

READY, SET, CELEBRATE!

Not only are our hams tender and juicy, but they're also humanely raised, Non-GMO Project Verified, and antibiotic-free.



NEW SEASONS
HAMS

Starting at:
\$4.99
lb

Really BIG DEALS

MARY'S WHOLE FRYER CHICKEN

Humane Certified, antibiotic-free, and always air-chilled.

\$2.99
lb

SAVE \$1lb



SATSUMA MANDARINS

Sweet, juicy, and supremely snackable.
From Rising C Ranch in Reedley, CA.

\$1.99
lb

SAVE \$1lb



STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties
12oz

\$11.99
ea

SAVE \$5ea



PNW
LOCAL

20%
off

SALSAS LOCAS TAMALES

Chicken, Pork, and Jalepeno and Cheese. From our deli.
While supplies last.

EASY MEAL INSPIRATION UNDER \$20

MARY'S
WHOLE FRYER
CHICKEN

\$2⁹⁹
lb



LUNDBERG FAMILY FARMS
ORGANIC
WILD BLEND
RICE
Selected
Varieties

\$8⁹⁹
lb



ORGANIC
GREEN BEANS

\$2⁹⁹
lb



Check out this space each week for easy meal inspirations featuring quality, hand-selected items from our weekly flyer.

PRODUCE & FLORAL

ORGANIC
GREEN BEANS

Great in soups, casseroles, or as a healthy side. From Covilli Brand Organics in Mexico.

\$2⁹⁹
lb

SAVE \$1lb



ORGANICGIRL
SALAD BLENDS

Choose from 50/50 Blend, Mixed Greens, or Spinach. Grown in Salinas, CA.
1lb pkg

\$6⁹⁹
ea

SAVE \$1ea



HONEYGLOW
PINEAPPLE

Delicious in yogurt and fruit salads, or on a holiday ham. Grown in Costa Rica.

\$4⁹⁹
ea

SAVE \$1ea



IT'S
NEW!

PNW HOLIDAY
BOUQUET

Celebrate the holidays Pacific Northwest-style with this beautiful, locally crafted bouquet.

\$27⁹⁹
ea

SAVE \$2ea



PNW
LOCAL

MEAT & SEAFOOD

KEY TREASURE
IN-SHELL
PINK SHRIMP

Sustainably wild-caught in Florida and flash frozen. Briny taste with a great snap!
31/35ct

\$7⁹⁹
lb

EVERYDAY VALUE



YAKOBI FISHERIES
COHO SALMON FILLET

Sustainably wild-caught and great for a show-stopping holiday centerpiece.

\$18⁹⁹
lb

SAVE \$1lb



YAKOBI FISHERIES
HALIBUT FILLET

Sustainably harvested during the peak of the season in Alaska, and frozen immediately to retain its wild flavor.

\$31⁹⁹
lb

SAVE \$3lb



COUNTRY NATURAL BEEF
BONELESS
RIBEYE STEAK

Humanely raised locally with no antibiotics or added hormones.

\$26⁹⁹
lb

SAVE \$1lb



PNW
LOCAL

PRIME RIB

Choose between Country Natural Beef or Carman Ranch. Bone-in and boneless options available.

Starting at:

\$19⁹⁹
lb

SAVE \$1lb



PNW
LOCAL

SEAFRESH
COOKED SHRIMP

Cooked and ready-to-eat shrimp sustainably farm-raised in Thailand. Great for shrimp cocktail.
31/40ct

\$14⁹⁹
lb

SAVE \$2lb

Pairs wells with New Seasons
Cocktail Sauce \$3.99ea



RESERVE YOUR HOLIDAY FEAST

Make holiday magic with local prime rib, non-GMO ham, ready-to-heat sides, desserts, and more.

Place your order through 10pm,
December 21 at
catering.newseasonsmarket.com



BAKERY & CHEESE

CRESCENDO CHOCOLATE MOUSSE DESSERTS

Handmade with Belgian chocolate. Choose from Chocolate Trio or Cherry Chocolate.

IT'S NEW!

\$5⁹⁹ ea

SAVE \$1ea



CYPRESS GROVE HUMBOLDT FOG

Handcrafted in Northern California, this award-winning goat cheese is the quintessential cheese plate cheese.

\$25⁹⁹ lb

SAVE \$6lb



NEW SEASONS APRICOT GLAZED SPIRAL-SLICED HAM

Humanely raised Beeler's Pure Pork coated in-house with our apricot-pineapple glaze.

\$15⁹⁹ lb

FEATURED



NEW SEASONS ROASTED BRUSSELS SPROUTS

A simple side, lightly seasoned and roasted to perfection.

\$11⁹⁹ lb

FEATURED



SCHWARTZ BROTHERS BAKERY CROISSANT LOAF

A soft and buttery classic that's great for sandwiches and toast with jam.

