

# metro



**2<sup>99</sup>** /100 g

SAN DANIELE PROSCIUTTO, MASTRO HAM, GENUA SALAMI, CHORIZO SALAMI OR SAPUTO PROVOLONE  
SELECTED VARIETIES, DELI SLICED OR SHIVED, 13.56/lb

**FRESH BONELESS**



**4<sup>88</sup>** /lb

FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST  
10.76/kg



**12<sup>99</sup>** /lb

PARMIGIANO REGGIANO, AGED 24 MONTHS  
RELI CUT, 2.86/100 g  
PRICES AS MARKED BY STORE GRATER, 3.49/100 g



**4<sup>99</sup>** ea.

SCHNEIDERS OR MAPLE LEAF BACON OR BUTTERBALL TURKEY BACON  
65 - 375 g, SELECTED VARIETIES



**2<sup>99</sup>** /lb

FRESH PORK TENDERLOIN OR PORK SIDE RIBS  
CENTRE CUT REMOVED VALUE PACK  
6.59/kg

TRIMMED BY OUR BUTCHER



**2 for 6<sup>00</sup>**

DEMPSTER'S WHITE, 100% WHOLE WHEAT BREADS, BAGELS OR THOMAS ENGLISH MUFFINS  
SELECTED SIZES, SELECTED VARIETIES, OR 2.49 EA.



**5<sup>99</sup>** ea.

FRONT STREET BAKERY ALL BUTTER CROISSANTS  
PKG OF 12, 684 g



**3<sup>99</sup>** ea.

FRESH CANADIAN ATLANTIC SALMON OR ICELANDIC COD PORTIONS  
313 g  
TRUE NORTH RAW SHRIMP  
36 - 40, 340 g, FROZEN



**11<sup>99</sup>** ea.

KICKING HORSE WHOLE COFFEE BEANS 454 g  
SELECTED VARIETIES



**2<sup>99</sup>** ea.

GREEN GIANT FROZEN VEGETABLES  
SELECTED SIZES, SELECTED VARIETIES



**2<sup>49</sup>** ea.

CAVENDISH RESTAURANT STYLE PUB FRIES OR CHEEMO PEROGIES  
SELECTED SIZES, SELECTED VARIETIES



**3<sup>33</sup>** ea.

FRANK'S RED HOT SAUCE, BICK'S PICKLES OR HELLMANN'S MAYONNAISE  
SELECTED SIZES, SELECTED VARIETIES



**11<sup>88</sup>** ea.

O-LIVE OIL EXTRA VIRGIN OLIVE OIL  
1L



**99¢** ea.

CAMPBELL'S SOUP OR KRAFT DINNER MEAL  
SELECTED SIZES, SELECTED VARIETIES



**3<sup>99</sup>** ea.

PLANTERS NUTS OR ZANDERS SNACK MIX  
SELECTED SIZES, SELECTED VARIETIES



**2 for 4<sup>50</sup>**

TOWNHOUSE OR CHEEZ-IT CRACKERS, QUAKER CRISPY MINIS OR RICE CAKES  
SELECTED SIZES, SELECTED VARIETIES



**3<sup>99</sup>** ea.

RUFFLES, DORITOS OR CHEETOS SNACKS  
SELECTED SIZES, SELECTED VARIETIES

**APP EXCLUSIVE OFFER.**

**\$200**

Dempster's Grain Breads 450 - 600 g Selected Varieties

**SAVE \$249**

LIMIT ONE REDEMPTION PER CUSTOMER





**2 for 5.00**

BLACKBERRIES 170 g, PRODUCT OF MEXICO  
 BLUEBERRIES 170 g, PRODUCT OF U.S.A. OR PERU, No. 1 GRADE  
 GOLDENBERRIES 200 g, PRODUCT OF COLOMBIA



**1.99 ea. or /lb**  
 LARGE RED, ORANGE OR YELLOW SWEET PEPPERS  
 PRODUCT OF ONTARIO, 1.99/lb, 4.39/kg  
 SWEET NANTES CARROTS 454 g  
 PRODUCT OF MEXICO, No. 1 GRADE, 1.99 EA.  
 BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS 227 g  
 PRODUCT OF ONTARIO, 1.99 EA.



**88¢ /lb**  
 GREEN BEANS  
 PRODUCT OF U.S.A.  
 1.94/kg



**3.99 ea.**  
 REAL DAIRY ICE CREAM OR  
 CHAPMAN'S FROZEN YOGOURT  
 SELECTED SIZES, SELECTED VARIETIES



**4.99 ea.**  
 LACTANTIA PURIFILTRE, BEATRICE  
 CHOCOLATE MILK OR JORDAN'S CEREAL  
 SELECTED SIZES, SELECTED VARIETIES



**4.99 ea.**  
 BLACK DIAMOND  
 BARS OR  
 SHREDDED CHEESE  
 SELECTED SIZES  
 SELECTED VARIETIES

**APP  
 EXCLUSIVE  
 OFFER.**

Effective April **TH 18 | FR 19 | SA 20 | SU 21**



**6.99 ea.**  
 FRESH 2 GO  
 BBQ HALF  
 CHICKEN 450 g



**7.99 /lb**  
 SOUVLAKI SKEWERS OR  
 FRESH STORE MADE MEAT KABOBS  
 SELECTED VARIETIES  
 17.61/kg



**19.99 ea. or /lb**  
 COOKED SHRIMP 26 - 30, 800 g, 19.99 EA.  
 WILD PINK ARGENTINIAN RAW SHRIMP 20 - 30, 800 g, 19.99 EA.  
 BLACK TIGER SHRIMP RING 21 - 25, 525 g, 19.99 EA.  
 U-10 COLOSSAL SCALLOPS 4.01/1000 g, FROZEN



