

TO YOUR HEALTH!

Our Supplement Sale is on.
Stock up on immune support, protein powder, collagen, CBD, and more.

Really **BIG DEAL**

ALL SUPPLEMENTS 25% off

Look for signs on specially marked items.
Priced as marked. No additional case discounts.

Really **BIG DEALS**

ROCKFISH FILLET

PNW LOCAL

Sustainably wild-caught off of OR and WA coasts. Delicious pan-seared with a lemon-butter sauce!



\$6.99
lb

SAVE \$1lb

BEEF CHUCK ROAST

USDA Choice, humanely range-raised beef with no added hormones and no antibiotics ever.



\$6.99
lb

SAVE \$1lb

SWISS GOURMET APPLES

PNW LOCAL

The perfect balance of sweet and tart! From Cinagro Orchards in Parkdale, OR.



\$1.99
lb

SAVE \$1lb

PLANET OAT OATMILK

Assorted Varieties
52oz



\$2.99
ea

SAVE UP TO \$1.20ea

RAO'S HOMEMADE PASTA SAUCE

Assorted Varieties
24oz



BUY 1 GET 1
FREE

SAVE \$10.99 ON 2

KIND SNACK BAR

Selected Varieties
1.4oz



BUY 1 GET 1
FREE

SAVE \$2.99 ON 2

WHAT WE'RE loving

Embracing comfort-food season with all the savory deliciousness.

LAURETTA JEAN'S STEAK & VEGGIE POT PIE

Tender beef, potatoes, carrots, and mushrooms baked into a flaky herb pastry crust.

\$11⁹⁹
ea

FEATURED



PNW LOCAL

NEW SEASONS ORGANIC CIABATTA

Made fresh daily in-house, this bakery fave is great for sandwiches.

\$4⁹⁹
ea

SAVE \$1ea



COUNTRY NATURAL BEEF STEW MEAT

USDA Choice, humanely range-raised beef with no added hormones and no antibiotics ever.

\$7⁹⁹
lb

NEW LOWER PRICE



PLANT STRONG ORGANIC CHILI OR STEW

Assorted Varieties 16.9oz

\$5⁹⁹
ea

SAVE \$1ea



MEAT & SEAFOOD

DIESTEL FAMILY RANCH GROUND DARK TURKEY PACK

Humanely raised on a 100% vegetarian diet with no antibiotics ever. A great lean protein option! 16oz

\$7⁹⁹
ea

SAVE \$2ea



DOVER SOLE FILLET

Sustainably harvested off OR and WA coasts, this light and mild sole is delicious baked for a quick and easy meal.

\$8⁹⁹
lb

SAVE \$2lb



PNW LOCAL

NEW SEASONS ALL STIR-FRY BLENDS

Choose from humanely raised beef, chicken, or pork in a variety of gluten-free marinades. Flavor options may vary by location.

Starting at:

\$7⁹⁹
lb

SAVE \$1lb



NEW SEASONS STUFFED DOVER SOLE

Wild-caught dover sole stuffed in-house. Bake at 350°F for 20-25 minutes. Flavors may vary by location.

Starting at:

\$10⁹⁹
lb

SAVE \$2lb



PNW LOCAL

FLORAL

MIXED FALL MUM BOUQUET

A beautiful arrangement of fall favorites grown in B.C., Canada.

\$14⁹⁹
ea

SAVE \$2ea



PNW LOCAL PRODUCE

ORGANIC BABY POTATOES

A great addition to fall soups. From Bouchey Potatoes in Wapato, WA. 1.5lb bag

\$3⁹⁹
ea

SAVE \$1ea



PNW LOCAL

ORGANIC LEEKS

Great for soups, casseroles, or frittatas. From Siri & Sons Farms in St. Paul, OR.

\$2⁴⁹
lb

SAVE 50¢lb



PNW LOCAL

ORGANIC BOSCH AND CONCORDE PEARS

Picked at the peak of ripeness! From Gottschalk's Organic Orchards in White Salmon, WA.

\$2⁴⁹
lb

SAVE 50¢lb



PNW LOCAL

BAKERY & CHEESE

LES DELICES DE LISE MINI BEIGNETS

A light and fluffy treat that's perfect for breakfast, dessert, or a midnight snack!
8ct



\$5⁹⁹
ea

SAVE \$1ea

ALBINA CITY NUTS TOASTED CORN

Full of flavor, these crunchy kernels are a great addition to any party platter or adventure snack pack.



\$8⁹⁹
lb

SAVE \$1lb

NEW SEASONS SMOKED MOZZARELLA PASTA SALAD

Local Rallenti pasta tossed with cherry tomatoes, smoked mozzarella, and arugula in a parmesan lemon dressing.



