

☀️ **ONE DAY Only** ☀️

BRING ON THE HALIBUT!

Fresh, sustainably wild-caught halibut is here for all your spring recipes.



WHOLE HALIBUT SALE

**SATURDAY, MAY 2,
9am-5pm**

\$15.99
lb

We'll cut and wrap any way you like!

SALE

FRESH HALIBUT FILLET **\$29.99**
lb
SAVE \$9lb

MARY'S WHOLE FRYER CHICKEN

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.



\$2.59
lb
SAVE \$1lb

ORGANIC AVOCADOS

The perfect addition to dips, salads, or toast!
Grown in Mexico.



5 for \$5
SAVE 89¢ea

RED'S FROZEN BURRITOS

Assorted Varieties
4.5-5oz



2 for \$5
SAVE UP TO 49¢ea

☀️ **Really BIG DEAL** ☀️

50%
off

GLUTEN-FREE PRODUCTS

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

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



2 for \$7
SAVE \$1.99ea

TILLAMOOK SHREDDED CHEESE

Selected Varieties
8oz



2 for \$7
SAVE \$1.69ea

PNW LOCAL

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*

May



CHEESE of the MONTH



SLEEPING BEAUTY CHEESE
CASCADIA CREAMERY | TROUT LAKE, WA
 A buttery, nutty cheese with gentle sharpness and a lively mineral finish. Firm but creamy, it breaks with a slight crumble.

BREAD of the MONTH



ORGANIC FRENCH BATARD
NEW SEASONS MARKET | PORTLAND, OR
 Baked in-house by our talented bakers, this French batard is crisp on the outside with a light, airy interior.

CAKE of the MONTH



WHEAT-FREE CHOCOLATE DECADENCE
DESSERT TRAY | BEAVERTON, OR
 A deeply rich and intensely chocolately wheat-free dessert with a dense, decadent texture.

MEAT & SEAFOOD

BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Tender, juicy, and delicious slow-cooked or braised. No antibiotics ever.



\$4.49
 lb
 SAVE \$1.50lb

HONEY SMOKED FISH CO. HONEY SMOKED SALMON

Lightly smoked over honey-coated hickory for a rich, savory flavor with a touch of sweetness. **6oz**



BUY 1 GET 1 FREE
 SAVE \$13.99 ON 2

CREEKSTONE FARMS BAVETTE STEAKS

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



\$16.99
 lb
 SAVE \$3lb

OREGON BAY SHRIMP

Fresh, briny, first-of-the-season shrimp, sustainably harvested locally. Cooked and ready to eat!



\$9.99
 lb
 SAVE \$1lb



FLORAL

BRIMMING WITH BLOOMS

Beautiful hanging baskets created just for New Seasons by family-owned Bauman's Farm in Gervais, OR.



MOTHER'S DAY FLOWERS

Call or stop by your neighborhood New Seasons' floral department to pre-order your Mother's Day arrangements now.



PRODUCE

NEW SEASONS GUACAMOLE

House-made with fresh, high-quality ingredients. Great with New Seasons Tortilla Chips! **7.5oz**



\$4.99
 ea
 SAVE \$1.30ea

ORGANIC LIMES

Add a squeeze of vibrant, tangy flavor to dressings, dips, and cocktails. From Covilli Brand Organics in Mexico.



\$2.99
 lb
 SAVE \$2lb

ORGANIC ATAULFO MANGOS

Sweet and creamy with a honey-like flavor. From Crespo Organic in Mexico.



2 for \$5
 SAVE \$1ea

BAKERY & CHEESE

TRES LECHERIA TRES LECHES CAKES SLICES

Moist sponge cake soaked in a blend of three kinds of milk and topped with whipped cream.

PNW LOCAL

\$9.49
ea
SAVE 50¢ea



POINT REYES FARMSTEAD CHEESE CO. BRIE WHEELS

Rich, flavorful artisan brie in a perfect sharing size. Choose Original or Truffle. 5oz



\$7.99
ea
SAVE \$1ea

NEW SEASONS BLACK BEAN & CHEDDAR CAKES

Freshly made with black beans and cheddar. Perfect with salsa and a side of sour cream!

\$3.89
ea
SAVE \$1ea



NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.

\$13.99
lb
SAVE \$3lb



DOS HERMANOS BAKERY SLICED SESAME SOURDOUGH

A perfect balance of flavor and texture for sandwiches or butter and jam.

