

RAISE A GLASS

Stock up during our annual Fall Wine Sale.
The more bottles you buy, the more you save.



Really BIG DEAL

FALL WINE SALE

30% off 12+ BOTTLES

20% off 6-11 BOTTLES

10% off 3-5 BOTTLES

Limited to stock on hand. No additional discounts.
Selection varies by location.
Offer valid for in-store purchases only.

Really BIG DEALS

80% LEAN 20% FAT GROUND BEEF

Humanely raised beef with no added hormones and no antibiotics ever.

\$4.99 lb

SAVE \$2lb



ORGANIC FUJI APPLES

Crisp and sugary-sweet!
From Columbia Gorge Organic in Hood River, OR.

\$1.99 lb

SAVE 50¢lb



PNW LOCAL

50% off

CHOCOLOVE BRAND CHOCOLATE

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

TILLAMOOK CHEESE

Selected Varieties
7-8oz

2 for \$7

SAVE UP TO \$2.19ea



PNW LOCAL

MORTON & BASSET SPICES AND EXTRACTS

Selected Varieties

50% off



50% off

FROZEN PIZZA

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

WHAT WE'RE loving



Enjoying the best of fall's bounty with apples, apples, and more apples!

ORGANIC RUBINETTE APPLES

A limited variety with juicy, sweet-tart flavor. From Cinagro Orchards in Parkdale, OR.

\$2⁹⁹
lb

FEATURED



PNW LOCAL

NEW SEASONS DELICATA SQUASH, KALE & APPLE SALAD

Roasted delicata squash, apples, and kale in a cider dressing.

\$11⁹⁹
lb

SAVE \$1lb



IT'S IN SEASON!

TUMALO CIDER SELECT CIDERS

Specializing in small-batch, artisan ciders, Tumalo Cider Co. crafts dry, complex blends that highlight the true character of the apple. 16oz

\$3⁹⁹
ea

FEATURED

PNW LOCAL



APPLE PIE

A handmade favorite loaded with locally sourced apples baked into a flaky crust. 9in

10% off



MEAT & SEAFOOD

MARY'S BONELESS SKINLESS CHICKEN BREASTS

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

\$5⁹⁹
lb

SAVE \$1.50lb



YAKOBI FISHERIES COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.

\$19⁹⁹
lb

SAVE \$2lb



MARIGOLD BUNCH

Vibrant, locally grown, and perfect for Halloween decorating.

\$6⁹⁹
ea

SAVE \$2ea



HALLOWEEN BOUQUET

Add the perfect touch to your Halloween décor with festive flowers!

\$22⁹⁹
ea

SAVE \$2ea



NEW SEASONS PORK SAUSAGE PACKS

Humanely raised with no added fillers and no antibiotics ever. Choose from Italian, Breakfast, or Chorizo. 16oz

\$6⁹⁹
ea

SAVE \$1ea



SEAFRESH PEELED AND DEVEINED SHRIMP

Sustainably farm-raised, Fair Trade Certified, and great for a quick and easy weeknight meal. 51/60ct

\$10⁹⁹
lb

SAVE \$2lb



RESERVE YOUR Thanksgiving FEAST

Holiday your way with humanely raised meats, ready-to-heat sides, desserts, and more.

Place your order now through 10pm, November 24 at catering.newseasonsmarket.com



PRODUCE

ORGANICGIRL SELECT SALAD BLENDS

Great for a quick and easy lunch or dinner. From organicgirl in Salinas, CA. 4-7oz

\$4⁴⁹
ea

SAVE 50¢ea



STRAWBERRY PINTS

Sweet, juicy, and ready for your smoothies, snack plates, and bakes. From Bluff Berry Farm in Boring, OR.

\$4⁹⁹
ea

FEATURED



PNW LOCAL

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Sunrise Organic Farm in Albany, OR.

2 for \$5

SAVE 49¢ea



PNW LOCAL

BAKERY & CHEESE

NEW SEASONS TEXAS CHOCOLATE SHEET CAKE LARGE SLICE

This classic favorite is moist, chocolatey, and perfect for any occasion.



\$5⁹⁹
ea

SAVE \$1ea

MIFROMA SLICED RACLETTE

Rich, aromatic Raclette is the go-to for its namesake dish, but also adds great flavor to pasta dishes or grilled sandwiches.

7oz

\$8⁹⁹
ea

SAVE \$1ea



PREPARED FOODS

NEW SEASONS BEEF & PORK LASAGNA

Featuring local Rallenti pasta sheets layered with marinara, a blend of ground beef and pork, and ricotta, mozzarella, provolone, and parmesan cheeses.



