

# metro

LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 450g  
NATURALIA LEAN GROUND PORK 500g or GRASS FED LEAN GROUND BEEF 454g  
PRODUCT OF NEW ZEALAND

**5.99** ea.

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST CUT FROM CANADA AAA GRADE 13.21/kg

**5.99** /lb

CUT BY OUR BUTCHER

IRRESISTIBLES ARTISAN TURKEY BREAST OR CASTELLO HAVARTI SELECTED VARIETIES, DELI SLICED 13.56/lb

**2.99** /100 g

FRESH LAMB SHOULDER CHOPS VALUE PACK OR SOUVLAKI MARINATED NEW ZEALAND SPRING LAMB 11.00/kg

**4.99** /lb

FRESH BONELESS SKINLESS CHICKEN THIGHS VALUE PACK 13.21/kg

**5.99** /lb

CASTELLO TICKLER CHEDDAR 10.64/lb  
DANISH FONTINA 11.54/lb  
DANISH BLUE CHEESE 10.18/lb  
DELI CUT, PRICES AS MARKED

**1/2 PRICE**

FRONT STREET BAKERY MUFFINS Pkg of 6, 540-720g  
SELECTED VARIETIES

**5.49** ea.

FRESH STEELHEAD TROUT OR TILAPIA FILLETS, VALUE PACK MIN 900 g, 9.99/lb, 2.21/1000 g  
PACIFIC WHITE COOKED SHRIMP RING 312 g, FROZEN, 9.99 EA.

**9.99** /lb or ea.

Dempsters 100% WHOLE GRAINS 12 GRAIN NO ARTIFICIAL PRESERVATIVES  
D'ITALIANO ORIGINAL  
HOSTESS VALUE SIZE SNACKS SELECTED SIZES, SELECTED VARIETIES

**2 for 6.00**

NATURALIA FREE RUN POULES LA LIBERTÉ  
NATURALIA EGG WHITES  
LIFE SMART FREE RUN EGGS 12 UN OR LIQUID EGG WHITES 1kg  
SELECTED VARIETIES

**4.99** ea.

Maxwell House, Starbucks, LAVAZZA OR FOLGERS GROUND COFFEE SELECTED SIZES, SELECTED VARIETIES

SAVE \$4.00

**8.99** ea.

Doritos, Ruffles, Smartfood  
HOSTESS VALUE SIZE SNACKS SELECTED SIZES, SELECTED VARIETIES

**4.44** ea.

Miracle Whip, HEINZ KETCHUP 750 ml - 1L, MIRACLE WHIP SALAD DRESSING 650 ml  
SELECTED VARIETIES

**4.99** ea.

Kellogg's or NATURE'S PATH CEREAL SELECTED SIZES, SELECTED VARIETIES

**3.97** ea.

Aerius, Allegra 24, REACTINE  
FAST, 24 HOUR RELIEF OF ALLERGY

**40% off**

Charmin Ultra Soft, BOUNTY PAPER TOWELS OR CHARMIN BATHROOM TISSUE SELECTED SIZES, SELECTED VARIETIES

**5.99** ea.

IRRESISTIBLES FROZEN PIZZA OR ENTRÉES SELECTED SIZES, SELECTED VARIETIES

**2.99** ea.

**APP EXCLUSIVE OFFER.**

**\$2.49** Pepsi Mini Cans 6 x 222 ml Selected Varieties

**SAVE \$2.50**

PEPSI MINI

LIMIT ONE REDEMPTION PER CUSTOMER

# me

**CALIFORNIA**

**2.44** ea.

STRAWBERRIES 494g  
PRODUCT OF U.S.A., No. 1 GRADE

**1.49** ea. or /lb

EXTRA LARGE BEEFSTEAK TOMATOES  
PRODUCT OF ONTARIO, 1.49/lb, 3.12/kg  
SEEDLESS CUCUMBERS  
PRODUCT OF ONTARIO, CANADA No. 1 GRADE, 1.49 EA.

**99¢** ea. or /lb

BOLTHOUSE FARMS  
SINCE 1975

GREEN ZUCCHINI  
PRODUCT OF MEXICO, 99¢/lb, 2.18/kg  
BABY CARROTS 340g  
PRODUCT OF U.S.A., 99¢ EA.

**2.99** ea.

LIBERTÉ, ASTRO YOGOURT OR QUAKER OATS  
SELECTED SIZES, SELECTED VARIETIES

**3.44** ea.

IRRESISTIBLES FROZEN FRUITS OR PARLOUR FROZEN DESSERTS  
SELECTED SIZES, SELECTED VARIETIES

**5.77** ea.

KRAFT PEANUT BUTTER, SMUCKER'S JAM, NUTELLA OR MAXWELL HOUSE COFFEE  
SELECTED SIZES, SELECTED VARIETIES

**11.99** ea.

PINTY'S BREADED CHICKEN OR WINGS  
FROZEN, 750 - 790 g, SELECTED VARIETIES

**FIRST OF THE SEASON**

**19.99** /lb

FRESH WILD CAUGHT CANADIAN HALIBUT FILLETS  
BONED, 4.41/100g

**mix & match**

**2 for 14.00**

CALIFORNIA ROLLS, VEGETARIAN OR SPICY SUSHI  
150 - 250 g, SELECTED VARIETIES, SELECTED STORES

**6.99** ea.

FANTINO & MONDELLO, MASTRO OR IRRESISTIBLES SLICED DELI MEAT OR CASTELLO HAVARTI  
100 - 200 g, SELECTED VARIETIES

**SAVE \$6.00**

**19.99** ea.

FRONT STREET BAKERY MOUSSE CAKES  
850 - 945 g, SELECTED VARIETIES

**2 for 22.00** or 11.99 ea.

STORE MADE CAROUSELS  
FRESH VEGETABLE 955 g  
FRESH FRUIT 1.4 kg

**pick Ontario**

**12.99** ea.

FRESH CUT TULIPS  
15 STEM BUNCH  
ASSORTED COLOURS

**APP EXCLUSIVE OFFER.**

Effective April **TH 11** **FR 12** **SA 13** **SU 14**

**metro.ca**

**\$ New Lower Prices**



**2.99** ea.  
FRONT STREET BAKERY  
ALL BUTTER  
LARGE CROISSANTS  
PKG OF 4, 225 g



**2.49** /100 g  
SELECTION  
OLD FASHIONED  
SMOKED HAM  
DELI SLICED, 11.25/70



**7.99** ea.  
COOKED OR RAW PACIFIC  
WHITE SHRIMP 31-40, 340 g  
WILD ARGENTINIAN  
RAW SHRIMP 20-30, 300 g  
SHRIMP APPETIZERS 240-340 g  
FROZEN, SELECTED VARIETIES



