

Fresh From the Meat Department

At Metropolitan Market, you'll find fine, steakhouse-quality natural meats and poultry:



Tender, meaty and full of flavor, our 100% natural fresh pork sirloin cutlets are a terrific choice for a quick and casual meal. They cook up tender and juicy on the grill!

SAVE UP TO \$1.50/lb

100% Natural, Fresh Pork Sirloin Cutlets
Boneless

2.49/lb



Smart Chicken Split Fryer Breast with Ribs
Certified Organic, Air Chilled

4.99/lb

SAVE UP TO \$1.00/lb



Naturally Raised Lamb Loin Chops
USDA Choice American Lamb

12.99/lb

SAVE UP TO \$4.00/lb



Naturally Raised, Free Range Fryer Leg Quarters
Grown in Washington

1.89/lb

SAVE UP TO \$1.10/lb

Handmade in our meat department with naturally raised Washington grown chicken.

Our Own Free Range Chicken Breast Skewers
Selected Varieties

6.99/lb

SAVE UP TO \$3.00/lb



100% Natural, Fresh Pork Sirloin Roast
Boneless

2.49/lb



Naturally Raised Beef Ribeye Steak or Roast
Boneless

12.99/lb



Our Own Chicken Breast Parmesan

6.99/lb



100% Natural, Fresh Ground Pork
Unseasoned

2.49/lb



100% Natural Pork for Stir Fry

3.99/lb



Johnsonville Smoked Brats or Sausages
Selected Varieties

2.99



BallPark Franks
Selected Varieties

2/\$6



Jennie-O Turkey Breast
Selected Varieties

6.49



Oscar Mayer Sliced Bacon
Regular or Center Cut

4.99



Oscar Mayer Lunch Meats
Selected Varieties

2/\$6



Foster Farms Breaded Chicken
Selected Varieties

5.99



Bar-S Meat Franks
16 oz

4/\$5



Hempler's Franks & Sausages
Selected Varieties

4.49



Hempler's Bacon
Selected Varieties

7.99



Western Family Potato Hashbrown Patties
33.7 oz, Frozen

2.99

Premium Naturally Raised Meats

Fresh Seafood

All Seafood Subject To Weather & Fishing Conditions



Fresh Dungeness Crab Meat
Wild Caught

24.99/lb

SAVE UP TO \$5.00/lb



Fresh Albacore Tuna Steaks
Wild Caught

14.99/lb

SAVE UP TO \$2.00/lb



Our Own Cocktail Sauce

4.49/lb

SAVE UP TO \$1.00/lb

Fresh from the southern Oregon coast, this succulent shrimp is known for its sweet, mild flavor. For a quick and easy appetizer, serve with our famous home-style zesty cocktail sauce and finish with a squeeze of fresh lemon.

Fresh, Cooked Oregon Shrimpmeat
Wild Harvest

4.99/lb

SAVE UP TO \$3.00/lb



Trident Naturals Fish Fillets
Selected Varieties

6.99



Trident Fish Products
Selected Varieties

5.99



SAVE

No Club Cards, No Hassles!