

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, 2.21/700 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 • TARTE 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 - SALTÉ 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

2 for 6⁰⁰

QUAKER DIPPS
Chocolate Chip
Brisures Chocolatées

2 for 6⁰⁰

QUAKER CHEWY BARS 120 - 156 g
SELECTED VARIETIES

2 for 6⁰⁰

QUAKER CHEWY
Chocolate Chip
Brisures Chocolatées

RITZ
original

OREO
Original

Chips Ahoy!
Original

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

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 4 in 1

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.</p> <p>SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p>3⁹⁹ /lb</p> <p>EXTRA LARGE RED OR GREEN SEEDLESS GRAPES PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE 8.80/kg</p>	 <p>3⁹⁹ ea.</p> <p>ANGEL SWEET TOMATOES 283 g PRODUCT OF ONTARIO SWEET CHERRY TOMATOES 541 ml PRODUCT OF ONTARIO</p>
 <p>3⁹⁹ ea.</p> <p>BLACKBERRIES 170 g PRODUCT OF MEXICO GOLDENBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p>1⁹⁹ /lb</p> <p>LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p>2⁴⁹ /lb</p> <p>EXTRA LARGE BEEFSTEAK TOMATOES PRODUCT OF ONTARIO 5.49/kg</p>
 <p>2 for 4⁰⁰</p> <p>HONEY ATAULFO MANGOES PRODUCT OF MEXICO</p>	 <p>2⁴⁹ /lb</p> <p>LARGE BARTLETT PEARS PRODUCT OF ARGENTINA OR SOUTH AFRICA, EXTRA FANCY GRADE 5.49/kg</p>	 <p>4⁹⁹ ea.</p> <p>GREEN GIANT SUGAR SNAP PEAS 227 g PRODUCT OF GUATEMALA</p>
 <p>4⁴⁹ ea.</p> <p>JUMBO PINEAPPLES PRODUCT OF COSTA RICA</p>	 <p>4⁴⁹ ea.</p> <p>GREEN BEANS HARICOTS VERTS PRODUCT OF U.S.A.</p>	 <p>3²⁹ ea.</p> <p>BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p>6⁹⁹ ea.</p> <p>IRRESISTIBLES ULTIMATE SNACKING MIXES PEANUT 600 g POPCORN 520 g</p>	 <p>5⁹⁹ ea.</p> <p>BOLTHOUSE JUICES OR SMOOTHIES 196 ml SELECTED VARIETIES</p>	 <p>4⁴⁹ ea.</p> <p>ATTITUDE SALADS 142 g PRODUCT OF U.S.A. SELECTED VARIETIES</p>
		 <p>2⁶⁹ ea.</p> <p>SWEET NANTES CARROTS 454 g PRODUCT OF MEXICO, No. 1 GRADE</p>

Organic

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

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

Flowers in Bloom

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



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

12⁹⁹
/lb



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
PORK SHOULDER BLADE CHOPS VALUE PACK
9.90/kg

4⁴⁹
/lb



STORE MADE
SEASONED BEEF
BURGERS
SELECTED VARIETIES
15.41/kg

6⁹⁹
/lb



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

2⁹⁹
/lb



FRESH PORK BELLIES
SLICED OR PIECES
13.21/kg

5⁹⁹
/lb



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

10⁸⁸
/lb



SELECTION
CHICKEN WIENERS
450 g

1⁹⁹
ea.



SELECTION
WIENERS
450 g
SELECTED VARIETIES

2⁹⁹
ea.



SELECTION
ALL BEEF WIENERS
375 g

3⁹⁹
ea.



IRRESISTIBLES
NATURALIA
WIENERS
375 g

2⁹⁹
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

14⁹⁹
ea.



LIFE SMART
NATURALIA
BEEF BURGERS
FROZEN, 768 g

11⁹⁹
ea.



SELECTION
PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
11.00/kg

4⁹⁹
/lb



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

12⁹⁹
ea.



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

5⁹⁹
ea.
or /lb



MARC ANGELO
SKEWERS
200-280 g
SELECTED VARIETIES

9⁹⁹
ea.



SCHNEIDERS
PORK OR CHICKEN SCHNITZEL
FROZEN, 450 g

11⁹⁹
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

12⁹⁹
ea.



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

11⁹⁹
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT 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

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

9⁴⁹
ea.

CHEMICAL FREE • NO ADDED PRESERVATIVES • INDIVIDUALLY VACUUM-PACKED

LifeSmart
Mieux
-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 160 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, CORNED BEEF 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

4.79
ea.



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



FRONT STREET BAKERY
PUMPERNICKEL BREAD 475 g

YOUR CHOICE

3.79
ea.



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



4.69
ea.

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



7.99
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



28.99
ea.

FRONT STREET BAKERY
SWISS MILK CHOCOLATE
TRUFFLE CAKE 1.2 - 1.3 kg
SELECTED VARIETIES



1.99
ea.

FRONT STREET BAKERY
FUDGE CUPCAKES
SELECTED SIZES
SELECTED VARIETIES



18.99
ea.

