

metro



IRRESISTIBLES ARTISAN BLACK FOREST HAM OR SWISS CHEESE
SELECTED VARIETIES, DELI SLICED, 9.80/lb

1.99 /100 g



CUT BY OUR BUTCHER

RED GRILL BEEF

8.88 /lb

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



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

1/2 PRICE



SPRING LAMB

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

FRESH

5.99 /lb

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



FRESH CHICKEN DRUMSTICKS OR THIGHS OR ZABIHA HALAL

2.44 /lb

5.38/kg



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

2 for 6.00



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

2.69 ea.



FRESH RAINBOW TROUT FILLETS VALUE PACK MIN 900 g 9.99/lb, 2.20/100g

9.99 /lb or ea.

LOBSTER HOMARD COOKED-CUITES PACIFIC WHITE SHRIMP CREVETTES BLANCHES DE MAGROUSE

WHOLE CANADIAN LOBSTER 350 g, 9.99 EA. COOKED SHRIMP 41-50, 500 g, 9.99 EA. FROZEN



McCafe 100% ETHICALLY SOURCED ARABICA BEANS

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

SAVE \$4.00

16.99 ea.

STARBUCKS PIKE PLACE ROAST



PHILADELPHIA ORIGINAL

3.99 ea.

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



MAGNUM DOUBLE CARAMEL

BEN & JERRY'S half baked

4.99 ea.

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



Jamieson B12 1,200

Jamieson CHEWABLE C 500 mg

Jamieson D3 1,000 IU

50% off

JAMIESON VITAMINS SELECTED SIZES, SELECTED VARIETIES



Tostitos

ESKA

2 for 7.00

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



Cashmere

Sponge Towels

SAVE \$6.05

3.44 ea.

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

metro FRESH 2 GO

4-DAY MEAL DEAL

Available Thursday April 25th to Sunday April 28th

YOUR CHOICE 10.99 EACH



Maki Sushi Boat
18 PICES

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 BBO Mammoth Chicken 1.4g

Pepperoni & Cheese 16" X-Large Hot Pizza
WALK-INS/DRINKS ONLY



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

2.99 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

3.44 ea.

SWEET POTATOES
PRODUCT OF ONTARIO
1.70/kg

77¢ /lb

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

2.88 ea.

TROPICANA OR IRRESISTIBLES JUICE
SELECTED SIZES
SELECTED VARIETIES

3.49 ea.

CRACKER BARREL
MARBLE • MARBRE
CRACKER BARREL
OLD • FORT
CRACKER BARREL
TEX MEX

5.77 ea.

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

made by my metro **m**

STORE MADE SAUSAGES VALUE PACK
SELECTED VARIETIES
8.80/kg

3.99 /lb

SWISS CHALET
NEW NOUVEAU
CHICKEN POULET
POT PIE - PÂTE
600 g

JANES
PUB STYLE
chicken Strips
70g

JANES PUB STYLE BREADED CHICKEN OR TURKEY OR SWISS CHALET, ST-HUBERT OR MONTANA'S MEAT PIES
FROZEN, 400 - 800 g, SELECTED VARIETIES

6.99 ea.

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

9.99 /lb

1/2 PRICE

MASTRO
SALAMI
GENOVA • DE GÈNES
SALAMI
150 g

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

5.99 ea.

SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED DELI MEAT
100 - 150 g, SELECTED VARIETIES

LA ROCCA
CAKES
600 g
SELECTED VARIETIES

SAVE \$5.00

14.99 ea.

IRRESISTIBLES CREAM PIES
830 g
SELECTED VARIETIES

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

9.99 ea.

mix & match

MARKET BUNCHES
ASSORTED COLOURS AND FLOWER VARIETIES

3 for 25.00 or **8.99** ea.

\$ New Lower Prices

IRRESISTIBLES PORK BACK RIBS 400 g or SELECTION CHICKEN WINGS 850 g or BEEF BURGERS 1.36 kg FROZEN, SELECTED VARIETIES

10⁹⁹ ea.

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

19⁹⁹ ea.

