

# metro



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

**1.99** /100 g



**CUT BY OUR BUTCHER**

**RED GRILL BEEF**

**8.88** /lb

RED GRILL STRIP LOIN STEAK VALUE PACK OR ROAST OR BEEF SHORT RIBS CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 19.58/kg



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

**1/2 PRICE**



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

**FRESH**

**5.99** /lb

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

**2.44** /lb

FRESH CHICKEN DRUMSTICKS OR THIGHS OR ZABIHA HALAL 5.38/kg



**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, 2,200/2000 g 9.99/lb, 350 g 9.99 EA, WHOLE CANADIAN LOBSTER 350 g 9.99 EA, COOKED SHRIMP 41-50, 500 g 9.99 EA, FROZEN

**9.99** /lb or ea.



**McCafe 100% ETHICALLY SOURCED ARABICA BEANS**  
PREMIUM BLEND

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

**SAVE \$4.00**

**16.99** ea.



**PHILADELPHIA ORIGINAL**  
SELECTED SIZES, SELECTED VARIETIES

**3.99** ea.

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

**4.99** ea.

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



**Jamieson B12 1,200**  
BONUS 60 + 30 Supports energy metabolism

**Jamieson C 500 mg**  
BONUS 300 + 30 Supports a healthy immune system

**Jamieson D3 1,000 IU**  
BONUS 300 + 30 Supports a healthy immune system and bone health

**50% off**

JAMIESON VITAMINS SELECTED SIZES, SELECTED VARIETIES



**Tostitos**  
ROUNDS-RONDES

**ESKA**  
NATURAL SPRING WATER 24x 500 ml

**Cashmere**  
UltraSoft

**Sponge Towels**  
ULTRA

**2 for 7.00**

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

**SAVE \$6.05**

**3.44** ea.

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

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



Maki Sushi Boat  
16 PIECES



Hot Chicken Tenders or Wings  
PACKAGE OF 12 (TENDERS) OR 15 (WINGS)



Store Made Carousels  
FRESH VEGETABLE 955 g  
FRESH FRUIT 1.4 kg



Fresh 2 Go  
Hot BBO Mammoth Chicken 1.4kg



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

**YOUR CHOICE 10.99 EACH**



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

**2.99** ea.

VIDALIA SWEET YELLOW ONIONS 3 lb, PRODUCT OF U.S.A., No. 1 GRADE  
ASSORTED COLOUR SWEET PEPPERS 3 PK, PRODUCT OF ONTARIO  
MINI CUCUMBERS 907 g, PRODUCT OF ONTARIO, CANADA No. 1 GRADE

**3.44** ea.

SWEET POTATOES  
PRODUCT OF ONTARIO  
1.70/kg

**77¢** /lb

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

**2.88** ea.

TROPICANA OR IRRESISTIBLES JUICE  
SELECTED SIZES  
SELECTED VARIETIES

**3.49** ea.

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

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

**5.77** ea.

made by my metro **m**

STORE MADE SAUSAGES VALUE PACK  
SELECTED VARIETIES  
8.80/kg

**3.99** /lb

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

JANES  
PUB STYLE  
chicken Strips  
70g

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

**6.99** ea.

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

**9.99** /lb

**1/2 PRICE**

MASTRO  
SALAMI  
GENOVA • DE GÈNES  
SALAMI  
150 g

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

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

**5.99** ea.

LA ROCCA  
CAKES  
600 g  
SELECTED VARIETIES

SAVE \$5.00

**14.99** ea.

IRRESISTIBLES CREAM PIES  
830 g  
SELECTED VARIETIES

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

**9.99** ea.

mix & match

MARKET BUNCHES  
ASSORTED COLOURS AND FLOWER VARIETIES

**3 for 25.00** or 8.99 ea.

# MANAGER'S SPECIALS

3 DAYS ONLY!  
FRIDAY TO  
SUNDAY

**BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.**

IN-STORE ONLY. NO RAIN CHECKS.

