

SQUEAKY CLEAN

Stock up on everyone's favorite organic, fair trade body, hair, face, and oral care from Dr. Bronner's.



Really BIG DEAL

50% off
DR. BRONNER'S
Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discounts.

Really BIG DEALS

COUNTRY NATURAL BEEF
BEEF CHUCK ROAST
USDA Choice, humanely raised beef with no added hormones and no antibiotics ever.



\$7.99
lb

SAVE \$2.1b

ORGANIC AVOCADOS
Rich, creamy, and great for dips, toast, and smoothies. From Calavo Growers in Mexico.



5 for \$5

SAVE 89¢ea

BLUE DIAMOND
ALMOND BREEZE
Selected Varieties
52-64oz



2 for \$7

SAVE \$1.39ea

BOULDER CANYON
POTATO CHIPS
Selected Varieties
5.25-6.5oz



BUY 1 GET 1 FREE

SAVE \$5.99 ON 2

MOM'S BEST
CEREAL
Assorted Varieties
17.5-24oz



BUY 1 GET 1 FREE

SAVE \$6.99 ON 2

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



BUY 2 GET 1 FREE

SAVE \$6.49 ON 3

In-store only

WHAT WE'RE *loving*



New Seasons Banana Cake

Our iconic banana cake is a customer favorite—but we can't take all the credit!

When local grocer Kienow's closed its Raleigh Hills location in 2000, we moved in to open our first store. After some negotiations, we were given their beloved banana cake recipe, and the rest is delicious history.

Moist banana cake, fresh bananas, and mascarpone whipped cream—it's a classic for a reason!



MEAT & SEAFOOD

NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to any pasta dish.



\$6⁹⁹
lb

FEATURED

PACIFIC COD FILLET

Sustainably harvested in the pristine waters of Alaska during the peak of the season.



\$13⁹⁹
lb

SAVE \$2lb

MARY'S WHOLE CHICKEN LEGS

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



\$4⁴⁹
lb

SAVE 50¢lb

OCEAN BEAUTY SEAFOODS PEELED AND DEVEINED SHRIMP

Sustainably farm raised and ready to cook for a quick and easy protein-packed meal. 26/30ct



\$11⁹⁹
lb

SAVE \$1lb

LOCAL FLORAL

RANUNCULUS

Add a pop of color to your home with this vibrant, local spring favorite.



\$10⁹⁹
ea

SAVE \$2ea

ORGANIC PRODUCE

ORGANIC FUJI APPLES

Crisp and juicy with a sweet, honey-like flavor. Grown in OR and WA.



\$2⁴⁹
lb

SAVE 50¢lb

ORGANIC BUNCHED CARROTS

The perfect addition to soups and salads. From John Givens Farms in Santa Barbara, CA.



\$2⁴⁹
ea

SAVE \$1ea

ORGANIC BARTLETT PEARS

A classic favorite for salads, snack plates, and baked goods. From Viva Tierra in Argentina.



\$2⁴⁹
lb

SAVE 50¢lb

BAKERY & CHEESE

NEW SEASONS GARLIC BREAD

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



\$4⁹⁹
lb

SAVE \$1lb

BOURSIIN SPREADABLE GOURMET CHEESE

This rich, flavorful cheese is perfect as a spread or melted into pasta, potatoes, and dips.

5.2oz



\$7⁴⁹
ea

SAVE \$1.50ea

NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.



\$15⁹⁹
lb

FEATURED

NEW SEASONS GREEK ORZO

Locally made pasta, kalamata olives, roasted peppers, and feta cheese in a red wine vinaigrette.



\$10⁹⁹
lb

SAVE \$1lb

LUCKY SPOON BAKERY FROSTY ZUCCHINI CUPCAKES

IT'S NEW!

A delicious pairing for any event! Light and moist zucchini cake topped with a rich buttercream frosting.

4ct



\$6⁹⁹
ea

SAVE \$1ea

LACLARE FAMILY CREAMERY GOAT CHEESES

This fresh goat cheese pairs perfectly with spring greens, radishes, or asparagus.

4oz



Starting at:

\$5⁴⁹
ea

SAVE 50¢ea

COLUMBUS CRAFT MEATS PORK LOIN

Slow-roasted pork loin marinated in garlic and rosemary. Perfect sliced thinly and piled high on a sandwich.



