

metro



2⁹⁹ /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



4⁸⁸ /lb

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



12⁹⁹ /lb

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



4⁹⁹ ea.

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



2⁹⁹ /lb

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

TRIMMED BY OUR BUTCHER



2 for 6⁰⁰

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



5⁹⁹ ea.

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



3⁹⁹ ea.

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



11⁹⁹ ea.

KICKING HORSE WHOLE COFFEE BEANS 454 g
SELECTED VARIETIES



2⁹⁹ ea.

GREEN GIANT FROZEN VEGETABLES
SELECTED SIZES, SELECTED VARIETIES



2⁴⁹ ea.

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



3³³ ea.

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



11⁸⁸ ea.

O-LIVE OIL EXTRA VIRGIN OLIVE OIL
1L



99¢ ea.

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



3⁹⁹ ea.

PLANTERS NUTS OR ZANDERS SNACK MIX
SELECTED SIZES, SELECTED VARIETIES



2 for 4⁵⁰

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



3⁹⁹ 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

metro FRESH 2 GO

FRESH 2 GO
 BBQ HALF CHICKEN 450 g

6.99 ea.

7.99 /lb

INSIDE VEAL LEG CUTLET
 FOR SCALLOPINI VALUE PACK
 GRAIN FED
 17.61/kg

CUT BY OUR BUTCHER

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.

SAVE \$6.00

9.99 ea.

NATURALSOURCE ALMONDS
 500 - 550 g
 SELECTED VARIETIES

3.49 ea.

NATURAL BAKERY RYE BREAD
 500 g

20 STEM BUNCH

INTERMEDIATE ROSES
 20 STEM BUNCH
 ASSORTED COLOURS

18.00 ea.

APP EXCLUSIVE OFFER.

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

metro.ca

\$ New Lower Prices



11.99 ea.
IRRESISTIBLE BEEF BURGERS
FROZEN, 105 g - 132 g or
SWISS CHALET OR MONTANA'S
PORK BACK RIBS
FULLY COOKED, 400 - 450 g
SELECTED VARIETIES



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



8.99 ea.
SCHNEIDERS
PEPPERETTES
250 - 375 g
SELECTED VARIETIES



10.99 ea.
HIGH LINER SIGNATURE,
PAN-SEAR OR
CATCH OF THE DAY FILLETS
FROZEN, 425 g - 1.32 kg
SELECTED VARIETIES



19.99 ea.
MELITTA GROUND COFFEE
907 - 1310 g or
McCAFE COFFEE CAPSULES
30 ml
SELECTED VARIETIES



5.49 ea.
NATREL
FINE-FILTERED MILK 2 L
SELECTED VARIETIES



GENERAL MILLS
CEREALS
297 - 430 g
SELECTED VARIETIES
SAVE \$3.98 ON 2
2 for 8.00



3 BONUS
Thunder Points
when you buy 1



6.49 ea.
NESTLÉ FROZEN TREATS
SELECTED SIZES, SELECTED VARIETIES



2 for 5.50
NESTLÉ OR CADBURY
CHOCOLATE BAR
80 - 120 g
SELECTED VARIETIES



2 for 7.50
STACY'S PITA CHIPS OR
TAKIS TORTILLA CHIPS
SELECTED SIZES
SELECTED VARIETIES
OR 4.49 EA.



2 for 6.50
DARE OR LECLERC
PARTY COOKIES OR
DARE CRACKERS
SELECTED SIZES, SELECTED VARIETIES
OR 3.89 EA.



2 for 6.00
GOLDFISH
CRACKERS
SELECTED SIZES
SELECTED VARIETIES
OR 3.49 EA.



LAY'S
FAMILY SIZE CHIPS
SELECTED SIZES
SELECTED VARIETIES
**BUY MORE
SAVE MORE!**
2 for 7.50
LESS THAN 2
PAY 4.79 EA.



2 for 4.00
MAISON PERRIER,
SAN PELLEGRINO OR
PERRIER
SPARKLING WATER 1 L
SELECTED VARIETIES
OR 2.49 EA.



3 for 7.00
COCA-COLA,
CANADA DRY OR
PEPSI SOFT DRINKS
2 L, SELECTED VARIETIES, OR 3.49 EA.



2 for 7.00
PURE LIFE
NATURAL SPRING WATER
24 x 500 ml
SELECTION JUICE OR
COCKTAILS 1 x 1.200 ml
SELECTED VARIETIES, OR 3.69 EA.



