

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 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

5.99 /lb

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

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
1.99/lb, 2.20/100g
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 BLEND
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

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

4.99 ea.



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

JAMIESON VITAMINS
SELECTED SIZES, SELECTED VARIETIES

50% off



Tostitos
ROUNDS-RONDES

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

2 for 7.00

Cashmere
UltraSoft

Sponge Towels
ULTRA

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

SAVE \$6.05

3.44 ea.

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



Maki Sushi Boat
18 PIECES



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 1.4kg



Pepperoni & Cheese
16" X-Large Hot Pizza
WALK-IN/STANDERS 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

5.77 ea.

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

made by my metro

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

5.99 ea.

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

LA ROCCA
CAKES
600 g
SELECTED VARIETIES

SAVE \$5.00

14.99 ea.

IRRESISTIBLES CREAM PIES
830 g
SELECTED VARIETIES

Key Lime
CREAM PIE • TARTE 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.

UNLOCK APP-CLUSIVE SAVINGS.



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>4.99 ea. SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p>3.99 /lb EXTRA LARGE RED OR GREEN SEEDLESS GRAPES PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE 8.80/kg</p>	 <p>3.99 ea. ANGEL SWEET TOMATOES 253 g PRODUCT OF ONTARIO SWEET CHERRY TOMATOES 541 ml PRODUCT OF ONTARIO</p>	
 <p>3.99 ea. BLACKBERRIES 170 g PRODUCT OF MEXICO GOLDBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p>1.99 /lb LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p>2.49 /lb EXTRA LARGE BEEFSTEAK TOMATOES PRODUCT OF ONTARIO 5.49/kg</p>	 <p>4.99 ea. ROMAINE HEARTS 3 PK, PRODUCT OF U.S.A.</p>
 <p>2 for 4.00 HONEY ATAULFO MANGOES PRODUCT OF MEXICO</p>	 <p>2.49 /lb LARGE BARTLETT PEARS PRODUCT OF ARGENTINA OR SOUTH AFRICA, EXTRA FANCY GRADE 5.49/kg</p>	 <p>4.99 ea. GREEN GIANT SNOW PEAS 170 g SUGAR SNAP PEAS 227 g PRODUCT OF GUATEMALA</p>	 <p>3.29 ea. BELLE GROVE SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p>4.49 ea. JUMBO PINEAPPLES PRODUCT OF COSTA RICA</p>	 <p>4.49 ea. GREEN BEANS 340 g PRODUCT OF U.S.A.</p>	 <p>1.99 /lb GREEN OR GREY ZUCCHINI PRODUCT OF MEXICO 4.39/kg</p>	 <p>3.99 /lb MINI ITALIAN EGGPLANTS PRODUCT OF ONTARIO 8.80/kg</p>
 <p>6.99 ea. IRRESISTIBLES ULTIMATE SNACKING MIXES PEANUT 450 g POPCORN 520 g</p>	 <p>5.99 ea. BOLTHOUSE JUICES OR SMOOTHIES 946 ml SELECTED VARIETIES</p>	 <p>4.49 ea. ATTITUDE SALADS 942 g PRODUCT OF U.S.A. SELECTED VARIETIES</p>	 <p>2.69 ea. SWEET NANTES CARROTS 454 g PRODUCT OF MEXICO, No. 1 GRADE</p>

Organic

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

 <p>3.99 ea. STORE MADE YOGURT PARFAITS 320 g</p>	 <p>4.99 ea. CORED GOLDEN PINEAPPLES 400 g</p>
 <p>6.99 ea. STORE MADE CHICKEN SALADS 252 - 400 g</p>	 <p>8.99 ea. STORE MADE LARGE DELUXE FRUIT SALAD 730 g</p>

Flowers in Bloom

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

10⁸⁸ /lb



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

12⁹⁹ /lb



VEAL RIB OR LOIN CHOPS
GRAIN FED
24.23/kg

10⁹⁹ /lb



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

29⁹⁹ /lb



LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY
450 g

6⁴⁹ ea.



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

4⁴⁹ /lb



STORE MADE SEASONED BEEF BURGERS
SELECTED VARIETIES
15.41/kg

6⁹⁹ /lb



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

2⁹⁹ /lb



FRESH PORK BELLIES
SKELED OR PIECES
13.21/kg

5⁹⁹ /lb



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

10⁸⁸ /lb



SELECTION CHICKEN WIENERS 450 g

1⁹⁹ ea.



SELECTION WIENERS 450 g
SELECTED VARIETIES

2⁹⁹ ea.



SELECTION ALL BEEF WIENERS 375 g

3⁹⁹ ea.



IRRESISTIBLES NATURALIA WIENERS 375 g

2⁹⁹ ea.



