



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

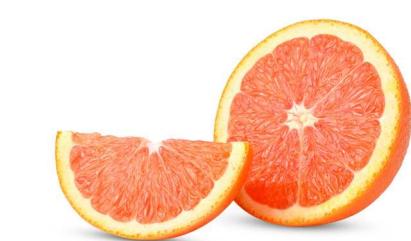
12 oz, selected varieties

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~~



1.99 lb
Grown in USA
SAVE ~~\$1.50~~



3.99
6 oz, grown in USA
SAVE ~~\$2.00~~



1.99 lb
Grown in Washington
SAVE ~~\$1.50~~

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 up to \$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 up to \$2.50



7.99
SAVE \$2.00



DIETZ & WATSON SMOKED PEPPERCORN TURKEY BREAST

13.99
lb
SAVE up to \$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



14.99
SAVE \$3.50

HARMLESS HARVEST COCONUT WATER

16 oz, selected varieties

3.99
SAVE up to \$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



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scan to view the full ad online

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.

metropolitanmarket®



metropolitan-market.com

refresh & restore

WELLNESS SALE

25% OFF

all health & beauty

January
7-13



ALL GOOD BODY CARE 25% off
0.15-6 oz
Selected varieties
SAVE ^{up to} \$5.25



BADGER PERSONAL CARE 25% off
0.75-2.9 oz
Selected varieties
SAVE ^{up to} \$4.50



BIOSIL DIETARY SUPPLEMENTS 25% off
1 oz
or 30-90 ct
Selected varieties
SAVE ^{up to} \$12.75



BOB'S RED MILL PROTEIN POWDER 25% off
12-16 oz
Selected varieties
SAVE ^{up to} \$5.00



DR. TUNG'S HOLISTIC ORAL CARE PRODUCTS 25% off
30-yd, 1-ea,
or 2-100 ct
Selected varieties
SAVE ^{up to} \$2.50



DR. SHEN'S HERBAL SUPPLEMENTS 25% off
15-90 ct
Selected varieties
SAVE ^{up to} \$9.25



ENER-C NATURAL HEALTH SUPPLEMENTS 25% off
0.3 oz
or 1-30 ct
Selected varieties
SAVE ^{up to} \$4.75



GOLD MINE NATURAL FOODS DIETARY SUPPLEMENTS 25% off
0.07-2.05 oz
Selected varieties
SAVE ^{up to} \$10.25



HERB PHARM LIQUID HERBAL EXTRACTS 25% off
1 oz
Selected varieties
SAVE ^{up to} \$5.50



HERBS, ETC. SUPPLEMENTS 25% off
1-4 oz
or 30-120 ct
Selected varieties
SAVE ^{up to} \$13.25



HIMALAYA HEALTHCARE PRODUCTS 25% off
4-5.29 oz
or 10-60 ct
Selected varieties
SAVE ^{up to} \$8.00



INESSCENTS CBD BATH SALTS 25% off
4-16 oz
Selected varieties
SAVE ^{up to} \$8.00



JARROW FORMULAS DIETARY SUPPLEMENTS 25% off
20 oz
or 30-360 ct
Selected varieties
SAVE ^{up to} \$14.00



MĀNUKA HEALTH LOZENGES 25% off
15-ct
Selected varieties
SAVE ^{up to} \$2.00



MEGAFOOD PLANT-BASED VITAMINS AND SUPPLEMENTS 25% off
30-120 ct
Selected varieties
SAVE ^{up to} \$20.75



MICKELBERRY GARDENS HERBAL SUPPLEMENTS 25% off
2-8 oz
Selected varieties
SAVE ^{up to} \$7.00



MRM NUTRITION DIETARY SUPPLEMENTS 25% off
2.29-9.13 oz
or 60-150 ct
Selected varieties
SAVE ^{up to} \$10.00



MURPHY'S NATURALS MOSQUITO AND INSECT REPELLENT 25% off
0.5-6 oz
or 10-ct
Selected varieties
SAVE ^{up to} \$5.97



NATURAL FACTORS NUTRITIONAL SUPPLEMENTS 25% off
10-180 ct
Selected varieties
SAVE ^{up to} \$24.00



NEW CHAPTER HERBAL SUPPLEMENTS 25% off
8-180 ct
Selected varieties
SAVE ^{up to} \$29.00

