

# 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**

**RED GRILL STRIP LOIN STEAK VALUE PACK OR ROAST OR BEEF SHORT RIBS**  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
17.37/kg

**7.88** /lb



**AGROPUR OKA CHEESE**  
REGULAR CHEVALLER 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**

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

**5.99** /lb



**FRESH CHICKEN DRUMSTICKS OR THIGHS OR ZABIHA HALAL**  
5.38/kg

**2.44** /lb



**VILLAGGIO ITALIAN STYLE BREADS, BUNS OR DEMPSTER'S 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, 2.21/100g

**FRESH COOKED-CUITES PACIFIC WHITE SHRIMP CREVETTES BLANCHES DE PACIFIQUE**  
41-50

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

**9.99** /lb or ea.



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

**4.99** ea.



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

**3.99** ea.



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

**2 for 7.00**



**JAMIESON VITAMINS**  
SELECTED SIZES, SELECTED VARIETIES

**50% off**



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

**SAVE \$3.05**

**3.44** ea.



**CALLIPO TUNA**  
3 x 80 g  
SELECTED VARIETIES

**SAVE \$3.05**

**3.44** ea.

**metro FRESH 2 GO** **4-DAY MEAL DEAL** Available Thursday April 25<sup>th</sup> to Sunday April 28<sup>th</sup>



**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** 1kg



**Pepperoni & Cheese 16" X-Large Hot Pizza**  
WALK-IN COOLDRAW ONLY

**YOUR CHOICE 10.99 EACH**



**2 for 5.00**

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

**3.44 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

**77¢ /lb**

SWEET POTATOES  
PRODUCT OF ONTARIO  
1.70/kg

**2.88 ea.**

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

**3.49 ea.**

TROPICANA OR IRRESISTIBLES JUICE  
SELECTED SIZES  
SELECTED VARIETIES

**5.77 ea.**

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

**3.99 /lb**

STORE MADE SAUSAGES VALUE PACK  
SELECTED VARIETIES  
8.80/kg

**6.99 ea.**

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

**9.99 /lb**

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

**1/2 PRICE**

**5.99 ea.**

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

**14.99 ea.**

LA ROCCA CAKES  
600 g  
SELECTED VARIETIES

SAVE \$5.00

**9.99 ea.**

IRRESISTIBLES CREAM PIES  
830 g  
SELECTED VARIETIES

**3 for 25.00 or 8.99 ea.**

MARKET BUNCHES  
ASSORTED COLOURS AND FLOWER VARIETIES

# \$ New Lower Prices

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

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

4 PACK **metro FRESH 2 GO**

WILD CAUGHT SALMON 400 g or SALMON POKE 400 g

PKG OF 4 **19<sup>99</sup>** ea.

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

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

FRESH 2 GO PANINI SANDWICHES SELECTED VARIETIES

AURORA TOMATOES 298 ml

SAVE \$1.38 ON 2

**2 for 3<sup>00</sup>**

TOACKER CLASSIC WAFFLES 170 g

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

LOACKER WAFERS OR VICENZI SNACKS 125 - 175 g, SELECTED VARIETIES

SAN PELLEGRINO NATURALI 1.5 L

SAVE \$2.50

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

SAN PELLEGRINO SPARKLING DRINKS 6 x 250 mL, SELECTED VARIETIES

FRONT STREET BAKERY OGA ABSOLUTE FINEST TIRAMISU CAKE 100 g

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

UNSALTED NON SALT BUTTER - BEURRE 454 g

SALTED - SALTÉ BUTTER - BEURRE 454 g

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

SELECTION BUTTER 454 g, SELECTED VARIETIES

LACTANTIA PURIFILTRE MILK 1.5 L, SELECTED VARIETIES

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

BEATRICE CHOCOLATE MILK 1 L OR 2.99 EA.