PNW LOCAL

\$7⁹⁹ ea

SAVE \$1ea



NEW SEASONS CHEESE BALLS

These festive New Seasons exclusives are perfect for any celebration. Choose from Cranberry or Smoked Gouda.

ONLY AT NSM

6.5oz

\$8⁹⁹ ea

FEATURED



COLUMBUS CRAFT MEATS ITALIAN DRY SALAMI

Crafted with black pepper, spices, and a touch of red wine. Perfect for sandwiches or charcuterie boards.

\$13⁹⁹ lb

SAVE \$3lb



ORIGAMI CATERING JAPCHAE NOODLES WITH SALMON

Locally made with Korean sweet potato noodles, baked salmon, sautéed shiitake mushrooms, and vegetables.

PNW LOCAL

IT'S NEW!

\$12⁹⁹ ea

SAVE \$1ea



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.

CHÂTEAU RECOUGNE BORDEAUX ROUGE

A fine and focused Bordeaux with notes of blueberry and plum, accented with hints of dark chocolate and pencil lead. A classic pairing for herb-encrusted crown roast.

750ml

\$14⁹⁹ ea

SAVE \$5ea



LA MARCA PROSECCO AND PROSECCO ROSÉ

Enjoy the Prosecco with notes of peach, lemon, and a subtle minerality, or try the Prosecco Rosé, serving hints of ripe red berry. A portion of the proceeds goes to Meals on Wheels People.

750ml

\$17⁹⁹ ea

SAVE \$6ea



THIS WINE GIVES BACK

KROHN RUBY OR TAWNY PORT

Bold, ripe fruit and rich spice notes mingle elegantly in this classic, warming dessert wine. Enjoy fireside on its own or in a mixed drink.

750ml

\$12⁹⁹ ea

SAVE \$4ea



DOLIN RED OR DRY VERMOUTH

Crafted using botanicals and spices for depth and complexity, Dolin Vermouths are ideal for mixed cocktails or as aperitifs served over ice with a citrus twist.

750ml

\$15⁹⁹ ea

SAVE \$3ea



SAVE TIME, ORDER ONLINE!

Get \$5 off your next online order of \$35+ with code **DECEMBERS**

Shop now at shop.newseasonsmarket.com

Powered by **instacart**



EXCLUSIVE OFFERS, SPECIAL PERKS + MORE!

Get \$10 off your next grocery run of \$40 or more when you opt in to email or text messages.

Sign up at newseasonsmarket.com/join



WELLNESS

NOW FOODS SELECT ESSENTIAL OILS

Brighten and refresh your day with great savings on select essential oils.



30% off

MAD HIPPIE COSMETICS

All-natural cosmetics made with clean, cruelty-free ingredients.



30% off

DERMA E FACIAL AND BODY CARE

Doctor-formulated with potent natural antioxidants, vitamins, and botanicals.



30% off

FLORADIX FLORAVITAL IRON + HERBS

An essential daily iron in liquid form along with other key vitamins and herbs.



8.5oz
\$24.99 ea
SAVE \$5ea

MICKELBERRY GARDENS ELDERBERRY HONEY TONIC

A tasty way to help stay ahead of cold and flu this season.

4oz

\$10.99 ea

SAVE \$4ea



PNW LOCAL

BOIRON CHESTAL HONEY

Made with premium Acacia honey and homeopathic medicines to help relieve chest congestion and cough.

6.7oz

\$10.99 ea

SAVE \$3ea



BLOOM WHOLE PSYLLIUM HUSK

A gentle and soothing formula containing soluble and insoluble fiber.

11.9oz

\$13.99 ea

SAVE \$6ea



NATURE'S WAY VITAMIN D3 GUMMIES

A delicious way to get 2000 IU of vitamin D3.

120ct

\$15.99 ea

SAVE \$4ea



DR. BRONNER'S PURE-CASTILE BAR SOAPS

Made with organic oils for soft, moisturized skin. Makes a great stocking stuffer.

5oz

\$3.99 ea

SAVE \$2ea



EO PRODUCTS EVERYONE HAND SANITIZERS

Made with organic ingredients, free from synthetic fragrances and parabens.

2oz

\$2.79 ea

SAVE \$1.20ea



WELEDA PRODUCTS SKIN FOOD HAND MASK EXPERIENCE

Formulated to nurture and moisturize skin. Great for gifting!