4 PACK **12⁰⁰** ea. FRESH 2 GO PANINI SANDWICHES SELECTED VARIETIES

UNSALTED NON SALT BUTTER - BEURRE or SALTED - SALTÉ BUTTER - BEURRE

5⁹⁹ ea. SELECTION BUTTER 454 g SELECTED VARIETIES

LACTANTIA PURIFILTRE MILK 1.5 L, SELECTED VARIETIES

4⁹⁹ ea.

BEATRICE CHOCOLATE MILK 1 L OR 2.39 EA.

2 for 5⁰⁰

TWININGS CHAI or Pure Peppermint TWININGS HERBAL TEA 20 un., SELECTED VARIETIES

4⁹⁹ ea.

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

9⁹⁹ ea.

SMART ONES, CRAVE OR KRAFT FROZEN ENTRÉES SELECTED SIZES, SELECTED VARIETIES OR 4.49 EA.

2 for 8⁰⁰

QUAKER CHEWY BARS 120 - 156 g SELECTED VARIETIES

2 for 6⁰⁰

RITZ original or Chips Ahoy! ORIGINAL ORIGINAL

2 for 7⁰⁰

CHRISTIE COOKIES OR CRACKERS SELECTED SIZES, SELECTED VARIETIES, OR 4.99 EA.

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

2 for 6⁰⁰

CASBAH COUSCOUS 100 - 340 g or AMY'S READY TO SERVE SOUP 200 ml or LIFE SMART FROZEN VEGETABLES 450 g SELECTED VARIETIES

4⁴⁹ ea.

2 for 10⁰⁰

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

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

13⁹⁹ ea.

15 BONUS MILES when you buy 2

2 for 9⁰⁰

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

20 BONUS MILES when you buy 2

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

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.

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UNLOCK APP-CLUSIVE SAVINGS.



\$1.99

**Lactantia
Cream**

473 ml - 1 L
Selected Varieties

**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 253 g PRODUCT OF ONTARIO SWEET CHERRY TOMATOES 541 ml PRODUCT OF ONTARIO</p>	
 <p>3⁹⁹ ea. BLACKBERRIES 170 g PRODUCT OF MEXICO GOLDBERRIES 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>4⁹⁹ ea. ROMAINE HEARTS 3 PK, PRODUCT OF U.S.A.</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 SNOW PEAS 170 g SUGAR SNAP PEAS 227 g PRODUCT OF GUATEMALA</p>	 <p>3²⁹ ea. BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p>4⁴⁹ ea. JUMBO PINEAPPLES PRODUCT OF COSTA RICA</p>	 <p>4⁴⁹ ea. GREEN BEANS 340 g PRODUCT OF U.S.A.</p>	 <p>1⁹⁹ /lb GREEN OR GREY ZUCCHINI PRODUCT OF MEXICO 4.39/kg</p>	 <p>3⁹⁹ /lb MINI ITALIAN EGGPLANTS PRODUCT OF ONTARIO 8.80/kg</p>
 <p>6⁹⁹ ea. IRRESISTIBLES ULTIMATE SNACKING MIXES PEANUT 450 g POPCORN 520 g</p>	 <p>5⁹⁹ ea. BOLTHOUSE JUICES OR SMOOTHIES 196 ml SELECTED VARIETIES</p>	 <p>4⁴⁹ ea. ATTITUDE SALADS 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>	 <p>22⁹⁹ ea. HYDRANGEAS 6.5" POT ASSORTED COLOURS</p>



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.

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

**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



1⁹⁹ ea. SELECTION CHICKEN WIENERS 450 g

Selection



2⁹⁹ ea. SELECTION WIENERS 450 g SELECTED VARIETIES

Selection



3⁹⁹ ea. SELECTION ALL BEEF WIENERS 375 g

NATURALIA



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, 1.67 kg SELECTED VARIETIES

NATURALIA



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, 13.21kg



9⁹⁹ ea. MARC ANGELO SKEWERS 200-280 g SELECTED VARIETIES



11⁹⁹ ea. SCHNEIDERS PORK OR CHICKEN SCHNITZEL FROZEN, 650 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

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.



9⁴⁹
ea.

