

# SALMON FOR EVERY TABLE

Make a delicious meal or stock the freezer and save on fresh, frozen, wild-caught, and sustainably farmed salmon.

≡Really BIG DEAL≡

**15% off** ALL SALMON

Exclusions apply. Limited to stock on hand. No additional discounts.

## CREEKSTONE FARMS BEEF CHUCK ROAST

USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.



**\$8.99**  
lb  
SAVE \$3lb

## ORGANIC JUMBO AVOCADOS

A delicious addition to salads, nachos, or avocado toast.  
Grown in Mexico.



**2 for \$5**  
SAVE 99¢ ea

## MEGAFOOD FOOD-BASED VITAMINS AND SUPPLEMENTS

Save on multivitamins, probiotics, iron support, and more!



**30% off**

## BOULDER CANYON POTATO CHIPS

Selected Varieties  
5.25-6.5oz



**BUY 1 GET 1  
1/2 OFF**  
SAVE \$2.65 ON 2

Available  
in-store only

## APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties  
16oz



**\$9.99**  
ea  
SAVE \$5ea

Want to have weekly deals delivered to your inbox? Just sign up for email updates at [newseasonsmarket.com/join](http://newseasonsmarket.com/join)  
Visit us online at [www.newseasonsmarket.com](http://www.newseasonsmarket.com)

# WHAT WE'RE loving

## Boke Bowl

A longtime Portland favorite, Boke Bowl is the spot for casual Japanese-inspired comfort food. We love it so much that we teamed up with owner and chef Patrick Fleming to create a New Seasons line of deliciously versatile sauces: Stir-Fry, Gochujang, Sesame Noodle, and Char Siu BBQ.

An easy staple for any kitchen, these sauces pair beautifully with everything from roasted veggies to baked fish—like this incredible Sockeye Salmon recipe from Chef Patrick, made with New Season Sesame Noodle Sauce.



## MEAT & SEAFOOD

### NEW SEASONS PARMESAN CHICKEN BREASTS

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

**\$10.99**  
lb  
SAVE \$1lb



### BLOUNT CLAM SHACK SEAFOOD SOUPS

Comforting, flavorful seafood soups made with simple recipes and conscientious sourcing. Choose from five delicious varieties.

24oz

**\$9.99**  
ea  
SAVE \$1ea



### NEW SEASONS ALL BULK SAUSAGE

Gluten-free recipes with no added fillers or binders. A great addition to pasta dishes.

**\$5.99**  
lb  
SAVE \$1lb



### YAKOBI FISHERIES BLACK COD FILLET

Sustainably harvested in Alaska during peak season and frozen to preserve the flavor. Filleted in-house and ready for your favorite recipes.

**\$11.99**  
lb  
SAVE \$2lb



## FLORAL

### 10-STEM TULIP BUNCH

Fresh, first-of-the-season local tulips with vibrant color and classic charm.

PNW  
LOCAL



## PRODUCE

### ASPARAGUS

Tender, vibrant, and peak-season delicious. From Gourmet Trading in Mexico.

**\$5.99**  
lb  
SAVE \$1lb



### SATSUMA MANDARINS

Rich, sweet, and juicy! From Rising C Ranch in Reedley, CA.  
3lb bag

**\$5.99**  
ea  
SAVE \$1ea



### ORGANICGIRL SELECT SALAD BLENDS

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

**\$4.49**  
ea  
SAVE 50¢ea



## BAKERY &amp; CHEESE

NEW SEASONS  
ORGANIC SOURDOUGH

Baked in-house with organic ingredients and our natural starter, this tangy sourdough delivers a chewy crumb and a beautifully crisp crust.



**\$4.99**  
ea  
SAVE \$1ea

LA CLARE FAMILY CREAMERY  
CRUMBLED CHEESES

Add rich, tangy flavor to salads, pastas, and more with conveniently crumbled goat or feta cheese.

4oz



**20% off**

NEW SEASONS  
MEDITERRANEAN  
CHICKEN WITH  
SALSA VERDE

Marinated half chicken roasted with a tangy, herbaceous sauce.

IT'S  
NEW!

**\$5.99**  
lb  
SAVE \$3lb

NEW SEASONS  
BROCCOLI CHOP  
SALAD

A light and lemony salad featuring a mix of shaved broccoli, kale, green cabbage, and sweet hot peppers.



