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choose curbside pickup or delivery



**organic**  
**METROPOLITAN MARKET  
BONELESS CHICKEN BREAST**  
Air-chilled, free-range; hatched, raised, and harvested USA  
Lean, high in protein, and endlessly versatile—chicken breasts are the perfect addition to your winter meal rotation. Add them to hearty soups, easy sheet-pan dinners, or cozy casseroles.

**9.99lb** **SAVE \$1.60lb**



**ALIANCA BAI  
VINHO VERDE**  
750 ml  
A zesty, crisp wine that pairs beautifully with shellfish and lighter fish dishes.

**8.99**  
**SAVE \$4.00**



**METROPOLITAN MARKET  
MEAT AND  
CHEESE LASAGNA**  
Layers of fresh pasta, pecorino meatballs, Metropolitan Market marinara sauce, ricotta, and mozzarella.

**9.99lb**  
**SAVE \$3.00lb**



Mushrooms lend rich umami flavor to dishes like risotto and pasta—and they're a wonderful meat substitute.

**SLICED WHITE OR  
CRIMINI MUSHROOMS**  
8 oz

**2/\$6**  
**SAVE \$1.98 on 2**



**METROPOLITAN MARKET  
OLIVE BATARD**  
16 oz  
A deeply savory artisan loaf infused with salty olives for a robust bite.

**5.29**  
**SAVE \$2.00**



**local**  
**GEE WHIZ  
HUNNYZ APPLES**  
Grown in Washington

**2.99lb**  
**SAVE \$1.00lb**



**ANNIE'S  
MACARONI  
AND CHEESE**  
6 oz, selected varieties

**2/\$3**  
**SAVE UP TO \$2.38 on 2**



**GREATER WISCONSIN  
GRATED DOMESTIC  
PARMESAN CUP**

**13.99lb**  
**SAVE \$4.00lb**



**RAO'S  
BRICK OVEN  
CRUST PIZZA**  
18.3-21.2 oz, selected varieties **BUY ONE GET ONE FREE**  
**SAVE \$14.99 on 2**



**local**  
**TIM'S CASCADE  
POTATO CHIPS**  
7.5 oz, selected varieties

**2.79**  
**SAVE \$2.00**



**organic**  
**ORGANIC VALLEY  
MILK**  
64 oz, selected varieties

**4.79**  
**SAVE \$2.00**



**KOIA  
PLANT-BASED  
PROTEIN SHAKE**  
12 oz, selected varieties

**3.99**  
**SAVE \$1.40**



# what we're loving

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



## METROPOLITAN MARKET PRIVATE LABEL SAUSAGES

16 oz, selected varieties

Game day just got better! Host like a pro with our brand new bold-flavored private label sausages. Serve them on a bun with classic toppings or slice and skewer for easy, hearty finger food. Find them in the Butcher Shop.

\$8.99lb | EVERYDAY



Ryan Bauman  
Metropolitan Market  
Meat & Seafood Coordinator



## METROPOLITAN MARKET SMOKED BEEF BRISKET CHILI

24 oz

I adore our new smoked beef brisket chili. Made with naturally hardwood-smoked beef brisket, beans, onions, chili peppers, and warm chili spices. Enjoy as is, or heap some over our twice-baked potatoes. So yummy!

\$10.99 | save \$3.00



Angela Rihacek  
Metropolitan Market  
Prepared Foods & Specialty  
Cheese Coordinator



## ALASKAN WILD-CAUGHT BLACK COD FILLET

Previously frozen  
Product of USA

Prized for its melt-in-your-mouth texture and rich, buttery flavor.

**17.99<sup>lb</sup>**  
SAVE \$2.00<sup>lb</sup>



organic

**CAULIFLOWER** **1.99<sup>lb</sup>**  
Grown in USA SAVE \$1.00<sup>lb</sup>



organic

**CUCUMBERS** **2/\$3**  
Grown in USA SAVE \$0.98 on 2



organic

**METROPOLITAN  
MARKET  
EXTRA VIRGIN  
OLIVE OIL**

16.9 oz

**12.99**  
EVERYDAY



## METROPOLITAN MARKET CAESAR SALAD WITH CHICKEN

8.6-10.8 oz

**7.99**  
SAVE \$2.00



local

**BEECHER'S  
ENTRÉES** **11.99**  
20-23, selected varieties SAVE \$5.50



organic

**BIONATURAE  
TOMATO PASTE**

7 oz

Strained Tomatoes  
24 oz, 2/\$7  
Whole Peeled,  
Crushed, or  
Diced Tomatoes  
28.2 oz, 2/\$8

