

metro



1⁹⁹
/100 g

IRRESISTIBLES ARTISAN
BLACK FOREST HAM OR SWISS CHEESE
SELECTED VARIETIES, DELI SLICER, 9.80/76



8⁸⁸
/lb

CUT BY OUR BUTCHER

RED GRILL STRIP LOIN STEAK
VALUE PACK OR ROAST OR BEEF SHORT RIBS
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
19.58/kg



1/2 PRICE

AGROPUR OKA CHEESE
REGULAR CHEVALLER BRIE
TRIPLE CREME CHEESE OR
AGROPUR 3-YEAR OLD
GRAND CHEDDAR
DELI CUT, 11.70/76



5⁹⁹
/lb

FRESH LAMB LEG SHORT CUT
NEW ZEALAND SPRING LAMB
13.21/kg

- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones



2⁴⁴
/lb

FRESH CHICKEN DRUMSTICKS OR
THIGHS OR ZABIHA HALAL
5.38/kg



2 for 6⁰⁰

VILLAGGIO ITALIAN STYLE
BREADS, BUNS OR
DEMPSTER'S 7" TORTILLAS
SELECTED SIZES
SELECTED VARIETIES
OR 3.40 EA.



2⁶⁹
ea.

FRONT STREET BAKERY
BAGUETTE, MINI PARISIEN BREADS, BELGIAN
SOURDOUGH OR COUNTRY RUSTIC BREADS
175 - 500 g, SELECTED VARIETIES



9⁹⁹
/lb
or ea.

FRESH RAINBOW
TROUT FILLETS
VALUE PACK MIN 900 g
1.99/lb, 2.21/100 g
WHOLE CANADIAN
LOBSTER 350 g, 9.99 EA.
COOKED SHRIMP
41 - 50, 500 g, 9.99 EA.
FROZEN



16⁹⁹
ea.

STARBUCKS, MELITTA,
VAN HOUTTE,
McCAFE OR FOLGERS COFFEE
SELECTED SIZES
SELECTED VARIETIES

SAVE \$4.00



3⁹⁹
ea.

PHILADELPHIA CREAM CHEESE,
CHEEZ WHIZ, KRAFT SINGLES OR
SELECTION SLICED CHEESE
SELECTED SIZES, SELECTED VARIETIES



4⁹⁹
ea.

IRRESISTIBLES ICE CREAM OR NOVELTIES,
BEN & JERRY'S OR MAGNUM NOVELTIES
SELECTED SIZES, SELECTED VARIETIES



50% off

JAMIESON VITAMINS
SELECTED SIZES
SELECTED VARIETIES



2 for 7⁰⁰

ESKA NATURAL SPRING WATER 24 x 500 ml
TOSTITOS TORTILLA CHIPS OR SALSA,
SMARTFOOD POPCORN OR HAVOC CHIPS
SELECTED SIZES, SELECTED VARIETIES



3⁴⁴
ea.

CASHMERE BATHROOM TISSUE OR
SPONGE PAPER TOWELS
2-8 in., SELECTED VARIETIES

SAVE \$6.05



Maki Sushi Boat
18 PIECES



Hot Chicken Tenders or Wings
PACKAGE OF 12 (TENDERS) OR 15 (WINGS)



Store Made Carousels
FRESH VEGETABLE 950 g
FRESH FRUIT 1.4 kg



Fresh 2 Go
Hot BBQ Mammoth Chicken 1 kg



Pepperoni & Cheese
16" X-Large Hot Pizza
WALK-IN TENDERS ONLY

10⁹⁹
EACH



STRAWBERRIES 454 g
PRODUCT OF U.S.A., No. 1 GRADE
LEMONS 2 lb
PRODUCT OF U.S.A., SOUTH AFRICA OR EGYPT

2⁹⁹ ea.

VIDALIA SWEET YELLOW ONIONS 3 lb, PRODUCT OF U.S.A., No. 1 GRADE
ASSORTED COLOUR SWEET PEPPERS 3 pk, PRODUCT OF ONTARIO
MINI CUCUMBERS 907 g, PRODUCT OF ONTARIO, CANADA No. 1 GRADE

3⁴⁴ ea.

SWEET POTATOES
PRODUCT OF ONTARIO
1.70/kg

77¢ /lb

OIKOS YOGURT,
SILK BEVERAGES OR
POST CEREAL
SELECTED SIZES
SELECTED VARIETIES

2⁸⁸ ea.

TROPICANA OR
IRRESISTIBLES JUICE
SELECTED SIZES
SELECTED VARIETIES

3⁴⁹ ea.

CRACKER BARREL
MARBLE • MARBRE
OLD • FORT
TEX MEX

5⁷⁷ ea.

CRACKER BARREL BARS,
SHREDDED CHEESE OR
BLACK DIAMOND CHEESTRINGS
SELECTED SIZES, SELECTED VARIETIES

made in my metro **m**

3⁹⁹ /lb

STORE MADE
SAUSAGES VALUE PACK
SELECTED VARIETIES
8.80/kg

SWISS CHALET
CHICKEN POULET
POT PIE - PÂTE
600 g

NEW NOUVEAU

JANES
PUB STYLE
chicken Strips
70g

6⁹⁹ ea.

JANES PUB STYLE BREADED CHICKEN OR TURKEY OR
SWISS CHALET, ST-HUBERT OR MONTANA'S MEAT PIES
FROZEN, 600 - 800 g, SELECTED VARIETIES

FRESH WILD ONTARIO
PICKEREL FILLETS
VALUE PACK
MIN 900 g, 2.21/1000 g

9⁹⁹ /lb

1/2 PRICE

MASTRO
SALAMI
GENOA • DE GÈNES
SALAMI
150 g

SAN DANIELE
PROSCIUTTO
JAMBON • JAMBON
100 - 150 g, SELECTED VARIETIES

5⁹⁹ ea.