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



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
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

 <p>15⁹⁹ ea. DOM CEDAR PLANKED SALMON 454 g, SELECTED VARIETIES</p>	 <p>9⁹⁹ /lb SEAFOOD BOIL FROZEN, 2.27/100 g</p>	 <p>INCLUDES SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS</p>	
 <p>99¢ ea. PACIFIC WHITE SHRIMP SKEWERS FROZEN OR PREVIOUSLY FROZEN, 55 g</p>	 <p>7⁹⁹ ea. HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS 50 g</p>	 <p>7⁹⁹ /lb LOUIS KEMP SEA LEGS SURIMI 1.77/100 g</p>	 <p>15⁹⁹ /lb TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS FROZEN, 1.53/100 g</p>
 <p>9⁹⁹ /lb BAY SCALLOPS, 40/60 SIZE FROZEN, 2.21/100 g</p>	 <p>11⁹⁹ ea. PIER 87 PREMIUM SEAFOOD SELECT TRIO FROZEN, 454 g</p>	 <p>7⁹⁹ ea. or /lb HIGH LINER WILD PACIFIC SALMON SIDES 7.99/lb, 1.77/100 g PORTIONS 400 g or FAMILY PACKS 500-700 g, 7.99 EACH FROZEN</p>	 <p>34⁹⁹ ea. AQUA STAR RESERVE KING CRAB LEGS & CLAWS FROZEN, 500 g</p>

Irresistibles

 <p>6⁹⁹ ea. IRRESISTIBLES SHRIMP BURRITOS FROZEN, 140 g</p>	 <p>9⁹⁹ ea. IRRESISTIBLES ATLANTIC SMOKED SALMON FROZEN, 150 g</p>	 <p>10⁹⁹ ea. IRRESISTIBLES MARYLAND STYLE CRAB CAKES FROZEN, 227 g</p>	 <p>10⁹⁹ ea. IRRESISTIBLES TEMPURA SHRIMP VALUE PACK FROZEN, 500 g</p>
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Exclusive to METRO

 <p>4⁷⁹ /100 g IRRESISTIBLES ARTISAN PORCHETTA BEEF SLICED OR SHAVED, 21.73/lb</p>	 <p>3⁴⁹ /100 g IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI SELECTED VARIETIES BEEF SLICED OR SHAVED, 15.83/lb</p>	 <p>3⁷⁹ /100 g IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN BEEF SLICED, 12.79/lb</p>	 <p>4⁴⁹ /100 g IRRESISTIBLES ARTISAN ANGUS ROAST BEEF BEEF SLICED OR SHAVED, 20.37/lb</p>
 <p>9⁴⁹ ea. IRRESISTIBLES ARTISAN DRY SAUSAGE 300 g, SELECTED VARIETIES</p>	 <p>8⁴⁹ ea. IRRESISTIBLES ARTISAN GOAT CHEESE 250 g SELECTED VARIETIES</p>	 <p>6⁴⁹ ea. IRRESISTIBLES GOAT FETA CHEESE 200 g</p>	

ALOHA FLAVOUR FRESH FOR SPRING LIMITED TIME ONLY

metro FRESH 2 GO

 <p>7⁰⁰ 3 sliders LANAI HAM SLIDERS 273 g</p>	 <p>14⁹⁹ ea. BIG ISLAND HAWAIIAN PIZZA 8 SLICES</p>
 <p>10⁰⁰ ea. MAUI CHICKEN BOWL 500 g</p>	 <p>13⁸⁸ ea. O'AHU PINEAPPLE MANGO CHICKEN 500 g, SERVES 4</p>

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!



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 4.79 ea.	 FRONT STREET BAKERY PUMPERNICKEL BREAD 475 g 3.79 ea.	 FRONT STREET BAKERY HOT CROSS BUNS PKG OF 6, 300 g 3.79 ea.
 FRONT STREET BAKERY ALL BUTTER MINI CROISSANTS PKG OF 12, 336 g 4.69 ea.	 IRRESISTIBLES ARTISAN FRUIT PIES 750 g SELECTED VARIETIES 7.99 ea.	 FRONT STREET BAKERY PANINI ROLLS PKG OF 6, 325 g 3.79 ea.	 FRONT STREET BAKERY OLIVE OIL OR MULTIGRAIN CALABRESE BREADS 454 - 600 g 3.79 ea.

