

MARKET CALENDAR

METROPOLITAN MARKET PRODUCTS & EVENTS – FEBRUARY 2016

OH OYSTERS!

Get in the mood for a great meal with the freshest bivalves of the year from PNW waters.



BE OUR VALENTINE?

Stop by for cards, sweets, and great eats for the special day.



FETCHING FLORAL

Show-stopping flowers sculpted into centerpieces by our talented team.



CHOCOLATE, CHOCOLATE & MORE CHOCOLATE

A love letter to one of our favorite flavors, from bean to bar, cup to cake.



Surf & Turf

Catch a wave through our Seafood Department and you'll find the freshest fish and best ready-to-cook prepared seafood features.

Our steaks are the best in the market, meeting or beating the quality of your favorite steakhouse, and always USDA Choice or higher.



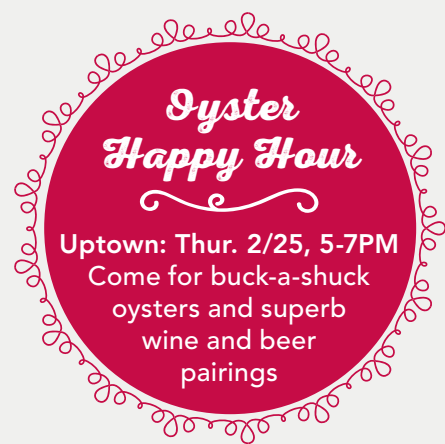
Lobster Tails: Nothing says "special occasion" quite like a buttery lobster tail. Ours are the biggest you'll find! Try our easy recipe for Lobster in Champagne Sauce to make a big splash for the big day (Recipe #1128*), and serve it alongside a Filet Mignon for a full surf & turf experience.

Crab Cakes: Made with more fresh chunks of Dungeness crab meat than you'll find anywhere else, these heart-shaped crab cakes are the most delicious way to start the meal—or take center stage as a rich entree.

Taste Heart-Shaped Crab Cakes at all stores (except Magnolia): Wed. 2/10, 4-7PM

Tenderloin Steaks: The most tender of holidays deserves the most tender of steaks, and you just can't beat a tenderloin. Taken from the center of the tenderloin, Filet Mignon is a classic choice for a special occasion—and may we recommend you serve it up with a lobster tail?

Sweetheart Steaks: For those who like their steaks practically vibrating with flavor, you just can't beat a ribeye steak. Our Sweetheart is a double-cut ribeye, butterflied into a lovely heart shape just for the holiday. There's no better way to a steak lover's heart!



Local Oysters Are at Their Peak! With crisp air and cold fronts come the best oysters of the year. No need to wait in line for your fix of the freshest bivalves—we have them here! Come by and pick up a few dozen Hama Hamas and Blue Pools from the freezing cold waters of the Hood Canal, or try other fresh local favorites like Kusshis, Kumamotos, Dabob Bays, Sea Cows, and more. Feel fancy, frisky, and refreshed with these delicacies on the half shell!



NEW IN THE DELI Rotisserie Lamb

Tender and tasty, American-raised lamb is the newest meat to join our rotisserie racks and heat up the Carving Station in the Deli. We start with the freshest legs of lamb, then rub them with savory herbs and spices and roast them over flames in our rotisserie ovens to bring out mild, sweet flavor with a hint of rosemary. Try it fresh-carved in three ways:

1 BY THE POUND: As versatile as it is perfectly cooked, fresh-roasted, freshly carved lamb makes a great addition to your own culinary creations.

2 MEAL: Sliced to order, our mild lamb is served alongside fresh-prepared sides like roasted root vegetables, garlic mashed potatoes, and brussels sprouts.

3 SANDWICH: Made to order, slices of tender, flame-kissed lamb get an added boost with a slathering of roasted garlic aioli on our fresh-baked baguette.



All Market Calendar demonstration dates are subject to change without notice. For the most current information, please consult your store's Culinary Artist.

