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metropolitanmarket.



organic
**METROPOLITAN MARKET
WHOLE CHICKEN**

Hatched, raised, harvested USA
Our air-chilled, free-range chicken is raised on a vegetarian diet, free of antibiotics and added hormones. Try our favorite method for dry brining and roasting it for a delicious homecooked meal.



Get the Recipe:
How to Roast a Chicken

3.49lb **SAVE \$1.30lb**



organic
ZUCCHINI SQUASH
Grown in USA

Spiralize it for a healthy pasta swap, grill it for a savory side, or bake it into a delicious bread.

1.99lb
SAVE \$1.00lb



Lemony Greek orzo salad with chicken, crisp cucumbers, green olives, peas, and Calabrian chile pepper.

**GREEK ORZO SALAD
WITH CHICKEN**

10.99lb
SAVE \$3.00lb



The season's best garden vegetables in the style of French ratatouille with fresh arugula.

**ROASTED
RATATOUILLE SALAD**

9.99lb
SAVE \$2.00lb



Whether you're craving mashed potatoes, roasted potatoes, or a twice baked potato, the all purpose russet potato is a great choice.

local
RUSSET POTATOES
Grown in Washington

.79lb
SAVE \$0.70lb



**METROPOLITAN MARKET
GARLIC BREAD**

6.99lb
SAVE \$1.00lb



Enjoy a smaller version of The Cookie at home with this six-pack of baked cookies!

**METROPOLITAN MARKET
THE COOKIES**
7 oz

4.99
SAVE \$1.00



local
**OLYMPIA
COFFEE**
12 oz
Selected varieties

15.99
SAVE \$4.00



local
**PENNY'S SALSA
TORTILLA
CHIPS**
14 oz

3.99
SAVE \$1.00



organic
**NIXIE
SPARKLING WATER**
6-pack, 12 oz
Selected varieties

4.99
SAVE \$2.50



**NEWMAN'S OWN
LEMONADE**
59 oz
Selected varieties

2.99
SAVE \$0.80



**HÄAGEN-DAZS
ICE CREAM**
14 oz
Selected varieties

4.99
SAVE \$2.00

Prices effective May 15 - May 21, 2024

see what we're loving ▶▶▶

fresh deals



ANISH FARMS

ALPHONSO MANGO

Grown in India

Direct from India, these mangoes are rich, creamy, and boast exceptional flavor. They're at peak ripeness when they turn golden yellow with just a tinge of red!

5.99ea
SAVE \$2.00ea



METROPOLITAN MARKET
USDA PRIME GRADE

BONELESS RIBEYE STEAK

Born, raised, harvested USA

BUY ONE GET ONE

FREE

SAVE \$48.99 on 2lbs



organic

BUNCHED BROCCOLINI

Grown in USA

2.99ea
SAVE \$2.00ea



METROPOLITAN MARKET CHICKEN PARMESAN

Ready to cook from
The Butcher Shop

8.99lb
SAVE \$4.00lb



local

METROPOLITAN MARKET BREAKFAST SAUSAGE

Ready to cook from
The Butcher Shop

7.99lb
SAVE \$2.00lb



local

DEGOEDE FARMS SALAD MIX

4.5 oz, spring or crunchy

3.99
SAVE \$1.00

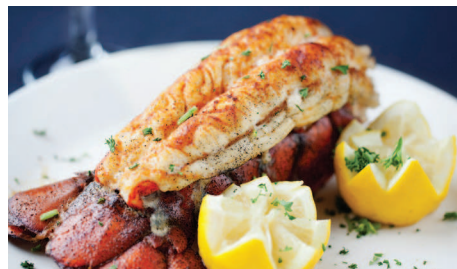


local

DEGOEDE BROTHERS DECK PLANTER

12-in pot

44.99
SAVE \$10.00



WILD-CAUGHT LOBSTER TAIL

Previously frozen
Product of Canada

12.99
SAVE \$7.00



FRESH STEELHEAD FILET

Responsibly farmed
Product of Scotland

14.99lb
SAVE \$4.00lb

what we're loving

top picks, latest finds, and seasonal favorites — see what our buyers are excited to share!



local

PEONIES

5-stem

Peony season is finally here! Enjoy these beautiful locally grown peonies for a limited time.



Sarah Otte
Metropolitan Market
Floral Category Manager



KALBI BEEF BÁNH MI

Thinly sliced kalbi beef, cucumber, pickle daikon and carrot, mayonnaise, cilantro, and jalapeño piled inside a Macrina bánh mi roll.
\$9.99 | save \$1.00



Angela Rihacek
Metropolitan Market
Prepared Foods & Specialty
Cheese Coordinator



FRESH CAPRESE SALAD

Fresh Ciliegine mozzarella, seasonal cherry tomatoes, sunflower oil, herbs and spice.

12.99 lb
SAVE \$2.00 lb



GREEN LEAF LETTUCE

Grown in USA

2/\$5
SAVE \$1.98 on 2



HOT HOUSE BEEFSTEAK TOMATOES

Grown in Canada

2.99 lb
SAVE \$1.00 lb



local

LUMMI ISLAND WILD ALBACORE TUNA

6 oz

8.99
SAVE \$2.00



organic

FRANZ NAKED BUNS

8 ct
Hamburger or hot dog

4.99
SAVE \$1.50



METROPOLITAN MARKET HOUSE ROAST BEEF

Fresh sliced

Make the ultimate sandwich with our house-roasted top round roast beef.