GRAPE TOMATOES  
PRODUCT OF MEXICO  
283 g

**99¢**  
ea.



GREEN SWEET PEPPERS  
PRODUCT OF U.S.A.  
PKG OF 4

**1.99**  
ea.



PKG OF 4

SEEDLESS CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO.1 GRADE

**99¢**  
ea.



BUTTERNUT SQUASH  
PRODUCT OF ARGENTINA  
2.18/kg

**99¢**  
/lb



# \$ New Lower Prices

IRRESISTIBLES PORK BACK RIBS 680 g or SELECTION CHICKEN WINGS 850 g or BEEF BURGERS 3.8 kg FROZEN, SELECTED VARIETIES

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

4 PACK **metro FRESH 2 GO**

PKG OF 4

WILD ARGENTINIAN SHRIMP 20 - 30 SIZE 600 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

SELECTION BUTTER 454 g SELECTED VARIETIES

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

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

BEATRICE CHOCOLATE MILK 1 L 0K 2.99 EA.

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

LACTANTIA PURIFILTRE MILK 1.5 L, SELECTED VARIETIES

QUAKER CHEWY BARS 120 - 156 g SELECTED VARIETIES

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

CHOCOLATE CHIP CHEWY

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

TWININGS HERBAL TEA 20 mL, SELECTED VARIETIES

TWININGS Chai Pure Peppermint

KICKING HORSE GROUND COFFEE 294 g or SALT SPRING COFFEE BEANS 400 g SELECTED VARIETIES

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

SALT SPRING COFFEE DECAF

KICKING HORSE COFFEE KICK ASS THREE SISTERS

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

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

RITZ original OREO Chips Ahoy! ORIGINAL ORIGINAL

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

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

WHITE CHEDDAR CHEESEBLAND party mix mélange fiesta

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

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

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

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

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

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

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

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

finish Purex 4-in-1 GLAD POST 10 L 44 BAGS

**LOCALLY SOURCED ONTARIO**

We take pride in sourcing locally from the Greater Toronto Area

LOCALLY SOURCED ITEMS AVAILABLE AT SELECT STORES ONLY.

HALEND'S PEPPERETTE STICKS MILD OR HOT, 100 g, SELECTED VARIETIES

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

NOSTRA GOURMET FOODS PASTA ENTREES FROZEN, 850 g, SELECTED VARIETIES

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

3 CHEESE CANNELLO AUX 3 FROMAGES VEAL LASAGNA LASAGNES DE VEAU

CHRISODA PREMIUM SODA 250 mL, SELECTED VARIETIES

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

MISS 'P' SAUCES 375 mL, SELECTED VARIETIES

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

MOONG PANI SIPPING BROTH 100 g, SELECTED VARIETIES

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

OKAZU MISO 230 ml, SELECTED VARIETIES

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

**15 BONUS MILES** when you buy 2

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

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

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

GATORADE SPORTS DRINKS 8 x 355 mL, 6 x 591 mL SELECTED VARIETIES OR 6.99 EA.

**20 BONUS MILES** when you buy 2

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

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

NESTEA CANADA DRY GINGER ALE PEACE TEA

# UNLOCK APP-CLUSIVE SAVINGS.



**\$1.99**

**Lactantia  
Cream**

473 ml - 1 L  
Selected Varieties

**SAVE  
\$3.00**

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



AIR MILES.