**7.99** ea.  
YORKSHIRE VALLEY FARMS  
ORGANIC TURKEY OR  
CHICKEN PIES  
FROZEN, 700 g

**8 BONUS MILES**  
when you buy 2

**2 for 8.00**



**4.99** ea.  
ESKA  
NATURAL  
SPRING WATER  
24 x 500 ml



**6.99** ea.  
SAN PELLEGRINO  
NATURALI OR MOMENTI!  
SPARKLING DRINKS  
6 x 330 ml, SELECTED VARIETIES



**8.49** ea.  
BECEL  
MARGARINE  
SELECTED SIZES,  
SELECTED VARIETIES



**5.99** ea.  
NATRELL LACTOSE FREE  
MILK 2L  
SELECTED VARIETIES



**18.99** ea.  
POWERADE  
SPORTS DRINKS 24 x 591 ml or  
CORONA SUNBREW  
NON ALCOHOLIC BEER 12 x 355 ml



**7.50** ea.  
ALLEN'S OR ROUGE MONT  
APPLE JUICE OR  
SUNRYPE SLIM JUICE  
1.36-2 L, SELECTED VARIETIES, OR 3.89 EA.



**2 for 5.00**  
PRINGLES  
CHIPS  
SELECTED SIZES,  
SELECTED VARIETIES  
OR 2.99 EA.



**9.99** ea.  
RED BULL  
ENERGY DRINKS  
4 x 250 ml, SELECTED VARIETIES



**2 for 9.00**  
HERSHEY'S OR  
CADBURY CHOCOLATES  
SELECTED SIZES, SELECTED VARIETIES



**BUY TWO GET ONE FREE**  
COCA-COLA OR CANADA DRY  
SOFT DRINKS  
8 x 330 ml, 6 x 470 ml  
SELECTED VARIETIES



**2 for 9.00**  
BICK'S PICKLES  
750 ml - 1L  
SELECTED VARIETIES



**3 for 5.00**  
GREEN GIANT  
CANNED VEGETABLES  
341-390 g  
SELECTED VARIETIES



**3 for 10.00**  
BEN'S ORIGINAL RICE  
240-250 g, SELECTED VARIETIES, OR 3.99 EA.



**2 for 9.00**  
OLD EL PASO  
DINNER KITS OR  
SALSA  
SELECTED SIZES,  
SELECTED VARIETIES  
OR 4.99 EA.



**2.99** ea.  
SELECTION  
FROZEN VEGETABLES  
SELECTED SIZES, SELECTED VARIETIES



**2 for 8.00**  
NEAL BROTHERS  
CHIPS OR SALSA  
400 ml, 270-300 g  
KETTLE OR HUMBLE CHIPS  
125-190 g  
SELECTED VARIETIES, OR 4.49 EA.



**7.49** ea.  
WHOLLY VEGGIE,  
PLANT-IT OR PLANT UP  
FROZEN MEALS 250-305 g  
SELECTED VARIETIES



**5.99** ea.  
PACIFIC OR IMAGINE  
SOUP OR BROTH 946 ml - 1L  
SELECTED VARIETIES



**8.99** ea.  
OGX OR BATISTE  
PERSONAL CARE  
SELECTED SIZES, SELECTED VARIETIES



**11.99** ea.  
ROYALE BATHROOM TISSUE,  
FINISH DISHWASHER DETERGENT,  
ENERGIZER BATTERIES OR  
SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES



**9.99** ea.  
TIDE OR GAIN LAUNDRY DETERGENT, DOWNY OR GAIN FABRIC SOFTENER, BOUNCE SHEETS, CASCADE DISHWASHER DETERGENT, SWIFFER PADS OR AIR WICK REFILLS  
SELECTED SIZES, SELECTED VARIETIES

**15 BONUS MILES**  
when you buy 2

**20 BONUS MILES**  
when you buy 2

**15 BONUS MILES**  
when you buy 2



**2 for 9.00**  
ROLD GOLD,  
SUN CHIPS OR  
MUNCHIES SNACKS  
SELECTED SIZES, SELECTED VARIETIES  
OR 4.79 EA.



**2 for 10.00**  
CRACKER BARREL OR  
BLACK DIAMOND  
CHEESE SLICES  
SELECTED SIZES, SELECTED VARIETIES  
OR 5.49 EA.



**6.99** ea.  
GENERAL MILLS  
CEREAL  
SELECTED SIZES,  
SELECTED VARIETIES

# UNLOCK APP-CLUSIVE SAVINGS.



SAVE  
**\$2.50**

**\$2.49**

**Pepsi  
Mini Cans**

6 x 222 ml  
Selected Varieties

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>3.99</b> ea. RASPBERRIES 170 g PRODUCT OF U.S.A. OR MEXICO</p>	 <p><b>2 for 5.00</b> RED MANGOES PRODUCT OF MEXICO</p>	 <p><b>3.99</b> ea. BLACKBERRIES 370 g PRODUCT OF MEXICO GOLDBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p><b>3.99</b> /lb LARGE RED, ORANGE OR YELLOW SWEET PEPPERS PRODUCT OF ONTARIO 8.80/kg</p>
 <p><b>4.99</b> ea. GREENHOUSE STRAWBERRIES 340 g PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>	 <p><b>1.99</b> /lb LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. LARGE COSMIC CRISP APPLES PRODUCT OF U.S.A., EXTRA FANCY GRADE 4.39/kg</p>	 <p><b>2 for 5.00</b> BROCCOLI CROWNS PRODUCT OF U.S.A. OR MEXICO</p>	 <p><b>2.99</b> /lb GREEN BEANS PRODUCT OF U.S.A. 6.59/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. JUMBO CANTALOUPES PRODUCT OF GUATEMALA</p>	 <p><b>5.99</b> ea. SUNSET BOMBS TOMATOES 340 g PRODUCT OF ONTARIO SELECTED VARIETIES</p>	 <p><b>3.29</b> ea. BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p><b>4.99</b> ea. LEMONS 2 lb PRODUCT OF ARGENTINA</p>	 <p><b>2.49</b> ea. ANDY BOY BABY GEM LETTUCE 2 PK PRODUCT OF U.S.A.</p>	 <p><b>1.79</b> /lb SWEET POTATOES PRODUCT OF ONTARIO 3.95/kg</p>	 <p><b>4.69</b> ea. DOLE CAESAR SALAD KITS 276 - 278 g PRODUCT OF U.S.A. SELECTED VARIETIES</p>
 <p><b>8.99</b> ea. IRRESISTIBLES PREMIUM SNACKING MIXES 500 - 700 g, SELECTED VARIETIES</p>	 <p><b>5.99</b> ea. BOLTHOUSE JUICES OR SMOOTHIES 946 ml SELECTED VARIETIES</p>	 <p><b>7.99</b> ea. RENÉE'S CAESAR DRESSINGS 750 ml SELECTED VARIETIES</p>	 <p><b>3.99</b> ea. RUSSET POTATOES 5 lb PRODUCT OF CANADA CANADA No. 1 GRADE</p>