IRRESISTIBLES BEEF BURGERS
FROZEN, 852 g
SELECTED VARIETIES

14⁹⁹ ea.



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

14⁹⁹ ea.



IRRESISTIBLES STUFFED BURGERS
FROZEN, 1.07 kg
SELECTED VARIETIES

14⁹⁹ ea.



LIFE SMART NATURALIA BEEF BURGERS
FROZEN, 768 g

11⁹⁹ ea.



SELECTION PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
11.00/kg

4⁹⁹ /lb



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

12⁹⁹ ea.



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

5⁹⁹ ea. or /lb



MARC ANGELO SKEWERS
200-280 g
SELECTED VARIETIES

9⁹⁹ ea.



SCHNEIDERS PORK OR CHICKEN SCHNITZEL
FROZEN, 650 g

11⁹⁹ ea.



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

12⁹⁹ ea.



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

12⁹⁹ ea.



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

11⁹⁹ ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT 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

8⁹⁹
/lb



PRIME
RAISED
WITHOUT
antibiotics



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

8⁹⁹
/lb



3⁹⁹
/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

11⁹⁹
/lb



NEW ZEALAND
SPRING LAMB

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

11⁹⁹
/lb



NEW ZEALAND
SPRING LAMB
FRESH FRENCHED
LAMB RACK
44.07/kg

19⁹⁹
/lb



100% CANADIAN • GRAIN FED • RAISED
WITHOUT ANTIBIOTICS OR ADDED HORMONES

LifeSmart
Mieux-
-ete

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

5⁹⁹
/lb



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

9⁹⁹
/lb



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

6⁹⁹
ea.



9⁴⁹
ea.

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



EXTRA LEAN

9⁴⁹
ea.

LIFE SMART NATURALIA
BONELESS STEWING
BEEF CUBES
PRODUCT OF NEW ZEALAND
454 g

CHEMICAL FREE • NO ADDED PRESERVATIVES • INDIVIDUALLY VACUUM-PACKED

LifeSmart
Mieux-
-ete



3⁹⁹
ea.

LIFE SMART
NATURALIA
BASA OR POLLOCK
400 g, FROZEN



5⁹⁹
ea.

LIFE SMART
NATURALIA
TILAPIA FILLETS
400 g, FROZEN



5⁹⁹
ea.

LIFE SMART
NATURALIA
WILD CAUGHT SOLE
400 g, FROZEN



8⁹⁹
ea.

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

Seafood

 <p>15⁹⁹ ea. DOM CEDAR PLANKED SALMON 454 g, SELECTED VARIETIES</p>	 <p>9⁹⁹ /lb SEAFOOD BOIL FROZEN, 2.27/100 g</p>	 <p>INCLUDES SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS</p>	
 <p>99¢ ea. PACIFIC WHITE SHRIMP SKEWERS FROZEN OR PREVIOUSLY FROZEN, 55 g</p>	 <p>7⁹⁹ ea. HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS 50 g</p>	 <p>7⁹⁹ /lb LOUIS KEMP SEA LEGS SURIMI 1.77/100 g</p>	 <p>15⁹⁹ /lb TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS FROZEN, 1.53/100 g</p>
 <p>9⁹⁹ /lb BAY SCALLOPS, 40/60 SIZE FROZEN, 2.21/100 g</p>	 <p>11⁹⁹ ea. PIER 87 PREMIUM SEAFOOD SELECT TRIO FROZEN, 454 g</p>	 <p>7⁹⁹ 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>34⁹⁹ ea. AQUA STAR RESERVE KING CRAB LEGS & CLAWS FROZEN, 500 g</p>

Irresistibles

 <p>6⁹⁹ ea. IRRESISTIBLES SHRIMP BURRITOS FROZEN, 140 g</p>	 <p>9⁹⁹ ea. IRRESISTIBLES ATLANTIC SMOKED SALMON FROZEN, 150 g</p>	 <p>10⁹⁹ ea. IRRESISTIBLES MARYLAND STYLE CRAB CAKES FROZEN, 227 g</p>	 <p>10⁹⁹ ea. IRRESISTIBLES TEMPURA SHRIMP VALUE PACK FROZEN, 500 g</p>
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Exclusive to METRO

 <p>4⁷⁹ /100 g IRRESISTIBLES ARTISAN PORCHETTA DELI SLICED OR SHAVED, 21.73/lb</p>	 <p>3⁴⁹ /100 g IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI SELECTED VARIETIES DELI SLICED OR SHAVED, 15.03/lb</p>	 <p>3⁷⁹ /100 g IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN DELI SLICED, 12.79/lb</p>	 <p>4⁴⁹ /100 g IRRESISTIBLES ARTISAN ANGUS ROAST BEEF DELI SLICED OR SHAVED, 20.37/lb</p>
 <p>9⁴⁹ ea. IRRESISTIBLES ARTISAN DRY SAUSAGE 300 g, SELECTED VARIETIES</p>	 <p>8⁴⁹ ea. IRRESISTIBLES ARTISAN GOAT CHEESE 250 g SELECTED VARIETIES</p>	 <p>6⁴⁹ ea. IRRESISTIBLES GOAT FETA CHEESE 200 g</p>	