LA ROCCA
CAKES
600 g
SELECTED VARIETIES

SAVE \$5.00

14⁹⁹ ea.

IRRESISTIBLES
CREAM PIES
830 g
SELECTED VARIETIES

9⁹⁹ ea.

Key Lime
CREAM PIE • TARTTE À LA CRÈME
Lime des Keys

mix & match

MARKET BUNCHES
ASSORTED COLOURS AND
FLOWER VARIETIES

3 for 25⁰⁰
or 8.99 ea.

\$ New Lower Prices

IRRESISTIBLES
PORK BACK RIBS
480 g or
SELECTION
CHICKEN WINGS
850 g or
BEEF BURGERS
1.36 kg
FROZEN, SELECTED VARIETIES

10⁹⁹
ea.

BARBECUE
SELECTION

CRISPY CHICKEN WINGS
SELECTION

PKG OF 4

WILD CAUGHT SHRIMP
SELECTION

WILD ARGENTINIAN SHRIMP 20 - 30 SIZE 800 g
IRRESISTIBLES SALMON OR TUNA POKE 400 g or
ROCK LOBSTER TAIL 3 oz, PKG OF 4
FROZEN

12⁰⁰
ea.

4 PACK

FRESH 2 GO

FRESH 2 GO PANINI SANDWICHES
SELECTED VARIETIES

UNSALTED NON SALT BUTTER - BEURRE
454 g

SALTED-SALT BUTTER - BEURRE
454 g

5⁹⁹
ea.

SELECTION BUTTER
454 g
SELECTED VARIETIES

LACTANTIA PURIFILTRE MILK 1.5 L, SELECTED VARIETIES

4⁹⁹
ea.

LACTANTIA PURIFILTRE MILK 1.5 L, SELECTED VARIETIES

1

2

3

BEATRICE CHOCOLATE MILK 1 L OR 2.99 EA.

2 for 5⁰⁰

BEATRICE

1

1

TWININGS Chai

Pure Peppermint

4⁹⁹
ea.

TWININGS HERBAL TEA
20 un., SELECTED VARIETIES

Organic

KICKING HORSE GROUND COFFEE 284 g or
SALT SPRING COFFEE BEANS 400 g
SELECTED VARIETIES

9⁹⁹
ea.

SALT SPRING COFFEE
Organic, Fair Trade

DECAF

KICKING HORSE COFFEE
Organic, Fair Trade

KICK ASS

THREE SISTERS

SMART ONES
Chicken Parmesan
Frozen Entrée

2 for 8⁰⁰

CRAVE
Macaroni & Cheese
Frozen Entrée

QUAKER DIPPS
Chocolate Chip
Brisures Chocolatées

2 for 6⁰⁰

QUAKER CHEWY BARS 120 - 156 g
SELECTED VARIETIES

CHOCOLATE CHIP
BRISURES CHOCOLATÉES

CHOCOLATEY CHIP
BRISURES CHOCOLATÉES

RITZ

OREO

Chips Ahoy!

2 for 7⁰⁰

CHRISTIE COOKIES OR CRACKERS
SELECTED SIZES, SELECTED VARIETIES, OR 4.49 EA.

IRRESISTIBLES VEGETABLE STICKS, READY TO EAT POPCORN OR SELECTION SNACKS
SELECTED SIZES, SELECTED VARIETIES OR 3.49 EA.

2 for 6⁰⁰

WHITE CHEDDAR
POPCORN MAIS SOUFFLÉ

CHEDDAR BLANC

party mix mélange fiesta
snack • collation

CASBAH COUSCOUS 180 - 340 g
AMY'S READY TO SERVE SOUP 240 ml or
LIFE SMART FROZEN VEGETABLES 450 g
SELECTED VARIETIES

4⁴⁹
ea.

PANTENE

NIVEA

ST. IVES

2 for 10⁰⁰

NIVEA, ST. IVES OR PANTENE
SELECTED SIZES, SELECTED VARIETIES OR 5.49 EA.

finish

Purex

GLAD

13⁹⁹
ea.

PUREX, PERSIL OR
SUNLIGHT LAUNDRY DETERGENT,
FINISH DISHWASHER DETERGENT OR
GLAD GARBAGE BAGS
SELECTED SIZES, SELECTED VARIETIES

15 BONUS MILES
when you buy 2

Miss Vickie's

2 for 9⁰⁰

MISS VICKIE'S CHIPS
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

20 BONUS MILES
when you buy 2

GATORADE

2 for 12⁰⁰

GATORADE SPORTS DRINKS
8 X 255 ml, 6 X 591 ml
SELECTED VARIETIES, OR 6.99 EA.

20 BONUS MILES
when you buy 2

NESTEA

Coca-Cola

2 for 16⁰⁰

COCA-COLA OR CANADA DRY SOFT DRINKS, NESTEA OR PEACE TEA ICED TEA
12 X 341 - 355 ml, SELECTED VARIETIES, OR 8.49 EA.

LOCALLY SOURCED ONTARIO

We stand behind suppliers from local communities across Ontario. We carry their products for you to discover and enjoy. Shop local, with Metro.

We reserve the right to limit quantities. DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We accept Visa, MasterCard and American Express at most stores.

Visit us at: **metro.ca**
Give us your opinion for a chance to WIN* \$1,000 in groceries

f i t y

UNLOCK APP-CLUSIVE SAVINGS.



**SAVE
\$3.00**

Add your Air Miles® card
to the My Metro app
for exclusive deals.