## Organic

 <p><b>4.99</b> ea. ORGANIC BROCCOLI CROWNS 654 g PRODUCT OF U.S.A. OR MEXICO</p>	 <p><b>2.69</b> ea. ORGANIC AVOCADOS PRODUCT OF MEXICO</p>	 <p><b>4.99</b> ea. GREENBELT ORGANIC GREENS 1 PK PRODUCT OF ONTARIO SELECTED VARIETIES</p>	 <p><b>7.99</b> ea. ORGANIC MEDJOOL DATES 340 g PRODUCT OF U.S.A.</p>
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## Sliced & Diced

 <p><b>4.99</b> ea. STORE MADE BENTO KITS 253 - 279 g</p>	 <p><b>4.99</b> ea. CORED GOLDEN PINEAPPLES 600 g</p>
 <p><b>6.99</b> ea. STORE MADE CHICKEN SALADS 292 - 400 g</p>	

## Flowers in Bloom

 <p><b>16.99</b> ea. MIXED BOUQUET ASSORTED COLOURS AND VARIETIES</p>	 <p><b>19.99</b> ea. LONG LASTING SIGNATURE SERIES FOLIAGE 5" CERAMIC POT</p>
 <p><b>19.99</b> ea. MONEY TREE 5" CERAMIC POT</p>	 <p><b>7.99</b> ea. pick Ontario SPRING BULBS 6" POT ASSORTED COLOURS AND VARIETIES</p>

## Our Butcher's Finest



**17<sup>99</sup>** /lb  
RED GRILL BEEF TENDERLOIN BUTT PORTION  
VAC PACK  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
39.66/kg



**11<sup>99</sup>** /lb  
RED GRILL PRIME RIB ROAST CHEF STYLE OR VALUE PACK RIB STEAK  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
26.43/kg



**4<sup>99</sup>** /lb  
PORK LOIN CHOPS  
CENTRE CUT  
VALUE PACK  
BONE IN  
11.00/kg



**13<sup>99</sup>** /lb  
YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC  
FRESH BONELESS SKINLESS CHICKEN BREAST  
PRODUCT SELECTION VARIES BY STORE  
30.84/kg



**5<sup>99</sup>** /lb  
FRESH PORK BACK RIBS  
VALUE PACK  
13.21/kg



**5<sup>99</sup>** /lb  
FRESH CHICKEN WINGS  
13.21/kg



**7<sup>99</sup>** /lb  
PLATINUM GRILL  
ANGUS MARINATED  
TOP SIRLOIN STEAK  
CAP OFF  
CUT FROM CANADA AAA GRADE  
17.61/kg



**4<sup>99</sup>** /lb  
STORE MADE  
SAUSAGES VALUE PACK  
SELECTED VARIETIES  
11.00/kg



**7<sup>99</sup>** /lb  
STUFFED OR  
MARINATED  
CHICKEN THIGHS  
BONELESS SKINLESS  
17.61/kg



**6<sup>49</sup>** /lb  
SEASONED PORK  
BACK RIBS  
14.31/kg

### Irresistibles



**9<sup>99</sup>** ea.  
IRRESISTIBLES PASTA ENTRÉES  
FROZEN, 1-1.13 kg  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
IRRESISTIBLES PIES  
FROZEN, 600-635 g  
SELECTED VARIETIES



**2 for 12<sup>00</sup>**  
IRRESISTIBLES APPETIZERS  
FROZEN, 264-500 g  
SELECTED VARIETIES



**2 for 12<sup>00</sup>**  
IRRESISTIBLES APPETIZERS  
FROZEN, 264-500 g  
SELECTED VARIETIES

### Selection



**12<sup>99</sup>** ea.  
SELECTION BEEF BURGERS  
FROZEN, 1.36 kg



**10<sup>99</sup>** ea.  
SELECTION CHICKEN WINGS  
FROZEN, 800-850 g  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
SELECTION BREADED CHICKEN  
FROZEN, 800 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
SELECTION STUFFED CHICKEN BREAST  
FROZEN, 204 g  
SELECTED VARIETIES

## LOCKED DOWN PRICES UNTIL MAY 8TH, 2024



**12<sup>99</sup>** ea.  
PILLER'S SMOKED HAM  
800 g, SELECTED VARIETIES



**2 for 10<sup>00</sup>**  
MAPLE LEAF TOP DOGS OR  
SCHNEIDERS RED HOTS  
375 g, SELECTED VARIETIES



**2 for 12<sup>00</sup>**  
SCHNEIDERS JUICY JUMBOS OR  
SMOKED SAUSAGES  
375-450 g, SELECTED VARIETIES



**3<sup>99</sup>** ea.  
CLEAN GOURMET CHICKEN SAUSAGES OR  
GOLD LABEL SMOKED SAUSAGES  
375 g, SELECTED VARIETIES



**12<sup>99</sup>** ea.  
MARCANGELO KABOBS 400-640 g  
SELECTED VARIETIES



**14<sup>99</sup>** ea.  
ROUTE 66 SMOKED PULLED PORK, BEEF  
BRISKET OR BURNT ENDS  
FULLY COOKED, 400-550 g



**5<sup>99</sup>** ea.  
YVES VEGGIE CUISINE  
FROZEN, 226-383 g  
SELECTED VARIETIES



**14<sup>99</sup>** ea.  
MONTANA'S ANGUS BEEF BURGERS  
FROZEN, 904 g

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



Reel in the great taste & tropical feel of Grilled Sesame Soy Trout with Pineapple Salsa

[CLICK HERE FOR RECIPE](#)

# LOCAL SEAFOOD

From the fishing to your plate, Metro ensures freshness, sustainability and transparency. When you buy local seafood, you'll enjoy great taste, plus you can feel good about putting less pressure on overfished populations, while supporting your local economy and fishers. To learn more, visit [metro.ca](http://metro.ca).

