

Get More Deals



Scan to check out this week's full digital flyer.

metro

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

2⁹⁹ /100 g

LEAN

GROUND • IN-STORE • DAILY

LEAN GROUND BEEF VALUE PACK
9.79/kg

4⁴⁴ /lb

PARMIGIANO REGGIANO
AGED 24 MONTHS, 2.86/100 g
IN-STORE GRATED 3.49/100 g

12⁹⁹ /lb

FRESH PORK LOIN CHOPS ECONOMY PACK
(3 BLOBS & 3 SLOIN CHOPS)
5.49/kg

2⁴⁹ /lb

ASPARAGUS
PRODUCT OF ONTARIO, CANADA No. 1 GRADE, 2.44/lb, 5.38/kg

CAULIFLOWER
PRODUCT OF U.S.A., No. 1 GRADE, 2.44 EA.

2⁴⁴ ea. or /lb

Dempster's 100% WHOLE WHEAT

Hostess Twinkies

mix & match

2 for 6⁰⁰

DEMPSTER'S WHITE OR 100% WHOLE WHEAT BREADS, HOT DOG OR HAMBURGER BUNS OR HOSTESS SNACK CAKES
SELECTED SIZES, SELECTED VARIETIES, OR 3.29 - 3.49 EA.

8 VARIETIES TO CHOOSE FROM

SAVE \$2.00

STORE MADE SMALL SALADS
250 - 340 g

4⁹⁹ ea.

BROCCOLI CROWNS OR BLACKBERRIES 170 g

LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
PRODUCT OF ONTARIO, 1.91/lb, 4.30/kg

1⁹⁹ ea. or /lb

OAKRUN FARM ENGLISH MUFFINS OR CRUMPLETS
284 - 340 g, SELECTED VARIETIES

1⁴⁹ ea.

FRESH WHOLE ATLANTIC SALMON
2.99/lb, 6.62/100 g OR FROZEN SALMON OR COD LOIN PORTIONS
113 g, 2.99 EA.

2⁹⁹ ea. or /lb

FRESH RAINBOW TROUT OR TILAPIA FILLETS VALUE PACK
MIN 900 g, 2.10/100 g

9⁹⁹ /lb

KAWARTHA ICE CREAM 1.5 L
SELECTED VARIETIES

5⁹⁹ ea.

LACTANTIA PURIFILTRE OR BEATRICE CHOCOLATE MILK
2 L, SELECTED VARIETIES

3⁴⁹ ea.

SELECTION BARS OR SHREDDED CHEESE
SELECTED SIZES, SELECTED VARIETIES

4⁷⁷ ea.

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS 6 x 370 ml OR RUFFLES CHIPS
SELECTED SIZES, SELECTED VARIETIES, OR 3.99 EA.

2 for 7⁰⁰

EARTH'S OWN BEVERAGES
SELECTED SIZES, SELECTED VARIETIES

2⁸⁸ ea.

SELECTION EGGS OR IRRESISTIBLES MAPLE SYRUP
30 un., 500 - 540 ml, SELECTED VARIETIES

7⁹⁹ ea.

SAVOUR SUMMER SAVINGS



5.99
ea.

JANES PUB STYLE BREADED CHICKEN OR TURKEY FROZEN, 600-700 g, SELECTED VARIETIES



88¢
/lb

GREEN BEANS PRODUCT OF U.S.A. 1.94/kg



5.00
ea.

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



1.88
ea.

CHRISTIE CRACKERS OR ANNIE'S PASTA SELECTED SIZES, SELECTED VARIETIES



2.44
ea.

BEN'S ORIGINAL BISTRO RICE, VH HONEY GARLIC SAUCE, OLD EL PASO TORTILLAS OR SHELLS SELECTED SIZES, SELECTED VARIETIES



2/\$3

ITALPASTA 900 g UNICO BEANS OR TOMATOES 540-750 ml SELECTED VARIETIES



FRESH 2 GO BBQ HALF CHICKEN 450 g

6.99
ea.