**LIMIT ONE REDEMPTION PER CUSTOMER**

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

## Farm Fresh Produce

|  |   |   |  |
|--|---|---|--|
|  <p><b>4<sup>99</sup></b> ea.<br/>SWEET CORN 4 PK<br/>PRODUCT OF U.S.A., No. 1 GRADE</p>                                     |  <p><b>3<sup>99</sup></b> /lb<br/>EXTRA LARGE RED OR GREEN SEEDLESS GRAPES<br/>PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE<br/>8.80/kg</p> |  <p><b>3<sup>99</sup></b> ea.<br/>ANGEL SWEET TOMATOES 253 g<br/>PRODUCT OF ONTARIO<br/>SWEET CHERRY TOMATOES 541 ml<br/>PRODUCT OF ONTARIO</p> |  |
|  <p><b>3<sup>99</sup></b> ea.<br/>BLACKBERRIES 170 g<br/>PRODUCT OF MEXICO<br/>GOLDBERRIES 200 g<br/>PRODUCT OF COLOMBIA</p> |  <p><b>1<sup>99</sup></b> /lb<br/>LARGE SEEDLESS NAVEL ORANGES<br/>PRODUCT OF U.S.A.<br/>4.39/kg</p>   |  <p><b>2<sup>49</sup></b> /lb<br/>EXTRA LARGE BEEFSTEAK TOMATOES<br/>PRODUCT OF ONTARIO<br/>5.49/kg</p>  |  <p><b>4<sup>99</sup></b> ea.<br/>ROMAINE HEARTS<br/>3 PK, PRODUCT OF U.S.A.</p>                                 |
|  <p><b>2 for 4<sup>00</sup></b><br/>HONEY ATAULFO MANGOES<br/>PRODUCT OF MEXICO</p>  |  <p><b>2<sup>49</sup></b> /lb<br/>LARGE BARTLETT PEARS<br/>PRODUCT OF ARGENTINA OR SOUTH AFRICA, EXTRA FANCY GRADE<br/>5.49/kg</p>           |  <p><b>4<sup>99</sup></b> ea.<br/>GREEN GIANT SNOW PEAS 170 g<br/>SUGAR SNAP PEAS 227 g<br/>PRODUCT OF GUATEMALA</p>                             |  <p><b>3<sup>29</sup></b> ea.<br/>BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g<br/>PRODUCT OF ONTARIO</p> |
|  <p><b>4<sup>49</sup></b> ea.<br/>JUMBO PINEAPPLES<br/>PRODUCT OF COSTA RICA</p>  |  <p><b>4<sup>49</sup></b> ea.<br/>GREEN BEANS 340 g<br/>PRODUCT OF U.S.A.</p>   |  <p><b>1<sup>99</sup></b> /lb<br/>GREEN OR GREY ZUCCHINI<br/>PRODUCT OF MEXICO<br/>4.39/kg</p>  |  <p><b>3<sup>99</sup></b> /lb<br/>MINI ITALIAN EGGPLANTS<br/>PRODUCT OF ONTARIO<br/>8.80/kg</p>                 |
|  <p><b>6<sup>99</sup></b> ea.<br/>IRRESISTIBLES ULTIMATE SNACKING MIXES<br/>PEANUT 450 g<br/>POPCORN 520 g</p>             |  <p><b>5<sup>99</sup></b> ea.<br/>BOLTHOUSE JUICES OR SMOOTHIES<br/>196 ml<br/>SELECTED VARIETIES</p>                                      |  <p><b>4<sup>49</sup></b> ea.<br/>ATTITUDE SALADS 142 g<br/>PRODUCT OF U.S.A.<br/>SELECTED VARIETIES</p>                                       |  <p><b>2<sup>69</sup></b> ea.<br/>SWEET NANTES CARROTS 454 g<br/>PRODUCT OF MEXICO, No. 1 GRADE</p>            |

## Organic

|   |   |  |  |
|---|---|--|--|
|  <p><b>2<sup>99</sup></b> ea.<br/>ORGANIC SEEDLESS CUCUMBERS<br/>PRODUCT OF ONTARIO, CANADA No. 1 GRADE</p> |  <p><b>5<sup>99</sup></b> ea.<br/>ORGANIC VIDALIA ONIONS 2 lb<br/>PRODUCT OF U.S.A., No. 1 GRADE<br/>ORGANIC MINI PEPPERS 454 g<br/>PRODUCT OF ONTARIO</p> |  <p><b>3<sup>99</sup></b> ea.<br/>ORGANIC GREEN ZUCCHINI 2 PK<br/>PRODUCT OF MEXICO</p> |  <p><b>4<sup>99</sup></b> ea.<br/>ORGANIC BLUEBERRIES 170 g<br/>PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE</p> |
|---|---|--|--|