Gluten-Free

**LEMON BUTTER GARLIC SAUCE & MARINADE**  
250 ml  
SELECTED VARIETIES

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

Rich, roasted garlic sauce adds savoury flavour to your trout fillets.

**FRESH**

**11<sup>99</sup>** /lb

**FRESH RAINBOW TROUT FILLETS VALUE PACK**  
MINIMUM 900 g, 2.65/100 g

**11<sup>99</sup>** /lb

**FRESH RAINBOW TROUT ROAST STUFFED WITH VEGETABLES AND CHEESE**  
2.65/100 g

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

**FRESH WILD CAUGHT ONTARIO PICKEREL FILLETS**  
2.87/100 g

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

**FRESH SKINLESS ONTARIO TROUT PORTIONS**  
140 g

## FROZEN LOCAL OPTIONS AVAILABLE ALL YEAR ROUND

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

**SPRINGHILLS RAINBOW TROUT FILLETS FROZEN**, 340 g



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

**PUREPAC PICKEREL FILLETS FROZEN**, 340 g

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

**PUREPAC LAKE TROUT FILLETS FROZEN**, 340 g

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

**PUREPAC WHITE BASS FILLETS FROZEN**, 340 g

# Seafood



**9<sup>99</sup>**  
/lb  
FRESH WILD CANADIAN HADDOCK FILLETS VALUE PACK  
MIN 900 g, 2.0/100g



**1/2 PRICE**  
**9<sup>99</sup>** ea.  
CEDAR BAY CANADIAN LOBSTER MAC & CHEESE  
FROZEN, 375 g



**3<sup>49</sup>** ea.  
TRUE BLUE MARYLAND CRAB CAKES 113 g  
FROZEN OR PREVIOUSLY FROZEN



**3<sup>99</sup>** ea.  
SELECTION IMITATION CRAB FLAKES OR STICKS 227 g



**3<sup>99</sup>** ea.  
BACON WRAPPED SCALLOP MEDALLION SKEWER 100 g  
FROZEN OR PREVIOUSLY FROZEN



**6<sup>99</sup>** ea.  
MARINA DEL REY SHRIMP OR LOBSTER RAVIOLI  
FROZEN, 250 g



**6<sup>99</sup>** ea.  
ARCTIC CHARR PORTION 170 g  
FROZEN



**9<sup>99</sup>** ea.  
BETTERFISH BARRAMUNDI FILLETS  
FROZEN, 340 g



**10<sup>99</sup>** ea.  
OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS  
FROZEN, 640 g



**2 for 9<sup>00</sup>**  
or 4.99 ea.  
HIGH LINER MARKET CUTS 227 g  
CATCH OF THE DAY BREADED FISH 350 g  
FROZEN



**3<sup>99</sup>** ea.  
NATURA LIA BASA OR POLLOCK FILLETS  
FROZEN, 400 g



**5<sup>99</sup>** ea.  
IRRESISTIBLES UNCOOKED SQUID RINGS  
FROZEN, 454 g



**6<sup>99</sup>** ea.  
IRRESISTIBLES CRISPY CALAMARI  
FROZEN, 340 g



**15<sup>99</sup>** ea.  
IRRESISTIBLES SLICED SMOKED ATLANTIC SALMON  
FROZEN, 300 g

## Deli Favourites



**2<sup>69</sup>** /100 g  
when you buy 500 g or more  
BALDERSON 2 YEAR AGED CHEDDAR  
DELI CUT, 12.25/100g  
PRICES AS MARKED  
3.49/100g WHEN YOU BUY LESS THAN 500g



**3<sup>49</sup>** /100 g  
when you buy 500 g or more  
JARLSBERG CHEESE  
DELI CUT, 15.83/100g, PRICES AS MARKED  
4.99/100g WHEN YOU BUY LESS THAN 500g



**3<sup>49</sup>** /100 g  
BERGERON GOUDA CHEESE  
DELI CUT, 15.93/100g  
PRICES AS MARKED



**2<sup>49</sup>** /100 g  
LAFLEUR EXTRA LEAN COOKED HAM OR OLYMEL MOCK CHICKEN  
DELI SLICED, 11.29/100g



**8<sup>99</sup>** ea.  
IRRESISTIBLES GRANA PADANO AGED 14 MONTHS  
200 g



**8<sup>99</sup>** ea.  
COOMBE CASTLE OR DORSET DRUM CHEESE  
150 - 200 g  
SELECTED VARIETIES



**8<sup>99</sup>** ea.  
ZERTO MOZZARELLA OR PARMESAN  
140 - 250 g  
SELECTED VARIETIES



**7<sup>99</sup>** ea.  
IRRESISTIBLES SALAMI, SLICED DELI MEAT, PEPPERONI STICKS  
150 - 300 g, SELECTED VARIETIES



**7<sup>99</sup>** ea.  
MAPLE LEAF NATURAL SELECTIONS OR SCHEIDERS SLICED DELI MEAT 125 - 175 g  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
PILLER'S PEPPERONI OR SALAMI TRIO  
125 - 250 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
BELLITALIA PIZZA TOPPING  
150 - 175 g, SELECTED VARIETIES



**1<sup>99</sup>** ea.  
BUDDIG SLICED DELI MEAT  
55 g, SELECTED VARIETIES



**3<sup>99</sup>** ea.  
LA BELLE BRETAGNE PATE  
150 g  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
34 DEGREES CRISPS  
127 g  
SELECTED VARIETIES



**6<sup>49</sup>** ea.  
RESER'S CREAMY OR GARLIC MASHED POTATOES  
600 g



**6<sup>99</sup>** ea.  
FONTAINE SANTÉ SALADS OR BRUSCHETTA  
340 - 400 g  
SELECTED VARIETIES



**metro**  
**FRESH**  
**2 GO**

# STONE BAKED AND DELICIOUS

SAVE \$1.00

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

FRESH 2 GO  
16" 3-TOPPING STONE  
BAKED PIZZA\*

- BAKED WHILE YOU SHOP
- STONE BAKED CRUST
- CHOOSE FROM A VARIETY OF TOPPING
- BUBBLY AND CRISPY IN EVERY BITE!