**\$9.99**  
lb  
SAVE \$3lb

SCHWARTZ BROTHERS  
BAKERY  
SHORTBREAD  
MINI TARTS

Featuring a buttery shortbread crust, smooth filling, and streusel topping. Choose from Lemon and Blueberry. 12oz



**\$7.99**  
ea  
SAVE \$1ea

PNW  
LOCALCREMINELLI FINE MEATS  
SLICED CHARCUTERIE

An artisan favorite for your next sandwich or charcuterie board. Choose from assorted styles. 2oz



**20% off**

AZEH'S KITCHEN  
SPICY QUINOA  
AND CORN SALAD

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

PNW  
LOCAL

**\$10.99**  
lb  
SAVE \$3lb

ORIGAMI CATERING  
CALIFORNIA ROLL

Featuring sustainably sourced surimi, avocado, and English cucumber rolled with toasted sesame seeds.

PNW  
LOCAL

**\$8.99**  
ea  
SAVE \$1ea

MIX  
&  
MATCH

**10% off**  
6 bottles of wine

**20% off**  
12 or more bottles  
of wine

\*Offer available in-store only.

## BEER &amp; WINE

SUNRIVER BREWING  
CRAFT BEER  
6-PACKS

Choose from a variety of high-quality craft beers from a local favorite. Selection may vary by location.

6pk/12oz



**\$12.99**  
ea  
SAVE UP TO \$3ea

PNW  
LOCALPALAMA  
VERDECA  
BIANCO

A richly textured white wine, with intense aromas of tropical fruit, lime leaf, tangerine, and mint oil. Refreshing and pithy, with a bright finish.

750ml



**\$12.99**  
ea  
SAVE \$2ea

NEW YEAR,  
NEW GOALS

Make 2026 the year of more me-time by shopping online for convenient pickup or delivery—and snag \$10 off your next order of \$50 or more with code **NEWFORYOU10**

Powered by  
**Instacart**

Terms apply.

GIGANTIC BREWING  
19.2OZ CANS

Choose from Gigantic's classic IPA and the new Ginormous Imperial IPA.



**\$3.99**  
ea  
SAVE \$2ea

PNW  
LOCALHOGUE CELLARS  
WASHINGTON  
WINES

These wines deliver on quality and value, with lively character and zesty fruit notes that pair well with just about anything. Selection may vary by location.

750ml



**\$7.99**  
ea  
SAVE \$6ea

PNW  
LOCALDON'T MISS  
THIS OFFER!

Neighbor Rewards members who are opted in to email or text get 30% off Mary's Boneless Skinless Chicken Breasts tray packs\* from the meat department.

Not getting our messages yet? Join or update your preferences by Thursday at [newseasonsmarket.com/rewards](http://newseasonsmarket.com/rewards) to unlock this exclusive member offer on Friday.



\*Offer does not include thighs, skewers, prepared mixes, frozen, or cooked rotisserie chicken.

## WELLNESS

OCEANBLUE  
OMEGA-3  
SUPPLEMENTS

High-quality omega-3s made from responsibly sourced fish oils for everyday wellness.

**25% off**

THE UNSCENTED COMPANY  
HAND SOAP

A fragrant, biodegradable, and dye-free soap for a gentle, effective clean. Save on select body care.

16.9oz

**\$5.49 ea**  
SAVE \$2.50ea

ENER-LIFE  
ENER-C MULTIVITAMIN  
DRINK MIXES

A delicious, easy way to get your daily vitamin C. Save on singles and full boxes 30ct

**\$15.99 ea**  
SAVE \$6ea

BLUEBIRD GRAIN FARMS  
GRAINS AND  
FLOURS

Selected Varieties

**20% off**

ORGANIC GOLDEN  
FLAX SEED

**\$4.49 lb**  
SAVE 50¢lb

SUNFOOD  
SUPERFOODS

Save on select sustainably sourced, nutrient-dense superfoods.

**30% off**

LAZARUS NATURALS  
CBD PRODUCTS

Topical and ingestible CBD products designed to support sleep, recovery, and pain management.

**30% off**

PRIMAL KITCHEN  
UNFLAVORED  
COLLAGEN PEPTIDES

A delicious, coconut-based formula to support healthy hair, skin, and joints. Save on select formulas.

19.4oz

**\$26.99 ea**  
SAVE \$13ea

COUNTRY LIFE  
VITAMINS AND SUPPLEMENTS

Save 25% on protein powders, multivitamins, probiotics, and more.

**25% off**

OLLY  
GUMMY  
SUPPLEMENTS

An easy and tasty way to take your daily multivitamins. Save on select formulas.

**30% off**

NOW FOODS  
XYLIWHITE TOOTHPASTE  
PLATINUM MINT

Made with xylitol to help remove plaque and freshen breath. Save on select flavors.

6.4oz

**\$5.99 ea**  
SAVE \$2.50ea

TRUVANI  
PLANT-BASED  
PROTEIN POWDERALBA BOTANICA  
ACNEDEOTE FACE AND  
BODY SCRUB

Plant-sourced proteins, free from artificial sweeteners, additives, and fillers. Save on select flavors.

