



Mother's Day

Menu Ideas 2019

Promotional prices good through May 12, 2019

301.772.0060 | 800.522.0060 | www.metropoultry.com

Seafood

American Red Snapper Fillet (1-1.5# sides) Louisiana	16215	Metropolitan	Lb/Pc	\$18.12	Lb
Arctic Char Fillet (16-20oz) PBO Skin-on	16225	Metropolitan	Lb/Pc	\$10.32	Lb
Alaskan Halibut Fillet (3-6# sides)	16204	Metropolitan	Lb/Pc	\$16.19	Lb
Argentine Wild Red Shrimp 16/20 Shell On Raw	14090	Pier 33 Gourmet	4.4 lb. Box	\$5.82	Lb
Argentine Wild Red Shrimp 16/20 P&D Raw	14091	Pier 33 Gourmet	10# Cs	\$7.86	Lb
Argentine Wild Red Shrimp 21/25 P&D Raw	14092	Pier 33 Gourmet	10# Cs	\$7.59	Lb
Crabmeat Colossal Lump Pasteurized	15012	Chicken of the Sea	12/1# Ctn	\$24.55	Lb
Crabmeat Jumbo Lump Pasteurized	15351	Chicken of the Sea	12/1# Ctn	\$24.55	Lb
Jumbo Ocean Rockfish Fillets (2-7# fillets) LOCAL	16261	Metropolitan	Lb/Pc	\$14.81	Lb
Lobster Live Hard Shell 1.00# Chix Canadian	13052	Metropolitan	Pc	\$8.90	Lb
Lobster Live Hard Shell 1.25# Canadian	13053	Metropolitan	Pc	\$9.00	Lb
Lobster Live Hard Shell 1.50# Canadian	13054	Metropolitan	Pc	\$9.40	Lb
Oyster Salt Shakers LOCAL	16851	Mumford	Bushel	\$56.75	Bsh
Oyster Seaside LOCAL	16853	Byrd	Bushel	\$50.75	Bsh
Oyster Sweet Jesus LOCAL	16803	Hollywood Oyster Co.	Bushel	\$61.75	Bsh
Oyster VaVa Vooms LOCAL	16870	American Oyster Co.	Bushel	\$61.25	Bsh
Oyster Wild James River LOCAL	16855	Ballard Fish & Oyster	Bushel	\$49.75	Bsh
Salmon Fillet (4-6# sides) PBO Scottish	16405	Highland Blue	Lb / Pc	\$9.79	Lb
Scallops Dry U-10ct All-Natural	16018	Sea Trade	Gal	\$17.60	Lb
Shrimp Jumbo White U-5 Head-On	14080	Ecuador	4# Box	\$12.83	Lb
Shrimp P/D 16-20ct Tail-On Cooked	14028	Chicken of the Sea	5/2# Bags	\$8.51	Lb
Shrimp Tempura 26/30 (Frozen)	14073	Nippon Shokken	200/Cs	\$193.80	Cs
Steelhead Trout Fillet PBO Skin On	16308	Loch Etive	Lb / Pc	\$5.99	Lb
Yellowfin Tuna (8-11# loins) #1 Grade	16168	Metropolitan	Lb/Pc	\$13.02	Lb

Beef

100% Grass-Fed Strip Steak Boneless Center Cut	22915	Grass Run Farms	10# Cs	\$26.92	Lb
All Natural Strip Loin	22754	Aspen Ridge	5/12# Avg	\$10.18	Lb
Dry Age Ribeye	22985	Certified Angus Beef®	14# Avg	\$12.18	Lb
Dry Age Strip Loin Boneless 0x1	22951	Certified Angus Beef®	10# Avg	\$11.91	Lb
Elite Prime Ribeye Steak Frenched	21056	Elite Prime	10# Cs	\$19.33	Lb
Elite Prime Strip Loin	21060	Elite Prime	10# Cs	\$18.09	Lb
Elite Prime #1 Tenderloin	21065	Elite Prime	10# Cs	\$32.19	Lb
Export Rib Bone-In	3243	Certified Angus Beef®	3/16#	\$8.25	Lb
Sirloin Tri Tips	3102	Certified Angus Beef®	5/12# Avg	\$6.45	Lb
Steamship Round (w/ handle, flat bottom)	3103	Certified Angus Beef®	68# Avg	\$3.92	Lb
Tenderloin Steak DND <i>any size</i>	22090	Certified Angus Beef®	10# Cs	\$23.51	Lb
Tenderloin Whole DND	22098	Certified Angus Beef®	Pc	\$20.04	Lb
Top Round	3216	Certified Angus Beef®	3/25# Avg	\$2.99	Lb
Wagyu Sirloin Flap GOLD GRADE	3369	Snake River Farms	4/7# Avg	\$12.06	Lb

