

# metro

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

**4<sup>88</sup>** /lb

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

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

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

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

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

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

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

TRIMMED BY OUR BUTCHER

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

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

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

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

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

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

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

KICKING HORSE WHOLE COFFEE BEANS  
454 g  
SELECTED VARIETIES

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

GREEN GIANT FROZEN VEGETABLES  
SELECTED SIZES  
SELECTED VARIETIES

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

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

**3<sup>33</sup>** ea.

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

**11<sup>88</sup>** ea.

O-LIVE OIL EXTRA VIRGIN OLIVE OIL  
1L

**99¢** ea.

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

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

PLANTERS NUTS OR ZANDERS SNACK MIX  
SELECTED SIZES, SELECTED VARIETIES

**2 for 4<sup>50</sup>**

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

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

**APP EXCLUSIVE OFFER.**

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



**6.99 ea.**  
 FRESH 2 GO  
 BBQ HALF  
 CHICKEN 450 g



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



**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.**  
 NATURSOURCE ALMONDS  
 500 - 550 g  
 SELECTED VARIETIES



**2 for 9.00**  
 STONEMILL  
 BREADS 454 - 600 g  
 SELECTED VARIETIES  
 OR 4.99 EA.



**20 STEM BUNCH**  
**18.00 ea.**  
 INTERMEDIATE  
 ROSES  
 20 STEM BUNCH  
 ASSORTED COLOURS

**metro.ca**

**\$ New Lower Prices**



**11.99** ea.  
IRRESISTIBLE BEEF BURGERS  
PROTEIN 852 g - 1.02 kg or  
SWISS CHALET OR MONTANA'S PORK BACK RIBS  
FULLY COOKED, 600 - 650 g  
SELECTED VARIETIES



**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



SAVE \$3.00  
**19.99** ea.  
MELITTA GROUND COFFEE  
907 - 938 g  
McCAFE COFFEE CAPSULES  
30 UN.  
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**



**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 MILES** when you buy 2



**2 for 5.00** OASIS JUICE, ALLEN'S COCKTAILS, FRUITE DRINKS OR DEL MONTE NECTAR  
SELECTED SIZES, SELECTED VARIETIES OR 2.69 EA.



**2 for 9.00** BLACK DIAMOND OR CRACKER BARREL COMBO, BLACK DIAMOND SLICES OR CHEESTRINGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**6.49** ea. IÖGO MULTI 16 x 100 g or SIGGI'S 650 - 750 g  
YOGURT SELECTED VARIETIES  
**15 BONUS MILES** when you buy 2

# UNLOCK APP-CLUSIVE SAVINGS.



SAVE  
**\$249**

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

## Organic

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

<p><b>3.99</b> ea. STORE MADE MELON CHUNKS 360-380g</p>	<p><b>4.99</b> ea. CORED GOLDEN PINEAPPLES 600g</p>
<p><b>5.99</b> ea. STORE MADE SMALL SALADS 300-340g</p>	<p><b>12.99</b> 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><b>2 for 20.00</b> or 11.99 ea.</p>	<p><b>12.99</b> ea. SPRING BULB PLANTER 7" POT ASSORTED COLOURS AND VARIETIES</p>	<p><b>16.99</b> ea. SPRING TIME BOUQUET ASSORTED COLOURS</p>
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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