\*WALK IN SPECIAL ONLY!

## TASTY FAMILY MEALS



ADD A SALAD

SAVE \$6.49

**5<sup>00</sup>**  
ea.

WHEN YOU BUY  
A PORCHETTA

SUMMER FRESH SALADS  
800 - 900 g  
SELECTED VARIETIES  
OR PAY 11.49 EACH

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

FRESH 2 GO  
PORCHETTA WITH  
MIXED PEPPERS  
1 kg  
DELI SERVED, SERVED HOT

## READY-MADE FAVOURITES

SAVE 5.00

**15<sup>00</sup>**  
ea.

FRESH 2 GO  
SPAGHETTI AND  
MEATBALLS  
1.5 kg  
SERVES 4 - 6

- MADE WITH ONTARIO TOMATOES
- PASTA MADE WITH WHOLE EGGS AND SEMOLINA
- BEEF MEATBALLS



### Sweet Apple Treats



**4<sup>99</sup>** ea. FRONT STREET BAKERY APPLE BRAIDED STRUDEL 420 g  
SELECTED VARIETIES

**5<sup>49</sup>** ea. FRONT STREET BAKERY APPLE CHEESE TWISTS PKG OF 6, 420 g  
SELECTED VARIETIES

**4<sup>49</sup>** ea. FRONT STREET BAKERY APPLE FRUIT BITES PKG OF 12, 240 g  
SELECTED VARIETIES

**5<sup>49</sup>** ea. IRRESISTIBLES ARTISAN APPLE PIE 454 g  
SELECTED VARIETIES

*Baked in my metro*

### FRONT STREET BAKERY

OUR ABSOLUTE FINEST



**18<sup>99</sup>** ea. FRONT STREET BAKERY STRAWBERRY CHEESECAKE 915 g  
SELECTED VARIETIES

**8<sup>99</sup>** ea. FRONT STREET BAKERY DESSERT CAKES 740 - 1000 g  
SELECTED VARIETIES

**19<sup>99</sup>** ea. FRONT STREET BAKERY CHOCOLATE BOSTON CAKES 1200 - 1250 g  
SELECTED VARIETIES

**8<sup>99</sup>** ea. FRONT STREET BAKERY MINI DESSERT CAKES 280 - 440 g  
SELECTED VARIETIES

*Made in my metro*



**3<sup>79</sup>** ea. YOUR CHOICE

FRONT STREET BAKERY PUMPERNICKEL RYE 675 g

FRONT STREET BAKERY RUSTIC COUNTRY BREAD 500 g

PREMIERE MOISSON BAGUETTES 325 - 475 g  
SELECTED VARIETIES

FRONT STREET BAKERY LARGE KAISER OR FRENCH ROLLS PKG OF 6 - 8, 390 - 480 g  
SELECTED VARIETIES

*Baked in my metro*



**7<sup>99</sup>** ea. CARBONAUT BREADS 544 g  
SELECTED VARIETIES

**5<sup>99</sup>** ea. LA FOURNÉE DORÉE MINI BRIOCHE BUNS 480 g

**4<sup>99</sup>** ea. DEMPSTER'S 10" TORTILLAS 426 - 640 g  
SELECTED VARIETIES

**5<sup>99</sup>** ea. SELECTION SWISS ROLLS 400 g  
SELECTED VARIETIES

## Snacks & Beverages

**BUY MORE SAVE MORE!**

**2 for 12<sup>00</sup>** LESS THAN 2 PAY 7.99 EA. GATORADE SPORT DRINKS 6 x 591 mL, 8 x 395 mL  
SELECTED VARIETIES

**2 for 7<sup>00</sup>** SELECTION JUICE OR COCKTAILS 8 x 200 mL, SELECTED VARIETIES  
OR 3.79 EA.

**5<sup>49</sup>** ea. OASIS BEVERAGES 1.5 - 1.6 L  
SELECTED VARIETIES

**2 for 8<sup>00</sup>** MOTT'S CLAMATO COCKTAIL 1.89 L  
SELECTED VARIETIES OR 4.79 EA.

**4 BONUS MILES** when you buy 2

**2 for 4<sup>00</sup>** MINUTE MAID FROZEN JUICES 295 mL  
SELECTED VARIETIES OR 2.49 EA.

**2 for 7<sup>50</sup>** IRRESISTIBLES READY TO EAT POPCORN OR SELECTION SNACKS  
SELECTED SIZES, SELECTED VARIETIES OR 3.89 EA.

**8<sup>99</sup>** ea. ORVILLE REDENBACHER POPPING CORN  
SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>50</sup>** RICEWORKS RICE CRISPS  
SELECTED SIZES, SELECTED VARIETIES OR 4.19 EA.

**10 BONUS MILES** when you buy 1

**7<sup>49</sup>** ea. HARDY BUOYS SALMON JERKY 60 g  
SELECTED VARIETIES

**3<sup>99</sup>** ea. PLANTERS PEANUTS  
SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>00</sup>** LECLERC PARTY COOKIES 275 g  
SELECTED VARIETIES WHILE QUANTITIES LAST, OR 3.99 EA.