Tasting Events

Rotisserie Lamb Deli Meal
Admiral, Proctor, Sand Point, Uptown, & Kirkland:
Sat. 2/20, 3-6PM

A flawless meal in a flash, come and try our juicy lamb paired with two of our favorite sides: creamy scalloped potatoes and tender brussels sprouts.

Rotisserie Lamb Sandwich
Admiral, Proctor, Sand Point, Uptown, & Kirkland:
Fri. 2/26, 4-7PM

Simply perfect, we start with fresh-baked baguettes slathered with roasted garlic aioli piled high with Rotisserie Lamb.

AMOR & AMARI

Bubbly, sweet, and bitter—a lot like love.

Valentine Wine Tastings

Sand Point, Uptown, Kirkland:
Thur. 2/11, 4-6PM
Proctor:
Fri. 2/12, 4-6PM
Admiral:
Fri. 2/12, 5-7PM

- 1. Lucien Albrecht Brut Rosé:** Sparkling wines from the Alsace region of France are among the greatest wine values in the world. Made in the same process as Champagne from 100% Pinot Noir grapes, this creamy textured, nicely balanced, dry sparkler has beautiful notes of strawberries. A must try!
- 2. Metropolitan Brut Rosé:** Our exclusive signature Rosé Champagne is made predominately from Premier Cru Chardonnay with a small amount of Pinot Noir for structure and color. Crushed red berries and floral notes highlight this beautifully made wine, which is a wonderful aperitif for a special occasion or to pair with a filet mignon.
- 3. Cleto Chiarli Brut Rosé:** Made from the Grasparossa grape from Emilia Romagna, this sparkling wine has a brilliant color and flavor of berries with a dry finish. Try it with an assortment of cheeses or alongside seafood.
- 4. Banfi Rosa Regale:** Made in the Piedmont region from the Barchetto grape, this beautifully hued sparkling wine entices with its light sweetness. Strawberry and raspberry flavors and a touch of acidity make this the perfect pairing for chocolate desserts.



- A. Campari:** Perhaps the most recognizable amaro, this bright beverage is a popular aperitivo, and a favorite of bartenders worldwide—especially in the classic Negroni cocktail. For a lower proof drink, try it with soda or orange juice.
- B. Averna:** A popular amaro from Sicily, Averna was invented in 1868. Amari newbies and more experienced imbibers will enjoy its sweeter side, shaded with gentle bitter herbal notes and a nice touch of citrus rinds.
- C. Cynar:** This delightfully bittersweet amaro is driven by herbal and vegetal notes and includes artichoke as one of its 13 ingredients—and also its namesake. Try it with gin or rye in a cocktail, or on the rocks.
- D. Fernet-Branca:** 27 herbs and other closely guarded botanicals go into this delicious digestivo with herbal notes and a nice touch of menthol. A favorite after-work drink for bartenders, it mixes nicely with grapefruit and ginger flavors.

Amari are popular around the globe, but what are they? In a basic sense, "amaro" (the singular of amari) translates to "bitter," and is an herbal liqueur made by infusing ingredients like herbs, spices, flowers, barks, citrus, botanicals, and (usually) sugar. Consumed before a meal as an aperitivo, or after as a digestivo, amari have climbed the popularity charts and are showing up on cocktail menus everywhere—and on the shelves at Metropolitan Market.

GREETINGS FROM THE MET MARKET SWEET SHOP

At Metropolitan Market, we sought out the smoothest, richest chocolate available—and we found it! Then, we teamed up with one of the most trusted caramel truffle makers around to create our Sweet Shop Salted Caramels and Take Two truffles. Made fresh with our exacting standards and delivered right to our door, we cut out the middle man to provide great savings on incredible treats. Now that’s a sweet deal!



This Valentine’s Day, think of The Sweet Shop as you gather tokens of your affection for loved ones. Show you care with a 9-piece box of fresh, locally made buttery caramels, hand-dipped in Belgian chocolate and finished with sea salt. They’re ready to give or share in a festive red gift box.

