

LOCAL RAINIERS ARE HERE!

Sweet, juicy, and delicately tender,
these local cherries are peak-season
perfection—but they won't last long!

Really BIG DEAL

**RAINIER
CHERRIES**

From Allview Orchards in Chelan, WA.

\$6⁹⁹
lb
SAVE \$1lb

Really BIG DEALS

MARY'S BONELESS SKINLESS CHICKEN BREASTS

Humanely raised and always air-chilled.
Delicious on the grill!

\$5⁹⁹
lb

SAVE \$2lb



NEW SEASONS CURRY CHICKEN SAUSAGE LINKS

House-made using humanely raised
chicken with no antibiotics ever.

\$5⁹⁹
lb

SAVE \$2lb



SUMMER
OF
SCAMPS

50%
off

**BEN & JERRY'S
+ GOODPOP**

Exclusions apply. Limited to stock on
hand or while supplies last.

OATLY OATMILK

Selected Varieties
1/2gal

\$3⁹⁹
ea

SAVE \$3ea



KETTLE BRAND PARTY SIZE POTATO CHIPS

Assorted Varieties
13oz

\$3⁹⁹
ea

SAVE \$3ea



PNW
LOCAL

20%
off

SELECT
**NON-ALCOHOLIC
WINES, BEERS,
AND SPIRITS**

Items priced as marked. No additional discounts. Limited to
stock on hand. Selection varies by location.

WHAT WE'RE loving



Unger Century Farms

When it comes to local berries, this fourth-generation family farm has been our go-to from the very beginning.

Nestled in the heart of Oregon berry country, Unger Century Farms grows some of the most delicious fruit around—from melt-in-your-mouth Hood strawberries to flavor-packed blueberries. Their dedication to peak-season, Oregon-grown goodness keeps us coming back year after year.



MEAT & SEAFOOD

SOCKEYE SALMON FILLET

First of the season! Fresh, wild-caught, and full of rich, robust flavor. A BBQ fave.



TOP SIRLOIN STEAK

USDA Choice, humanely range-raised, and great on the grill!



\$15⁹⁹_{lb}

FEATURED

NEW SEASONS HOUSE-MADE BEEF SKEWERS

Grill-ready beef skewers made in-house with our gluten-free marinades.



\$17⁹⁹_{lb}

FEATURED

NEW SEASONS COHO SALMON SKEWERS

Made in-house with sustainably harvested wild Coho seasoned in one of our delicious marinades. Ready for the grill!



\$17⁹⁹_{lb}

SAVE \$2lb

RIVERENCE WHOLE DRESSED TROUT

Sustainably farm-raised in Idaho's Magic Valley. Delicious baked, pan-roasted, or grilled.



\$7⁹⁹_{lb}

SAVE \$2lb



\$25⁹⁹_{lb}

FLORAL

SPRAY ROSES

These beautiful petite blooms bring big charm to any space. 5-stem bunch.



\$8⁹⁹_{ea}

SAVE \$4ea

LOVE BIRTHDAY TREATS? THIS ONE'S ON US.

Neighbor Rewards members get a FREE pint of New Seasons ice cream on their special day—because birthdays should be sweet.

Just make sure your birthday is added to your account at newseasonsmarket.com/rewards so we know when to celebrate you!



PRODUCE

KISS MELONS

Sweet, juicy, and bursting with sun-ripened flavor. From Legend Produce in Scottsdale, AZ.



\$1⁴⁹_{lb}

SAVE 50¢lb

ORGANIC PEACHES

Grown in the California sun and picked at the peak of perfection. From Valliwide in Reedley, CA.



\$4⁹⁹_{lb}

SAVE \$1lb

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Sunrise Organic Farm in Albany, OR.



2 for \$5

SAVE 49¢ea

BAKERY & CHEESE

SCHWARTZ BROTHERS BAKERY PINK FROSTED COOKIES

Tender-crisp sugar cookies topped with pink buttercream frosting. A portion of proceeds supports Breast Cancer Awareness.