HAMBURGER HELPER
MEAL OR
KNORR SIDICKS
SELECTED SIZES
SELECTED VARIETIES
OR 2.49 EA.
2 for 4.00



3.99 ea.
STATION
COLD BREW COFFEE,
6T'S OR RISE KOMBUCHA
355 - 480 ml
SELECTED VARIETIES



6.99 ea.
RIGHTEOUS OR HALO TOP
FROZEN DESSERT
472 ml
SELECTED VARIETIES



CREST, COLGATE OR
SENSODYNE ORAL CARE
SELECTED SIZES
SELECTED VARIETIES
5.99 ea.



2.99 ea.
PALMOLIVE OR DAWN
DISHWASHING DETERGENT,
GLAD WRAP OR
SELECTION
ALUMINUM FOIL
SELECTED SIZES
SELECTED VARIETIES



8.99 ea.
CASHMERE
BATHROOM TISSUE,
SPONGE PAPER TOWELS OR
SCOTTIES FACIAL TISSUE
SELECTED SIZES
SELECTED VARIETIES



15 BONUS
Thunder Bucks
Thunder Points
when you buy 4
2 for 5.00
OASIS JUICE,
ALLEN'S COCKTAILS,
FRUITE DRINKS OR
DEL MONTE NECTAR
SELECTED SIZES, SELECTED VARIETIES
OR 2.69 EA.



15 BONUS
Thunder Bucks
Thunder Points
when you buy 2
2 for 9.00
BLACK DIAMOND OR
CRACKER BARREL COMBO,
BLACK DIAMOND SLICES OR
CHEESTRINGS
SELECTED SIZES, SELECTED VARIETIES
OR 4.99 EA.



15 BONUS
Thunder Bucks
6.49 ea.
IOGO MULTI 16 x 100 g or
SIGGI'S 650 - 750 g
YOGURT
SELECTED VARIETIES



UNLOCK APP-CLUSIVE SAVINGS.



SAVE
\$2.49

Add your Thunder Bucks
card to the My Metro app
for exclusive deals.



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

Organic

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

Sliced & Diced

 <p>3.99 ea. STORE MADE MELON CHUNKS 360-380g</p>	 <p>4.99 ea. CORED GOLDEN PINEAPPLES 600g</p>
 <p>5.99 ea. STORE MADE SMALL SALADS 180-340g</p>	 <p>12.99 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>2 for 20.00 or 11.99 ea.</p>	 <p>12.99 ea. SPRING BULB PLANTER 7" POT ASSORTED COLOURS AND VARIETIES</p>	 <p>16.99 ea. SPRING TIME BOUQUET ASSORTED COLOURS</p>
--	---	---



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
12⁹⁹ ea.
FRESH CUT TULIPS
15 STEM BUNCH
ASSORTED COLOURS