## Sliced & Diced

|   |  |
|---|--|
|  <p><b>3<sup>99</sup></b> ea.<br/>STORE MADE YOGURT PARFAITS 320 g</p>      |  <p><b>4<sup>99</sup></b> ea.<br/>CORED GOLDEN PINEAPPLES 400 g</p>             |
|  <p><b>6<sup>99</sup></b> ea.<br/>STORE MADE CHICKEN SALADS 252 - 400 g</p> |  <p><b>8<sup>99</sup></b> ea.<br/>STORE MADE LARGE DELUXE FRUIT SALAD 730 g</p> |

## Flowers in Bloom

|   |   |
|---|---|
|  <p><b>2 for 20<sup>00</sup></b> or <b>11.00</b> ea.<br/>INTERMEDIATE ROSES<br/>10 STEM BUNCH<br/>ASSORTED COLOURS</p> |  <p><b>22<sup>99</sup></b> ea.<br/>HYDRANGEAS<br/>6.5" POT<br/>ASSORTED COLOURS</p> |
|  <p><b>16<sup>99</sup></b> ea.<br/>GERBERA BOUQUET<br/>ASSORTED COLOURS</p>  |  <p><b>22<sup>99</sup></b> ea.<br/>HYDRANGEAS<br/>6.5" POT<br/>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><br/>ea.<br/>DOM CEDAR PLANKED SALMON<br/>454 g, SELECTED VARIETIES</p> |  <p><b>9<sup>99</sup></b><br/>/lb<br/>SEAFOOD BOIL<br/>FROZEN, 2.27/100 g</p>                |  <p><b>INCLUDES</b><br/>SNOW CRAB,<br/>RAW SHRIMP,<br/>LOBSTER CLAWS<br/>AND CLAMS</p>  |  |
|  <p><b>99¢</b><br/>ea.<br/>PACIFIC WHITE SHRIMP SKEWERS<br/>FROZEN OR PREVIOUSLY FROZEN, 55 g</p> |  <p><b>7<sup>99</sup></b><br/>ea.<br/>HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS 50 g</p>   |  <p><b>7<sup>99</sup></b><br/>/lb<br/>LOUIS KEMP SEA LEGS SURIMI<br/>1.77/100 g</p>  |  <p><b>15<sup>99</sup></b><br/>/lb<br/>TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS<br/>FROZEN, 1.53/100 g</p> |
|  <p><b>9<sup>99</sup></b><br/>/lb<br/>BAY SCALLOPS, 40/60 SIZE<br/>FROZEN, 2.21/100 g</p>         |  <p><b>11<sup>99</sup></b><br/>ea.<br/>PIER 87 PREMIUM SEAFOOD SELECT TRIO FROZEN, 454 g</p> |  <p><b>7<sup>99</sup></b><br/>ea. or /lb<br/>HIGH LINER WILD PACIFIC SALMON SIDES 7.99/lb, 1.77/100 g<br/>PORTIONS 400 g or FAMILY PACKS 500-700 g, 7.99 EACH FROZEN</p> |  <p><b>34<sup>99</sup></b><br/>ea.<br/>AQUA STAR RESERVE KING CRAB LEGS &amp; CLAWS<br/>FROZEN, 500 g</p>        |

*Irresistibles*

|   |   |   |  |
|---|---|---|--|
|  <p><b>6<sup>99</sup></b><br/>ea.<br/>IRRESISTIBLES SHRIMP BURRITOS<br/>FROZEN, 140 g</p> |  <p><b>9<sup>99</sup></b><br/>ea.<br/>IRRESISTIBLES ATLANTIC SMOKED SALMON<br/>FROZEN, 150 g</p> |  <p><b>10<sup>99</sup></b><br/>ea.<br/>IRRESISTIBLES MARYLAND STYLE CRAB CAKES<br/>FROZEN, 227 g</p> |  <p><b>10<sup>99</sup></b><br/>ea.<br/>IRRESISTIBLES TEMPURA SHRIMP VALUE PACK<br/>FROZEN, 500 g</p> |
|---|---|---|--|