**2/\$5**  
SAVE \$3.38 on 2



**METROPOLITAN MARKET  
ALBACORE TUNA** **6.99**  
6 oz EVERYDAY



**METROPOLITAN MARKET  
RED PEPPER OR  
OLIVE FOUGASSE** **3.99**  
12 oz SAVE \$2.00



## VERVE COFFEE

12 oz  
Selected varieties

**14.99**  
SAVE \$6.50



**GOMACRO  
PROTEIN BARS** **2/\$5**  
2-2.5 oz  
Selected varieties SAVE \$1.38 on 2



## SIGGI'S YOGURT

5.3 oz  
Selected varieties



**4/\$5**  
SAVE \$3.36 on 4



## CARLSON PRODUCTS

50-360 ct,  
6.7-16.9 oz,  
or 200-500 ml  
Selected varieties

**20% off**  
SAVE \$12.60



**ENDLESS FUN  
BOUQUET** **12.99**  
SAVE \$5.00



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scan to view the full ad online

Prices effective January 28 – February 3, 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





 <p><b>CLIF BAR ENERGY BAR</b> 2.4 oz Selected varieties</p> <p><b>4/\$5</b> SAVE \$4.56 on 4</p>	 <p><b>CHAMBERLAIN COFFEE</b> 10 oz Selected varieties</p> <p><b>11.99</b> SAVE \$7.00</p>	 <p><b>ORGANIC INDIA TEA</b> 18-ct Selected varieties</p> <p><b>3.99</b> SAVE \$2.60</p>	 <p><b>RAO'S PASTA SAUCE</b> 24 oz Selected varieties</p> <p><b>5.99</b> SAVE \$4.00</p>	 <p><b>METROPOLITAN MARKET PASTA</b> 16 oz Selected varieties</p> <p><b>5.49</b> EVERYDAY</p>
 <p><b>PB2 POWDERED PEANUT BUTTER</b> 6.5-16 oz Selected varieties</p> <p>BUY ONE GET ONE <b>FREE</b> SAVE \$11.19 on 2</p>	 <p><b>TAYLOR PASS HONEY NEW ZEALAND MANUKA BLEND</b> 8.83 oz New Zealand Reserve Manuka UMF 8.83 oz, \$16.99</p> <p><b>12.99</b> SAVE \$5.00</p>	 <p><b>SUNLIT MEDJOOL DATES</b> 6 oz, whole Pitted Medjool Dates 6 oz, 2/\$8</p> <p><b>2/\$7</b> SAVE \$2.98 on 2</p>	 <p><b>LOURISH PROTEIN PANCAKE MIX</b> 16 oz, selected varieties</p> <p><b>6.99</b> SAVE \$2.00</p>	 <p><b>FRONTIER CO-OP SPICES AND EXTRACTS</b> 0.15-4 oz Selected varieties</p> <p><b>20% off</b> SAVE \$4.20</p>
 <p><b>BEYOND GOOD CHOCOLATE BAR</b> 2.64 oz Selected varieties</p> <p><b>3.99</b> SAVE \$0.90</p>	 <p><b>MOB SAUCE COOKING SAUCE</b> 9 oz Selected varieties</p> <p><b>9.29</b> SAVE \$2.10</p>	 <p><b>WONDERFUL PISTACHIO</b> 5.5-6 oz Selected varieties</p> <p><b>6.99</b> SAVE \$1.50</p>	 <p><b>PACIFIC POPCORN</b> 3.8-7 oz Selected varieties</p> <p><b>4.29</b> SAVE \$1.70</p>	 <p><b>SIETE GRAIN-FREE TORTILLA CHIPS</b> 5 oz Selected varieties</p> <p><b>3.99</b> SAVE \$2.50</p>
 <p><b>WAIAKEA HAWAIIAN VOLCANIC WATER</b> 700 ml</p> <p><b>1.99</b> SAVE \$0.50</p>	 <p><b>GO2 PURE COCONUT WATER</b> 17.5 oz Selected varieties</p> <p><b>2/\$4</b> SAVE \$3.18 on 2</p>	 <p><b>HENRY WEINHARD'S GOURMET SODA</b> 6-pk, 12 oz Selected varieties</p> <p><b>5.99</b> SAVE \$1.90</p>	 <p><b>LIQUID DEATH FLAVORED SPARKLING WATER</b> 6-pk, 12 oz Selected varieties</p> <p><b>6.99</b> SAVE \$2.00</p>	 <p><b>GROUNDWORK COFFEE LATTE</b> 8 oz Selected varieties</p> <p><b>3.99</b> SAVE \$1.20</p>
 <p><b>ATHLETIC BREWING CO. NON-ALCOHOLIC BEER</b> 6-pk, 12 oz Selected varieties</p> <p><b>10.99</b> SAVE \$3.00</p>	 <p><b>BUOY BEER CO BEER</b> 6-pk, 12 oz Selected varieties</p> <p><b>10.99</b> SAVE \$3.00</p>	 <p><b>ALTANO DOURO RED</b> 750 ml</p> <p><b>8.99</b> SAVE \$10.00</p>	 <p><b>FAMILLE PERRIN RÉSERVES</b> 750 ml Côte du Rhône Selected varieties</p> <p><b>10.99</b> SAVE \$10.00</p>	 <p><b>RAEBURN SAUVIGNON BLANC OR CHARDONNAY</b> 750 ml Cabernet Sauvignon or Pinot Noir 750 ml, \$19.99</p> <p><b>16.99</b> SAVE \$18.00</p>
<p>Prices effective January 28 – February 3, 2026</p>				