35⁰⁰ ea.
GRACEFUL BOUQUET
ASSORTED COLOURS

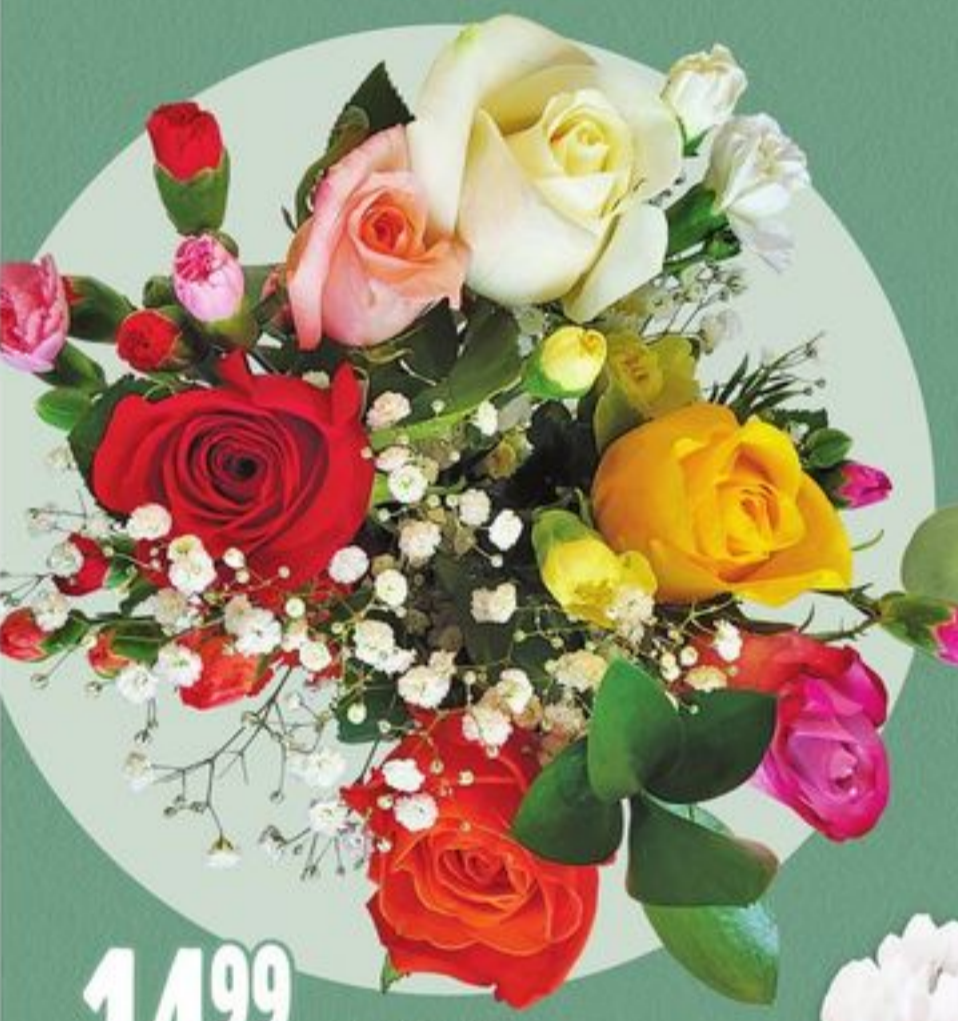


9⁹⁹ ea.

MOSAIC PLANT
4" CLAY POT
ASSORTED COLOURS

DISCOVER
NEW

**PERFECT
DESK PLANT**



14⁹⁹ ea.

RAINBOW CHARM
BOUQUET
ASSORTED COLOURS



ISABELLA OR
JOSEPHINE ARRANGEMENT
ASSORTED COLOURS AND STYLES
YOUR CHOICE
26⁹⁹ ea.

HAND-CRAFTED



12⁹⁹ ea.

BLOOMING PLANTS
IN 5" AMELIA POT
ASSORTED COLOURS
AND VARIETIES

DISCOVER
NEW



**LONG LASTING
BLOOMS**

18⁹⁹ ea.

WATERFALL ORCHIDS
5" POT
ASSORTED COLOURS



GIFT BAG INCLUDED

19⁹⁹ ea.