AIR MILES.

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a linked Loyalty card. Limit of one coupon redemption per customer loyalty card, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.

Farm Fresh Produce

 <p>4⁹⁹ ea. SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p>3⁹⁹ /lb EXTRA LARGE RED OR GREEN SEEDLESS GRAPES PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE 8.80/kg</p>	 <p>3⁹⁹ ea. ANGEL SWEET TOMATOES 283 g PRODUCT OF ONTARIO SWEET CHERRY TOMATOES 541 ml PRODUCT OF ONTARIO</p>
 <p>3⁹⁹ ea. BLACKBERRIES 170 g PRODUCT OF MEXICO GOLDENBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p>1⁹⁹ /lb LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p>2⁴⁹ /lb EXTRA LARGE BEEFSTEAK TOMATOES PRODUCT OF ONTARIO 5.49/kg</p>
 <p>2 for 4⁰⁰ HONEY ATAULFO MANGOES PRODUCT OF MEXICO</p>	 <p>2⁴⁹ /lb LARGE BARTLETT PEARS PRODUCT OF ARGENTINA OR SOUTH AFRICA, EXTRA FANCY GRADE 5.49/kg</p>	 <p>4⁹⁹ ea. GREEN GIANT SUGAR SNAP PEAS 227 g PRODUCT OF GUATEMALA</p>
 <p>4⁴⁹ ea. JUMBO PINEAPPLES PRODUCT OF COSTA RICA</p>	 <p>4⁴⁹ ea. GREEN BEANS HARICOTS VERTS PRODUCT OF U.S.A.</p>	 <p>3²⁹ ea. BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p>6⁹⁹ ea. IRRESISTIBLES ULTIMATE SNACKING MIXES PEANUT 600 g POPCORN 520 g</p>	 <p>5⁹⁹ ea. BOLTHOUSE JUICES OR SMOOTHIES 194 ml SELECTED VARIETIES</p>	 <p>4⁴⁹ ea. ATTITUDE SPRING MIX 142 g PRODUCT OF U.S.A. SELECTED VARIETIES</p>
		 <p>2⁶⁹ ea. SWEET NANTES CARROTS 454 g PRODUCT OF MEXICO, No. 1 GRADE</p>

Organic

 <p>2⁹⁹ ea. ORGANIC SEEDLESS CUCUMBERS PRODUCT OF ONTARIO, CANADA No. 1 GRADE</p>	 <p>5⁹⁹ ea. ORGANIC VIDALIA ONIONS 2 lb PRODUCT OF U.S.A., No. 1 GRADE ORGANIC MINI PEPPERS 454 g PRODUCT OF ONTARIO</p>	 <p>3⁹⁹ ea. ORGANIC GREEN ZUCCHINI 2 PK PRODUCT OF MEXICO</p>	 <p>4⁹⁹ ea. ORGANIC BLUEBERRIES 170 g PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE</p>
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Sliced & Diced

 <p>3⁹⁹ ea. STORE MADE YOGURT PARFAITS 320 g</p>	 <p>4⁹⁹ ea. CORED GOLDEN PINEAPPLES 400 g</p>
 <p>6⁹⁹ ea. STORE MADE CHICKEN SALADS 252 - 400 g</p>	 <p>8⁹⁹ ea. STORE MADE LARGE DELUXE FRUIT SALAD 730 g</p>

Flowers in Bloom

 <p>2 for 20⁰⁰ or 11.00 ea. INTERMEDIATE ROSES 10 STEM BUNCH ASSORTED COLOURS</p>	 <p>22⁹⁹ ea. HYDRANGEAS 6.5" POT ASSORTED COLOURS</p>
 <p>16⁹⁹ ea. GERBERA BOUQUET ASSORTED COLOURS</p>	



SERVICES IN BLOOM

Bring the timeless gift of flowers to your loved ones with the help of Metro's floral services.

All services are customizable allowing you to add your personal touch to any gift option you choose.

FLOWER DELIVERY IS AVAILABLE AT MOST LOCATIONS

DON'T WAIT IN LINE!
PRE-ORDERING SERVICE AVAILABLE



Arrangements

Our flower arrangements are expertly designed using only the freshest and high-end florals. Additionally, customizable options are available.



Upgrades

We take a beautiful potted plant and add accessories, to elevate the look and overall value, making them a perfect gift option.



Occasions*

We have you covered for all your floral needs for any occasion. Our floral experts are well-versed in advising and producing flower pieces for all occasions in life like birthdays, graduations and anniversaries.

*Flowers for major events like weddings and funerals are available with prior notice and can be 100% customizable to your needs.

Our Butcher's Finest

RED GRILL
STRIP LOIN MEDALLIONS
CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
23.99/kg

10⁸⁸
/lb

RED GRILL
BEEF

CUT BY
OUR
BUTCHER

PLATINUM GRILL ANGUS
TOP SIRLOIN STEAK
CUT FROM CANADA AAA GRADE
28.64/kg

12⁹⁹
/lb

PLATINUM GRILL
ANGUS

100% Canadian
Cut from AAA Beef
Aged minimum 14 days

VEAL RIB OR
LOIN CHOPS
GRAIN FED
24.23/kg

10⁹⁹
/lb

PLATINUM GRILL ANGUS
BEEF TENDERLOIN STEAK
CUT FROM CANADA AAA GRADE
66.12/kg

29⁹⁹
/lb

LIFE SMART
EXTRA LEAN GROUND
CHICKEN OR TURKEY
450 g

6⁴⁹
ea.