8ct

\$7⁹⁹
ea

SAVE \$1ea



PNW LOCAL

LONG CLAWSON DAIRY BLUE STILTON

Earthy, rich, and slightly spicy, this classic blue cheese adds bold flavor to burgers, snack plates, and more.

\$19⁹⁹
lb

SAVE \$2lb



NEW SEASONS GREEK PITA

Soft, flatbread for summer wraps, sandwiches, or scooping up your favorite hummus.

6ct

\$4⁹⁹
ea

SAVE \$1ea



NEW SEASONS SWEET AND SPICY PIMENTO CHEESE

The perfect summer spread for your burgers, veggie platters, and sandwiches.

6oz

\$7⁴⁹
ea

SAVE \$1ea



NEW SEASONS CAPRESE SALAD

A classic summer salad featuring tomatoes, fresh mozzarella, and herbs.

\$11⁹⁹
lb

SAVE \$1lb



IT'S IN SEASON!

NEW SEASONS MEDITERRANEAN TURKEY BREAST

Boneless Diestel turkey breast coated with herbs and smoked paprika, then roasted to perfection.

\$17⁹⁹
lb

SAVE \$2lb



OLYMPIA PROVISIONS SWEETHEART HAM

Locally handcrafted pork sirloin tip gently smoked over applewood.

\$16⁹⁹
lb

SAVE \$4lb



PNW LOCAL

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

20% OFF NON-ALCOHOLIC SUMMER SIPPERS

OVERJOY NON-ALCOHOLIC WINES

Introducing Overjoy non-alcoholic wines from our good friends at Scotto Cellars. All the quality and character of fine wine, without the alcohol. Choose from Cabernet Sauvignon, Sauvignon Blanc, and Sparkling.

750ml

\$11⁹⁹
ea

AFTER 20% DISCOUNT



IT'S NEW!

ONLY AT NSM

UNDERWOOD WINE NON-ALCOHOLIC ROSÉ BUBBLES

A local favorite, now available without alcohol, with notes of Hood strawberry, watermelon, and grapefruit. Soft floral and hibiscus tones add elegance to the finish.

355ml

\$5⁵⁹
ea

AFTER 20% DISCOUNT



IT'S NEW!

ONLY AT NSM

IT SAVES TO SHOP ONLINE!

Get everything you love in-store, without the lines. Use code **DELIVER4YOU** for FREE pickup or delivery!

shop.newseasonsmarket.com

Powered by
instacart

*Terms apply. Free pickup on orders of \$35+.

BEST DAY BREWING NON-ALCOHOLIC CRAFT BEER

Full-flavor, full-body, and full-aroma craft beer—minus the alcohol. Try the clean, crisp Nature's Pils seasonal or customer-favorite Kölsch, plus more refreshing options.

6pk/12oz

\$10³⁹
ea

AFTER 20% DISCOUNT



SPRITZ DEL CONTE NON-ALCOHOLIC SPRITZ

This non-alcoholic Italian spritz features a blend of aromatic herbs with notes of orange, boasting a bright color and light, refreshing taste.

750ml

\$15¹⁹
ea

AFTER 20% DISCOUNT



ST. AGRESTIS NON-ALCOHOLIC NEGRONI

Elegant floral and piney citrus notes blend seamlessly in this classic, non-alcoholic Negroni. A touch of carbonation adds a delightful bite. Serve over ice with a twist of orange.

200ml

\$5⁵⁹
ea

AFTER 20% DISCOUNT



BEER

BUOY BEER CO. PRIDE WEST COAST IPA

Dank, tropical, and perfectly balanced. A portion of proceeds support the LGBTQ+ community.

16oz

2 for \$7

SAVE \$1.49ea



PNW LOCAL

WELLNESS

BADGER MINERAL-BASED SUNSCREENS

Enjoy great savings on broad-spectrum, mineral-based sunscreens from this fellow B Corp.

