

FIRST OF THE SEASON

Spring's big catch is here at last—don't miss this deal on fresh, sustainably wild-caught Halibut.



≡ IT'S HERE! ≡

FRESH HALIBUT FILLET
SAVE \$10lb

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, snappy, and delicious as a healthy side. From Gourmet Trading in Mexico.

\$2.99
lb

SAVE \$2lb



CHOBANI GREEK YOGURT

Selected Varieties
5.3oz



10 for \$10

SAVE 59¢ea

YOGI TEA

Selected Varieties
16ct

\$3.99
ea

SAVE \$3ea



DE CECCO PASTA

Assorted Varieties
16oz

2 for \$5

SAVE UP TO \$2.69ea



ROMA VICOLO ROMAN STYLE PIZZA CRUST

Selected Varieties
8.4-9.6oz

BUY 1 GET 1 FREE

SAVE \$9.99 ON 2



WHAT WE'RE *loving*



Brew Dr. Kombucha

This fellow B Corp started in 2006 as a tea shop brewing kombucha in the basement. But it quickly became a Portland favorite, known for its high-quality, organic ingredients and refreshingly effervescent flavors—loaded with gut-friendly live and active cultures.

We were among the first to carry Brew Dr. Kombucha and loved it so much that we teamed up to create our very own New Seasons Kombucha!



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

MEAT & SEAFOOD

NEW SEASONS PARMESAN CHICKEN BREASTS

Made in-house and ready to bake or fry for a quick and tasty meal.

\$11.49
lb

SAVE 50¢/lb



ANDERSON RANCHES LAMB STEW MEAT

Grass-fed and finished locally, lamb is high in omega-3s and a great alternative to beef in your favorite spring recipes.

\$13.49
lb

SAVE 50¢/lb



FLORAL

10-STEM TULIP BUNCH

Welcome spring with this beautiful, locally grown seasonal bunch.

\$11.99
ea

SAVE \$1ea



NEW SEASONS HALIBUT PARMESAN

Made in-house with fresh, wild-caught halibut coated in panko bread crumbs and parmesan. Ready to bake.

\$29.99
lb

SAVE \$8/lb



NEW SEASONS HALIBUT CAKES

Made in-house with sustainably wild-caught halibut, veggies, and herbs. Ready to pan-fry or bake.

\$5.49
ea

SAVE 50¢ea



DON'T FORGET THE FLOWERS

Order stunning, handcrafted bouquets and floral vase arrangements online for quick and convenient delivery.

shop.newseasonsmarket.com



PRODUCE

ORGANICGIRL SELECT SALAD BLENDS

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

\$4.49
ea

SAVE 50¢ea



ORGANIC ATAULFO MANGOES

Great for healthy snacking, smoothies, or mango salsa! From Crespo Organic in Mexico.

2 for \$5

SAVE \$1ea



ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Tomatero Farm in Watsonville, CA.

2 for \$5

SAVE 49¢ea



BAKERY & CHEESE

CHUCKANUT BAY FOODS LAYERED CHEESECAKE AND CAKE SLICES

PNW LOCAL

Indulge in our Tuxedo or Lemon Cheesecake, or try the Hummingbird cake with tropical flavors of pineapple and banana!



\$5⁹⁹_{ea}

SAVE \$1ea

NEW SEASONS CHEVRE & FIG TORTE

Our house-made torte makes a great addition to any spring gathering.



\$13⁹⁹_{lb}

SAVE \$1lb

PREPARED FOODS

NEW SEASONS SALMON WITH SPRING ONIONS

Salmon baked with thinly sliced spring onions and herbs.



\$23⁹⁹_{lb}

FEATURED

NEW SEASONS GREEN BEAN SALAD WITH TOMATOES

IT'S NEW!

Crisp green beans and marinated tomatoes in a sherry shallot vinaigrette.



\$11⁹⁹_{lb}

SAVE \$1lb

NEW SEASONS OLIVE CIABATTA

Our Signature ciabatta loaded with Kalamata olives. Great for appetizers and sandwiches.



\$5⁹⁹_{ea}

SAVE \$1ea

LONG CLAWSON DAIRY COTSWOLD

An English cheese flavored with chives and onion. A fun addition to burgers and sandwiches.