LIFE SMART
NATURALIA

LIFE SMART NATURALIA
PORK SHOULDER BLADE CHOPS VALUE PACK
9.90/kg

4⁴⁹
/lb

make it
my metro
m

make it
my metro
m

RED GRILL
BEEF

6⁹⁹
/lb

STORE MADE
SEASONED BEEF
BURGERS
SELECTED VARIETIES
15.41/kg

2⁹⁹
/lb

FRESH CHICKEN
DRUMSTICKS OR THIGHS
BREADED, MARINATED OR
BBQ SEASONED
6.59/kg

5⁹⁹
/lb

FRESH PORK BELLIES
SLICED OR PIECES
13.21/kg

10⁸⁸
/lb

RED GRILL
STRIP LOIN STEAK
FAST FRY
CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
23.99/kg

Selection

Irresistibles

LIFE SMART
NATURALIA

1⁹⁹
ea.

SELECTION
CHICKEN WIENERS 450 g

2⁹⁹
ea.

SELECTION
WIENERS 450 g
SELECTED VARIETIES

3⁹⁹
ea.

SELECTION
ALL BEEF WIENERS 375 g

2⁹⁹
ea.

IRRESISTIBLES
NATURALIA
WIENERS 375 g

14⁹⁹
ea.

IRRESISTIBLES
BEEF BURGERS
FROZEN, 852 g
SELECTED VARIETIES

14⁹⁹
ea.

IRRESISTIBLES
MAMMOTH MONTREAL
STEAK SPICE OR
BBQ BEEF BURGERS
FROZEN, 1.62 kg

14⁹⁹
ea.

IRRESISTIBLES
STUFFED BURGERS
FROZEN, 1.62 kg
SELECTED VARIETIES

11⁹⁹
ea.

LIFE SMART NATURALIA
BEEF BURGERS
FROZEN, 768 g

4⁹⁹
/lb

SELECTION
PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
11.00/kg

12⁹⁹
ea.

44TH STREET
BEEF POT ROAST OR
PULLED PORK
575-650 g

5⁹⁹
ea.
or /lb

IRRESISTIBLES ARTISAN
DRY CURED BACON
375 g, SELECTED VARIETIES, 5.99 EA. OR
BONELESS SMOKED HALF
MOON HAM
5.99/lb, 13.21/kg

9⁹⁹
ea.

MARC ANGELO
SKEWERS
200-280 g
SELECTED VARIETIES

11⁹⁹
ea.

SCHNEIDERS
PORK OR CHICKEN SCHNITZEL
FROZEN, 450 g

12⁹⁹
ea.

POGO
BREADED WIENERS
FROZEN, 960 g-1.5 kg
SELECTED VARIETIES

12⁹⁹
ea.

MAPLE LEAF PRIME
RAISED WITHOUT
ANTIBIOTICS
CHICKEN WINGS
FROZEN, 495 g
SELECTED VARIETIES

11⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC MEAT PIES,
CHICKEN BITES OR FILLETS
FROZEN, 454-700 g
SELECTED VARIETIES

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](https://www.metro.ca)

CLEAN PROTEIN, GREAT TASTE

VEGETABLE GRAIN FED • HUMANELY RAISED ON CANADIAN FARMS • RAISED WITHOUT ANTIBIOTICS OR NON-GMOS

MAPLE LEAF PRIME
RAISED WITHOUT ANTIBIOTICS
FRESH BONELESS SKINLESS
CHICKEN BREAST VALUE PACK
19.82/kg

8⁹⁹
/lb

PRIME
RAISED
WITHOUT
antibiotics

MAPLE LEAF PRIME
RAISED WITHOUT ANTIBIOTICS
FRESH CHICKEN THIGHS
BONELESS SKINLESS
VALUE PACK
19.82/kg

8⁹⁹
/lb

3⁹⁹
/lb

MAPLE LEAF PRIME
RAISED WITHOUT ANTIBIOTICS
FRESH WHOLE CHICKEN
8.80/kg

FREE RANGE • GRASS FED • RAISED WITHOUT ANTIBIOTICS OR HORMONES

NEW ZEALAND
SPRING LAMB
LEAN GROUND LAMB
454 g

11⁹⁹
/lb

NEW ZEALAND
SPRING LAMB

NEW ZEALAND
SPRING LAMB
FRESH BONELESS
LEG LAMB WITH
ROSEMARY AND
GARLIC
26.43/kg

11⁹⁹
/lb

NEW ZEALAND
SPRING LAMB
FRESH FRENCHED
LAMB RACK
44.07/kg

19⁹⁹
/lb

100% CANADIAN • GRAIN FED • RAISED
WITHOUT ANTIBIOTICS OR ADDED HORMONES

LifeSmart
Mieux
-ette

STEAKS AGED A MINIMUM OF 28 DAYS
GRASS FED • RAISED WITHOUT ANTIBIOTICS
OR ADDED HORMONES

LIFE SMART NATURALIA
BONELESS
PORK LOIN CHOPS
VALUE PACK OR ROAST
CENTRE CUT, 13.21/kg

5⁹⁹
/lb

LIFE SMART NATURALIA
GRASS FED BONELESS
INSIDE ROUND ROAST
OR INSIDE BLADE ROAST
PRODUCT OF NEW ZEALAND
22.02/kg

9⁹⁹
/lb

LIFE SMART NATURALIA
PORK SAUSAGES
SELECTED VARIETIES
OR LEAN GROUND PORK
500 g

6⁹⁹
ea.

LIFE SMART NATURALIA
GRASS FED EXTRA LEAN
GROUND BEEF
PRODUCT OF NEW ZEALAND
454 g

9⁴⁹
ea.

EXTRA LEAN

9⁴⁹
ea.