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



19.99
ea.

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



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



OZERY
MORNING
ROUNDS
450 g
SELECTED VARIETIES



2.79
ea.

SELECTION
BAGELS
340 - 510 g
SELECTED VARIETIES



6.99
ea.

SELECTION
BROWNIES
600 g

Breakfast Essentials



3.49
ea.

IRRESISTIBLES
LEMONADE OR
ICED TEA
1.5 L
SELECTED VARIETIES



6.49
ea.

NATREL
ORGANIC MILK
2 L
SELECTED VARIETIES



5.49
ea.

OATBOX
GRANOLA CEREAL 300 g
SELECTED VARIETIES



5.49
ea.

IMPERIAL MARGARINE
637 g



12.99
ea.

BALZAC'S
COFFEE BEANS 340 g
SELECTED VARIETIES



5.49
ea.

RED ROSE
ORANGE PEKOE
TEA BAGS 72 pk.



7.49
ea.

STARBUCKS VIA
INSTANT COFFEE
26.4 g, SELECTED VARIETIES



8.99
ea.

TRUVIA
SWEETENER 270 g
SELECTED VARIETIES



6.49
ea.

ST. DALFOUR
SPREAD 225 ml
SELECTED VARIETIES



9.99
ea.

IRRESISTIBLES
MAPLE SYRUP
275 ml



3.99
ea.

SELECTION
COTTAGE CHEESE
500 g
SELECTED VARIETIES



4.99
ea.

COFFEE MATE
CREAMER
SELECTED SIZES
SELECTED VARIETIES



3.99
ea.

SELECTION
HASHBROWNS
1 kg



7.99
ea.

McCain
BREAKFAST POCKETS
600 g



6.99
ea.

JIF
PEANUT BUTTER
1 kg
SELECTED VARIETIES



7.99
ea.

SELECTION
HONEY
500 g
SELECTED VARIETIES

FREE SAME-DAY
PICKUP

SAME FLYER PRICES AND DEALS ONLINE



More Great Savings



2 for 7.00

SMARTFOOD
POPCORN OR HAVOC CHIPS
SELECTED SIZES, SELECTED VARIETIES



5.49 ea.

QUAKER CRISPY MINIS
FAMILY SIZE RICE CAKES
70 g, SELECTED VARIETIES



2 for 7.50

RICEWORKS RICE CRISPS
SELECTED SIZES, SELECTED VARIETIES
OR 4.99 EA.



2 for 7.00

GOLDFISH CRISPS OR CRISPS
SELECTED SIZES, SELECTED VARIETIES
OR 3.99 EA.



10.99 ea.

SAN PELLEGRINO,
PERRIER OR
MAISON PERRIER
SPARKLING WATER
6 x 1 L, SELECTED VARIETIES



2 for 12.00

LESS THAN 2
PAY 8.99 EA.

AHA SPARKLING WATER
12 x 255 mL
SELECTED VARIETIES



21.49 ea.

CORONA SUNBREW
NON ALCOHOLIC BEER
12 x 355 mL



2 for 7.00

HARIBO GUMMY CANDY
175 g, SELECTED VARIETIES



30% off

MCCORMICK GOURMET SPICES
SELECTED SIZES, SELECTED VARIETIES



2.99 ea.

NO YOLKS
EGG NOODLES
340 g, SELECTED VARIETIES



2.99 ea.

VOORTMAN
WAFERS
SELECTED SIZES,
SELECTED VARIETIES



2 for 11.00

HERSHEY'S CHOCOLATE
SELECTED SIZES,
SELECTED VARIETIES



4.99 ea.

HEALTHY CHOICE
FROZEN MEALS
SELECTED SIZES,
SELECTED VARIETIES



4.99 ea.

BOSTON MARKET
FROZEN ENTREES
SELECTED SIZES, SELECTED VARIETIES



9.99 ea.

MIKES PIZZA
SELECTED SIZES, SELECTED VARIETIES



1.99 ea.

GREEN GIANT
FROZEN VEGETABLES
SELECTED SIZES,
SELECTED VARIETIES



1.79 ea.

OCEAN'S LIGHT TUNA
170 g
SELECTED VARIETIES

oceans.ca



6.49 ea.

PAM AVOCADO OR
OLIVE OIL COOKING
SPRAY 141 g
SELECTED VARIETIES



4 for 9.00

HEINZ BEANS
398 mL, SELECTED VARIETIES

SCORE \$4 OFF

WHEN YOU BUY ANY 4 PARTICIPATING*
SNACKS/DIPS, PEPSICO 6 PACK OR 12 PACK*



2 for 7.50

LESS THAN 2
PAY 4.99 EA.



2 for 7.50

LESS THAN 2
PAY 4.99 EA.



2 for 15.00

LESS THAN 2
PAY 8.99 EA.

OFFICIAL PARTNERS OF THE NHL

*Coupon available on specially marked products, while supplies last. See in-store displays for full offer details and participating products. Coupon expires May 26, 2024.



