



metropolitan market

look for the orange tags!

OVER 6000 WAYS TO SAVE

Find new items each week at reduced prices.

No Club Card Needed!

Hot Summer Deals



Grown in Washington, our naturally raised free-range chicken has no added hormones, preservatives or antibiotics. It is delivered farm fresh to our stores, making it the freshest, most naturally flavorful chicken you can buy.

Naturally Raised, Free Range Boneless, Skinless Fryer Breasts

Grown in Washington

SAVE UP TO \$3.00/lb

4.99/lb



Wine Stewards' Selection

Great wines for grilling. Incredible value and quality in these delicious Bogle wines.

Bogle Vineyards

Petite Sirah & Selected Varieties 750 ml

SAVE UP TO \$4.00

8.99



SAVE UP TO \$6.00/lb

Fresh Alaskan, Wild Caught

Whole Coho Salmon

Steaks- \$6.99/lb
Fillets- \$8.99/lb

5.99/lb



SAVE UP TO \$3.00/lb

Wild Harvest Rock Shrimp

Previously Frozen

9.99/lb



Naturally Raised Beef Ribeye Steak or Roast

USDA Choice Bone-In, Lip On

SAVE UP TO \$4.00/lb

9.99/lb

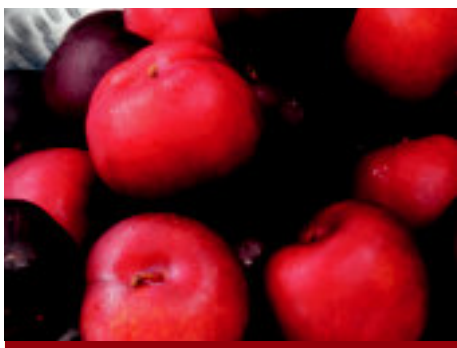


Northwest Natural Fresh Turkey Breast

Bone-In

SAVE UP TO \$1.00/lb

1.99/lb



Sweet Black or Red Plums

Grown in California

SAVE UP TO \$2.00/lb

.99/lb



Local Blueberries

Grown in Washington 2 lb

SAVE UP TO \$4.00

5.99



Odwalla Lemonade or Summertime Lime

64 oz

SAVE UP TO \$3.98 ON 2

2/\$6



Tillamook Ice Cream

Selected Varieties 56 oz

SAVE UP TO \$10.38 ON 3

3/\$10



Häagen-Dazs Ice Cream Cup

Selected Varieties 3.6-4.25 oz

SAVE UP TO \$5.90 ON 10

10/\$10



The Skinny Cow Ice Cream Bars & Sandwiches

Selected Varieties 4-12 Count Cups, 5.8 oz 4/\$5

SAVE UP TO \$8.88 ON 3

3/\$10



Natural Directions Organic Italian Soda

Selected Varieties 1 Liter

SAVE UP TO \$3.96 ON 4

4/\$10



Teddy's Root Beer

Selected Varieties 33.8 oz

SAVE UP TO \$5.00 ON 10

10/\$10



Glaceau Smart or Vitamin Water

Selected Varieties 1 Liter or 20 oz

SAVE UP TO \$5.90 ON 10

10/\$10



Talking Rain Sparkling Water

Selected Varieties 19 oz or 2 Liter

SAVE UP TO \$6.90 ON 10

10/\$10



Local whip perfect for local berries!

Twin Brook Creamery Whipping Cream

32 oz

SAVE UP TO \$1.00

4.99



The quintessential summer dessert with fresh berries.

Metropolitan Market Shortcakes

4 Pack

SAVE UP TO \$1.00

3.99