\$11⁹⁹
lb

FEATURED

NEW SEASONS TANGY BUTTER BEAN SALAD

Butter beans, pickled peppers, and artichokes in a tangy dressing.



\$12⁹⁹
lb

FEATURED

NEW SEASONS ORGANIC FRENCH BATARD

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



\$4⁹⁹
ea

SAVE \$1ea

NEW SEASONS MOZZARELLA BALL

Made to order for us by Ferndale Farmstead, this fresh cheese is perfect for pizza, panini, or pasta dishes.

8oz

\$6⁴⁹
ea

SAVE 50¢ea



PNW
LOCAL

CREMINELLI FINE MEATS FINOCCHIONA

Small-batch artisan salami seasoned with organic fennel seed and spices.



\$19⁹⁹
lb

SAVE \$1lb

ORIGAMI CATERING SPICY CALIFORNIA ROLL

Featuring sustainably sourced surimi and avocado topped with spicy mayo.



\$8⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

BEER & WINE

Really **BIG DEAL**

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30% off 12+ BOTTLES

20% off 6-11 BOTTLES

10% off 3-5 BOTTLES

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GIGANTIC BREWING TIERRA DEL STOUT

A perfect alternative to pumpkin beer, this rich, decadent chocolate stout takes inspiration from Mexican hot chocolate—crafted with vanilla, cinnamon, and a blend of chiles for a warming finish.

16oz

\$4⁹⁹
ea

SAVE \$1ea



PNW
LOCAL

IT'S
NEW!

BONEYARD BREWING BONE-A-FIDE PALE ALE

IPA drinkers may rethink their loyalty after trying this Pale Ale, with bold aromas of pine, stone fruit, and grapefruit.

6pk/12oz

\$12⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

IT'S
NEW!

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+.

APOTHIC RED BLEND

A rich Zinfandel-based blend with dark, jammy blackberry and cherry, accented by vanilla and mocha. Great on its own or paired with roasted meats.

750ml

\$12⁹⁹
ea

SAVE \$2ea



CORVIDAE WISE GUY SAUVIGNON BLANC

This local Sauvignon Blanc strikes a nice balance of minerality and stone fruit notes. Pair with shellfish or goat cheese.

750ml

\$12⁹⁹
ea

SAVE \$5ea



MACANITA PORTUGUESE TINTO

Rich flavors of black plum, blackberry, and blueberry mingle with firm tannins and a full-bodied texture. Perfect alongside grilled or roasted meats and hearty game dishes.

Only at NSM.
750ml

\$16⁹⁹
ea

SAVE \$13ea



IT'S
NEW!

ONLY AT
NSM

DON'T MISS THIS OFFER!

Neighbor Rewards members opted into email or text get \$6 off a shopping trip of \$40 or more.

Join or sign up by Thursday at newseasonsmarket.com/rewards to get this special member offer on Friday—and stock up for the weekend!



WELLNESS

WILD CARROT HERBALS FACIAL AND BODY CARE

Nutrient-rich facial care handcrafted locally.



25% off

BOIRON COLD CALM

A non-drowsy homeopathic formula to help relieve symptoms associated with the common cold.
60tab

\$10⁹⁹ ea
SAVE \$3ea



SOLGAR GENTLE IRON

A gentle formula to help promote iron-rich blood without causing constipation.
90vc

\$9⁹⁹ ea
SAVE \$2ea



NATURE'S WAY UMCKA COLDCARE LEMON HOT DRINK

A soothing hot drink to help shorten the duration of the common cold.

10ct
\$10⁹⁹ ea
SAVE \$3ea



ENZYMEDICA LACTO

Formulated to aid in the digestion of lactose (dairy sugar), casein (dairy protein), and dairy fats.
30vc

\$18⁹⁹ ea
SAVE \$7ea



BLOOM B-COMPLEX

A veggie-based formula to help support healthy nerves, energy production, and metabolism.
60vc

\$14⁹⁹ ea
SAVE \$9ea



NOW FOODS LIQUID COCONUT OIL

A light, nourishing oil that promotes healthy hair and skin.
16oz

\$14⁹⁹ ea
SAVE \$8ea



VITAL BODY THERAPEUTICS CBD MINERAL BATH SOAK

Relax and de-stress with CBD mineral bath soaks infused with lavender and bergamot oils.
4oz

\$11⁴⁹ ea
SAVE \$4.50ea



ANCIENT SECRETS NETI NASAL CLEANSING POT

Dishwasher-safe ceramic with an updated design for easier use. Save on cleansing salts too.