3.99 ea.

PHILADELPHIA
CREAM CHEESE
227 g, SELECTED VARIETIES



2 for 7.00

MIO, KOOL-AID, CRYSTAL LIGHT
WATER ENHANCERS
SELECTED SIZES, SELECTED VARIETIES
OR 3.99 EA.



3.49 ea.

KRAFT BBQ SAUCE
455 mL
SELECTED VARIETIES



5.99 ea.

MIRACLE WHIP
DRESSING
450 - 490 mL
SELECTED VARIETIES



5.49 ea.

KRAFT HEINZ KETCHUP
750 mL - 1 L
SELECTED VARIETIES



3.99 ea.

BULL'S EYE OR DIANA
BBQ SAUCE OR
MARINADES
175 - 500 mL
SELECTED VARIETIES



2 for 8.00

KRAFT DRESSING
425 - 475 mL
SELECTED VARIETIES



4.99 ea.

KRAFT PURE DRESSING
355 mL
SELECTED VARIETIES

*NO PURCHASE IS NECESSARY TO PARTICIPATE OR WIN. VISIT HEINZ.CA/SUMMER FOR FULL CONTEST RULES AND DETAILS.

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	 LOVE CRUNCH GRANOLA 325 g SELECTED VARIETIES 6.49 ea.	 ANNIE'S COOKIES 233 g SELECTED VARIETIES 3.99 ea.	 2 for 6.00 NATURA CHOCOLATE 31.250 mL, SELECTED VARIETIES OR 3.29 EA.
 THEOBROMA CHOCOLATE BAR 80 g SELECTED VARIETIES 5.49 ea.	 CHIA'S MANGO CHUNKS 400 mL SELECTED VARIETIES 6.49 ea.	 PLUM-M GOOD RICE CAKES 95 g SELECTED VARIETIES 2 for 6.00	 2 for 8.00 GOGO QUINOA SPAGHETTI 221 g, SELECTED VARIETIES OR 4.29 EA.

Non-GMO

 BOB'S RED MILL OATMEAL 907 g SELECTED VARIETIES 7.49 ea.	 STEAZ ICED GREEN TEA 473 mL SELECTED VARIETIES 2 for 4.00	 BEYOND MOO YOGURT 500 g SELECTED VARIETIES 4.99 ea.	 NUTS TO YOU SPREAD 385 g SELECTED VARIETIES 9.99 ea.
 MANITOBA HARVEST HEMP SEEDS 227 g 7.99 ea.	 LIFE SMART MAPLE SYRUP 250 mL 5.49 ea.	 2 for 5.00 HARVEST SNAPS SNACKS 71-94 g or POPPI SODA 255 mL SELECTED VARIETIES OR 2.89 EA.	

Plant-Based

 2 for 5.00 HARVEST SNAPS SNACKS 71-94 g or POPPI SODA 255 mL SELECTED VARIETIES OR 2.89 EA.	 POPPI SODA 255 mL SELECTED VARIETIES
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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

 S.O.S. SCOURING PADS OR GLAD CLING WRAP SELECTED SIZES 2.99 ea.	 CLOROX CLEANERS SELECTED SIZES, SELECTED VARIETIES 4.99 ea.
 4.99 ea. ZIPLOC FREEZER OR SANDWICH BAGS SELECTED SIZES, SELECTED VARIETIES	 7.99 ea. ALCAN ALUMINIUM FOIL, REYNOLDS AIR FRYER MAT, SOLO PAPER PLATES OR RED CUPS SELECTED SIZES, SELECTED VARIETIES

clean without the mean
this earth month.

3.99 ea.
METHOOD
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
LESS THAN 2
PAY 11.99 EA.

IT'S OUR HOME

<p>COMMITTED TO SAVE ENERGY</p> <p>10 BONUS MILES when you buy 1</p> <p>15.99 ea. TIDE PODS OR LAUNDRY DETERGENT SELECTED SIZES, SELECTED VARIETIES</p> <p>Turn to cold and use 90% less energy *on average when switching from hot to cold water</p>	<p>COMMITTED TO RESPONSIBLE SOURCING</p> <p>5 BONUS MILES when you buy 1</p> <p>8.99 ea. BOUNTY PAPER TOWELS OR CHARMIN BATHROOM TISSUE 2-8 in., SELECTED VARIETIES</p> <p>2 trees planted for every tree used</p>
<p>COMMITTED TO REDUCE PLASTIC WASTE</p> <p>10 BONUS MILES when you buy 1</p> <p>15.99 ea. DOWNY FABRIC SOFTENERS OR SCENT BOOSTERS SELECTED SIZES, SELECTED VARIETIES</p>	<p>COMMITTED TO REDUCE PLASTIC WASTE</p> <p>10 BONUS MILES when you buy 1</p> <p>4.49 ea. FEBREZE AIR FRESHENERS SELECTED SIZES, SELECTED VARIETIES</p> <p>Febreze is working with TerraCycle to reduce waste</p>

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.



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.