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

FRESH CUT TULIPS  
15 STEM BUNCH  
ASSORTED COLOURS



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

GRACEFUL BOUQUET  
ASSORTED COLOURS



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

MOSAIC PLANT  
4" CLAY POT  
ASSORTED COLOURS

PERFECT  
DESK PLANT



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

RAINBOW CHARM  
BOUQUET  
ASSORTED COLOURS

ISABELLA OR  
JOSEPHINE ARRANGEMENT  
ASSORTED COLOURS AND STYLES

YOUR CHOICE

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



HAND-CRAFTED



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

BLOOMING PLANTS  
IN 5" AMELIA POT  
ASSORTED COLOURS  
AND VARIETIES

DISCOVER  
NEW



LONG LASTING  
BLOOMS

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

WATERFALL ORCHIDS  
5" POT  
ASSORTED COLOURS



GIFT BAG INCLUDED

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

INDOOR GARDEN  
TERRARIUM IN BAG  
ASSORTED COLOURS,  
VARIETIES AND STYLES

# Our Butcher's Finest

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

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

**7<sup>99</sup>** /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

**7<sup>99</sup>** /lb  
PLATINUM GRILL ANGUS  
BONELESS INSIDE BLADE ROAST OR VALUE PACK STEAK  
CUT FROM CANADA AAA GRADE  
17.61/kg

**8<sup>99</sup>** /lb  
PLATINUM GRILL ANGUS  
LEAN GROUND CHUCK  
19.82/kg

**11<sup>99</sup>** /lb  
FRESH LAMB  
LOIN CHOPS  
NEW ZEALAND SPRING LAMB  
26.43/kg

FRESH

**6<sup>99</sup>** /lb  
HOMESTYLE  
MEATLOAF OR  
MEATBALLS  
SELECTED VARIETIES  
15.41/kg

**6<sup>99</sup>** /lb  
BREADED CHICKEN  
BREAST CUTLETS  
BONELESS SKINLESS  
VALUE PACK  
15.41/kg

**4<sup>99</sup>** /lb  
FRESH STUFFED OR  
MARINATED  
PORK TENDERLOIN  
SELECTED VARIETIES  
11.00/kg

**4<sup>99</sup>** /lb  
STUFFED SWEET  
MINI PEPPERS OR  
MUSHROOMS  
VALUE PACK  
SELECTED VARIETIES  
11.00/kg

## 5 BONUS MILES when you buy 2

**7<sup>99</sup>** ea.  
MAPLE LEAF  
PREPPED & READY  
MEATS 250 g  
SELECTED VARIETIES

**7<sup>99</sup>** ea.  
duBRETON  
ORGANIC BACON 250 g

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

**4<sup>99</sup>** ea.  
OLYMELE  
BREAKFAST SAUSAGES 375 g  
SELECTED VARIETIES

**10<sup>99</sup>** ea.  
BUTTERBALL  
TURKEY BURGERS  
FROZEN, 652 g

**12<sup>99</sup>** ea.  
SWISS CHALET  
BREADED CHICKEN BREAST  
STRIPS OR NUGGETS  
FROZEN, 700 g

**12<sup>99</sup>** ea.  
JANES  
UNBREADED CHICKEN  
BURGERS  
FROZEN, 652 g

**6<sup>88</sup>** ea.  
WONG WING  
ENTREES  
FROZEN, 360-680 g  
SELECTED VARIETIES

## BUY MORE SAVE MORE!

**4<sup>49</sup>** ea.  
BUY 3 OR MORE.  
MAPLE LEAF TOP  
DOGS OR SCHNEIDERS  
RED HOTS 375 g  
BUY 2/ 4.99 ea.  
BUY 1/ 5.99 ea.  
SELECTED VARIETIES

**3<sup>99</sup>** ea.  
BUY 3 OR MORE.  
SELECTION  
BACON 375 g  
BUY 2/ 4.49 ea.  
BUY 1/ 4.99 ea.  
SELECTED VARIETIES

**5<sup>99</sup>** ea.  
BUY 3 OR MORE.  
SCHNEIDERS  
OKTOBERFEST SAUSAGES,  
MINI-SIZZLERS OR  
MAPLE LEAF  
SAUSAGE MEAT  
FROZEN, 375-500 g  
BUY 2/ 6.99 ea.  
BUY 1/ 7.99 ea.