**Exclusive to METRO**

|  |  |  |   |
|--|--|--|---|
|  <p><b>4<sup>79</sup></b><br/>/100 g<br/>IRRESISTIBLES ARTISAN PORCHETTA<br/>DELI SLICED OR SHAVED, 21.73/lb</p> |  <p><b>3<sup>49</sup></b><br/>/100 g<br/>IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI<br/>SELECTED VARIETIES<br/>DELI SLICED OR SHAVED, 15.03/lb</p> |  <p><b>3<sup>79</sup></b><br/>/100 g<br/>IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN<br/>DELI SLICED, 12.79/lb</p> |  <p><b>4<sup>49</sup></b><br/>/100 g<br/>IRRESISTIBLES ARTISAN ANGUS ROAST BEEF<br/>DELI SLICED OR SHAVED, 20.37/lb</p> |
|  <p><b>9<sup>49</sup></b><br/>ea.<br/>IRRESISTIBLES ARTISAN DRY SAUSAGE<br/>300 g, SELECTED VARIETIES</p>        |  <p><b>8<sup>49</sup></b><br/>ea.<br/>IRRESISTIBLES ARTISAN GOAT CHEESE 250 g<br/>SELECTED VARIETIES</p>  |  <p><b>6<sup>49</sup></b><br/>ea.<br/>IRRESISTIBLES GOAT FETA CHEESE<br/>200 g</p>   |   |

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

**metro FRESH 2 GO**

|   |  |
|---|--|
|  <p><b>7<sup>00</sup></b><br/>3 sliders<br/>LANAI HAM SLIDERS<br/>273 g</p> |  <p><b>14<sup>99</sup></b><br/>ea.<br/>BIG ISLAND HAWAIIAN PIZZA<br/>8 SLICES</p>            |
|  <p><b>10<sup>00</sup></b><br/>ea.<br/>MAUI CHICKEN BOWL<br/>500 g</p>      |  <p><b>13<sup>88</sup></b><br/>ea.<br/>O'AHU PINEAPPLE MANGO CHICKEN<br/>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<br/>SCONES<br/>PKG OF 4, 284 g<br/>SELECTED VARIETIES</p>   |  <p>FRONT STREET BAKERY<br/>COOKIE BITES<br/>PKG OF 24, 336 - 360 g<br/>SELECTED VARIETIES</p> |  <p>FRONT STREET BAKERY<br/>PUMPERNICKEL BREAD<br/>475 g</p>     |  <p>FRONT STREET BAKERY<br/>HOT CROSS BUNS<br/>PKG OF 6, 300 g</p>                           |
| <p><b>4.79</b> ea.</p>  |   | <p><b>YOUR CHOICE</b><br/><b>3.79</b> ea.</p>   |  |
|  <p>FRONT STREET BAKERY<br/>ALL BUTTER<br/>MINI CROISSANTS<br/>PKG OF 12, 336 g</p> |  <p>IRRESISTIBLES ARTISAN<br/>FRUIT PIES<br/>750 g<br/>SELECTED VARIETIES</p>                  |  <p>FRONT STREET BAKERY<br/>PANINI ROLLS<br/>PKG OF 6, 325 g</p> |  <p>FRONT STREET BAKERY<br/>OLIVE OIL OR MULTIGRAIN<br/>CALABRESE BREADS<br/>454 - 600 g</p> |
| <p><b>4.69</b> ea.</p>  |   | <p><b>7.99</b> ea.</p>  |  |