\$14.99 ea

SAVE \$7ea



GROCERY

WILLAMETTE VALLEY PIE COMPANY FROZEN PIE

Assorted Varieties
25.6-40oz

\$14.99 ea

SAVE UP TO \$2ea



PNW LOCAL

VAN LEEUWEN ICE CREAM

Assorted Varieties
14oz

\$5.99 ea

SAVE UP TO \$4ea



KATZ GLUTEN FREE PASTRIES AND DESSERTS

Selected Varieties

20% off



MASON DIXIE FOODS FROZEN WAFFLES AND SANDWICHES

Selected Varieties

20% off



RENATA FROZEN PIZZA

Assorted Varieties

20% off



PNW LOCAL

TUCSON TAMALE FROZEN TAMALES

Assorted Varieties

20% off



SAVORLY PARTY BITES AND GRATINS

Assorted Varieties

20% off



PEPPERIDGE FARM PUFF PASTRY

Shells or Sheets.
10-17.3oz

\$5.99 ea
SAVE \$2ea



GROCERY

BOB'S RED MILL ORGANIC FLOUR PNW LOCAL
 Selected Varieties
 5lb



\$7⁹⁹
 ea
SAVE \$2ea

WOODSTOCK ORGANIC SUGAR
 Selected Varieties
 16-24oz



\$5⁹⁹
 ea
SAVE UP TO \$2ea

MORTON & BASSETT SPICES AND EXTRACTS
 Selected Varieties



50%
 off

4TH & HEART GHEE
 Selected Varieties
 9oz



\$10⁹⁹
 ea
SAVE \$3ea

NAKED BREAD ORGANIC SANDWICH BREAD PNW LOCAL
 Assorted Varieties
 22.5oz



\$3⁹⁹
 ea
SAVE \$3.50ea

FRANZ ENGLISH MUFFINS PNW LOCAL
 Selected Varieties
 6ct



2 for \$4
SAVE 50¢ea

BOB'S RED MILL PANCAKE & WAFFLE MIX PNW LOCAL
 Selected Varieties
 24oz



\$4⁹⁹
 ea
SAVE \$2ea

COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP
 Selected Varieties
 12oz



