

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

Really BIG DEAL

50% off

BREW DR. KOMBUCHA

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

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

APPLIGATE 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
Visit us online at 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.

\$10⁹⁹
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

\$9⁹⁹
ea
SAVE \$1ea



NEW SEASONS ALL BULK SAUSAGE

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

\$5⁹⁹
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.

\$11⁹⁹
lb
SAVE \$2lb



FLORAL

10-STEM TULIP BUNCH

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

PNW
LOCAL



\$10⁹⁹
ea
SAVE \$2ea

PRODUCE

ASPARAGUS

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

\$5⁹⁹
lb
SAVE \$1lb



SATSUMA MANDARINS

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

3lb bag

\$5⁹⁹
ea
SAVE \$1ea



ORGANICGIRL SELECT SALAD BLENDS

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

5oz

\$4⁴⁹
ea
SAVE 50¢ea



BAKERY & 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.



\$4⁹⁹
ea
SAVE \$1ea

LACLARE FAMILY CREAMERY CRUMBLLED 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

IT'S
NEW!

Marinated half chicken roasted with a tangy, herbaceous sauce.



\$5⁹⁹
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.



\$9⁹⁹
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



\$7⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

CREMINELLI 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.



\$10⁹⁹
lb
SAVE \$3lb

PNW
LOCAL

ORIGAMI CATERING CALIFORNIA ROLL

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



\$8⁹⁹
ea
SAVE \$1ea

PNW
LOCAL

BEER & WINE

**MIX
&
MATCH**

10% off

6 bottles of wine

20% off

12 or more bottles of wine

*Offer available in-store only.

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



\$12⁹⁹
ea
SAVE UP TO \$3ea

PNW
LOCAL

PALAMA 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



\$12⁹⁹
ea
SAVE \$2ea

GIGANTIC BREWING 19.2OZ CANS

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



\$3⁹⁹
ea
SAVE \$2ea

PNW
LOCAL

HOGUE 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



\$7⁹⁹
ea
SAVE \$6ea

PNW
LOCAL

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.

DON'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 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**



SUNFOOD SUPERFOODS

Save on select sustainably sourced, nutrient-dense superfoods.

**30%
off**



COUNTRY LIFE VITAMINS AND SUPPLEMENTS

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

**25%
off**



LAZARUS NATURALS CBD PRODUCTS

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

**30%
off**



OLLY GUMMY SUPPLEMENTS

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

**30%
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



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



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



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



TRUVANI PLANT-BASED PROTEIN POWDER

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

20.95oz

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



ALBA BOTANICA ACNEDOTE FACE AND BODY SCRUB

A blend of botanical ingredients and salicylic acid for clear, smooth skin.