**6<sup>99</sup>** ea. MCCAIN FROZEN CAKE 510 g  
SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**2 for 5<sup>50</sup>** LESS THAN 2 PAY 3.49 EA. EXCEL MINT 34 g  
SELECTED VARIETIES

**2 for 10<sup>00</sup>** DARE CANDY 350 - 730 g  
SELECTED VARIETIES OR 5.29 EA.

**BUY MORE SAVE MORE!**

**2 for 7<sup>50</sup>** LESS THAN 2 PAY 3.99 EA. BRETON OR VINTA CRACKERS  
SELECTED SIZES, SELECTED VARIETIES

**2 for 5<sup>00</sup>** DEL MONTE CANNED FRUIT 398 mL  
SELECTED VARIETIES

**FREE SAME-DAY PICKUP** SAME FLYER PRICES AND DEALS ONLINE





Visit [metro.ca](http://metro.ca) for this Orange Beet Salad with Miso Yogourt Dressing



**249** ea. KHAAS HALAL OR DAHI YOGOURT 750 g SELECTED VARIETIES



**599** ea. TWO GOOD GREEK YOGOURT 625 g SELECTED VARIETIES

**449** ea. ACTIVIA TUBS YOGOURT SELECTED SIZES SELECTED VARIETIES

DOLE SALAD KITS PRODUCT OF U.S.A. 198 - 347 g SELECTED VARIETIES

**2 for 11.00** or 5.99 ea.



**TIP:** For a creamier and tangier salad dressing, swap mayo for plain Greek yogurt.

# YOGOURT, LEVELLED UP

There are so many tasty ways to enjoy yogurt in your favourite recipes.



**2 for 650** or 4.29 ea. YOPLAIT SOURCE YOGOURT 630 g SELECTED VARIETIES



**599** ea. OLYMPIC ORGANIC YOGOURT 650 g SELECTED VARIETIES



YOGGU! YOGOURT 450 g SELECTED VARIETIES

**849** ea.



**TIP:** Yogourt puts out the fire of hot ingredients like sriracha, chipotle and jalapeños.

**399** /lb. HOT JALAPENO PEPPERS PRODUCT OF U.S.A. OR MEXICO 8.80/kg

Visit [metro.ca](http://metro.ca) for more yogurt tips & improve your favourite recipes



**TIP:** Adding yogurt to marinades is a great way to tenderize proteins like meat and poultry.



PLATINUM GRILL ANGUS TOP SIRLOIN MEDALLIONS OR CAP OFF STEAK CUT FROM CANADA AAA GRADE 17.61/kg

**799** /lb.

# More Great Savings

**2 for 7<sup>00</sup>**  
**TETLEY TEA BAGS**  
 20-24 ea.  
 SELECTED VARIETIES  
 OR 4.99 EA.

**6<sup>49</sup>** ea.  
**NESCAFÉ GOLD INSTANT COFFEE**  
 95-100 g, 18-18 ea.  
 SELECTED VARIETIES

**2 for 9<sup>00</sup>**  
**BABYBEL OR THE LAUGHING COW CHEESE**  
 SELECTED SIZES, SELECTED VARIETIES  
 OR 4.99 EA.

**2 for 5<sup>00</sup>**  
**SELECTION CHEWY BARS**  
 156-172 g  
 SELECTED VARIETIES

**1<sup>99</sup>** ea.  
**PILLSBURY CRESCENTS DOUGH**  
 SELECTED SIZES  
 SELECTED VARIETIES

**4<sup>49</sup>** ea.  
**IOGO NANO DRINKABLE YOGURT**  
 900 ML  
 SELECTED SIZES  
 SELECTED VARIETIES

**3<sup>99</sup>** ea.  
**SELECTION HASHBROWNS**  
 1 kg

**3<sup>97</sup>** ea.  
**KASHI OR CHEX CEREAL**  
 239-465 g  
 SELECTED VARIETIES

**9<sup>99</sup>** ea.  
**MIKES PIZZA**  
 SELECTED SIZES  
 SELECTED VARIETIES

**1<sup>99</sup>** ea.  
**SELECTION FROZEN ENTRÉES**  
 295 g  
 SELECTED VARIETIES

**5<sup>49</sup>** ea.  
**MARIE CALLENDER'S MEALS**  
 310-340 g  
 SELECTED VARIETIES

**3 for 11<sup>00</sup>**  
**TIM HORTONS READY TO SERVE SOUP OR CHILI**  
 340 ml or 425 g  
 SELECTED VARIETIES  
 OR 3.99 EA.

**15<sup>99</sup>** ea.  
**FILIPPO BERIO OLIVE OIL**  
 1 L  
 SELECTED VARIETIES

**3<sup>49</sup>** ea.  
**OCEAN'S TUNA OR GOLD SEAL PINK SALMON**  
 170-210 g  
 SELECTED VARIETIES

**2<sup>99</sup>** ea.  
**CATELLI SMART OR WHOLE GRAIN PASTA**  
 340-375 g  
 SELECTED VARIETIES

**1<sup>99</sup>** ea.  
**MR. NOODLES INSTANT SNACK**  
 110-115 g  
 SELECTED VARIETIES

**6<sup>99</sup>** ea.  
**MINUTE RICE**  
 12-14 kg  
 SELECTED VARIETIES

**3 for 5<sup>00</sup>**  
**PRIMO BEANS**  
 540 ml  
 SELECTED VARIETIES

**3<sup>49</sup>** ea.  
**LACTANTIA CREAM CHEESE**  
 227 g  
 SELECTED VARIETIES

**4<sup>49</sup>** ea.  
**P.F. CHANG'S SAUCE**  
 250 ml  
 SELECTED VARIETIES

**2<sup>99</sup>** ea.  
**SELECTION SOUR CREAM**  
 500 ml  
 SELECTED VARIETIES

**8<sup>49</sup>** ea.  
**BLACK DIAMOND CHEESTRINGS**  
 252-336 g  
 SELECTED VARIETIES

**6<sup>99</sup>** ea.  
**BLACK DIAMOND NATURAL CHEESE BARS OR SHREDED**  
 SELECTED SIZES, SELECTED VARIETIES

**4<sup>99</sup>** ea.  
**KRAFT PURE DRESSING**  
 255 ml  
 SELECTED VARIETIES

**5<sup>49</sup>** ea.  
**TINGLY TED'S HOT SAUCE**  
 249 ml  
 SELECTED VARIETIES

**2 for 8<sup>00</sup>**  
**KRAFT SALAD DRESSINGS**  
 425-475 ml  
 SELECTED VARIETIES

# THE PERFECT WEEK TO GO PLANT-BASED

It's Plant-Based Food Week, so discover our delicious, meatless variety.



Try a tofu dish mixed with chickpeas and mango curry, served with yogurt.

PLANT BASED

Want to give a plant-based diet a try?  
**PLANT-BASED FOOD WEEK**  
APRIL 17-21  
Use *My Health My Choices* to find more Plant-based products that are right for you.