\$16⁹⁹
 ea
SAVE \$4ea

IMAGINE FOODS ORGANIC BROTH
 Selected Varieties
 32oz



\$3⁹⁹
 ea
SAVE \$2ea

IMAGINE FOODS ORGANIC GRAVY
 Turkey or Beef.
 13.5oz



2 for \$7
SAVE 79¢ea

BOB'S RED MILL GLUTEN-FREE BAKING MIXES PNW LOCAL
 Selected Varieties



20%
 off

SPECTRUM ORGANIC EXTRA VIRGIN OLIVE OIL
 Selected Varieties
 25.4oz



\$16⁹⁹
 ea
SAVE \$4ea

MEDITERRANEAN ORGANIC PEPPERS OR OLIVES
 Selected Varieties



20%
 off

NATURE NATE'S HONEY CO. RAW & UNFILTERED HONEY
 Selected Varieties



20%
 off

PORTLAND PET FOOD COMPANY BISCUIT DOG TREATS PNW LOCAL
 Assorted Varieties
 5oz



\$5⁹⁹
 ea
SAVE \$2ea

PORTLAND PET FOOD COMPANY DOG MEAL POUCH PNW LOCAL
 Assorted Varieties
 9oz



\$4⁹⁹
 ea
SAVE \$2ea

BULK

ORGANIC DRIED CRANBERRIES



\$6⁹⁹
 lb
SAVE \$1lb

LUNDBERG FAMILY FARMS ORGANIC WILD BLEND RICE
 Selected Varieties



\$8⁹⁹
 lb
SAVE \$2lb

EQUAL EXCHANGE PECAN HALVES PNW LOCAL



\$12⁹⁹
 lb
SAVE \$3lb

STUMPTOWN COFFEE ROASTERS COFFEE PNW LOCAL
 Selected Varieties



\$15⁹⁹
 lb
SAVE \$3lb

GROCERY

**SAN PELLEGRINO
SPARKLING
NATURAL
MINERAL WATER**
25.3oz



2 for \$5
SAVE 79¢ea

**POLAR
SPARKLING
SELTZER WATER**
Selected
Varieties
8pk/12oz



\$3.99
ea
SAVE \$1.50ea

**POLAR
MIXERS**
Assorted Varieties
1L



4 for \$5
SAVE 24¢ea

**ZENTOPIA CBD
CBD
SPARKLING
WATER**
Assorted Varieties
16oz



2 for \$7
SAVE 99¢ea *Only available in OR stores.*

**BETTY BUZZ
PREMIUM
SPARKLING SODA**
Assorted Varieties
4pk/9oz



\$5.99
ea
SAVE \$3ea

**R.W. KNUDSEN FAMILY
CIDER & SPICE**
32oz



\$4.99
ea
SAVE \$1ea

**WILD HARVEST
100%
CRANBERRY
JUICE**
32oz



\$5.99
ea
EVERYDAY VALUE

**NUTPODS
DAIRY-FREE
CREAMER**
Selected Varieties
11.2oz



2 for \$6
SAVE UP TO \$1.99ea

**SMITH TEAMAKER
TEA**
Selected Varieties
15ct



PNW LOCAL

\$10.99
ea
SAVE UP TO \$4ea

**TONY'S COFFEE
ORGANIC
COFFEE**
Assorted Varieties
12oz



PNW LOCAL

\$10.99
ea
SAVE \$3ea

**NEWMAN'S OWN
ORGANIC GREEN TEA**
40ct



\$4.99
ea
SAVE \$1ea

**LAND O'LAKES
COCOA**
Assorted Varieties
1.25oz



99¢
ea
SAVE 26¢ea

**KETTLE BRAND
POTATO
CHIPS**
Selected Varieties
6.5-7.5oz



PNW LOCAL

2 for \$7
SAVE \$1.99ea

**G.H.CRETORS
POPCORN**
Assorted Varieties
6.5-8oz



\$4.99
ea
SAVE \$2.50ea

**NEWMAN'S OWN
NEWMAN-O'S**
Assorted Varieties
13oz



\$5.99
ea
SAVE \$2ea

**ALESSI
BISCOTTI SAVOIRDI
LADY FINGERS**
7oz



\$3.99
ea
SAVE 80¢ea

**CHOCOLOVE
CHOCOLATE
BAR**
Selected Varieties
2.9-3.2oz



\$2.99
ea
SAVE UP TO \$2ea

**ENJOY LIFE FOODS
DAIRY-FREE
BAKING CHOCOLATE**
Assorted Varieties
9-10oz



\$6.99
ea
SAVE \$2ea

**CARR'S
WATER CRACKERS**
Assorted Varieties
4.25-7oz



\$4.99
ea
SAVE \$1ea

**NEW SEASONS
RESTAURANT STYLE
TORTILLA
CHIPS**
From Don Pancho
Authentic Mexican
Foods in Salem, OR.
14oz



\$3.99
ea
FEATURED

GROCERY

NEW SEASONS CAGE-FREE BROWN EGGS
From chickens raised on vegetarian feed with no antibiotics by Stiebers Farms in Yelm, WA.
18ct



\$5.49 ea

FEATURED

APPLEGATE BACON
Selected Varieties
8oz



\$4.99 ea

SAVE UP TO \$2ea

SIMPLY POTATOES FRESH HASH BROWNS
Assorted Varieties
20oz



\$2.99 ea

SAVE \$1ea

TILLAMOOK SHREDDED CHEESE
Assorted Varieties
16oz



\$5.99 ea

SAVE \$2ea

PNW LOCAL

NEW SEASONS HEAVY WHIPPING CREAM
Made using locally sourced rBST-free milk by Alpenrose Dairy in Portland, OR.
16oz



\$3.99 ea

FEATURED

NUTPODS DAIRY-FREE CREAMER
Selected Varieties
25.4oz



\$4.99 ea

SAVE \$1.50ea

TILLAMOOK SOUR CREAM
Regular or Reduced Fat.
16oz



2 for \$4

SAVE 99¢ea

PNW LOCAL

SIMPLY JUICE
Assorted Varieties
52oz



\$2.99 ea

SAVE \$2ea

KERRYGOLD PURE IRISH BUTTER
Selected Varieties
8oz



\$3.99 ea

SAVE \$2ea

PILLSBURY PIE CRUSTS
2ct



20% off

PHILADELPHIA CREAM CHEESE
Selected Varieties
8oz



\$3.99 ea

SAVE UP TO \$2ea

CALIFIA FARMS PLANT-BASED MILK
Selected Varieties



25% off

REDDI-WIP WHIPPED TOPPING
Selected Varieties
6.5oz



2 for \$7

SAVE \$1.49ea

NEW SEASONS EGG NOG
From Alpenrose Dairy in Portland, OR.
1qt



\$4.99 ea

FEATURED

MIYOKO'S CREAMERY PLANT MILK BUTTER
Selected Varieties
8oz



\$5.49 ea

SAVE 50¢ea

CEDAR'S ORGANIC HOMMUS
Selected Varieties
10oz



PNW LOCAL

BUY 1 GET 1 FREE

SAVE \$4.49 ON 2

LAST DAYS TO RESERVE YOUR HOLIDAY FEAST!

Get your holiday order in and rest easy knowing we've got you covered—from ready-to-cook centerpieces to fully prepared entrées, sides, and desserts.

Reserve your feast by 10PM on December 21 at catering.newseasonsmarket.com

Weekend Tasting

Entertaining this holiday season? Come try some cheers-worthy festive favorites to help get you in the spirit. Friday, Saturday & Sunday • 12pm - 6pm