**2<sup>99</sup>** ea.  
BUY 3 OR MORE.  
CAVENDISH  
POTATO PATTIES 600 g  
BUY 2/ 3.49 ea.  
BUY 1/ 3.79 ea.  
SELECTED VARIETIES

## Plant-Based

**7<sup>99</sup>** ea.  
IMPOSSIBLE  
BURGER PATTIES  
226-240 g  
IMPOSSIBLE PLANT-BASED  
BURGERS OR GROUND

**7<sup>99</sup>** ea.  
IMPOSSIBLE  
CHICKEN NUGGETS  
226-340 g  
IMPOSSIBLE PLANT-BASED  
CHICKEN NUGGETS

**18<sup>99</sup>** ea.  
BEYOND  
BURGER  
FROZEN, 670 g

**7<sup>99</sup>** ea.  
BEYOND  
STEAK  
FROZEN, 226-400 g  
BEYOND PLANT-BASED  
GROUND, STEAK STRIPS OR  
SAUSAGES 226-400 g  
SELECTED VARIETIES

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

FRONT STREET BAKERY

OUR ABSOLUTE FINEST

<p><b>5<sup>49</sup></b> 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><b>8<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY MINI DESSERT CAKES 250 - 440 g SELECTED VARIETIES</p> <p><b>18<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY DESSERT CAKES 740 - 1000 g SELECTED VARIETIES</p>
<p><b>7<sup>49</sup></b> ea.</p> <p>FRONT STREET BAKERY FAMILY PACK COOKIES PKG OF 16, 740 - 780 g SELECTED VARIETIES</p>	<p><b>4<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY ALMOND OR CHOCOLATE HAZELNUT FILLED CROISSANTS PKG OF 4, 225 - 300 g</p> <p><b>28<sup>99</sup></b> ea.</p> <p>FRONT STREET BAKERY GOURMET SHORTCAKE 1.35 - 1.4 kg SELECTED VARIETIES</p> <p><b>2 for 6<sup>00</sup></b></p> <p>FRONT STREET BAKERY CAKE SLICES SELECTED SIZES SELECTED VARIETIES</p>
<p><b>2<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY BAGUETTE OR MINI PARISIEN BREAD 175 - 250 g</p>	<p><b>2<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY MINI CALABRESE BREAD 200 g</p> <p><b>3<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY DINNER, HOT DOG OR HAMBURGER ROLLS PKG OF 8 - 12, 300 - 425 g SELECTED VARIETIES</p> <p><b>3<sup>79</sup></b> ea.</p> <p>FRONT STREET BAKERY HOMESTYLE WHITE, 100% WHOLE WHEAT, WHOLE GRAIN OR RYE BREADS 450 - 675 g SELECTED VARIETIES</p>

**GET 10 AIR MILES® BONUS MILES** with the purchase of 2 participating snack products

<p><b>5<sup>29</sup></b> ea.</p> <p>SARA LEE LITTLE BITES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>4<sup>99</sup></b> ea.</p> <p>VACHON SNACK CAKES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>3<sup>49</sup></b> ea.</p> <p><b>4<sup>69</sup></b> ea.</p> <p>HOSTESS SNACK CAKES SELECTED SIZES, SELECTED VARIETIES</p>
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Seafood

<p><b>11<sup>99</sup></b> /lb</p> <p>WILD CAUGHT YELLOWFIN TUNA STEAKS OR SWORDFISH STEAKS 2.65/700 g, FROZEN</p> <p><b>WILD CAUGHT</b></p>	<p><b>17<sup>99</sup></b> ea.</p> <p>FAMILY PACK SUPREME SUSHI 540 - 580 g SELECTED VARIETIES</p> <p><b>25 PCS</b></p>
<p><b>1<sup>29</sup></b> ea.</p> <p>CHOICE OYSTERS SELECTED VARIETIES</p>	<p><b>5<sup>99</sup></b> ea.</p> <p>FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS 2 lb, 907 g</p> <p><b>2 LB BAG</b></p>
<p><b>11<sup>99</sup></b> ea.</p> <p>HOT SMOKED RAINBOW TROUT FILLET 190 g PREVIOUSLY FROZEN</p>	<p><b>6<sup>99</sup></b> ea.</p> <p>STORE MADE MINI SEAFOOD PLATTER PREVIOUSLY FROZEN, 320 g</p> <p><b>6<sup>99</sup></b> ea.</p> <p>FRESH ATLANTIC SALMON PINWHEEL 170 g</p>
<p><b>9<sup>99</sup></b> ea.</p> <p>ROCK HARBOUR BACON WRAPPED SCALLOPS FROZEN, 200 g</p>	<p><b>11<sup>99</sup></b> ea.</p> <p>MARINA DEL REY SEAFOOD PENNE OR PAELLA FROZEN, 600 g</p> <p><b>14<sup>99</sup></b> ea.</p> <p>OCEAN PRIME SEAFOOD MIX FROZEN, 900 g</p> <p><b>2 LB BAG</b></p>