\$12⁹⁹
lb

SAVE \$2lb

AZEH'S KITCHEN SPICY QUINOA AND CORN SALAD

PNW LOCAL

Made with white quinoa, corn, black beans, arugula, and bell pepper in a tangy, spicy dressing.



\$12⁹⁹
lb

FEATURED

BEER & WINE

MIX & MATCH

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

LUBANZI WINES SOUTH AFRICAN CANNED WINE

Try the canned Chenin Blanc from this fellow B Corp, featuring intriguing notes of ripe nectarine, fresh figs, green melon, and a hint of rosemary.

355ml



\$5⁹⁹
ea

SAVE \$1ea

ERCOLE ITALIAN BLENDS

Quaffable and juicy blends from a cooperative of small family vineyards in northwestern Italy. Choose from Rosso, Bianco, or Rosato.

1L



\$12⁹⁹
ea

SAVE \$6ea

FIELDWORK BREWING NON-ALCOHOLIC HEADLINER IPA

A non-alcoholic West Coast IPA with a balanced bitterness and a burst of hops, featuring exciting notes of white grapefruit, passionfruit, white grapes, papaya, and pine.

16oz



\$3⁹⁹
ea

SAVE \$1ea

TERMINAL GRAVITY WEST COAST IPA

This new release from one of the PNW's favorite producers delivers intense hop and citrus aromas, balanced by a refreshing malt background.

6pk/12oz

PNW LOCAL

IT'S NEW!



\$12⁹⁹
ea

SAVE \$3ea

MAKE IT EASY, ORDER ONLINE!

Enjoy in-store prices online and save \$6 on orders of \$40+ with code **EASYSAVING6**. Choose quick, convenient pickup or delivery!

shop.newseasonsmarket.com

Powered by **instacart**

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

FREE PASTA!

Neighbor Rewards members who are opted into email or text get a free 16oz. box of dry pasta—perfect for a busy weeknight!

Join or sign up by Thursday at newseasonsmarket.com/rewards for this exclusive member offer on Friday.



WELLNESS

DR. BRONNER'S BODY CARE PRODUCTS

Stock up during our biggest sale of the year on all your Dr. Bronner's favorites!



50% off



NATURE'S WAY ALIVE! VITAMINS AND SUPPLEMENTS

A delicious and effective way to take your supplements and multivitamins. Save on select formulas.

25% off



MAD HIPPIE FACIAL CARE

Now is a great time to stock up on your favorite facial care and cosmetics from Mad Hippie.

25% off



SOURCE NATURALS WELLNESS FORMULA

A comprehensive blend of herbs, vitamins, and nutraceuticals for immune, respiratory, and antioxidant support. 45tab

\$10⁹⁹ ea

SAVE \$7ea



NEW CHAPTER FERMENTED VITAMIN B COMPLEX

All eight activated, high-quality B vitamins in a fermented, easily digestible form. 30tab

\$15⁹⁹ ea

SAVE \$10ea



NOW FOODS C-500 WITH ROSE HIPS

Get 500mg per tab with added rose hips, a natural source of vitamin C. 100tab

\$6⁹⁹ ea

SAVE \$3ea



BLOOM NETTLE

May support seasonal allergy symptoms. 75vc

\$8⁴⁹ ea

SAVE \$3.50ea



HERB PHARM KAVA LIQUID EXTRACT

Support for occasional stress and anxiety. 1oz

\$14⁹⁹ ea

SAVE \$5ea



BOIRON ARNICARE ARTHRITIS CREAM

A non-greasy, fast-absorbing formula that's ideal for sudden flare-ups and soreness. 2.5oz

\$15⁹⁹ ea

SAVE \$4ea



TEA TREE THERAPY PURE TEA TREE OIL

A first-aid essential, this 100% pure Australian tea tree oil is a natural antiseptic. .5oz

