

# metro



**CUDDY OR LILYDALE TURKEY BREAST**  
SELECTED VARIETIES  
BELL SLICED, 13.56/lb

**2<sup>99</sup>**  
/100 g



**LIMIT OF 2**

**OUR LOWEST PRICE IN YEARS**

**99¢**  
/lb

FLAMINGO GRADE A OR UTILITY TURKEYS  
FROZEN, 5-9 kg  
WHILE QUANTITIES LAST  
2.18/kg



**ROMANO LUPA PECORINO ROMANO CHEESE**  
BELL CUT, PRICES AS MARKED  
3.30/700 g

**14<sup>99</sup>**  
/lb



**SELECTION BACON**  
SELECTED VARIETIES OR MAPLE LODGE CHICKEN BACON OR ZABIHA HALAL 375 g

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



**PLATINUM GRILL ANGUS BONELESS INSIDE ROUND ROAST OR VALUE PACK STEAK**  
CUT FROM CANADA AAA GRADE  
13.21/kg

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



**2 for**

**6<sup>00</sup>**

DEMPSTER'S SIGNATURE BUNS, BAGELS OR COUNTRY HARVEST BREADS OR THOMAS ENGLISH MUFFINS  
SELECTED SIZES, SELECTED VARIETIES, 60 3.49/EA.



**FRONT STREET BAKERY DANISH, TURNOVERS OR PARISIAN TWISTS** PKG OF 4-6, 329-420 g  
SELECTED VARIETIES

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



**FRESH STEELHEAD TROUT OR ICELANDIC HADDOCK FILLETS VALUE PACK**  
MIN 900 g, 2.21/100 g

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



**KELLOGG'S OR GENERAL MILLS CEREAL**  
SELECTED SIZES, SELECTED VARIETIES

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



**LACTANTIA PURFILTRÉ MILK OR EARTH'S OWN BEVERAGES**  
SELECTED SIZES, SELECTED VARIETIES

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



**IRRESISTIBLES MAPLE SYRUP** 500-540 ml OR **SELECTION EGGS** 30 UN.  
SELECTED VARIETIES

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



**STOVE TOP STUFFING, GREEN GIANT CANNED VEGETABLES, CLUB HOUSE GRAVIES OR BEN'S ORIGINAL FAST & FANCY RICE**  
SELECTED SIZES, SELECTED VARIETIES

**99¢**  
ea.



**DR. OETKER GIUSEPPE PIZZA**  
SELECTED SIZES, SELECTED VARIETIES

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



**HÄAGEN-DAZS ICE CREAM**  
SELECTED SIZES, SELECTED VARIETIES

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



**TIDE OR GAIN LAUNDRY DETERGENT, DOWNY SCENT BOOSTERS OR CASCADE DISHWASHER DETERGENT**  
SELECTED SIZES, SELECTED VARIETIES

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



**COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS OR PERRIER SPARKLING WATER**  
6 x 170 ml, 8 x 330 ml, SELECTED VARIETIES OR 3.99 EA.  
WHILE QUANTITIES LAST

**2 for**

**7<sup>00</sup>**



**DE CECCO PASTA**  
454 g  
SELECTED VARIETIES

**SAVE \$1.41**

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



# MANI SPEC

**BIG WEEKLY SAVIN**

IN-STORE

STRAWBERRIES  
PRODUCT OF U.S.A., No. 1 GRADE  
454 g



**1.99**  
ea.

GREEN SWEET PEPPERS  
PRODUCT OF MEXICO  
PKG OF 4



PKG OF 4

**1.99**  
ea.



# MEGGER'S SPECIALS

**3 DAYS ONLY!  
FRIDAY TO  
SUNDAY**

**60% OFF. WHILE SUPPLIES LAST.**

ONLY. NO RAIN CHECKS.

GREEN ZUCCHINI  
PRODUCT OF MEXICO  
2.18/kg

**99¢**  
/lb



WILD CAUGHT  
SNOW CRAB CLUSTERS  
FROZEN, 1.77/100 g

**7.99**  
/lb



VERSION 5

**metro**



**3.44**  
ea.

BLUEBERRIES 1 PINT  
PRODUCT OF U.S.A. OR MEXICO, 1.99 EA.  
CLEMENTINES 2 LB  
PRODUCT OF MOROCCO



**1.99**  
ea. or /lb

BROCCOLI CROWNS  
PRODUCT OF U.S.A. OR MEXICO, 1.99 EA.  
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS  
PRODUCT OF ONTARIO, 1.99/LB, 4.39/KG



**3.99**  
ea.

GRAPE, CHERRY OR MEDLEY TOMATOES 1.5 LB  
PRODUCT OF ONTARIO



**1.99**  
ea.

CHRISTIE COOKIES OR CRACKERS,  
CRISPERS OR BITS & BITES SNACKS OR  
BETTY CROCKER BROWNIE MIX  
SELECTED SIZES, SELECTED VARIETIES



**2.49**  
ea.

PEARL MILLING PANCAKE MIX,  
STRIP OR KELLOGG'S EGGO WAFFLES  
SELECTED SIZES  
SELECTED VARIETIES



**4.77**  
ea.

SELECTION BARS OR SHREDDED CHEESE  
SELECTED SIZES, SELECTED VARIETIES



**14.99**  
ea.

THE KEG PRIME RIB BEEF BURGERS 852 g - 1.02 kg  
SELECTED VARIETIES  
PORK BACK RIBS 700 g or  
BEYOND BURGERS PLANT-BASED, 678 g, FROZEN



**2 for  
12.00**

MARC ANGELO  
SLICED ITALIAN DELI MEAT 100 g  
SELECTED VARIETIES  
OR 4.49 EA.



**3.99**  
ea.

FONTAINE SANTÉ OR IRRESISTIBLES  
HUMMUS OR DIPS  
200 - 260 g, SELECTED VARIETIES



**19.99**  
ea.

COOKED SHRIMP 25 - 30, 800 g  
GARLIC/HERB SHRIMP 16 - 20, 800 g  
PACIFIC WHITE JUMBO SHRIMP RING 400 g  
FROZEN



**9.99**  
ea.

STORE MADE  
FAMILY SALADS  
466 - 692 g



**2 for  
6.00**

RUDOLPH'S  
BAVARIAN RYE BREAD 500 g  
SELECTED VARIETIES  
OR 3.49 EA.