<p><b>5<sup>99</sup></b> ea.</p> <p>NATURALIA TILAPIA OR SOLE FILLETS FROZEN, 400 g</p>	<p><b>4<sup>99</sup></b> ea.</p> <p>IRRESISTIBLES SMOKED ATLANTIC SALMON FROZEN, 70 g</p>	<p><b>9<sup>99</sup></b> ea.</p> <p>IRRESISTIBLES COCONUT SHRIMP FROZEN, 454 g</p>	<p><b>12<sup>99</sup></b> ea.</p> <p>IRRESISTIBLES ORGANIC COOKED OR RAW SHRIMP FROZEN, 300 g</p>
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**metro**  
**FRESH**  
**2 GO**



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on all orders of \$20 or more

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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

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SKIPTHE DISHES 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  
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, 10.29/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  
375 - 475 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 - 454 g  
SELECTED VARIETIES

**2 for 4.00**  
MOLISANA OR DE CECCO PASTA  
450 - 454 g  
SELECTED VARIETIES

**2 for 4.00**  
UNICO TOMATOES  
275 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

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

**HONEY BUNCHES OF OATS**  
Honey Roasted

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

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

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

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

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

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

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

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

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

**nutella biscuits**  
275 g

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

**LINDT CHOCOLATE BARS**  
100 g  
SELECTED VARIETIES

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

**MARS CHOCOLATE BARS**  
49 - 57 g  
SELECTED VARIETIES

BUY MORE SAVE MORE! **VIX**

**2 for 13<sup>00</sup>**

LESS THAN 2 PAY 7.99 EA.

**BUBLY OR MONTELLIER SPARKLING WATER**  
10 - 12 x 355 ml  
SELECTED VARIETIES

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

LESS THAN 2 PAY 2.99 EA.

**GATORADE OR GATORLYTE SPORTS DRINKS**  
SELECTED SIZES, SELECTED VARIETIES

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

**BUDWEISER ZERO**  
NON ALCOHOLIC BEER  
6 x 341 ml

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

**IRRESISTIBLES CRACKERS**  
150 g  
SELECTED VARIETIES

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

**CLUB HOUSE SPICES OR SEASONINGS**  
SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>50</sup>**

5 BONUS MILES when you buy 2

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

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

**IRRESISTIBLES PHYLLO PASTRY**  
454 g

**3 for 4<sup>00</sup>**

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

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

LESS THAN 2 PAY 6.99 EA.

**SELECTION CHEESE BARS**  
SELECTED SIZES, SELECTED VARIETIES

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

**PILLSBURY DOUGH**  
SELECTED SIZES, SELECTED VARIETIES

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

**GIUSEPPE EASY PIZZI**  
SELECTED SIZES, SELECTED VARIETIES

**ENJOY the simple joys**

**3 BONUS MILES** when you buy 1

**10<sup>29</sup>** ea.

**NATREL LACTOSE FREE MILK 4L**  
SELECTED VARIETIES

**JOIN THE FUN!**

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

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

**NOW THIS IS CHEESE!**

**15 BONUS MILES** when you buy 2

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

**CRACKER BARREL SLICED CHEESE**  
SELECTED SIZES, SELECTED VARIETIES

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

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

**COLLECT YOUR MARVEL FAVOURITES**

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

LESS THAN 2 PAY 3.49 EA.

