COOKING WITH FIRE

Made with tender cuts of lamb, chicken, beef or pork, our house-made skewers are dressed in non-GMO or organic marinades that are all gluten free and ready for the grill.

NEW SEASONS MARKET

ALL HOUSE-MADE SKEWERS
SAVE $1 lb

CARMAN RANCH
GRASS-FED
85% LEAN GROUND BEEF
- Pasture raised in the NW
- 100% grass fed and grass finished
- Antibiotic-free with no added hormones
- Local Fave
- $6.99 lb

ROCKFISH FILLET
- Rated “Best Choice” by Seafood Watch
- Harvested off the OR and WA coast
- Great pan fried for fish tacos
- Local Fave
- $6.99 lb

NW CHERRIES
- Big, sweet and juicy
- Hand picked
- From Hood River Cherry Company in Hood River, OR
- Local Fave
- $4.99 lb

KIND SNACK BAR
Selected Varieties
- Kind Bar
- $2.99 ea

ORGANIC CHERRY TOMATOES
- Vine ripened
- Choose from Sweet 100, Sungold and mixed pint
- From Hungry Hollow in Egerts, CA
- Local Fave
- $3.99 lb

TONY’S ORGANIC COFFEE
- Assorted Varieties
- $7.99 ea

ORGANIC NW-GROWN BLUEBERRIES
- Peak-season flavor
- Great on their own or tossed in a smoothie
- Local Fave
- $3.99 ea

C2O COCONUT WATER
- Assorted Varieties
- $2.69 each

Prices good July 17 - July 23, 2019, while supplies last. 5% Military Discount Every Tuesday. No Senior Discount Every Wednesday. On Almost Everything. No Additional Case Discounts.
CHECK OUT OUR NEW LINE OF CHEFS CYCLE SAUCES

AWESOME SAUCE

We’re excited to introduce you to our new Chefs Cycle sauces. Made in partnership with some of our favorite local chefs and participants in Chefs Cycle—an organized fundraising event fighting hunger outside the kitchen—we’ve got seven delicious flavors to choose from. And the best part, for every sauce you buy, we’ll donate 50¢ to No Kid Hungry, a nonprofit supporting federal food programs working to help end childhood hunger.

Thanks to these amazing chefs, all the incredible ingredients, and an important cause, these sauces are NEXT level good.

**NEW SEASONS CHEFS CYCLE SOUTHERN INDIAN CURRY SAUCE**
- From chef Troy MacLarty of Bollywood Theater in Portland, OR
- Made with slow-cooked coconut milk, tomatoes, and whole spices
- Delicious with shrimp, veggies, and paneer cheese

16 oz

**NEW SEASONS CHEFS CYCLE SPANISH MUSHROOM DUXELLES**
- From our very own NSM chef Krista Anderson
- Delightfully earthy and smoky, with just a touch of tomato sweetness
- Delicious on grilled bread, or tossed with fresh pasta and a bit of cream

16 oz

**NEW SEASONS CHEFS CYCLE BROCCOLI RAAB PESTO**
- From chef Rick Gencarelli of Grassa in Portland, OR
- Made with broccoli raab mixed with olive oil and fresh Pecorino Romano cheese
- Toss with pasta and grilled veggies, or slather on cooked meats and fish

7 oz

**NEW SEASONS CHEFS CYCLE PEANUT SAUCE**
- From chef Thomas Psota-Duffy of Gado Gado in Portland, OR
- Mildly spicy with notes of tamarind and coconut
- Pairs wonderfully with cooked meats, veggie skewers, and cold noodle bowls

16 oz

**NEW SEASONS CHEFS CYCLE ROGUE CREAMERY BLUE CHEESE BUTTER**
- From chef Matt Christiansen of Urban Farmer in Portland, OR
- Made with fresh butter mixed with Rogue Creamery blue cheese and tarragon
- Great on cooked meats and roasted veggies

5 oz

**NEW SEASONS CHEFS CYCLE BUFFALO CHEESE SAUCE**
- From chef Rick Gencarelli of Grassa in Portland, OR
- Made with an indulgent blend of Tillamook sharp cheddar, Muenster cheese, and spices
- Enjoy on wings, with fresh pasta or drizzled over nachos

16 oz

**NEW SEASONS CHEFS CYCLE CHERRY TOMATO SAUCE**
- From chef Chris DiMinno of Trifecta in Portland, OR
- Made with sweet, ripe cherry tomatoes, paired with garlic and basil
- Terrific on grilled bread, tossed with pasta or on grilled veggies

16 oz

ALL STORES OPEN DAILY • FOR HOURS VISIT NEWSEASONSMARKET.COM
CRAZY GOOD DEAL!