**2 for 5<sup>00</sup>**

QUAKER CHEWY BARS 100 - 156 g, SELECTED VARIETIES

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

TWININGS CHAI 20 mL, SELECTED VARIETIES

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

TWININGS HERBAL TEA 20 mL, SELECTED VARIETIES

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

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

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

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

McCafe 100% ETHICALLY SOURCED GROUND ROASTED COFFEE

Melitta TRADITIONAL COFFEE

Starbucks PIKE PLACE ROAST COFFEE

SAVE \$4.00

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

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

RITZ COOKIES OR CRACKERS SELECTED SIZES, SELECTED VARIETIES OR 4.19 EA.

**2 for 7<sup>00</sup>**

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

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

CASBAH COUSCOUS 100 - 240 g AMY'S READY TO SERVE SOUP 298 ml or LIFE SMART FROZEN VEGETABLES 450 g, SELECTED VARIETIES

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

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

**2 for 10<sup>00</sup>**

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

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

15 BONUS MILES when you buy 2

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

**2 for 9<sup>00</sup>**

20 BONUS MILES when you buy 2

GATORADE SPORTS DRINKS 8 x 255 mL, 6 x 591 mL SELECTED VARIETIES, OR 6.99 EA.

**2 for 12<sup>00</sup>**

20 BONUS MILES when you buy 2

COCA-COLA OR CANADA DRY SOFT DRINKS, NESTEA OR PEACE TEA ICED TEA 12 x 341 - 355 mL, SELECTED VARIETIES, OR 8.49 EA.

**2 for 16<sup>00</sup>**

**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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SAVE  
**\$300**

Add your Air Miles® card  
to the My Metro app  
for exclusive deals.



AIR MILES.

**LIMIT ONE REDEMPTION PER CUSTOMER**

*Offer available only on the My Metro app with a linked Loyalty card. Limit of one coupon redemption per customer loyalty card, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.*

## Farm Fresh Produce

 <p><b>4.99</b> ea. SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>3.99</b> /lb EXTRA LARGE RED OR GREEN SEEDLESS GRAPES PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE 8.80/kg</p>	 <p><b>4.99</b> ea. ROMAINE HEARTS 3 PK, PRODUCT OF U.S.A.</p>	 <p><b>3.99</b> ea. ANGEL SWEET TOMATOES 253 g PRODUCT OF ONTARIO SWEET CHERRY TOMATOES 541 ml PRODUCT OF ONTARIO</p>
 <p><b>3.99</b> ea. BLACKBERRIES 170 g PRODUCT OF MEXICO GOLDENBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p><b>1.99</b> /lb LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p><b>2.99</b> ea. RAPINI PRODUCT OF U.S.A.</p>	 <p><b>2.49</b> /lb EXTRA LARGE BEEFSTEAK TOMATOES PRODUCT OF ONTARIO 5.49/kg</p>
 <p><b>2 for 4.00</b> HONEY ATAULFO MANGOES PRODUCT OF MEXICO</p>	 <p><b>2.49</b> /lb LARGE BARTLETT PEARS PRODUCT OF ARGENTINA OR SOUTH AFRICA, EXTRA FANCY GRADE 5.49/kg</p>	 <p><b>4.99</b> ea. GREEN GIANT SNOW PEAS 170 g SUGAR SNAP PEAS 227 g PRODUCT OF GUATEMALA</p>	 <p><b>1.49</b> /lb ANISE-FENNEL PRODUCT OF U.S.A. 3.28/kg</p>
 <p><b>4.49</b> ea. JUMBO PINEAPPLES PRODUCT OF COSTA RICA</p>	 <p><b>3.29</b> ea. BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>	 <p><b>1.99</b> /lb GREEN OR GREY ZUCCHINI PRODUCT OF MEXICO 4.39/kg</p>	 <p><b>3.99</b> /lb MINI ITALIAN EGGPLANTS PRODUCT OF ONTARIO 8.80/kg</p>
 <p><b>6.99</b> ea. IRRESISTIBLES ULTIMATE SNACKING MIXES PEANUT 450 g POPCORN 520 g</p>	 <p><b>5.99</b> ea. BOLTHOUSE JUICES OR SMOOTHIES 946 ml SELECTED VARIETIES</p>	 <p><b>4.49</b> ea. GREEN BEANS 340 g PRODUCT OF U.S.A.</p>	 <p><b>2.69</b> ea. SWEET NANTES CARROTS 454 g PRODUCT OF MEXICO, No. 1 GRADE</p>