**COCA-COLA SOFT DRINKS**  
500 ml  
SELECTED VARIETIES

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

LESS THAN 2 PAY 9.29 EA.

**COCA-COLA SOFT DRINKS**  
12 x 355 ml  
SELECTED VARIETIES

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

**KRAFT PARMESAN GRATED CHEESE**  
341 g  
SELECTED VARIETIES

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

**KRAFT PARMESAN CHEESE**  
200 g  
SELECTED VARIETIES

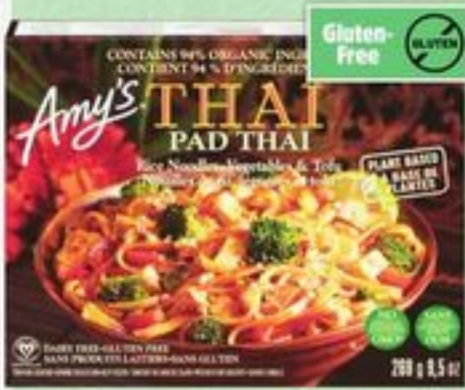
**ENTER FOR A CHANCE TO WIN MOVIE TICKETS FOR A YEAR**

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.

## Gluten-Free

**daiya** delishiously dairy-free™  
PLANT-BASED DELICIOUS  
**MAC & CHEESE**  
300 g  
SELECTED VARIETIES

**4.99** ea.

**glutino**  
GLUTEN FREE  
PRETZEL TWISTS  
BREITZELS  
TORSIADES  
SANS GLUTEN  
400 g  
SELECTED VARIETIES

**7.99** ea.

**MADE GOOD**  
Real Potato Crackers  
Cheddar & Bacon or Onion & Cheddar  
100-121 g  
SELECTED VARIETIES

**4.99** ea.

## Vegetarian

**Vegetarian!**  
**WHOLLY VEGGIE!**  
Buffalo Cauliflower Wings  
250 g  
A la Carte or Chop-Your Buffalo  
SELECTED VARIETIES