**2 for 9.00**  
 SUMMER FRESH  
 HUMMUS OR DIPS  
 200 - 227 g, 4.8 57 g  
 SELECTED VARIETIES  
 OR 4.99 EA.



**9.99 ea.**  
 NATURSOURCE ALMONDS  
 500 - 550 g  
 SELECTED VARIETIES



**2 for 9.00**  
 STONEMILL  
 BREADS 454 - 600 g  
 SELECTED VARIETIES  
 OR 4.99 EA.



**18.00 ea.**  
 20 STEM BUNCH  
 INTERMEDIATE  
 ROSES  
 20 STEM BUNCH  
 ASSORTED COLOURS

**metro.ca**







# UNLOCK APP-CLUSIVE SAVINGS.



SAVE  
**\$249**

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><b>4.99</b> ea. STRAWBERRIES 454g PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>1.99</b> ea. SEEDLESS CUCUMBERS PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>	 <p><b>4.99</b> ea. ROMAINE HEARTS 3 PK PRODUCT OF U.S.A.</p>	 <p><b>2.49</b> /lb TOMATOES ON THE VINE PRODUCT OF ONTARIO 5.49/kg</p>
 <p><b>1.99</b> /lb LARGE SEEDLESS NAVEL ORANGES OR CARA CARA ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p><b>3.99</b> /lb EXTRA LARGE RED SEEDLESS GRAPES PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE 8.80/kg</p>	 <p><b>4.99</b> ea. SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>3.99</b> ea. VISION GREENS LETTUCES 142g PRODUCT OF ONTARIO SELECTED VARIETIES</p>
 <p><b>2.49</b> /lb LARGE BARTLETT PEARS PRODUCT OF SOUTH AFRICA EXTRA FANCY GRADE 5.49/kg</p>	 <p><b>2 for 5.00</b> LARGE RED OR HONEY ATAULFO MANGOES PRODUCT OF MEXICO</p>	 <p><b>3.99</b> /lb MINI ITALIAN EGGPLANTS PRODUCT OF ONTARIO 8.80/kg</p>	 <p><b>4.99</b> ea. CAULIFLOWER PRODUCT OF U.S.A., No. 1 GRADE</p>
 <p><b>5.99</b> /lb PINK MUSCAT GRAPES PRODUCT OF CHILE, No. 1 GRADE 13.21/kg</p>	 <p><b>4.99</b> ea. LEMONS 2 lb PRODUCT OF TURKEY, EGYPT OR SOUTH AFRICA</p>	 <p><b>1.99</b> /lb GREEN OR GREY ZUCCHINI PRODUCT OF MEXICO 4.39/kg</p>	 <p><b>3.99</b> ea. RUSSET POTATOES 5 lb PRODUCT OF CANADA CANADA No. 1 GRADE</p>
 <p><b>SAVE \$7.99</b> <b>BUY ONE GET ONE FREE</b> GUSTA VEGAN SAUSAGES 350g SELECTED VARIETIES</p>	 <p><b>5.99</b> ea. DAIYA CHEEZE STYLE SHREDS, SLICES, SPREADS OR BLOCKS 170-227g SELECTED VARIETIES</p>	 <p><b>2.49</b> ea. GEFEN COOKED WHOLE RED BEETS 500g</p>	 <p><b>4.49</b> ea. DOLE SALAD BLENDS 255-340g PRODUCT OF U.S.A. SELECTED VARIETIES</p>

## Organic

 <p><b>3.99</b> ea. PULP &amp; PRESS ORGANIC ELIXIRS 70ml SELECTED VARIETIES</p>	 <p><b>6.99</b> ea. ORGANIC STRAWBERRIES 454g PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>4.99</b> ea. ORGANIC BROCCOLI CROWNS 454g PRODUCT OF U.S.A. OR MEXICO</p>	 <p><b>3.79</b> ea. BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227g PRODUCT OF ONTARIO</p>
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## Sliced & Diced

 <p><b>3.99</b> ea. STORE MADE MELON CHUNKS 360-380g</p>	 <p><b>4.99</b> ea. CORED GOLDEN PINEAPPLES 600g</p>
 <p><b>5.99</b> ea. STORE MADE SMALL SALADS 300-340g</p>	 <p><b>12.99</b> ea. STORE MADE CAROUSELS FRESH VEGETABLE 950g FRESH FRUIT 1.4kg</p>

## Flowers in Bloom

<p>Celebrate Earth Day April 22</p> <p>SUCCULENTS OR FOLIAGE PLANTS 5" POT ASSORTED VARIETIES</p> <p><b>2 for 20.00</b> or 11.99 ea.</p>	 <p><b>12.99</b> ea. SPRING BULB PLANTER 7" POT ASSORTED COLOURS AND VARIETIES</p>	 <p><b>16.99</b> ea. SPRING TIME BOUQUET ASSORTED COLOURS</p>
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PROFESSIONALS DAY • ADMINISTRATIVE  
**APR 24**

# THANK YOU FOR EVERYTHING YOU DO

Express your gratitude for your hardworking admin with our selection of florals or create a personalized arrangement by our team of talented designers



pick Ontario  
**12<sup>99</sup>** ea.  
FRESH CUT TULIPS  
15 STEM BUNCH  
ASSORTED COLOURS