Poultry, Pork, Lamb & Veal

All Natural Chicken Banquet Breast Boneless/Skinless	1005	Packer	Lb/Pc	\$4.33	Lb
All Natural Chicken Breast Boneless/Skinless Non- GMO	1183	Springer Mountain	20# Cs	\$3.84	Lb
All Natural Chicken Thighs Boneless/Skinless Non-GMO	1367	Springer Mountain	40# Cs	\$2.22	Lb
All Natural Chicken Buffalo Wings Non-GMO	1366	Springer Mountain	40# Cs	\$2.58	Lb
Dry Age Pork Chops	22779	Compart Family Farms	10# Cs	\$10.80	Lb
Dry Age Pork Porterhouse	22225	Compart Family Farms	10# Cs	\$8.71	Lb
Ground Lamb Sliders	11413	Catelli	5/2# Pkg	\$67.72	Cs
Ham Pit Duroc Pork Smoked	10211	Compart Family Farms	10-11# Avg	\$3.76	Lb
Ham Spiral Sliced Honey (fresh)	10181	Nueske`s	15# Avg	\$5.55	Lb
Turkey Breast Oven Ready In Foil All Natural Frozen	1364	Koch`s Turkey	2/7# Avg	\$4.55	Lb
Lamb Leg Boned, Rolled, Tied- Domestic	11996	Metropolitan	2/8# Avg	\$6.56	Lb
Lamb Leg Frenched - Domestic	22691	Metropolitan	10# Cs	\$7.20	Lb
Lamb Rack 8-rib Frenched Fresh - Domestic	3476	Catelli	3/2pc pk	\$19.69	Lb
Pork Chop Natural Bone-In Frenched <i>any size</i>	22483	Compart Family Farms	13# Cs	\$6.64	Lb
Veal Natural Rib Chop Frenched 14-16oz Center Cut FROZEN	3430	Catelli	12 per Cs	\$10.55	Lb
Veal Top Round Steak Cutlet FRESH	22278	Metropolitan	10# Cs	\$15.85	Lb



Bloomy Breeze Cheese LOCAL	6113	Fire Fly Farms	8/9oz	\$11.40	Lb
Casselman 2-Year Cheddar Cheese LOCAL	6178	High Country Creamery	5-6# Whl	\$13.22	Lb
Cave Dweller Cheese LOCAL	6180	Fire Fly Farms	3-4# Avg	\$16.80	Lb
Cutlass Washed-rind Cheese LOCAL	6021	Chapel`s Creamery	3-4lb Whl	\$12.64	Lb
Lamb Chopper Cheese	6211	Cypress Grove	9# Whl	\$18.90	Lb
Lida Gold Cheese LOCAL	6085	Calkins Creamery	8 Lb	\$13.88	Lb
"The Rev" Coffee-infused Cheddar Cheese LOCAL	6179	High Country Creamery	5-6# Avg	\$10.94	Lb
Woodbine Alpine-style Cheese LOCAL	6087	Chapel`s Creamery	3-4# Whl	\$12.96	Lb
Pate - DeCampagne LOCAL	11766	Stachowski	3.5#	\$12.41	Lb
Pate - Duck LOCAL	11765	Stachowski	3.5#	\$27.17	Lb
Pate - Pheasant LOCAL	11704	Stachowski	3.5#	\$18.90	Lb
Mussels Smoked 75ct Fresh	16042	Ducktrap River	1# Tub	\$9.65	Lb
Salmon Pastrami Smoked Sliced	16556	Ducktrap River	2.5# Avg	\$14.69	Lb
Salmon Smoked Faroe Island LOCAL	16170	Chesapeake Smokehouse	2-4# Avg	\$20.22	Lb
Artichoke Halves Grilled	20918	Divina	6/4#	\$18.84	Ea
Fig Spread - All Natural	20337	Divina	3.5# Jar	\$13.05	Ea
Giant White Beans In Vinaigrette	20898	Divina	4.4#	\$14.78	Ea
Mushrooms Marinated in Spicy Ginger	20814	Divina	6.9#	\$36.17	Ea
Sour Cherry Spread - All Natural	20352	Divina	3.5# Jar	\$14.00	Ea
Tomatoes Roasted In Oil	20728	Divina	2/4# Jars	\$46.19	Cs
Yellow Sweetie Drop Peruvian Peppers	20815	Divina	6.6#	\$28.16	Ea