PNW LOCAL

\$7.49
ea
SAVE 50¢ea



DON FROYLAN CREAMERY MEXICAN CHEESES

Authentic, award-winning cheeses, handcrafted in Salem. Assorted varieties. 10oz

PNW LOCAL

Starting at:
\$6.99
ea
SAVE \$1ea



AZEH'S KITCHEN SPICY QUINOA & CORN SALAD

White quinoa, corn, black beans, arugula, and bell pepper in a tangy, spicy dressing.

PNW LOCAL

\$10.99
lb
SAVE \$3lb



ORIGAMI CATERING CUCUMBER AVOCADO ROLL

Featuring English cucumber, avocado, and toasted sesame seeds.

PNW LOCAL

\$7.99
ea
SAVE \$2ea



BEER & WINE

Really BIG DEAL

PRE-SHOP
OUR ANNUAL
SPRING
WINE SALE!

30% off
12+ BOTTLES
20% off
6 - 11 BOTTLES

Pre-order in store now through May 12, for pick-up during our sale May 13 - 19. Additional discount available during sale period only. Selection varies by location. In-store only.

L.A. CETTO MEXICAN WINES

Bold, full-flavored wines from one of Mexico's oldest wineries and largest producer. Selection may vary by location. 750ml

\$12.99
ea
SAVE \$2ea



MODELO MEXICAN LAGERS

We're loving the crisp and full-flavored Especial with a balanced, light hop character. Non-alcoholic Limon y Sal also available! 6pk/12oz

\$12.99
ea
SAVE \$3ea



APLÓS NON-ALCOHOLIC COCKTAIL

Elevated, alcohol-free cocktails crafted by award-winning mixologists with all-natural ingredients and calming botanicals to help you relax and unwind. 8.5oz

\$5.99
ea
SAVE \$1ea



BUOY BEER CO. MEXICAN-STYLE LAGER

Bright and refreshing with smooth, light-bodied malt, a touch of corn, and a hint of citrus. Effortlessly sessionable. 16oz

PNW LOCAL

IT'S NEW!

\$3.99
ea
SAVE \$1ea



SHOP ONLINE, SAVE \$15!

Spring into easier shopping—download our app and get \$15 off your first \$60+ order with code **DOWNLOAD15** for same-day pickup or delivery.

shop.newseasonsmarket.com

Powered by

Instacart

Terms apply.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get 30% off in the home goods department

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.



WELLNESS

BLOOM ESSENTIAL OILS

Save on all your favorite essential oils from New Leaf Bloom.

25% off



OCEANBLUE FISH OILS

Pure, high-potency omega-3 formulas from our newest line of fish oil supplements.

30% off



THE UNSCENTED COMPANY BODY CARE

Made with all-natural, fragrance-free plant and mineral-based ingredients.

30% off



OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Stock up and save on local herbal supplements.

30% off



PNW LOCAL

NOW FOODS L-THEANINE 100MG

A unique amino acid that helps support relaxation without causing drowsiness. 90vs

\$14.99 ea
SAVE \$8ea



CHILDLIFE ESSENTIALS LIQUID VITAMIN C

Great-tasting, all-natural immune support for infants, children, and teens. 4oz

\$6.99 ea



OM MASTER BLEND MUSHROOM POWDER

A blend of organic whole-food mushrooms and botanical adaptogens. Save on select formulas. 3.17oz

\$19.99 ea



RADIUS FLOSS

Ultra-soft, expanding sponge floss to gently sweep away plaque. Save on select flavors. 55yd

\$3.89 ea
SAVE \$1.60ea



PORTLAND BEE BALM LIP BALMS

Locally made with PNW beeswax. Save on select flavors.