**35<sup>00</sup>** ea.  
GRACEFUL BOUQUET  
ASSORTED COLOURS

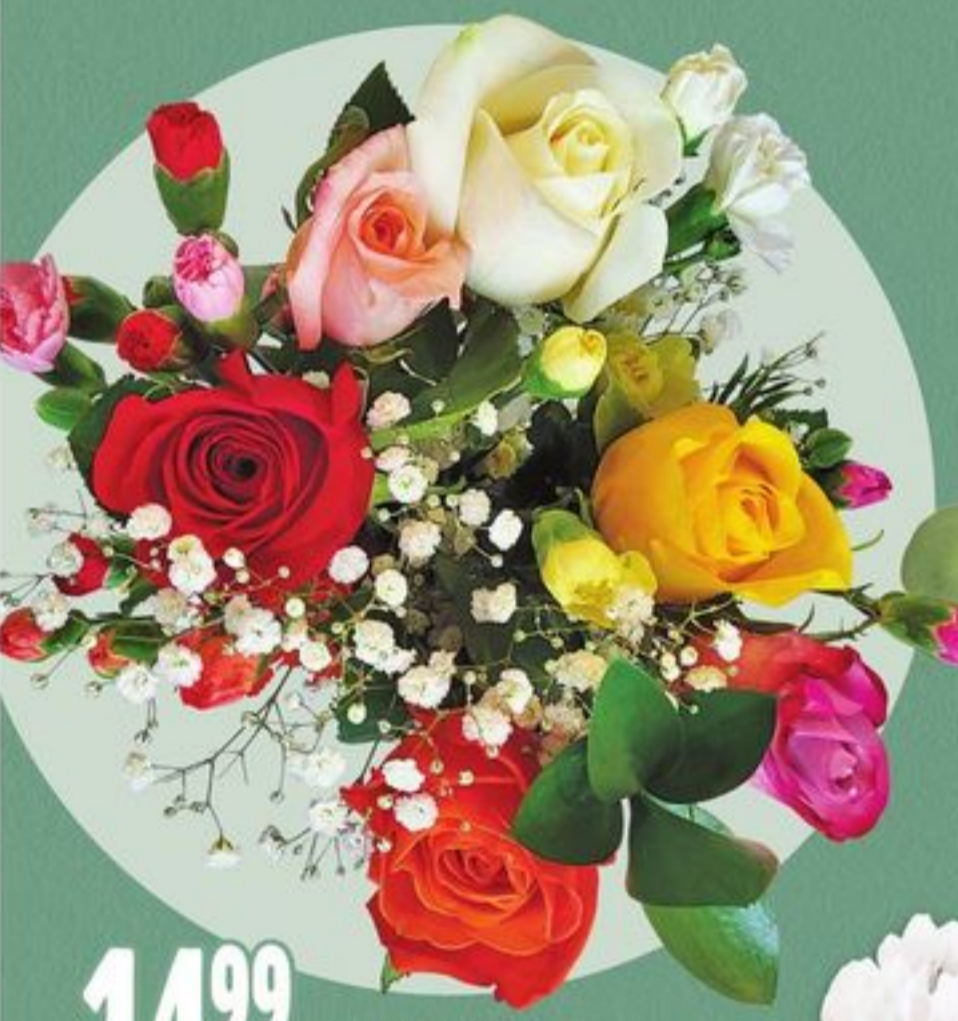


**9<sup>99</sup>** ea.

MOSAIC PLANT  
4" CLAY POT  
ASSORTED COLOURS

DISCOVER  
**NEW**

**PERFECT  
DESK PLANT**



**14<sup>99</sup>** ea.

RAINBOW CHARM  
BOUQUET  
ASSORTED COLOURS



ISABELLA OR  
JOSEPHINE ARRANGEMENT  
ASSORTED COLOURS AND STYLES  
**YOUR CHOICE**  
**26<sup>99</sup>** ea.

**HAND-CRAFTED**



**12<sup>99</sup>** ea.

BLOOMING PLANTS  
IN 5" AMELIA POT  
ASSORTED COLOURS  
AND VARIETIES

DISCOVER  
**NEW**



**LONG LASTING  
BLOOMS**

**18<sup>99</sup>** ea.

WATERFALL ORCHIDS  
5" POT  
ASSORTED COLOURS



**GIFT BAG INCLUDED**

**19<sup>99</sup>** ea.

INDOOR GARDEN  
TERRARIUM IN BAG  
ASSORTED COLOURS,  
VARIETIES AND STYLES



# Our Butcher's Finest

**19<sup>99</sup>** /lb  
LIFE SMART NATURALIA  
GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK  
PRODUCT OF NEW ZEALAND  
44.07/kg

- Steaks aged for a minimum of 28 days
- Free range
- Raised without antibiotics
- Raised without added hormones

**4<sup>99</sup>** /lb  
YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH WHOLE CHICKEN OR CHICKEN DRUMSTICKS  
PRODUCT SELECTION VARIES BY STORE  
11.00/kg

PRIME ORGANIC YORKSHIRE VALLEY FARMS

**7<sup>99</sup>** /lb  
PLATINUM GRILL ANGUS OUTSIDE ROUND ROAST OR VALUE PACK STEAK  
CUT FROM CANADA AAA GRADE  
17.61/kg

PLATINUM GRILL ANGUS  
100% Canadian  
Cut from AAA Beef  
Aged minimum 36 days

**7<sup>99</sup>** /lb  
PLATINUM GRILL ANGUS BONELESS INSIDE BLADE ROAST OR VALUE PACK STEAK  
CUT FROM CANADA AAA GRADE  
17.61/kg

**8<sup>99</sup>** /lb  
PLATINUM GRILL ANGUS LEAN GROUND CHUCK  
19.82/kg

**11<sup>99</sup>** /lb  
FRESH LAMB LOIN CHOPS  
NEW ZEALAND SPRING LAMB  
26.43/kg

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

**6<sup>99</sup>** /lb  
HOMESTYLE MEATLOAF OR MEATBALLS  
SELECTED VARIETIES  
15.41/kg

**6<sup>99</sup>** /lb  
BREADED CHICKEN BREAST CUTLETS BONELESS SKINLESS VALUE PACK  
15.41/kg

**4<sup>99</sup>** /lb  
FRESH STUFFED OR MARINATED PORK TENDERLOIN  
SELECTED VARIETIES  
11.00/kg

**4<sup>99</sup>** /lb  
STUFFED SWEET MINI PEPPERS OR MUSHROOMS VALUE PACK  
SELECTED VARIETIES  
11.00/kg

## 5 BONUS MILES when you buy 2

**7<sup>99</sup>** ea.  
MAPLE LEAF PREPPED & READY MEATS 250 g  
SELECTED VARIETIES

**7<sup>99</sup>** ea.  
duBRETON ORGANIC BACON 250 g

**4<sup>99</sup>** ea.  
MAPLE LODGE ULTIMATE CHICKEN DINNER OR BREAKFAST SAUSAGES  
375-500 g, SELECTED VARIETIES

**4<sup>99</sup>** ea.  
OLYMELE BREAKFAST SAUSAGES 375 g  
SELECTED VARIETIES

**10<sup>99</sup>** ea.  
BUTTERBALL TURKEY BURGERS  
FROZEN, 652 g

**12<sup>99</sup>** ea.  
SWISS CHALET BREADED CHICKEN BREAST STRIPS OR NUGGETS  
FROZEN, 700 g

**12<sup>99</sup>** ea.  
JANES UNBREADED CHICKEN BURGERS  
FROZEN, 652 g

**6<sup>88</sup>** ea.  
WONG WING ENTREES  
FROZEN, 360-680 g  
SELECTED VARIETIES

## BUY MORE SAVE MORE!

**4<sup>49</sup>** ea.  
BUY 3 OR MORE.  
MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS 375 g  
BUY 2/ 4.99 ea. BUY 1/ 5.99 ea.  
SELECTED VARIETIES