**2 for  
32.00**  
OR 18.00 ea.

ANNUALS HANGING BASKETS  
10" POT, ASSORTED COLOURS AND VARIETIES

Effective May 

|    |    |    |    |
|----|----|----|----|
| TH | FR | SA | SU |
| 2  | 3  | 4  | 5  |

metro.ca







# UNLOCK APP-CLUSIVE SAVINGS.



SAVE  
**\$4.00**

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/>GREENHOUSE STRAWBERRIES 340 g<br/>PRODUCT OF ONTARIO<br/>CANADA No. 1 GRADE</p> | <p><b>2<sup>99</sup></b> ea.<br/>BLACKBERRIES 370 g<br/>PRODUCT OF MEXICO</p>  | <p><b>2<sup>99</sup></b> ea.<br/>BELLE GROVE WHOLE WHITE OR CRIMINI MUSHROOMS 227 g<br/>PRODUCT OF ONTARIO</p>                       | <p><b>1<sup>99</sup></b> ea.<br/>SEEDLESS CUCUMBERS<br/>PRODUCT OF ONTARIO<br/>CANADA No. 1 GRADE</p>                      |
| <p><b>5<sup>99</sup></b> ea.<br/>SWEET YELLOW KIWIS 454 g<br/>PRODUCT OF CHILE</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>3<sup>99</sup></b> ea.<br/>RASPBERRIES 170 g<br/>PRODUCT OF U.S.A. OR MEXICO<br/>GOLDBERRIES 200 g<br/>PRODUCT OF COLOMBIA</p> | <p><b>2<sup>49</sup></b> /lb<br/>TOMATOES ON THE VINE<br/>PRODUCT OF ONTARIO<br/>5.49/kg</p>                               |
| <p><b>6<sup>99</sup></b> ea.<br/>CACTUS PEARS 907 g<br/>PRODUCT OF MEXICO</p>                                    | <p><b>1<sup>99</sup></b> /lb<br/>LARGE COSMIC CRISP APPLES<br/>PRODUCT OF U.S.A.<br/>EXTRA FANCY GRADE<br/>4.39/kg</p> | <p><b>4<sup>99</sup></b> ea.<br/>GREEN GIANT SUGAR SNAP PEAS 227 g<br/>PRODUCT OF GUATEMALA</p>                                      | <p><b>3<sup>49</sup></b> ea.<br/>GREEN OR RED SWISS CHARD OR DANDELION GREENS<br/>PRODUCT OF U.S.A. OR MEXICO</p>          |
| <p><b>6<sup>99</sup></b> /lb<br/>FRESH RHUBARB<br/>PRODUCT OF ONTARIO<br/>CANADA No. 1 GRADE<br/>15.41/kg</p>    | <p><b>5<sup>99</sup></b> ea.<br/>LITHOUSE CLASSIC CAESAR OR HOMESTYLE RANCH DRESSINGS 591 ml</p>                       | <p><b>12<sup>99</sup></b> ea.<br/>IRRESISTIBLES WALNUTS HALVES &amp; PIECES 750 g<br/>WALNUTS NOIX DE GRENOBLE</p>                   | <p><b>5<sup>99</sup></b> ea.<br/>DAIYA CHEESE STYLE SHREDS, BLOCKS, SPREADS OR SLICES 170-227 g<br/>SELECTED VARIETIES</p> |

## BUY MORE SAVE MORE!

|  |   |   |
|--|---|---|
| <p><b>2 for 11<sup>00</sup></b><br/>LESS THAN 2 PAY 5.99 EA.<br/>DOLE SALAD KITS 198-347 g, PRODUCT OF U.S.A.<br/>SELECTED VARIETIES</p> | <p><b>2 for 10<sup>00</sup></b><br/>LESS THAN 2 PAY 5.49 EA.<br/>LOOP COLD-PRESSED JUICES 355 ml<br/>SELECTED VARIETIES</p> | <p><b>2 for 10<sup>00</sup></b><br/>LESS THAN 2 PAY 5.99 EA.<br/>VEGETABLE SPIRALS OR RICED CAULIFLOWER 340-400 g</p> |
|--|---|---|

|   |  |
|---|--|
| <p><b>3<sup>79</sup></b> ea.<br/>BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227 g<br/>PRODUCT OF ONTARIO</p> | <p><b>3<sup>99</sup></b> ea.<br/>ORGANIC GRAPE TOMATOES 284 g<br/>PRODUCT OF ONTARIO</p> |
| <p><b>6<sup>49</sup></b> ea.<br/>PULP &amp; PRESS ORGANIC COLD-PRESSED JUICES 355 ml<br/>SELECTED VARIETIES</p>         | <p><b>5<sup>99</sup></b> ea.<br/>ORGANIC PINEAPPLES<br/>PRODUCT OF COSTA RICA</p>        |

## Sliced & Diced

|   |  |
|---|--|
| <p><b>8<sup>99</sup></b> ea.<br/>STORE MADE STIR-FRY OR GRILLING VEGETABLES 900 g</p>               | <p><b>4<sup>99</sup></b> ea.<br/>CORED GOLDEN PINEAPPLES 600 g</p> |
| <p><b>12<sup>99</sup></b> ea.<br/>STORE MADE CAROUSELS FRESH VEGETABLE 950 g FRESH FRUIT 1.4 kg</p> | <p><b>4<sup>99</sup></b> ea.<br/>CORED GOLDEN PINEAPPLES 600 g</p> |

## Flowers in Bloom

|  |  |
|--|--|
| <p><b>36<sup>99</sup></b> ea.<br/>ROSEBUSH PLANTER 8" BASKET, ASSORTED COLOURS</p>     | <p><b>22<sup>99</sup></b> ea.<br/>KIMBERLY QUEEN FERN 3 GALLON</p>                       |
| <p><b>12<sup>99</sup></b> ea.<br/>FRESH CUT TULIPS 15 STEM BUNCH, ASSORTED COLOURS</p> | <p><b>19<sup>99</sup></b> ea.<br/>SUCCULENT GARDEN 6" CERAMIC POT ASSORTED VARIETIES</p> |