11.99 lb
SAVE \$3.00 lb



METROPOLITAN MARKET MARIONBERRY TART

8-in

16.99
SAVE \$1.00

new

NEW COAST FORAGING CO PASTA

10-12 oz
Selected varieties



BUY ONE TRY ONE
FREE

SAVE \$7.49 on 2

local

TIM'S CASCADE POTATO CHIPS

7.5 oz
Selected varieties



3.99
SAVE \$1.30



SIERRA NEVADA NON-ALCOHOLIC BREWS

6-pack, 12 oz
Selected varieties

10.99
SAVE \$4.00



INGLEHOFFER MUSTARD

4 oz, stone ground
or sweet hot

1.99
SAVE \$0.50



local

TOMATO PLANTS

6-in pot
Assorted varieties

2/\$10
SAVE \$1.98 on 2



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metropolitanmarket®



Prices effective May 15 - May 21, 2024. We reserve the right to limit quantities to retail sales. Product availability may be limited to seasonality and/or weather conditions.

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BURLAP & BARREL SPICES
 .6-3.2 oz
20% off
 Selected varieties **SAVE \$3.20**



local
RUB WITH LOVE SPICE RUB
 3.5 oz
 Selected varieties **6.99**
SAVE \$2.00



BACHAN'S BBQ SAUCE
 16-17 oz
 Selected varieties **7.99**
SAVE \$2.30



PURELY ELIZABETH GRANOLA
 8-12 oz
 Selected varieties **6.99**
SAVE \$2.50



BOBO'S DIPPED BARS
 5-8.4 oz
 Selected varieties **3.99**
SAVE \$2.00



BARBARA'S BAKERY CHEESE PUFFS
 5.5-7 oz
 Selected varieties **2/\$6**
SAVE \$2.98 on 2



organic
ZACK'S MIGHTY CORN TORTILLA CHIPS
 9 oz
4.99
SAVE \$2.00



SNACKLINS PLANT CRISP
 3 oz
 Selected varieties **3.99**
SAVE \$1.00



KETTLE BRAND POTATO CHIPS
 13 oz
 Selected varieties **5.49**
SAVE \$1.50



MARY'S GONE CRACKERS
 5-6.5 oz
 Selected varieties **4.99**
SAVE \$1.10



TOST SPARKLING REFRESHER
 750 ml, tea or rose
8.99
SAVE \$1.30



HOP WTR NON-ALCOHOLIC WATER
 6-pack, 12 oz
 Selected varieties **8.99**
SAVE \$3.00



SPINDRIFT SPARKLING WATER
 16 oz
 Selected varieties **2/\$4**
SAVE \$1.38 on 2



HEYWELL FUNCTIONAL WATER
 12 oz
 Selected varieties **2/\$6**
SAVE \$1.98 on 2



local
BREW DR KOMBUCHA
 14 oz
 Selected varieties **2/\$5**
SAVE \$3.38 on 2



local
SAVOUREUX PINOT NOIR
 750 ml
 Dundee Hills

17.99
SAVE \$10.00



FERRARI CARANO CHARDONNAY
 750 ml
FUME BLANC 12.99

18.99
SAVE \$15.00



VILLA CAMOBELLO CHIANTI
 750 ml
 Riserva

11.99
SAVE \$5.00



local
REUBEN'S BREWS BEER
 6-pack, 12 oz
 Selected varieties

10.99
SAVE \$3.00



SPINDRIFT SPIKED SPARKLING WATER
 12-pack, 12 oz
 Selected varieties **19.99**
SAVE \$7.00



FRANZ HAWAIIAN BUNS
8 ct
Hamburger or hot dog
3.99
SAVE \$1.30



SARA LEE BAGELS
20 oz
Selected varieties
2.99
SAVE \$3.00



SUMMER BERRY AMBROSIA
11.99 lb
SAVE \$3.00 lb



MIXED BEET GOAT CHEESE SALAD
10.99 lb
SAVE \$2.00 lb



MARIN FRENCH CHEESE CO. PETITE GARLIC & PEPPER TRIPLE CREAM BRIE
4 oz, Rich buttery triple crème brie is enhanced with garlic and pepper for an aromatic and super savory indulgence.
8.99
SAVE \$1.00



CHOBANI GREEK YOGURT
5.3 oz
Selected varieties
2/\$3
SAVE \$0.58 on 2



OATLY OAT MILK
64 oz
Selected varieties
4.99
SAVE \$1.30



PETIT POT PUDDING
7 oz
Selected varieties
4.79
SAVE \$1.20



PAYSAN BRETON BUTTER
8.82 oz, salted
5.99
SAVE \$1.00



GRILLO'S PICKLES
14-32 oz
Selected varieties
20% off
SAVE \$1.72



CAULIPOWER PIZZA
11.62-12 oz
Selected varieties
7.99
SAVE \$3.00



organic AMY'S BURRITOS
5.5-6 oz
Selected varieties
3.99
SAVE \$1.00



new BLUE ZONES KITCHEN BOWLS
9 oz
Selected varieties
6.99
SAVE \$2.50



MASON DIXIE BISCUITS
6 oz, buttermilk or cheddar
5.49
SAVE \$1.50



new APPLEGATE FRITTATA BITES
8.4 oz, selected varieties
7.99
SAVE \$2.00



BIO-K+ PROBIOTIC
3.5-6 oz
Selected varieties
20% off
SAVE \$7.92



ANDALOU NATURALS SKIN CARE
.28-6 oz
Selected varieties
25% off
SAVE \$8.10



ECOS DISHMATE
25 oz
Selected varieties

3.99
SAVE \$1.40



CHARMIN BATH TISSUE
6 ct
9.99
SAVE \$4.00



ALL LAUNDRY DETERGENT
141 oz, free & clear
25.99
SAVE \$7.00