20.95oz

**\$33.99 ea**  
SAVE \$16ea

ONE WITH NATURE  
DEAD SEA MINERAL  
BATH SALT PACKETS

Relax and de-stress with Dead Sea mineral baths.

2.5oz

**\$2.49 ea**  
SAVE \$1ea



## BULK

HUMMINGBIRD WHOLESALE  
ORGANIC PITTED  
DEGET NOOR  
DATESNOSSA FAMILIA COFFEE  
COFFEE

Selected Varieties

PNW  
LOCALNOSSA FAMILIA COFFEE  
COFFEENOSSA FAMILIA COFFEE  
COFFEEPNW  
LOCAL

**20% off**

**\$8.99 lb**  
SAVE \$2lb



**\$16.99 lb**  
SAVE \$1lb



## GROCERY

LATE JULY SNACKS  
**TORTILLA CHIPS**  
Selected Varieties  
7.5-10.1oz\$3.99  
ea  
SAVE \$1.70ea**CHICAS**  
**TORTILLA CHIPS**  
Assorted Varieties  
10-11oz\$3.99  
ea  
SAVE \$1ea**SENSIBLE PORTIONS**  
**VEGGIE SNACKS**  
Selected Varieties  
4.25-5oz\$2.99  
ea  
SAVE \$2.30ea**BACK TO NATURE**  
**CRACKERS**  
Selected Varieties50%  
offINKA CROPS  
**SNACKS**  
Selected Varieties  
4oz2 for \$5  
SAVE UP TO \$2.29ea**EPIC**  
**MEAT SNACKS**  
Selected Varieties25%  
off**ONE BRANDS**  
**PROTEIN BAR**  
Selected Varieties  
2.12oz2 for \$5  
SAVE 89¢ea**THINK!**  
**PROTEIN BAR**  
Selected Varieties  
1.41-2.1oz\$2.29  
ea  
SAVE 30¢eaDARRELL LEA  
**SOFT AUSTRALIAN**  
**LICORICE**  
Selected Varieties  
7oz\$2.99  
ea  
SAVE 80¢ea**BALSEN**  
**PICK UP!**  
**MINIS**  
Original or Crème.  
10ct\$5.99  
ea  
SAVE UP TO \$1.60ea**BARE SNACKS**  
**ORGANIC APPLE CHIPS**Assorted Varieties  
3oz\$5.99  
ea  
SAVE \$1.90ea**WYMAN'S**  
**FROZEN FRUIT**Selected Varieties  
3lb\$15.99  
ea  
SAVE \$3.50eaFEEL GOOD FOODS  
**FROZEN APPETIZERS**  
Selected Varieties  
7-10oz\$7.99  
ea  
SAVE UP TO \$3ea**MEATI FOODS**  
**MYCELIUM-BASED**  
**PROTEINS**  
Assorted Varieties30%  
off**WOODSTOCK**  
**FROZEN PASTA**Assorted Varieties  
20oz\$8.99  
ea  
SAVE \$3ea**STAHLBUSH ISLAND FARMS**  
**FROZEN FRUIT**  
**AND VEGETABLES**Selected Varieties  
10oz\$1.99  
ea  
SAVE 60¢eaFOOD FOR LIFE  
**SPROUTED GRAIN**  
**BREAD**  
Selected Varieties20%  
off**CASCADIAN FARM**  
**ORGANIC**  
**FROZEN**  
**POTATOES**Selected Varieties  
16ozBUY 1 GET 1  
FREE  
SAVE \$7.99 ON 2PNW  
LOCAL**SAFFRON ROAD**  
**FROZEN ENTRÉES**Selected Varieties  
10ozBUY 1 GET 1  
1/2 OFF  
SAVE \$3.75 ON 2Available  
in-store only**RED'S**  
**FROZEN BURRITOS**Selected Varieties  
4.5-5ozBUY 1 GET 1  
1/2 OFF  
SAVE \$1.40 ON 2Available  
in-store only

## GROCERY

## POWERED BY PLANTS

Creamy-dreamy from the first pour to the last drop, Oatly oatmilk is plant-based perfection—made with sustainably grown, gluten-free oats boosted with calcium and beta-glucans.