25% off



CHARLOTTE'S WEB SLEEP AND CALM CBD GUMMIES

Used to help promote sleep and relaxation with 10mg of full-spectrum CBD per serving.

30ct

\$23⁹⁹ ea

SAVE \$12ea



MANITOBA HARVEST RAW SHELLLED HEMP HEARTS

An easy and delicious way to add heart-healthy omega-3s to your diet. Save on select products.

8oz

\$7⁴⁹ ea

SAVE \$3.50ea



OREGON'S WILD HARVEST ORGANIC SAW PALMETTO

Made with USDA Certified Organic Saw Palmetto berry, freshly milled and processed for optimum potency.

90ct

\$22⁹⁹ ea

SAVE \$9ea



NOW FOODS IRON COMPLEX

A vegetarian formula designed to maximize iron absorption and utilization. Gentle on the stomach.

100tab

\$9⁹⁹ ea

SAVE \$4ea



MRM NUTRITION DIGEST-ALL

A full spectrum of carbohydrate, protein, and fat-digesting enzymes in a single formula.

30vc

\$6⁴⁹ ea

SAVE \$4.50ea



QUANTUM HEALTH BUZZ AWAY EXTREME SPRAY

Enjoy the outdoors with a deet-free essential oil-based formula.

2oz

\$5⁴⁹ ea

SAVE \$2.50ea

PNW LOCAL



OREGON SOAP COMPANY FOAMING HAND SOAPS

Made with all-natural organic ingredients to soothe and cleanse. Over 325 pumps per bottle.

8.3oz

\$5⁹⁹ ea

SAVE \$3ea

PNW LOCAL



BOIRON ARNICARE GEL

Helps to soothe sore muscles and bruises. Save on arnica cream and ointment as well.

1.5oz

\$6⁴⁹ ea

SAVE \$2.50ea



DR. BRONNER'S MAGIC BAR SOAPS

Made with certified organic oils for soft, smooth, moisturized skin.

5oz

\$3⁴⁹ ea

SAVE \$2.10ea



GROCERY

BEN & JERRY'S ICE CREAM

Assorted Varieties

NOW:

\$3⁴⁹ ea

\$6⁴⁹ ea

WITH 50% DISCOUNT

SUMMER OF SCAMPS



BROTHERS INTERNATIONAL DESSERTS SPUMONI ICE CREAM

32oz

\$8⁹⁹ ea

SAVE \$2.50ea



URBAN PIE PIZZA CO. FROZEN PIZZA

Assorted Varieties

16.7-20.45oz

\$7⁹⁹ ea

SAVE \$3ea



URBAN PIE PIZZA CO. MINI CALZONES

Assorted Varieties

8oz

\$7⁹⁹ ea

SAVE \$1ea



GOODPOP FROZEN DESSERTS

Assorted Varieties

NOW:

\$2⁹⁹ ea

\$6⁹⁹ ea

WITH 50% DISCOUNT

SUMMER OF SCAMPS



NEW SEASONS FROZEN FRUIT

Locally sourced from NW farms by family-owned and operated Scenic Fruit Company in Gresham, OR.

10-16oz

Starting at:

\$2⁹⁹ ea

FEATURED

PNW LOCAL



COOL WHIP WHIPPED TOPPING

Assorted Varieties

8oz

2 for \$4

SAVE 69¢ea



STRONG ROOTS PLANT-BASED FROZEN FRIES

Selected Varieties

15-20oz

2 for \$10

SAVE UP TO \$1.39ea



GROCERY

**SKINNYPOP
PARTY SIZE
POPCORN**
8oz

\$5⁹⁹
ea

SAVE \$1.70ea



**PRETZELIZED
PRETZEL CRACKERS**
Assorted Varieties
6.5oz

\$3⁹⁹
ea

SAVE \$1ea



**DARE
CRACKERS**
Assorted Varieties
4.76-7.9oz

\$3⁹⁹
ea

SAVE UP TO \$1.20ea



**HARVEST SNAPS
SNACK
CRISPS**
Assorted Varieties

**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2



**SAHALE SNACKS
SNACK MIX**
Assorted Varieties
4oz

\$5⁹⁹
ea

SAVE UP TO \$2ea



**EQUAL EXCHANGE
ORGANIC NUTS**
Selected Varieties
8-9oz

\$8⁹⁹
ea

SAVE \$2ea



**BACK TO NATURE
COOKIES**
Selected Varieties
5.5-9oz

\$4⁹⁹
ea

SAVE UP TO \$2.60ea



**NEW COAST FORAGING CO.
CANNED NUTS**
Assorted Varieties
9-10.5oz

\$6⁹⁹
ea

FEATURED



**CRISPY GREEN
FREEZE-DRIED
FRUIT SNACKS**
Assorted Varieties
1.69-2.54oz

\$7⁹⁹
ea



**LAIRD SUPERFOOD
PROTEIN BAR**
Selected Varieties
1.6oz

2 for \$4

SAVE 99¢ea



**LUNA
WHOLE
NUTRITION BAR**
Selected Varieties
1.69oz

2 for \$3

SAVE 39¢ea



**PROBAR
PLANT-BASED BAR**
Selected Varieties
2.46-3oz

2 for \$3

SAVE \$1.69ea



**VERSE CHOCOLATE
ORGANIC CHOCOLATE
MEDALLIONS**
Assorted Varieties
3.17oz

\$8⁹⁹
ea

SAVE \$2ea



**TONY'S CHOCOLONELY
LIL' BITS**
Assorted Varieties
4oz

\$4⁹⁹
ea

SAVE 70¢ea



**EQUAL EXCHANGE
ORGANIC
CHOCOLATE
BAR**
Selected Varieties
2.8-3.5oz

\$4⁹⁹
ea

SAVE UP TO \$1.20ea



**ANNIE'S
ORGANIC GRAHAM'S**
Honey or Cinnamon.
14.4oz

2 for \$8

SAVE \$4.39ea



BULK

**HUMMINGBIRD WHOLESALE
ORGANIC
PINTO
BEANS**

\$2⁹⁹
lb

EVERYDAY VALUE



**PORTLAND COFFEE
ROASTERS
COFFEE**
Selected Varieties

\$12⁹⁹
lb

SAVE \$21b



**EQUAL EXCHANGE
ORGANIC
CASHEWS**
Selected Varieties

\$15⁹⁹
lb

SAVE \$41b



**HUMMINGBIRD WHOLESALE
ORGANIC
MIXED NUTS**

\$19⁹⁹
lb

SAVE \$51b



GROCERY

**WOODSTOCK
ORGANIC
BANANA
WATER**
16.9oz



2 for \$5
SAVE 99¢ea

**100 COCONUTS
COCONUT
WATER**
Assorted Varieties
11oz



2 for \$4
SAVE 79¢ea

**ETERNAL
NATURALLY
ALKALINE
SPRING
WATER**
1.5L



2 for \$5
SAVE 99¢ea

**TEAS' TEA ORGANIC
GREEN TEA**
Selected Varieties
16.9oz



\$2²⁹_{ea}
SAVE 70¢ea

**WET HYDRATION
FUNCTIONAL
WELLNESS
WATER**
Assorted Varieties
12oz



2 for \$5
SAVE 99¢ea

**VIDA MATE
YERBA MATE**
Assorted Varieties
16oz



2 for \$5
SAVE 49¢ea

**IZZÉ
SPARKLING JUICE
BEVERAGES**
Selected Varieties
6pk/8.4oz



\$6⁹⁹_{ea}
SAVE \$2ea

**COCA COLA
SODA**
Selected Varieties