Chocolate Lovers

 FRONT STREET BAKERY SWISS MILK CHOCOLATE TRUFFLE CAKE 1.2 - 1.3 kg SELECTED VARIETIES 28.99 ea.	 FRONT STREET BAKERY FUDGE CUPCAKES SELECTED SIZES SELECTED VARIETIES 1.99 ea.
 FRONT STREET BAKERY CHOCOLATE FUDGE EXTREME CAKE 140 - 1000 g SELECTED VARIETIES 18.99 ea.	 FRONT STREET BAKERY 1/8 SLAB CAKE SELECTED VARIETIES 19.99 ea.

 SILVER HILLS BAKERY ORGANIC SPROUTED BREADS 430 - 485 g SELECTED VARIETIES 5.99 ea.	 OZERY MORNING ROUNDS 450 g SELECTED VARIETIES 3.99 ea.
 SELECTION BAGELS 340 - 510 g SELECTED VARIETIES 2.79 ea.	 SELECTION BROWNIES 600 g 6.99 ea.

Breakfast Essentials

 IRRESISTIBLES LEMONADE OR ICED TEA 1.5L SELECTED VARIETIES 3.49 ea.	 NATREL ORGANIC MILK 2L SELECTED VARIETIES 6.49 ea.	 OATBOX GRANOLA CEREAL 300 g SELECTED VARIETIES 5.49 ea.	 IMPERIAL MARGARINE 637 g 5.49 ea.
 BALZAC'S COFFEE BEANS 340 g SELECTED VARIETIES 12.99 ea.	 RED ROSE ORANGE PEKOE TEA BAGS 72 ct. 5.49 ea.	 STARBUCKS VIA INSTANT COFFEE 26.4 g, SELECTED VARIETIES 7.49 ea.	 TRUVIA SWEETENER 270 g SELECTED VARIETIES 8.99 ea.
 ST. DALFOUR SPREAD 225 ml SELECTED VARIETIES 6.49 ea.	 IRRESISTIBLES MAPLE SYRUP 375 ml 9.99 ea.	 SELECTION COTTAGE CHEESE 500 g SELECTED VARIETIES 3.99 ea.	 COFFEE MATE CREAMER SELECTED SIZES SELECTED VARIETIES 4.99 ea.
 SELECTION HASHBROWNS 1 kg 3.99 ea.	 MCCAIN BREAKFAST POCKETS 600 g 7.99 ea.	 JIF PEANUT BUTTER 1 kg SELECTED VARIETIES 6.99 ea.	 SELECTION HONEY 500 g SELECTED VARIETIES 7.99 ea.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



More Great Savings

<p>2 for 7.00 SMARTFOOD POPCORN OR HAVOC CHIPS SELECTED SIZES, SELECTED VARIETIES</p>	<p>5.49 ea. QUAKER CRISPY MINIS FAMILY SIZE RICE CAKES 20 g, SELECTED VARIETIES</p>	<p>2 for 7.50 RICEWORKS RICE CRISPS SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.</p>	<p>2 for 7.00 GOLDFISH CRACKERS OR CRISPS SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p>
<p>10.99 ea. SAN PELLEGRINO, PERRIER OR MAISON PERRIER SPARKLING WATER 6 x 1 L, SELECTED VARIETIES</p>	<p>2 for 12.00 BUY MORE SAVE MORE! AHA SPARKLING WATER LESS THAN 2 PAY 8.99 EA. 12 x 255 ml, SELECTED VARIETIES</p>	<p>21.49 ea. CORONA SUNBREW NON ALCOHOLIC BEER 12 x 355 ml</p>	<p>2 for 7.00 HARIBO GUMMY CANDY 175 g, SELECTED VARIETIES</p>
<p>30% off McCORMICK GOURMET SPICES SELECTED SIZES, SELECTED VARIETIES</p>	<p>2.99 ea. NO YOLKS EGG NOODLES 340 g, SELECTED VARIETIES</p>	<p>2.99 ea. VOORTMAN WAFERS SELECTED SIZES, SELECTED VARIETIES</p>	<p>2 for 11.00 HERSHEY'S CHOCOLATE SELECTED SIZES, SELECTED VARIETIES</p>
<p>4.99 ea. HEALTHY CHOICE FROZEN MEALS SELECTED SIZES, SELECTED VARIETIES</p>	<p>4.99 ea. BOSTON MARKET FROZEN ENTREES SELECTED SIZES, SELECTED VARIETIES</p>	<p>9.99 ea. MIKES PIZZA SELECTED SIZES, SELECTED VARIETIES</p>	<p>1.99 ea. GREEN GIANT FROZEN VEGETABLES SELECTED SIZES, SELECTED VARIETIES</p>