## Our Butcher's Finest

|   |   |  |   |
|---|---|--|---|
| <p>SOUVLAKI SKEWERS OR FRESH STORE MADE MEAT KABOBS CHICKEN, PORK OR BEEF SELECTED VARIETIES 17.61/kg</p>  <p><b>7<sup>99</sup></b> /lb</p>      | <p>made in my metro <b>m</b></p>  <p>LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK PRODUCT OF NEW ZEALAND 46.27/kg</p> <p><b>20<sup>99</sup></b> /lb</p> <p><small>• Steaks aged for a minimum of 28 days<br/>• Free range<br/>• Raised without antibiotics<br/>• Raised without added hormones</small></p> |  |   |
|  <p><b>3<sup>49</sup></b> /lb</p> <p>FRESH CHICKEN LEG QUARTERS 7.69/kg</p>   | <p>made in my metro <b>m</b></p>  <p>FRESH BBQ SEASONED HALF CHICKEN 8.80/kg</p> <p><b>3<sup>99</sup></b> /lb</p>   |  |   |
|  <p><b>4<sup>99</sup></b> /lb</p> <p>PORK LOIN CHOPS CENTRE CUT BONE IN VALUE PACK 11.00/kg</p>   | <p>GROUND IN-STORE DAILY</p>  <p><b>4<sup>99</sup></b> /lb</p> <p>MEDIUM GROUND BEEF VALUE PACK 11.00/kg</p>  |  |   |
|  <p><b>7<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS INSIDE ROUND LONDON BROIL, ALOUETTE OR PINWHEEL CUT FROM CANADA AAA GRADE 17.61/kg</p> |  <p><b>7<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg</p>   |  <p><b>7<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS TENDERIZED HIP STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg</p> |  <p><b>29<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK OR ROAST CUT FROM CANADA AAA GRADE 66.12/kg</p> |

## BBQ Favourites

|  |   |  |   |
|--|---|--|---|
|  <p>LEADBETTERS COWBOY STEAKS FROZEN, 680 g</p> <p><b>13<sup>99</sup></b> ea.</p>                    |  <p>44TH STREET PORK BACK RIBS FULLY COOKED, 595 g SELECTED VARIETIES</p> <p><b>11<sup>99</sup></b> ea.</p>                            |  <p>900 g</p> <p>SCHNEIDERS JUICY JUMBOS ORIGINAL SCHNEIDERS SMOKIES SELECTED VARIETIES OR JUICY JUMBOS 900 g</p> <p><b>12<sup>99</sup></b> ea.</p> |  <p>LIFE SMART NATURALIA PORK SAUSAGES 500 g SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>                |
|  <p>MARC ANGELO SAUSAGES FROZEN, 500 - 675 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p> |  <p>MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400 g</p> <p><b>19<sup>99</sup></b> ea.</p>  |  <p>JANES UNBREADED CHICKEN BURGERS FROZEN, 852 g</p> <p><b>11<sup>99</sup></b> ea.</p>   |  <p>AL SAFA HALAL BEEF BURGERS FROZEN, 600 g</p> <p><b>9<sup>99</sup></b> ea.</p>                                   |
|  <p>LEGACY PEAMEAL CHUB ROLLED IN CORNMEAL 11.00/kg</p> <p><b>4<sup>99</sup></b> /lb</p>             |  <p>LOU'S KITCHEN ENTREES 375 - 400 g SELECTED VARIETIES</p> <p><b>9<sup>99</sup></b> ea.</p>  |  <p>LEADBETTERS BACON 375 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>   |  <p>IRRISISTIBLES CHICKEN BREAST STRIPS FULLY COOKED, 200 g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p> |
|  <p>MANDARIN ENTREES FROZEN, 400 - 460 g SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>     |  <p>NEVER EVER HUMANELY RAISED NO ARTIFICIAL INGREDIENTS GREENFIELD BREAKFAST SAUSAGE LINKS 375 g</p> <p><b>6<sup>99</sup></b> ea.</p> |  <p>PINTY'S BREADED CHICKEN OR WINGS FROZEN, 750 - 790 g SELECTED VARIETIES</p> <p><b>17<sup>99</sup></b> ea.</p>                                   |  <p>WATSON RIDGE CHICKEN BALLS FROZEN, 800 g</p> <p><b>5<sup>99</sup></b> ea.</p>                                   |

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



# FOIL PACK BBQ

Quick meals that are easy  
to prep, cook & clean.

BAKING POTATOES  
PKG OF 3  
PRODUCT OF CANADA,  
CANADA NO.1 GRADE  
**3<sup>99</sup>**  
ea.



