

FRESH YEAR, FRESH DEALS

Citrus season is here! Celebrate with up to \$4 off per pound on oranges—Cara Caras, Navels, and more.

Really BIG DEAL

ALL ORANGES

From various California growers.

\$1.99
lb

SAVE UP TO \$4lb

Really BIG DEALS

80% LEAN 20% FAT GROUND BEEF

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

\$5.99
lb

SAVE \$1lb

PACIFIC COD FILLET

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

\$12.99
lb

SAVE \$3lb

25%
off

SELECT
CBD PRODUCTS

Exclusions apply. Look for signs on specifically marked items. Items priced as marked. Limited to stock on hand. No additional case discounts.

MUIR GLEN ORGANIC TOMATOES

Selected Varieties
14.5-15oz



2 for \$4

SAVE \$1.49ea

OATLY OATMILKS AND CREAMERS

Selected Varieties



30%
off

STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties
10.5-12oz

PNW
LOCAL



\$12.99
ea

SAVE \$4ea

WHAT WE'RE loving

Getting a fresh start on the year with a fresh lineup of new items.

FAMILIA DEL NORTE MEXICAN MANCHEGO

This rich, nutty cheese is perfect for snacking or entertaining. Made by a Latina-owned operation in northern Washington.

6oz
\$6⁹⁹ ea
 SAVE \$1ea



PNW LOCAL

BEYOND MEAT PLANT-BASED PIZZA POCKETS

Meaty Italian-Style or Pepperoni.

6oz
\$6⁹⁹ ea
 SAVE \$1ea



SEACHARRONES ORGANIC KELP PUFFS

Assorted Varieties

2oz
\$3⁹⁹ ea
 SAVE \$1ea



AURA CACIA AROMATHERAPY SHOWER TABLETS

Aromatic shower tablets for a relaxing, spa-like experience.

3oz
\$6⁴⁹ ea
 SAVE \$2.50ea



MEAT & SEAFOOD

MARY'S WHOLE FRYER CHICKEN

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

\$2⁹⁹ lb
 SAVE \$1lb



ALL CLAMS

Packed with nutrients, clams come with their own cook timer. Once they pop open, they're done!

\$8⁹⁹ lb
 SAVE \$2lb



PNW LOCAL

NEW SEASONS ALL HOUSE-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added hormones. Available in a variety of flavors.

Starting at:
\$8⁹⁹ lb
 SAVE \$1lb



RIVERENCE STEELHEAD TROUT FILLET

Mild and lean Steelhead trout sustainably raised by Riverence in Idaho's Magic Valley.

\$12⁹⁹ lb
 SAVE \$3lb



STAY COZY, ORDER ONLINE!

Enjoy in-store prices online and save \$5 on orders of \$35+ with code **COZYTIMES**.

Choose quick, convenient pickup or delivery!

shop.newseasonsmarket.com

Powered by **instacart**

PRODUCE

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From the Nunes Company in Salinas, CA.

2 for \$5
 SAVE 49¢ea



ORGANIC BROCCOLI

A versatile favorite that's delicious raw, roasted, or sautéed. From Access Organics in Coachella, CA.

\$2⁹⁹ lb
 SAVE 50¢lb



ORGANIC FUJI APPLES

Crisp and sugary-sweet! From Stemilt Growers in Wenatchee, WA.

\$1⁹⁹ lb
 SAVE 50¢lb



PNW LOCAL

BAKERY & CHEESE

**WILLAMETTE VALLEY
PIE COMPANY
KEY LIME
CREAM PIE**

Made by our longtime partners at Willamette Valley Pie Co. with locally sourced ingredients.
9in

\$19⁹⁹
ea

SAVE \$3ea



PNW LOCAL

**ALBINA CITY NUTS
TOASTED CORN**

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

\$8⁹⁹
lb

SAVE \$1lb



PNW LOCAL

**AZEH'S KITCHEN
SPICY QUINOA
AND CORN SALAD**

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

\$12⁹⁹
lb

FEATURED



PNW LOCAL

**NEW SEASONS
SESAME
NOODLES**

Back for the season! These soy and sesame-flavored noodles are delicious served cold or lightly reheated.