**7.49** ea.

**KIND** **minis**  
Almond Sea Salt & Dark Chocolate  
200 g  
SELECTED VARIETIES

**9.49** ea. 10 BARS

**BETTER BEARS**  
SWEDISH BERRIES  
80 g  
SELECTED VARIETIES

**2 for 7.00**

**BETTER BEARS GUMMY CANDY** 50 g  
SELECTED VARIETIES OR 3.79 EA.

**STELLA**  
**PEROGIES**  
CHEDDAR CHEESE  
FROMAGE CHEDDAR  
320 g  
SELECTED VARIETIES

**9.99** ea.

## Non-GMO

**JUST EGG**  
500 g  
SELECTED VARIETIES

**8.99** ea.

**BRAGG**  
APPLE CIDER VINEGAR 473 ml  
SELECTED VARIETIES

**6.49** ea.

**ACROPOLIS**  
OLIVES 250 ml  
SELECTED VARIETIES

**6.49** ea.

**BOB'S RED MILL**  
GRANOLA 212 g  
SELECTED VARIETIES

**8.49** ea.

**LA TORTILLA FACTORY**  
TORTILLAS 290 g  
SELECTED VARIETIES

**6.49** ea.

**MELT**  
BUTTERY SPREAD 360 g  
SELECTED VARIETIES

**5.99** ea.

**ORGANIC MEADOW**  
YOGURT 750 g  
SELECTED VARIETIES

**5.99** ea.

**ONE DEGREE**  
CEREAL 227-294 g  
SELECTED VARIETIES

**5.49** ea.

## Baby & Beauty

**BUY MORE SAVE MORE!**  
**2 for 7.00** LESS THAN 2 PAY 6.99 EA.  
BABY GOURMET PUFFS 42 g  
SELECTED VARIETIES

**BUY MORE SAVE MORE!**  
**6 for 12.00** LESS THAN 6 PAY 2.99 EA.  
BABY GOURMET BABY PUREE 120 ml  
SELECTED VARIETIES

the only baby food with 16 key brain-supporting nutrients

**4 for 12.00**  
CEREBELLY BABY PUREE 120 ml  
SELECTED VARIETIES OR 3.49 EA.

## Household Helpers

**SELECTION ECO CLEANERS**  
SELECTED SIZES  
SELECTED VARIETIES

**3.99** ea.

**SELECTION ECO DISHWASHING DETERGENT**  
650 ml  
SELECTED VARIETIES OR 3.29 EA.

**2 for 6.00**

**SELECTION ECO SANDWICH OR COMPOSTABLE BAGS**  
20-30 cm  
SELECTED VARIETIES

**4.99** ea.

**SELECTION ECO YARD WASTE BAGS**  
5 m  
OR 4.99 EA.

**2 for 7.50**

**6.99** ea.

**16** **100%**  
CASCADÉS BATHROOM TISSUE 8-16 ROLLS

**8.99** ea. CASCADÉS PAPER TOWELS 4 cm.

**6.99** ea.

it all begins with food™

**2 for 5.00** LOVE CHILD SNACKS 30 g, SELECTED VARIETIES OR 2.99 EA.

**5 for 11.00** LOVE CHILD BABY PUREES 120 ml, SELECTED VARIETIES OR 2.29 EA.

Live simple. Live beautiful. Live Clean.

**LIVE CLEAN BODY WASH** 500 ml  
SELECTED VARIETIES

**8.99** ea.

**LIVE CLEAN BODY LOTION** 532 ml  
SELECTED VARIETIES

**9.99** ea.

Bottles made from **100%** recovered coastal plastic

**BUY MORE SAVE MORE!**  
**2 for 10.00** LESS THAN 2 PAY 6.79 EA.  
WINDEX OR FANTASTIK CLEANERS  
SELECTED SIZES  
SELECTED VARIETIES

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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