**BONELESS**

**7<sup>99</sup>**  
/lb  
FRESH BONELESS  
SKINLESS CHICKEN THIGHS  
VALUE PACK  
17.61/kg



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

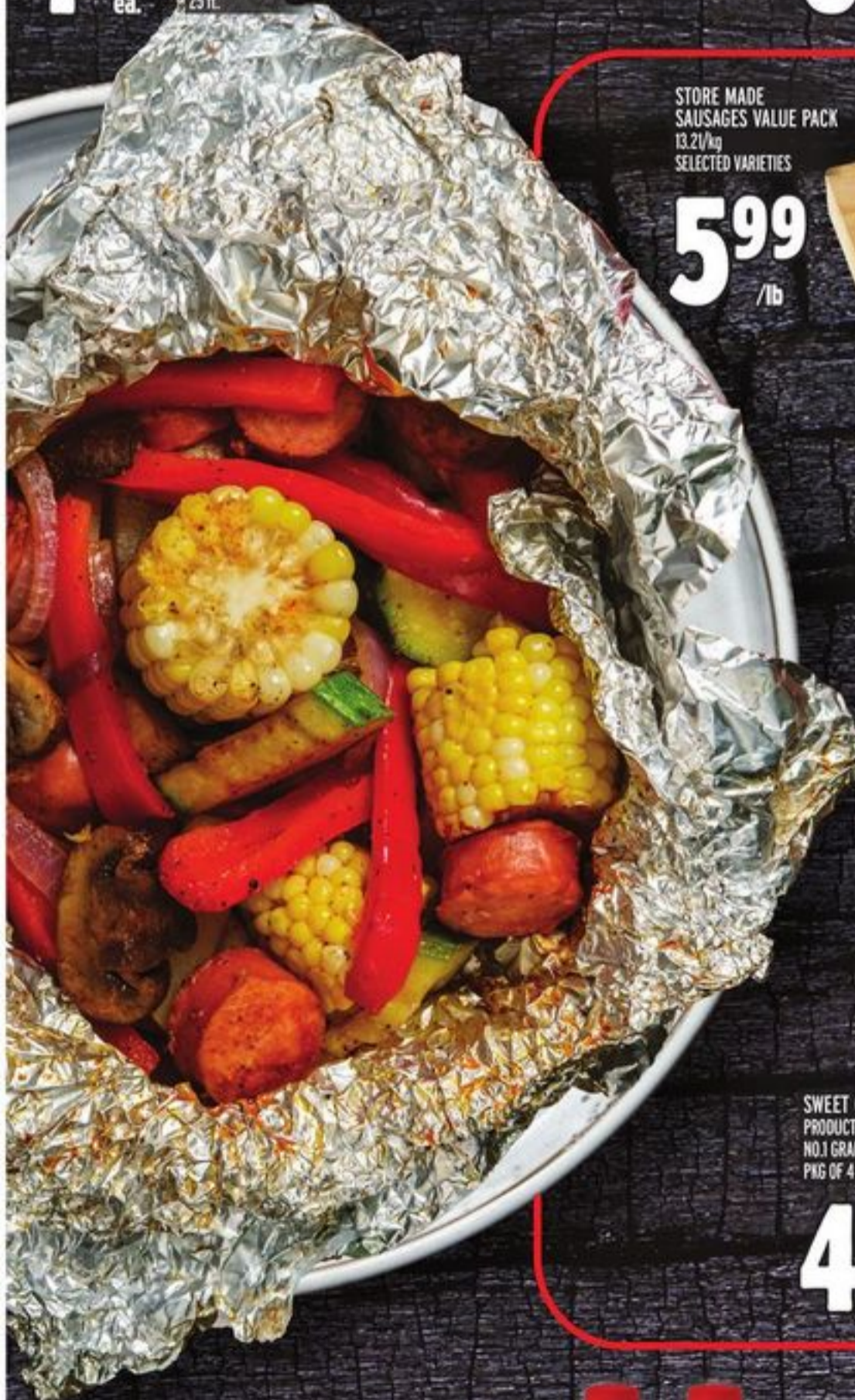
IRRESISTIBLES  
SHRIMP SKEWERS  
FROZEN, 400 g  
SELECTED VARIETIES



**1<sup>99</sup>**  
ea.  
SELECTION  
ALUMINUM FOIL  
25 FT.

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

BELLE GROVE  
PORTABELLA MUSHROOMS  
PRODUCT OF ONTARIO  
PKG OF 4



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

STORE MADE  
SAUSAGES VALUE PACK  
13.21/kg  
SELECTED VARIETIES



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

VIDALIA  
SWEET ONIONS  
PRODUCT OF USA,  
NO.1 GRADE  
3 lb



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

SWEET CORN  
PRODUCT OF USA,  
NO.1 GRADE  
PKG OF 4



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

CLUB HOUSE  
SEASONINGS OR BLEND  
SELECTED SIZES  
SELECTED VARIETIES



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

PAM  
AVOCADO OR  
OLIVE OIL  
COOKING SPRAY  
141 g  
SELECTED VARIETIES



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

SWEET BABY RAY'S  
SAUCES  
425 ml  
SELECTED VARIETIES



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

CLUB HOUSE  
LA GRILLE MARINADE  
350 ml  
SELECTED VARIETIES





# Seafood



**3<sup>99</sup>** ea. FRESH MEDITERRANEAN SEA BASS PORTION 100 g

**3<sup>49</sup>** ea. TRUE BLUE MARYLAND CRAB CAKES 113 g  
FROZEN OR PREVIOUSLY FROZEN

**3<sup>99</sup>** ea. SELECTION IMITATION CRAB FLAKES OR STICKS, 227 g

**2 for 9<sup>00</sup>** HIGH LINER MARKET CUTS 227 g CATCH OF THE DAY BREADED FILLETS 350 g FROZEN OR 4.99 EA.



**9<sup>99</sup>** /lb FRESH ROCKFISH (PACIFIC SNAPPER) FILLETS 2.2/1000 g

**3<sup>99</sup>** ea. STORE MADE SALMON OR SHRIMP KABOBS FRESH OR PREVIOUSLY FROZEN 100 g SELECTED VARIETIES

**8<sup>99</sup>** ea. STORE MADE SEAFOOD SAMPLER WITH SAUCE 375 g

**7<sup>99</sup>** ea. MINCED LOBSTER MEAT TIN FROZEN, 320 g

**11<sup>99</sup>** ea. DOM RESERVE ATLANTIC SMOKED SALMON FROZEN, 200 g

**12<sup>99</sup>** ea. TRUE NORTH STUFFED SALMON 227 g, FROZEN

## Irresistibles



**5<sup>99</sup>** ea. NATURALIA TILAPIA FILLETS FROZEN, 400 g



**9<sup>99</sup>** ea. IRRESISTIBLES MARINATED MUSSELS FROZEN, 907 g SELECTED VARIETIES



**10<sup>99</sup>** ea. IRRESISTIBLES GARLIC & HERB RAW SHRIMP FROZEN, 340 g



**12<sup>99</sup>** ea. IRRESISTIBLES POPCORN SHRIMP VALUE PACK FROZEN, 700 g

# Deli Favourites

CRAFT THE PERFECT SANDWICH WITH OUR FRESHLY SLICED DELI MEAT AND CHEESE. SLICED JUST THE WAY YOU LIKE IT



IRRESISTIBLES ARTISAN BLACK FOREST HAM DELI SLICED



SELECTION TURKEY BREAST DELI SLICED



MAPLE LODGE CHICKEN BREAST SELECTED VARIETIES DELI SLICED OR SHAVED

**YOUR CHOICE**

**2<sup>99</sup>** /100 g

13.56/lb



DELI CLASSIC ROAST BEEF DELI SLICED



SELECTION OLD FASHIONED SMOKED HAM DELI SLICED



BRANDT KOLBASSA SAUSAGE COIL, MEAT LOAF OR HONEY MAPLE SMOKED HAM DELI CUT



CASTELLO HAVARTI DELI CUT PRICES AS MARKED

# Prepared Meals

**metro FRESH 2 GO**



**\$20** FRESH 2 GO SPAGHETTI AND MEATBALLS 1.5 kg



**\$8** FRESH 2 GO CALZONE OR STROMBOLI 1 ea. SELECTED VARIETIES



**\$5** FRESH 2 GO FRITTATA 1 ea. SELECTED VARIETIES

# Cinco de Mayo Essentials



**2 for 10<sup>00</sup>** SABRA GUACAMOLE CLASSIC OR SPICY, 198 g OR 5.29 EA.



**7<sup>49</sup>** ea. SUMMER FRESH MEXICAN SELECTION DIP 500 g



**7<sup>99</sup>** ea. ROJO'S 5 LAYER DIP 454 g



**5<sup>79</sup>** ea. GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 ml SELECTED VARIETIES



**metro**  
**FRESH**  
**2 GO**

# READY MADE FAVOURITES



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

FRESH 2 GO  
HOT BBQ  
MAMMOTH CHICKEN  
1 kg

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

FRESH 2 GO  
O'AHU PINEAPPLE  
MANGO CHICKEN  
900 g



YOUR CHOICE

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

SELECTION SALADS  
454 g  
SELECTED VARIETIES



FRESH 2 GO  
MINI BEEF OR CHICKEN  
EMPANADAS  
374 g

**\$10**  
ea.



FRESH 2 GO  
PULLED PORK TACO  
LUNCH BOX  
400 g

**\$8**  
ea.



## SANDWICHES & LUNCH KITS FRESH TO GO

**2 PACK**



**\$12**  
ea.

FRESH 2 GO  
WRAPS  
2 un

**4 PACK**



**\$12**  
ea.

FRESH 2 GO  
PANINI SANDWICHES  
SELECTED VARIETIES

**4 PACK**

FRESH 2 GO  
PANUZZO  
SANDWICHES  
SELECTED VARIETIES

**\$20**  
ea.





**metro**  
**FRESH**  
**2 GO**

# WEEKNIGHT MEAL DEALS

# 10<sup>99</sup> EACH

Available Monday to Friday  
from 3 p.m. to 9 p.m.



## MONDAY

606 g Chicken Caesar Salad  
Dressing included  
180-310 Cals/Serving,  
Serves 3