NSM MADE GRAB & GO
BURRITOS
20% OFF
JULY 17-23
Limited to stock on hand.

SAVE $1 lb
HERB ROASTED NEW POTATOES
Tender skinned new potatoes simply roasted with fresh herbs, salt and pepper.

SAVE $1 lb
KALE TABBOULEH SALAD
This terrific salad is based on the classic version, but uses finely chopped kale in place of parsley. Lightly dressed with lemon, mint and olive oil.

SAVE $1 lb
MAI SUSHI VEGGIE TROPICAL FRESH ROLL
A favorite vegetarian and vegan option featuring crisp cucumber, creamy avocado, carrot, cabbage, and lettuce with a side of peanut sauce.

SAVE $1 ea
SCHIA ROSATO
- 100% Rondinella grapes
- Floral aroma of rose and raspberry
- reg $16.99 750ml

SAVE $1 ea
MARCHETTI ROSSO CONER
- Notes of cranberry spice and ripe plum with a touch of smokiness
- A great everyday wine
- reg $14.99 750ml

SAVE $1 ea
TRUE STORY NON-GMO BLACK FOREST HAM
Smoked over real hickory hardwood with a classic savory spice rub for a full-flavored sandwich filling.

$8.99 6pk
WIDMER BROTHERS BREWING 6-PACK CANS OR BOTTLES
- Located in Portland, OR
- Bold, rich flavors
- Citrus and floral notes
- reg $10.99 6pk/12oz

$9.49 6pk
BUOY BEER COMPANY SELECT 6-PACK CANS
- Craft brewed in Astoria, OR
- The Czech Pils is the perfect summer beer with a refreshing classic pilsner flavor
- reg $10.99 6pk/12oz

Step Away From The Stove
When the temperatures rise, the last thing you want to do is turn on the stove. Thankfully you don’t have to with these awesome grill-ready combos:

Caprese Salad on Toast
Simply grill up some bread, then top it with ripe tomato slices, fresh burrata cheese, torn basil, a little olive oil and a pinch of salt.

Pizza on the Grill
Top your pizza dough with pesto and fresh New Seasons mozzarella, then grill it to perfection and finish with arugula, a drizzle of olive oil and fresh ground pepper.

PRICES GOOD JULY 17-JULY 23, 2019 - WHILE SUPPLIES LAST
## Pantry

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAVE'S KILLER BREAD ORGANIC ENGLISH MUFFINS</td>
<td>$3.99 ea</td>
</tr>
<tr>
<td>DAVE'S KILLER BREAD ORGANIC BAGELS</td>
<td>$3.99 ea</td>
</tr>
<tr>
<td>BOBO'S TOAST'R PASTRY</td>
<td>2 for $4</td>
</tr>
<tr>
<td>BASE CULTURE PALEO ALMOND BUTTER</td>
<td>$6.99 ea</td>
</tr>
<tr>
<td>LUCINI ITALIA ARTISAN VINAIGRETTE</td>
<td>$3.99 ea</td>
</tr>
<tr>
<td>CENTO EXTRA VIRGIN OLIVE OIL</td>
<td>$5.99 ea</td>
</tr>
<tr>
<td>EDWARD &amp; SONS BOUILLON CUBES</td>
<td>2 for $5</td>
</tr>
<tr>
<td>CROWN PRINCE NATURAL OYSTERS, CLAMS OR KIPPER SNACKS</td>
<td>2 for $6</td>
</tr>
<tr>
<td>PACIFIC FOODS ORGANIC BONE BROTH SOUP</td>
<td>$4.49 ea</td>
</tr>
<tr>
<td>ORGANIC HARVEST ORGANIC PEPPER SAUCE</td>
<td>$2.99 ea</td>
</tr>
<tr>
<td>CHAMELEON COLD-BREW COFFEE PODS</td>
<td>$7.99 ea</td>
</tr>
<tr>
<td>BULLETPROOF COFFEE</td>
<td>$13.99 ea</td>
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<tr>
<td>WILD HARVEST ORGANIC COCONUT MILK</td>
<td>$1.99 ea</td>
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<tr>
<td>WILD HARVEST ORGANIC BEANS</td>
<td>10 for $10</td>
</tr>
<tr>
<td>WILD HARVEST ORGANIC APPLESAUCE</td>
<td>$2.69 ea</td>
</tr>
<tr>
<td>WILD HARVEST BABY FOOD</td>
<td>99¢ ea</td>
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## Bulk