ALOHA FLAVOUR FRESH FOR SPRING LIMITED TIME ONLY

metro FRESH 2 GO

 <p>7⁰⁰ 3 sliders LANAI HAM SLIDERS 273 g</p>	 <p>14⁹⁹ ea. BIG ISLAND HAWAIIAN PIZZA 8 SLICES</p>
 <p>10⁰⁰ ea. MAUI CHICKEN BOWL 500 g</p>	 <p>13⁸⁸ 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



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

Chocolate Lovers

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

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

Breakfast Essentials

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

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



More Great Savings

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



9⁹⁹ ea. ORGANIC MEADOW ICE CREAM 946 ml SELECTED VARIETIES



8⁴⁹ ea. SO DELICIOUS FROZEN DESSERT 500 ml SELECTED VARIETIES



8⁹⁹ ea. ENLIGHTENED FROZEN DESSERT 473 ml SELECTED VARIETIES



6⁴⁹ ea. COOL WAY ICE CREAM 500 ml SELECTED VARIETIES



6⁴⁹ ea. BEN & JERRY'S FROZEN DESSERT 473 ml SELECTED VARIETIES



7⁹⁹ ea. DREAM POPS FROZEN DESSERT 118 ml SELECTED VARIETIES



6⁹⁹ ea. RIGHTEOUS FROZEN DESSERT 473 ml SELECTED VARIETIES



2 for 11⁰⁰ Less than 2 pay 7.49 ea. HÄAGEN-DAZS ICE CREAM 400 ml SELECTED VARIETIES



7⁴⁹ ea. HAPPY POPS ICED BAR 4 x 66 ml SELECTED VARIETIES



7⁴⁹ ea. HAPPY POPS ICED BAR 4 x 66 ml SELECTED VARIETIES



8⁹⁹ ea. ENLIGHTENED ICE BAR 4 x 81 ml



6⁹⁹ ea. NANA POPS! ICED BAR 3 x 80 ml SELECTED VARIETIES



4⁹⁹ ea. MAGNUM ALMOND NON-DAIRY ICE BAR 3 x 90 ml

Organic

<p>BUY MORE SAVE MORE!</p> <p>2 for 8.00</p> <p>LESS THAN 2 PAY 4.29 EA.</p> <p>3 BROTHER CHICKEN 946 mL, SELECTED VARIETIES</p>	<p>6.49 ea.</p> <p>LOVE CRUNCH GRANOLA 325 g SELECTED VARIETIES</p>	<p>3.99 ea.</p> <p>ANNIE'S COOKIES 233 g SELECTED VARIETIES</p>	<p>2 for 6.00</p> <p>NATUR-A SOY BEVERAGE 3 x 200 mL, SELECTED VARIETIES OR 3.29 EA.</p>
<p>5.49 ea.</p> <p>THEOBROMA CHOCOLATE BAR 80 g SELECTED VARIETIES</p>	<p>6.49 ea.</p> <p>CHA'S CANNED FRUIT 400 mL SELECTED VARIETIES</p>	<p>2 for 6.00</p> <p>PLUM-M GOOD RICE CAKES 95 g SELECTED VARIETIES OR 2.29 EA.</p>	<p>2 for 8.00</p> <p>GOGO QUINOA PASTA 227 g, SELECTED VARIETIES OR 4.29 EA.</p>

Non-GMO

<p>7.49 ea.</p> <p>BOB'S RED MILL OATMEAL 907 g SELECTED VARIETIES</p>	<p>2 for 4.00</p> <p>STEAZ ICED GREEN TEA 473 mL SELECTED VARIETIES OR 2.49 EA.</p>	<p>4.99 ea.</p> <p>BEYOND MOO YOGURT 500 g SELECTED VARIETIES</p>	<p>9.99 ea.</p> <p>NUTS TO YOU SPREAD 385 g SELECTED VARIETIES</p>
<p>7.99 ea.</p> <p>MANITOBA HARVEST HEMP SEEDS 227 g</p>	<p>5.49 ea.</p> <p>LIFE SMART MAPLE SYRUP 250 mL</p>	<p>2 for 5.00</p> <p>HARVEST SNAPS SNACKS 71-94 g or POPPY SODA 255 mL SELECTED VARIETIES OR 2.89 EA.</p>	

Plant-Based

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

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
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 Southwestern Ontario Region.

