

WARM & COZY

Stock up for the season during our annual sale on select tea, cocoa, and chai—including local!



Really BIG DEAL

TEA, COCOA, CHAI

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

50% off

Really BIG DEALS

MARY'S WHOLE FRYER CHICKEN

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



\$1.99
lb

SAVE 50¢/lb

ORGANIC HONEYCRISP APPLES

Extra crisp and sweet!
From Allview Orchards in Wenatchee, WA.



\$2.99
lb

SAVE \$1/lb

PNW LOCAL

NEW COAST FORAGING CO.

FROZEN POTATOES

Selected Varieties
14-20oz



\$2.99
ea

SAVE \$4/ea

DE CECCO PASTA

Assorted Varieties
8.8-16oz



3 for \$5

SAVE UP TO \$3.83/ea

ESSENTIAL EVERYDAY SHREDDED OR SLICED CHEESE

Selected Varieties
6-8oz



2 for \$3

SAVE \$2.49/ea

20% off

SELECT
NON-ALCOHOLIC WINES, BEERS AND SPIRITS

No additional discounts. Items priced as marked. Limited to stock on hand. Selection varies by location.

WHAT WE'RE loving

These picks are some of the PNW's finest (and tastiest!)

HONEY MAMA'S COCOA TRUFFLE BAR

Locally made with responsibly sourced, whole-food ingredients, free from soy, eggs, dairy, and grains. 2.5oz

\$4.99 ea

SAVE \$1ea



CASCADIA CREAMERY SLEEPING BEAUTY

This staff and customer favorite has a smooth, milky flavor with a hint of sharpness that pairs well with regional wines or ciders.



\$23.99 lb

SAVE \$4lb



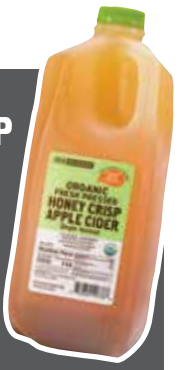
NEW SEASONS ORGANIC HONEY CRISP APPLE CIDER

From Columbia Gorge Organic in Hood River, OR.

1/2gal

\$8.99 ea

FEATURED



WAYFINDER BEER CORPO SECO PUMPKIN ALE

Enjoy the rich aroma of roasted pumpkin, warm baking spices, and subtle hints of caramel. With its malty and dry profile, this limited-release beer is ideal for savoring on a crisp autumn evening.

16oz

\$4.99 ea

SAVE \$1ea



MEAT & SEAFOOD

BEELER'S PURE PORK BONELESS CENTER-CUT PORK CHOPS

Humanely raised with no antibiotics ever. Great pan-seared or baked!



\$5.99 lb

SAVE \$1lb

ATLANTIC SALMON FILLET

Sustainably farm-raised in Norway with a fresh, mild, and buttery flavor. Great pan-seared, baked, or grilled.



\$14.99 lb

SAVE \$1lb

THOUSAND HILLS LIFETIME GRAZED GRASS-FED BEEF PACKS

100% grass-fed and regeneratively raised with no added hormones and no antibiotics ever. Includes regeneratively raised Ribeye and Flat Iron Steaks, Ground Beef, and more.

8-16oz

Starting at:

\$8.99 ea

SAVE \$1ea



ALL MUSSELS AND CLAMS

Packed with essential nutrients, mussels and clams come with their own built-in timer—once they open, they're ready to enjoy!



Starting at:

\$6.99 lb

SAVE \$2lb

FLORAL

GERBER DAISIES

Add a touch of autumnal cheer to any room with this charming 5-stem bunch in fall colors.



\$7.99 ea

SAVE \$2ea

SAVE TIME, ORDER ONLINE!

Use code **FALLFORS** for \$5 off \$35+ online for delivery or free pickup.*

shop.newseasonsmarket.com

Powered by **Instacart**

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

PRODUCE

WILD CHANTERELLE MUSHROOMS

Just foraged and ready for seasonal pasta dishes, scrambles, and tartine. Grown in OR and WA.