\$8⁹⁹
ea

SAVE \$1ea



IT'S BACK!

**NEW SEASONS
GREEK PITA**

This soft flatbread is perfect for sandwiches or dipping into your favorite hummus.
6ct

\$2⁹⁹
ea

SAVE \$1ea



**LACLARE FAMILY CREAMERY
CRUMBLLED CHEESES**

Add tangy, rich flavor to any recipe with your choice of feta or goat cheese.
4oz

\$5⁹⁹
ea

SAVE \$1ea



**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.

Starting at:

\$13⁹⁹
lb

SAVE \$3lb



**ORIGAMI CATERING
TOFU SALAD ROLL**

A delicious roll featuring organic tofu, crunchy vegetables, and rice noodles with a peanut dipping sauce.

\$8⁹⁹
ea

SAVE \$1ea



PNW LOCAL

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.

**MAGNIFICENT WINE CO.
CABERNET
SAUVIGNON
OR PINOT GRIS**

Incredible everyday wines with well-rounded body and fruit-forward flavor. Selection may vary by location.
750ml

\$6⁹⁹
ea

SAVE \$10ea



IT'S NEW!

PNW LOCAL

**PELICAN BREWING
NON-ALCOHOLIC
SPARKLE HOPS**

A hop-infused, non-alcoholic sparkling water. Choose from Citra Lemon, Strata Acai, or Idaho Gem. Selection may vary by location.
6pk/12oz

\$7⁹⁹
ea

SAVE \$1ea



PNW LOCAL

**VINA GORMAZ
VINO TINTO**

A youthful red wine from Spain's Ribera del Duero region with aromas of dark fruit, vanilla, and roasted coffee. Full mouth feel, not too tannic, with a spicy, dry finish.
750ml

\$12⁹⁹
ea

SAVE \$4ea



**RATIONALE
NON-ALCOHOLIC
CRAFT BEERS**

Experience the complex flavor and characteristics of craft brew at its finest without the alcohol!
6pk/12oz

\$12⁹⁹
ea

SAVE \$3ea



**GET
25% OFF!**

Neighbor Rewards
members opted into email or text get 25% off supplements and body care in the wellness department.

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



WELLNESS

Only the Finest

When it comes to fish oil supplements, Wiley's Finest lives up to its name. Made in the USA at our family-owned facility, these supplements feature certified sustainable, wild-caught Alaskan pollock and are packed with omega-3s to support your health.

**WILEY'S
FINEST
FISH OILS**
Selected Varieties

**30%
off**



SOURCE NATURALS HERBAL SUPPLEMENTS

Start your new year off right with big savings on a variety of formulas from Source Naturals.

**40%
off**



HEALTHFORCE SUPERFOODS WHOLE FOOD SUPPLEMENTS

Save on your favorites this week, including greens and urinary health formulas.

**25%
off**



SIMPLY TERA'S WHEY PROTEIN

An easy-to-digest protein source. Great in smoothies! Select flavors and sizes on sale this week.
12oz

**\$18.99
ea**

SAVE \$9ea



BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms.

6ct

**\$12.99
ea**

SAVE \$4ea



ORGANIC INDIA ORGANIC WHOLE HUSK PSYLLIUM

Supports digestion and elimination with essential soluble and insoluble fibers. Save on select formulas.
12oz

**\$13.99
ea**

SAVE \$5ea



EO PRODUCTS LIQUID HAND SOAPS

Enjoy great savings on all scents of liquid soap from EO.
12.75oz

**\$3.99
ea**

SAVE \$2ea



DESERT ESSENCE TOOTHPASTES

No harsh abrasives, synthetic sweeteners, or artificial flavors. Save on select flavors, including kids' formulas.
6.25oz

**\$5.49
ea**

SAVE \$2.50ea



ACURE ULTRA HYDRATING HAIR CARE

Free from parabens, sulfates, mineral oil, and animal testing. Save on select facial and hair care this week.
8oz