INSIDE VEAL LEG CUTLET FOR SCALLOPINI VALUE PACK 500 g FRESH OR FRESH LAMB LOIN CHOPS NEW ZEALAND SPRING LAMB 17.61/kg

7.99
/lb



SELECTION OLD FASHIONED SMOKED HAM DELI SLICED, 11.29/lb

2.49
/100 g



7.00
ea.

FRESH 2 GO WRAPS 1 ea. SELECTED VARIETIES



6.99
ea.

SELECTION WILD PINK SALMON FILLETS 547 g ROCK LOBSTER TAILS 4 oz GARLIC & HERB SHRIMP SKEWERS 252 g, FROZEN



12.99
ea.

IRRESISTIBLES WHOLE NATURAL OR CHOCOLATE COVERED ALMONDS 1 kg IRRESISTIBLES WALNUTS HALVES & PIECES 750 g



16.99
ea.

YOUR CHOICE GERBERA BOUQUET OR MIXED FLOWER BOUQUET ASSORTED COLOURS AND FLOWER VARIETIES

Effective May - June TH 30 FR 31 SA 1 SU 2

metro.ca

\$ New Lower Prices

NATURALIA

- Steaks aged for a minimum of 28 days
- Free range
- Raised without antibiotics
- Raised without added hormones

Grass Fed

14⁹⁹ /lb

LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK PRODUCT OF NEW ZEALAND 33.05/kg

3 BONUS Thunder Points when you buy 1

10⁹⁹ ea.

HIGH LINER BREADED OR BATTERED FISH, PAN-SEAR OR CATCH OF THE DAY FILLETS FROZEN, 425 g - 1.32 kg, SELECTED VARIETIES

2 for

8⁰⁰

FONTAINE SANTÉ HUMMUS OR DIPS 227 - 260 g, SELECTED VARIETIES OR 4.49 EA.

5⁹⁹ ea.

PHILADELPHIA CREAM CHEESE 340 g or HELUVA GOOD! DIP 480 g SELECTED VARIETIES

5⁹⁹ ea.

SIGGI'S YOGOURT 650 - 750 g SELECTED VARIETIES

8⁹⁹ ea.

KICKING HORSE GROUND COFFEE 284 g or CRANK WHOLE BEAN COFFEE 340 g SELECTED VARIETIES

19⁹⁹ ea.

MELITTA OR McCAFE COFFEE 30 or 907 - 930 g SELECTED VARIETIES

2 for

4⁰⁰

PERrier OR MAISON PERrier, SAN PELLEGRINO SPARKLING WATER, ESSENTIA ALKALINE WATER OR BODY ARMOR SPORTS DRINKS SELECTED SIZES, SELECTED VARIETIES OR 2.49 EA.

2 for

8⁰⁰

CRACKER BARREL OR BLACK DIAMOND SLICED OR COMBO CHEESE SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

3⁴⁹ ea.

OUAKER CEREAL OR KELLOGG'S CEREAL SELECTED SIZES, SELECTED VARIETIES

7⁰⁰

SKINNY POP POPCORN OR QUE PASA TORTILLA CHIPS 125 - 200 g, SELECTED VARIETIES OR 1.79 EA.

5⁹⁹ ea.

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA SELECTED SIZES, SELECTED VARIETIES

3⁹⁹ ea.

LIFE SMART FROZEN VEGETABLES SELECTED SIZES, SELECTED VARIETIES

2 for

3⁰⁰

IRRESISTIBLES OR SELECTION CHIPS 130 - 200 g or SELECTION SOFT DRINKS 2 L SELECTED VARIETIES, OR 1.99 EA.

2 for

7⁰⁰

SKINNY POP POPCORN OR QUE PASA TORTILLA CHIPS 125 - 200 g, SELECTED VARIETIES OR 1.79 EA.

3⁴⁹ ea.

DOLE FRUIT CUPS SELECTED SIZES, SELECTED VARIETIES

2 for

6⁰⁰

SELECTION NATURAL SPRING WATER 24 x 500 ml or SELECTION WATER ENHANCER 48 ml SELECTED VARIETIES OR 3.49 EA.

