



save time • shop online
choose curbside pickup or delivery

metropolitanmarket. 

refresh & restore
WELLNESS SALE

25% OFF

all health & beauty

January
7-13

Selection may vary. While supplies last.



**PLANT PEOPLE
WELLNESS GUMMIES**

30-60 ct, selected varieties

Gummy vitamins are our favorite way to get the nutrients our bodies need—tasty and convenient!

24.59
SAVE \$8.40



**MELORA
BODY CARE**

1-7 oz, selected varieties

Ideal for acne-prone skin, this mānuka honey-infused body care helps eliminate bacteria to keep your complexion clear and bright.

**STARTING AT
9.69**
SAVE \$3.30



**ANCIENT NUTRITION
MULTI COLLAGEN
OR WHEY PROTEIN**

1.16 to 22.79 oz, selected varieties

Collagen supports skin elasticity, strengthens hair and nails, and helps maintain healthy joints and bones, while whey promotes muscle growth and weight management.

39.49
SAVE \$13.50



organic
**GNGR LABS
COLD-PRESSED
WELLNESS SHOTS**

2 oz, selected varieties

Support your body's immune defenses and overall wellness with quick, easy ginger shots.

2/\$5
SAVE \$2.98 on 2



**PERFECT BAR
PROTEIN BARS**

2.3-2.5 oz, selected varieties

Made with whole food ingredients and packed with protein you can feel good about.

2/\$5
SAVE \$2.38 on 2



organic
**REMEDY ORGANICS
100% PLANT-BASED
SHAKES**

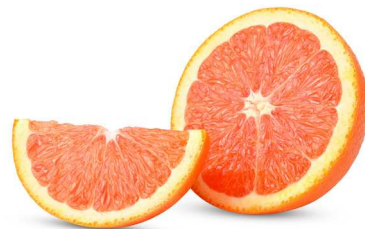
12 oz, selected varieties

Plant-based nutrition made clean, simple, and delicious.

2/\$7
SAVE \$4.38 on 2



LARGE PINK GRAPEFRUIT 1.99_{lb}
Grown in USA
SAVE \$1.00_{lb}



**CARA CARA
NAVEL ORANGES**
Grown in USA

1.99_{lb}
SAVE \$1.50_{lb}



RASPBERRIES
6 oz, grown in USA

3.99
SAVE \$2.00



local organic
PINK LADY APPLES
Grown in Washington

1.99_{lb}
SAVE \$1.50_{lb}

Prices effective January 7 - January 13, 2026

see what we're loving ▶▶▶

what we're loving

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



MOO ELIXIR SKINCARE PRODUCTS

1-7 oz, selected varieties

Moo Elixir is my favorite tallow skincare brand! Their high-quality, thoughtfully crafted formulas deeply nourish the skin—especially soothing for redness, inflammation, or eczema.
25% off | save up to \$11.25



Brianna Bates
Metropolitan Market
Wellness Category Manager



local

SEATTLE GUMMY COMPANY FUNCTIONAL GUMMIES

0.5 oz or 1-2 ct, selected varieties

Seattle Gummy Co. is famous for their potent gummies that make wellness tasty and fun. The Immunity Shots are a must-have during cold and flu season!

25% off | save up to \$9.00



Brianna Bates
Metropolitan Market
Wellness Category Manager



METROPOLITAN MARKET PORK TENDERLOIN

100% natural, no antibiotics or added hormones
Product of USA

Lean, versatile pork tenderloin is the perfect choice for a hearty 30-minute weeknight meal.

9.99^{lb}
SAVE \$2.50^{lb}



local organic

SWEET POTATOES

Grown in Washington

2.49^{lb}
SAVE \$1.00^{lb}



NEAR EAST RICE OR COUSCOUS

4.7-10 oz
Selected varieties

2/\$6
SAVE \$1.98 on 6



PRIMAL KITCHEN AVOCADO OIL

16.9 oz

11.49
SAVE \$5.00



MALDON SEA SALT FLAKES

8.5 oz
Smoked salt flakes
4.4 oz, \$4.99
Save up to \$1.00

6.99
SAVE \$2.50



GRAND CENTRAL BAKING CO.