loaded with ocean vibes
Because plastic-free oceans feel amazing

1.79 ea.
OCEAN'S LIGHT TUNA
170 g, SELECTED VARIETIES

12 BONUS MILES when you buy 2

6.49 ea.
PAM AVOCADO OR OLIVE OIL COOKING SPRAY
445 g, SELECTED VARIETIES

5 BONUS MILES when you buy 4

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 (Lay's) / **2 for 1.50** (Pepsi)
LESS THAN 2 PAY 4.99 EA. / LESS THAN 2 PAY 0.99 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.

BBQ GIVEAWAY! 140 BBQS TO BE WON

BUY \$10 of participating products **UPLOAD** receipt to HEINZ.CA/SUMMER **WIN** a grill or 1 of 400 BBQ accessories

<p>3.99 ea. PHILADELPHIA CREAM CHEESE 227 g, SELECTED VARIETIES</p>	<p>2 for 7.00 MIO ENERGY+ WATER ENHANCERS DISCOUNT BLACK CHERRY - CERESE MIO SELECTED VARIETIES OR 3.99 EA.</p>	<p>3.49 ea. KRAFT BBQ SAUCE 455 ml, SELECTED VARIETIES</p>	<p>5.99 ea. MIRACLE WHIP DRESSING 450 - 490 ml, SELECTED VARIETIES</p>
<p>5.49 ea. KRAFT HEINZ KETCHUP 750 ml - 1 L, SELECTED VARIETIES</p>	<p>3.99 ea. BULL'S EYE OR DIANA BBQ SAUCE OR MARINADES 375 - 500 ml, SELECTED VARIETIES</p>	<p>2 for 8.00 KRAFT DRESSING 425 - 475 ml, SELECTED VARIETIES</p>	<p>4.99 ea. KRAFT PURE DRESSING 355 ml, SELECTED VARIETIES</p>

*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

<p>BUY MORE SAVE MORE!</p> <p>2 for 8.00</p> <p>LESS THAN 2 PAY 4.29 EA.</p> <p>3 BROTHER CHICKEN 946 mL, SELECTED VARIETIES</p>	<p>6.49 ea.</p> <p>LOVE CRUNCH GRANOLA 325 g SELECTED VARIETIES</p>	<p>3.99 ea.</p> <p>ANNIE'S COOKIES 233 g SELECTED VARIETIES</p>	<p>2 for 6.00</p> <p>NATUR-A SOY BEVERAGE 3 x 200 mL, SELECTED VARIETIES OR 3.29 EA.</p>
<p>5.49 ea.</p> <p>THEOBROMA CHOCOLATE BAR 80 g SELECTED VARIETIES</p>	<p>6.49 ea.</p> <p>CHA'S CANNED FRUIT 400 mL SELECTED VARIETIES</p>	<p>2 for 6.00</p> <p>PLUM-M GOOD RICE CAKES 95 g SELECTED VARIETIES OR 2.29 EA.</p>	<p>2 for 8.00</p> <p>GOGO QUINOA PASTA 227 g, SELECTED VARIETIES OR 4.29 EA.</p>