## TUESDAY

Hot BBQ  
Mammoth Chicken  
1 kg  
530 Cals/Serving,  
Serves 4



## WEDNESDAY

16" Stone Baked Pepperoni Pizza  
340 Cals/Slice, 8 Slices  
or 16" Stone Baked Cheese Pizza  
350 Cals/Slice, 8 Slices



## THURSDAY

12 Chicken Tenders  
310 Cals/Serving, Serves 3  
or 15 Chicken Wings  
340-440 Cals/Serving, Serves 3  
Hot or Chilled



## FRIDAY

Assorted Maki Sushi Boat,  
18 pieces  
300 Cals/Serving,  
Serves 2

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



# CINCO DE MAYO

CELEBRATE THE FLAVOURS



IRRESISTIBLES  
WILD CAUGHT  
TUNA STEAKS  
FROZEN, 340 g

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



CHOLULA  
HOT SAUCE  
150 ml  
SELECTED VARIETIES

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



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

DON PANCHO  
STREET TACOS TORTILLAS  
336 g  
SELECTED VARIETIES



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

DOLE  
COLOURFUL COLESLAW  
397 g  
PRODUCT OF U.S.A.



IRRESISTIBLES  
CHICKEN BREAST STRIPS  
FULLY COOKED  
200 g  
SELECTED VARIETIES

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



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

LA COSTEÑA  
CANNED BEANS  
528 ml  
SELECTED VARIETIES



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

GAY LEA  
SOUR CREAM  
250 ml  
SELECTED VARIETIES



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

SELECTION  
SALSA  
650 ml  
SELECTED VARIETIES



**4<sup>77</sup>**  
ea.

SELECTION  
BARS OR SHREDDED CHEESE  
SELECTED SIZES  
SELECTED VARIETIES



COCA-COLA  
SOFT DRINKS  
4 x 355 ml

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



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

WE GUAC  
GUACAMOLE  
227 g  
SELECTED VARIETIES



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

LIMES  
PRODUCT OF MEXICO



JARRITOS  
SOFT DRINK  
370 ml  
SELECTED VARIETIES

**1<sup>67</sup>**  
ea.



### Fruit Topped



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

FRONT STREET BAKERY  
CREAM BAR CAKES 700 - 875 g  
SELECTED VARIETIES



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

FRONT STREET BAKERY  
FRUIT TOPPED CHEESECAKES 975 g  
SELECTED VARIETIES



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

FRONT STREET BAKERY  
TRIPLE FRUIT OR  
TRIPLE STRAWBERRY  
BOSTON CAKES 1200 g



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

FRONT STREET BAKERY  
GOURMET FRUIT TOPPED  
SHORTCAKE 1.35 - 1.6 kg  
SELECTED VARIETIES

### Lemon Treats



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

FRONT STREET BAKERY  
LEMON MERINGUE PIE 675 g



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

FRONT STREET BAKERY  
LEMON BUTTER COOKIES  
PKG OF 10, 340 g



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

FRONT STREET BAKERY  
LEMON POPPYSEED MUFFINS  
600 g



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

IRRESISTIBLES  
LEMON POPPYSEED  
COFFEE CAKE 650 g  
SELECTED VARIETIES



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

FRONT STREET BAKERY  
PUMPERNICKEL OR PANE  
ITALIAN GARLIC BREADS  
550 - 675 g



**3<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
ITALIAN OR FRENCH BREAD  
450 g  
SELECTED VARIETIES



**3<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
KAISER ROLLS OR FRENCH ROLLS  
PKG OF 6 - 8, 350 - 480 g  
SELECTED VARIETIES



**3<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
DINNER, HOT DOG OR  
HAMBURGER ROLLS  
PKG OF 8 - 12, 320 - 425 g  
SELECTED VARIETIES



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

DEMPSTER'S  
RAISIN BREAD 570 g  
CINNAMON RAISIN



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

MR. KIPLING  
SNACK CAKES  
365 g  
SELECTED VARIETIES



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

SCHÄR  
GLUTEN FREE  
BREAD OR BUNS  
228 - 400 g  
SELECTED VARIETIES



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

OAKRUN FARM  
ENGLISH MUFFINS OR  
CRUMPETS  
284 - 340 g  
SELECTED VARIETIES

## Breakfast Essentials



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

BALZAC'S  
COFFEE CAPSULES 10 mL  
SELECTED VARIETIES



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

IRRESISTIBLES  
GROUND COFFEE 340 g  
SELECTED VARIETIES



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

NESTLÉ  
COFFEE MATE  
CREAMER  
300 - 340 mL  
SELECTED VARIETIES



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

SELECTION  
COFFEE FILTERS  
200 mL



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

TETLEY TEA  
20 - 24 mL  
SELECTED VARIETIES  
OR 4.49 EA.