## Chocolate Lovers

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

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

# Breakfast Essentials

|  |   |  |   |
|--|---|--|---|
|  <p>IRRESISTIBLES<br/>LEMONADE OR<br/>ICED TEA<br/>1.5 L<br/>SELECTED VARIETIES</p> |  <p>NATREL<br/>ORGANIC MILK<br/>2 L<br/>SELECTED VARIETIES</p> |  <p>OATBOX<br/>GRANOLA CEREAL 300 g<br/>SELECTED VARIETIES</p>          |  <p>IMPERIAL<br/>MARGARINE<br/>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<br/>COFFEE BEANS 340 g<br/>SELECTED VARIETIES</p>                      |  <p>RED ROSE<br/>ORANGE PEKOE<br/>TEA BAGS 72 ct.</p>          |  <p>STARBUCKS VIA<br/>INSTANT COFFEE<br/>26.4 g, SELECTED VARIETIES</p> |  <p>TRUVIA<br/>SWEETENER 270 g<br/>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<br/>SPREAD 225 ml<br/>SELECTED VARIETIES</p>                        |  <p>IRRESISTIBLES<br/>MAPLE SYRUP<br/>375 ml</p>               |  <p>SELECTION<br/>COTTAGE CHEESE<br/>500 g<br/>SELECTED VARIETIES</p>   |  <p>COFFEE MATE<br/>CREAMER<br/>SELECTED SIZES<br/>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<br/>HASHBROWNS<br/>1 kg</p>   |  <p>McCain<br/>BREAKFAST POCKETS<br/>600 g</p>                 |  <p>JIF<br/>PEANUT BUTTER<br/>1 kg<br/>SELECTED VARIETIES</p>           |  <p>SELECTION<br/>HONEY<br/>500 g<br/>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><br/>SMARTFOOD POPCORN OR HAVOC CHIPS<br/>SELECTED SIZES, SELECTED VARIETIES</p>                  | <p><b>5.49 ea.</b><br/>QUAKER CRISPY MINIS FAMILY SIZE RICE CAKES<br/>20 g, SELECTED VARIETIES</p>   | <p><b>2 for 7.50</b><br/>RICEWORKS RICE CRISPS<br/>SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.</p> | <p><b>2 for 7.00</b><br/>GOLDFISH CRACKERS OR CRISPS<br/>SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p> |
| <p><b>10.99 ea.</b><br/>SAN PELLEGRINO, PERRIER OR MAISON PERRIER SPARKLING WATER<br/>6 x 1 L, SELECTED VARIETIES</p> | <p><b>2 for 12.00</b><br/>BUY MORE SAVE MORE!<br/>AHA SPARKLING WATER<br/>LESS THAN 2 PAY 8.99 EA.<br/>12 x 255 ml, SELECTED VARIETIES</p> | <p><b>21.49 ea.</b><br/>CORONA SUNBREW NON ALCOHOLIC BEER<br/>12 x 355 ml</p>                         | <p><b>2 for 7.00</b><br/>HARIBO GUMMY CANDY<br/>175 g, SELECTED VARIETIES</p>                               |
| <p><b>30% off</b><br/>McCORMICK GOURMET SPICES<br/>SELECTED SIZES, SELECTED VARIETIES</p>                             | <p><b>2.99 ea.</b><br/>NO YOLKS EGG NOODLES<br/>340 g, SELECTED VARIETIES</p>  | <p><b>2.99 ea.</b><br/>VOORTMAN WAFERS<br/>SELECTED SIZES, SELECTED VARIETIES</p>                     | <p><b>2 for 11.00</b><br/>HERSHEY'S CHOCOLATE<br/>SELECTED SIZES, SELECTED VARIETIES</p>                    |