\$14.99 lb

SAVE \$3lb

ORGANIC BUNCHED CARROTS

Sweet, crisp, and full of farm-fresh flavor. From John Givens Farm in Santa Barbara, CA.



2 for \$5

SAVE 49¢ea

ORGANIC AVOCADOS

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



4 for \$5

SAVE 74¢ea

BAKERY & CHEESE

SIMPLE JOYS SLICED LOAF CAKES

Super moist and delicious! Try one of our assorted flavors.



\$5⁹⁹
ea

SAVE \$1ea

LACLARE FAMILY CREAMERY GOAT CHEESES

These creamy, rich goat cheeses pair wonderfully with figs, fresh greens, or scrambled eggs. Assorted flavors.

4oz



Starting at:

\$4⁹⁹
ea

SAVE \$1ea

NEW SEASONS ORGANIC SOURDOUGH

Baked in-house daily and ready for your soups, sandwiches, and Saturday morning French toast.



\$4⁹⁹
ea

SAVE \$1ea

IGOR GORGONZOLA DOLCE

Soft and sweeter than most blues, this Italian classic is terrific on a burger or cheese plate.

6oz



\$15⁹⁹
lb

SAVE \$2lb

NEW SEASONS BUTTERNUT TORTELLINI SALAD

IT'S IN SEASON!

Full of fall flavors, this salad features cheese tortellini, roasted leeks, hazelnuts, and butternut squash with a cider vinaigrette.

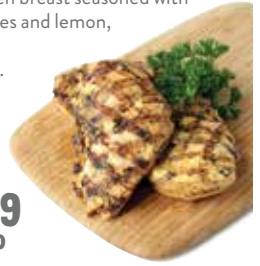


\$11⁹⁹
lb

SAVE \$1lb

NEW SEASONS GRILLED SHAWARMA CHICKEN BREAST

Tender chicken breast seasoned with aromatic spices and lemon, then grilled to perfection.



\$15⁹⁹
lb

FEATURED

NEW SEASONS APPLEWOOD SMOKED UNCURED HAM

Lightly seasoned with salt and sugar then slow-smoked over applewood. Sliced to order in our deli.

Lightly seasoned with salt and sugar then slow-smoked over applewood. Sliced to order in our deli.



\$13⁹⁹
lb

SAVE \$1lb

ORIGAMI CATERING SALMON AVOCADO ROLL

PNW LOCAL

Made with sustainably harvested salmon, avocado, and seasoned rice.



\$9⁹⁹
ea

SAVE \$1ea

20% OFF NON-ALCOHOLIC FAVES

20% off

SELECT NON-ALCOHOLIC WINES, BEERS AND SPIRITS

No additional discounts. Items priced as marked. Limited to stock on hand. Selection varies by location.

MIGRATION BREWING RIPPED NON-ALCOHOLIC IPA

This new non-alcoholic craft beer is craft brewed locally with fresh Cascade Mountain water, Pacific Northwest hops, and top-choice grains.

6pk/12oz



20% off

ONLY AT NSM

IT'S NEW!

GUINNESS ZERO DRAUGHT CANS

Experience the richly smooth, perfectly balanced flavor and distinctive dark color of a classic Guinness Draught without alcohol.

4pk/14.9oz



20% off

PRE-SHOP OUR ANNUAL FALL WINE SALE

30% off 12+ BOTTLES
20% off 6-11 BOTTLES

Pre-order in store now through October 22, for pick-up during our sale, October 23 - 29.

Additional discount available during sale period only. No additional discounts. Selection may vary by location. Offer available in-store only.

FOR BITTER FOR WORSE CRAFT NON-ALCOHOLIC COCKTAILS

PNW LOCAL

Ready to serve non-alcoholic cocktails, perfect for any occasion. Choose from the fruit-forward and fizzy Rose City Fizz or the bright and citrusy Eve's Spritz.

4pk/187ml



20% off

LAPO'S NON-ALCOHOLIC NEGRONI

A perfectly bittersweet, lightly sparkling non-alcoholic negroni with "molto bitter" notes of juniper and bright citrus. Enjoy chilled from the can or serve over ice with a fresh orange slice.