Breakfast

Applewood Smoked Bacon 16-20ct	3085	Nueske`s	2/5# Cs	\$8.05	Lb
Crepe Belgian Apple Raisin	23002	Creapan	30/3.2oz	\$54.97	Cs
Crepe Belgian Chocolate	23032	Creapan	30/3.2oz	\$54.98	Cs
Eggs White Loose XL or L		Packer	15 or 30 Doz	\$2.79	Dz
Healthy Oat Bars Raspberry/Blueberry VEGAN	11728	Sweet Indulgence	2/32ct Trays	\$66.42	Cs
Muesli Loaf 18oz	11313	Euro-Bake	14/18oz	\$66.19	Cs
Quiche Spinach Florentine Individual 6oz	18886	Metropolitan	20/6oz	\$54.23	Cs
Sausage Apple Sage Link VEGAN	11281	Field Roast	50/3.2oz	\$64.52	Cs
Sausage Chicken Apple 2oz Link Raw Gluten-Free	2709	Froehlich`s	3/4# Pkg	\$7.07	Lb
Sausage Sage Morning 1.6oz	11748	Stachowski	2/5# Pkg	\$3.99	Lb

Well Natural Pasta

Ravioli Eggplant, Chickpea & Tomato LOCAL	11619	Metropolitan	6# Cs	\$68.68	Cs
Ravioli Fava Beans, Peas & Mint LOCAL	11573	Metropolitan	6# Cs	\$56.06	Cs
Ravioli Lobster Mascarpone LOCAL	11526	Metropolitan	6# Cs	\$87.66	Cs
Ravioli Ricotta, Pea & Mint Gluten-Free LOCAL	11641	Metropolitan	6# Cs	\$51.97	Cs
Ravioli Roasted Cauliflower LOCAL	11571	Metropolitan	6# Cs	\$52.15	Cs

Mouth Watering Desserts

Carrot Cake 9"	11305	Pellman	4/9in	\$11.18	Ea
Coconut Cake 9"	11299	Pellman	4/9in	\$10.02	Ea
Fudge Lava Divine 5oz Gluten-Free	11334	Diane`s	25/5oz	\$69.09	Cs
Macaroons Assorted	20978	Mignardise	2/36ct	\$90.82	Cs
Muffin Batter Coconut Mango	11655	Sweet Indulgence	2/10#	\$45.09	Cs
Muffin Batter Lemon Poppy Seed	11644	Sweet Indulgence	2/10#	\$45.09	Cs
Pastries Premium Mini Assorted	20982	Mignardise	74/ct	\$99.08	Cs
Pecan Pie 9"	11317	Pellman	6/9in	\$10.42	Ea
Sorbet Red Raspberry	9097	Sweet Indulgence	2/4 Liter	\$35.58	Cs
Strawberry Cake 9"	11309	Pellman	4/9in	\$10.02	Ea
Tulip Large Marbled	23017	Mona Lisa	24/cs	\$28.17	Cs