PEASANT LEVIN BOULE

7.99
SAVE \$2.00



DIETZ & WATSON SMOKED PEPPERCORN TURKEY BREAST

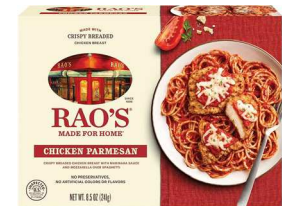
13.99^{lb}
SAVE \$3.00^{lb}



METROPOLITAN MARKET MULTI-GRAIN BATARD

16 oz

3.99
SAVE \$1.00



RAO'S ENTRÉES

8.4-9.5 oz
Selected varieties

4.99
SAVE \$2.90



STUMPTOWN COFFEE

12 oz, selected varieties

14.99
SAVE \$3.50



HARMLESS HARVEST COCONUT WATER

16 oz, selected varieties

3.99
SAVE \$2.80



CHOMPS BEEF STICKS

8-ct
Selected varieties

14.99
SAVE \$8.00



BEST DAY BREWING NON-ALCOHOLIC CRAFT BEER

6-pk, 12 oz
Selected varieties

10.99
SAVE \$3.00



COMBO BOUQUET

12.99
SAVE \$4.00



see more great deals
scan to view the full ad online

metropolitanmarket®



Prices effective January 7 - January 13, 2026. We reserve the right to limit quantities to retail sales. Product availability may be limited to seasonality and/or weather conditions.