250ml



20% off

WEINGUT LEITZ NON-ALCOHOLIC EIN ZWEI ZERO CANNED WINES

Fresh, juicy, and non-alcoholic, these German wines are ideal as aperitifs year-round or to accompany festive occasions.

Selection may vary by store. 250ml



20% off

TAKE \$5 OFF \$20

Neighbor Rewards members opted into email or text get \$5 off \$20 on beer, wine, and non-alcoholic adult beverages.

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



WELLNESS

PRE-SHOP OUR ANNUAL SUPPLEMENT SALE NOW!

Reserve your 25% off all immune support, protein powder, collagen, fish oil, and more—even sale items! We'll set aside your goodies and have them ready for pick-up during the sale, October 16 – 22.

NOW THROUGH OCTOBER 15

DESERT ESSENCE ORAL AND BODY CARE

Enjoy great savings on cruelty-free skin care from this fellow B Corp!

35% off



BOIRON CHESTAL HONEY

A blend of homeopathics and 100% acacia honey to help relieve common coughs and chest congestion. Save on select formulas.

6.7oz
\$10⁹⁹ ea

SAVE \$3.50ea



MANITOBA HARVEST HEMP HEARTS

An excellent source of plant-based protein and heart-healthy omega-3s. Save on select sizes.

8oz
\$7⁹⁹ ea

SAVE \$3ea



NATURAL FACTORS WELLBETX BERBERINE 500MG

Used to help maintain healthy blood glucose and cholesterol levels.

60vc
\$22⁹⁹ ea

SAVE \$7ea



NOW FOODS CASTOR OIL

Rich in nourishing omega 3 fatty acids to nourish skin and hair.

16oz
\$8⁹⁹ ea

SAVE \$5ea



BLOOM MAGNESIUM GLYCINATE 400MG

Each capsule delivers 400 mg of an easily absorbable form of magnesium.

90vc
\$14⁹⁹ ea

SAVE \$7ea



AMERICAN HEALTH SUPER PAPAYA ENZYME PLUS

A 100% natural digestive enzyme that aids digestion and supports nutrient absorption.

90tab
\$6⁴⁹ ea

SAVE \$2.50ea



SUKIN FOAMING FACIAL CLEANSER

A gentle, non-drying gel cleanser that purifies without stripping natural oils. Free from parabens and synthetic fragrances.

4.23oz
\$7⁴⁹ ea

SAVE \$2.50ea



EO PRODUCTS EVERYONE HAND SOAPS

Plant-based hand wash with pure essential oils for a gentle cleanse. Save on select EO items.

12.75oz
\$3⁹⁹ ea

SAVE \$2ea



ACURE SHAMPOOS AND CONDITIONERS

Free from parabens, sulfates, mineral oil, and animal testing. Save on select ACURE hair care this week.

8oz
\$6⁹⁹ ea

SAVE \$3ea



GROCERY

KATIE'S PIZZA AND PASTA FROZEN PIZZA

Assorted Varieties



20% off

DAIYA PLANT-BASED PIZZAS AND FLATBREADS

Assorted Varieties



20% off

CAPPELLO'S GRAIN-FREE FROZEN PIZZA

Selected Varieties



20% off

NEW COAST FORAGING CO. FROZEN EMPANADAS

Assorted Varieties

11.2oz



\$7⁹⁹ ea

FEATURED

MY/MOCHI MOCHI ICE CREAM

Assorted Varieties

6ct



\$5⁹⁹ ea

SAVE \$2ea

VISTA HERMOSA FROZEN BURRITOS

Assorted Varieties

8oz



\$4⁹⁹ ea

SAVE \$1ea

LAOBAN DUMPLINGS FROZEN DUMPLINGS

Assorted Varieties

8oz



\$5⁹⁹ ea

SAVE \$2ea

CHI FOODS ORGANIC PLANT-BASED GROUND MEAT

Original or Chi-Rizo.