INDOOR GARDEN
TERRARIUM IN BAG
ASSORTED COLOURS,
VARIETIES AND STYLES

Our Butcher's Finest

19⁹⁹ /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

4⁹⁹ /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

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

PLATINUM GRILL ANGUS
OUTSIDE ROUND ROAST OR
VALUE PACK STEAK
CUT FROM CANADA AAA GRADE
17.61/kg

7⁹⁹ /lb
PLATINUM GRILL ANGUS
BONELESS INSIDE BLADE ROAST OR VALUE PACK STEAK
CUT FROM CANADA AAA GRADE
17.61/kg

8⁹⁹ /lb
PLATINUM GRILL ANGUS
LEAN GROUND CHUCK
19.82/kg

11⁹⁹ /lb
FRESH LAMB
LOIN CHOPS
NEW ZEALAND SPRING LAMB
26.43/kg

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

FRESH

6⁹⁹ /lb
HOMESTYLE
MEATLOAF OR
MEATBALLS
SELECTED VARIETIES
15.41/kg

6⁹⁹ /lb
BREADED CHICKEN
BREAST CUTLETS
BONELESS SKINLESS
VALUE PACK
15.41/kg

4⁹⁹ /lb
FRESH STUFFED OR
MARINATED
PORK TENDERLOIN
SELECTED VARIETIES
11.00/kg

4⁹⁹ /lb
STUFFED SWEET
MINI PEPPERS OR
MUSHROOMS
VALUE PACK
SELECTED VARIETIES
11.00/kg

5 BONUS Thunder Points when you buy 2

7⁹⁹ ea.
MAPLE LEAF
PREPPED & READY
MEATS 250 g
SELECTED VARIETIES

7⁹⁹ ea.
duBRETON
ORGANIC BACON 250 g

4⁹⁹ ea.
MAPLE LODGE ULTIMATE
CHICKEN DINNER OR
BREAKFAST SAUSAGES
375 - 500 g, SELECTED VARIETIES

4⁹⁹ ea.
OLYMELE
BREAKFAST SAUSAGES 375 g
SELECTED VARIETIES

10⁹⁹ ea.
BUTTERBALL
TURKEY BURGERS
FROZEN, 652 g

12⁹⁹ ea.
SWISS CHALET
BREADED CHICKEN BREAST
STRIPS OR NUGGETS
FROZEN, 700 g

12⁹⁹ ea.
JANES
UNBREADED CHICKEN
BURGERS
FROZEN, 652 g

6⁸⁸ ea.
WONG WING
ENTREES
FROZEN, 360 - 600 g
SELECTED VARIETIES

BUY MORE SAVE MORE!

4⁴⁹ ea.
MAPLE LEAF TOP
DOGS OR SCHNEIDERS
RED HOTS 375 g
SELECTED VARIETIES
BUY 3 OR MORE,
BUY 2/ 4.99 ea.
BUY 1/ 5.99 ea.

3⁹⁹ ea.
SELECTION
BACON 375 g
SELECTED VARIETIES
BUY 3 OR MORE,
BUY 2/ 4.49 ea.
BUY 1/ 4.99 ea.

5⁹⁹ ea.
SCHNEIDERS
OKTOBERFEST SAUSAGES,
MINI-SIZZLERS OR
MAPLE LEAF
SAUSAGE MEAT
FROZEN, 375 - 500 g
BUY 3 OR MORE,
BUY 2/ 6.99 ea.
BUY 1/ 7.99 ea.

2⁹⁹ ea.
CAVENDISH
POTATO PATTIES 600 g
FROZEN
SELECTED VARIETIES
BUY 3 OR MORE,
BUY 2/ 3.49 ea.
BUY 1/ 3.79 ea.

Plant-Based

7⁹⁹ ea.
IMPOSSIBLE
BURGER PATTIES
MADE FROM PLANTS
226 - 240 g

7⁹⁹ ea.
IMPOSSIBLE
CHICKEN NUGGETS
MADE FROM PLANTS
PETTES DE POULET
A BASE DE PLANTES
FROZEN, 303 g

18⁹⁹ ea.
BEYOND
BURGER
PLANT-BASED
BURGERS
FROZEN, 670 g

7⁹⁹ ea.
BEYOND
STEAK
PLANT-BASED
GROUND, STEAK STRIPS OR
SAUSAGES 226 - 400 g
SELECTED VARIETIES
NEW

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

<p>5⁴⁹ 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>8⁹⁹ ea.</p> <p>FRONT STREET BAKERY MINI DESSERT CAKES 250 - 440 g SELECTED VARIETIES</p> <p>18⁹⁹ ea.</p> <p>FRONT STREET BAKERY DESSERT CAKES 740 - 1000 g SELECTED VARIETIES</p>
<p>7⁴⁹ ea.</p> <p>FRONT STREET BAKERY FAMILY PACK COOKIES PKG OF 14, 140 - 170 g SELECTED VARIETIES</p>	<p>4⁹⁹ ea.</p> <p>FRONT STREET BAKERY ALMOND OR CHOCOLATE HAZELNUT FILLED CROISSANTS PKG OF 4, 225 - 300 g</p> <p>28⁹⁹ ea.</p> <p>FRONT STREET BAKERY GOURMET SHORTCAKE 1.35 - 1.4 kg SELECTED VARIETIES</p> <p>2 for 6⁰⁰</p> <p>FRONT STREET BAKERY CAKE SLICES SELECTED SIZES SELECTED VARIETIES</p>
<p>2⁷⁹ ea.</p> <p>FRONT STREET BAKERY BAGUETTE OR MINI PARISIEN BREAD 175 - 250 g</p>	<p>2⁷⁹ ea.</p> <p>FRONT STREET BAKERY MINI CALABRESE BREAD 200 g</p> <p>3⁷⁹ ea.</p> <p>FRONT STREET BAKERY DINNER, HOT DOG OR HAMBURGER ROLLS PKG OF 8 - 12, 300 - 425 g SELECTED VARIETIES</p> <p>3⁷⁹ ea.</p> <p>FRONT STREET BAKERY HOMESTYLE WHITE, 100% WHOLE WHEAT, WHOLE GRAIN OR RYE BREADS 450 - 675 g SELECTED VARIETIES</p>