2 for

4⁰⁰

MINUTE MAID FROZEN DRINKS 295 ml, SELECTED VARIETIES OR 2.49 EA.

2 for

7⁵⁰

MAYNARD'S CANDY OR LINDT CHOCOLATE BAR 50 - 35 g, SELECTED VARIETIES

6⁴⁹ ea.

HELLMANN'S MAYONNAISE 710 - 890 ml, SELECTED VARIETIES

20% off

NATIVE OR CERAVE PERSONAL CARE SELECTED SIZES, SELECTED VARIETIES

44⁹⁹ ea.

VEGA ONE NUTRITIONAL SUPPLEMENT 812 - 876 g, SELECTED VARIETIES

13⁹⁹ ea.

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

metro 15 BONUS Thunder Bucks when you buy 2

2 for

8⁵⁰

FRITO-LAY SNACKS OR ROLD GOLD PRETZELS SELECTED SIZES, SELECTED VARIETIES, OR 4.79 EA.

metro 15 BONUS Thunder Bucks when you buy 2

2 for

13⁰⁰

BUBLY OR MONTELLIER SPARKLING WATER 30 - 12 x 355 ml, SELECTED VARIETIES OR 7.49 EA.

metro 20 BONUS Thunder Bucks when you buy 2

13⁹⁹ ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE SELECTED SIZES, SELECTED VARIETIES

metro gardens AVAILABLE AT SELECT STORES AND MOST GARDEN CENTRE LOCATIONS

3⁰⁰ ea.

SELECTION OUTDOOR SOIL 25 L BAG VARIETIES INCLUDE BLACK EARTH, 3-WAY AND TRIPLE MIX

2 for

32⁰⁰ or 18.00 ea.

PREMIUM OUTDOOR HANGING BASKETS 10" POT ASSORTED COLOURS AND VARIETIES

STARTING AT

32⁹⁹ ea.

PATIO PLANTERS ASSORTED COLOURS, FLOWERS AND STYLES

BUY 2 OR MORE

9⁰⁰ ea.

BUY 1/9.99 ea.

METRO GARDENS ANNUALS 6" POT, ASSORTED VARIETIES

UNLOCK APP-CLUSIVE SAVINGS.



SAVE
\$3.98
on 2

Add your Thunder Bucks card to the My Metro app for exclusive deals.



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>1.99 /lb</p> <p>LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p>5.99 /lb</p> <p>CALIFORNIA COLLOSSAL CHERRIES PRODUCT OF U.S.A., No. 1 GRADE 13.21/kg</p> <p>COLLOSSAL SIZE</p>	 <p>4.99 ea.</p> <p>Fresh Florida SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>
 <p>4.99 ea.</p> <p>PINT BLUEBERRIES PINT PRODUCT OF U.S.A. OR PERU, No. 1 GRADE</p>	 <p>3.99 ea.</p> <p>STRAWBERRIES 454 g PRODUCT OF U.S.A., No. 1 GRADE GOLDENBERRIES 200 g PRODUCT OF COLOMBIA RASPBERRIES 170 g PRODUCT OF U.S.A.</p>	 <p>1.99 /lb</p> <p>EXTRA LARGE BEEFSTEAK TOMATOES PRODUCT OF ONTARIO 4.39/kg</p>
 <p>6.99 ea.</p> <p>FIRST OF THE SEASON GEORGIA FUZZIES PEACHES PEACHES PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p>2 for 5.00</p> <p>AVOCADOS PRODUCT OF MEXICO</p>	 <p>2 for 4.00</p> <p>RED OR HONEY ATAULFO MANGOES PRODUCT OF MEXICO</p>
 <p>2.49 /lb</p> <p>LARGE BOSQ OR FORELLE PEARS PRODUCT OF SOUTH AFRICA EXTRA FANCY GRADE 5.49/kg</p>	 <p>2 for 10.00 or 5.49 ea.</p> <p>SELECTION SUMMER CANDIES 325 - 400 g, SELECTED VARIETIES</p>	 <p>6.99 ea.</p> <p>IRRESISTIBLE ULTIMATE SNACKING MIXES POPCORN 520 g, PEANUT 600 g</p>
 <p>7.99 ea.</p> <p>WONDERFUL SHELLED PISTACHIOS 155 - 170 g SELECTED VARIETIES</p>	 <p>12.99 ea.</p> <p>NATURESOURCE ALMONDS OR TRAIL MIX 500 - 550 g SELECTED VARIETIES</p>	

BUY MORE SAVE MORE!