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

SELECTION  
HASHBROWNS  
1 kg



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

IRRESISTIBLES  
APPLE JUICE  
1.65 L



**3<sup>79</sup>**  
ea.

V8  
VEGETABLE  
COCKTAIL  
950 mL



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

LIFE SMART  
FRUIT SNACKS  
4 - 6.90 - 103 g  
SELECTED VARIETIES



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

JIF  
PEANUT BUTTER 1 kg  
SELECTED VARIETIES



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

SELECTION  
COTTAGE CHEESE  
500 g  
SELECTED VARIETIES



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

LIBERTÉ  
KEFIR DRINK  
1 L  
SELECTED VARIETIES

### SNACK IT UP.

**iögo**  
is taking over  
snack time.

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

iögo  
MULTI YOGURT  
16 x 100 g  
SELECTED VARIETIES



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

IRRESISTIBLES  
GREEK YOGURT TUBS  
750 g, SELECTED VARIETIES



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

BURNBRAE  
EGG CREATIONS  
500 g  
SELECTED VARIETIES

**FREE SAME-DAY PICKUP** SAME FLYER PRICES AND DEALS ONLINE





## Meal Makers

|   |  |   |  |
|---|--|---|--|
| <p><b>2 for 7.00</b><br/>GREEN GIANT FROZEN VEGETABLES<br/>SELECTED SIZES<br/>SELECTED VARIETIES<br/>OR 3.99 EA.</p>  | <p><b>3.99</b> ea.<br/>CAVENDISH FRIES<br/>SELECTED SIZES<br/>SELECTED VARIETIES</p>                     | <p><b>4.99</b> ea.<br/>K-Deluxe<br/>CRAVE OR KRAFT DINNER<br/>FROZEN ENTREES<br/>SELECTED SIZES, SELECTED VARIETIES</p> | <p><b>2.99</b> ea.<br/>BETTY CROCKER<br/>POTATOES<br/>161 - 215 g<br/>SELECTED VARIETIES</p>   |
| <p><b>2.99</b> ea.<br/>CATELLI SMART OR<br/>WHOLE GRAIN<br/>PASTA<br/>340 - 375 g<br/>SELECTED VARIETIES</p>          | <p><b>3 for 5.00</b><br/>PRIMO BEANS<br/>540 ml<br/>SELECTED VARIETIES<br/>OR 1.69 EA.</p>               | <p><b>2.49</b> ea.<br/>AYLMER OR<br/>ROTEL TOMATOES<br/>204 - 298 ml<br/>SELECTED VARIETIES</p>                         | <p><b>5.49</b> ea.<br/>BAR HARBOR<br/>SOUP<br/>284 - 298 ml<br/>SELECTED VARIETIES</p>         |
| <p><b>2.49</b> ea.<br/>BRUNSWICK<br/>CANNED SARDINES OR<br/>FILLETS 92 - 104 g<br/>SELECTED VARIETIES</p>             | <p><b>7.99</b> ea.<br/>MAZOLA CORN,<br/>VEGETABLE OR<br/>CANOLA OIL<br/>1.8 L<br/>SELECTED VARIETIES</p> | <p><b>5.49</b> ea.<br/>MINUTE RICE<br/>500 - 300 g<br/>SELECTED VARIETIES</p>   | <p><b>2 for 7.00</b><br/>MINUTE RICE<br/>INSTANT RICE<br/>2 x 125 g<br/>SELECTED VARIETIES</p> |
| <p><b>2 for 10.00</b><br/>BOW VALLEY<br/>SAUCE<br/>250 ml<br/>SELECTED VARIETIES<br/>LESS THAN 2<br/>PAY 6.99 EA.</p> | <p><b>4.99</b> ea.<br/>MR. SUB<br/>SAUCE<br/>375 ml<br/>SELECTED VARIETIES</p>                           | <p><b>5.99</b> ea.<br/>KOZLIK'S<br/>MUSTARD<br/>250 ml<br/>SELECTED VARIETIES</p>                                       | <p><b>6.99</b> ea.<br/>FRANK'S<br/>REDHOT SAUCE<br/>480 ml<br/>SELECTED VARIETIES</p>          |

## Snacks & Beverages

|  |   |   |  |
|--|---|---|--|
| <p><b>2 for 8.50</b><br/>BUY MORE<br/>SAVE MORE!<br/>LESS THAN 2<br/>PAY 5.29 EA.</p>  | <p><b>2 for 6.00</b><br/>BUY MORE<br/>SAVE MORE!<br/>PURE LEAF<br/>ICED TEA 547 ml<br/>SELECTED VARIETIES</p> | <p><b>2 for 7.00</b><br/>SELECTION<br/>JUICE OR<br/>COCKTAILS<br/>8 x 200 ml<br/>SELECTED VARIETIES<br/>OR 3.69 EA.</p> | <p><b>5.99</b> ea.<br/>IRRISISTIBLES<br/>SPARKLING SPRING WATER<br/>6 x 1 L<br/>SELECTED VARIETIES</p> |
| <p><b>3.79</b> ea.<br/>CHARRAS<br/>TOSTADA CHIPS<br/>250 g, SELECTED VARIETIES</p>     | <p><b>5.99</b> ea.<br/>PLANTERS<br/>PEANUTS<br/>500 g, SELECTED VARIETIES</p>                                 | <p><b>3.49</b> ea.<br/>SPITZ<br/>SUNFLOWER SEEDS<br/>210 g<br/>SELECTED VARIETIES</p>                                   | <p><b>1.99</b> ea.<br/>CRISPERS OR BITS &amp; BITES<br/>SNACKS<br/>145 g<br/>SELECTED VARIETIES</p>    |
| <p><b>2 for 11.00</b><br/>CADBURY CHOCOLATE<br/>152 - 200 g<br/>SELECTED VARIETIES</p> | <p><b>7.99</b> ea.<br/>LINDT CHOCOLATE<br/>150 g<br/>SELECTED VARIETIES</p>                                   | <p><b>2 for 6.00</b><br/>SELECTION<br/>COOKIES<br/>180 - 225 g<br/>SELECTED VARIETIES<br/>OR 3.19 EA.</p>               | <p><b>3.99</b> ea.<br/>RYVITA<br/>SNACKBREAD<br/>125 g, SELECTED VARIETIES</p>                         |
| <p><b>7.99</b> ea.<br/>MCCAIN PIZZA POCKETS<br/>600 g<br/>SELECTED VARIETIES</p>       | <p><b>12.99</b> ea.<br/>SMUCKERS UNCRUSTABLES<br/>LARGE PACK<br/>10 x 56 g</p>                                | <p><b>6.49</b> ea.<br/>IRRISISTIBLES<br/>THICK CRUST PIZZA<br/>SELECTED SIZES<br/>SELECTED VARIETIES</p>                | <p><b>3.49</b> ea.<br/>IRRISISTIBLES<br/>LEMONADE OR ICED TEA<br/>1.5 L<br/>SELECTED VARIETIES</p>     |





Chill out with our sweet selection of ice cream, frozen treats + all the toppings.