\$2.89 ea
SAVE \$1ea



PNW LOCAL

DR. BRONNER'S MAGIC SOAP REFILLS

Less plastic, same great soap! Use it to refill your existing container! 32oz

\$14.99 ea
SAVE \$7ea



GROCERY

MCCONNELL'S FINE ICE CREAMS ICE CREAMS & SORBETS

Selected Varieties 1pt

BUY 1 GET 1 FREE

SAVE \$8.99 ON 2



PURAVIDA FIRE ROASTED VEGETABLES

Selected Varieties 10oz

\$3.49 ea
SAVE 50¢ea



ACTUAL VEGGIES BURGERS OR SUPER FRIES

Assorted Varieties 12-14oz

\$6.99 ea

SAVE UP TO \$1.70ea



KEVIN'S NATURAL FOODS FROZEN BOWLS

Selected Varieties 9-9.5oz

\$5.99 ea

SAVE UP TO \$1.20ea



SAN DIABLO ARTISAN CHURROS TAKE & BAKE CHURROS

6ct

\$6.99 ea

SAVE \$1.60ea



HUNDY! FROZEN FRUIT POPS

Mango or Pineapple. 6ct

\$8.99 ea

SAVE \$1.50ea



GARDEIN PLANT-BASED PROTEINS

Selected Varieties

20% off



MASIENDA QUESADILLAS

Assorted Varieties 8-9oz

\$8.99 ea

SAVE UP TO \$2.20ea



GROCERY

**LOS ROAST
NEW MEXICO
CHILE SAUCE**
Green or Red.
16oz



\$6⁹⁹
ea
SAVE UP TO \$2.60ea

**FILLO'S
BEANS**
Assorted Varieties
10oz



2 for \$7
SAVE \$1.49ea

**SPANGLISH ASADERO
SEASONINGS**
Assorted Varieties



33% off

**VIGO
RICE**
Selected Varieties



20% off

**ANNIE'S
PASTA &
CHEESE**
Selected Varieties



25% off

**ZOUP!
CULINARY
CONCENTRATE**
Assorted Varieties
7-8oz



\$7⁹⁹
ea
SAVE \$2ea

**MELINDA'S
SAUCES**
Assorted Varieties



20% off

**FLY BY JING
CHILI CRISPS AND
SAUCES**
Assorted Varieties
6oz



\$11⁹⁹
ea
SAVE \$1.80ea

**NAPOLEON
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
33.8oz



\$15⁹⁹
ea
SAVE \$3.50ea

**KINDER'S
GLAZES, MARINADES &
DIPPING SAUCES**
Selected Varieties



30% off

**SANTA CRUZ ORGANIC
PURE LEMON
OR LIME JUICE**
32oz



\$6⁹⁹
ea
SAVE \$1.60ea

**SANTA CRUZ ORGANIC
FRUIT JUICES**
Selected Varieties



20% off

**CROFTER'S ORGANIC
PREMIUM
FRUIT SPREAD**
Assorted Varieties
16.5oz



\$4⁹⁹
ea
SAVE \$1.50ea

**ELMHURST
PLANT MILKS**
Assorted Varieties
32oz



\$5⁹⁹
ea
SAVE \$1.60ea

**PLANET OAT
OATMILK**
Selected Varieties
32oz



2 for \$6
SAVE \$1.29ea

**PAW LOVE
DOG TREATS**
Assorted Varieties



20% off

BULK

**BLUEBIRD GRAIN FARMS
ORGANIC
EINKORN FLOUR**



\$4⁴⁹
lb
SAVE 50¢lb

**ORGANIC
TURKISH
APRICOTS**



\$17⁹⁹
lb
SAVE \$2lb

**TONY'S COFFEE
ORGANIC COFFEE**



\$16⁹⁹
lb
SAVE \$2lb

**FRONTIER CO-OP
SPICES & SEASONINGS**



20% off

GROCERY

BARBARA'S CHEESE PUFFS
Assorted Varieties
5.5-7oz



2 for \$7
SAVE \$1.09 ea

JACKSON'S POTATO CHIPS
Selected Varieties
5oz



\$2.99 ea
SAVE UP TO \$1.80 ea

CATALINA CRUNCH SNACK MIX
Assorted Varieties
5.25-6oz



\$6.99 ea
SAVE UP TO \$1.40 ea

BETTER WITH BUCKWHEAT MAINE CRISPS
Assorted Varieties
4oz



\$6.99 ea
SAVE 70¢ ea

LIL BUCKS ORGANIC SPROUTED SUPER-SEED SNACK
Assorted Varieties
4-6oz



BUY 1 GET 1 FREE