metro Thunder Bucks

GET **10 THUNDER BUCKS** with the purchase of 2 participating snack products

<p>5²⁹ ea.</p> <p>SARA LEE LITTLE BITES SELECTED SIZES, SELECTED VARIETIES</p>	<p>4⁹⁹ ea.</p> <p>VACHON SNACK CAKES SELECTED SIZES, SELECTED VARIETIES</p>	<p>3⁴⁹ to 4⁶⁹ ea.</p> <p>HOSTESS SNACK CAKES SELECTED SIZES, SELECTED VARIETIES</p>
--	---	--

Seafood

<p>11⁹⁹ /lb</p> <p>WILD CAUGHT YELLOWFIN TUNA STEAKS OR SWORDFISH STEAKS 2.65/700 g, FROZEN</p> <p>WILD CAUGHT</p>	<p>17⁹⁹ ea.</p> <p>FAMILY PACK SUPREME SUSHI 540 - 580 g SELECTED VARIETIES</p> <p>25 PCS</p>
<p>1²⁹ ea.</p> <p>CHOICE OYSTERS SELECTED VARIETIES</p>	<p>5⁹⁹ ea.</p> <p>FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS 2 lb, 907 g</p> <p>2 LB BAG</p>
<p>11⁹⁹ ea.</p> <p>HOT SMOKED RAINBOW TROUT FILLET 190 g PREVIOUSLY FROZEN</p>	<p>9⁹⁹ ea.</p> <p>ROCK HARBOUR BACON WRAPPED SCALLOPS FROZEN, 200 g</p> <p>11⁹⁹ ea.</p> <p>MARINA DEL REY SEAFOOD PENNE OR PABELLA FROZEN, 600 g</p> <p>14⁹⁹ ea.</p> <p>OCEAN PRIME SEAFOOD MIX FROZEN, 900 g</p> <p>2 LB BAG</p>

<p>5⁹⁹ ea.</p> <p>NATURALIA TILAPIA OR SOLE FILLETS FROZEN, 400 g</p>	<p>4⁹⁹ ea.</p> <p>IRRESISTIBLES SMOKED ATLANTIC SALMON FROZEN, 70 g</p>	<p>9⁹⁹ ea.</p> <p>IRRESISTIBLES COCONUT SHRIMP FROZEN, 454 g</p>	<p>12⁹⁹ ea.</p> <p>IRRESISTIBLES ORGANIC COOKED OR RAW SHRIMP FROZEN, 300 g</p>
---	---	--	---

metro
FRESH
2 GO



FREE DELIVERY
on all orders of \$20 or more

Skip the Dishes offers available at select stores only.

A **NEW** dish for every craving:
Order yours today.



Fruit & Vegetable Trays



Family Meals



Seafood Platter



CLICK HERE FOR THE SKIP MENU



SAVE \$2.00

7.99
ea.

PERSONAL DINNERS
SELECTED VARIETIES

AVAILABLE APRIL 18TH – APRIL 24TH, 2024

DOWNLOAD THE SKIPTHEDISHES APP



Offer available only on SkipTheDishes, not available in store.

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, 11.29/lb

2.79 /100 g
MASTRO CAPOCOLLO
MILD OR HOT
DELI SLICED, 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
200 - 375 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 - 654 g
SELECTED VARIETIES

2 for 4.00
MOLISANA OR DE CECCO PASTA
450 - 654 g
SELECTED VARIETIES

2 for 4.00
UNICO TOMATOES
276 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

5⁹⁹ ea.

HONEY BUNCHES OF OATS
Honey Roasted

19⁹⁹ ea.

VAN HOUTTE
COLOMBIAN MEDIUM
VAN HOUTTE COFFEE CAPSULES
20 ml, or 710 g
SELECTED VARIETIES

3⁹⁹ ea.

Almond Breeze
Plant-Based
Vanilla
BLUE DIAMOND ALMOND BEVERAGES 1.0L
SELECTED VARIETIES

2 for 8⁰⁰

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

3⁹⁹ ea.