 <p>2 for 4.00 LESS THAN 2 PAY 2.29 EA.</p> <p>SEEDLESS CUCUMBERS PRODUCT OF ONTARIO, CANADA No. 1 GRADE</p>	 <p>2 for 3.00 LESS THAN 2 PAY 1.69 EA.</p> <p>GREEN ONIONS PRODUCT OF MEXICO</p>	 <p>2 for 4.00 LESS THAN 2 PAY 2.29 EA.</p> <p>BUNCH RADISHES PRODUCT OF CANADA</p>
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Organic

 <p>4.99 ea.</p> <p>GREENBELT ORGANIC GREENS 142 g, PRODUCT OF ONTARIO SELECTED VARIETIES</p>	 <p>3.99 ea.</p> <p>ORGANIC BLUEBERRIES 170 g PRODUCT OF U.S.A., No. 1 GRADE</p>
 <p>7.99 ea.</p> <p>SUNSET ORGANIC SWEET BITES TOMATOES 341 g PRODUCT OF CANADA OR MEXICO</p>	 <p>4.99 ea.</p> <p>ORGANIC FRENCH BEANS 250 g PRODUCT OF GUATEMALA</p>

Sliced & Diced

 <p>1.29 /lb</p> <p>SEEDLESS WATERMELON QUARTERS 2.84/kg</p>	 <p>4.99 ea.</p> <p>CORED GOLDEN PINEAPPLES 400 g</p>
 <p>12.99 ea.</p> <p>STORE MADE CAROUSELS FRESH VEGETABLE 950 g FRESH FRUIT 1.4 kg</p>	 <p>2 for 10.00 or 5.99 ea.</p> <p>WILD INTERIORS SUCCULENTS 2.5" POT ASSORTED VARIETIES</p>

Flowers in Bloom

 <p>12.99 ea.</p> <p>HYDRANGEA 5" POT ASSORTED COLOURS</p>	 <p>14.99 ea.</p> <p>RAINBOW CHARM BOUQUET ASSORTED COLOURS</p>
 <p>2 for 10.00 or 5.99 ea.</p> <p>WILD INTERIORS SUCCULENTS 2.5" POT ASSORTED VARIETIES</p>	 <p>19.99 ea.</p> <p>PEACE LILY 6" POT</p>



LOCAL FOOD WEEK

Celebrating and supporting locally grown and produced goods

MINI CUCUMBERS
PRODUCT OF ONTARIO,
CANADA NO. 1 GRADE
397 g

2⁹⁹
ea.



BELLE GROVE
PORTABELLA
MUSHROOMS
PRODUCT OF ONTARIO
4-pk

6⁹⁹
ea.



LARGE RED, ORANGE OR
YELLOW SWEET PEPPERS
PRODUCT OF ONTARIO
4.39/kg

1⁹⁹
/lb



MINI ITALIAN
EGGPLANTS
PRODUCT OF ONTARIO
8.80/kg

3⁹⁹
/lb



FROOTIES TEENY
TINY STRAWBERRIES
PRODUCT OF ONTARIO
170 g

2⁹⁹
ea.



ASSORTED ONTARIO APPLES
PRODUCT OF ONTARIO,
CANADA EXTRA FANCY GRADE
2.5-3 lb

4⁹⁹
ea.



SKINLESS

4⁴⁹
ea.

FRESH ONTARIO
RAINBOW TROUT
PORTIONS
140 g



YORKSHIRE VALLEY
FARMS
ORGANIC FRESH
WHOLE CHICKEN
8.80/kg

3⁹⁹
/lb



6⁹⁹
ea.

ST-ALBERT
CHEESE CURDS
200 g
SELECTED VARIETIES



8⁴⁹
ea.