\$12⁹⁹ ea
SAVE \$6ea



EARTH SCIENCE ALMOND-ALOE SCENT FREE MOISTURIZER

Made with simple and safe ingredients to nourish and moisturize skin. Save on select facial care this week.
5oz

\$7⁹⁹ ea
SAVE \$7ea



GROCERY

NATURE'S PATH ORGANIC FROZEN WAFFLES

Assorted Varieties
6ct

\$3⁹⁹ ea
SAVE \$1ea



JACK & ANNIE'S JACKFRUIT SAUSAGE OR CHICKEN

Selected Varieties
7.2oz

\$5⁹⁹ ea
SAVE \$1ea



DAILY HARVEST SMOOTHIES, HARVEST BOWLS OR GRAINS

Selected Varieties

20% off



ALEC'S ICE CREAM ORGANIC ICE CREAM

Assorted Varieties
14oz

\$6⁹⁹ ea
SAVE \$2ea



QUORN MEAT-FREE FROZEN PRODUCTS

Selected Varieties

20% off



NEW COAST FORAGING CO. FROZEN PASTA

Selected Varieties
10-12oz

\$7⁹⁹ ea
SAVE \$1ea



DEEP INDIAN KITCHEN KATI STREET WRAPS

Assorted Varieties
5oz

\$3⁹⁹ ea
SAVE \$1ea



ALDEN'S ORGANIC ICE CREAM SANDWICHES

Selected Varieties

20% off



GROCERY

NAKED BREAD ORGANIC BREAD
 Selected Varieties
 20-26oz

PNW LOCAL

\$3⁹⁹ ea
SAVE UP TO \$5ea

FRANZ HAWAIIAN ROLLS
 Dinner or Premium.
 6-12ct

PNW LOCAL

2 for \$7
SAVE UP TO \$2.49ea

PURELY ELIZABETH SUPERFOOD CEREAL
 Selected Varieties
 11oz

\$6⁹⁹ ea
SAVE \$3ea

ANNIE'S MAC & CHEESE
 Selected Varieties
 5.5-6oz

2 for \$4
SAVE \$1.99ea

RAO'S HOMEMADE PASTA
 Assorted Varieties
 16oz

2 for \$7
SAVE \$1.49ea

BONO ORGANIC SICILIAN EXTRA VIRGIN OLIVE OIL
 16.9oz

\$19⁹⁹ ea
SAVE \$6ea

VICTORIA FINE FOODS PASTA SAUCE
 Assorted Varieties
 24oz

\$8⁹⁹ ea
SAVE \$3ea

KEVIN'S NATURAL FOODS PALEO & KETO SIMMER SAUCE
 Assorted Varieties
 7oz

2 for \$7
SAVE \$1.49ea

NAPOLEON ARTICHOKEs
 Selected Varieties

PNW LOCAL

20% off

LARS OWN ONIONS
 Crispy or French Fried.
 3.5-4oz

\$4⁹⁹ ea
SAVE UP TO \$1.50ea

FARMER'S MARKET ORGANIC PUREES
 Selected Varieties
 15oz

\$2⁹⁹ ea
SAVE \$1ea

ANNIE'S ORGANIC SOUP
 Assorted Varieties
 14-14.3oz

\$3⁹⁹ ea
SAVE \$2ea

THE GOOD CRISP COMPANY POTATO CRISPS
 Selected Varieties
 5.6oz

2 for \$7
SAVE \$1.49ea

KIKKOMAN HOISIN OR SOY SAUCE
 Selected Varieties

20% off

MEKHALA ORGANIC COOKING PASTE
 Assorted Varieties
 3.53oz

\$4⁹⁹ ea
SAVE \$1.50ea

IMMI PLANT-BASED RAMEN SOUP
 Assorted Varieties
 2.4-2.43oz

\$4⁹⁹ ea
SAVE \$2ea

BULK

LOTUS FOODS ORGANIC WHITE JASMINE RICE

\$4⁹⁹ ea
EVERYDAY VALUE

SUNRIDGE FARMS ROSA MARINA ORZO PASTA

\$5⁹⁹ lb
SAVE \$1lb

STUMPTOWN COFFEE ROASTERS COFFEE
 Selected Varieties

PNW LOCAL

\$15⁹⁹ lb
SAVE \$3lb

HUMMINGBIRD WHOLESALE CANDY AND CONFECTIONS
 Selected Varieties

PNW LOCAL

20% off

GROCERY

POPPI PREBIOTIC SODA
Assorted Varieties
12oz



2 for \$4
SAVE 99¢ea

AQUA VITA AQUA SELTZER
Assorted Varieties
12oz



2 for \$4
SAVE \$1.29ea

NIXIE ORGANIC ZERO SUGAR SODA
Assorted Varieties
12oz



3 for \$5
SAVE 82¢ea

NIXIE ORGANIC SPARKLING WATER
Assorted Varieties
8pk/12oz



\$4.99 ea
SAVE \$2.50ea

LIQUID DEATH ICED TEA OR SPARKLING WATER
Selected Varieties



20% off