10oz



BUY 1 GET 1 FREE

SAVE \$12.99 ON 2

GROCERY

**PROBAR
PLANT-BASED SNACKS**
Assorted Varieties
2.1-3oz



2 for \$4
SAVE 99¢ea

**PURELY ELIZABETH
GRANOLA**
Assorted Varieties
8-12oz



2 for \$10
SAVE \$2.99ea

**BIRCH BENDERS
PANCAKE & WAFFLE MIX**
Selected Varieties



30% off

**COOMBS FAMILY FARMS
ORGANIC
MAPLE SYRUP**
Selected Varieties
8oz



\$10⁹⁹ ea
SAVE \$3ea

**RUMMO
PASTA**
Assorted Varieties
12-16oz



2 for \$7
SAVE \$1.49ea

**TERLATO KITCHEN
PASTA SAUCE**
Assorted Varieties
24oz



\$8⁹⁹ ea
SAVE \$4ea

**GOOD PLANET FOODS
PLANT-BASED
GRATED
PARMESAN**
3oz



\$3⁹⁹ ea
SAVE 60¢ea

**ANNIE'S
ORGANIC
DRESSING**
Assorted Varieties
8oz



\$5⁹⁹ ea
SAVE \$1.50ea

**ANCIENT HARVEST
PASTA, POLENTA
OR QUINOA**
Selected Varieties



20% off

**IMAGINE FOODS
ORGANIC
SOUP**
Assorted Varieties
32oz



\$4⁹⁹ ea
SAVE \$2ea

**KETTLE & FIRE
HEARTY SOUP**
Assorted Varieties
16oz



\$4⁹⁹ ea
SAVE \$2ea

**FRONTIER CO-OP
SPICES AND
SEASONINGS**
Selected Varieties



20% off

**KOOPS'
ORGANIC
MUSTARD**
Dijon or Spicy Brown.
12oz



\$3⁴⁹ ea
SAVE 50¢ea

**EPIC
BROTH,
BITS AND
ANIMAL
FATS**
Selected Varieties



25% off

**ECOS
LAUNDRY
PRODUCTS**
Selected Varieties



20% off

**PAW LOVE
DOG TREATS**
Selected Varieties



20% off

BULK

**HUMMINGBIRD WHOLESALE
ORGANIC
FAIR TRADE
SUGAR CANE**



\$1⁹⁹ lb
SAVE 50¢lb



**HUMMINGBIRD WHOLESALE
ORGANIC
HEIRLOOM
EMMER
FARRO**



\$4⁹⁹ lb
EVERYDAY VALUE



**SUNRIDGE FARMS
WOMEN'S
VITALITY MIX**

\$13⁹⁹ lb
SAVE \$2lb



**PORTLAND
COFFEE ROASTERS
COFFEE**
Assorted Varieties



\$14⁹⁹ lb
EVERYDAY VALUE



GROCERY

Collective Impact

Equal Exchange coffee goes beyond delicious. They partner with democratically organized small farmer co-ops, allowing members to share resources and ensure fair trade premiums go back into their communities.