12pk/12oz



\$7⁹⁹_{ea}
SAVE \$3ea

**FEVER-TREE
PREMIUM
DRINK MIXERS**
Selected Varieties
8pk/5.07oz



\$6⁹⁹_{ea}
SAVE \$2ea

NOSSA FAMILIA COFFEE
Selected Varieties
12oz



\$11⁹⁹_{ea}
SAVE UP TO \$4ea

**ONCE AGAIN
ORGANIC
PEANUT BUTTER**
Creamy or Crunchy.
16oz



\$6⁹⁹_{ea}
SAVE \$1.20ea

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



\$5⁹⁹_{ea}
SAVE \$1.20ea

**PURELY ELIZABETH
GRANOLA**
Assorted Varieties
8-12oz



\$5⁹⁹_{ea}
SAVE \$2.20ea

**CABOO
BAMBOO
PAPER NAPKINS**
250ct



\$3⁹⁹_{ea}
SAVE \$1ea

**REPURPOSE
COMPOSTABLE
TABLEWARE**
Selected Varieties



**20%
off**

**4SISTERS
RICE**
Assorted Varieties
8.5oz



\$2⁹⁹_{ea}
SAVE 70¢ea

**GIMME
SUSHI NORI
SEAWEED WRAPS**
.81oz



\$3⁹⁹_{ea}
SAVE \$2ea

**NAPOLEON
ORGANIC
EXTRA VIRGIN
OLIVE OIL**
16.9oz



\$14⁹⁹_{ea}
SAVE \$3ea

**O
VINEGAR**
Selected Varieties



**20%
off**

**WOODSTOCK
ORGANIC
CONDIMENTS**
Selected Varieties



**20%
off**

GROCERY

Delicious by Nature

Cold-pressed and full of flavor, Evolution Fresh juices deliver all the natural nutrition of raw fruits and veggies—no added colors or flavors, just pure, delicious refreshment.

EVOLUTION FRESH
ORGANIC COLD-PRESSED JUICE
Selected Varieties
15.2oz

\$3.99
ea
SAVE UP TO \$2ea

CHOBANI GREEK YOGURT

Selected Varieties
5.3oz



4 for \$5
SAVE 34¢ea

NANCY'S YOGURT

Selected Varieties



25% off

PNW LOCAL

ESSENTIAL EVERYDAY SHREDDED OR SLICED CHEESE

Selected Varieties
6-8oz



2 for \$6
SAVE \$1.19ea

TAL'S MEDITERRANEAN DIP

Selected Varieties



25% off

CLIO SNACKS GREEK YOGURT BARS

Assorted Varieties
4ct



\$5.49
ea
SAVE \$2.20ea

MUSH OVERNIGHT OATS

Assorted Varieties
5oz



3 for \$5
SAVE 62¢ea

LAIRD SUPERFOOD SUPERFOOD CREAMER

Selected Varieties
25.4oz



\$4.99
ea
SAVE \$2ea

BON DÉVIL PLANT-BASED GANACHE

Assorted Varieties
9.88oz



\$4.99
ea
SAVE \$1.20ea

NUTS FOR CHEESE ORGANIC VEGAN CHEESE

Assorted Varieties
4.2oz



\$7.49
ea
SAVE \$2.50ea

MUSH MUSHKINS OATMEAL SMOOTHIE

Assorted Varieties
3.2oz



2 for \$4
SAVE 99¢ea

GROUNDWORK COFFEE ORGANIC COLD BREW COFFEE

Selected Varieties
12oz



\$3.49
ea
SAVE \$2ea

PNW LOCAL

KOIA PLANT PROTEIN DRINK

Selected Varieties
12oz



BUY 2 GET 1 FREE
SAVE \$4.19 ON 3

Available in-store only

SUMMER OF SCOOPS

50% off

SEATTLE INTERNATIONAL BAKING COMPANY BUNS

Pub or Brioche.
8ct



\$3.99
ea
SAVE \$3ea

PNW LOCAL

FRANZ MINI BUNS

Double Sesame or Hawaiian.
8ct



\$1.99
ea
SAVE \$3.30ea

PNW LOCAL

BEN & JERRY'S + GOODPOP

Exclusions apply. Limited to stock on hand or while supplies last.