BEAU'S
ABBAY STYLE CHEESE
25.81/lb
SELECTED VARIETIES

5⁶⁹
/100 g



GRAND TRUNK
FIRM CHEESE
25.81/lb
SELECTED VARIETIES

5⁶⁹
/100 g



DOUBLE DUTCH
MINI WAFFLE BITES
160 g
SELECTED VARIETIES

3⁶⁹
ea.



DENNIS'
HORSERADISH
250 ml
SELECTED VARIETIES

4⁹⁹
ea.



FIRE IN THE KITCHEN
SEASONINGS
80 g
SELECTED VARIETIES

SAVE \$1.00
7⁹⁹
ea.



COPPA DI
GELATO
150 ml
SELECTED VARIETIES

2 for
7⁰⁰



Effective April 25 - May 22, 2024

metro IS PROUD TO SUPPORT ONTARIO

LEARN MORE

metro.ca

YOUR ONLINE GROCERIES



**WE NOW
DELIVER TO***



YOUR DOOR

[Shop Now](#)

*Conditions apply. Details at metro.ca. Promotional codes and points cannot be redeemed with deliveries fulfilled by our external partners.

BlueWater SEAFOODS

BLUEWATER BREADED FISH FILLETS
FROZEN, 350 - 600 g
SELECTED VARIETIES
7⁹⁹ ea.

BlueWater
Beer Batter FILLETS
8

BlueWater
English Style FILLETS
6

BlueWater
Crunchy Battered SOLE
4

BlueWater
English Style HADDOCK AIGLEFIN
7

BlueWater
BUTTERFLY SHRIMP CREVETTES
EN PAPILLON

BlueWater
Beer Batter SHRIMP CREVETTES
EN PAPILLON

BlueWater
Classic Cut Fillets
ENGLISH STYLE

BlueWater
Classic Cut Fillets
GARLIC & HERB

BLUEWATER BREADED SHRIMP
FROZEN, 210 - 325 g
7⁹⁹ ea.

BlueWater
Classic Cut Fillets
FROZEN, 725 g

SCHNEIDERS
EST. 1890

CANADIAN CRAFTED SINCE 1890

MAPLE LEAF OR SCHNEIDERS BACON
65 - 375 g
SELECTED VARIETIES
6⁹⁹ ea.

SCHNEIDERS
Juicy JUMBOS
ALL BEEF
TONEY BEEF

SCHNEIDERS
RedHots
ALL PORK
TONEY PORK

2 for 10⁰⁰

SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES
375 - 450 g
SELECTED VARIETIES
6⁹⁹ ea.

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS
375 g
SELECTED VARIETIES

MapleLodge FARMS LTD.
SINCE • DEPUIS 1955

MapleLodge Farms
THE ORIGINAL
CHICKEN WIENERS
SAUCISSES FUMÉES DE POULET

40% **12** **450 g**

MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL
450 g
SELECTED VARIETIES
2⁹⁹ ea.

MapleLodge FARMS
ULTIMATE
CHICKEN FRANKFURTERS
SAUCISSES DE FRANCFORT DE POULET

10 **900 g**

MAPLE LODGE ULTIMATE CHICKEN WIENERS OR ZABIHA HALAL
900 g
SELECTED VARIETIES
6⁹⁹ ea.

MapleLodge
CHICKEN BACON STYLE
ORIGINAL ORIGINAL
POULET GENRE BACON

60% **375 g**

MAPLE LODGE CHICKEN BACON OR ZABIHA HALAL
375 g
4⁹⁹ ea.

MapleLodge
ULTIMATE
CHICKEN BURGERS
SAUCISSES DE POULET

MILD - DOUCES
500 g

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



COFFEE: THE ULTIMATE PICK-ME-UP

Maxwell House NABOB TASSIMO CAFE BORISTA

MAXWELL HOUSE
GROUND COFFEE
631-925 g
SELECTED VARIETIES
10⁹⁹
ea.



NABOB
GROUND COFFEE
930 g
OR NABOB OR
MAXWELL HOUSE
COFFEE CAPSULES
30 un
SELECTED VARIETIES
15⁹⁹
ea.



21⁹⁹
ea. BARISTA
GROUND COFFEE OR CAPSULES
875-900 g, 30 un
SELECTED VARIETIES



8⁹⁹ 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
6⁹⁹
ea.



TINGLY TED'S
HOT SAUCE
249 ml
SELECTED VARIETIES
5⁹⁹
ea.



CRAVE
SCRAMBLE KIT
SELECTED SIZES
SELECTED VARIETIES
2⁹⁹
ea.



PHILADELPHIA
CREAM CHEESE,
CHEEZ WHIZ SPREAD
OR KRAFT SINGLES
SELECTED SIZES
SELECTED VARIETIES
3⁹⁹
ea.