\$15⁹⁹_{lb}

SAVE \$2lb

PRIME ROOTS PLANT-BASED KOJI-MEATS

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



\$14⁹⁹_{lb}

SAVE UP TO \$5lb

NEW SEASONS TORTELLINI SALAD WITH TOMATO & COTIJA

IT'S NEW!

Featuring cheese tortellini, roasted cherry tomatoes, pepitas, and Cotija cheese in a honey-lime dressing.



\$12⁹⁹_{lb}

FEATURED

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.

ROGUE ALES RIP CITY IPA

IT'S NEW! PNW LOCAL

Rogue's tribute to Portland Trail Blazers, this West Coast IPA delivers a refreshing, balanced experience with tropical and citrus hop aromas and a hint of pine. 16oz



\$3⁹⁹_{ea}

SAVE \$1ea

CONO SUR SELECT VARIETALS

Exceptional quality at an unbeatable price, these fruit-forward, juicy wines are perfect for casual sipping. Choose from Sauvignon Blanc, Cabernet Sauvignon, and Pinot Noir. 750ml



\$8⁹⁹_{ea}

SAVE \$5ea

MODELO ESPECIAL LAGER CANS

Well-balanced taste and light hop character with a crisp, clean finish. The perfect brew for an early spring cookout. 12pk/12oz



\$19⁹⁹_{ea}

SAVE \$3ea

TIETON CIDER WORKS IMPERIAL BLACKBERRY CIDER

IT'S NEW! PNW LOCAL

Evoking fresh, sweet blackberries ripened in the sun, this slightly sweet cider is surprisingly balanced with tart and fruity acidity. 6pk/12oz



\$14⁹⁹_{ea}

SAVE \$4ea

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+.

GET \$10 OFF!

Neighbor Rewards members who are opted into email or text get \$10 off a shopping trip of \$50 or more!

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



WELLNESS

WYLD CBD CBD GUMMIES

THC-free, broad-spectrum hemp extract gummies infused with real fruit.



PNW LOCAL

25% off

OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Now is a great time to stock up on all your favorites from our friends at Oregon's Wild Harvest.



PNW LOCAL

35% off

MRM NUTRITION VEGGIE PROTEINS

Our biggest savings of the year on select MRM Nutrition protein powders.



50% off

PRANAROM AROMATHERAPY AND BODY CARE

Save 30% on Pranarom essential oils and diffusers.



30% off

WILD CARROT HERBALS FACE AND BODY CARE

Nutrient-rich facial care handcrafted locally. Save on select items.



PNW LOCAL

25% off

HOST DEFENSE LION'S MANE MUSHROOM MYCELIUM POWDER

Used to help clear mental fog and boost memory and immune health.



PNW LOCAL

3.5oz
\$22.99 ea
SAVE \$7ea

AVALON ORGANICS HAIR CARE

Nourishing hair care made without parabens, sodium laureth sulfate, synthetic colors, or synthetic fragrances. 11oz



\$8.99 ea
SAVE \$4ea

SOUTH OF FRANCE LIQUID HAND SOAPS

Moisturizing coconut oil and soothing aloe vera leave your skin cleansed and deeply moisturized. 8oz