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>SUNRIDGE FARMS CHOCOLATE PEANUT BUTTER MALT BALLS</td>
<td>$10.99 lb</td>
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<tr>
<td>RAW PECAN HALVES</td>
<td>$12.99 lb</td>
</tr>
<tr>
<td>BIOKLEEN BAC-OUT CLEANING PRODUCTS</td>
<td>20% off</td>
</tr>
<tr>
<td>NEWMAN'S OWN BEEF JERKY DOG TREATS</td>
<td>$5.99 ea</td>
</tr>
<tr>
<td>ORGANIC SPLIT GREEN PEAS</td>
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</tr>
<tr>
<td>ORGANIC TURKISH APRICOTS</td>
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</tr>
<tr>
<td>BIOBAG COMPOSTABLE FOOD WASTE BAGS</td>
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</tr>
<tr>
<td>IF YOU CARE ALUMINUM FOIL</td>
<td>$4.99 ea</td>
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</table>

*All stores open daily. For hours visit New Seasons Market.com*
## SNACKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>LATE JULY ORGANIC RESTAURANT STYLE TORTILLA CHIPS</td>
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</tr>
<tr>
<td>LATE JULY ORGANIC SALSA</td>
<td>$3.99 ea</td>
</tr>
<tr>
<td>TERRA VEGETABLE CHIPS</td>
<td>25% off</td>
</tr>
<tr>
<td>KETTLE BRAND AVOCADO OIL POTATO CHIPS</td>
<td>2 for $5</td>
</tr>
<tr>
<td>JACKSON'S HONEST TORTILLA CHIPS</td>
<td>$2.99 ea</td>
</tr>
<tr>
<td>LESSER EVIL GRAIN FREE PALEO PUFFS</td>
<td>$3.99 ea</td>
</tr>
<tr>
<td>FULLER FOODS CHEESY PUFFS</td>
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<tr>
<td>DANO STICKY RICE CHIPS</td>
<td>2 for $5</td>
</tr>
<tr>
<td>CLIF BUILDER'S PROTEIN BAR</td>
<td>4 for $5</td>
</tr>
<tr>
<td>BHUJA SNACK MIX</td>
<td>$3.99 ea</td>
</tr>
<tr>
<td>DEWEY'S BAKERY CRACKERS</td>
<td>$4.99 ea</td>
</tr>
<tr>
<td>LOTUS FOODS ARARE RICE CRACKERS</td>
<td>2 for $7</td>
</tr>
<tr>
<td>ENDANGERED SPECIES CHOCOLATE CHOCOLATE BAR</td>
<td>2 for $6</td>
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<tr>
<td>THEO CHOCOLATE ORGANIC PEANUT BUTTER CUPS</td>
<td>3 for $5</td>
</tr>
<tr>
<td>LILY'S STEVIA-SWEETENED CHOCOLATE BAR</td>
<td>2 for $7</td>
</tr>
<tr>
<td>WILD HARVEST CHOCOLATE BAR</td>
<td>$2.79 ea</td>
</tr>
</tbody>
</table>

## BEVERAGES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>ETERNAL NATURALLY ALKALINE SPRING WATER</td>
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</tr>
<tr>
<td>JUST WATER ORGANIC AMERICAN ENERGY DRINK</td>
<td>99¢ ea</td>
</tr>
<tr>
<td>SAMBAZON ORGANIC AMAZON ENERGY DRINK</td>
<td>2 for $4</td>
</tr>
<tr>
<td>DRY SODA SPARKLING BEVERAGE</td>
<td>$5.99 ea</td>
</tr>
<tr>
<td>WONDER DRINK ORGANIC KOMBUCHA</td>
<td>2 for $3</td>
</tr>
<tr>
<td>TEJAVIA UNSWEETENED BLACK TEA</td>
<td>2 for $5</td>
</tr>
<tr>
<td>ZEVIA ZERO CALORIE MIXER</td>
<td>$4.79 ea</td>
</tr>
<tr>
<td>WILD HARVEST ORGANIC APPLE JUICE</td>
<td>$5.99 ea</td>
</tr>
</tbody>
</table>