WRAP IT UP RAW
230 g



5⁹⁹
ea.

KAWARTHA
ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



4⁹⁹
ea.

IRRESISTIBLES
SKYR YOGURT
SELECTED SIZES
SELECTED VARIETIES



LOCALLY SOURCED
ONTARIO

We stand behind suppliers from communities across Ontario. We carry their products for you to discover and enjoy. Shop local, with Metro.

pick Ontario









MADE IN CANADA
BOUQUET
ASSORTED COLOURS
AND FLOWERS

20⁰⁰
ea.



Our Butcher's Finest

 <p>19⁹⁹ /lb PLATINUM GRILL ANGUS CAP OFF RIB STEAK CUT FROM CANADA AAA GRADE 44.07/kg</p>	 <p>4⁴⁹ /lb LIFE SMART NATURALIA PORK SHOULDER BLADE CHOPS VALUE PACK 9.90/kg</p>		
 <p>8⁹⁹ /lb MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK 19.82/kg</p>	 <p>6⁹⁹ /lb FRESH PORK BACK RIBS 15.41/kg</p>		
 <p>4⁹⁹ /lb PORK LOIN CHOPS CENTRE CUT VALUE PACK SOME IN 11.00/kg</p>	 <p>10⁹⁹ /lb RED GRILL BEEF SHORT RIBS CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 24.23/kg</p>		
 <p>7⁹⁹ /lb FRESH STORE MADE MEAT KABOBS 17.40/kg OR PORK 5.99/lb, 13.21/kg SELECTED VARIETIES</p>	 <p>5⁹⁹ /lb STORE MADE SEASONED BEEF BURGERS SELECTED VARIETIES 13.21/kg</p>	 <p>5⁹⁹ /lb MARINATED PORK LOIN CHOPS CENTRE CUT 13.21/kg</p>	 <p>4⁹⁹ /lb LIFE SMART NATURALIA BREADED TENDERIZED PORK LEG CUTLETS VALUE PACK 11.00/kg</p>

 <p>1⁴⁹ ea. SELECTION CHICKEN WIENERS 450 g</p>	 <p>4⁴⁹ /lb SELECTION PEAMEAL STYLE BACON ROLLED IN CORNMEAL</p>	 <p>4⁹⁹ ea. OLYMEL BREAKFAST SAUSAGES 375 g SELECTED VARIETIES</p>	 <p>13⁹⁹ ea. 44th STREET FULLY COOKED POT ROAST OR PORK BACK RIBS 575-595 g SELECTED VARIETIES</p>
 <p>5⁹⁹ ea. YVES VEGGIE CUISINE FROZEN, 225-383 g SELECTED VARIETIES</p>	 <p>7⁹⁹ ea. KRINIS FILLO TWISTERS FROZEN, 840 g SELECTED VARIETIES</p>	 <p>11⁹⁹ ea. IRRESISTIBLES PORK BACK RIBS FROZEN, 600 g SELECTED VARIETIES</p>	 <p>14⁹⁹ ea. IRRESISTIBLES BEEF BURGERS FROZEN, 852 g-1,024 g SELECTED VARIETIES</p>

BUY MORE SAVE MORE! ALL THE ESSENTIALS YOU NEED AT BETTER VALUE

 <p>SCHNEIDERS MEAT PIES SELECTED VARIETIES OR MINI-SIZZLERS OR OKTOBERFEST SAUSAGES 375-450 g, FROZEN, OR 6-49 EA.</p>	 <p>LEADBETTERS BACON 375 g SELECTED VARIETIES OR 6-49 EA.</p>	 <p>AL SAHA HALAL BEEF BURGERS FROZEN, 600 g</p>	 <p>SWISS CHALET BREADED CHICKEN BREAST STRIPS OR NUGGETS FROZEN, 700 g</p>
<p>2 for 10⁰⁰</p>		<p>2 for 20⁰⁰ LESS THAN 2 PAY 12.99/EA!</p>	
 <p>BUTTERBALL TURKEY BACON 300-375 g SELECTED VARIETIES, OR 6-49 EA.</p>	 <p>LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 450 g</p>	 <p>MAMA YOLANDA'S LASAGNA 1.22 kg, FROZEN SELECTED VARIETIES</p>	 <p>SCHNEIDERS, MAPLE LEAF OR PILLER'S SMOKED HAM 600-700 g, SELECTED VARIETIES</p>