CHAPMAN'S ICE CREAM  
2 L  
SELECTED VARIETIES

BUY MORE  
SAVE MORE!

2 for  
**10<sup>00</sup>**  
Less than 2  
pay 6.49 ea.

# Here's the Scoop



**6<sup>99</sup>** ea.  
CHAPMAN'S ICE CREAM  
500 ml  
SELECTED VARIETIES



MAGNUM NOVELTIES  
SELECTED SIZES  
SELECTED VARIETIES

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



YUKON NOVELTIES  
SELECTED SIZES  
SELECTED VARIETIES

BUY MORE  
SAVE MORE!

2 for  
**10<sup>00</sup>**  
Less than 2  
pay 7.99 ea.



**6<sup>49</sup>** ea.  
REAL DAIRY ICE CREAM TUBS  
1.5 L  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
SMUCKER'S SUNDAE SYRUP  
420 ml  
SELECTED VARIETIES



**6<sup>49</sup>** ea.  
NESTLE DRUMSTICK NOVELTIES  
SELECTED SIZES  
SELECTED VARIETIES



2 for  
**7<sup>00</sup>**  
IRRESISTIBLES WAFFLE CONES  
12 un  
SELECTED VARIETIES



GLUTEN

Discover **gluten-free** recipes and products you'll love. Use **My Health My Choices** to find more gluten-free products that are right for you.

My Health My Choices

cca

MAY IS

# CELIAC AWARENESS MONTH

A 100% gluten-free diet is the only treatment for celiac disease, which is why Metro has such a great selection of foods & snacks you can savour, safely.

5<sup>99</sup> ea. CROFTER'S JAM 353 ml SELECTED VARIETIES



**4<sup>49</sup>** ea. NUPASTA PASTA 210 g SELECTED VARIETIES

**9<sup>99</sup>** ea. UNBUN BREAD 340 - 350 g SELECTED VARIETIES

**3<sup>99</sup>** ea. RISE KOMBUCHA 414 ml SELECTED VARIETIES

**7<sup>49</sup>** ea. PRANA CHIA SEEDS 200 - 300 g SELECTED VARIETIES

**5<sup>99</sup>** ea. MRS. CRIMBLE'S MACAROONS 220 g SELECTED VARIETIES

**7<sup>99</sup>** ea. GLUTINO PRETZELS 400 g SELECTED VARIETIES

**5<sup>99</sup>** ea. SCHAR HONEYGRAMS BISCUITS 190 g

**4<sup>99</sup>** ea. ANGIE'S POPCORN 136 - 198 g SELECTED VARIETIES

**6<sup>49</sup>** ea. MIRACLE NOODLE 215 - 280 g SELECTED VARIETIES

**2 for 7<sup>00</sup>** or 3.79 ea. TINKYADA PASTA 280 - 340 g SELECTED VARIETIES

**8<sup>99</sup>** ea. NATURE'S NUTS ORGANIC PEANUT BUTTER 500 g

**2 for 6<sup>00</sup>** or 3.29 ea. PLUMM GOOD RICE CAKES 95 g SELECTED VARIETIES

**2 for 5<sup>00</sup>** or 2.79 ea. TRUBAR PROTEIN BAR 50 g SELECTED VARIETIES

**2 for 7<sup>00</sup>** or 3.79 ea. BOB'S RED MILL INSTANT OATMEAL 51 - 71 g SELECTED VARIETIES

Love noodles? Enjoy our gluten-free variety



**Organic**

|   |   |   |   |
|---|---|---|---|
| <p><b>NUTS TO YOU PEANUT BUTTER</b><br/>500 g<br/>SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b><br/>ea.</p>   | <p><b>ROAR BEVERAGES</b><br/>532 ml<br/>SELECTED VARIETIES</p> <p><b>2<sup>99</sup></b><br/>ea.</p>     | <p><b>JOVIAL RICE PASTA</b><br/>227-340 g<br/>SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b><br/>ea.</p> | <p><b>NUTIVA COCONUT OIL</b><br/>404 ml</p> <p><b>14<sup>99</sup></b><br/>ea.</p>   |
| <p><b>SHADY MAPLE FARMS MAPLE SYRUP</b> 375 ml<br/>SELECTED VARIETIES</p> <p><b>13<sup>99</sup></b><br/>ea.</p> | <p><b>LUNDBERG RICE CAKES</b><br/>240 g<br/>SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b><br/>ea.</p> | <p><b>ORGANIC MEADOW 2% MILK</b> 946 ml<br/>SELECTED VARIETIES</p> <p><b>3<sup>49</sup></b><br/>ea.</p>   | <p><b>MARY'S ORGANIC</b><br/>Super Seed<br/>CLASSIC CRACKERS<br/>PARCHED FLAXSEEDS</p> <p><b>5<sup>99</sup></b><br/>ea.</p> <p>MARY'S CRACKERS 166 g<br/>SELECTED VARIETIES</p> |

**Non-GMO**

|  |  |  |   |
|--|--|--|---|
| <p><b>PACIFIC FOODS SOUP</b><br/>1L<br/>SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b><br/>ea.</p>  | <p><b>DAIYA</b><br/>GLUTEN-FREE PIZZA<br/>PIZZA SANS GLUTEN</p> <p><b>9<sup>99</sup></b><br/>ea.</p> <p>DAIYA PIZZA<br/>332-500 g<br/>SELECTED VARIETIES</p> | <p><b>STOKED OATS GRANOLA</b> 300 g<br/>SELECTED VARIETIES</p> <p><b>5<sup>49</sup></b><br/>ea.</p>  | <p><b>HALO TOP</b><br/>ICE CREAM 473 ml<br/>SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b><br/>ea.</p> |
| <p><b>ALWAYS ORGANIC. SIMPLY DELICIOUS.</b></p> <p><b>25% off</b><br/>SIMPLY ORGANIC SPICES<br/>IN GLASS BOTTLES 49-100 g<br/>SELECTED VARIETIES</p> |  | <p><b>Delicious Mexican-American Favorites</b><br/>GRAIN FREE • GLUTEN FREE • DAIRY FREE • VEGAN</p> <p><b>5<sup>99</sup></b><br/>ea.</p> <p><b>SIETE TORTILLA CHIPS</b><br/>142 g<br/>SELECTED VARIETIES</p> <p><b>2 for 7<sup>00</sup></b><br/><b>SIETE TACO SEASONING</b><br/>37 g<br/>SELECTED VARIETIES<br/>OR 3.79 EA.</p> |   |