**5<sup>99</sup>** ea. MRS. MEYER'S CLEANERS OR SOAPS. SELECTED SIZES. SELECTED VARIETIES.

**7<sup>99</sup>** ea. NATURE CLEAN LAUNDRY DETERGENT SHEETS. 32 UN. SELECTED VARIETIES.

**5<sup>99</sup>** ea. LYSOL DISINFECTING WIPES. 75 - 84 UN. SELECTED VARIETIES.

**6<sup>99</sup>** ea. BONTERRA BATHROOM TISSUE, PAPER TOWELS OR FACIAL TISSUE. SELECTED SIZES. SELECTED VARIETIES.

**7<sup>99</sup>** ea. NATURE CLEAN CLEANING STRIPS. SELECTED SIZES. SELECTED VARIETIES.

**3<sup>99</sup>** ea. VIM CLEANERS. 700 ml.

**5<sup>49</sup>** ea. ZIPLOC COMPOSTABLE SANDWICH BAGS. 20 UN.

**4<sup>49</sup>** ea. SELECTION ECO COMPOSTABLE BAMBOO PLATES. 12 UN.

**4<sup>49</sup>** ea. SELECTION ECO NAPKINS. 250 UN.

**25<sup>99</sup>** ea. BRITA WATER JUG OR REPLACEMENT FILTERS. SELECTED SIZES. SELECTED VARIETIES.

**99<sup>99</sup>** ea. TERRA SODASTREAM SPARKLING WATER MAKER. 1 UN.

**8<sup>00</sup>** Less than 2 pay 4.99 ea. BUY MORE SAVE MORE! 2 for METRO FOLDABLE BOX. 1 UN.

**3<sup>00</sup>** Less than 4 pay .99 ea. BUY MORE SAVE MORE! 4 for METRO REUSABLE BAGS. 1 UN.

**2<sup>49</sup>** ea. 5-PACK METRO FRUIT AND VEGETABLE REUSABLE BAGS. 5 UN.

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

**COMMITTED TO SAVE ENERGY**

**15<sup>99</sup>** ea. TIDE PODS OR LAUNDRY DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

**15<sup>99</sup>** ea. DOWNY FABRIC SOFTENER  
SELECTED SIZES  
SELECTED VARIETIES

**15<sup>99</sup>** 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

**15<sup>99</sup>** ea. CASCADE DISHWASHER DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

**COMMITTED TO RESPONSIBLE SOURCING**

**35<sup>49</sup>** ea. PAMPERS PURE BABY DIAPERS  
62 - 116 un  
SELECTED VARIETIES

**8<sup>99</sup>** ea. BOUNTY PAPER TOWEL  
4 = 6 rolls

**8<sup>99</sup>** ea. CHARMIN BATHROOM TISSUE  
8 = 24 ROLLS  
SELECTED VARIETIES

FSC 2 trees planted for every tree used

**COMMITTED TO REDUCE PLASTIC WASTE**

**4<sup>49</sup>** ea. FEBREZE AIR FRESHENERS  
SELECTED SIZES  
SELECTED VARIETIES

**5<sup>99</sup>** ea. FEBREZE FABRIC REFRESHER  
430 - 500 ml  
SELECTED VARIETIES

TERRACYCLE Febreze is working with TerraCycle to reduce waste

**COMMITTED TO SAVE WILDLIFE**

**4<sup>99</sup>** ea. DAWN DISHWASHING DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

Over 40 years of helping & caring for aquatic wildlife

**INGREDIENTS YOU CAN FEEL GOOD ABOUT FOR YOU AND THE PLANET**

**7<sup>99</sup>** ea. HERBAL ESSENCES PUREPLANTS HAIR CARE  
400 ml  
SELECTED VARIETIES

**8<sup>99</sup>** ea. ALWAYS SANITARY NAPKINS OR TAMPAX TAMPONS  
22 - 28 un  
SELECTED VARIETIES

**21<sup>99</sup>** ea. PAMPERS AQUA PURE BABY WIPES  
336 un

**2 for 20<sup>00</sup>** or 11.49 ea. NATIVE HAIR CARE  
177 - 487 ml  
SELECTED VARIETIES

**2 for 28<sup>00</sup>** or 15.99 ea. NATIVE DEODORANT  
75 g  
SELECTED VARIETIES

*metro.ca*

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**40DELIVERY**



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\*Valid for selected stores only.  
Offer not available for the MPriority or Express Delivery service.



# 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 8<sup>00</sup>**  
 Less than 2 pay 4.79 ea.  
**BUY MORE SAVE MORE!**  
 CHRISTIE COOKIES  
 SELECTED SIZES  
 SELECTED VARIETIES



**2 for 6<sup>00</sup>**  
 Less than 2 pay 4.29 ea.  
**BUY MORE SAVE MORE!**  
 CHRISTIE CRISPERS OR  
 BITS & BITES SNACKS  
 145 g  
 SELECTED VARIETIES



**2 for 5<sup>50</sup>**  
 CADBURY FAMILY SIZE  
 CHOCOLATE BARS  
 100 g  
 SELECTED VARIETIES



**2 for 5<sup>50</sup>**  
 SOUR PATCH KIDS  
 OR MAYNARDS CANDY  
 150 - 154 g  
 SELECTED VARIETIES



**4 for 5<sup>00</sup>**  
 Less than 4 pay 1.89 ea.  
**BUY MORE SAVE MORE!**  
 CADBURY  
 CHOCOLATE BARS  
 33 - 60 g  
 SELECTED VARIETIES



**2 for 10<sup>00</sup>**  
 MAYNARDS  
 LARGE CANDY BAGS  
 308 - 315 g



**2 for 10<sup>00</sup>**  
 CADBURY MULTI-PACK  
 CHOCOLATE BARS  
 4 un  
 SELECTED VARIETIES



**2 for 5<sup>50</sup>**  
 or 3.49 ea.  
 RITZ OR TRISCUIT  
 CRACKERS  
 SELECTED SIZES  
 SELECTED VARIETIES