LIFE SMART NATURALIA
BONELESS STEWING
BEEF CUBES
PRODUCT OF NEW ZEALAND
454 g

CHEMICAL FREE • NO ADDED PRESERVATIVES • INDIVIDUALLY VACUUM-PACKED

LifeSmart
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-ette



3⁹⁹
ea.

LIFE SMART
NATURALIA
BASA OR POLLOCK
400 g, FROZEN



5⁹⁹
ea.

LIFE SMART
NATURALIA
TILAPIA FILLETS
400 g, FROZEN



5⁹⁹
ea.

LIFE SMART
NATURALIA
WILD CAUGHT SOLE
400 g, FROZEN



8⁹⁹
ea.

LIFE SMART
NATURALIA
WILD CAUGHT
HADDOCK OR COD
400 g, FROZEN

Seafood



15⁹⁹
ea.
DOM CEDAR PLANKED SALMON
454 g, SELECTED VARIETIES



9⁹⁹
/lb
SEAFOOD BOIL
FROZEN, 2.2/1000 g



INCLUDES
SNOW CRAB,
RAW SHRIMP,
LOBSTER CLAWS
AND CLAMS



99¢
ea.
PACIFIC WHITE SHRIMP SKEWERS
FROZEN OR PREVIOUSLY FROZEN, 55 g



7⁹⁹
ea.
HOT SMOKED WHISKEY
WILD PINK SALMON
NUGGETS 100 g



7⁹⁹
/lb
LOUIS KEMP
SEA LEGS SURIMI
1.77/1000 g



15⁹⁹
/lb
TRUE NORTH MAPLE OR BBQ
ATLANTIC SALMON CHUNKS
FROZEN, 1.53/1000 g



9⁹⁹
/lb
BAY SCALLOPS, 40/60 SIZE
FROZEN, 2.2/1000 g



11⁹⁹
ea.
PIER 87
PREMIUM SEAFOOD
SELECT TRIO FROZEN, 454 g



7⁹⁹
ea. or /lb
HIGH LINER
WILD PACIFIC SALMON
SIDES 7.99/lb, 1.77/1000 g
PORTIONS 400 g or
FAMILY PACKS 500-700 g, 7.99 EACH
FROZEN



34⁹⁹
ea.
AQUA STAR
RESERVE
KING CRAB
LEGS & CLAWS
FROZEN, 500 g

Irresistibles



6⁹⁹
ea.
IRRESISTIBLES
SHRIMP BURRITOS
FROZEN, 140 g



9⁹⁹
ea.
IRRESISTIBLES
ATLANTIC
SMOKED SALMON
FROZEN, 130 g



10⁹⁹
ea.
IRRESISTIBLES
MARYLAND
STYLE CRAB CAKES
FROZEN, 227 g



10⁹⁹
ea.
IRRESISTIBLES
TEMPURA SHRIMP
VALUE PACK
FROZEN, 500 g

Exclusive to METRO



3⁴⁹
/100 g
IRRESISTIBLES ARTISAN
MONTREAL SMOKED MEAT,
CORNEBEEF OR PASTRAMI
SELECTED VARIETIES
DELI SLICED OR SHAWER, 15.83/lb



3⁷⁹
/100 g
IRRESISTIBLES ARTISAN
HARDWOOD
SMOKED HAM OR
PORK LOIN
DELI SLICED, 11.79/lb



4⁴⁹
/100 g
IRRESISTIBLES ARTISAN
ANGUS ROAST BEEF
DELI SLICED OR SHAWER, 20.37/lb



4⁷⁹
/100 g
IRRESISTIBLES ARTISAN
PORCHETTA
DELI SLICED, 21.73/lb



9⁴⁹
ea.
IRRESISTIBLES ARTISAN
DRY SAUSAGE
300 g, SELECTED VARIETIES



8⁴⁹
ea.
IRRESISTIBLES ARTISAN
GOAT CHEESE 250 g
SELECTED VARIETIES



6⁴⁹
ea.
IRRESISTIBLES
GOAT
FETA CHEESE
200 g

**ALOHA FLAVOUR
FRESH FOR
SPRING
LIMITED TIME ONLY**



14⁹⁹
ea.
BIG ISLAND HAWAIIAN PIZZA
8 SLICES



7⁰⁰
3 sliders
LANAI HAM SLIDERS
273 g



10⁰⁰
ea.
MAUI CHICKEN BOWL
500 g



13⁸⁸
ea.
O'AHU PINEAPPLE MANGO CHICKEN
900 g, SERVES 4



CUSTOM GRAD CAKES

Click Here
to Build a Cake
in 4 Easy Steps!



1. CHOOSE
YOUR CAKE



2. CHOOSE
YOUR FILLING



3. CHOOSE
YOUR ICING



4. CHOOSE
YOUR TOPPER

Graduation
cap cake topper
available!



metro
FRESH
2 GO

PARTY ON, GRAD!

A+ flavours – Metro
makes the grade.

*Minimum of 48 hours notice on all orders.

We have cakes
for any occasion.
Speak with our Bakery
Department to
create your
perfect cake!



Baked in my Metro



FRONT STREET BAKERY
SCONES
PKG OF 4, 284 g
SELECTED VARIETIES

4⁷⁹
ea.



FRONT STREET BAKERY
COOKIE BITES
PKG OF 24, 336 - 360 g
SELECTED VARIETIES



FRONT STREET BAKERY
PUMPERNICKEL BREAD 475 g

YOUR CHOICE

3⁷⁹
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
PKG OF 6, 300 g



4⁶⁹
ea.

FRONT STREET BAKERY
ALL BUTTER
MINI CROISSANTS
PKG OF 12, 336 g



7⁹⁹
ea.