SAVE \$7.49 ON 2

MIGHTY SPARK SNACK STICKS
Assorted Varieties
4oz



\$6.99 ea
SAVE \$1.20 ea

BONNE MAMAN TARTLETS
Assorted Varieties
9ct



\$5.99 ea
SAVE \$3 ea

SERENITY KIDS BABY FOOD
Selected Varieties



20% off

GOMACRO ORGANIC MACROBARS
Assorted Varieties
4ct



\$9.99 ea
SAVE \$1.50 ea

ONE BRANDS PROTEIN BAR
Assorted Varieties
2.12oz



2 for \$5
SAVE 89¢ ea

IQBAR PLANT-BASED PROTEIN BAR
Assorted Varieties
1.6oz



3 for \$5
SAVE 82¢ ea

BEYOND GOOD CHOCOLATE BAR
Selected Varieties
2.64oz



\$3.99 ea
SAVE 90¢ ea

ARDOR ORGANIC SPARKLING ENERGY WATER
Assorted Varieties
12oz



\$2.79 ea
SAVE 80¢ ea

LEMON PERFECT HYDRATING LEMON WATER
Assorted Varieties
15.2oz



BUY 1 GET 1 FREE
SAVE \$2.59 ON 2

HALFDAY PREBIOTIC ICED TEA
Assorted Varieties
12oz



2 for \$4
SAVE 79¢ ea

C2O COCONUT WATER
Selected Varieties
1L



\$4.99 ea
SAVE \$1 ea

CAFFE UMBRIA WHOLE BEAN COFFEE
Assorted Varieties
12oz



\$13.99 ea
SAVE \$1 ea

DAYTRIP BEVERAGES CBD-INFUSED SPARKLING WATER
Assorted Varieties
12oz



2 for \$7
SAVE 69¢ ea

Available in OR stores only

Q MIXERS PREMIUM DRINK MIXERS
Selected Varieties
4pk/7.5oz



BUY 1 GET 1 FREE
SAVE \$4.99 ON 2

TOPO CHICO SABORES SPARKLING WATER
Assorted Varieties
8pk/12oz



\$8.99 ea
SAVE \$2 ea

GROCERY

STRAUS FAMILY CREAMERY
ORGANIC EUROPEAN STYLE YOGURT
 32oz



\$5.99
 ea
 SAVE \$1.60ea

BELLWETHER FARMS
A2 ORGANIC YOGURT
 Plain or Vanilla.
 32oz



\$5.99
 ea
 SAVE UP TO \$2ea

WILCOX FAMILY FARMS
ORGANIC LARGE BROWN EGGS
 1doz



\$4.99
 ea
 SAVE 50¢ea

LACTAID
LACTOSE-FREE MILK
 Selected Varieties
 1/2 gal



\$4.99
 ea
 SAVE UP TO 70¢ea

SIGGI'S
PROTEIN PACK YOGURT POUCH
 Selected Varieties
 4.5oz



2 for \$4
 SAVE 49¢ea

PETIT POT
ORGANIC FRENCH DESSERT
 Selected Varieties
 2ct



\$4.99
 ea
 SAVE \$1.30ea

MISSION FOODS
STREET TACOS
 Selected Varieties
 12-24ct



2 for \$4
 SAVE 99¢ea

DAVE'S KILLER BREAD
ORGANIC THIN-SLICED BREAD
 Assorted Varieties
 20.5oz



\$4.99
 ea
 SAVE \$2ea

DAISY BRAND
SQUEEZE SOUR CREAM
 Regular or Light.
 14oz



\$2.99
 ea
 SAVE 80¢ea

MAMA TORREZ
SALSA
 Assorted Varieties
 12oz



PNW LOCAL

\$4.99
 ea
 SAVE \$1.60ea

GOOD FOODS
AVOCADO SALSA OR MASH
 Selected Varieties
 7-12oz



\$4.99
 ea
 SAVE UP TO \$1.50ea

EL BURRITO
MEATLESS SOY CHORIZO
 12oz



\$4.99
 ea
 SAVE \$2.40ea

BUBBIES
PICKLES AND HORSERADISH
 Selected Varieties



20%
 off

BELGIOIOSO
HISPANIC SELECTION CHEESES
 Assorted Varieties
 5oz



BUY 1 GET 1 FREE
 SAVE \$3.49 ON 2

NAKED
SMOOTHIE
 Selected Varieties
 15.2oz



2 for \$7
 SAVE 79¢ea

HEALTH-ADE
ORGANIC KOMBUCHA
 Assorted Varieties
 48oz



\$7.99
 ea
 SAVE \$1.80ea

Really BIG DEAL

50%
 off

GLUTEN-FREE PRODUCTS

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