8oz

**\$8.99
ea**
SAVE \$4ea



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

BLUEBIRD GRAIN FARMS GRAINS AND FLOURS

Selected Varieties

PNW
LOCAL

**20%
off**



ORGANIC GOLDEN FLAX SEED

**\$4.49
lb**
SAVE 50¢lb



HUMMINGBIRD WHOLESALE ORGANIC PITTED DEGLET NOOR DATES

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



PNW
LOCAL

NOSSA FAMILIA COFFEE COFFEE

Selected Varieties

PNW
LOCAL

**\$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 Varieties



50%
off

**INKA CROPS
SNACKS**
Selected
Varieties
4oz



2 for \$5
SAVE UP TO \$2.29ea

**EPIC
MEAT SNACKS**
Selected Varieties



25%
off

**ONE BRANDS
PROTEIN BAR**
Selected Varieties
2.12oz



2 for \$5
SAVE 89¢ea

**THINK!
PROTEIN BAR**
Selected Varieties
1.41-2.1oz



\$2.29
ea
SAVE 30¢ea

**DARRELL LEA
SOFT AUSTRALIAN
LICORICE**
Selected Varieties
7oz



\$2.99
ea
SAVE 80¢ea

**BAHLEN
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 \$3.50ea

**FEEL GOOD FOODS
FROZEN APPETIZERS**
Selected Varieties
7-10oz



\$7.99
ea
SAVE UP TO \$3ea

**MEATI FOODS
MYCELIUM-BASED
PROTEINS**
Assorted Varieties



30%
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¢ea

**FOOD FOR LIFE
SPROUTED GRAIN
BREAD**
Selected Varieties



20%
off

**CASCADIAN FARM ORGANIC
FROZEN
POTATOES**
Selected Varieties
16oz



**BUY 1 GET 1
FREE**
SAVE \$7.99 ON 2

**SAFFRON ROAD
FROZEN ENTRÉES**
Selected Varieties
10oz



**BUY 1 GET 1
½ OFF**
SAVE \$3.75 ON 2

Available
in-store only

**RED'S
FROZEN BURRITOS**
Selected Varieties
4.5-5oz



**BUY 1 GET 1
½ OFF**
SAVE \$1.40 ON 2

Available
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.

OATLY
OATMILK
Selected Varieties
32oz

\$4⁹⁹
ea
SAVE UP
TO \$1.30ea



NATURE'S PATH
ORGANIC
CEREAL
Selected Varieties
10-14oz

\$3⁹⁹
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

PNW
LOCAL

\$4⁹⁹
ea
SAVE UP TO \$2.40ea



STUMPTOWN COFFEE
ROASTERS
COFFEE
Selected Varieties
10.5-12oz

\$15⁹⁹
ea
SAVE \$2ea



PNW
LOCAL

WOODSTOCK
NUT BUTTER
Selected Varieties

20%
off



COOMBS FAMILY FARMS
ORGANIC
MAPLE SYRUP
Selected Varieties

20%
off



KODIAK CAKES
BUTTERMILK
FLAPJACK &
WAFFLE MIX
Selected Varieties
18-20oz

\$5⁹⁹
ea
SAVE \$2.60ea



4TH & HEART
GHEE
Selected Varieties

20%
off



DIVINA
OLIVES
Selected Varieties

20%
off



KETTLE & FIRE
BONE
BROTH
Selected Varieties
16.9oz

\$5⁹⁹
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 & SMOKE SOCIETY
RUBS AND SPICES
Assorted Varieties
5.1-6.1oz

\$5⁹⁹
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

\$3⁹⁹
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 YOGURT

Assorted Varieties
8oz



\$8.49 ea
SAVE \$3ea

THE GREEK GODS GREEK YOGURT

Selected Varieties
24oz



\$3.99 ea
SAVE \$1.30ea

BAD NUTRITION CHIA PUDDING

Assorted 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 PROTEINS

Assorted Varieties
10oz



\$5.99 ea
SAVE \$3ea

CLIO SNACKS GREEK YOGURT BARS

Assorted Varieties
4ct



\$4.49 ea
SAVE \$3ea

DAISY BRAND SQUEEZE SOUR CREAM

Regular or Light.
14oz



\$2.99 ea
SAVE 80¢ea

HOUSE FOODS TOFU

Selected Varieties



20% off

YAZA LABNEH

Assorted Varieties
12oz



\$5.49 ea
SAVE UP TO \$2.20ea

KICKING HORSE COFFEE

Selected Varieties
10oz



\$14.99 ea
SAVE \$7ea

HIBALL ENERGY SELTZER

Assorted Varieties
16oz



2 for \$5
SAVE 69¢ea

100 COCONUTS PURE COCONUT WATER

Assorted Varieties
11oz



3 for \$5
SAVE \$1.32ea

LACROIX SPARKLING WATER

Assorted Varieties
8pk/12oz



2 for \$7
SAVE \$1.49ea

RXBAR PROTEIN BAR

Selected Varieties
1.83-1.9oz



BUY 2 GET 1 FREE
SAVE \$2.59 ON 3

Available in-store only

RANGER CHOCOLATE COMPANY GRANOLA

Assorted Varieties
12-13.05oz



\$10.99 ea
SAVE UP TO \$4ea

DAVE'S KILLER BREAD BUNS OR BREAD

Selected Varieties
17.6-27oz



PNW LOCAL

BUY 1 GET 1 1/2 OFF
SAVE \$3.50 ON 2

Available in-store only

MISSION 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