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



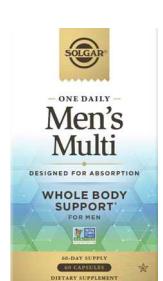
**PATCHOLOGY
FAST-ACTING SKINCARE
MASKS**
1-12 ct
Selected varieties
25% off
SAVE up to \$7.50



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



25% off
SAVE up to \$17.25



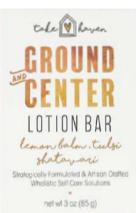
**SOLGAR
WELLNESS
PRODUCTS**
16 oz
or 60-180 ct
Selected varieties
25% off
SAVE up to \$11.25



**SPARITUAL
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



25% off
SAVE up to \$21.00

**WISHGARDEN
PRODUCTS**
.66-2 oz
Selected varieties



**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

6.99 lb

SAVE \$2.00 lb

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.



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 PÂTÉ

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

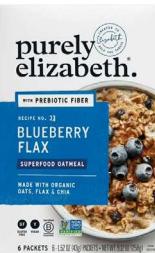
12.99
SAVE up to \$3.00



METROPOLITAN MARKET
CHICKEN BREAST PARMESAN

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

9.99 lb
SAVE \$3.00 lb

 <p>PEET'S COFFEE 18 oz Selected varieties</p> <p>16.99 SAVE \$5.50</p>	 <p>PURELY ELIZABETH GRANOLA 8-12 oz Selected varieties</p> <p>6.99 SAVE \$2.00</p>	 <p>PURELY ELIZABETH OATMEAL 8.3-9.12 oz Selected varieties</p> <p>4.99 SAVE \$3.00</p>	 <p>KATE'S REAL FOOD BARS 2.2 oz Selected varieties</p> <p>2/\$4 SAVE \$2.38 on 2</p>	 <p>ORGANIC CASCADIAN FARM CEREAL 9.2-14.6 oz Selected varieties</p> <p>5.99 SAVE \$0.40</p>
 <p>CALBEE HARVEST SNAPS 3-3.3 oz Selected varieties</p> <p>2.29 SAVE \$0.50</p>	 <p>THINK JERKY 2.2 oz, selected varieties</p> <p>6.99 SAVE \$2.00</p>	 <p>local TIM'S CASCADE POTATO CHIPS 7.5 oz Selected varieties</p> <p>2/\$6 SAVE \$3.58 on 2</p>	 <p>organic SIMPLE MILLS CRACKERS 4-4.25 oz Selected varieties</p> <p>4.99 SAVE \$1.00</p>	 <p>OAT-LY! OAT MILK 64 oz Selected varieties</p> <p>4.99 SAVE \$1.30</p>
 <p>WATERLOO SPARKLING WATER 8-pk, 12 oz Selected varieties</p> <p>3.99 SAVE \$1.70</p>	 <p>ETERNAL SPRING WATER 1 lt 2.5 lt, 2/\$6</p> <p>3/\$5 SAVE up to \$2.47 on 3</p>	 <p>HALFDAY PREBIOTIC LEMONADE OR TEA 12 oz Selected varieties</p> <p>2/\$4 SAVE up to \$1.58 on 2</p>	 <p>SIMPLE MILLS COOKIES 4.25-6.7 oz Selected varieties</p> <p>4.99 SAVE up to \$2.80</p>	 <p>MOOSKI CHILLED OAT BARS 1.59 oz Selected varieties</p> <p>2/\$4 SAVE \$2.58 on 2</p>
 <p>BONO SICILIAN GREEN OLIVES 5.3-6.4 oz, Castelvetrano whole or pitted</p> <p>4.99 SAVE \$2.00</p>	 <p>organic MAYA KAIMAL CURRIES 10 oz Selected varieties</p> <p>2/\$7 SAVE up to \$4.78 on 2</p>	 <p>POMI TOMATOES 26.46 oz, selected varieties Tomato sauce 17.64 oz, 2/\$5</p> <p>2/\$8 SAVE up to \$2.78 on 2</p>	 <p>PRIMAL KITCHEN SALAD DRESSING 8 oz, selected varieties Caesar or ranch 16 oz value size, \$11.99</p> <p>6.99 SAVE up to \$2.80</p>	 <p>organic BONAFIDE PROVISIONS BROTH 32 oz Selected varieties Bone Broth 16.9 oz, \$5.99</p> <p>3.99 SAVE up to \$1.90</p>
 <p>ATHLETIC BREWING CO. NON-ALCOHOLIC BEER 6-pk, 12 oz Selected varieties</p> <p>10.99 SAVE \$3.00</p>	 <p>local FORT GEORGE BREWERY BEER 4-pk, 16 oz Selected varieties</p> <p>11.99 SAVE up to \$3.00</p>	 <p>WATERBROOK NON-ALCOHOLIC WINE 750 ml Selected varieties</p> <p>12.99 SAVE up to \$8.00</p>	 <p>MINIMALIST COTES DU ROUSSILLON 750 ml</p> <p>9.99 SAVE \$8.00</p>	 <p>VILLA DI CAMPOBELLO CHIANTI RISERVA 750 ml</p> <p>11.99 SAVE \$5.00</p>