\$5⁹⁹ ea

SAVE \$2.50ea



GROCERY

URBAN PIE PIZZA CO. PINZZA ROMAN STYLE PIZZA

Assorted Varieties 13-15.75oz

\$12⁹⁹ ea

SAVE \$2ea



RUDI'S ROCKET MOUNTAIN BAKERY TEXAS TOAST

Assorted Varieties

20% off



SEAPOINT FARMS FROZEN EDAMAME

Assorted Varieties 12-14oz

\$3⁹⁹ ea

SAVE \$1ea



WYMAN'S FROZEN FRUIT

Selected Varieties

20% off



SCHÄR PUFF PASTRY OR CROISSANT

Assorted Varieties

15% off



COSMIC BLISS DAIRY-FREE FROZEN DESSERT

Selected Varieties 14oz

\$5⁹⁹ ea

SAVE \$1.60ea



NOOSA FROZEN YOGHURT GELATO

Assorted Varieties 14oz

\$5⁹⁹ ea

SAVE \$1ea



OUTSHINE FROZEN FRUIT BARS

Assorted Varieties 12ct

\$7⁹⁹ ea

SAVE \$1.70ea



GROCERY

LATE JULY SNACKS
TORTILLA CHIPS
 Selected Varieties
 7.5-10.1oz



\$3⁹⁹
 ea
SAVE \$2ea

MILTON'S CRACKERS
 Selected Varieties
 4.5-8.4oz



2 for \$7
SAVE \$1.49ea

PIRATE'S BOOTY SNACKS
 Selected Varieties
 10oz



\$6⁹⁹
 ea
SAVE \$3ea

SEACHARRONES ORGANIC KELP PUFFS
 Assorted Varieties
 2oz



\$3⁹⁹
 ea
SAVE \$1ea

PARMCRISPS SNACK MIX
 Original or Ranch.
 4oz



\$4⁹⁹
 ea
SAVE \$1ea

HENRIETTA SAID JUMBO ROASTED PEANUTS
 Assorted Varieties
 5oz



\$4⁹⁹
 ea
SAVE \$1ea

SIETE FAMILY FOODS GRAIN-FREE COOKIES
 Assorted Varieties
 4.5oz



BUY 1 GET 1 FREE
SAVE \$4.99 ON 2

MUDDY BITES WAFFLE CONE SNACKS
 Selected Varieties
 2.33oz



\$3⁹⁹
 ea
SAVE \$1ea

RXBAR PROTEIN BARS
 Selected Varieties
 5ct



\$9⁹⁹
 ea
SAVE \$3ea

LÄRABAR ENERGY BAR
 Selected Varieties
 1.6-1.7oz



4 for \$5
SAVE \$1.14ea

BLUE STRIPES WHOLE CACAO CHOCOLATE BAR
 Assorted Varieties
 2.1oz



\$3⁹⁹
 ea
SAVE \$1ea

UNREAL CHOCOLATE SNACKS
 Selected Varieties
 3.4-5oz



\$5⁹⁹
 ea
SAVE \$2ea

LEMON PERFECT HYDRATING LEMON WATER
 Assorted Varieties
 15.2oz



2 for \$4
SAVE UP TO 69¢ea

ARDOR ORGANIC SPARKLING WATER
 Assorted Varieties
 12oz



2 for \$5
SAVE \$1.19ea

NIXIE ORGANIC ZERO SUGAR SODA
 Assorted Varieties
 12oz



\$1⁹⁹
 ea
SAVE 50¢ea

CASCADE MOUNTAIN SPARKLING WATER
 28oz
Only available in OR stores.



\$2⁹⁹
 ea
SAVE \$1ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC POPCORN
 Assorted Varieties