CHAPMAN'S FROZEN YOGURT OR YUKON NOVELTIES
SELECTED SIZES, SELECTED VARIETIES

6⁹⁹ ea.

nutella biscuits
275 g

2 for 6⁰⁰

LINDT CHOCOLATE BARS
100 g
SELECTED VARIETIES

4 for 6⁰⁰

MARS CHOCOLATE BARS
49 - 57 g
SELECTED VARIETIES
LESS THAN 4 PAY 1.79 EA.

2 for 13⁰⁰

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 5⁰⁰

BUY MORE SAVE MORE!

GATORADE OR GATORLYTE SPORTS DRINKS
SELECTED SIZES, SELECTED VARIETIES

11⁴⁹ ea.

Budweiser ZERO
NON ALCOHOLIC BEER
6 x 341 ml

4⁴⁹ ea.

IRRESISTIBLES CRACKERS
150 g
SELECTED VARIETIES

4⁹⁹ ea.

CLUB HOUSE SPICES OR SEASONINGS
SELECTED SIZES, SELECTED VARIETIES

2 for 7⁵⁰

5 BONUS Thunder Points when you buy 2

VH SAUCE
341 - 380 ml
SELECTED VARIETIES
OR 3.99 EA.

3⁹⁹ ea.

IRRESISTIBLES PHYLLO PASTRY
454 g

3 for 4⁰⁰

DANONE ACTIVIA OR OIKOS DRINKABLE YOGURT
170 ml
SELECTED VARIETIES
OR 1.99 EA.

2 for 12⁰⁰

BUY MORE SAVE MORE!

SELECTION CHEESE BARS
SELECTED SIZES, SELECTED VARIETIES
LESS THAN 2 PAY 6.99 EA.

2 for 7⁰⁰

PILLSBURY DOUGH
SELECTED SIZES, SELECTED VARIETIES

6⁴⁹ ea.

GIUSEPPE EASY PIZZI
SELECTED SIZES, SELECTED VARIETIES

ENJOY the simple joys

3 BONUS Thunder Points when you buy 2

10²⁹ ea.

NATREL LACTOSE FREE MILK 4L
SELECTED VARIETIES

JOIN THE FUN!

2 for 8⁰⁰

KIRI, THE LAUGHING COW OR BABYBEL CHEESE
SELECTED SIZES, SELECTED VARIETIES, OR 4.49 EA.

NOW THIS IS CHEESE!

15 BONUS Thunder Points when you buy 2

6⁴⁹ ea.

CRACKER BARREL SLICED CHEESE
SELECTED SIZES, SELECTED VARIETIES

2 for 9⁰⁰

CRACKER BARREL CHEESE SNACKS
SELECTED SIZES, SELECTED VARIETIES
OR 4.99 EA.

COLLECT YOUR MARVEL FAVOURITES

2 for 6⁰⁰

COCA-COLA SOFT DRINKS
500 ml
SELECTED VARIETIES
LESS THAN 2 PAY 3.49 EA.

2 for 16⁰⁰

COCA-COLA SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES
LESS THAN 2 PAY 9.29 EA.

5⁹⁹ ea.

KRAFT PARMESAN GRATED CHEESE
341 g
SELECTED VARIETIES

8⁴⁹ ea.

KRAFT PARMESAN CHEESE
200 g
SELECTED VARIETIES

ENTER FOR A CHANCE TO WIN MOVIE TICKETS FOR A YEAR

SEE IN STORE FOR DETAILS



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

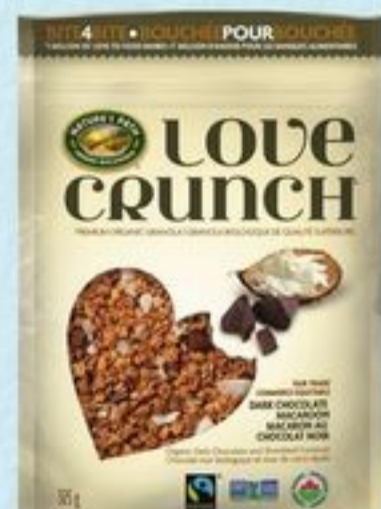
SAVÖR ICE CREAM
473 ml
SELECTED VARIETIES

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.

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

5⁹⁹ ea. MRS. MEYER'S CLEANERS OR SOAPS. SELECTED SIZES. SELECTED VARIETIES.