\$12⁹⁹
lb

FEATURED

NEW SEASONS BEET & GORGONZOLA SALAD

Sweet and earthy beets tossed in a cider vinaigrette with crumbled Gorgonzola cheese.



\$12⁹⁹
lb

FEATURED

THE ORIGINAL CAKERIE GOLDEN HARVEST CARROT BAR CAKE

Made from scratch with pineapple, shredded carrot, dried cranberries, walnuts, and warm fall spices topped with cream cheese frosting.



\$15⁹⁹
ea

SAVE \$1ea

SIERRA NEVADA CHEESE COMPANY TRUFFLE JACK

Deliciously creamy Monterey Jack cheese studded with earthy truffle. Tasty with sliced apple or melted in a sandwich.
6oz



\$5⁹⁹
ea

SAVE \$1ea

TRUE STORY FOODS HERBED CHICKEN BREAST

Great for healthy snacking, wraps, and sandwiches.



\$14⁹⁹
lb

SAVE \$2lb

ORIGAMI CATERING SHIITAKE KIMBAP ROLL

A Korean rice roll with sweet soy, shiitakes, egg omelet, pickled daikon, sesame spinach, and carrot.



\$7⁹⁹
ea

SAVE \$1ea

BEER & WINE

Really BIG DEAL

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.

2 TOWNS CIDERHOUSE PUMPKIN CIDER CANS

The perfect fall cider made with fresh-pressed apples, caramelized pumpkin, and sweet potatoes finished with a dash of honey and spices.
4pk/16oz



\$12⁹⁹
ea

SAVE \$6ea

CANTINE MADAUDO SICILIAN WINES

From the slopes of Mt. Etna in Sicily, Cantine Madaudo offers wines that are both elegant and vibrant. Choose from the berry-scented Frappato or the bright, citrusy Bianco. Only at NSM.
750ml



\$14⁹⁹
ea

SAVE \$2ea

CASCADE LAKES BREWING OVERLANDER IMPERIAL IPA

This new release boasts bold aromas of citrus, melon, and a hint of pine, complemented by a robust malt backbone. Don't miss the Underlander Imperial Hazy IPA as well!
6pk/12oz



\$12⁹⁹
ea

SAVE \$3ea

CASALI PRA DI BOSSO LAMBRUSCO SECCO

This semi-sparkling red wine delights with aromas of violets, blackberries, raspberries, and cherries. Dry, lively, and full-bodied, it's an excellent match for grilled or cured meats and fresh cheeses. Only at NSM.
750ml



\$17⁹⁹
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+.

GET 20% OFF!

Neighbor Rewards members opted into email or text get 20% off in our bulk section.

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



SAVE AN ADDITIONAL 25% OFF DURING OUR SUPPLEMENT SALE!

OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Enjoy great savings on all your favorite herbs from Oregon's Wild Harvest.



30% off

PNW LOCAL

NOW FOODS NUTRITIONAL SUPPLEMENTS

Great savings with double discounts on vitamins, minerals, digestive support, and more.



25% off

LIQUID I.V. HYDRATION MULTIPLIERS

Stay hydrated with an assortment of delicious flavors. Save on full boxes and singles.



.56oz
\$1.99 ea
SAVE 50¢ ea

GARDEN OF LIFE DR. FORMULATED WOMEN'S PROBIOTIC

Formulated with 16 diverse strains for women's digestive health.

30vc
\$34.99 ea

SAVE \$17 ea



MRM NUTRITION COQ-10

A naturally derived and fermented form of Co-Q 10 to support cardiovascular health.

120sg
\$22.99 ea

SAVE \$17 ea



MICKELBERRY GARDENS ELDERBERRY HONEY TONIC

A tasty tonic featuring raw, local honey and apple cider vinegar to help support immunity.

4oz
\$10.99 ea

SAVE \$4 ea



PNW LOCAL

NATURE'S WAY SAMBUCUS ORGANIC IMMUNE LOZENGES

Supports immune health with black elderberry extract, zinc, and 60 mg vitamin C per lozenge.

24ct
\$5.49 ea
SAVE \$2.50 ea



HOST DEFENSE LION'S MANE MUSHROOM MYCELIUM POWDER

Helps clear mental fog and boost memory and immune health.

3.5oz
\$22.99 ea
SAVE \$7 ea



PNW LOCAL

WYLD CBD CBD GUMMIES

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

10ct
\$14.99 ea
SAVE \$5 ea



PNW LOCAL

VITAL PROTEINS COLLAGEN PEPTIDES

Each serving delivers 20g collagen peptides with vitamin C and hyaluronic acid. Save on select sizes.