\$2⁴⁹
 lb
SAVE 50¢lb

HUMMINGBIRD WHOLESALE ORGANIC PINTO BEANS



\$2⁴⁹
 lb
SAVE 50¢lb

HUMMINGBIRD WHOLESALE ORGANIC PITTED DEGLET NOOR DATES



\$7⁹⁹
 lb
FEATURED

WATER AVENUE COFFEE COFFEE
 Assorted Varieties



\$15⁹⁹
 lb
SAVE \$3lb

GROCERY

PNW LOCAL

NOSSA FAMILIA COFFEE
Selected Varieties
12oz



\$10⁹⁹
ea

SAVE UP TO \$5ea

CELESTIAL SEASONINGS TEA
Selected Varieties
18-20ct



2 for \$7

SAVE UP TO \$3.49ea

PNW LOCAL

CASCADIAN FARM ORGANIC GRANOLA
Selected Varieties
11oz



\$6⁹⁹
ea

MUIR GLEN ORGANIC TOMATOES
Selected Varieties
14.5-15oz



2 for \$4

SAVE \$1.99ea

PNW LOCAL

PARADIGM FOODWORKS FRUIT AND BERRY SPREADS
Selected Varieties
10-11oz



\$4⁹⁹
ea

MARANATHA NUT BUTTER
Selected Varieties
16oz



\$7⁹⁹
ea

SAVE \$1ea

ONCE AGAIN ORGANIC PEANUT BUTTER
Creamy or Crunchy.
16oz



\$6⁹⁹
ea

ARTISANA ORGANICS NUT BUTTER
Selected Varieties



20% off

FRONTIER CO-OP SPICES AND SEASONINGS
Selected Varieties



20% off

DR. MCDUGALL'S RIGHT FOODS NOODLE OR SOUP CUP
Selected Varieties
1.3-2oz



2 for \$5

SKY VALLEY GLUTEN-FREE CONDIMENTS
Selected Varieties



20% off

ANNIE'S ORGANIC DRESSING
Assorted Varieties
8oz



\$4⁹⁹
ea

GRAZA EXTRA VIRGIN OLIVE OIL
Selected Varieties
25.3oz



\$14⁹⁹
ea

SAVE \$4ea

BONO PASTA SAUCE
Assorted Varieties
24oz



\$8⁹⁹
ea

SAVE \$2ea

FISHWIFE TINNED SEAFOOD
Selected Varieties



20% off

RAINCOAST TRADING WILD PINK SALMON
Assorted Varieties



30% off

JOVIAL ORGANIC MAC & CHEESE
Assorted Varieties
6oz



\$3⁹⁹
ea

SAVE UP TO \$1ea

RALSTON FAMILY FARMS RICE
Assorted Varieties
16-24oz



\$3⁹⁹
ea

SAVE \$2ea

ECOS DISH SOAP
Assorted Varieties
25oz



\$3⁹⁹
ea

SAVE \$2ea

BAR KEEPERS FRIEND CLEANING PRODUCTS
Selected Varieties



20% off

GROCERY

NANCY'S ORGANIC EUROPEAN STYLE BUTTER PNW LOCAL
 Sea Salted or Unsalted.
 8oz



\$4.79 ea
SAVE \$1.50ea

NEW SEASONS HEAVY WHIPPING CREAM
 Made using locally sourced rBST-free milk by Alpenrose Dairy in Portland, OR.
 16oz



\$4.59 ea
FEATURED

FAGE TOTAL GREEK YOGURT
 Assorted Varieties
 32oz



\$5.99 ea
SAVE \$1ea

NANCY'S OATMILK YOGURT PNW LOCAL
 Plain or Vanilla.
 24oz



\$5.49 ea
SAVE 70¢ea

TILLAMOOK CHEESE SLICES PNW LOCAL
 Selected Varieties
 12oz



\$5.99 ea
SAVE \$1.40ea

NEW SEASONS FRESH PIZZA SAUCE
 From our longtime partners at Heritage Foods in Portland, OR.
 16oz



\$6.99 ea

ELLENOS GREEK YOGURT PNW LOCAL
 Selected Varieties
 5.3oz



2 for \$5
SAVE UP TO \$1.09ea

NANCY'S YOGURT PNW LOCAL
 Selected Varieties
 32oz



\$3.99 ea
SAVE \$1ea

CLEVELAND KITCHEN KRAUTS AND KIMCHIS
 Selected Varieties
 16oz



\$4.99 ea
SAVE \$1ea

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



\$4.99 ea
SAVE \$1.20ea

GALBANI STRING CHEESE
 12ct



\$5.99 ea
SAVE \$1ea

DRUMROLL GLUTEN-FREE DONUTS
 Assorted Varieties
 2.6oz



2 for \$6
SAVE \$1.29ea

GOLDTHREAD PLANT-BASED TONIC
 Selected Varieties
 10.5oz



2 for \$7
SAVE \$1.49ea

GOOD WOLF PROBIOTIC REFRESHER PNW LOCAL
 Assorted Varieties
 12oz



2 for \$7
SAVE 49¢ea

DAVE'S KILLER BREAD BAGELS AND BREADS PNW LOCAL
 Selected Varieties
 16.75-20.5oz



\$4.99 ea
SAVE UP TO \$2ea

MISSION FOODS BURRITO FLOUR TORTILLAS PNW LOCAL
 8ct



\$3.49 ea
SAVE \$1ea

RESERVE YOUR SPRING FEAST



We've got everything for your Easter or Passover feast—from humanely raised meats to fully cooked entrées, ready-to-heat sides, platters, fresh rolls, local desserts, and more. Reserve online at catering.newseasonsmarket.com