



save time • shop online
choose curbside pickup or delivery

metropolitanmarket.



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.

9.99 lb **SAVE \$1.60 lb**



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.

9.99 lb
SAVE \$3.00 lb



SLICED WHITE OR CRIMINI MUSHROOMS

8 oz

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

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

2.99 lb
SAVE \$1.00 lb



ANNIE'S MACARONI AND CHEESE

6 oz, selected varieties

2/\$3
SAVE \$2.38 on 2



GREATER WISCONSIN GRATED DOMESTIC PARMESAN CUP

13.99 lb
SAVE \$4.00 lb



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.

\$8.99 lb | 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
lb
SAVE \$2.00 lb



organic
CAULIFLOWER
Grown in USA

1.99
lb
SAVE \$1.00 lb



organic
CUCUMBERS
Grown in USA

2/\$3
SAVE \$0.98 on 2



organic
**METROPOLITAN
MARKET**
**EXTRA VIRGIN
OLIVE OIL**
16.9 oz

12.99
EVERYDAY



METROPOLITAN MARKET CAESAR SALAD WITH CHICKEN

7.99
SAVE \$2.00



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



organic
**BIONATURAE
TOMATO PASTE**
7 oz
Strained Tomatoes
24 oz, 2/5
Whole Peeled,
Crushed, or
Diced Tomatoes
28.2 oz, 2/8

2/\$5
SAVE \$3.38 on 2



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



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



**VERVE
COFFEE**
12 oz
Selected varieties

14.99
SAVE \$6.50



**GOMACRO
PROTEIN BARS**
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



see more great deals
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®



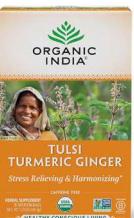
metropolitan-market.com 

**CLIF BAR ENERGY BAR**2.4 oz **4/\$5**Selected varieties **SAVE \$4.56 on 4****CHAMBERLAIN COFFEE COFFEE**

10 oz Selected varieties

11.99
SAVE \$7.00**ORGANIC INDIA TEA**

18-ct Selected varieties

**ORGANIC INDIA TEA**

18-ct Selected varieties

3.99
SAVE \$2.60**RAO'S HOMEMADE PASTA SAUCE**

24 oz Selected varieties

**RAO'S HOMEMADE PASTA SAUCE**

24 oz Selected varieties

5.99
SAVE \$4.00**METROPOLITAN MARKET PASTA**16 oz **EVERYDAY****5.49****PB2 POWDERED PEANUT BUTTER**

6.5-16 oz Selected varieties

BUY ONE GET ONE FREE
SAVE up to \$11.19 on 2**TAYLOR PASS HONEY NEW ZEALAND MANUKA BLEND**

8.83 oz New Zealand Reserve Manuka UMF 8.83 oz, \$16.99

12.99
SAVE up to \$5.00**SUNSLIT MEDJOOl DATES**

6 oz, whole Pitted Medjool Dates 6 oz, 2/\$8

2/\$7
SAVE up to \$2.98 on 2**FLOURISH PROTEIN PANCAKE MIX**

16 oz, selected varieties

6.99
SAVE up to \$2.00**FRONTIER CO-OP SPICES AND EXTRACTS**

0.15-4 oz Selected varieties

20% off
SAVE up to \$4.20**BEYOND GOOD CHOCOLATE BAR**

2.64 oz Selected varieties

3.99
SAVE \$0.90**MOB SAUCE COOKING SAUCE**

9 oz Selected varieties

9.29
SAVE \$2.10**WONDERFUL PISTACHIOS**

5.5-6 oz Selected varieties

6.99
SAVE \$1.50**local PACIFIC POPCORN**

3.8-7 oz Selected varieties

4.29
SAVE \$1.70**SIETE GRAIN-FREE TORTILLA CHIPS**

5 oz Selected varieties

3.99
SAVE \$2.50**WAIAKEA HAWAIIAN VOLCANIC WATER**

700 ml

1.99
SAVE \$0.50**C2O PURE COCONUT WATER**

17.5 oz Selected varieties

2/\$4
SAVE \$3.18 on 2**HENRY WEINHARD'S GOURMET SODA**

6-pk, 12 oz Selected varieties

5.99
SAVE \$1.90**LIQUID DEATH FLAVORED SPARKLING WATER**

6-pk, 12 oz Selected varieties

6.99
SAVE \$2.00**organic GROUNDWORK COFFEE LATTE**

8 oz Selected varieties

3.99
SAVE \$1.20**ATHLETIC BREWING CO. NON-ALCOHOLIC BEER**

6-pk, 12 oz Selected varieties

10.99
SAVE \$3.00**local BUOY BEER CO BEER**

6-pk, 12 oz Selected varieties

10.99
SAVE \$3.00**ALTANO DOURO RED**

750 ml

8.99
SAVE \$10.00**FAMILLE PERRIN RESERVES**

750 ml Côtes du Rhône Selected varieties

10.99
SAVE up to \$10.00**RAEBURN SAUVIGNON BLANC OR CHARDONNAY**

750 ml Cabernet Sauvignon or Pinot Noir 750 ml, \$19.99

16.99
SAVE up to \$18.00



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
Sliced to order.
Great for cubing
and snacking. **14.99 lb**
SAVE \$2.00 lb



AUSTRALIAN
3 YEAR AGED
CHEDDAR **14.99 lb**
Cuts and cubes
SAVE \$2.00 lb



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
12.3 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
6 oz
Selected varieties **10/\$10**
SAVE \$6.90 on 10



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



CHALLENGE
BUTTER CUBES
16 oz
Salted or unsalted **6.49**
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
75-ct
Fresh scent or lemon **6.29**
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 lb
SAVE \$2.00 lb



METROPOLITAN MARKET

EXTRA LEAN GROUND BEEF PATTIES

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

9.99 lb
SAVE \$1.00 lb



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 lb
SAVE \$2.00 lb



METROPOLITAN MARKET
BLACK COD IN SAKE KASU
Made fresh daily by the Fish Market
Crowd pleaser

18.99 lb
SAVE \$5.00 lb



METROPOLITAN MARKET
DUNGENESS CRAB STUFFED SOLE
Prepared in-house by the Fish Market

16.99 lb
SAVE \$1.00 lb



organic BABY BOK CHOY

Grown in USA

2.99 lb
SAVE \$2.00 lb



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 lb
SAVE \$2.00 lb