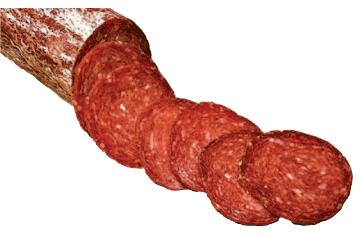
METROPOLITAN MARKET

ASSORTED
PARTY WINGSBuffalo, Asian bbq, or
honey gochujang**9.99 lb**
SAVE \$2.00 lb

METROPOLITAN MARKET

QUESO
CHEESE DIP

12 oz

7.99
SAVE \$1.00BELLENTANI
PEPPERONI
STICK

Sliced to order

14.99 lb
SAVE \$2.00 lbHENNING'S
6-MONTH
MEDIUM
CHEDDAR

Cubed or sliced

**11.99 lb**
SAVE \$1.00 lborganic
FRANZ
NAKED BREAD22.5 oz
Selected varieties**2/\$5**
SAVE up to \$5.98 on 2

local

ZOI
GREEK YOGURT

32 oz, selected varieties

4.49
SAVE \$1.80NUTS FOR CHEESE
CHEESE WEDGE4.23-7.4 oz
Selected varieties**6.49**
SAVE \$2.70local
DARIGOLD
FIT MILK59 oz
Selected varieties**4.29**
SAVE \$1.00NANCY'S OR SIGGI'S
YOGURT24-32 oz
Selected varieties**5.99**
SAVE up to \$1.80SEATTLE
SOURDOUGH
BAKING CO.
SOURDOUGH
BREAD24-32 oz
Selected varieties**6.39**
SAVE \$0.60AMY'S
BURRITOS5.5-6.6 oz
Selected varieties**2.99**
SAVE \$1.00ROOTBERRY
ENTRÉES

11-12 oz, selected varieties

7.49
SAVE \$4.30organic
BONAFIDE
PROVISIONS
BONE BROTH24 oz
Selected varieties**7.49**
SAVE \$3.30local
FRANKIE & JO'S
ICE CREAM

14 oz, selected varieties

12.99
SAVE \$3.00METROPOLITAN MARKET
FROZEN BERRIES

32 oz, selected varieties

9.99
EVERYDAYSMASH FOODS
FRUIT SPREAD

8 oz, selected varieties

6.99
SAVE \$1.00JUSTIN'S
NUT BUTTER16 oz
Selected varieties**4.99**
SAVE up to \$1.90SUNBUTTER
SUNFLOWER
BUTTER16 oz
Selected varieties**7.99**
SAVE up to \$1.40SAFE CATCH
WILD-CAUGHT
TUNA

5 oz, selected varieties

4.99
SAVE \$1.60JOOLIES
DATE POPS

3.5 oz, selected varieties

4.99
SAVE \$1.50LIQUID I.V.
HYDRATION
MULTIPLIER10-ct
Selected varieties**17.99**
SAVE \$5.00ONCE UPON A FARM
KIDS' SMOOTHIE
POUCHES24-32 oz
Selected varieties**20% off**
SAVE \$0.90TIDE
LAUNDRY
DETERGENT PODS
25 ct, selected varieties**11.99**
SAVE \$4.00KLEENEX
FACIAL TISSUE

55-ct, selected varieties

2.59
SAVE \$0.20ANGEL SOFT
BATH TISSUE

4-ct, selected varieties

4.39
SAVE \$1.60