**\$6.99
ea**

SAVE \$3ea



GROCERY

KETO PINT ICE CREAM

Assorted Varieties

**PNW
LOCAL**

**20%
off**



CAULIPOWER FROZEN PIZZA OR CHICKEN TENDERS

Selected Varieties

**20%
off**



ACTUAL VEGGIES VEGGIE BURGERS

Assorted Varieties
4ct

**\$5.99
ea**

SAVE \$2ea



AFIA FROZEN FALAFEL

Assorted Varieties
9-10oz

**\$5.99
ea**



DAILY HARVEST SMOOTHIES, HARVEST BOWLS OR GRAINS

Selected Varieties

**20%
off**



BONAFIDE PROVISIONS BONE BROTH

Selected Varieties

**20%
off**



ALPHA FOODS PLANT-BASED FROZEN FOODS

Selected Varieties

**20%
off**



HERO BREAD LOW CARB BREAD

Selected Varieties

**25%
off**



GROCERY

NAKED BREAD ORGANIC SANDWICH BREAD
Selected Varieties
22.5oz

\$4.49
ea

SAVE \$3ea

PNW LOCAL



FRANZ BREAD
Selected Varieties
24oz

2 for \$6

SAVE \$2.99ea

PNW LOCAL



BEAR NAKED GRANOLA
Assorted Varieties
11-12oz

\$4.99
ea

SAVE \$1.40ea



ONE DEGREE ORGANICS SPROUTED GRANOLA OR OATS
Selected Varieties

20% off



BOB'S RED MILL PANCAKE MIXES
Selected Varieties

20% off

PNW LOCAL



COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP
Selected Varieties
12oz

\$14.99
ea

SAVE \$5ea



SECOND NATURE TRAIL MIX
Assorted Varieties
10-14oz

\$8.99
ea

SAVE \$3ea



SANTA CRUZ ORGANIC APPLESAUCE
Assorted Varieties

20% off



JUSTIN'S NUT BUTTER AND SNACKS
Selected Varieties

20% off



RXSUGAR ALLULOSE
Selected Varieties

20% off



YAMASA BROTH OR SAUCE
Selected Varieties
8oz

\$8.99
ea

SAVE \$2ea



MOMOFUKU NOODLES OR CHILI CRUNCH
Assorted Varieties

20% off



GIMME ROASTED SEAWEED SNACKS
Assorted Varieties
6ct

\$5.99
ea

SAVE \$2ea



BRAGG SEASONINGS
Selected Varieties

20% off



DE CECCO PASTA
Assorted Varieties
8.8-16oz

2 for \$6

SAVE UP TO \$2.49ea



CHOSEN FOODS DRESSINGS AND COOKING OILS
Selected Varieties

20% off



BULK

HUMMINGBIRD WHOLESALE ORGANIC BEANS
Selected Varieties

\$2.99
lb

EVERYDAY VALUE

PNW LOCAL



ORGANIC PEARLED BARLEY

\$2.99
lb

SAVE \$1lb



HUMMINGBIRD WHOLESALE ORGANIC ALMOND BUTTER

\$11.99
lb

SAVE \$1lb

PNW LOCAL



HUMMINGBIRD WHOLESALE ORGANIC MANGO CHEEKS

\$15.99
lb

SAVE \$2lb

PNW LOCAL



GROCERY

QUE PASA ORGANIC TORTILLA CHIPS
Assorted Varieties
11oz



\$3⁹⁹
ea
SAVE \$1.50ea

PIRATE'S BOOTY SNACKS
Selected Varieties



30%
off

WASA CRISP BREAD
Assorted Varieties
5.4-9.7oz



\$3⁹⁹
ea
SAVE UP TO \$1.50ea

GOMACRO KIDS ORGANIC MACROBARS
Selected Varieties
7ct



\$7⁹⁹
ea
SAVE \$1ea

LAIRD SUPERFOOD PLANT-BASED FOODS
Selected Varieties



20%
off

ONE BRANDS PROTEIN BAR
Assorted Varieties
2.12oz



2 for \$5
SAVE \$1.49ea

TRUBAR PROTEIN BAR
Assorted Varieties
1.76oz



3 for \$5
SAVE 92¢ea

ZING PLANT-BASED BAR
Assorted Varieties
1.76oz



2 for \$5
SAVE \$1.19ea

YOGI CHAI LATTE CONCENTRATE