10-13.5oz
\$25.99 ea
SAVE \$10 ea



GROCERY

URBAN PIE PIZZA CO.

PINZZA ROMA STYLE PIZZA

Assorted Varieties
13-15.75oz

\$12.99 ea
SAVE \$2 ea



AGAINST THE GRAIN GOURMET

GLUTEN-FREE FROZEN PIZZA

Assorted Varieties
24oz

\$12.99 ea
SAVE \$4 ea



DEEP INDIAN KITCHEN

FROZEN ENTRÉES

Assorted Varieties
7.5-12oz

2 for \$10
SAVE \$2.99 ea



GARDEIN

PLANT-BASED PROTEINS

Selected Varieties

20% off



ALDEN'S ORGANIC

FROZEN DESSERTS

Selected Varieties

20% off



PNW LOCAL

VAN'S FOODS

FROZEN WAFFLES

Assorted Varieties
6ct

\$3.99 ea
SAVE \$1 ea



MILTON'S CRAFT BAKERS

CAULIFLOWER CRUST PIZZA

Assorted Varieties
11oz

\$9.99 ea
SAVE \$3 ea



RED'S

FROZEN BURRITOS

Assorted Varieties
4.5-5oz

BUY 1 GET 1 FREE

SAVE \$3.99 ON 2



GROCERY

LIFE AID BEVERAGE CO. FUNCTIONAL BEVERAGE
Assorted Varieties
12oz



2 for \$5
SAVE 99¢ea

GUAYAKI ORGANIC SPARKLING YERBA MATE
Assorted Varieties
12oz



2 for \$5
SAVE 49¢ea

LACROIX SPARKLING WATER
Assorted Varieties
8pk/12oz



\$3.99 ea
SAVE \$1.50ea

C20 COCONUT WATER HYDRATION PACK
8pk/10.5oz



\$8.99 ea
SAVE \$2ea

QUINN SNACKS PRETZEL SNACKS
Selected Varieties
5-7oz



\$5.99 ea
SAVE \$2ea

RXBAR PROTEIN BAR
Selected Varieties
1.83oz



BUY 1 GET 1 FREE
SAVE \$2.99 ON 2

PIRATE'S BOOTY SNACKS
Selected Varieties
10oz



\$6.99 ea
SAVE \$3ea

DUKE'S SMOKED MEATS SMOKED SHORTY SAUSAGES
Assorted Varieties
5oz



\$7.99 ea
SAVE \$2ea

BOB'S RED MILL BOB'S BAR
Assorted Varieties
1.76oz



PNW LOCAL

4 for \$5
SAVE 74¢ea

KIND SAVORY BARS
Selected Varieties
6ct



\$10.99 ea
SAVE \$3ea

NATURE'S BAKERY FIG BARS
Selected Varieties
6ct



\$5.99 ea
SAVE UP TO \$3ea

Simply Delicious
Light, crunchy, and full of lemony goodness, the Simple Mills Lemon Sweet Thins are the perfect feel-good treat—made from simple, nutritious ingredients with just the right amount of sweetness.

BEAR FRUIT ROLLS
Assorted Varieties
5ct



\$4.99 ea
SAVE \$1ea

ENDANGERED SPECIES CHOCOLATE CHOCOLATE BAR
Selected Varieties
3oz



\$3.99 ea
SAVE \$1ea

EQUAL EXCHANGE ORGANIC NUTS
Selected Varieties
8oz



PNW LOCAL

\$8.99 ea
SAVE \$2ea

SIMPLE MILLS CRACKERS, COOKIES OR BAKING MIXES
Selected Varieties

20% off



BULK

HUMMINGBIRD WHOLESALE ORGANIC BEANS
Selected Varieties



PNW LOCAL

\$2.99 lb
EVERYDAY VALUE

HUMMINGBIRD WHOLESALE ORGANIC QUINOA
Assorted Varieties



PNW LOCAL

\$5.99 lb
EVERYDAY VALUE

SUNRIDGE FARMS PEANUT BUTTER PRETZELS



\$10.99 lb
SAVE \$2lb

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



\$13.99 lb
FEATURED

GROCERY

Small Farms. Big Impact.

What's more comforting than a cup of tea? A sustainable cup from Equal Exchange. They partner with small-scale tea farmers who work cooperatively to trade sustainably, ensuring fair prices and a brighter future for their communities.