\$3.49 ea
SAVE \$2.50ea

NOW FOODS L-LYSINE 1000MG

Supports collagen production and healthy immune function. 100tab



\$10.99 ea
SAVE \$4ea

+PlusCBD by CV Sciences CBD SLEEP AND CALM GUMMIES

A delicious way to relax and unwind with full-spectrum CBD extract. 30ct



\$23.99 ea
SAVE \$12ea

GROCERY

DR. PRAEGER'S VEGGIE BURGERS

Selected Varieties 8-10oz



\$5.99 ea
SAVE \$1ea

AMY'S FROZEN MEALS AND ENTRÉES

Selected Varieties



20% off

RUBY JEWEL MINI ICE CREAM SANDWICHES

Assorted Varieties 3ct



PNW LOCAL

\$6.99 ea
SAVE \$1ea

CASCADIAN FARM ORGANIC FROZEN FRUIT

Assorted Varieties 8-10oz



PNW LOCAL

2 for \$9
SAVE \$2.49ea

BRAZI BITES GLUTEN-FREE FROZEN WAFFLES

Assorted Varieties 6ct



PNW LOCAL

2 for \$8
SAVE \$1.99ea

TRAZZA FOODS FROZEN FALAFEL

Assorted Varieties 8oz



PNW LOCAL

\$8.99 ea
FEATURED

MCCONNELL'S FINE ICE CREAMS ICE CREAM

Selected Varieties 1pt



\$6.99 ea
SAVE \$1ea

GOODPOP DAIRY-FREE FROZEN DESSERTS

Selected Varieties 4ct



\$5.99 ea
SAVE 50%ea

GROCERY

NEW COAST FORAGING CO.
SNACK CRISPS
Assorted Varieties
5.3oz



\$5.99
ea
FEATURED

SIETE FAMILY FOODS
POTATO CHIPS
Assorted Varieties
5.5oz



\$2.99
ea
SAVE \$2ea

SENSIBLE PORTIONS
VEGGIE SNACKS
Selected Varieties
4.25-5oz



\$3.99
ea
SAVE \$1ea

GARDEN OF EATIN'
TORTILLA CHIPS
Selected Varieties
5.5oz



2 for \$5
SAVE \$2.49ea

SNYDER'S OF HANOVER
GLUTEN-FREE PRETZELS
Mini or Sticks.
8oz



\$4.99
ea
SAVE \$1ea

CLUSTERBUCKS
ORGANIC GRANOLA CLUSTERS
Assorted Varieties
4-6oz



\$6.99
ea
SAVE \$1ea

SAHALE SNACKS
SNACK MIX
Assorted Varieties
4oz



\$5.99
ea
SAVE \$2ea

BOBO'S
FIG OAT BARS
Original or Blueberry.
5ct



\$4.99
ea
SAVE \$1ea

SOUTH 40 SNACK COMPANY
GIANT SIZED SUNFLOWER SEEDS
8oz



PNW LOCAL

\$5.99
ea
SAVE \$1ea

TILLAMOOK COUNTRY SMOKER
BEEF JERKY
Zero Sugar or Old Fashioned.
2.2-2.5oz



PNW LOCAL

\$5.99
ea
SAVE \$2ea

EPIC
MEAT BARS, STRIPS OR BITES
Selected Varieties



25% off

ANNIE'S
ORGANIC FRUIT SNACKS
Selected Varieties
7oz



\$5.99
ea
SAVE \$3ea

BONNE MAMAN
TARTLETS
Assorted Varieties
4.41-4.76oz



\$4.99
ea
SAVE \$2ea

MAXINE'S HEAVENLY
GLUTEN-FREE COOKIES
Assorted Varieties
6.3-7.2oz



\$5.99
ea
SAVE \$2ea

RANGER CHOCOLATE CO.
DARK CHOCOLATE CHERRIES OR HAZELNUTS
4.5-5.3oz



PNW LOCAL

\$9.99
ea

VIOLET CRUMBLES
CANDY HONEYCOMB CUBES
Assorted Varieties
6oz



\$4.99
ea
SAVE \$1ea

BULK

ORGANIC FLAX SEEDS
Brown or Golden.



\$3.99
lb
SAVE \$1lb

HUMMINGBIRD WHOLESALE
ORGANIC BLACK LENTILS



PNW LOCAL

\$4.99
lb
SAVE \$1lb

WALNUT HALVES & PIECES



\$9.99
lb
SAVE \$2lb

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



\$12.99
lb
SAVE \$1lb

GROCERY

NEAR EAST RICE PILAF, COUSCOUS OR QUINOA
Selected Varieties
4.7-6.3oz



2 for \$5

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



\$2.49 ea

ANNIE'S ORGANIC SOUP
Assorted Varieties
14-14.3oz



\$4.99 ea
SAVE \$1ea

IMAGINE FOODS ORGANIC SOUP
Assorted Varieties
32oz



\$4.99 ea
SAVE \$2ea

NAPOLEON EXTRA VIRGIN OLIVE OIL
Selected Varieties
8.5oz



\$7.99 ea

NEW SEASONS COCONUT CREAM OR MILK
Made with sustainably harvested coconuts from small family farms.
13.5oz