Assorted Varieties
32oz



\$4⁹⁹
ea
SAVE \$2ea

BIGELOW TEA
Selected Varieties
20ct



\$2⁹⁹
ea
SAVE \$1ea

AIYA MATCHA
Selected Varieties



20%
off

TECCINO ROASTED HERBAL TEA
Selected Varieties
10ct



\$5⁹⁹
ea
SAVE UP TO \$3ea

ANTIOXIDANT SOLUTIONS JUICE
Assorted Varieties
32oz



\$5⁹⁹
ea
SAVE \$2ea

R.W. KNUDSEN FAMILY RECHARGE JUICE BEVERAGE
Assorted Varieties
32oz



\$2⁹⁹
ea
SAVE \$1ea

GOLDTHREAD PLANT-BASED TONIC
Selected Varieties
10.5oz



2 for \$7
SAVE \$1.49ea

BERRI LYTE ORGANIC ELECTROLYTE SOLUTION
Strawberry or Acai Berry.
35.2oz



\$6⁹⁹
ea
SAVE \$2ea

NIXIE ORGANIC ZERO SUGAR SODA
Assorted Varieties
12oz



3 for \$5
SAVE 82¢ea

NIXIE ORGANIC SPARKLING WATER
Assorted Varieties
8pk/12oz



\$5⁹⁹
ea
SAVE \$1.50ea

C20 PURE COCONUT WATER
Selected Varieties
1L



\$3⁹⁹
ea
SAVE UP TO \$2ea

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



\$10⁹⁹
ea
SAVE \$4ea

GROCERY

Go With Your Gut

Looking for a tasty way to support your gut health? We've got you covered. Our friends at Lifeway are dedicated to wellness through probiotics, offering kefir and farmer cheese packed with live, active cultures. These gut-friendly favorites are as delicious as they are nutritious, helping to support digestive and immune health—with a variety of flavors and options the whole family will enjoy!



LIFEWAY
PROBIOTIC PRODUCTS
Assorted Varieties

25% off

ZOI GREEK YOGURT
Assorted Varieties
32oz

PNW LOCAL

\$3.99 ea
SAVE \$2ea



STONYFIELD KIDS ORGANIC YOGURT
Selected Varieties
4-8ct



\$4.99 ea
SAVE UP TO \$1ea

GT'S LIVING FOODS COCOYO LIVING COCONUT YOGURT
Assorted Varieties
8oz

\$5.99 ea
SAVE \$1.30ea



DAISY BRAND COTTAGE CHEESE
Regular or Lowfat.
16oz

\$3.49 ea
SAVE \$1ea



CALIFIA FARMS ORGANIC PLANT-BASED MILK
Selected Varieties
48oz

\$5.99 ea
SAVE UP TO \$2ea



NEW! LOWER PRICE!

NEW SEASONS PASTURE-RAISED EGGS
From Wilcox Family Farms in Aurora, OR.
1doz

\$4.89 ea



HIGHER TASTE BURRITOS
Selected Varieties
8-9oz

\$4.49 ea
SAVE \$1.30ea



PNW LOCAL

NANCY'S OATMILK YOGURT
Plain or Vanilla.
24oz

\$5.49 ea
SAVE 90¢ea



PNW LOCAL

LAIRD SUPERFOOD SUPERFOOD CREAMER
Selected Varieties
1pt

\$3.99 ea
SAVE \$2ea



HOUSE FOODS TOFU
Selected Varieties
10-14oz

\$2.99 ea
SAVE UP TO \$1.50ea



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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.

REBBL ORGANIC PLANT-BASED DRINK
Selected Varieties
12oz

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



HUMM KOMBUCHA
Assorted Varieties
14oz

2 for \$6
SAVE UP TO 69¢ea



PNW LOCAL



It's a citrus celebration! We're sampling some of our favorite peak-season orange varieties. Friday, Saturday & Sunday • 12pm - 6pm

Weekend Tasting