Non-GMO

<p>7.49 ea.</p> <p>BOB'S RED MILL OATMEAL 907 g SELECTED VARIETIES</p>	<p>2 for 4.00</p> <p>STEAZ ICED GREEN TEA 473 mL SELECTED VARIETIES OR 2.49 EA.</p>	<p>4.99 ea.</p> <p>BEYOND MOO YOGURT 500 g SELECTED VARIETIES</p>	<p>9.99 ea.</p> <p>NUTS TO YOU SPREAD 385 g SELECTED VARIETIES</p>
<p>7.99 ea.</p> <p>MANITOBA HARVEST HEMP SEEDS 227 g</p>	<p>5.49 ea.</p> <p>LIFE SMART MAPLE SYRUP 250 mL</p>	<p>2 for 5.00</p> <p>HARVEST SNAPS SNACKS 71-94 g or POPPY SODA 255 mL SELECTED VARIETIES OR 2.89 EA.</p>	

Plant-Based

<p>2 for 5.00</p> <p>HARVEST SNAPS SNACKS 71-94 g or POPPY SODA 255 mL SELECTED VARIETIES OR 2.89 EA.</p>	<p>2 for 5.00</p> <p>HARVEST SNAPS COLLECTIONS OF FIVE VEGETABLES</p>	<p>2 for 5.00</p> <p>POPPY SODA 255 mL SELECTED VARIETIES</p>
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Baby & Beauty

Organic Kids' Snacks
with No Added Sugar*

4 for 12.00

ONCE UPON A FARM BABY PUREE 95 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

2.99 ea.

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

4.99 ea.

CLOROX CLEANERS
SELECTED SIZES, SELECTED VARIETIES

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.

METHOD HAND SOAP 300-354 mL
SELECTED VARIETIES

method

IT'S OUR HOME

COMMITTED TO SAVE ENERGY

15.99 ea.

TIDE PODS OR LAUNDRY DETERGENT
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

10 BONUS MILES when you buy 2

5.99 ea.

IVORY BAR SOAP 10 x 90 g
SELECTED VARIETIES

OGX HAIR CARE 384-385 mL
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 20.00

LESS THAN 2 PAY 11.99 EA.

thick & full + biotin & collagen SHAMPOO

COMMITTED TO REDUCE PLASTIC WASTE

15.99 ea.

DOWNY FABRIC SOFTENERS OR SCENT BOOSTERS
SELECTED SIZES, SELECTED VARIETIES

4.49 ea.

FEBREZE AIR FRESHENERS
SELECTED SIZES, SELECTED VARIETIES

Febreze is working with TerraCycle to reduce waste

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
St. Lawrence Seaway Region.**

MAPLE DALE CHEESE
5-YEAR-AGED CHEDDAR
275 g

10⁹⁹
ea.



MAPLE DALE
CHEDDAR
250 g
SELECTED VARIETIES

7⁴⁹
ea.



COUNTY SODA
CRAFT SODA
355 ml
SELECTED VARIETIES

1⁹⁹
ea.



O'HARA SUGAR MAPLES
MAPLE SYRUP
500 ml
SELECTED VARIETIES

13⁹⁹
ea.



O'HARA SUGAR MAPLES
BBQ SAUCE
350 ml

8⁹⁹
ea.



SPRAGUE ORGANIC
BEANS
398 ml
SELECTED VARIETIES

**2 for
3⁰⁰**



Effective April 25 - May 22, 2024

metro IS PROUD TO SUPPORT ONTARIO

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YOUR ONLINE GROCERIES

**WE PREP, YOU PICK UP
AT NO EXTRA COST**

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 SEAFOODS

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

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.

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS 375 g SELECTED VARIETIES **2 for 10⁰⁰**

MapleLodge FARMS LTD. SINCE • DEPUIS 1955

MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450 g SELECTED VARIETIES **2⁹⁹** ea.

MapleLodge FARMS

ULTIMATE CHICKEN FRANKFURTERS SAUCISSES DE FRANCFORT DE POULET 10 900 g **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 BORISTA

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. BORISTA
GROUND COFFEE OR CAPSULES
875-900 g, 30 un
SELECTED VARIETIES



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

Kraft BETTER MORNINGS START AT HOME



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



CRAVE
SCRAMBLE KIT
SELECTED SIZES
SELECTED VARIETIES
2⁹⁹
ea.



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



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