## Organic

 <p><b>2.99</b> ea. ORGANIC SEEDLESS CUCUMBERS PRODUCT OF ONTARIO, CANADA No. 1 GRADE</p>	 <p><b>5.99</b> ea. ORGANIC VIDALIA ONIONS 2 lb PRODUCT OF U.S.A., No. 1 GRADE ORGANIC MINI PEPPERS 454 g PRODUCT OF ONTARIO</p>	 <p><b>3.99</b> ea. ORGANIC GREEN ZUCCHINI 2 PK PRODUCT OF MEXICO</p>	 <p><b>4.99</b> ea. ORGANIC BLUEBERRIES 170 g PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE</p>
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## Sliced & Diced

 <p><b>3.99</b> ea. STORE MADE YOGURT PARFAITS 328 g</p>	 <p><b>4.99</b> ea. CORED GOLDEN PINEAPPLES 400 g</p>
 <p><b>6.99</b> ea. STORE MADE CHICKEN SALADS 252 - 400 g</p>	 <p><b>8.99</b> ea. STORE MADE LARGE DELUXE FRUIT SALAD 730 g</p>

## Flowers in Bloom

 <p><b>2 for 20.00</b> or <b>11.00</b> ea. INTERMEDIATE ROSES 10 STEM BUNCH ASSORTED COLOURS</p>	 <p><b>22.99</b> ea. HYDRANGEAS 6.5" POT ASSORTED COLOURS</p>
 <p><b>16.99</b> ea. GERBERA BOUQUET ASSORTED COLOURS</p>	 <p><b>22.99</b> 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