**3<sup>99</sup>** ea.  
BUY 3 OR MORE.  
SELECTION BACON 375 g  
BUY 2/ 4.49 ea. BUY 1/ 4.99 ea.  
SELECTED VARIETIES

**5<sup>99</sup>** ea.  
BUY 3 OR MORE.  
SCHNEIDERS OKTOBERFEST SAUSAGES, MINI-SIZZLERS OR MAPLE LEAF SAUSAGE MEAT  
BUY 2/ 6.99 ea. BUY 1/ 7.99 ea.  
FROZEN, 375-500 g

**2<sup>99</sup>** ea.  
BUY 3 OR MORE.  
CAVENDISH POTATO PATTIES 600 g  
BUY 2/ 3.49 ea. BUY 1/ 3.79 ea.  
SELECTED VARIETIES

## Plant-Based

**7<sup>99</sup>** ea.  
IMPOSSIBLE PLANT-BASED BURGERS OR GROUND  
226-340 g

**7<sup>99</sup>** ea.  
IMPOSSIBLE PLANT-BASED CHICKEN NUGGETS  
FROZEN, 383 g

**18<sup>99</sup>** ea.  
BEYOND PLANT-BASED BURGERS  
FROZEN, 678 g

**7<sup>99</sup>** ea.  
BEYOND PLANT-BASED GROUND, STEAK STRIPS OR SAUSAGES 226-400 g  
SELECTED VARIETIES

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



FRONT STREET BAKERY

OUR ABSOLUTE FINEST

<p><b>5<sup>49</sup></b> ea.</p> <p>FRONT STREET BAKERY CINNAMON BUNS PKG OF 4, 620 - 650 g SELECTED VARIETIES</p> <p>Enjoy our tempting cinnamon rolls with cream cheese or white icing. Enjoy them warm!</p>	<p><b>8<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY MINI DESSERT CAKES 250 - 440 g SELECTED VARIETIES</p> <p><b>18<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY DESSERT CAKES 740 - 1000 g SELECTED VARIETIES</p>
<p><b>7<sup>49</sup></b> ea.</p> <p>FRONT STREET BAKERY FAMILY PACK COOKIES PKG OF 16, 740 - 780 g SELECTED VARIETIES</p>	<p><b>4<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY ALMOND OR CHOCOLATE HAZELNUT FILLED CROISSANTS PKG OF 4, 225 - 300 g</p> <p><b>28<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY GOURMET SHORTCAKE 1.35 - 1.4 kg SELECTED VARIETIES</p> <p><b>2 for 6<sup>00</sup></b></p> <p>FRONT STREET BAKERY CAKE SLICES SELECTED SIZES SELECTED VARIETIES</p>
<p><b>2<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY BAGUETTE OR MINI PARISIEN BREAD 175 - 250 g</p>	<p><b>2<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY MINI CALABRESE BREAD 200 g</p> <p><b>3<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY DINNER, HOT DOG OR HAMBURGER ROLLS PKG OF 8 - 12, 300 - 425 g SELECTED VARIETIES</p> <p><b>3<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY HOMESTYLE WHITE, 100% WHOLE WHEAT, WHOLE GRAIN OR RYE BREADS 450 - 675 g SELECTED VARIETIES</p>

**GET 10 AIR MILES® BONUS MILES** with the purchase of 2 participating snack products

<p><b>5<sup>29</sup></b> ea.</p> <p>SARA LEE LITTLE BITES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>4<sup>99</sup></b> ea.</p> <p>VACHON SNACK CAKES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>3<sup>49</sup></b> ea.</p> <p><b>4<sup>69</sup></b> ea.</p> <p>HOSTESS SNACK CAKES SELECTED SIZES, SELECTED VARIETIES</p>
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Seafood

<p><b>11<sup>99</sup></b> /lb</p> <p>WILD CAUGHT YELLOWFIN TUNA STEAKS OR SWORDFISH STEAKS 2.65/700 g, FROZEN</p> <p><b>WILD CAUGHT</b></p>	<p><b>17<sup>99</sup></b> ea.</p> <p>FAMILY PACK SUPREME SUSHI 540 - 580 g SELECTED VARIETIES</p> <p><b>25 PCS</b></p>
<p><b>1<sup>29</sup></b> ea.</p> <p>CHOICE OYSTERS SELECTED VARIETIES</p>	<p><b>5<sup>99</sup></b> ea.</p> <p>FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS 2 lb, 907 g</p> <p><b>2 LB BAG</b></p>
<p><b>11<sup>99</sup></b> ea.</p> <p>HOT SMOKED RAINBOW TROUT FILLET 190 g PREVIOUSLY FROZEN</p>	<p><b>6<sup>99</sup></b> ea.</p> <p>STORE MADE MINI SEAFOOD PLATTER PREVIOUSLY FROZEN, 320 g</p> <p><b>6<sup>99</sup></b> ea.</p> <p>FRESH ATLANTIC SALMON PINWHEEL 170 g</p>
<p><b>9<sup>99</sup></b> ea.</p> <p>ROCK HARBOUR BACON WRAPPED SCALLOPS FROZEN, 200 g</p>	<p><b>11<sup>99</sup></b> ea.</p> <p>MARINA DEL REY SEAFOOD PENNE OR PABELLA FROZEN, 600 g</p> <p><b>14<sup>99</sup></b> ea.</p> <p>OCEAN PRIME SEAFOOD MIX FROZEN, 900 g</p> <p><b>2 LB BAG</b></p>

<p><b>5<sup>99</sup></b> ea.</p> <p>NATURALIA TILAPIA OR SOLE FILLETS FROZEN, 400 g</p>	<p><b>4<sup>99</sup></b> ea.</p> <p>IRRESISTIBLES SMOKED ATLANTIC SALMON FROZEN, 70 g</p>	<p><b>9<sup>99</sup></b> ea.</p> <p>IRRESISTIBLES COCONUT SHRIMP FROZEN, 454 g</p>	<p><b>12<sup>99</sup></b> ea.</p> <p>IRRESISTIBLES ORGANIC COOKED OR RAW SHRIMP FROZEN, 300 g</p>
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# Flavours of Italy