**549** ea. SILK YOGURT 625 g SELECTED VARIETIES



**849** ea. YOGGU! YOGURT 450 g SELECTED VARIETIES



**649** ea. RIVIERA YOGURT 500 - 650 g SELECTED VARIETIES



**279** ea. LIFE SMART NATURALIA TOFUS 400 - 454 g SELECTED VARIETIES

For a smooth treat, mix Greek yogurt with mango chunks & granola



**849** ea. BECEL MARGARINE 850 g SELECTED VARIETIES



**649** ea. EARTH'S OWN SPREAD 227 g SELECTED VARIETIES



**999** ea. EVIVE SMOOTHIE CUBES 405 g SELECTED VARIETIES



BLUE DIAMOND ALMOND BEVERAGE 946 ml SELECTED VARIETIES

**349** ea.



EARTH'S OWN BARISTA OAT BEVERAGE 946 ml SELECTED VARIETIES

**549** ea.



**999** ea. DAIYA PIZZA 322 - 550 g SELECTED VARIETIES



**749** ea. GARDEIN FROZEN ENTRÉES 230 - 390 g SELECTED VARIETIES



JUST EGG 227 g SELECTED VARIETIES



**599** ea. BIG MOUNTAIN VEGGIE GROUND OR BITES 300 - 340 g SELECTED VARIETIES

TRY THEM TODAY!

PLANT-BASED & DAIRY-FREE



**549** ea. THE LAUGHING COW GARLIC AND HERB SPREAD 128 g OR BABYBEL CHEESE 100 g



**649** ea. NURISHH SHREDDED CHEESE 200 g SELECTED VARIETIES



**449** ea. NURISHH SLICED CHEESE 160 g SELECTED VARIETIES



**699** ea. BOURSIN DAIRY-FREE GARLIC AND HERB 170 g

# Organic

<p><b>QUE PASA TORTILLA CHIPS</b> 300 - 350 g SELECTED VARIETIES</p> <p><b>4.49</b> ea.</p>	<p><b>TRADITIONAL MEDICINALS TEA</b> 16 in. SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	<p><b>NATURE'S PATH INSTANT OATMEAL</b> 320 - 400 g</p> <p><b>5.49</b> ea.</p>
<p><b>LIFE SMART BUTTER</b> 250 g SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>	<p><b>KIJU JUICE</b> 1 L SELECTED VARIETIES</p> <p><b>4.49</b> ea.</p>	<p><b>MADE GOOD Chocolate Chip Granola Bars</b> 5 x 24 g SELECTED VARIETIES</p> <p><b>4.49</b> ea.</p>
		<p><b>PRANA NUTS</b> 150 g SELECTED VARIETIES</p> <p><b>7.99</b> ea.</p>

# Non-GMO

<p><b>VITA COCO COCONUT WATER</b> 1 L</p> <p><b>3.99</b> ea.</p>	<p><b>CALIFIA FARMS ALMOND BEVERAGE</b> 1 L SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>
<p><b>IRRESISTIBLES CHEESE</b> 200 g SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>	<p><b>Chickapea</b> 237 g SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>

# Vegetarian

<p><b>MI-DEL Ginger Snaps</b> 227 g SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	<p><b>NUTS FOR CHEESE SPREAD</b> 120 g SELECTED VARIETIES</p> <p><b>11.99</b> ea.</p>
<p><b>ROLLING MEADOW GRASS FED MILK</b> 2 L SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>	<p><b>MID-DAY SQUARES</b> 33 g SELECTED VARIETIES OR 2.79 EA.</p> <p><b>2 for 5.00</b></p>

# Oral Care

<p><b>TOM'S OF MAINE TOOTHPASTE</b> 85 ml SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	<p><b>HELLO NATURALLY FRIENDLY TOOTHPASTE</b> 82 - 98 ml SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>
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# Household Helpers

<p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 22.00</b></p> <p>LESS THAN 2 PAY 14.99 EA.</p>	<p><b>GLAD GARBAGE BAGS</b> 20 - 100 in., SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>
<p><b>BONTERRA BATHROOM TISSUE, PAPER TOWELS OR FACIAL TISSUES</b> 3 - 6 in., SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>	<p><b>PINE-SOL CLEANERS</b> 1.4 L SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>
<p><b>ZIPLOC FREEZER OR SANDWICH BAGS</b> SELECTED SIZES SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	<p><b>PLANT-BASED REPELLENT</b></p> <p><b>OFF! INSECT REPELLENT AEROSOL</b> 142 g</p> <p><b>11.49</b> ea.</p>

## Discover your best smile

<p><b>Gum care</b></p> <p><b>Colgate PerioGard</b> TOOTHPASTE 70 ml SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>	<p><b>High strength fluoride</b></p> <p><b>Colgate PreviDent</b> TOOTHPASTE 100 ml</p> <p><b>9.99</b> ea.</p>
<p><b>Preventative care</b></p> <p><b>Colgate Total</b> TOOTHPASTE 70 - 120 ml SELECTED VARIETIES</p> <p><b>3.99</b> ea.</p>	<p><b>For sensitive teeth</b></p> <p><b>Colgate SENSITIVE</b> TOOTHPASTE 75 ml SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>

Which one is right for you?  
Scan to find a customized solution for your smile.

**BUY \$10 IN QUICKTICKET, GET 15 AIR MILES BONUS MILES\***

APRIL 11 - April 24, 2024

**LOTTO MAX 6.49**

**metro**



10 LB

13<sup>99</sup> ea.

TILDA BASMATI RICE 4.54 kg SELECTED VARIETIES



2 for 5<sup>00</sup>

SANTOSH NAAN 500 g SELECTED VARIETIES



9<sup>99</sup> ea.

SAPORITO VEGETABLE OR CANOLA OIL 3 L SELECTED VARIETIES



2 for 4<sup>00</sup>

LARGE HONEY ATAULFO MANGOES PRODUCT OF MEXICO



1<sup>99</sup> /lb

JUMBO RED SWEET ONIONS PRODUCT OF CANADA, CANADA NO.1 GRADE OR U.S.A. NO.1 GRADE 4.39/kg



2 for 3<sup>00</sup>

CEDAR CANNED BEANS 540 ml SELECTED VARIETIES

# CELEBRATE BAISAKHI

THE NEW YEAR SPRING HARVEST FESTIVAL



379 ea.