**10<sup>88</sup>**  
/lb



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

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



**VEAL RIB OR LOIN CHOPS**  
GRAIN FED  
24.23/kg

**10<sup>99</sup>**  
/lb



**PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK**  
CUT FROM CANADA AAA GRADE  
66.12/kg

**29<sup>99</sup>**  
/lb



**LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY**  
450 g

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



**LIFE SMART NATURALIA PORK SHOULDER BLADE CHOPS VALUE PACK**  
9.90/kg

**4<sup>49</sup>**  
/lb



**STORE MADE SEASONED BEEF BURGERS**  
SELECTED VARIETIES  
15.41/kg

**6<sup>99</sup>**  
/lb



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

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



**FRESH PORK BELLIES**  
SKELED OR PIECES  
13.21/kg

**5<sup>99</sup>**  
/lb



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

**10<sup>88</sup>**  
/lb

**Selection**
*Irresistibles*
*Life Smart* **NATURALIA**



**SELECTION CHICKEN WIENERS** 450 g

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



**SELECTION WIENERS** 450 g  
SELECTED VARIETIES

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



**SELECTION ALL BEEF WIENERS** 375 g

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



**IRRESISTIBLES NATURALIA WIENERS** 375 g

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



**IRRESISTIBLES BEEF BURGERS**  
FROZEN, 852 g  
SELECTED VARIETIES

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



**IRRESISTIBLES MAMMOTH MONTREAL STEAK SPICE OR BBQ BEEF BURGERS**  
FROZEN, 1.62 kg

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



**IRRESISTIBLES STUFFED BURGERS**  
FROZEN, 1.07 kg  
SELECTED VARIETIES

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



**LIFE SMART NATURALIA BEEF BURGERS**  
FROZEN, 768 g

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



**SELECTION PEAMEAL STYLE BACON**  
ROLLED IN CORNMEAL  
11.00/kg

**4<sup>99</sup>**  
/lb



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

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



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

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



**MARC ANGELO SKEWERS**  
200-280 g  
SELECTED VARIETIES

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



**SCHNEIDERS PORK OR CHICKEN SCHNITZEL**  
FROZEN, 650 g

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



**POGO BREADED WIENERS**  
FROZEN, 960 g-1.5 kg  
SELECTED VARIETIES

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



**MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS CHICKEN WINGS**  
FROZEN, 495 g  
SELECTED VARIETIES

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



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

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

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

**8<sup>99</sup>**  
/lb



**PRIME**  
RAISED  
WITHOUT  
antibiotics



MAPLE LEAF PRIME  
RAISED WITHOUT ANTIBIOTICS  
FRESH CHICKEN THIGHS  
BONELESS SKINLESS  
VALUE PACK  
19.82/kg

**8<sup>99</sup>**  
/lb



**3<sup>99</sup>**  
/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

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



NEW ZEALAND  
SPRING LAMB

NEW ZEALAND  
SPRING LAMB  
FRESH BONELESS  
LEG LAMB WITH  
ROSEMARY AND  
GARLIC  
26.43/kg

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



NEW ZEALAND  
SPRING LAMB  
FRESH FRENCHED  
LAMB RACK  
44.07/kg

**19<sup>99</sup>**  
/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

**5<sup>99</sup>**  
/lb



LIFE SMART NATURALIA  
GRASS FED BONELESS  
INSIDE ROUND ROAST  
OR INSIDE BLADE ROAST  
PRODUCT OF NEW ZEALAND  
22.02/kg

**9<sup>99</sup>**  
/lb



LIFE SMART NATURALIA  
PORK SAUSAGES  
SELECTED VARIETIES  
OR LEAN GROUND PORK  
500 g

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



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

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



EXTRA LEAN

**9<sup>49</sup>**  
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



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

LIFE SMART  
NATURALIA  
BASA OR POLLOCK  
400 g, FROZEN



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

LIFE SMART  
NATURALIA  
TILAPIA FILLETS  
400 g, FROZEN



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

LIFE SMART  
NATURALIA  
WILD CAUGHT SOLE  
400 g, FROZEN



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

LIFE SMART  
NATURALIA  
WILD CAUGHT  
HADDOCK OR COD  
400 g, FROZEN



**Seafood**

 <p><b>15<sup>99</sup></b> ea. DOM CEDAR PLANKED SALMON 454 g, SELECTED VARIETIES</p>	 <p><b>9<sup>99</sup></b> /lb SEAFOOD BOIL FROZEN, 2.27/100 g</p>	 <p><b>INCLUDES</b> SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS</p>	
 <p><b>99¢</b> ea. PACIFIC WHITE SHRIMP SKEWERS FROZEN OR PREVIOUSLY FROZEN, 55 g</p>	 <p><b>7<sup>99</sup></b> ea. HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS 500 g</p>	 <p><b>7<sup>99</sup></b> /lb LOUIS KEMP SEA LEGS SURIMI 1.77/100 g</p>	 <p><b>15<sup>99</sup></b> /lb TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS FROZEN, 1.53/100 g</p>
 <p><b>9<sup>99</sup></b> /lb BAY SCALLOPS, 40/60 SIZE FROZEN, 2.21/100 g</p>	 <p><b>11<sup>99</sup></b> ea. PIER 87 PREMIUM SEAFOOD SELECT TRIO FROZEN, 454 g</p>	 <p><b>7<sup>99</sup></b> 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><b>34<sup>99</sup></b> ea. AQUA STAR RESERVE KING CRAB LEGS &amp; CLAWS FROZEN, 500 g</p>

*Irresistibles*

 <p><b>6<sup>99</sup></b> ea. IRRESISTIBLES SHRIMP BURRITOS FROZEN, 140 g</p>	 <p><b>9<sup>99</sup></b> ea. IRRESISTIBLES ATLANTIC SMOKED SALMON FROZEN, 130 g</p>	 <p><b>10<sup>99</sup></b> ea. IRRESISTIBLES MARYLAND STYLE CRAB CAKES FROZEN, 227 g</p>	 <p><b>10<sup>99</sup></b> ea. IRRESISTIBLES TEMPURA SHRIMP VALUE PACK FROZEN, 500 g</p>
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**Exclusive to METRO**