\$2.99 ea
FEATURED

BRIANNAS DRESSING
Assorted Varieties
10-12oz



\$3.99 ea

ALEIA'S GLUTEN-FREE SEASONED CROUTONS
5.5oz



\$4.99 ea
SAVE \$1ea

SANTA CRUZ ORGANIC PEANUT BUTTER
Assorted Varieties
16oz



\$5.99 ea

CROFTER'S ORGANIC FRUIT SPREAD
Assorted Varieties
10oz



\$3.99 ea

TORANI PUREMADE SYRUP
Selected Varieties
12.7oz



\$5.99 ea
SAVE \$2ea

PACIFIC FOODS PLANT-BASED BEVERAGE
Selected Varieties



20% off

BEAR NAKED GRANOLA
Assorted Varieties
11-12oz



\$4.99 ea

KASHI CEREAL
Selected Varieties
9.7-14oz



\$4.99 ea

NATURE'S PATH ORGANIC FAMILY SIZE CEREAL
Assorted Varieties
24.7-32oz



\$9.99 ea

HIGH BREW COFFEE COLD-BREW COFFEE
Assorted Varieties
8oz



2 for \$4
SAVE 89¢ea

TEJAVA UNSWEETENED BLACK TEA
Assorted Varieties
1L



\$3.99 ea
SAVE \$3ea

LIFE CIDER APPLE CIDER VINEGAR BEVERAGE
Assorted Varieties
12oz



2 for \$6
SAVE 79¢ea

HOPLARK SPARKLING HOPTEA
Assorted Varieties
16oz



2 for \$6
SAVE \$1.99ea

CULTURE POP PROBIOTIC SODA
Assorted Varieties
12oz



2 for \$4
SAVE 49¢ea

GROCERY

NEW SEASONS BUTTER

Made with rBST-free milk by Larsen's Creamery in Clackamas, OR. Salted or Unsalted. 1lb



\$4²⁹
ea

EVERYDAY VALUE

NEW SEASONS MILK

Made with rBST-free milk by Alpenrose Dairy in Portland, OR. Selected varieties. 1/2gal



\$2²⁹
ea

EVERYDAY VALUE

NANCY'S ORGANIC YOGURT

Selected Varieties 32oz

PNW LOCAL



\$5⁴⁹
ea

SAVE 90¢ea

SIGGI'S YOGURT

Selected Varieties



25%
off

LACTAID LACTOSE-FREE MILK

Selected Varieties 1/2gal



\$4²⁹
ea

SAVE 30¢ea

NEW SEASONS COOKIE DOUGH

Made by Cougar Mountain Baking Co. in Seattle, WA. Choose from a variety of flavors. 16oz



\$6⁵⁹
ea

FEATURED

ESSENTIAL EVERYDAY CREAM CHEESE

8oz



\$2²⁹
ea

EVERYDAY VALUE

TAL'S MEDITERRANEAN DIP

Selected Varieties 8oz



BUY 1 GET 1 FREE

SAVE \$6.99 ON 2

CHAMELEON COLD-BREW ORGANIC COFFEE CONCENTRATE

Assorted Varieties 32oz



\$8⁹⁹
ea

SAVE \$3ea

HEALTH-ADE ORGANIC KOMBUCHA

Selected Varieties 16oz



2 for \$6

SAVE 99¢ea

PERFECT BAR PROTEIN BAR

Selected Varieties 2.18-2.5oz



2 for \$6

SAVE UP TO 69¢ea

DAISY BRAND SOUR CREAM

24oz



\$4⁹⁹
ea

SAVE 60¢ea

REBBL ORGANIC PLANT-BASED BEVERAGE

Selected Varieties 12oz



2 for \$8

SAVE 99¢ea

SIMPLY JUICE OR LEMONADE

Assorted Varieties 11.5oz



2 for \$4

SAVE 59¢ea

NAKED BREAD BREADS AND BUNS

Selected Varieties 15-22.5oz



\$3⁹⁹
ea

SAVE \$3.50ea

SEATTLE INTERNATIONAL BAKING COMPANY BUNS

Brioche or Pub. 8ct



\$3⁹⁹
ea

SAVE \$3ea

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