ROYAL DELIGHT SAMOSAS 400 - 500 g KFI CHUTNEY 455 ml SELECTED VARIETIES



249 ea.

PHOENICIA, KHAAS HALAL OR HANS DAHI YOGOURT 650 - 750 g SWEET LASSI 1 L SELECTED VARIETIES



20 LB

15<sup>99</sup> ea.

GOLDEN TEMPLE ATTA 9.07 kg SELECTED VARIETIES



2 for 5<sup>99</sup>

SHARWOOD'S COOKING SAUCE 250 - 395 ml SELECTED VARIETIES



2 for 3<sup>00</sup>

SURATI OR DIVYA VEGETABLES FROZEN, 315 - 340 g SELECTED VARIETIES



2 for 3<sup>00</sup>

CASABLANCA BASIL DRINK 290 ml SELECTED VARIETIES



9<sup>99</sup> ea.

BRAR'S OR APNA TASTE RASMALAI 850 g SELECTED VARIETIES



2 for 3<sup>00</sup>

MILL, GRACE, COOL RUNNINGS OR CASABLANCA COCONUT MILK 400 g GRACE, CHAOKAH, COOL RUNNINGS OR CASABLANCA COCONUT WATER 350 - 520 ml SELECTED VARIETIES



2 for 3<sup>00</sup>

BHIKHARAM CHANDOL OR SHALINI SNACKS 150 - 200 g KURKURE CHIPS 115 g SELECTED VARIETIES



2 for 1<sup>00</sup>

MAGGI INSTANT NOODLES 75 g SELECTED VARIETIES



7<sup>99</sup> ea.

CASABLANCA HONEY 1 kg TATA TEA 220'S SELECTED VARIETIES



99¢ ea.

PARLE-G, LU OR EBM COOKIES 80 - 300 g SELECTED VARIETIES



2<sup>99</sup> ea.

CEDAR CANNED PEACHES OR CONDENSED MILK 300 - 796 ml SELECTED VARIETIES

Item availability varies by store.

**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.



# 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 800**  
 Less than 2 pay 4.79 ea.  
**BUY MORE SAVE MORE!**  
 CHRISTIE COOKIES  
 SELECTED SIZES  
 SELECTED VARIETIES



**2 for 600**  
 Less than 2 pay 4.29 ea.  
**BUY MORE SAVE MORE!**  
 CRISPERS OR  
 BITS & BITES SNACKS  
 145 g  
 SELECTED VARIETIES



**2 for 575**  
 CADBURY FAMILY SIZE  
 CHOCOLATE BARS  
 80 - 100 g  
 SELECTED VARIETIES



**2 for 550**  
 SOUR PATCH KIDS  
 OR MAYNARDS CANDY  
 150 - 154 g  
 SELECTED VARIETIES



**4 for 500**  
 Less than 4 pay 1.89 ea.  
**BUY MORE SAVE MORE!**  
 CADBURY  
 CHOCOLATE BARS  
 33 - 60 g  
 SELECTED VARIETIES



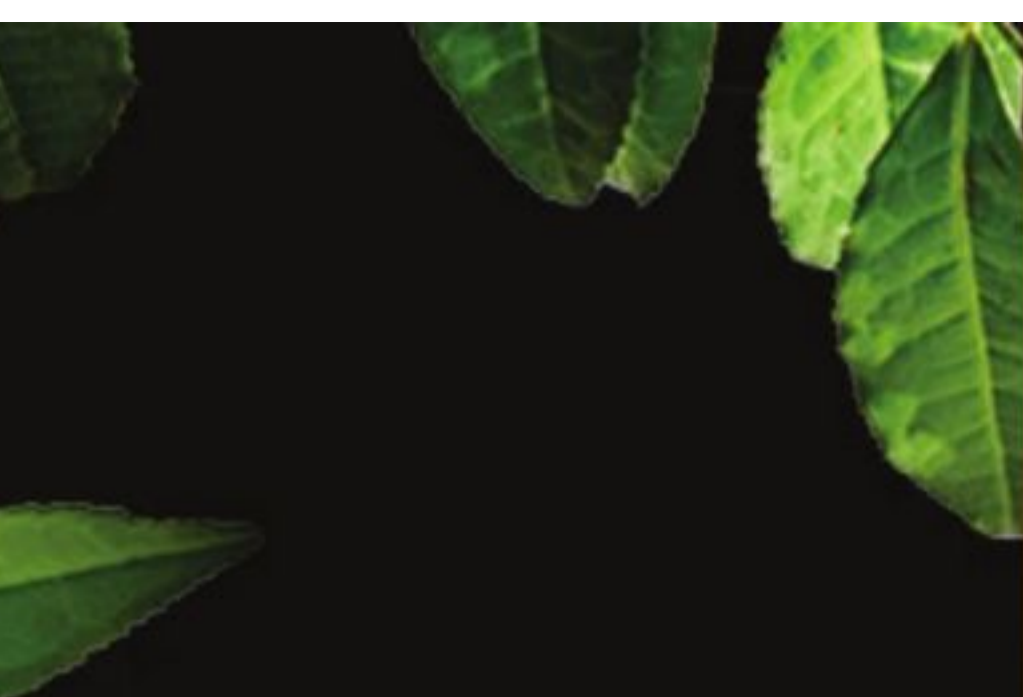
**2 for 1000**  
 MAYNARDS  
 LARGE CANDY BAGS  
 308 - 315 g



**2 for 1000**  
 CADBURY MULTI  
 CHOCOLATE BARS  
 4 un  
 SELECTED VARIETIES



**2 for 550 or 3.49 ea.**  
 RITZ OR TRISCUIT  
 CRACKERS  
 SELECTED SIZES  
 SELECTED VARIETIES



NO COMPROMISES.

**YES** to  
*great taste*

Pure Leaf Iced Tea  
(1.75 L, any flavour)



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

PURE LEAF  
ICED TEA  
1.75 L  
SELECTED VARIETIES

# Tropicana

(1.54 L – 1.75 L, any flavour)



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

TROPICANA  
JUICE  
1.54 - 1.75 L  
SELECTED VARIETIES



THE TASTE YOU LOVE  
crafted for home

Starbucks® Iced Coffee  
(1.18 L – 1.42 L, any flavour)



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

STARBUCKS  
ICED COFFEE  
1.18 - 1.42 L  
SELECTED VARIETIES