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

Seafood



COHO SALMON FILLETS
FROZEN OR PREVIOUSLY FROZEN
2.2/1000 g

9⁹⁹
/lb

5 BONUS
Thunder Bucks
when you buy 1



25 PC

17⁹⁹
ea.

FAMILY PACK SUPREME SUSHI
540 - 580 g
SELECTED VARIETIES



1⁹⁹
ea.

PACIFIC WHITE SHRIMP SKEWERS
FROZEN OR PREVIOUSLY FROZEN, 74 g



3⁴⁹
ea.

TRUE BLUE MARYLAND CRAB CAKES 103 g
FROZEN OR PREVIOUSLY FROZEN



5⁹⁹
ea.

FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS
2 lb, 907 g



7⁹⁹
ea.

STORE MADE MINI SEAFOOD PLATTER
PREVIOUSLY FROZEN, 300 g

CREATE YOUR OWN

SeaCuterie



7⁹⁹
/lb

LOUIS KEMP SEA LEGS SURIMI
PREVIOUSLY FROZEN, 1.7/1000 g



13⁹⁹
ea.

FRESH MALPEQUE STANDARD OYSTERS
BOX OF 25



24⁹⁹
/lb

7 SEAS SMOKED ATLANTIC CANDIED SALMON
FROZEN, 6.1/1000 g



9⁹⁹
ea.

IRRESISTIBLES ATLANTIC SMOKED SALMON
FROZEN, 100 g



10⁹⁹
ea.

WATERVIEW MARKET COOKED SHRIMP
41 - 50 SIZE, 500 g, FROZEN



18⁹⁹
ea.

ROCK HARBOUR CANADIAN LOBSTER CLAWS & ARMS FROZEN, 454 g

Exclusive to METRO



3⁴⁹
/100 g

IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI
SELECTED VARIETIES
DELI SLICED OR SHAVED, 15.83/76



3⁷⁹
/100 g

IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN
DELI SLICED, 17.99/76



4⁴⁹
/100 g

IRRESISTIBLES ARTISAN ANGUS ROAST BEEF
DELI SLICED OR SHAVED, 20.37/76



4⁷⁹
/100 g

IRRESISTIBLES ARTISAN PORCHETTA
DELI SLICED, 21.73/76



4⁹⁹
/100 g

IRRESISTIBLES ARTISAN SALAMI
SELECTED VARIETIES
DELI SLICED, 22.63/76



8⁴⁹
ea.

IRRESISTIBLES ARTISAN GOAT CHEESE 250 g
SELECTED VARIETIES



9⁴⁹
ea.

IRRESISTIBLES ARTISAN DRY SAUSAGE 300 g
SELECTED VARIETIES

FRESH FOR SUMMER
Tasty Travels



14⁴⁹
EACH

BBQ Pork Back Ribs
Serves 2



20⁰⁰
EACH

Chicken Fajita Meal Kit
Serves 4



15⁰⁰
EACH

Roast Beef Sliders
8 Sliders, Serves 4

BUY MORE SAVE MORE!



3⁴⁹
/100 g

AGROPUR GRAND CHEDDAR AGED 5 YEARS
DELI CUT, PRICES AS MARKED, 15.83/76
4.49/100 g WHEN YOU BUY LESS THAN 500 g



2⁹⁹
/100 g

PRESIDENT FRENCH EMMENTAL
DELI CUT, PRICES AS MARKED, 13.56/76
3.49/100 g WHEN YOU BUY LESS THAN 500 g



2⁹⁹
/100 g

L'EXTRA BRIE
DELI CUT, PRICES AS MARKED, 13.56/76
4.99/100 g WHEN YOU BUY LESS THAN 500 g



2⁹⁹
/100 g

FRICO MILD GOUDA
DELI CUT, PRICES AS MARKED, 13.56/76
3.49/100 g WHEN YOU BUY LESS THAN 500 g

metro
FRESH
2 GO



FREE DELIVERY

on all orders of \$20 or more

Skip the Dishes offers available at select stores only.