*Prices good July 17–July 23, 2019 • While supplies last*
FROZEN

MAXINE'S ORGANIC ICE CREAM
Assorted Varieties
$6.99 ea

COCONUT BLISS NON-DAIRY FROZEN DESSERT
Assorted Varieties
$5.99 ea

MCCONNELL’S ICE CREAM
Selected Varieties
$6.99 ea

TILLAMOOK ICE CREAM BARS OR SANDWICHES
Assorted Varieties
$4.99 ea

WOODSTOCK FROZEN VEGETABLES
Selected Varieties
2 for $6

WOODSTOCK FROZEN FRUIT
Selected Varieties
$5.49 ea

ALEXIA FOODS FAMILY-SIZE FRIES OR PUFFS
Selected Varieties
$3.99 ea

SNOW MONKEY SUPERFOOD ICE TREAT
Selected Varieties
$5.99 ea

REFRIGERATED GROCERY

STUMPTOWN COFFEE ROASTERS NITRO COLD BREW COFFEE
Original or Hair Bender,
$3.99 ea

SIMPLY SINGLE-SERVE JUICE
Selected Varieties
2 for $3

SO DELICIOUS ORGANIC COCONUTMILK BEVERAGE
Assorted Varieties
$2.99 ea

ZOI GREEK YOGURT
Assorted Varieties
5 for $4

CALIFIA FARMS COLD BREW WITH ALMONDMILK
Selected Varieties
$2.99 ea

KOR SHOTS COLD-PRESSED JUICE SHOT
Wellness or Vitality,
2 for $5

SO DELICIOUS COCONUTMILK YOGURT
Assorted Varieties
$5.49 ea

NOOSA YOGHURT
Assorted Varieties
3 for $5

CHAMELEON COLD-BREW ORGANIC COLD BREW COFFEE
Assorted Varieties
$2.99 ea

FORAGER PROJECT ORGANIC SHAKE OR JUICE
Selected Varieties
$3.99 ea

FARMHOUSE CULTURE ORGANIC GUT SHOT
Assorted Varieties
$4.99 ea

WILD HARVEST CAGE-FREE LARGE BROWN EGGS
Selected Varieties
$2.99 EA

TEARIOT ORGANIC ENERGY TEA
Assorted Varieties
2 for $6

SAMBAZON ACAI JUICE
Reg $6.79

BLUE BUS CULTURED FOODS SAUERKRAUT OR CHILI PASTE
Assorted Varieties
$7.79 ea

ORGANIC VALLEY SHREDDED PARMESAN CHEESE
Reg $4.99

ALL STORES OPEN DAILY • FOR HOURS VISIT NEWSSEASONSMARKET.COM
CRAZY GOOD DEAL!
COUNTRY LIFE
ENTIRE SELECTION OF MINERALS
Choose from calcium, magnesium, chromium, iron and so much more.
40% off

NOW FOODS
ALL AMINO ACID SUPPLEMENTS
Amino acids are essential for building muscle and promoting post-workout recovery.
35% off

NATURAL FACTORS
ALL STRESS, SLEEP AND RELAX FORMULAS
All your favorite sleep and stress supplements at great savings.
25% off

CRAZY GOOD DEAL!
GARDEN OF LIFE
DR. FORMULATED PROBIOTIC ONCE DAILY 30 BILLION CFU
Dr. Formulated Probiotics Once Daily is a powerful probiotic formulated to support healthy digestive balance and regularity. Reg. $31.99 30vcs
$23.99 ea

LILY OF THE DESERT
PRESERVATIVE-FREE ALOE VERA JUICE
Aloe vera juice delivers essential amino acids, vitamins, minerals and enzymes. It also supports healthy digestion and elimination.
Reg. $8.99 24ozs
$5.99 ea

CRAZY GOOD DEAL!
SOLGAR
WHEY TO GO PROTEIN POWDER
Solgar Whey To Go Protein Powder is a highly efficient, advanced protein enhancement product with a complete amino acid profile.
Reg. $36.99 12lbs
$16.99 ea

CRAZY GOOD DEAL!
FLORA
ADULT’S PROBIOTIC
Adult’s Probiotic includes 6 strains of beneficial bacteria that helps support healthy microflora in the gut and proper digestion.
Reg. $24.99 50vcs
$16.99 ea

CRAZY GOOD DEAL!
PlusCBD™ Oil
CBD RAW DROPS UNFLAVORED
A true hemp superfood—these drops are made using our raw oil and the total plant CBD extraction from agricultural hemp to offer the fullest spectrum of naturally occurring hemp co-factors.
Reg. $37.99 1oz
$18.99 ea

CRAZY GOOD DEAL!
VITAL PROTEINS
COLLAGEN CREAMER
A delicious addition to your morning cup of coffee or tea. Collagen Creamer provides healthy fats from organic coconut milk plus 10 grams of collagen peptides.
Reg. $32.99 10.3oz
$26.99 ea