metropolitan-market.com



refresh & restore
WELLNESS SALE

25% OFF
all health & beauty

January
7-13



**ALL GOOD
BODY CARE**
0.15-6 oz
Selected varieties **25% off**
SAVE UP TO \$5.25



**BADGER
PERSONAL
CARE**
0.75-2.9 oz
Selected varieties **25% off**
SAVE UP TO \$4.50



**BIOSIL
DIETARY SUPPLEMENTS**
1 oz
or 30-90 ct
Selected varieties **25% off**
SAVE UP TO \$12.75



**BOB'S RED MILL
PROTEIN
POWDER**
12-16 oz
Selected varieties **25% off**
SAVE UP TO \$5.00



**DR. TUNG'S
HOLISTIC ORAL CARE
PRODUCTS**
30-yd, 1-ea,
or 2-100 ct
Selected varieties **25% off**
SAVE UP TO \$2.50



**DR. SHEN'S
HERBAL SUPPLEMENTS**
15-90 ct
Selected
varieties **25% off**
SAVE UP TO \$9.25



**ENER-C
NATURAL HEALTH
SUPPLEMENTS**
0.3 oz
or 1-30 ct
Selected varieties **25% off**
SAVE UP TO \$4.75



**GOLD MINE NATURAL FOODS
DIETARY SUPPLEMENTS**
0.07-2.05 oz
Selected
varieties **25% off**
SAVE UP TO \$10.25



**HERB PHARM
LIQUID HERBAL
EXTRACTS**
1 oz
Selected varieties **25% off**
SAVE UP TO \$5.50



**HERBS, ETC.
SUPPLEMENTS**
1-4 oz
or 30-120 ct
Selected varieties **25% off**
SAVE UP TO \$13.25



**HIMALAYA
HEALTHCARE PRODUCTS**
4-5.29 oz
or 10-60 ct
Selected varieties **25% off**
SAVE UP TO \$8.00



**INESSCENTS
CBD BATH SALTS**
4-16 oz
Selected
varieties **25% off**
SAVE UP TO \$8.00



**JARROW FORMULAS
DIETARY SUPPLEMENTS**
20 oz
or 30-360 ct
Selected varieties **25% off**
SAVE UP TO \$14.00



**MĀNUKA HEALTH
LOZENGES**
15-ct
Selected
varieties **25% off**
SAVE UP TO \$2.00



**MEGAFOOD
PLANT-BASED VITAMINS
AND SUPPLEMENTS**
30-120 ct
Selected
varieties **25% off**
SAVE UP TO \$20.75



**MICKELBERRY GARDENS
HERBAL SUPPLEMENTS**
2-8 oz
Selected
varieties **25% off**
SAVE UP TO \$7.00



**MRM NUTRITION
DIETARY SUPPLEMENTS**
2.29-9.13 oz
Selected varieties **25% off**
SAVE UP TO \$10.00



**MURPHY'S NATURALS
MOSQUITO
AND INSECT
REPELLENT**
0.5-6 oz
Selected varieties **25% off**
SAVE UP TO \$5.97



**NATURAL FACTORS
NUTRITIONAL SUPPLEMENTS**
10-180 ct
Selected
varieties **25% off**
SAVE UP TO \$24.00



**NEW CHAPTER
HERBAL SUPPLEMENTS**
8-180 ct
Selected
varieties **25% off**
SAVE UP TO \$29.00

Prices effective January 7 - January 13, 2026. Selection may vary. While supplies last.

metropolitan-market.com    

refresh & restore
WELLNESS SALE

25% OFF
all health & beauty

January
7-13



**NORDIC NATURALS
OIL SUPPLEMENTS**

36-200 ct
Selected varieties
25% off
SAVE UP TO \$25.00



**NOW
PRODUCTS**
1-32 oz
Selected varieties
25% off
SAVE UP TO \$13.75



**OM
PRODUCTS**
.21-19.26 oz
Selected varieties
25% off
SAVE UP TO \$10.50



**ONE WITH NATURE
PRODUCTS**
3.5-80 oz
Selected varieties
25% off
SAVE UP TO \$6.25



**OREGON'S WILD HARVEST
HERBAL SUPPLEMENTS**
2 oz or
60-180 ct
Selected varieties
25% off
SAVE UP TO \$13.12



**PATCHOLOGY
FAST-ACTING SKINCARE
MASKS**
1-12 ct
Selected varieties
25% off
SAVE UP TO \$7.50



**ORGANIC INDIA
PRODUCTS**
10-12 oz
or 60-180 ct
Selected varieties
25% off
SAVE UP TO \$7.30



**REFLEKT
SKINCARE
PRODUCTS**
15-150 ml
Selected varieties
25% off
SAVE UP TO \$17.25



**SOLGAR
WELLNESS
PRODUCTS**
16 oz
or 60-180 ct
Selected varieties
25% off
SAVE UP TO \$11.25



**SPRITUAL
BEAUTY
PRODUCTS**
.5-5.1 oz
Selected varieties
25% off
SAVE UP TO \$8.75



**SPROUT LIVING
PROTEIN POWDERS**
1-16 oz
or 30 gr
Selected varieties
25% off
SAVE UP TO \$8.75



**TAKE HAVEN
SELF-CARE
PRODUCTS**
.94-4 oz
Selected varieties
25% off
SAVE UP TO \$7.25



**THE UNSCENTED COMPANY
BODY CARE
PRODUCTS**
2.3-21.16 oz
Selected varieties
25% off
SAVE UP TO \$6.15



**TRUVANI
PROTEIN POWDERS
AND COLLAGEN
PRODUCTS**
1.16-25.75 oz
Selected varieties
25% off
SAVE UP TO \$13.25



**WEDDERSPOON
WELLNESS
PRODUCTS**
1-25 oz
Selected varieties
25% off
SAVE UP TO \$4.37



**WILD CARROT
NATURAL SKINCARE
PRODUCTS**
.5-6.76 oz
Selected varieties
25% off
SAVE UP TO \$10.00



**WILEY'S FINEST
OIL SUPPLEMENTS**
30-180 ct
Selected varieties
25% off
SAVE UP TO \$12.75



**WISHGARDEN
PRODUCTS**
.66-2 oz
Selected varieties
25% off
SAVE UP TO \$21.00



**YERBA PRIMA
PRODUCTS**
12 oz
or 180-ct
Selected varieties
25% off
SAVE UP TO \$5.47



**L. ERICKSON
HAIR
ACCESSORIES**
1-45 ct
Selected varieties
25% off
SAVE UP TO \$6.00

fresh deals



SLICED CRIMINI AND WHITE MUSHROOMS

8 oz

A medley of mushrooms adds earthy depth to hearty pastas, slow-cooked stews, or indulgent pizza pies.