METROPOLITAN MARKET  
**BRISKET CHILI  
BAKED POTATO** **8.99**  
SAVE \$2.00



METROPOLITAN MARKET  
**FRESH SALSA** **7.49**  
15 oz  
Selected varieties  
SAVE \$0.50



BELLENTANI  
**PEPPERONI STICK** **14.99<sup>lb</sup>**  
Sliced to order.  
Great for cubing  
and snacking.  
SAVE \$2.00<sup>lb</sup>



AUSTRALIAN  
**3 YEAR AGED  
CHEDDAR** **14.99<sup>lb</sup>**  
Cuts and cubes  
SAVE \$2.00<sup>lb</sup>



PRETZILLA  
**SOFT PRETZEL SLIDER BUNS**  
6-ct  
Soft Pretzel Burger Buns  
12.8 oz or Sausage Buns  
10.4 oz, \$4.29  
Soft Pretzel Bite Tub  
12.3m oz, \$6.99  
**3.99**  
SAVE \$1.00



organic  
STONYFIELD  
**YOGURT POUCHES** **1.79**  
3.5 oz  
Selected varieties  
SAVE \$1.00



GRILLO'S  
**PICKLES** **5.99**  
32 oz  
Selected varieties  
SAVE \$2.60



local  
ZOI  
**YOGURT** **10/\$10**  
6 oz  
Selected varieties  
SAVE \$6.90 on 10



local  
WILCOX FAMILY FARMS  
**CAGE-FREE LARGE  
WHITE EGGS** **3.19**  
12-ct  
SAVE \$0.80



CHALLENGE  
**BUTTER CUBES** **6.49**  
16 oz  
Salted or unsalted  
SAVE \$1.50



AMY'S  
**PIZZA** **8.99**  
12-14 oz, selected varieties  
SAVE \$2.30



local  
BEECHER'S  
**SOUP** **10.99**  
20 oz, selected varieties  
SAVE \$2.80



LAOBAN  
**DUMPLINGS** **5.99**  
8 oz, pork or chicken  
SAVE \$2.00



RAO'S  
**ENTRÉES** **5.49**  
8.4-9.5 oz  
Selected varieties  
SAVE \$2.40



NATURAL FACTORS  
**TOTAL BODY  
COLLAGEN  
POWDER** **25% off**  
17.6 oz, unflavored  
SAVE \$12.49



SOFT SCRUB  
WITH BLEACH  
**CLEANSER** **4.99**  
24 oz  
SAVE \$1.00



CLOROX  
**TOILET BOWL  
CLEANER** **3.79**  
24 oz  
SAVE \$0.70



CLOROX  
**DISINFECTING  
WIPES** **6.29**  
75-ct  
Fresh scent or lemon  
SAVE \$1.20



BOUNTY  
**PAPER TOWELS** **15.99**  
6-ct, selected varieties  
SAVE \$3.00



COTTONELLE  
**BATHROOM TISSUE** **8.99**  
6-ct  
Ultra clean or comfort  
SAVE \$4.30



# fresh deals



BIG HONEY

## DEKOPON MANDARINS

Grown in USA

These seedless, juicy-sweet mandarins are an ultra-special Japanese variety cultivated for easy peeling and exceptional flavor. In fact, they're so delicious that in Japan they're often given as gifts.

**3.99<sup>lb</sup>**  
SAVE \$2.00<sup>lb</sup>



METROPOLITAN MARKET

## EXTRA LEAN GROUND BEEF PATTIES

Prepared in-house by the Butcher Shop  
All-natural, no antibiotics or added hormones

**9.99<sup>lb</sup>**  
SAVE \$1.00<sup>lb</sup>



## BLUEBERRIES

18 oz, grown in Peru

**8.99**  
SAVE \$2.00



## METROPOLITAN MARKET PORK SHOULDER MEAT FOR STEW

All-natural, no antibiotics  
or added hormones  
Born, raised, harvested USA

**5.99<sup>lb</sup>**  
SAVE \$2.00<sup>lb</sup>



## METROPOLITAN MARKET BLACK COD IN SAKE KASU

Made fresh daily  
by the Fish Market  
Crowd pleaser

**18.99<sup>lb</sup>**  
SAVE \$5.00<sup>lb</sup>



organic

## BABY BOK CHOY

Grown in USA

**2.99<sup>lb</sup>**  
SAVE \$2.00<sup>lb</sup>



## TULIPS

Potted 6-inch plant, locally grown

**9.99**  
SAVE \$3.00



## METROPOLITAN MARKET BEEF FOR STEW

All-natural, no antibiotics  
or added hormones

**10.99<sup>lb</sup>**  
SAVE \$2.00<sup>lb</sup>



## METROPOLITAN MARKET DUNGENESS CRAB STUFFED SOLE

Prepared in-house  
by the Fish Market

**16.99<sup>lb</sup>**  
SAVE \$1.00<sup>lb</sup>

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