 <p><b>4<sup>79</sup></b> /100 g IRRESISTIBLES ARTISAN PORCHETTA DELI SLICED OR SHAVED, 21.73/lb</p>	 <p><b>2<sup>99</sup></b> /100 g IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI SELECTED VARIETIES DELI SLICED OR SHAVED, 13.56/lb</p>	 <p><b>3<sup>79</sup></b> /100 g IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN DELI SLICED, 12.99/lb</p>	 <p><b>4<sup>49</sup></b> /100 g IRRESISTIBLES ARTISAN ANGUS ROAST BEEF DELI SLICED OR SHAVED, 20.37/lb</p>
 <p><b>9<sup>49</sup></b> ea. IRRESISTIBLES ARTISAN DRY SAUSAGE 300 g, SELECTED VARIETIES</p>	 <p><b>8<sup>49</sup></b> ea. IRRESISTIBLES ARTISAN GOAT CHEESE 250 g SELECTED VARIETIES</p>	 <p><b>6<sup>49</sup></b> ea. IRRESISTIBLES GOAT FETA CHEESE 200 g</p>	 <p><b>6<sup>49</sup></b> ea. COAT Cheese FETA Fromage de CHEVRE 22oz (625g)</p>

**ALOHA FLAVOUR FRESH FOR SPRING LIMITED TIME ONLY**

**metro FRESH 2 GO**

 <p><b>7<sup>00</sup></b> 3 sliders LANAI HAM SLIDERS 273 g</p>	 <p><b>14<sup>99</sup></b> ea. BIG ISLAND HAWAIIAN PIZZA 8 SLICES</p>
 <p><b>10<sup>00</sup></b> ea. MAUI CHICKEN BOWL 500 g</p>	 <p><b>13<sup>88</sup></b> 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



 <p>FRONT STREET BAKERY SCONES PKG OF 4, 284 g SELECTED VARIETIES</p>	 <p>FRONT STREET BAKERY COOKIE BITES PKG OF 24, 336 - 360 g SELECTED VARIETIES</p>	 <p>FRONT STREET BAKERY PUMPERNICKEL BREAD 475 g</p>	 <p>FRONT STREET BAKERY HOT CROSS BUNS PKG OF 6, 300 g</p>
<p><b>4.79</b> ea.</p>		<p><b>3.79</b> ea.</p>	
 <p>FRONT STREET BAKERY ALL BUTTER MINI CROISSANTS PKG OF 12, 336 g</p>	 <p>IRRESISTIBLES ARTISAN FRUIT PIES 750 g SELECTED VARIETIES</p>	 <p>FRONT STREET BAKERY PANINI ROLLS PKG OF 6, 325 g</p>	 <p>FRONT STREET BAKERY OLIVE OIL OR MULTIGRAIN CALABRESE BREADS 454 - 600 g</p>
<p><b>4.69</b> ea.</p>		<p><b>7.99</b> ea.</p>	