2/\$6

SAVE UP TO \$1.98 on 2



METROPOLITAN MARKET

BONELESS PORK TOP LOIN ROAST

All-natural, no antibiotics or added hormones

This pork cut is extra juicy and flavorful thanks to the fat cap that locks in moisture during cooking.

6.99^{lb}

SAVE \$2.00^{lb}



local organic

OPAL APPLES

Grown in Washington

2.49^{lb}

SAVE \$0.50^{lb}



METROPOLITAN MARKET
MEATBALLS

Ready-to-cook from the Butcher Shop

9.99^{lb}

SAVE UP TO \$3.00^{lb}



METROPOLITAN MARKET
COOKED PRAWN PLATTER

31-35 ct
Product of India

12.99

SAVE \$7.00



METROPOLITAN MARKET

SMOKED WILD SALMON PATE

Classic or jalapeño

Made fresh by the Fish Market

14.99^{lb}

SAVE \$3.00^{lb}



GINGER ROOT

Grown in Mexico

3.99^{lb}

SAVE \$3.00^{lb}



local

POTTED HELLEBORES

1-qt pot

12.99

SAVE UP TO \$3.00



METROPOLITAN MARKET
CHICKEN BREAST PARMESAN

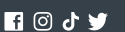
Ready-to-cook from the Butcher Shop
Born, raised, hatched USA

9.99^{lb}

SAVE \$3.00^{lb}

Prices effective January 7 - January 13, 2026

metropolitan-market.com





PEET'S COFFEE
18 oz
Selected varieties

16.99
SAVE \$5.50



PURELY ELIZABETH GRANOLA
8-12 oz
Selected varieties

6.99
SAVE \$2.00



PURELY ELIZABETH OATMEAL
8.3-9.12 oz
Selected varieties

4.99
SAVE \$3.00



KATE'S REAL FOOD BARS
2.2 oz
Selected varieties

2/\$4
SAVE \$2.38 on 2



organic
CASCADIAN FARM CEREAL
9.2-14.6 oz
Selected varieties

5.99
SAVE \$0.40



CALBEE HARVEST SNAPS
3-3.3 oz
Selected varieties

2.29
SAVE \$0.50



THINK JERKY
2.2 oz, selected varieties

6.99
SAVE \$2.00



local
TIM'S CASCADE POTATO CHIPS
7.5 oz
Selected varieties

2/\$6
SAVE \$3.58 on 2



organic
SIMPLE MILLS CRACKERS
4-4.25 oz
Selected varieties

4.99
SAVE \$1.00



OATLY! OAT MILK
64 oz
Selected varieties

4.99
SAVE \$1.30



WATERLOO SPARKLING WATER
8-pk, 12 oz
Selected varieties

3.99
SAVE \$1.70



ETERNAL SPRING WATER
1 lt
2.5 lt, 2/\$6

3/\$5
SAVE \$2.47 on 3



HALFDAY PREBIOTIC LEMONADE OR TEA
12 oz
Selected varieties

2/\$4
SAVE \$1.58 on 2



SIMPLE MILLS COOKIES
4.25-6.7 oz
Selected varieties

4.99
SAVE \$2.80



MOOSKI CHILLED OAT BARS
1.59 oz
Selected varieties

2/\$4
SAVE \$2.58 on 2



BONO SICILIAN GREEN OLIVES
5.3-6.4 oz, Castelvetrano whole or pitted

4.99
SAVE \$2.00



organic
MAYA KAIMAL CURRIES
10 oz
Selected varieties

2/\$7
SAVE \$4.78 on 2



POMI TOMATOES
26.46 oz, selected varieties
Tomato sauce
17.64 oz, 2/\$5

2/\$8
SAVE \$2.78 on 2



PRIMAL KITCHEN SALAD DRESSING
8 oz, selected varieties
Caesar or ranch
16 oz value size, \$11.99

6.99
SAVE \$2.80



organic
BONAFIDE PROVISIONS BROTH
32 oz
Selected varieties
Bone Broth
16.9 oz, \$5.99