EQUAL EXCHANGE ORGANIC COFFEE
Selected Varieties
10-12oz
\$10.99 ea
SAVE \$3ea



ALO ALO ALO ALO
ALOE VERA JUICE DRINK
Assorted Varieties
16.9oz



2 for \$3
SAVE \$1.99ea

PROUD SOURCE
SPRING WATER
25.3oz



\$3.29 ea
SAVE 50¢ea

SISTERS COFFEE COMPANY
COFFEE
Assorted Varieties
12oz

PNW LOCAL



\$12.99 ea
SAVE \$4ea

HAPPY CUP
COFFEE
Assorted Varieties
12oz

PNW LOCAL



\$14.99 ea
SAVE \$2ea

HOP WTR
SPARKLING HOP WATER
Assorted Varieties
6pk/12oz



\$9.99 ea
SAVE \$4ea

BEGOAT
CLEAN ENERGY DRINK
Assorted Varieties
12oz

PNW LOCAL



2 for \$5
SAVE 49¢ea

INKA CROPS
PLANTAIN CHIPS OR GIANT CORN
Assorted Varieties
4oz



2 for \$6
SAVE UP TO \$1.49ea

CATALINA CRUNCH
SNACK MIX
Assorted Varieties
6oz



\$4.99 ea
SAVE \$3ea

LATE JULY SNACKS
ORGANIC TORTILLA CHIPS
Sea Salt or Sea Salt & Lime.
14.75oz



\$4.99 ea
SAVE \$2ea

SKINNYPOP
FAMILY SIZE POPCORN
8oz



\$6.99 ea
SAVE \$2ea

REAL FOOD FROM THE GROUND UP
GLUTEN-FREE CRACKERS
Assorted Varieties
3.5-4oz



\$3.99 ea
SAVE \$2ea

LESSER EVIL
ORGANIC SNACKS
Selected Varieties
4.6-7oz



\$3.99 ea
SAVE UP TO \$2ea

ZACK'S MIGHTY
TORTILLA CHIPS
Selected Varieties



30% off

NORA SNACKS
SEAWEED SNACKS
Assorted Varieties
1.13-1.6oz



\$2.99 ea
SAVE \$1ea

CLIF BAR
MINIS ENERGY BARS
Selected Varieties
20ct



\$19.99 ea
SAVE \$3ea

ALTER ECO
ORGANIC CHOCOLATE
Selected Varieties
2.65-2.96oz



\$4.99 ea
SAVE \$1ea

ZING
PLANT-BASED BAR
Assorted Varieties
1.76oz



2 for \$5
SAVE 79¢ea

SCHÄR
GLUTEN-FREE SNACKS
Selected Varieties



20% off

GROCERY

SEATTLE INTERNATIONAL BAKING COMPANY BAGELS
Assorted Varieties
5ct

PNW LOCAL



\$4.49
ea

SAVE \$2ea

SIMPLY POTATOES FRESH HASH BROWNS
Assorted Varieties
20oz



\$3.99
ea

SAVE 50¢ea

BROWN COW WHOLE MILK YOGURT
Assorted Varieties
5.3oz



10 for \$10

SAVE 39¢ea

ICELANDIC PROVISIONS WHOLE MILK PLAIN SKYR
30oz



\$7.99
ea

SAVE \$1ea

FRANZ BREAD
Selected Varieties
24oz

PNW LOCAL



\$3.99
ea

SAVE \$2ea

ELMHURST OAT CREAMER
Selected Varieties
16oz



\$5.49
ea

SAVE \$1ea

GALBANI FRESH MOZZARELLA
Selected Varieties
16oz



\$6.99
ea

SAVE \$1ea

NANCY'S YOGURT
Selected Varieties
32oz

PNW LOCAL



\$3.99
ea

SAVE \$1ea

LIGHTLIFE PLANT-BASED PROTEINS
Assorted Varieties



25% off

GOOD KARMA FLAXMILK
Selected Varieties
1/2gal



\$4.99
ea

SAVE \$1ea

MIYOKO'S CREAMERY PLANT MILK CHEESE SPREAD
Selected Varieties
8oz



\$7.99
ea

SAVE \$1ea

BON DÉVIL PLANT-BASED GANACHE
Assorted Varieties
4ct



\$4.99
ea

SAVE \$1ea

CHAMELEON COLD-BREW ORGANIC COFFEE CONCENTRATE
Assorted Varieties
32oz



\$10.99
ea

SAVE \$3ea

RISE & PUFF GOURMET TORTILLAS
Original or Everything.



20% off

Really BIG DEAL

50% off

TEA, COCOA, CHAI

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

KOIA PLANT PROTEIN DRINK
Assorted Varieties
12oz

PNW LOCAL



\$3.99
ea

SAVE \$1ea

HUMM KOMBUCHA
Assorted Varieties
14oz

PNW LOCAL



2 for \$6

SAVE 49¢ea

Weekend Tasting

We're warming things up with a sampling of some of our favorite tea, cocoa, and chai during our annual 50% off sale! Friday, Saturday & Sunday · 12pm - 6pm