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



\$10.99 ea
SAVE \$4ea

IZZE SPARKLING JUICE
Selected Varieties
6pk/8.4oz



\$6.99 ea
SAVE \$2ea

BIGELOW TEA
Selected Varieties
20ct



\$2.99 ea
SAVE \$1ea

GROUNDWORK COFFEE ORGANIC WHOLE BEAN COFFEE
Selected Varieties
12oz



\$10.99 ea
SAVE UP TO \$5ea

PNW LOCAL

TRADITIONAL MEDICINALS TEA
Selected Varieties
16ct



\$4.99 ea
SAVE \$4ea

RANGER CHOCOLATE CO. CHOCOLATE BAR
Selected Varieties



20% off

PNW LOCAL

BLUE STRIPES WHOLE CACAO DARK CHOCOLATE BAR
Assorted Varieties
2.1oz



\$3.99 ea
SAVE \$1ea

KETTLE BRAND PARTY SIZE POTATO CHIPS
Assorted Varieties
13oz



\$3.99 ea
SAVE \$3ea

PNW LOCAL

HIPPEAS VEGAN CHICKPEA PUFFS
8oz



\$6.99 ea
SAVE \$3ea

LESSER EVIL ORGANIC POPCORN
Selected Varieties
4.6-6.4oz



\$2.99 ea
SAVE \$3ea

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



BUY 1 GET 1 FREE
SAVE \$5.99 ON 2

THAT'S IT FRUIT BAR
Assorted Varieties
1.2oz



2 for \$4
SAVE 99¢ea

EPIC MEAT BARS, STRIPS OR BITES
Selected Varieties



25% off

BOULDER CANYON CANYON POPPERS
Jalapeno Ranch or White Cheddar.
5.25oz



\$3.99 ea
SAVE \$1ea

THE GINGER PEOPLE GINGER CHEWS
Assorted Varieties
3oz



\$2.99 ea
SAVE \$1ea

GROCERY

Really **BIG DEAL**

50% off FROZEN PIZZA

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

APPLEGATE BACON
Selected Varieties
8oz



\$5.99
ea

SAVE \$2ea

APPLEGATE SLICED DELI MEAT
Selected Varieties
7oz



\$7.99
ea

EVERYDAY VALUE

CHOBANI GREEK YOGURT DRINK
Assorted Varieties
7oz



2 for \$5

SAVE 49¢ea

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



\$4.99
ea

SAVE \$1ea

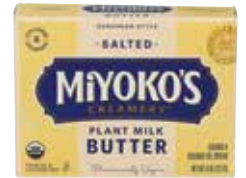
WILCOX FAMILY FARMS ORGANIC LARGE BROWN EGGS
1doz



\$4.99
ea

SAVE \$2.50ea

MIYOKO'S CREAMERY PLANT MILK BUTTER
Selected Varieties
8oz



\$5.99
ea

EVERYDAY VALUE

SABRA FAMILY SIZE HUMMUS
Assorted Varieties
17oz



\$5.99
ea

SAVE \$2ea

BITCHIN' SAUCE VEGAN DIP
Selected Varieties
7-8oz



\$5.99
ea

SAVE UP TO \$2ea

NUTPODS SPECIAL EDITION CREAMER
Peppermint Mocha or Holiday Nog.
25.4oz



\$4.99
ea

SAVE \$1.50ea

BEYOND MEAT PLANT-BASED GROUND
16oz



\$8.99
ea

SAVE \$3ea

DAISY BRAND SOUR CREAM DIP
French Onion or Creamy Ranch.
16oz



\$3.99
ea

SAVE 50¢ea

VISTA HERMOSA TORTILLAS
Flour or Corn.



20% off

GRILLO'S PICKLES PICKLE SALSA
Mild or Medium.
14oz



\$3.99
ea

SAVE \$1.50ea

HOUSE FOODS TOFU
Selected Varieties
16oz



\$2.99
ea

SAVE 50¢ea

HAPPY MOUNTAIN KOMBUCHA
Assorted Varieties
12oz



2 for \$6

SAVE UP TO \$1.19ea

PRESSED JUICERY COLD-PRESSED JUICE
Assorted Varieties
12oz



\$4.49
ea

SAVE \$1.50ea

Really **BIG DEAL**

50% off CHOCOLOVE BRAND CHOCOLATE

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

Weekend Tasting

Apple Fest is here! Come sample a variety of local apples—from sweet to tart and everything in between. Friday, Saturday & Sunday • 12pm - 6pm