## Chocolate Lovers

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

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

# Breakfast Essentials

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

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



# More Great Savings

<p><b>2 for 7.00</b> SMARTFOOD POPCORN OR HAVOC CHIPS SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>5.49 ea.</b> QUAKER CRISPY MINIS FAMILY SIZE RICE CAKES 20 g, SELECTED VARIETIES</p>	<p><b>2 for 7.50</b> RICEWORKS RICE CRISPS SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.</p>	<p><b>2 for 7.00</b> GOLDFISH CRACKERS OR CRISPS SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p>
<p><b>10.99 ea.</b> SAN PELLEGRINO, PERRIER OR MAISON PERRIER SPARKLING WATER 6 x 1 L, SELECTED VARIETIES</p>	<p><b>2 for 12.00</b> BUY MORE SAVE MORE! AHA SPARKLING WATER LESS THAN 2 PAY 8.99 EA. 12 x 255 ml, SELECTED VARIETIES</p>	<p><b>21.49 ea.</b> CORONA SUNBREW NON ALCOHOLIC BEER 12 x 355 ml</p>	<p><b>2 for 7.00</b> HARIBO GUMMY CANDY 175 g, SELECTED VARIETIES</p>
<p><b>30% off</b> McCORMICK GOURMET SPICES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>2.99 ea.</b> NO YOLKS EGG NOODLES 340 g, SELECTED VARIETIES</p>	<p><b>2.99 ea.</b> VOORTMAN WAFERS SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>2 for 11.00</b> HERSHEY'S CHOCOLATE SELECTED SIZES, SELECTED VARIETIES</p>
<p><b>4.99 ea.</b> HEALTHY CHOICE FROZEN MEALS SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>4.99 ea.</b> BOSTON MARKET FROZEN ENTREES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>9.99 ea.</b> MIKES PIZZA SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>1.99 ea.</b> 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><b>3.99 ea.</b> PHILADELPHIA CREAM CHEESE 227 g, SELECTED VARIETIES</p>	<p><b>2 for 7.00</b> MIO ENERGY+ WATER ENHANCERS DISCOUNT BLACK CHERRY - CERESE MIO SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p>	<p><b>3.49 ea.</b> KRAFT BBQ SAUCE 455 ml, SELECTED VARIETIES</p>	<p><b>5.99 ea.</b> MIRACLE WHIP DRESSING 450 - 490 ml, SELECTED VARIETIES</p>
<p><b>5.49 ea.</b> KRAFT HEINZ KETCHUP 750 ml - 1 L, SELECTED VARIETIES</p>	<p><b>3.99 ea.</b> BULL'S EYE OR DIANA BBQ SAUCE OR MARINADES 375 - 500 ml, SELECTED VARIETIES</p>	<p><b>2 for 8.00</b> KRAFT DRESSING 425 - 475 ml, SELECTED VARIETIES</p>	<p><b>4.99 ea.</b> 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.