7⁹⁹ ea. NATURE CLEAN LAUNDRY DETERGENT SHEETS. 32 UN. SELECTED VARIETIES.

5⁹⁹ ea. LYSOL DISINFECTING WIPES. 75 - 84 UN. SELECTED VARIETIES.

6⁹⁹ ea. BONTERRA BATHROOM TISSUE, PAPER TOWELS OR FACIAL TISSUE. SELECTED SIZES. SELECTED VARIETIES.

7⁹⁹ ea. NATURE CLEAN CLEANING STRIPS. SELECTED SIZES. SELECTED VARIETIES.

3⁹⁹ ea. VIM CLEANERS. 700 ml.

6⁹⁹ ea. BONTERRA BATHROOM TISSUE, PAPER TOWELS OR FACIAL TISSUE. SELECTED SIZES. SELECTED VARIETIES.

5⁴⁹ ea. ZIPLOC COMPOSTABLE SANDWICH BAGS. 20 UN.

4⁴⁹ ea. SELECTION ECO COMPOSTABLE BAMBOO PLATES. 12 UN.

4⁴⁹ ea. SELECTION ECO COMPOSTABLE TABLE NAPKINS. 250 UN.

25⁹⁹ ea. BRITA WATER JUG OR REPLACEMENT FILTERS. SELECTED SIZES. SELECTED VARIETIES.

99⁹⁹ ea. TERRA SODASTREAM SPARKLING WATER MAKER. 1 UN.

BUY MORE SAVE MORE!

2 for **8⁰⁰** ea. METRO FOLDABLE BOX. 1 UN. Less than 2 pay 4.99 ea.

BUY MORE SAVE MORE!

4 for **3⁰⁰** ea. METRO REUSABLE BAGS. 1 UN. Less than 4 pay .99 ea.

5-PACK

2⁴⁹ ea. METRO FRUIT AND VEGETABLE REUSABLE BAGS. 5 UN.

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

COMMITTED TO SAVE ENERGY



15⁹⁹ ea. TIDE PODS OR LAUNDRY DETERGENT
SELECTED SIZES
SELECTED VARIETIES

15⁹⁹ ea. DOWNY FABRIC SOFTENER
SELECTED SIZES
SELECTED VARIETIES

15⁹⁹ 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



15⁹⁹ ea. CASCADE DISHWASHER DETERGENT
SELECTED SIZES
SELECTED VARIETIES

COMMITTED TO RESPONSIBLE SOURCING



PAMPERS PURE BABY DIAPERS
62 - 116 un
SELECTED VARIETIES



8⁹⁹ ea. BOUNTY PAPER TOWEL
4 = 6 rolls

8⁹⁹ ea. CHARMIN BATHROOM TISSUE
8 = 24 ROLLS
SELECTED VARIETIES


 2 trees planted for every tree used

COMMITTED TO REDUCE PLASTIC WASTE



FEBREZE AIR FRESHENERS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea. FEBREZE FABRIC REFRESHER
430 - 500 ml
SELECTED VARIETIES

 Febreze is working with TerraCycle to reduce waste

COMMITTED TO SAVE WILDLIFE



DAWN DISHWASHING DETERGENT
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹ ea.

Over 40 years of helping & caring for aquatic wildlife

INGREDIENTS YOU CAN FEEL GOOD ABOUT FOR YOU AND THE PLANET



7⁹⁹ ea. HERBAL ESSENCES PUREPLANTS HAIR CARE
400 ml
SELECTED VARIETIES



8⁹⁹ ea. ALWAYS SANITARY NAPKINS OR TAMPAX TAMPONS
22 - 28 un
SELECTED VARIETIES



21⁹⁹ ea. PAMPERS AQUA PURE BABY WIPES
336 un



2 for 20⁰⁰ or 11.49 ea. NATIVE HAIR CARE
177 - 487 ml
SELECTED VARIETIES



2 for 28⁰⁰ or 15.99 ea. NATIVE DEODORANT
75 g
SELECTED VARIETIES

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!
 CHRISTIE CRISPERS OR
 BITS & BITES SNACKS
 145 g
 SELECTED VARIETIES



2 for 5⁵⁰
 CADBURY FAMILY SIZE
 CHOCOLATE BARS
 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-PACK
 CHOCOLATE BARS
 4 un
 SELECTED VARIETIES



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