**3.49** ea.  
GREEN OR RED SWISS CHARD OR DANDELION GREENS  
PRODUCT OF U.S.A.

**5.99** /lb  
GRAIN FED  
VEAL SHANK OSSIDO BUCCO  
GRAIN FED  
13.21/kg

**11.99** ea.  
CHELSEA BONED SALT COD 454g

**2.49** /100 g  
SAN DANIELE MORTADELLA OR MASTRO EXTRA LEAN PROSCIUTTO COTTO  
DELI CUT, 10.29/lb

**2.79** /100 g  
MASTRO CAPOCOLLO  
MILD OR HOT  
DELI CUT, 12.66/lb

**2.99** /100 g  
MASTRO GENOA SALAMI  
DELI SLICED, 13.56/lb

**3.69** /100 g  
SAPUTO ASIAGO  
DELI CUT, 16.74/lb

**4.49** /100 g  
CASTELLO GORGONZOLA CHEESE  
REGULAR OR SHREDDED  
DELI CUT, 20.37/lb

**14.99** ea.  
SAPUTO MINI FRIULANO CHEESE 500 g

**7.99** ea.  
TRE STELLE RICOTTA, BOCCONCINI OR MOZZARELLA BALL  
200 - 475 g  
SELECTED VARIETIES

**7.99** ea.  
MASTRO CHARCUTERIE TRIO  
150 - 250 g  
SELECTED VARIETIES

**8.29** ea.  
GOLD LABEL PEPPERONI STICKS OR BELLITALIA SALAME  
225 - 375 g  
SELECTED VARIETIES

**8.99** ea.  
MARC ANGELO CALABRESE, SALAME DI PROSCIUTTO, PARMA SALAMI OR SALAMI SNACK  
160 - 225 g

**10.99** ea.  
SAN DANIELE PROSCIUTTO HAM OR MASTRO SALAMI  
375 - 475 g  
SELECTED VARIETIES

**9.99** ea.  
OLIVIERI FRESH STUFFED PASTA OR SKILLET GNOCCHI  
500 - 700 g  
SELECTED VARIETIES

**2 for 4.00**  
DE CECCO  
MOLISANA OR DE CECCO PASTA  
450 - 454 g  
SELECTED VARIETIES

**4.00** ea.  
MOLISANA OR DE CECCO PASTA  
450 - 454 g  
SELECTED VARIETIES

**2 for 4.00**  
UNICO TOMATOES  
275 ml  
SELECTED VARIETIES OR 2.29 EA.

**2 for 3.00**  
UNICO BEANS OR AURORA DICED TOMATOES  
300 - 540 ml  
SELECTED VARIETIES OR 1.79 EA.

**9.99** ea.  
BERTOLLI OLIVE OIL  
500 ml  
SELECTED VARIETIES

**4.49** ea.  
CALLIPO LIGHT TUNA 3.180 g  
RIO MARE INSALATISSIME TUNA SALAD 160 g  
SELECTED VARIETIES

**89¢** ea.  
UNICO TOMATO PASTE 156 ml  
SELECTED VARIETIES

**4.44** ea.  
LAVAZZA CREMA E GUSTO 250 g  
LAVAZZA ROSSA 250 g  
SELECTED VARIETIES

**2.99** ea.  
AURORA MOLISANA OR UNICO MARINADE  
370 - 750 ml  
SELECTED VARIETIES

**1.99** ea.  
UNICO CANNED OLIVES  
375 ml  
SELECTED VARIETIES

**4 for 5.00**  
GIOIA "S" BISCUITS  
200 g  
SELECTED VARIETIES

**3.49** ea.  
LOACKER WAFERS, VICENZI SNACKS OR GIOIA SAVOIARDI BISCUITS 125 - 400 g  
SELECTED VARIETIES

**11.99** ea.  
SAN BENEDETTO WATER 6 x 1.5 l  
SELECTED VARIETIES

**4 for 5.00**  
AURORA BOUILLON CUBES OR VITA VIGOR BREADSTICKS  
64 - 125 g  
SELECTED VARIETIES

**2.99** ea.  
AURORA BREAD CRUMBS 400 g  
SELECTED VARIETIES

**2.99** ea.  
VITA SANA OR YOGA NECTAR  
600 ml  
SELECTED VARIETIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE





# More Great Savings

POST CEREALS 525 - 710 g SELECTED VARIETIES

**5<sup>99</sup>** ea.  HONEY BUNCHES OF OATS Honey Roasted

**19<sup>99</sup>** ea.  VAN HOUTTE COLOMBIAN MEDIUM COFFEE CAPSULES 20 ea. or 700 g SELECTED VARIETIES

**3<sup>99</sup>** ea.  PLANT-BASED Almond Breeze BLUE DIAMOND ALMOND BEVERAGES 1.0L SELECTED VARIETIES

STARBUCKS FRAPPUCCINO OR DOUBLESHOT ENERGY DRINKS SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

**2 for 8<sup>00</sup>** 

**3<sup>99</sup>** ea.  CHAPMAN'S FROZEN YOGURT OR YUKON NOVELTIES SELECTED SIZES, SELECTED VARIETIES

**6<sup>99</sup>** ea.  NUTELLA BISCUITS 275 g

**2 for 6<sup>00</sup>**  LINDT CHOCOLATE BARS 100 g SELECTED VARIETIES

**4 for 6<sup>00</sup>**  SNICKERS BUY MORE SAVE MORE! MIX MARS CHOCOLATE BARS 49-52 g SELECTED VARIETIES LESS THAN 4 PAY 1.79 EA.

**2 for 13<sup>00</sup>**  MONTELLIER BUBLY BUY MORE SAVE MORE! BUBLY OR MONTELLIER SPARKLING WATER 10-12 x 355 ml SELECTED VARIETIES LESS THAN 2 PAY 7.99 EA.

**2 for 5<sup>00</sup>**  GATORADE OR GATORLYTE SPORTS DRINKS SELECTED SIZES, SELECTED VARIETIES BUY MORE SAVE MORE! FIT GATORLYTE

**11<sup>49</sup>** ea.  BUDWEISER ZERO NON ALCOHOLIC BEER 6 x 341 ml

**4<sup>49</sup>** ea.  IRRESISTIBLES CRACKERS 150 g SELECTED VARIETIES

**4<sup>99</sup>** ea.  CLUB HOUSE SPICES OR SEASONINGS SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>50</sup>**  5 BONUS MILES when you buy 2 VH SAUCE 341 - 380 ml SELECTED VARIETIES OR 3.99 EA.