3.99
SAVE \$1.90



ATHLETIC BREWING CO. NON-ALCOHOLIC BEER
6-pk, 12 oz
Selected varieties

10.99
SAVE \$3.00



local
FORT GEORGE BREWERY BEER
4-pk, 16 oz
Selected varieties

11.99
SAVE \$3.00



WATERBROOK NON-ALCOHOLIC WINE
750 ml
Selected varieties

12.99
SAVE \$8.00



MINIMALIST COTES DU ROUSSILLON
750 ml

9.99
SAVE \$8.00



VILLA DI CAMPOBELLO CHIANTI RISERVA
750 ml

11.99
SAVE \$5.00



**METROPOLITAN MARKET
ASSORTED
PARTY WINGS**

Buffalo, Asian bbq, or
honey gochujang

9.99^{lb}
SAVE \$2.00^{lb}



**METROPOLITAN MARKET
QUESO
CHEESE DIP**

12 oz

7.99
SAVE \$1.00



**BELLENTANI
PEPPERONI
STICK**

Sliced to order

14.99^{lb}
SAVE \$2.00^{lb}

**HENNING'S
6-MONTH
MEDIUM
CHEDDAR**

Cubed or sliced



11.99^{lb}
SAVE \$1.00^{lb}



organic
**FRANZ
NAKED BREAD**
22.5 oz
Selected varieties

2/\$5
SAVE ~~UP TO~~ \$5.98 on 2



local

**ZOI
GREEK YOGURT**

32 oz, selected varieties

4.49
SAVE \$1.80



**NUTS FOR CHEESE
CHEESE WEDGE**
4.23-7.4 oz
Selected varieties

6.49
SAVE \$2.70



local

**DARIGOLD
FIT MILK**

59 oz
Selected varieties

4.29
SAVE \$1.00



**NANCY'S OR SIGGI'S
YOGURT**

24-32 oz
Selected varieties

5.99
SAVE ~~UP TO~~ \$1.80



**SEATTLE
SOURDOUGH
BAKING CO.
SOURDOUGH
BREAD**

24-32 oz
Selected varieties

6.39
SAVE \$0.60



**AMY'S
BURRITOS**

5.5-6.6 oz
Selected varieties

2.99
SAVE \$1.00



**ROOTBERRY
ENTRÉES**

11-12 oz, selected varieties

7.49
SAVE \$4.30



organic

**BONAFIDE
PROVISIONS
BONE BROTH**

24 oz
Selected varieties

7.49
SAVE \$3.30



local

**FRANKIE & JO'S
ICE CREAM**

14 oz, selected varieties

12.99
SAVE \$3.00



**METROPOLITAN MARKET
FROZEN BERRIES**

32 oz, selected varieties **EVERYDAY**

9.99



**SMASH FOODS
FRUIT SPREAD**

8 oz, selected varieties

6.99
SAVE \$1.00



**JUSTIN'S
NUT BUTTER**

16 oz
Selected varieties

4.99
SAVE ~~UP TO~~ \$1.90



**SUNBUTTER
SUNFLOWER
BUTTER**

16 oz
Selected varieties

7.99
SAVE ~~UP TO~~ \$1.40



**SAFE CATCH
WILD-CAUGHT
TUNA**

5 oz, selected varieties

4.99
SAVE \$1.60



**JOOLIES
DATE POPS**

3.5 oz, selected varieties

4.99
SAVE \$1.50



**LIQUID I.V.
HYDRATION
MULTIPLIER**

10-ct
Selected varieties

17.99
SAVE \$5.00



**ONCE UPON A FARM
KIDS' SMOOTHIE
POUCHES**

24-32 oz
Selected varieties

20% off
SAVE \$0.90



**TIDE
LAUNDRY
DETERGENT PODS**

25 ct, selected varieties

11.99
SAVE \$4.00



**KLEENEX
FACIAL TISSUE**

55-ct, selected varieties

2.59
SAVE \$0.20



**ANGEL SOFT
BATH TISSUE**

4-ct, selected varieties

4.39
SAVE \$1.60

Prices effective January 7 - January 13, 2026