**9<sup>99</sup>** ea. ORGANIC MEADOW ICE CREAM 946 ml SELECTED VARIETIES



**8<sup>49</sup>** ea. SO DELICIOUS FROZEN DESSERT 500 ml SELECTED VARIETIES



**8<sup>99</sup>** ea. ENLIGHTENED FROZEN DESSERT 473 ml SELECTED VARIETIES



**6<sup>49</sup>** ea. COOL WAY ICE CREAM 500 ml SELECTED VARIETIES



**6<sup>49</sup>** ea. BEN & JERRY'S FROZEN DESSERT 473 ml SELECTED VARIETIES



**7<sup>99</sup>** ea. DREAM POPS FROZEN DESSERT 118 ml SELECTED VARIETIES



**6<sup>99</sup>** ea. RIGHTEOUS FROZEN DESSERT 473 ml SELECTED VARIETIES



**2 for 11<sup>00</sup>** Less than 2 pay 7.49 ea. HÄAGEN-DAZS ICE CREAM 400 ml SELECTED VARIETIES



**7<sup>49</sup>** ea. HAPPY POPS! ICED BAR 4 x 66 ml SELECTED VARIETIES



**8<sup>99</sup>** ea. ENLIGHTENED ICE BAR 4 x 81 ml



**6<sup>99</sup>** ea. NANA POPS! ICED BAR 3 x 80 ml SELECTED VARIETIES



**4<sup>99</sup>** ea. MAGNUM ALMOND NON-DAIRY ICE BAR 3 x 90 ml

## Organic

<p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 8.00</b></p> <p>LESS THAN 2 PAY 4.29 EA.</p> <p><b>3 BROTHER CHICKEN</b> 946 mL, SELECTED VARIETIES</p>	<p><b>LOVE CRUNCH GRANOLA</b> 325 g SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>	<p><b>LOVE CRUNCH</b></p>	<p><b>ANNIE'S COOKIES</b> 23 g SELECTED VARIETIES</p> <p><b>3.99</b> ea.</p>	<p><b>ANNIE'S</b> Bunny Grahams Biscuits/Mix</p>	<p><b>2 for 6.00</b></p> <p><b>NATUR-A SOY BEVERAGE</b> 3 x 200 mL, SELECTED VARIETIES OR 3.29 EA.</p>
<p><b>THEOBROMA CHOCOLATE BAR</b> 80 g SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>	<p><b>CHAS' CANNED FRUIT</b> 400 mL SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>	<p><b>CHAS' MANGO CHUNKS</b> ORGANIC 80% FRESH MANGO IN JUICE 400 mL</p>	<p><b>PLUM-M GOOD RICE CAKES</b> 95 g SELECTED VARIETIES OR 2.29 EA.</p> <p><b>2 for 6.00</b></p>	<p><b>plumm</b> RICE THINS 95 g</p>	<p><b>2 for 8.00</b></p> <p><b>GOGO QUINOA PASTA</b> 227 g, SELECTED VARIETIES OR 4.29 EA.</p>

## Non-GMO

<p><b>BOB'S RED MILL OATMEAL</b> 907 g SELECTED VARIETIES</p> <p><b>7.49</b> ea.</p>	<p><b>STEAZ ICED GREEN TEA</b> 473 mL SELECTED VARIETIES OR 2.49 EA.</p> <p><b>2 for 4.00</b></p>	<p><b>BEYOND MOO YOGURT</b> 400 g SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	<p><b>NUTS TO YOU SPREAD</b> 385 g SELECTED VARIETIES</p> <p><b>9.99</b> ea.</p>
<p><b>MANITOBA HARVEST HEMP SEEDS</b> 227 g</p> <p><b>7.99</b> ea.</p>	<p><b>LIFE SMART MAPLE SYRUP</b> 250 mL</p> <p><b>5.49</b> ea.</p>	<p><b>HARVEST SNAPS SNACKS</b> 71-94 g or <b>POPPY SODA</b> 255 mL SELECTED VARIETIES OR 2.89 EA.</p> <p><b>2 for 5.00</b></p>	<p><b>Colbee</b> <b>HARVEST SNAPS</b> ORIGINAL / L'ORIGINAL</p>

## Plant-Based

<p><b>BEYOND MOO YOGURT</b> 400 g SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	<p><b>NUTS TO YOU SPREAD</b> 385 g SELECTED VARIETIES</p> <p><b>9.99</b> ea.</p>
<p><b>MANITOBA HARVEST HEMP SEEDS</b> 227 g</p> <p><b>7.99</b> ea.</p>	<p><b>LIFE SMART MAPLE SYRUP</b> 250 mL</p> <p><b>5.49</b> ea.</p>

## 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

**GLAD Cling Wrap** 30'

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

**2.99** ea.

**CLOROX CLEANERS** SELECTED SIZES, SELECTED VARIETIES

**4.99** ea.

**Ziploc** 5 BONUS MILES when you buy 1

**4.99** ea.

**ALCAN ALUMINIUM FOIL, REYNOLDS AIR FRYER MAT, SOLO PAPER PLATES OR RED CUPS** SELECTED SIZES, SELECTED VARIETIES

**7.99** ea.

clean without the mean  
this earth month.