**3<sup>99</sup>** ea.  IRRESISTIBLES PHYLLO PASTRY 454 g

**3 for 4<sup>00</sup>**  DANONE ACTIVIA OR OIKOS DRINKABLE YOGURT 170 ml SELECTED VARIETIES OR 1.99 EA. probiotic smoothie

**2 for 12<sup>00</sup>**  BUY MORE SAVE MORE! MILD MARBLE CHEDDAR MARBRE DOUX OLD CHEDDAR FORT SELECTION CHEESE BARS SELECTED SIZES, SELECTED VARIETIES LESS THAN 2 PAY 6.99 EA.

**2 for 7<sup>00</sup>**  PILLSBURY DOUGH SELECTED SIZES, SELECTED VARIETIES Country Biscuits de campagne

**6<sup>49</sup>** ea.  GIUSEPPE EASY PIZZI SELECTED SIZES, SELECTED VARIETIES

ENJOY the simple joys

**3 BONUS MILES** when you buy 1

**10<sup>29</sup>** ea.  NATREL LACTOSE FREE MILK 4L SELECTED VARIETIES

JOIN THE FUN!

**2 for 8<sup>00</sup>**  KIRI, THE LAUGHING COW OR BABYBEL CHEESE SELECTED SIZES, SELECTED VARIETIES, OR 4.49 EA.

NOW THIS IS CHEESE!

**15 BONUS MILES** when you buy 2

**6<sup>49</sup>** ea.  CRACKER BARREL SLICED CHEESE SELECTED SIZES, SELECTED VARIETIES

**2 for 9<sup>00</sup>**  CRACKER BARREL COMBO CRACKER BARREL CHEESE SNACKS SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

COLLECT YOUR MARVEL FAVOURITES

**2 for 6<sup>00</sup>**  COCA-COLA SOFT DRINKS 500 ml SELECTED VARIETIES LESS THAN 2 PAY 3.49 EA.

**2 for 16<sup>00</sup>**  COCA-COLA SOFT DRINKS 12 x 355 ml SELECTED VARIETIES LESS THAN 2 PAY 9.29 EA.

**5<sup>99</sup>** ea.  KRAFT 100% PARMESAN 341 g SELECTED VARIETIES

**8<sup>49</sup>** ea.  KRAFT PARMESAN CHEESE 200 g SELECTED VARIETIES

ENTER FOR A CHANCE TO WIN MOVIE TICKETS FOR A YEAR

SEE IN STORE FOR DETAILS

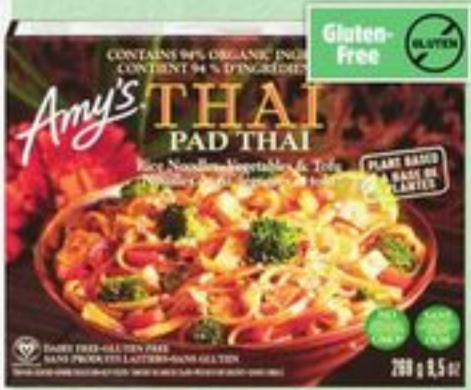
CINEPLEX





### B CORP

To receive B Corp Certification, a company must be verified by B Lab (a non-profit organization) and meet high standards of verified performance, accountability and transparency.



**6.49** ea.  
AMY'S FROZEN MEAL  
234 - 284 g  
SELECTED VARIETIES



**6.99** ea.  
RIGHTEOUS GELATO  
473 ml  
SELECTED VARIETIES



**13.99** ea.  
SALT SPRING WHOLE COFFEE BEANS  
400 g  
SELECTED VARIETIES



**7.99** ea.  
PARTAKE NON-ALCOHOLIC BEER  
4 x 355 ml



**2 for 5.00**  
or 2.79 ea.  
FLOW WATER  
1L



### FAIRTRADE

Fairtrade works to raise the voices of farmers and workers and provides them with tools and training to respond to the environment crisis unfolding in already vulnerable communities.



**5.49** ea.  
TRADITIONAL MEDICINALS TEA BAGS  
16 un  
SELECTED VARIETIES



**19.99** ea.  
NABOB COFFEE CAPSULES  
30 un  
SELECTED VARIETIES

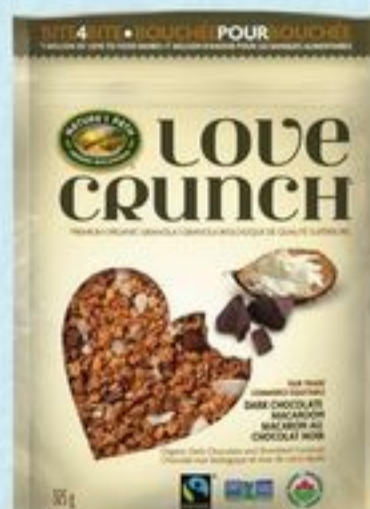
SAVÖR ICE CREAM  
473 ml  
SELECTED VARIETIES

**6.49** ea.



LOVE CRUNCH GRANOLA  
325 g  
SELECTED VARIETIES

**6.49** ea.



PLUM-M GOOD RICE CAKES  
95 g  
SELECTED VARIETIES

**2 for 6.00**  
or 3.29 ea.

## SMART CHOICES

DISCOVER SUSTAINABLE & FLAVOURFUL OPTIONS



GOOD DRINK ICED TEA  
473 - 478 ml  
SELECTED VARIETIES

**2 for 6.00**  
or 3.29 ea.



NATURE'S PATH CEREALS  
325 - 400 g  
SELECTED VARIETIES

**4.99** ea.



PURPLEFUL SNACKING POPCORN  
136 g  
SELECTED VARIETIES

**3.99** ea.



## Gluten-Free

**daiya** delisiously dairy-free™  
PLANT-BASED DELICIOUS  
**MAC & CHEESE**  
300 g  
SELECTED VARIETIES

**4.99** ea.

**glutino**  
GLUTEN FREE  
PRETZEL TWISTS  
BREITZELS  
TORTILLAS  
SANS GLUTEN  
400 g  
SELECTED VARIETIES

**7.99** ea.

**MADE GOOD**  
Real Potato Crackers  
Cheddar, Sweet Potato, Onion & Garlic  
Crisps are 100% plant-based & delicious!  
100-121 g  
SELECTED VARIETIES