**\$4.99**  
ea  
SAVE UP TO \$1.30ea

## NATURE'S PATH ORGANIC CEREAL

Selected Varieties  
10-14oz



**\$3.99**  
ea  
SAVE UP TO \$1.20ea

## ONE DEGREE ORGANIC FOODS OATS, GRANOLA OR FLOUR

Selected Varieties



**20%**  
off

## BOB'S RED MILL OVERNIGHT PROTEIN OATS

Blueberries & Cream or Vanilla Almond.  
4ct



**\$4.99**  
ea  
SAVE UP TO \$2.40ea

PNW LOCAL

## STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties  
10.5-12oz

PNW LOCAL



**\$15.99**  
ea  
SAVE \$2ea

## WOODSTOCK NUT BUTTER

Selected Varieties



**20%**  
off

## COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP

Selected Varieties



**20%**  
off

## KODIAK CAKES BUTTERMILK FLAPJACK &amp; WAFFLE MIX

Selected Varieties  
18-20oz



**\$5.99**  
ea  
SAVE \$2.60ea

## 4TH &amp; HEART GHEE

Selected Varieties



**20%**  
off

## DIVINA OLIVES

Selected Varieties



**20%**  
off

## KETTLE &amp; FIRE BONE BROTH

Selected Varieties  
16.9oz



**\$5.99**  
ea  
SAVE UP TO \$3.40ea

## RAO'S HOMEMADE SLOW SIMMERED SOUP

Assorted Varieties  
16oz



**2 for \$9**  
SAVE \$1.19ea

## A DOZEN COUSINS SEASONED BEANS

Assorted Varieties  
10oz



**2 for \$7**  
SAVE 49¢ ea

## FIRE &amp; SMOKE SOCIETY RUBS AND SPICES

Assorted Varieties  
5.1-6.1oz



**\$5.99**  
ea  
SAVE UP TO \$1.90ea

## FRONTERA SALSA, DIPS OR SAUCES

Selected Varieties



**20%**  
off

## TOP FOX POP-ROASTED SNACKING SEEDS

Assorted Varieties  
3.5-5.5oz



**\$3.99**  
ea  
SAVE UP TO \$1.30ea

## MIKE'S MIGHTY GOOD CRAFT RAMEN

Assorted Varieties  
1.6oz



**2 for \$4**  
SAVE UP TO 89¢ ea

## DELALLO ORGANIC PASTA

Selected Varieties  
16oz



**2 for \$7**  
SAVE \$1.29ea

## POMI TOMATOES

Assorted Varieties



**30%**  
off

## GROCERY

NANCY'S  
ORGANIC YOGURT

Selected Varieties

PNW  
LOCAL**25%  
off**THE COCONUT CULT  
PROBIOTIC  
COCONUT  
YOGURTAssorted Varieties  
8oz**\$8.49  
ea  
SAVE \$3ea**THE GREEK GODS  
GREEK YOGURTSelected Varieties  
24oz**\$3.99  
ea  
SAVE \$1.30ea**BAD NUTRITION  
CHIA PUDDINGAssorted Varieties  
6.3oz**\$4.99  
ea  
SAVE \$1ea**NEW SEASONS  
BUTTER

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

1lb

**\$4.19  
ea  
FEATURED**ABBOT'S  
PLANT-BASED  
PROTEINSAssorted Varieties  
10oz**\$5.99  
ea  
SAVE \$3ea**CLIO SNACKS  
GREEK  
YOGURT  
BARSAssorted Varieties  
4ct**\$4.49  
ea  
SAVE \$3ea**DAISY BRAND  
SQUEEZE  
SOUR CREAMRegular or Light.  
14oz**\$2.99  
ea  
SAVE 80¢ea**HOUSE FOODS  
TOFU

Selected Varieties

**20%  
off**YAZA  
LABNEHAssorted Varieties  
12oz**\$5.49  
ea  
SAVE UP TO \$2.20ea**KICKING HORSE COFFEE  
COFFEESelected Varieties  
10oz**\$14.99  
ea  
SAVE \$7ea**HIBALL  
ENERGY  
SELTZERAssorted Varieties  
16oz**2 for \$5  
SAVE 69¢ea**100 COCONUTS  
PURE  
COCONUT  
WATERAssorted Varieties  
11oz**3 for \$5  
SAVE \$1.32ea**LACROIX  
SPARKLING WATERAssorted Varieties  
8pk/12oz**2 for \$7  
SAVE \$1.49ea**RXBAR  
PROTEIN  
BARSelected Varieties  
1.83-1.9oz**BUY 2 GET 1  
FREE  
SAVE \$2.59 ON 3**Available  
in-store onlyRANGER  
CHOCOLATE COMPANY  
GRANOLAAssorted Varieties  
12-13.05oz**\$10.99  
ea  
SAVE UP TO \$4ea**DAVE'S KILLER BREAD  
BUNS OR BREADSelected  
Varieties  
17.6-27ozPNW  
LOCAL**BUY 1 GET 1  
1/2 OFF  
SAVE \$3.50 ON 2**Available  
in-store onlyMISSION FOODS  
BURRITO FLOUR  
TORTILLAS

8ct

**\$3.49  
ea  
SAVE \$1ea**SEVENTH GENERATION  
CLEANING AND  
PAPER PRODUCTS

Selected Varieties

**25%  
off**softness & strength  
2-PLY SHEETS FOR PREMIUM SOFTNESS & STRENGTH