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metropolitanmarket.



**METROPOLITAN MARKET  
PORK SHOULDER BLADE ROAST**

Bone-in, 100% natural, no antibiotics or added hormones  
Product of USA

Pork shoulder roast is tender, exceptionally flavorful, and incredibly versatile. Cook it low and slow, and it's sure to be a mouth-watering meal.

BUY ONE GET ONE  
**FREE** SAVE UP TO \$6.99 on 2



**METROPOLITAN MARKET  
MARINATED BONELESS, SKINLESS  
CHICKEN BREASTS**

Selected varieties  
Ready to cook from the the Butcher Shop

**7.99lb**  
SAVE UP TO \$5.00lb



**local**  
**METROPOLITAN MARKET  
SPICE RUBS**  
3-7.5 oz, selected varieties

**4.99**  
SAVE \$1.00



**organic**  
**WHITE CAULIFLOWER**  
Grown in USA



Scan to get our favorite cauliflower recipes, from soup and sides to a hearty main dish.

**1.99lb**  
SAVE \$2.00lb



**METROPOLITAN MARKET  
RATATOUILLE**

A flavorful French classic! Enjoy a medley of zucchini, squash, tomatoes, and fragrant herbs. Serve with baguette for a simple meal or use it as a side dish.

**9.99lb**  
SAVE \$2.00lb



**HEIRLOOM  
NAVEL ORANGES**

Grown using traditional methods, thus getting the heirloom name, these navel oranges are super sweet, aromatic, and peak of the season!

**1.49lb**  
SAVE \$1.50lb



**TALENTI  
SORBETTO OR GELATO**  
16 oz, selected varieties



**4.99**  
SAVE \$2.00



**local**  
**HARBOR CAKES  
DESSERT BARS AND BROWNIES**  
3 oz, selected varieties

**2/\$7**  
SAVE \$0.49 on 2



**GENERAL MILLS  
CHEERIOS**  
18-18.8 oz family size  
Selected varieties

**2/\$9**  
SAVE UP TO \$8.98 on 2



**organic**  
**LESSER EVIL  
POPCORN**  
5-7 oz  
Selected varieties

**3.49**  
SAVE \$1.00



**LA CROIX  
SPARKLING WATER**  
12-pack, 12 oz cans  
Selected varieties

**4.99**  
SAVE \$1.60



**local**  
**P.FRIEM  
BEER**  
6-pack, 12 oz cans  
Selected varieties

**10.99**  
SAVE \$3.00

Prices effective February 21 - February 27, 2024

see what we're loving >>>



# what we're loving

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



## KARIKARI GARLIC CHILI CRISP

6 oz

This is my favorite pantry item! It adds flavor and complexity to any dish. It is the "ultimate finishing move" — I especially love it on broccoli and bucatini! Locally made in Seattle.



Frank Schuck  
Metropolitan Market  
Center Store Category Manager



## BRAISED PECORINO MEATBALLS MARINARA

I love the slightly peppery marinara on these giant beef-and-pork meatballs. They're so big, it only takes one to make a meal!  
\$10.99/lb | save \$1.00/lb



Angela Rihacek  
Metropolitan Market  
Prepared Foods & Specialty  
Cheese Coordinator



## WILD-CAUGHT EXTRA JUMBO ARGENTINE SHRIMP

Previously frozen  
16/25 tail-on  
Product of Argentina

**12.99**lb  
SAVE \$6.00lb



## BELGIOIOSO AMERICAN GRANA EXTRA-AGED PARMESAN

**16.99**lb  
SAVE \$3.00lb



organic

## THAT'S TASTY BASIL

3 oz, grown in USA

**4.99**  
SAVE \$2.00



METROPOLITAN MARKET

## GARLIC HERB BUTTER

8 oz

**4.99**  
SAVE \$0.50



## local PASTA CASALINGA FRESH FUSILLI, RADIATORI, AND CASARECCE PASTA

12 oz

Fresh and local! Traditional handmade pasta from our friends at Pasta Casalinga of Seattle.