IRRESISTIBLES ARTISAN
FRUIT PIES
750 g
SELECTED VARIETIES



FRONT STREET BAKERY
PANINI ROLLS
PKG OF 6, 325 g



FRONT STREET BAKERY
OLIVE OIL OR MULTIGRAIN
CALABRESE BREADS
454 - 600 g

Chocolate Lovers



28⁹⁹
ea.

FRONT STREET BAKERY
SWISS MILK CHOCOLATE
TRUFFLE CAKE 12 - 13 kg
SELECTED VARIETIES



1⁹⁹
ea.

FRONT STREET BAKERY
FUDGE CUPCAKES
SELECTED SIZES
SELECTED VARIETIES



18⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE FUDGE
EXTREME CAKE 140 - 1000 g
SELECTED VARIETIES



19⁹⁹
ea.

FRONT STREET BAKERY
1/8 SLAB CAKE
750 - 975 g
SELECTED VARIETIES



SILVER HILLS BAKERY
ORGANIC SPROUTED
BREADS 430 - 485 g
SELECTED VARIETIES

5⁹⁹
ea.



OZERY
MORNING
ROUNDS
450 g
SELECTED VARIETIES

3⁹⁹
ea.



2⁷⁹
ea.

SELECTION
BAGELS
340 - 510 g
SELECTED VARIETIES



6⁹⁹
ea.

SELECTION
BROWNIES
600 g

Breakfast Essentials



3⁴⁹
ea.



6⁴⁹
ea.



5⁴⁹
ea.



5⁴⁹
ea.



12⁹⁹
ea.

BALZAC'S
COFFEE BEANS 340 g
SELECTED VARIETIES



5⁴⁹
ea.

RED ROSE
ORANGE PEKOE
TEA BAGS 72 pk.



7⁴⁹
ea.

STARBUCKS VIA
INSTANT COFFEE
26.4 g, SELECTED VARIETIES



8⁹⁹
ea.

TRUVIA
SWEETENER 270 g
SELECTED VARIETIES



6⁴⁹
ea.

ST. DALFOUR
SPREAD 225 ml
SELECTED VARIETIES



9⁹⁹
ea.

IRRESISTIBLES
MAPLE SYRUP
275 ml



3⁹⁹
ea.

SELECTION
COTTAGE CHEESE
500 g
SELECTED VARIETIES



4⁹⁹
ea.

COFFEE MATE
CREAMER
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹
ea.

SELECTION
HASHBROWNS
1 kg



7⁹⁹
ea.

McCain
BREAKFAST POCKETS
600 g



6⁹⁹
ea.

JIF
PEANUT BUTTER
1 kg
SELECTED VARIETIES



7⁹⁹
ea.

SELECTION
HONEY
500 g
SELECTED VARIETIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



metro.ca

COOL TREATS

MADE FOR YOU

Indulge with our sweet selection of Dairy-Free, Plant-Based and Organic frozen treats.



9⁹⁹ ea.

ORGANIC MEADOW ICE CREAM
946 ml
SELECTED VARIETIES



8⁴⁹ ea.

SO DELICIOUS FROZEN DESSERT
500 ml
SELECTED VARIETIES



8⁹⁹ ea.

ENLIGHTENED FROZEN DESSERT
473 ml
SELECTED VARIETIES



6⁴⁹ ea.

COOL WAY ICE CREAM
500 ml
SELECTED VARIETIES



6⁴⁹ ea.

BEN & JERRY'S FROZEN DESSERT
473 ml
SELECTED VARIETIES



7⁹⁹ ea.

DREAM POPS FROZEN DESSERT
118 ml
SELECTED VARIETIES



6⁹⁹ ea.

RIGHTEOUS FROZEN DESSERT
473 ml
SELECTED VARIETIES



2 for 11⁰⁰
Less than 2 pay 7.49 ea.



HÄAGEN-DAZS ICE CREAM
400 ml
SELECTED VARIETIES



7⁴⁹ ea.

HAPPY POPS ICED BAR
4 x 66 ml
SELECTED VARIETIES



8⁹⁹ ea.

ENLIGHTENED ICE BAR
4 x 81 ml



6⁹⁹ ea.

NANA POPS! ICED BAR
3 x 80 ml
SELECTED VARIETIES



4⁹⁹ ea.

MAGNUM ALMOND NON-DAIRY ICE BAR
3 x 90 ml

Organic

BUY MORE SAVE MORE! 2 for 8.00 LESS THAN 2 PAY 4.29 EA. LIFE SMART BROTH 946 mL, SELECTED VARIETIES	6.49 ea. LOVE CRUNCH GRANOLA 325 g SELECTED VARIETIES	3.99 ea. ANNIE'S COOKIES 233 g SELECTED VARIETIES	2 for 6.00 NATUR-A SOY BEVERAGE 3 L 200 mL, SELECTED VARIETIES OR 3.29 EA.
5.49 ea. THEOBROMA CHOCOLATE BAR 80 g SELECTED VARIETIES	6.49 ea. CHA'S MANGO CHUNKS 400 mL SELECTED VARIETIES	2 for 6.00 PLUM-M GOOD RICE CAKES 95 g SELECTED VARIETIES OR 3.29 EA.	2 for 8.00 GOGO QUINOA PASTA 221 g, SELECTED VARIETIES OR 4.29 EA.