**4.99** ea.

## Vegetarian

**VEGGI!**  
Buffalo Cauliflower Wings  
**WHOLLY VEGGIE!**  
375 g  
A la Carte  
Chao-Style Buffalo  
SELECTED VARIETIES

**7.49** ea.

**KIND** **minis**  
Almond Sea Salt & Dark Chocolate  
200 g  
SELECTED VARIETIES

**9.49** ea. 10 BARS

**BETTER BEARS**  
SWEDISH BERRIES  
80 g  
SELECTED VARIETIES

**2 for 7.00**  
BETTER BEARS GUMMY CANDY 50 g  
SELECTED VARIETIES OR 3.79 EA.

**STELLA**  
PEROGIES  
CHEDDAR CHEESE  
FROMAGE CHEDDAR  
350 g  
SELECTED VARIETIES

**9.99** ea.

## Non-GMO

**JUST EGG**  
500 g  
SELECTED VARIETIES

**8.99** ea.

**BRAGG** APPLE CIDER VINEGAR 473 ml  
SELECTED VARIETIES

**6.49** ea.

**ACROPOLIS** OLIVES 250 ml  
SELECTED VARIETIES

**6.49** ea.

**BOB'S RED MILL** GRANOLA CEREAL 312 g  
SELECTED VARIETIES

**8.49** ea.

**LA TORTILLA FACTORY** TORTILLAS 290 g  
SELECTED VARIETIES

**6.49** ea.

**MELT** BUTTERY SPREAD 368 g  
SELECTED VARIETIES

**5.99** ea.

**ORGANIC MEADOW** YOGOURT 750 g  
SELECTED VARIETIES

**5.99** ea.

**ONE DEGREE** CEREAL 227-294 g  
SELECTED VARIETIES

**5.49** ea.

## Baby & Beauty

**BUY MORE SAVE MORE!**  
**2 for 7.00**  
BABY GOURMET PUFFS 42 g  
LESS THAN 2¢ PER 1.99 EA. SELECTED VARIETIES

**BUY MORE SAVE MORE!**  
**6 for 12.00**  
BABY GOURMET BABY PUREE 120 ml  
LESS THAN 2¢ PER 2.99 EA. SELECTED VARIETIES

the only baby food with 16 key brain-supporting nutrients

**4 for 12.00**  
CEREBELLY BABY PUREE 120 ml  
SELECTED VARIETIES OR 3.49 EA.

## Household Helpers

**SELECTION ECO** CLEANERS  
SELECTED SIZES  
SELECTED VARIETIES

**3.99** ea.

**SELECTION ECO** DISHWASHING DETERGENT  
650 ml  
SELECTED VARIETIES OR 3.29 EA.

**2 for 6.00**

**SELECTION ECO** SANDWICH OR COMPOSTABLE BAGS  
20-30 cm  
SELECTED VARIETIES

**4.99** ea.

**SELECTION ECO** YARD WASTE BAGS  
5 m  
OR 4.99 EA.

**2 for 7.50**  
**metro**

**6 JUMBO** **16** **100%**  
**cascaDes** **Tuff**  
ENVIRO  
8.99 ea. CASCADES PAPER TOWELS 4 m.

**16** **100%**  
**cascaDes** **Fluff**  
ENVIRO  
6.99 ea. CASCADES BATHROOM TISSUE 8-16 ROLLS

it all begins with food™

**2 for 5.00**  
LOVE CHILD SNACKS 30 g  
SELECTED VARIETIES OR 2.99 EA.

**5 for 11.00**  
LOVE CHILD BABY PUREES 120 ml  
SELECTED VARIETIES OR 2.29 EA.

## Live simple. Live beautiful. Live Clean.

**LIVE CLEAN** BODY WASH 500 ml  
SELECTED VARIETIES

**8.99** ea.

**LIVE CLEAN** BODY LOTION 532 ml  
SELECTED VARIETIES

**9.99** ea.

Bottles made from **100%** recovered coastal plastic

**BUY MORE SAVE MORE!**  
**2 for 10.00**  
WINDEX OR FANTASTIK CLEANERS  
SELECTED SIZES  
SELECTED VARIETIES  
LESS THAN 2¢ PER 4.79 EA.

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



EARTH DAY IS APRIL 22ND

# FOR YOUR HOME: KEEP IT GREEN

Kind to the earth, while still getting the job done right – you can feel good about using our eco-friendly products