**8.99**  
SAVE \$1.00



## local FRESH BASIL PESTO

Ready to serve from the Deli. Toss this delicious, locally made pesto with warm pasta or roasted vegetables, spread it on a sandwich, or enjoy it on baked chicken. All natural, no preservatives.

**9.99**lb  
SAVE \$2.00lb



METROPOLITAN MARKET

## CIABATTA CLASSICA

15.87 oz

**2.99**  
SAVE \$1.00



MONTEBELLO  
PASTA  
16 oz  
Selected varieties

**4.99**  
SAVE \$0.50



MUTTI  
PASTA  
SAUCE  
24 oz  
Selected varieties

**5.99**  
SAVE \$3.00



SAN GIULIANO  
EXTRA VIRGIN  
OLIVE OIL  
750 ml

Balsamic Vinegar,  
250 ml 7.99

**15.99**  
SAVE \$2.80



TAYLOR FARMS  
CHOPPED  
SALAD KITS

8.4-12.35 oz  
Selected varieties

**3.99**  
SAVE \$1.00



MARCHESI DEL  
SALENTO  
WINE

750 ml  
Select varieties

**7.49**  
SAVE \$6.50



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scan to view the full ad online

metropolitanmarket®



Prices effective February 21 - February 27, 2024. We reserve the right to limit quantities to retail sales. Product availability may be limited to seasonality and/or weather conditions.