Or, try tiny tokens with 2-piece “Take Twos” in Dark Caramel Sea Salt and Milk Chocolate Smoked Sea Salt.



Lake Champlain Chocolates
As beautiful as they are thoughtful and delicious, these 5- and 18-piece truffle assortments are made in Vermont with gourmet chocolate in an array of sumptuous flavors, including Cherry Sensation and Honey Caramel. Or, snag a bag of heart-shaped candies to share with all your Valentines.



SOME LIKE IT HOT...

Melt cold hearts and warm chilly hands with the most sophisticated hot chocolate fixings. From local stars making award-winning mixes to intrepid flavors inspired by nature. these are four of the very best.



Moonstruck Hot Cocoa Mix
Single packet cocoa is made with Portland’s favorite chocolate: Moonstruck. Try it in three flavors: Classic, Dark, or Mayan Hot Cocoa.




Fran’s Cocoa
Local, award-winning dark hot chocolate is never too sweet. Don’t forget to top it with some fresh-whipped cream!



Taza Chocolate
Mexican hot chocolate is the kicky hot beverage you need to make it through winter. Muddle discs of premium chocolate with hot milk to enjoy. Try cocoa in Chipotle, Guajillo, Coffee, or Vanilla flavors after hitting Alpentel.



Treehouse Chocolate Co. Drinking Chocolate
Inspired by the creator’s trek through the forests to discover cacao beans in their purest form, these single-serving packets are the boldest around. Try the Nectar, enriched with coconut milk, the Camp, with a full cup of coffee blended right in, Cherrywood, with smoked sea salt from frozen Oregon beaches, and the Original, with deep, dark chocolate flavor.

 **Taste it at Admiral, Proctor, Sand Point, Uptown, & Kirkland: Thur. 2/18, 12-3PM**

Be Our Valentine

This year, make your mark on their hearts with thoughtful treats that say, “Save me a bite, my Sweet.”



Locally made, award-winning **Fran’s Chocolates** are enrobed in a seasonal red box and feature either 7 or 20 pieces of those famous smoked and sea salt caramels.



Coach Farm Goat's Milk Cheese
From one of our favorite East Coast cheesemakers comes this aged, edible rind goat cheese, shaped into a heart for the occasion. Limited quantity available.

Valentine Chocolate Tasting

MM Take Two Salted Caramels, Lake Champlain Truffles, & Theo Chocolate Bars

Proctor, Uptown, & Kirkland: Wed. 2/10, 12-3PM

All stores (except Magnolia): Sun. 2/14, 11AM-2PM

Bakewell Tart

Already famous in choice circles, these flaky, luscious, shareable tarts are filled with frangipane and raspberry swirls over a buttery shortcrust and topped with slivered almonds.



Heart-Shaped Vanilla Bean Crème Brûlée

The best version of a classic dessert, our own luscious, silky crème brûlée is torched to order, for the crunchiest textural delight.

FOCUS ON FLAVOR CHOCOLATE

Rich & Decadent

Chocolate is one of the most beloved flavors and ingredients in the world, and Met Market is proud to stock our shelves and bakery cases with the boldest, purest, most high-quality versions of your favorite chocolate treats. Check 'em out, from bean to bar, cake to cup.



Heart-Shaped Salted Caramel Mousse
Creamy, salty, sweet, and decadent with a crunchy meringue base, you’ll want to share it with someone you adore.



S’mores Tart
S’mores get a fancy upgrade in this individual tart. A graham cracker crust shell is filled with rich dark chocolate ganache and topped with a lightly toasted homemade marshmallow, sprinkled with smoked sea salt.



Heart-Shaped Cake for Two
Layers of chocolate cake and dark chocolate ganache fill this artfully decorated cake—designed for two people, but our secret if you don’t want to share...