Non-GMO

7.49 ea. BOB'S RED MILL OATMEAL 907 g SELECTED VARIETIES	2 for 4.00 STEAZ ICED GREEN TEA 473 mL SELECTED VARIETIES OR 2.49 EA.	4.99 ea. BEYOND MOO YOGURT 500 g SELECTED VARIETIES	9.99 ea. NUTS TO YOU SPREAD 385 g SELECTED VARIETIES
7.99 ea. MANITOBA HARVEST HEMP SEEDS 227 g	5.49 ea. LIFE SMART MAPLE SYRUP 250 mL	2 for 5.00 HARVEST SNAPS SNACKS 71-94 g or POPPI SODA 255 mL SELECTED VARIETIES OR 2.49 EA.	5.00 ea. HARVEST SNAPS SNACKS 71-94 g or POPPI SODA 255 mL SELECTED VARIETIES OR 2.49 EA.

Plant-Based

4.99 ea. BEYOND MOO YOGURT 500 g SELECTED VARIETIES	9.99 ea. NUTS TO YOU SPREAD 385 g SELECTED VARIETIES
2 for 5.00 HARVEST SNAPS SNACKS 71-94 g or POPPI SODA 255 mL SELECTED VARIETIES OR 2.49 EA.	5.00 ea. HARVEST SNAPS SNACKS 71-94 g or POPPI SODA 255 mL SELECTED VARIETIES OR 2.49 EA.

Baby & Beauty

Organic Kids' Snacks

with No Added Sugar*

4 for
12.00

ONCE UPON A FARM
BABY PUREE
85 mL, SELECTED VARIETIES
OR 3.29 EA.

GET ODOUR & WETNESS PROTECTION

2 for
10.00

TOM'S OF MAINE
DEODORANT
92 g, SELECTED VARIETIES
OR 5.49 EA.

NO ARTIFICIAL FRAGRANCES | MADE WITH 100% RECYCLED PLASTIC | DERMATOLOGIST TESTED

Household Helpers

GLAD ClingWrap 30' x 18"

S.O.S. SCOURING PADS OR GLAD CLING WRAP
SELECTED SIZES
SELECTED VARIETIES

2.99
ea.

CLOROX CLEANERS
SELECTED SIZES, SELECTED VARIETIES

4.99
ea.

Ziploc FREEZER OR SANDWICH BAGS
SELECTED SIZES, SELECTED VARIETIES

4.99
ea.

ALCAN ALUMINIUM FOIL, REYNOLDS AIR FRYER MAT, SOLO PAPER PLATES OR RED CUPS
SELECTED SIZES, SELECTED VARIETIES

7.99
ea.

clean without the mean
this earth month.

3.99
ea.

METHOD
HAND SOAP
300-354 mL
SELECTED VARIETIES

method

5.99
ea.

IVORY
GENTLE BAR SOAP
103 g, SELECTED VARIETIES

20.00
ea.

OGX HAIR CARE
384-385 mL
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

2 for
20.00
LESS THAN 2
PAY 11.99 EA.

IT'S OUR HOME

COMMITTED TO SAVE ENERGY

15.99
ea.

TIDE PODS OR LAUNDRY DETERGENT
SELECTED SIZES, SELECTED VARIETIES

Turn to cold and use 90% less energy
*on average when switching from hot to cold water

15.99
ea.

DOWNY
FABRIC SOFTENERS OR SCENT BOOSTERS
SELECTED SIZES, SELECTED VARIETIES

COMMITTED TO RESPONSIBLE SOURCING

8.99
ea.

BOUNTY PAPER TOWELS OR CHARMIN BATHROOM TISSUE
2-8 in., SELECTED VARIETIES

2 trees planted for every tree used

COMMITTED TO REDUCE PLASTIC WASTE

4.49
ea.

FEBREZE
AIR FRESHENERS
SELECTED SIZES, SELECTED VARIETIES

Febreze is working with TerraCycle to reduce waste

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

BUY MORE SAVE MORE!

MORE OF WHAT YOU NEED... FOR LESS

CHECK OUT THESE GREAT SAVINGS AND MORE IN-STORE AND ONLINE



2 for 8⁰⁰
Less than 2 pay 5.79 ea.

IRRESISTIBLES PIZZA
SELECTED SIZES
SELECTED VARIETIES



IRRESISTIBLES
FROZEN FRUITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰
Less than 2 pay 5.99 ea.



GOGO SQUEEZ
FRUIT SNACK
4 x 90 g
SELECTED VARIETIES

2 for 8⁰⁰
Less than 2 pay 4.49 ea.



BOW VALLEY
SAUCE
350 ml
SELECTED VARIETIES

2 for 10⁰⁰
Less than 2 pay 6.99 ea.



NATURAL CABANA
BEVERAGES
591 ml
SELECTED VARIETIES

2 for 7⁰⁰
Less than 2 pay 3.99 ea.



SELECTION
SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES

2 for 11⁰⁰
Less than 2 pay 6.99 ea.



RUFFLES, DORITOS
OR CHEETOS SNACKS
SELECTED SIZES
SELECTED VARIETIES

2 for 8⁵⁰
Less than 2 pay 5.29 ea.



NESTLE
CHOCOLATE BAGS
135 - 203 g
SELECTED VARIETIES

2 for 9⁰⁰
Less than 2 pay 6.49 ea.



SELECTION
PASTA
900 g
SELECTED VARIETIES

2 for 4⁰⁰
Less than 2 pay 2.49 ea.



SELECTION
TOMATO SAUCE
680 ml
SELECTED VARIETIES

2 for 4⁰⁰
Less than 2 pay 2.79 ea.



ZIPLOC
MEGA PACK FREEZER
OR SANDWICH BAGS
SELECTED SIZES
SELECTED VARIETIES

2 for 24⁰⁰
Less than 2 pay 13.49 ea.



LYSOL
CLEANERS
SELECTED SIZES
SELECTED VARIETIES

2 for 8⁰⁰
Less than 2 pay 5.99 ea.