**3.99** ea.

**METHOD HAND SOAP** 300-354 mL, SELECTED VARIETIES

method

**10 BONUS MILES** when you buy 2

**10 BONUS MILES** when you buy 2

**IVORY GENTLE BAR SOAP** 10 x 90 g, SELECTED VARIETIES

**5.99** ea.

**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

## IT'S OUR HOME

**COMMITTED TO SAVE ENERGY**

**10 BONUS MILES** when you buy 1

**15.99** ea.

**TIDE PODS OR LAUNDRY DETERGENT** SELECTED SIZES, SELECTED VARIETIES

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

**10 BONUS MILES** when you buy 1

**15.99** ea.

**DOWNY FABRIC SOFTENERS OR SCENT BOOSTERS** SELECTED SIZES, SELECTED VARIETIES

**COMMITTED TO RESPONSIBLE SOURCING**

**5 BONUS MILES** when you buy 1

**8.99** ea.

**BOUNTY PAPER TOWELS OR CHARMIN BATHROOM TISSUE** 2-8 m., SELECTED VARIETIES

2 trees planted for every tree used

**COMMITTED TO REDUCE PLASTIC WASTE**

**4.49** ea.

**FEBREZE AIR FRESHENERS** SELECTED SIZES, SELECTED VARIETIES

Febreze is working with TerraCycle to reduce waste

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



**LOCALLY  
SOURCED**  
ONTARIO

**We take pride in sourcing locally from the  
Escarpment Region.**

JENSEN  
CHEESE CURDS  
12.66/lb  
SELECTED VARIETIES

**279**  
/100 g



UNIQUOL  
ROLLED CHICKEN WITH  
GARLIC, DILL OR  
JALAPEÑO  
10.39/lb  
SELECTED VARIETIES

**229**  
/100 g



WRAP IT UP RAW  
210 g

**849**  
ea.



MRAKOVIC  
CHEVAPI, BEEF SLIDERS  
OR CHICKEN BURGERS  
FROZEN, 560 - 678 g

**1199**  
ea.



NATURE'S MIX  
GRANOLA  
550 - 575 g  
SELECTED VARIETIES

**999**  
ea.



GREEN TABLE  
FERMENTED SIDES  
500 ml  
SELECTED VARIETIES

**899**  
ea.



Effective April 25 - May 22, 2024

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**BlueWater SEAFOODS**

BLUEWATER BREADED FISH FILLETS FROZEN, 350 - 600 g SELECTED VARIETIES **7<sup>99</sup>** ea.

BLUEWATER BREADED FISH FILLETS FROZEN, 480 - 525 g **9<sup>99</sup>** ea.

BLUEWATER BREADED SHRIMP FROZEN, 210 - 325 g **7<sup>99</sup>** ea.

BLUEWATER CLASSIC CUTS FILLETS FROZEN, 725 g **9<sup>99</sup>** ea.



**SCHNEIDERS** EST. 1890

CANADIAN CRAFTED SINCE 1890

MAPLE LEAF OR SCHNEIDERS BACON 65 - 375 g SELECTED VARIETIES **6<sup>99</sup>** ea.

SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375 - 450 g SELECTED VARIETIES **6<sup>99</sup>** ea.

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



**MapleLodge FARMS LTD.** SINCE • DEPUIS 1955

MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450 g SELECTED VARIETIES **2<sup>99</sup>** ea.



**MapleLodge FARMS**

ULTIMATE CHICKEN FRANKFURTERS SAUCISSES DE FRANCFORT DE POULET 10 900 g **6<sup>99</sup>** ea.

MAPLE LODGE CHICKEN BACON OR ZABIHA HALAL 375 g **4<sup>99</sup>** ea.

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





## COFFEE: THE ULTIMATE PICK-ME-UP

Maxwell House NABOB TASSIMO CAFE BORISTA

MAXWELL HOUSE  
GROUND COFFEE  
631-925 g  
SELECTED VARIETIES  
**10<sup>99</sup>**  
ea.



NABOB  
GROUND COFFEE  
930 g  
OR NABOB OR  
MAXWELL HOUSE  
COFFEE CAPSULES  
30 un  
SELECTED VARIETIES  
**15<sup>99</sup>**  
ea.



**21<sup>99</sup>**  
ea. BARISTA  
GROUND COFFEE OR CAPSULES  
875-900 g, 30 un  
SELECTED VARIETIES



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



TINGLY TED'S  
HOT SAUCE  
249 ml  
SELECTED VARIETIES  
**5<sup>99</sup>**  
ea.



CRAVE  
SCRAMBLE KIT  
SELECTED SIZES  
SELECTED VARIETIES  
**2<sup>99</sup>**  
ea.



PHILADELPHIA  
CREAM CHEESE,  
CHEEZ WHIZ SPREAD  
OR KRAFT SINGLES  
SELECTED SIZES  
SELECTED VARIETIES  
**3<sup>99</sup>**  
ea.