Pink Love Cake
Chocolate cake is layered with chocolate ganache, vanilla buttercream, and raspberry filling, then dotted with a darling macaron.



Cupcake Royale Deathcake
Rich, sea-salted dark chocolate flourless cake is slow-poached in a mason jar, layered with classic chocolate cake, and topped with Stumptown espresso chocolate ganache. Heat it at home to show you really love 'em to death.



CANDLES IN THE WIND

Fight short nights with bursts of light, in original and classic scents from some of the best brands around.



Capri Blue Printed Travel Tin

One of the most beloved boutique favorites is in stores, with the famous Volcano scent and creative combos like Velvet Moss & Jasmine.

Paddywax Library Candles

Inspired by some of the greatest authors of all time, these lovely artisan soy wax candles feature two-wick copper tins in the perfect size to take traveling, or tuck into nooks around the house.



Caen Deming Co.

Made with 100% American soy, these candles burn cleanly, smoothly, and with beautiful scents like Vetiver & Oakmoss.

The Bloom Boom

Show your love with a hand-tied bouquet of the freshest, most fragrant flowers from the Met Market Floral Department. Our talented Florists have selected blooms like flawless long-stem roses cozied up with bodacious bouquet partners in custom-made creations for your sweetie pie, designed in-store. Plus, they have a few tips for you on how to get the most beauty for your buck.

♥ CHOOSING A BOUQUET

Select a color palette for your special someone. Remember fragrance can be a romantic and exciting addition to your bouquet, and consider adding flowers such as freesia, stock, gardenias, or oriental lilies.

♥ DISPLAYING YOUR FLOWERS

After creating your bouquet, ask our expert Floral Designers for vase and container options to best display your selection. Short or low vases are great options for intimate table settings and parties. Or, choose a large and lavish container for your grander occasions!

♥ KEEPING FLOWERS FRESH

Start with clean, cool water spiked with a floral preservative and always trim stems at least a half-inch before placing them in water. Spring bulb flowers such as tulips, iris, hyacinths, and daffodils all prefer only cool water.

♥ A MODERN TAKE

Try arranging your flowers in the European style, grouping like flowers together and keeping your color palette simple by incorporating only 1-3 colors. For a more modern take on your design, try adding something unexpected like succulents or air plants to the bouquet.



VALENTINES FOR KIDS & ADULTS

Will you be our Valentine? Vintage-inspired cards and thoroughly modern mailers are packed up and ready to please the little ones or full-grown pals in your life.

HEART HEALTH

Treat your heart right this month and every month with easy to eat, delicious products that'll give you a boost of good health.

Barlean's Fish Oil Swirls have the delicious flavor of mango and peach packed into smoothie softness. Naturally sweetened, they're gluten-free and non-GMO and packed with the benefits of fish oil.

♥ Taste it at all stores (except Magnolia): Fri. 2/19, 12-3PM



Barlean's Flax Oil

With its wholesome, nutty flavor, Lignan Flax Oil is a pure and unrefined source of vegan Omega-3 fatty acids and nutrient-rich lignans. Fresh cold-pressed oils are certified USDA organic, non-GMO, GF, and kosher.

♥ Taste it at all stores (except Magnolia): Fri. 2/19, 12-3PM



Vega All-In-One Nutritional Shake

Plant-based protein is made with essential fatty acids from flax and hemp seeds, providing the same amount of nutrition as 2-3 servings of salmon!

♥ Taste it at all stores (except Magnolia): Sun. 2/21, 11AM-2PM



Carlson's Norwegian Cold Liver Oil, Natural Lemon Flavor

Fish oil promotes heart, brain, vision, and joint health, with a mega dose of Omega-3 fatty acids. This version is packed with lemon flavor, making it a healthful addition over popcorn, blended into your favorite salad dressing recipes, or drizzled over grilled veggies.



Cole & Mason Herb Keeper

Keep herbs well-hydrated and at the ready with this no-fuss self-watering herb container, with major counter appeal.