**LOCALLY
SOURCED**
ONTARIO

**We take pride in sourcing locally from the
Greater Toronto Area.**

HALENDIA'S
MILD OR HOT
PEPPERETTE STICKS
100 g
SELECTED VARIETIES

2⁹⁹
ea.



NOSTRA GOURMET FOODS
PASTA ENTRÉES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



CHRISODA PREMIUM
SODA
250 ml
SELECTED VARIETIES

2⁴⁹
ea.



MISS 'P'
SAUCES
375 ml
SELECTED VARIETIES

5⁹⁹
ea.



MOONG PANI
SIPPING BROTH
108 g
SELECTED VARIETIES

12⁹⁹
ea.



OKAZU
MISO
230 ml
SELECTED VARIETIES

12⁹⁹
ea.



Effective April 25 - May 22, 2024

metro IS PROUD TO SUPPORT ONTARIO

LEARN MORE

metro.ca

YOUR ONLINE GROCERIES

**ORDER ONLINE AND
SAVE TIME, WE DELIVER!**

SAVE
\$80

**\$20 off on your first
4 online orders***

PROMO CODES

**1FRESH
2FRESH
3FRESH
4FRESH**



Order Now

*Conditions apply. Details at metro.ca.

BlueWater
BEER BATTER
FILLETS

BlueWater
English Style
FILLETS

BlueWater
SOLE

BlueWater
HADDOCK
AIGLEFIN

BlueWater
BUTTERFLIED
SHRIMP
CREVETTES

BlueWater
BEER BATTER
SHRIMP
CREVETTES

BlueWater
Classic Cut Fillets
ENGLISH STYLE

BlueWater
Classic Cut Fillets
GARLIC & HERB

BLUEWATER
BREADED FISH
FILLETS
FROZEN, 350 - 600 g
SELECTED VARIETIES

7⁹⁹
ea.

BLUEWATER
BREADED FISH FILLETS
FROZEN, 480 - 525 g

9⁹⁹
ea.

BLUEWATER
BREADED SHRIMP
FROZEN, 210 - 325 g

7⁹⁹
ea.

BLUEWATER
CLASSIC CUTS
FILLETS
FROZEN, 725 g

9⁹⁹
ea.

SCHNEIDERS
EST. 1890

**CANADIAN
CRAFTED
SINCE 1890**

SCHNEIDERS
Hickory Smoked Bacon
CLASSIC CUT BACON COUPE CLASSIQUE

SCHNEIDERS
Juicy JUMBOS
ALL BEEF
TOUT BOEUF

SCHNEIDERS
RedHots
ALL PORK
TOUT PORC

MAPLE LEAF OR
SCHNEIDERS
BACON
65 - 375 g
SELECTED VARIETIES

6⁹⁹
ea.

SCHNEIDERS
JUICY JUMBOS OR
SMOKED SAUSAGES
375 - 450 g
SELECTED VARIETIES

6⁹⁹
ea.

2 for
10⁰⁰

MAPLE LEAF
TOP DOGS OR
SCHNEIDERS RED HOTS
375 g
SELECTED VARIETIES

**MapleLodge
FARMS LTD.**
SINCE • DEPUIS 1955

**MapleLodge
FARMS**
THE ORIGINAL
CHICKEN WIENERS
SAUCISSES FUMÉES
DE POULET

MAPLE LODGE
CHICKEN WIENERS
OR ZABIHA HALAL
450 g
SELECTED VARIETIES

2⁹⁹
ea.

**MapleLodge
FARMS**
ULTIMATE
CHICKEN FRANKFURTERS
SAUCISSES DE FRANCFORT
DE POULET

**MapleLodge
FARMS**
CHICKEN BACON
STYLE
POULET
GENRE BACON

**MapleLodge
FARMS**
ULTIMATE
CHICKEN DINNER
OR BREAKFAST
SAUSAGES

MAPLE LODGE
ULTIMATE CHICKEN
WIENERS OR ZABIHA HALAL
900 g
SELECTED VARIETIES

6⁹⁹
ea.

MAPLE LODGE
CHICKEN BACON
OR ZABIHA HALAL
375 g

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER OR BREAKFAST
SAUSAGES
375 - 500 g
SELECTED VARIETIES

4⁹⁹
ea.



COFFEE: THE ULTIMATE
PICK-ME-UP

Maxwell House NABOB TASSIMO CAFE BARISTA

MAXWELL HOUSE
GROUND COFFEE
631 - 925 g
SELECTED VARIETIES
10⁹⁹
ea.



NABOB
GROUND COFFEE
930 g
OR NABOB OR
MAXWELL HOUSE
COFFEE CAPSULES
30 un
SELECTED VARIETIES
15⁹⁹
ea.



21⁹⁹
ea. BARISTA
GROUND COFFEE OR CAPSULES
875 - 900 g, 30 un
SELECTED VARIETIES



8⁹⁹
ea. TASSIMO,
MAXWELL HOUSE OR NABOB
COFFEE CAPSULES
8 - 14 un
SELECTED VARIETIES

Kraft
BETTER MORNINGS
START AT HOME



KRAFT
PEANUT BUTTER OR
HAZELNUT SPREAD
725 g - 1 kg
SELECTED VARIETIES
6⁹⁹
ea.



TINGLY TED'S
HOT SAUCE
249 ml
SELECTED VARIETIES
5⁹⁹
ea.



CRAVE
SCRAMBLE KIT
SELECTED SIZES
SELECTED VARIETIES
2⁹⁹
ea.



PHILADELPHIA
CREAM CHEESE,
CHEEZ WHIZ SPREAD
OR KRAFT SINGLES
SELECTED SIZES
SELECTED VARIETIES
3⁹⁹
ea.