**5<sup>99</sup>** ea. MRS. MEYER'S CLEANERS OR SOAPS. SELECTED SIZES. SELECTED VARIETIES.

**7<sup>99</sup>** ea. NATURE CLEAN LAUNDRY DETERGENT SHEETS. 32 UN. SELECTED VARIETIES.

**5<sup>99</sup>** ea. LYSOL DISINFECTING WIPES. 75 - 84 UN. SELECTED VARIETIES.

**6<sup>99</sup>** ea. BONTERRA BATHROOM TISSUE, PAPER TOWELS OR FACIAL TISSUE. SELECTED SIZES. SELECTED VARIETIES.

**7<sup>99</sup>** ea. NATURE CLEAN CLEANING STRIPS. SELECTED SIZES. SELECTED VARIETIES.

**3<sup>99</sup>** ea. VIM CLEANERS. 700 ml.

**6<sup>99</sup>** ea. BONTERRA BATHROOM TISSUE, PAPER TOWELS OR FACIAL TISSUE. SELECTED SIZES. SELECTED VARIETIES.

**5<sup>49</sup>** ea. ZIPLOC COMPOSTABLE SANDWICH BAGS. 20 UN.

**4<sup>49</sup>** ea. SELECTION ECO COMPOSTABLE BAMBOO PLATES. 12 UN.

**4<sup>49</sup>** ea. SELECTION ECO COMPOSTABLE TABLE NAPKINS. 250 UN.

**25<sup>99</sup>** ea. BRITA WATER JUG OR REPLACEMENT FILTERS. SELECTED SIZES. SELECTED VARIETIES.

**99<sup>99</sup>** ea. TERRA SODASTREAM SPARKLING WATER MAKER. 1 UN.

**BUY MORE SAVE MORE!**

**2 for 8<sup>00</sup>** Less than 2 pay 4.99 ea. METRO FOLDABLE BOX. 1 UN.

**BUY MORE SAVE MORE!**

**4 for 3<sup>00</sup>** Less than 4 pay .99 ea. METRO REUSABLE BAGS. 1 UN.

**5-PACK 2<sup>49</sup>** ea. METRO FRUIT AND VEGETABLE REUSABLE BAGS. 5 UN.



**P&G** **IT'S OUR HOME**

**COMMITTED TO SAVE ENERGY**

**15<sup>99</sup>** ea. TIDE PODS OR LAUNDRY DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

**15<sup>99</sup>** ea. DOWNY FABRIC SOFTENER  
SELECTED SIZES  
SELECTED VARIETIES

**15<sup>99</sup>** ea. DOWNY SCENT BOOSTERS  
SELECTED SIZES  
SELECTED VARIETIES

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

**COMMITTED TO SAVE WATER**

**8** YOUR DISHWASHER NEEDS ONLY 8 DISHES TO SAVE WATER VS. HANDWASHING

**15<sup>99</sup>** ea. CASCADE DISHWASHER DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

**COMMITTED TO RESPONSIBLE SOURCING**

**35<sup>49</sup>** ea. PAMPERS PURE BABY DIAPERS  
62 - 116 un  
SELECTED VARIETIES

**8<sup>99</sup>** ea. BOUNTY PAPER TOWEL  
4 = 6 rolls

**8<sup>99</sup>** ea. CHARMIN BATHROOM TISSUE  
8 = 24 ROLLS  
SELECTED VARIETIES

FSC 2 trees planted for every tree used

**COMMITTED TO REDUCE PLASTIC WASTE**

**4<sup>49</sup>** ea. FEBREZE AIR FRESHENERS  
SELECTED SIZES  
SELECTED VARIETIES

**5<sup>99</sup>** ea. FEBREZE FABRIC REFRESHER  
430 - 500 ml  
SELECTED VARIETIES

TERRACYCLE Febreze is working with TerraCycle to reduce waste

**COMMITTED TO SAVE WILDLIFE**

**4<sup>99</sup>** ea. DAWN DISHWASHING DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

Over 40 years of helping & caring for aquatic wildlife

**INGREDIENTS YOU CAN FEEL GOOD ABOUT FOR YOU AND THE PLANET**

**7<sup>99</sup>** ea. HERBAL ESSENCES PUREPLANTS HAIR CARE  
400 ml  
SELECTED VARIETIES

**8<sup>99</sup>** ea. ALWAYS SANITARY NAPKINS OR TAMPAX TAMPONS  
22 - 28 un  
SELECTED VARIETIES

**21<sup>99</sup>** ea. PAMPERS AQUA PURE BABY WIPES  
336 un

**2 for 20<sup>00</sup>** or 11.49 ea. NATIVE HAIR CARE  
177 - 487 ml  
SELECTED VARIETIES

**2 for 28<sup>00</sup>** or 15.99 ea. NATIVE DEODORANT  
75 g  
SELECTED VARIETIES



*metro.ca*

# FREE DELIVERY

when you buy 3 participating products\*

PROMO CODE  
**40DELIVERY**



Shop Now

\*Valid for selected stores only.  
Offer not available for the MPriority or Express Delivery service.



# SNACK TO THE BEAT



WE'RE DONATING  
**\$50K**  
 TO YOUTH MENTAL HEALTH  
 AND GIVING YOU A CHANCE TO  
**WIN A JOHNNY  
 ORLANDO  
 CONCERT EXPERIENCE!**

GO TO  
**SNACKTO THE BEAT.CA**  
 FOR FULL CONTEST DETAILS  
 AND TO ENTER!



\* A portion of sales from displayed and online participating Mondelēz products (CADBURY, CRISPERS, CHIPS AHOY!, SOUR PATCH KIDS) will be donated to youth mental health organizations, up to \$50,000.  
 † **NO PURCHASE NECESSARY.** Open to residents of Canada (age of majority). Register and enter online at <https://snacktothebeat.ca> between April 1, 2024 (12:00:00 a.m. ET) and June 10, 2024 (11:59:59 p.m. ET). Three (3) Grand Prizes and approximately one hundred (100) Secondary Prizes available. Total value of Grand Prizes is approximately \$18,000 CAD (\$6,000 per prize). Total value of Secondary Prizes is \$12,500 CAD (approximately \$125 CAD per prize). Limit five (5) entries per person, regardless of type of entry. Odds of winning depend on the number of eligible entries received. Limit one (1) Grand Prize and one (1) Secondary Prize per person and per household. Skill-testing question required. Restrictions apply. Visit <https://snacktothebeat.ca/rules> for full contest rules and prize details. All other trademarks are property of their respective owners.



**2 for 8.00**  
 Less than 2 pay 4.79 ea.  
**BUY MORE SAVE MORE!**  
 CHRISTIE COOKIES  
 SELECTED SIZES  
 SELECTED VARIETIES



**2 for 6.00**  
 Less than 2 pay 4.29 ea.  
**BUY MORE SAVE MORE!**  
 CHRISTIE CRISPERS OR  
 BITS & BITES SNACKS  
 145 g  
 SELECTED VARIETIES



**2 for 5.50**  
 CADBURY FAMILY SIZE  
 CHOCOLATE BARS  
 100 g  
 SELECTED VARIETIES



**2 for 5.50**  
 SOUR PATCH KIDS  
 OR MAYNARDS CANDY  
 150 - 154 g  
 SELECTED VARIETIES



**4 for 5.00**  
 Less than 4 pay 1.89 ea.  
**BUY MORE SAVE MORE!**  
 CADBURY  
 CHOCOLATE BARS  
 33 - 60 g  
 SELECTED VARIETIES



**2 for 10.00**  
 MAYNARDS  
 LARGE CANDY BAGS  
 308 - 315 g



**2 for 10.00**  
 CADBURY MULTI-PACK  
 CHOCOLATE BARS  
 4 un  
 SELECTED VARIETIES



**2 for 5.50 or 3.49 ea.**  
 RITZ OR TRISCUIT  
 CRACKERS  
 SELECTED SIZES  
 SELECTED VARIETIES