Tasting Events

Classic Tuna Melt

All Stores (except Magnolia): Wed. 2/17, 4-7PM

One of our favorite comfort foods, a classic tuna melt gets the Met makeover.

Tuna Noodle Casserole

Admiral, Proctor, Sand Point, & Kirkland: Thur. 2/18, 4-7PM
Just like mom made? Almost, but with a little more pizzazz. You'll add this to the family roster for years to come.

Tuna Lemon Pasta

All Stores (except Magnolia): Fri. 2/19, 4-7PM

A burst of brightness is exactly what we need in the dark winter months, and this zesty pasta is an easy way to capture it.

SPOTLIGHT ON METROPOLITAN MARKET WHITE ALBACORE PREMIUM FILLET

Love tuna? Our White Albacore Premium Fillet is the best canned tuna there is. When we decided to find the best fish for this pantry staple, we looked to Northwest waters and the simplest practices for capturing great albacore flavor. Troll caught off the Northern Pacific Coast of Washington and Oregon, our tuna is never frozen. Using fresh, whole tuna loins, we pack BPA-free cans tight and full with premium quality fish. The fish is cooked in its own natural juices for the purest flavor, with no added salt.

Mild, meaty, and so versatile, you'll love integrating our super flaky MM tuna fillets into your favorite salads, fresh pastas, and sandwiches for plenty of protein, heart-healthy omega 3s, and fresh flavor.



FRESH & NEW

Your snack game is getting a major overhaul, with great new products and seasonal delights coming to stores in February.



Jackson's Honest Chips

From purple heirloom potatoes to the sweetest sweet potatoes, these oh-so-crunchy crisps are cooked in coconut oil and bursting with flavor.



Dolcetto Wafer Bites

Light, crunchy wafers surround creamy, flavorful filling in Chocolate, Lemon, and Cookies & Cream. Individual packs make them the ideal lunch bag treat companions.

Cupcake Royale Ice Cream?

Our favorite cupcakery has been whipping up great ice cream in stores, and now we've finally got our hands on pints of Salted Caramel Cupcake, Oregon Hill Strawberry, and more.



Very limited supply! Pre-orders in the Bakery recommended.



Sucré King Cake

Taste it at all stores (except Magnolia):
Sat. 2/6, 11AM-2PM

Sucré's award-winning King Cake is as delicious as it is beautiful! Made of the New Orleans company's signature Danish butter pastry and filled with a layer of creole cream cheese, you'll be chanting "Long live the king!" with your mouth stuffed full of this festive cake. Pro tip: find the baby figurine in your slice and you're king for the day!

BEST OF THE ZEST



Sumo Mandarins

This big orange packs huge flavor under that bright, mottled skin. Sweet and juicy and back in stores for a short time, the Sumo's grown in the San Joaquin Valley with Japanese growing methods. Easy to peel and naturally seedless, you'll get just a touch of tang from this big guy.

Gold Nugget Oranges

Super sweet and easy to peel, this fragrant orange is named for the gold once found in the Sierra Nevada Mountains, where it now grows the best. Seedless and bright, it's been rated one of the best-tasting citrus fruits of all time.



Arriving early February



Arriving mid-February

Lemon Plums

Yellow skin blushes scarlet when this juicy plum is ready to eat. A hybrid of tangy citrus and plums, it's mild, sweet, and lovely for breakfast, dessert, or an anytime snack.



Paczki: Polish for Donuts!
Taste them at
Admiral & Uptown: Tues. 2/2, 12-3PM
Proctor, Uptown, & Kirkland:
Wed. 2/3, 12-3PM
Admiral, Proctor, Sand Point,
Uptown, & Kirkland:
Fri. 2/5, 12-3PM

Paczki are locally made, deliciously decadent treats that are filled to the brim and fun to eat. Dense and fluffy, these donuts are stuffed with vanilla custard, lemon, or raspberry jam. Don't miss them—they'll be gone before you know it!