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local

CAFFE VITA COFFEE

12 oz  
Selected varieties

11.99  
SAVE \$5.00



ALMOND BREEZE CREAMER

32 oz  
Selected varieties

3.99  
SAVE \$0.60



NUMI HERBAL TEA

16-18 ct  
Selected varieties

5.99  
SAVE \$2.00



RAO'S PASTA SAUCE

24 oz  
Selected varieties

7.99  
SAVE \$3.00



RAO'S PASTA

16 oz  
Selected varieties

2/\$6  
SAVE \$1.98 on 2



VISTA HERMOSA TORTILLA CHIPS

9 oz  
Selected varieties

4.49  
SAVE \$2.30



GOOD CRISPS POTATO CHIPS

5.6 oz  
Selected varieties

2/\$6  
SAVE \$1.98 on 2



STACY'S PITA CHIPS

7.33 oz  
Selected varieties

2.99  
SAVE \$2.50



SONOMA CREAMERY CRISPS

2-2.25 oz  
Selected varieties

2.99  
SAVE \$1.80



ELLA'S FLATS CRISPS

6 oz  
Selected varieties

6.99  
SAVE \$2.80



ESSENTIA WATER

1 lt

2/\$4  
SAVE \$1.38 on 2



OLIPOP SPARKLING TONIC

12 oz  
Selected varieties

2/\$4  
SAVE \$1.18 on 2



organic HARMLESS HARVEST RAW COCONUT WATER

16 oz

3.99  
SAVE \$1.90



local STUMPTOWN COLD BREW COFFEE

10.5-11 oz  
Selected varieties

2/\$7  
SAVE \$2.98 on 2



NABISCO OREOS

17-18.71 oz  
Selected varieties

4.99  
SAVE \$1.50



KENWOOD CHARDONNAY OR SAUVIGNON BLANC

750 ml

8.99  
SAVE \$9.00



CHATEAU HAUT PASQUET BORDEAUX

750 ml  
Blanc or Rouge

8.99  
SAVE \$6.00



MINIMALIST CÔTES DU ROUSSILLON

750 ml

9.99  
SAVE \$6.00



local PFRIEM BEER

6-pack, 12 oz cans  
Selected varieties

10.99  
SAVE \$3.00



local SCHILLING HARD CIDER

6-pack, 12 oz cans  
Selected varieties

12.99  
SAVE \$6.00





**OUR OWN CHICKEN PARMESAN**  
Ready to cook from the Butcher Shop  
**8.99/lb**  
SAVE ~~¥~~\$4.09/lb



**local**  
**NORTHERN CHEF GLUTEN-FREE SEAFOOD DISHES**  
8-16 oz selected varieties  
**8.99**  
SAVE ~~¥~~\$3.00



**SUNTREAT LEMONS**  
2 lb bag Grown in USA  
**4.99**  
SAVE ~~¥~~\$2.00



**local**  
**SPRING PANSIES**  
4" pot  
**4/\$10**  
SAVE ~~¥~~\$2.00 on 4



**local**  
**GARDEN BULBS**  
4" pot  
**3/\$12**  
SAVE ~~¥~~\$6.00 on 3



**HOUSEMADE BRAISED PECORINO MEATBALLS**  
**10.99/lb**  
SAVE ~~¥~~\$1.00/lb



**HOUSEMADE MEDITERRANEAN SALAD**  
**11.99/lb**  
SAVE ~~¥~~\$2.00/lb



**CREMINELLI SNACKING TRAYS**  
2 oz Selected varieties  
**5.99**  
SAVE ~~¥~~\$1.00



**BELGIOIOSO MOZZARELLA BURRATA**  
8 oz  
**9.99**  
SAVE ~~¥~~\$1.00



**DAISY COTTAGE CHEESE**  
2-pack Selected varieties  
**2/\$4**  
SAVE ~~¥~~\$1.98 on 2



**ORGANIC VALLEY STRINGLES STRING CHEESE**  
8 oz  
**5.99**  
SAVE ~~¥~~\$2.00



**TILLAMOOK MEDIUM PACK-IT-PALS**  
7.5 oz  
**2/\$7**  
SAVE ~~¥~~\$2.98 on 2



**ITALPIZZA PIZZA**  
21.69-23.6 oz Selected varieties  
**9.99**  
SAVE ~~¥~~\$4.00



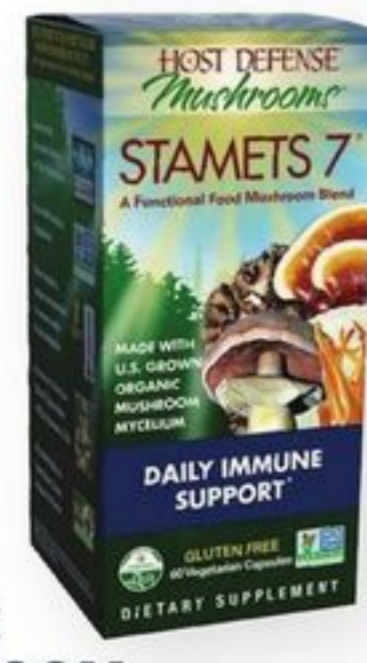
**BEECHER'S SOUP**  
20 oz Selected varieties  
**9.49**  
SAVE ~~¥~~\$1.50



**GRAIN TRUST RICE**  
20-30 oz Selected varieties  
**4.99**  
SAVE ~~¥~~\$1.80



**MICKELBERRY GARDENS PRODUCTS**  
2-8 oz Selected varieties  
**20% off**  
SAVE ~~¥~~\$2.80



**HOST DEFENSE MUSHROOM SUPPLEMENTS**  
1-3.5 oz 30-120 ct Selected varieties  
**25% off**  
SAVE ~~¥~~\$16.20



**MANUKA HEALTH LOZENGES**  
15 ct Selected varieties  
**20% off**  
SAVE ~~¥~~\$1.56



**ECOS LIQUID LAUNDRY DETERGENT**  
100 oz, selected varieties  
**13.49**  
SAVE ~~¥~~\$3.50



**BOUNTY PAPER TOWELS**  
4 ct double roll  
**11.49**  
SAVE ~~¥~~\$2.80