



At Metropolitan Market, you'll find quality groceries, ingredients for mouth-watering meals, and all of the essentials for a well-stocked pantry. We also have unique specialties that you won't find anywhere else!

Silver Palate Mustards
Selected Varieties
7 oz

2/\$5



SAVE UP TO \$5.98 ON 2

Partners Crackers
Selected Varieties
4.9-5.25 oz

2.99



SAVE UP TO \$1.40

McCormick Black Pepper
Ground, 4 oz

Buy One Get One FREE!



SAVE UP TO \$4.99

Everyday Grocery Values



Naturally light and fresh, they're the perfect match for salad greens, fruit salad, pasta salads or your favorite summer veggies.

Silver Palate Salad Splash
Selected Varieties, 12-12.5 oz

2/\$5



SAVE UP TO \$6.18 ON 2

These luscious dessert sauces are made using only the highest quality ingredients - sweet butter, fresh cream, fine chocolate, nuts, real liqueur, and fresh fruit. Drizzle over crepes, spoon over a souffle, or pour over ice cream.

Silver Palate Dessert Sauces
Selected Varieties, 10-10.5 oz

2/\$5



SAVE UP TO \$5.98 ON 2



Spectrum Naturals Canola Oil
32 oz

5.99

SAVE UP TO \$3.00



Lindt Lindor Truffles
Selected Varieties, 5.1 oz

3.99

SAVE UP TO \$1.00



Tully's K-Cups Coffee
Selected Varieties
12 Count

5.49

SAVE UP TO \$2.50



Santa Cruz Organic Lemonade
Selected Varieties
32 oz

4/\$5



Food Should Taste Good Snack Chips
Selected Varieties
6 oz

2/\$5



Partners Granola
Selected Varieties
12 oz

4.99



Hunt's Tomato Sauce
Selected Varieties, 8 oz
Tomato Paste, 6 oz, 4/\$3

10/\$5



Bertolli Olive Oil
Extra Virgin or Extra Light
17 oz

7.99



C&H Granulated Sugar
5 lb

2.99



Pop Secret Microwave Popcorn
Selected Varieties
10.5 oz

2/\$5



Chicken of the Sea Chunk Light Tuna
In Water or Oil
5 oz

10/\$10



Kellogg's Frosted Mini-Wheats
Selected Varieties
15.8-19 oz

2/\$5



Langers 100% Apple Juice
3 Liters

2.99



Napoleon Pasta
Selected Varieties
8 oz

2/\$5



Heinz Ketchup
40 oz

1.79

Voted Best Grocery Store '09 Seattle Magazine



McCormick Marinade
Selected Varieties
.71-1.25 oz

10/\$10



McCormick Grill Mates
Selected Varieties
2.5-3.4 oz

2/\$4



Hunt's Spaghetti Sauce
26.5 oz

4/\$5



Gulden's Mustard
Selected Varieties
12 oz

2/\$3



B&M Baked Beans
28 oz

2/\$4



Lawry's Marinade
Selected Varieties
12 oz

2/\$5



Chicken of the Sea Solid White Albacore Tuna
In Water
5 oz

2/\$3



Kraft Macaroni & Cheese Dinner
7.25 oz

10/\$10



Napoleon Marinated Artichokes
12 oz

3.49



Kraft Salad Dressing
Selected Varieties
16 oz

2.79



Black Pearl Large Ripe Olives
6 oz

2/\$3



Nalley Pickles
Selected Varieties
24 oz

2/\$5



Nabisco Chips Ahoy
Selected Varieties
13-15.25 oz

2.79



C&H Sugar
Selected Varieties
32 oz

2/\$5



Bumble Bar Snack Bars
Selected Varieties
1.4-1.6 oz

4/\$6



Nabisco Toasted Ritz
Selected Varieties
8.1 oz

2.49



Frito Lay Lay's, Cheetos or Ruffles
Selected Varieties
9-11 oz

2.99



Frito Lay Tostitos
Selected Varieties
10-13 oz
Salsa & Dips
15-15.75 oz
\$3.29

2.99

SAVE

Look For Orange, Save Some Green!



July 21, 2010 through August 3, 2010 5