| <p><b>4.99 ea.</b><br/>HEALTHY CHOICE FROZEN MEALS<br/>SELECTED SIZES, SELECTED VARIETIES</p>                         | <p><b>4.99 ea.</b><br/>BOSTON MARKET FROZEN ENTREES<br/>SELECTED SIZES, SELECTED VARIETIES</p>   | <p><b>9.99 ea.</b><br/>MIKES PIZZA<br/>SELECTED SIZES, SELECTED VARIETIES</p>                         | <p><b>1.99 ea.</b><br/>GREEN GIANT FROZEN VEGETABLES<br/>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** (Lays) / **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><br/>PHILADELPHIA CREAM CHEESE<br/>227 g, SELECTED VARIETIES</p>  | <p><b>2 for 7.00</b><br/>MIO ENERGY+ WATER ENHANCERS<br/>DISCOUNT<br/>BLACK CHERRY - CERESE MIO<br/>SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p> | <p><b>3.49 ea.</b><br/>KRAFT BBQ SAUCE<br/>455 ml, SELECTED VARIETIES</p>        | <p><b>5.99 ea.</b><br/>MIRACLE WHIP DRESSING<br/>450 - 490 ml, SELECTED VARIETIES</p> |
| <p><b>5.49 ea.</b><br/>KRAFT HEINZ KETCHUP<br/>750 ml - 1 L, SELECTED VARIETIES</p> | <p><b>3.99 ea.</b><br/>BULL'S EYE OR DIANA BBQ SAUCE OR MARINADES<br/>375 - 500 ml, SELECTED VARIETIES</p>   | <p><b>2 for 8.00</b><br/>KRAFT DRESSING<br/>425 - 475 ml, SELECTED VARIETIES</p> | <p><b>4.99 ea.</b><br/>KRAFT PURE DRESSING<br/>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><br/>946 mL, SELECTED VARIETIES</p> | <p><b>6.49 ea.</b></p> <p><b>LOVE CRUNCH GRANOLA</b> 325 g<br/>SELECTED VARIETIES</p> | <p><b>3.99 ea.</b></p> <p><b>ANNIE'S COOKIES</b> 233 g<br/>SELECTED VARIETIES</p>                     | <p><b>2 for 6.00</b></p> <p><b>NATUR-A SOY BEVERAGE</b><br/>3 x 200 mL, SELECTED VARIETIES OR 3.29 EA.</p> |
| <p><b>5.49 ea.</b></p> <p><b>THEOBROMA CHOCOLATE BAR</b> 80 g<br/>SELECTED VARIETIES</p>  | <p><b>6.49 ea.</b></p> <p><b>CHA'S CANNED FRUIT</b> 400 mL<br/>SELECTED VARIETIES</p> | <p><b>2 for 6.00</b></p> <p><b>PLUM-M GOOD RICE CAKES</b> 95 g<br/>SELECTED VARIETIES OR 2.29 EA.</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>7.49 ea.</b></p> <p><b>BOB'S RED MILL OATMEAL</b> 907 g<br/>SELECTED VARIETIES</p> | <p><b>2 for 4.00</b></p> <p><b>STEAZ ICED GREEN TEA</b> 473 mL<br/>SELECTED VARIETIES OR 2.49 EA.</p> | <p><b>4.99 ea.</b></p> <p><b>BEYOND MOO YOGURT</b> 500 g<br/>SELECTED VARIETIES</p>  | <p><b>9.99 ea.</b></p> <p><b>NUTS TO YOU SPREAD</b> 385 g<br/>SELECTED VARIETIES</p> |
| <p><b>7.99 ea.</b></p> <p><b>MANITOBA HARVEST HEMP SEEDS</b> 227 g</p>                   | <p><b>5.49 ea.</b></p> <p><b>LIFE SMART MAPLE SYRUP</b> 250 mL</p>                                    | <p><b>2 for 5.00</b></p> <p><b>HARVEST SNAPS SNACKS</b> 71-94 g or <b>POPPY SODA</b> 255 mL<br/>SELECTED VARIETIES OR 2.89 EA.</p> |  |