**Household Helpers**

|   |   |   |  |
|---|---|---|--|
| <p><b>SELECTION FACIAL TISSUES OR PAPER TOWELS</b><br/>SELECTED SIZES, SELECTED VARIETIES</p> <p><b>1<sup>99</sup></b><br/>ea.</p>      | <p><b>5 BONUS MILES</b><br/>when you buy 1</p> <p><b>PINE-SOL OR TILEX CLEANERS</b><br/>SELECTED SIZES, SELECTED VARIETIES</p> <p><b>5<sup>49</sup></b><br/>ea.</p>                   | <p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 5<sup>50</sup></b><br/>LESS THAN 2 PAY 3.49 EA.</p> <p><b>FANCY FEAST OR FRISKIES CAT TREATS</b><br/>SELECTED SIZES, SELECTED VARIETIES</p> | <p><b>MILK-BONE Soft &amp; Chewy Tendrils of Fondants</b></p> <p><b>2 for 4<sup>00</sup></b></p> <p><b>MILK-BONE DOG TREATS</b> 103 g<br/>SELECTED VARIETIES OR 2.39 EA.</p> |
| <p><b>GLADE Candles</b><br/>1 ea.<br/>SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b><br/>ea.</p>                                       | <p><b>10 BONUS MILES</b><br/>when you buy 1</p> <p><b>FINISH Dishwasher Detergent or Rinse Agent</b><br/>SELECTED SIZES, SELECTED VARIETIES</p> <p><b>16<sup>99</sup></b><br/>ea.</p> | <p><b>5 BONUS MILES</b><br/>when you buy 1</p> <p><b>WHISKAS TEMPTATIONS CAT TREATS</b> 454 g<br/>SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b><br/>ea.</p>                             | <p><b>10 BONUS MILES</b><br/>when you buy 1</p> <p><b>Pedigree Denta Stix Dog Treats</b> 408 g<br/>SELECTED VARIETIES</p> <p><b>12<sup>49</sup></b><br/>ea.</p>              |
| <p><b>AIR WICK Fresheners or Essential Mist Refills</b><br/>SELECTED SIZES, SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b><br/>ea.</p> | <p><b>9<sup>99</sup></b><br/>ea.</p> <p><b>AIR WICK ESSENTIAL MIST DIFFUSER OR SCENTED OIL REFILLS</b><br/>SELECTED SIZES, SELECTED VARIETIES</p>                                     | <p><b>5 for 10<sup>00</sup></b></p> <p><b>TASTEFULS WET CAT FOOD</b> 105 g<br/>SELECTED VARIETIES OR 2.29 EA.</p>   | <p><b>4 for 13<sup>00</sup></b></p> <p><b>BLUE BUFFALO WET DOG FOOD</b> 354 g<br/>SELECTED VARIETIES OR 3.99 EA.</p>   |
| <p><b>SAVE \$4*</b><br/>when you buy any 3 greeting cards</p> <p>*with greeting card coupon</p> <p>carlton cards</p>                    |   | <p><b>10 BONUS MILES</b><br/>when you buy 1</p> <p><b>BLUE BUFFALO DRY CAT FOOD</b> 2.2 kg<br/>SELECTED VARIETIES</p> <p><b>21<sup>99</sup></b><br/>ea.</p>                               | <p><b>15<sup>99</sup></b><br/>ea.</p> <p><b>NATURE'S RECIPE DRY DOG FOOD</b> 1.8 kg<br/>SELECTED VARIETIES</p>   |



# **metro.ca**

**YOUR ONLINE GROCERIES**

**SAVE**  
**\$40**

\$20 off on your first 2 online orders\*

PROMO CODES  
**MOM1 - MOM2**

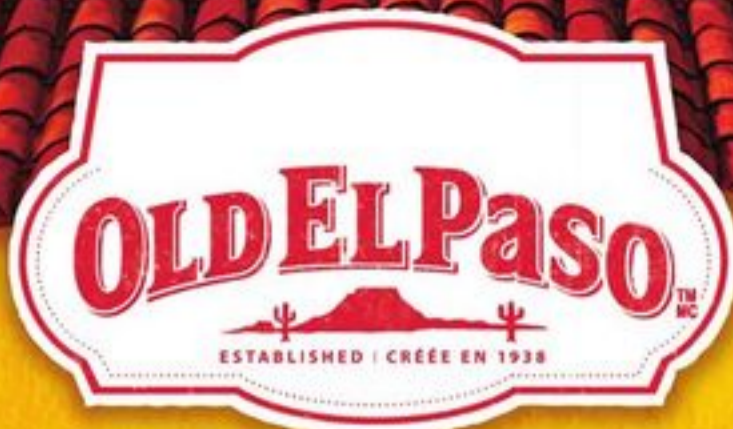
**+ 1 MONTH  
UNLIMITED  
DELIVERY  
FOR FREE\***



**Shop Now**

\*Applicable on orders of \$75 or more. Metro.ca Unlimited Delivery 1-Month Plan must be added to cart and will be credited when promo code is entered on your first order. Offer expires May 15th, 2024. Your delivery must be scheduled before May 15th, 2024. Certain conditions apply. Details on metro.ca.





CELEBRATES  
**CINCO DE MAYO**



SCAN HERE  
for Recipe!



OLD EL PASO  
TORTILLAS OR BEANS  
SELECTED SIZES  
SELECTED VARIETIES

**2 for**  
**7.00**  
or 3.99 ea.



OLD EL PASO  
SEASONINGS  
24 g  
SELECTED VARIETIES

**2 for**  
**3.00**



**2 for**  
**9.00**  
or 4.99 ea.

OLD EL PASO  
DINNER KITS  
SELECTED SIZES  
SELECTED VARIETIES



WE HAVE YOUR FAVOURITE SNACKS & MORNING MUST-HAVES



**3 for**  
**10.00**  
or 4.69 ea.

BETTY CROCKER  
FRUIT SNACKS OR  
NATURE VALLEY CHEWY BAR  
SELECTED SIZES  
SELECTED VARIETIES



**2.99**  
ea.

ANNIE'S  
NOODLES  
57 - 170 g  
SELECTED VARIETIES



GENERAL MILLS  
CEREAL  
399 - 437 g  
SELECTED VARIETIES

**4.49**  
ea.



**5.99**  
ea.

LIBERTÉ  
YOGURT TUBS  
SELECTED SIZES  
SELECTED VARIETIES