 2

EPIC MEAT SNACK STRIP
Assorted Varieties
.8oz



BUY 1 GET 1 FREE
SAVE \$2.99 ON 2

STEAZ ORGANIC GREEN TEA
Assorted Varieties
16oz



BUY 1 GET 1 FREE
SAVE \$2.49 ON 2

BUBBIES MOCHI MOCHI ICE CREAM
Selected Varieties
7.5oz



BUY 1 GET 1 FREE
SAVE \$7.99 ON 2

PERFECT BAR PROTEIN BAR
Selected Varieties
1.94-2.5oz



BUY 1 GET 1 FREE
SAVE \$3.49 ON 2

DR. MCDUGALL'S RIGHT FOODS NOODLE OR SOUP CUP
Assorted Varieties
1.3-3.4oz



BUY 1 GET 1 FREE
SAVE \$3.29 ON 2

MILK BAR CRUNCHIES
Assorted Varieties
4.5oz



BUY 1 GET 1 FREE
SAVE \$5.99 ON 2

CHAMELEON COLD-BREW ORGANIC COFFEE CONCENTRATE
Assorted Varieties
32oz



BUY 1 GET 1 FREE
SAVE \$13.99 ON 2

NEAR EAST RICE PILAF, COUSCOUS OR QUINOA
Selected Varieties
4.7-10oz



BUY 1 GET 1 FREE
SAVE \$3.99 ON 2

GROCERY

GUAYAKI ORGANIC SPARKLING YERBA MATE
Assorted Varieties
12oz



2 for \$5
SAVE 49¢ea

TIM'S OR HAWAIIAN BRAND POTATO CHIPS **PNW LOCAL**
Selected Varieties
7.5-8oz



\$3.99 ea
SAVE \$2ea

BOB'S RED MILL INSTANT OATMEAL **PNW LOCAL**
Selected Varieties
8ct



\$3.99 ea
SAVE \$1.50ea

NATURAL SEA TUNA
Selected Varieties
5oz



\$3.99 ea
SAVE \$1.50ea

CEREBELLY ORGANIC BABY FOOD
Selected Varieties
4oz



\$2.99 ea
SAVE \$1ea

ELMHURST PLANT MILK
Selected Varieties
32oz



\$4.99 ea
SAVE \$3ea

BETTER LIFE CLEANING PRODUCTS
Selected Varieties



20% off

ECOS DISH SOAP
Assorted Varieties
25oz



\$4.49 ea
SAVE \$1.50ea

ARTISANA ORGANICS NUT BUTTER
Selected Varieties



20% off

BILLO'S BEST FRIEND PET TREATS
Assorted Varieties
4oz



\$7.99 ea
SAVE \$2ea

CHATHAM VILLAGE CROUTONS
Assorted Varieties
5oz



\$2.99 ea
SAVE \$1ea

NEWMAN'S OWN NEWMAN-O'S
Assorted Varieties
13oz



\$5.99 ea
SAVE \$2ea

NEW SEASONS TORTILLA CHIPS
From Don Pancho Authentic Mexican Foods in Salem, OR.
9-14oz



\$3.99 ea
FEATURED

NEW SEASONS VIRGINIA PEANUTS
Grade A Virginia-grown peanuts from Feridies in Courtland, VA.
9oz



Starting at: \$7.49 ea
FEATURED

NEW SEASONS MAC & CHEESE
Made in partnership with Rallenti Pasta Company in Portland, OR.
Cheddar or White Cheddar.
8.4oz



\$2.99 ea
FEATURED

NEW SEASONS CHAI CONCENTRATE
Made just for us by our friends at Tanglewood Beverage Co. in Sellwood.
32oz



\$17.99 ea
FEATURED

BULK

GRAIN MILLERS ORGANIC REGULAR ROLLED OATS **PNW LOCAL**



\$1.99 lb
SAVE \$1lb

SUNRIDGE FARMS BERRIES & CHOCOLATE ANTIOXIDANT MIX



\$9.99 lb
SAVE \$6lb

EQUAL EXCHANGE ORGANIC ALMONDS **PNW LOCAL**
Selected Varieties



\$12.99 lb
SAVE \$3lb

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



\$12.99 lb
SAVE \$1lb

GROCERY

LACTAID LACTOSE-FREE MILK
Selected Varieties
1/2gal



\$4.49
ea
SAVE \$1ea

GALBANI STRING CHEESE
12ct



\$5.49
ea
SAVE \$1ea

NANCY'S ORGANIC YOGURT **PNW LOCAL**
Selected Varieties
32oz



\$5.49
ea
SAVE \$1.50ea

NANCY'S ORGANIC COTTAGE CHEESE **PNW LOCAL**
Whole Milk or Lowfat.
16oz



\$4.99
ea
SAVE \$1.50ea

ORGANIC VALLEY CREAM CHEESE
Selected Varieties
8oz



\$4.99
ea
SAVE 50¢ea

DE CASA FINE FOODS ORGANIC CORN TORTILLAS **PNW LOCAL**
White or Yellow.
10ct



2 for \$5
SAVE 99¢ea

FRANZ ENGLISH MUFFINS **PNW LOCAL**
Selected Varieties
6ct



2 for \$4
SAVE 50¢ea

BLUE BUS CULTURED FOODS SAUERKRAUT **PNW LOCAL**
Assorted Varieties
16oz



\$7.49
ea
SAVE UP TO \$1.50ea

WILDWOOD ORGANIC TOFU
Selected Varieties
14-15.5oz



\$3.99
ea
SAVE UP TO \$1.50ea

MCCONNELL'S FINE ICE CREAMS FROZEN HOUSE-BAKED COOKIES
Assorted Varieties
6.25-6.5oz



\$5.99
ea
SAVE \$5ea

RED'S FROZEN BURRITOS OR BREAKFAST SANDWICHES
Assorted Varieties
3.9-5oz



2 for \$5
SAVE \$1.49ea

EARN DOUBLE POINTS

Neighbor Rewards members earn 2 POINTS per dollar on all New Seasons Market Partner Brand products.

Not a member yet? Sign up today at newseasonsmarket.com/join or text NEIGHBOR to 54967.



NEW SEASONS BAGELS
Handmade in the traditional NY style by Bowery Bagels in Portland, OR.
4ct



\$4.99
ea
FEATURED

NEW SEASONS FRESH RAVIOLI OR TORTELLINI
Made in small batches by Classic Foods in Portland, OR, using fresh, local ingredients.
16oz



Starting at:
\$9.99
ea
FEATURED

NEW SEASONS FRESH PASTA SAUCE
Made in partnership with Heritage Foods in Portland, OR. Choose from Alfredo, Bolognese, or Puttanesca.
16oz



\$7.99
ea
FEATURED

NEW SEASONS FROZEN FRUIT
Locally sourced from NW farms by family-owned and operated Scenic Fruit Company in Gresham, OR.
10oz



Starting at:
\$2.99
ea
FEATURED

NEW SEASONS ICE CREAM
Made using locally sourced ingredients by Lopez Island Creamery in Anacortes, WA. Assorted flavors.
1pt



\$5.99
ea
FEATURED

Weekend Tasting

It's our 24th birthday, and it wouldn't be a celebration without a taste of our classic, all-time customer fave: **Banana Cake!** Friday, Saturday & Sunday · 12pm – 6pm