CRAZY GOOD DEAL!
NORDIC NATURALS
PRENATAL DHA
The official omega-3 of the American Pregnancy Association, Nordic Naturals Prenatal DHA supports a healthy pregnancy, fetal development and immunity.
Reg. $28.99 90vgs
$21.99 ea

CRAZY GOOD DEAL!
MYCHELLE DERMACEUTICALS
SUN SHIELD CLEAR STICK SPF 50
Mineral-based sunscreen glides on smoothly and dries clear.
Reg. $21.99 11g
$8.99 ea

CRAZY GOOD DEAL!
WILD CARROT HERBAL
BABY CARROT BORAGE BUTTER ECZEMA CREAM
Borage seed oil is clinically proven to be anti-inflammatory and specific for conditions like eczema.
Reg. $19.99 3ozs
$10.99 ea

CRAZY GOOD DEAL!
EO
EVERYONE HAND SOAPS
These EWG Verified soaps feature a gentle coconut base, organic aloe, vitamin E and other botanicals blended with pure essential oils and real fruit essences.
Reg. $5.99 12.7ozs
$3.99 ea

CRAZY GOOD DEAL!
WELEDA
CALENDULA DIAPER CREAM
Certified natural by NATRUE, this cream soothes skin and diminishes the appearance of redness while supporting baby’s skin.
Reg. $16.99 2.4ozs
$10.99 ea

CRAZY GOOD DEAL!
SHIKAI
HERBAL INFUSED SHAMPOOS AND CONDITIONERS
Hair care for the whole family that cleanses gently and leaves hair hydrated and manageable.
Reg. $9.99 12ozs
$6.99 ea

PRICES GOOD JULY 17–JULY 23, 2019 • WHILE SUPPLIES LAST
Fill the Grill

Whether you are looking for something quick and easy, or needing to feed a crowd, our grill-ready skewers answer the call. Made with fresh, tender cuts of lamb, chicken, beef or pork dressed in gluten-free and non-GMO or organic marinades, all you need is a hot, preheated grill and about 15 minutes to cook your skewers to perfection.

Choose from many chef-inspired flavors like Thai Peanut Chicken, Teriyaki Beef, Harissa Chicken, and more.

**ALL HOUSE-MADE SKEWERS**

*Flavors may vary by location.*

**AURORA VALLEY POULTRY**
- Organic Whole Fryer Chicken
  - Oregon grown
  - Certified Organic
  - Free range raised
  - reg $3.99/lb
  - $3.59/lb

**FIRST LIGHT WAGYU BEEF NEW YORK STEAKS**
- 100% grass fed and finished
- No added hormones
- Antibiotic free
  - reg $24.99/lb
  - $21.99/lb

**EZ PEEL 16/20 CT SHRIMP**
- Sustainably farm raised
- Easy to peel
- Cook in the shell for the best flavor
  - reg $19.99/lb 16/20 count
  - $11.99/lb

**FISH TACO MIX**
- Wild-caught Alaskan cod mixed with red onions and bell peppers
- Marinated in our Fajta marinade
  - reg $7.99/lb
  - $6.99/lb

**DIESTEL PEPPER TURKEY**
- Slices of Diestel turkey, roasted with ample amounts of fresh, crushed peppercorns, is sure to spice up your next sandwich.

**ORGANIC WATERMELON**
- Fresh, sweet and juicy
- The perfect summer snack
- From Country Sweet Produce in Bakersfield, CA
  - reg $7.99/lb
  - $4.99/lb

**LOCALLY-GROWN SUNFLOWERS, 5-STEM BUNCH**
- First of the season
- Field grown
- From J Bacon Farms in McMinnville, OR
  - reg $13.99 5-stem bunch
  - $6.99 5-stem bunch

**TAZO LOVES TREES**

Our long-time partners at Friends of Trees have been planting trees and growing communities through the help of volunteers and donations for over 30 years.

To honor all their amazing work, and to help support their incredible efforts, Tazo tea will be donating 50¢ per bottle of tea purchased at NSM this July up to $5,000.

**FRIENDS of TREES**

**HAND-PICKED & HAND DELIVERED**

Shop now at newseasonsmarket.com/instacart for delivery in as little as one hour.

**SUMMER OF SCOOPS**

ONE FEATURED ICE CREAM BRAND EVERY WEEKEND!

**JULY 19-21**

BEN & JERRY’S (PINTS)

**HAPPY HOUR**

**PRICES GOOD JULY 17-23, 2019 - WHILE SUPPLIES LAST**

Because of space limitations, some products may be unavailable at some stores.
GET IT DELIVERED!

Click here to shop all your faves and have them delivered straight to your door.