EQUAL EXCHANGE ORGANIC TEA
Assorted Varieties
20ct
\$4.49 ea
SAVE \$1.50ea



DEATH WISH COFFEE ORGANIC COFFEE
Assorted Varieties
9-10oz



\$11.99 ea
SAVE \$4ea

PEET'S COFFEE COFFEE
Assorted Varieties
10-10.5oz



\$9.99 ea
SAVE \$4ea

NUMI ORGANIC TEA
Selected Varieties
12-18ct



\$5.99 ea
SAVE \$2ea

ORGANIC INDIA TULSI TEA
Selected Varieties
18ct



\$4.99 ea
SAVE \$2ea

TEECCINO ROASTED HERBAL TEA
Selected Varieties



20% off

AIYA MATCHA
Selected Varieties



20% off

DAVE'S KILLER BREAD ORGANIC BREAD OR ENGLISH MUFFINS
Selected Varieties
13.2-27oz



\$5.49 ea
SAVE \$1.50ea

MISSION FOODS ZERO NET CARBS TORTILLAS
Assorted Varieties
14ct



\$3.99 ea
SAVE \$1ea

ELMHURST PLANT MILK
Selected Varieties
32oz



\$6.99 ea
SAVE \$1ea

NATURE'S PATH ORGANIC GRANOLA
Selected Varieties
11-11.5oz



\$4.99 ea
SAVE UP TO \$3ea

WILD HARVEST ORGANIC BEANS
Selected Varieties
15oz



10 for \$10
SAVE 29¢ea

TAKE ROOT ORGANICS TOMATOES
Selected Varieties



30% off

CARAPELLI OLIVE OIL
Selected Varieties



20% off

MOM'S BEST CEREAL
Assorted Varieties
17.5-24oz



\$4.99 ea
SAVE \$2ea

CHICKAPEA ORGANIC PROTEIN PASTA
Assorted Varieties
8oz



\$3.99 ea
SAVE \$1ea

TASTY BITE ENTRÉES
Selected Varieties
10oz



\$3.99 ea
SAVE UP TO \$2.50ea

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



\$2.99 ea
SAVE \$1ea

PACIFIC FOODS ORGANIC SOUP
Assorted Varieties
32oz



\$4.99 ea
SAVE \$1ea

GROCERY

Go With Your Gut

Lifeway is committed to boosting wellness through the power of probiotics. Their gut-friendly Kefir and Farmer's Cheese are packed with live and active cultures, making them a delicious way to support digestive and immune health—with flavors and options for the whole family!



LIFEWAY PROBIOTIC PRODUCTS
Assorted Varieties

25% off

NOOSA YOGHURT
Assorted Varieties
8oz



2 for \$4
SAVE 99¢ea

MUSH READY-TO-EAT OVERNIGHT OATS
Assorted Varieties
5oz



2 for \$4
SAVE 59¢ea

TILLAMOOK CREAM CHEESE SPREAD
Assorted Varieties
7oz

PNW LOCAL



\$3.99 ea
SAVE UP TO 80¢ea

YAMI LACTOSE-FREE YOGURT
Assorted Varieties
6ct



\$2.99 ea
SAVE 50¢ea

VITAL FARMS BUTTER
Sea Salted or Unsalted.
8oz



\$3.99 ea
SAVE \$1ea

PLANET OAT OATMILK CREAMER
Selected Varieties
1qt



\$3.99 ea
SAVE \$2ea

BUBBIES PICKLES, HORSERADISH OR SAUERKRAUT
Assorted Varieties



25% off

EL BURRITO MEATLESS SOY CHORIZO
12oz



\$3.99 ea
SAVE \$1ea

SILK PLANT-BASED MILK
Selected Varieties
1/2gal



\$4.49 ea
SAVE \$1ea

UNCLE MATT'S ORGANIC ORANGE JUICE
Selected Varieties
52oz



\$7.99 ea
SAVE \$1.50ea

REBBL ORGANIC PLANT-BASED DRINK
Selected Varieties
12oz



2 for \$8
SAVE UP TO \$1.49ea

KEVITA ORGANIC PROBIOTIC DRINK
Selected Varieties
12oz



\$3.29 ea
SAVE 50¢ea

DOWNLOAD OUR APP!

Want to save time?
Money? Both? We've got you!

Our app makes it easier than ever to quickly order your groceries for pickup or delivery.

Get FREE pickup* anytime you order \$35 or more online.

Bottom line: Less time shopping = more fun!



*Pickup not available at all stores.



Weekend Tasting

We're sampling some wellness favorites during our annual 25% off sale!
Friday, Saturday & Sunday • 12pm – 6pm