## Plant-Based

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

**2.99 ea.**

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

**4.99 ea.**

**CLOROX CLEANERS**  
SELECTED SIZES, SELECTED VARIETIES

**4.99 ea.**

**ZIPLOC FREEZER OR SANDWICH BAGS**  
SELECTED SIZES, SELECTED VARIETIES

**7.99 ea.**

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

clean without the mean  
this earth month.

**3.99 ea.**

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

method

**IT'S OUR HOME**

**COMMITTED TO SAVE ENERGY**

**15.99 ea.**

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

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

**COMMITTED TO RESPONSIBLE SOURCING**

**8.99 ea.**

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

2 trees planted for every tree used

**10 BONUS MILES when you buy 2**

**5.99 ea.**

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

**OGX HAIR CARE** 384-385 mL  
SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**2 for 20.00**

LESS THAN 2 PAY 11.99 EA.

**thick & full + biotin & collagen SHAMPOO**

**COMMITTED TO REDUCE PLASTIC WASTE**

**15.99 ea.**

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

**4.49 ea.**

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

Febreze is working with TerraCycle to reduce waste

# BUY MORE SAVE MORE!

**MORE OF WHAT YOU NEED... FOR LESS**

CHECK OUT THESE GREAT SAVINGS AND MORE IN-STORE AND ONLINE



**2 for 800**  
Less than 2 pay 5.79 ea.

IRRESISTIBLES PIZZA  
SELECTED SIZES  
SELECTED VARIETIES



IRRESISTIBLES  
FROZEN FRUITS  
SELECTED SIZES  
SELECTED VARIETIES

**2 for 900**  
Less than 2 pay 5.99 ea.



GOGO SQUEEZ  
FRUIT SNACK  
4 x 90 g  
SELECTED VARIETIES

**2 for 800**  
Less than 2 pay 4.49 ea.



BOW VALLEY  
SAUCE  
350 ml  
SELECTED VARIETIES

**2 for 1000**  
Less than 2 pay 6.99 ea.



NATURAL CABANA  
BEVERAGES  
591 ml  
SELECTED VARIETIES

**2 for 700**  
Less than 2 pay 3.99 ea.



SELECTION  
SOFT DRINKS  
12 x 355 ml  
SELECTED VARIETIES

**2 for 1100**  
Less than 2 pay 6.99 ea.



RUFFLES, DORITOS  
OR CHEETOS SNACKS  
SELECTED SIZES  
SELECTED VARIETIES

**2 for 850**  
Less than 2 pay 5.29 ea.



NESTLE  
CHOCOLATE BAGS  
135 - 203 g  
SELECTED VARIETIES

**2 for 900**  
Less than 2 pay 6.49 ea.



SELECTION  
PASTA  
900 g  
SELECTED VARIETIES

**2 for 400**  
Less than 2 pay 2.49 ea.



SELECTION  
TOMATO SAUCE  
680 ml  
SELECTED VARIETIES

**2 for 400**  
Less than 2 pay 2.79 ea.



ZIPLOC  
MEGA PACK FREEZER  
OR SANDWICH BAGS  
SELECTED SIZES  
SELECTED VARIETIES

**2 for 2400**  
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LYSOL  
CLEANERS  
SELECTED SIZES  
SELECTED VARIETIES

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HALENDIA'S MILD OR HOT PEPPERETTE STICKS  
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SELECTED VARIETIES

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ea.



NOSTRA GOURMET FOODS PASTA ENTRÉES FROZEN, 850 g  
SELECTED VARIETIES

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



CHRISODA PREMIUM SODA  
250 ml  
SELECTED VARIETIES

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



MISS 'P' SAUCES  
375 ml  
SELECTED VARIETIES

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



MOONG PANI SIPPING BROTH  
108 g  
SELECTED VARIETIES

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



OKAZU MISO  
230 ml  
SELECTED VARIETIES

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



Effective April 25 - May 22, 2024

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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.

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

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

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## COFFEE: THE ULTIMATE PICK-ME-UP

Maxwell House NABOB TASSIMO CAFE BORISTA

MAXWELL HOUSE  
GROUND COFFEE  
631-925 g  
SELECTED VARIETIES  
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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

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PEANUT BUTTER OR  
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SELECTED VARIETIES  
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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.