4 TOPPINGS

**CLICK HERE
FOR THE
SKIP MENU**

SAVE UP TO \$5

11.99
ea.

**16" X-LARGE
FOUR TOPPING PIZZAS**
Build your own or select a classic recipe.

AVAILABLE MAY 30TH – JUNE 12TH, 2024

A **NEW** dish for every craving:
Order yours today.



Fruit & Vegetable Trays



Family Meals



Seafood Platter

**DOWNLOAD THE
SKIPTHE DISHES APP**



Offer available only on SkipTheDishes, not available in store.

Strawberry Delight

19⁹⁹ ea. FRONT STREET BAKERY TRIPLE STRAWBERRY BOSTON CAKE 1200 g SELECTED VARIETIES

18⁹⁹ ea. FRONT STREET BAKERY STRAWBERRY CREAM BAR CAKE 650-875 g SELECTED VARIETIES

6⁹⁹ ea. FRONT STREET BAKERY STRAWBERRY CUSTARD PIE 800 g

8⁹⁹ ea. FRONT STREET BAKERY STRAWBERRIES 'N CREME MINI CAKE 250-430 g SELECTED VARIETIES

made in my metro

Sweet Apple Treats

5⁴⁹ ea. FRONT STREET BAKERY APPLE BRAIDED STRUDEL 420 g SELECTED VARIETIES

4⁴⁹ ea. FRONT STREET BAKERY APPLE CHEESE PARISIAN TWISTS PKG OF 6, 420 g, SELECTED VARIETIES

4⁴⁹ ea. FRONT STREET BAKERY APPLE FRUIT BITES PKG OF 12, 240 g SELECTED VARIETIES

4⁹⁹ ea. FRONT STREET BAKERY APPLE RING CAKE 470 g SELECTED VARIETIES

baked in my metro

4⁴⁹ ea. FRONT STREET BAKERY COOKIE BITES PKG OF 24, 336-360 g SELECTED VARIETIES

7⁹⁹ ea. IRRESISTIBLES ARTISAN PIES 750 g SELECTED VARIETIES

3⁷⁹ ea. FRONT STREET BAKERY PUMPERNICKEL BREAD 675 g

3⁷⁹ ea. FRONT STREET BAKERY RUSTIC COUNTRY BREAD 500 g

baked in my metro

2 for 6⁰⁰ mix & match

DEMPESTER'S WHITE OR 100% WHOLE WHEAT BREADS, HOT DOG OR HAMBURGER BUNS OR HOSTESS SNACK CAKES SELECTED SIZES, SELECTED VARIETIES, OR 3.29-3.49 EA. May 30-June 12, 2024

FREE ILLUMINATION presents **MINIONS** CINEPLEX MOVIE OFFER

WITH RECEIPT UPLOAD AT MINIONSOFFER.CA OFFER ENDS AUGUST 5, 2024

BUY ANY 2 PARTICIPATING BREAD PRODUCTS, PLUS 1 PARTICIPATING SNACKS PRODUCT

* While supplies last. For complete contest details and official rules, please visit minionsoffer.ca.

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PRICES LOCKED DOWN MAY 16TH TO JUNE 12TH, 2024

SAVOUR SUMMER SAVINGS

on brands you can only find at metro

4⁹⁹ ea. IRRESISTIBLES ICE CREAM 1.5 L, SELECTED VARIETIES

4⁹⁹ ea. SELECTION ICE POPS SELECTED SIZES, SELECTED VARIETIES

5⁹⁹ ea. SELECTION S'MORES KIT 400 g SELECTED VARIETIES WHILE QUANTITIES LAST

2⁹⁹ ea. IRRESISTIBLES WAIKIKI OR SIGNATURE COOKIES 240-275 g SELECTED VARIETIES

2⁹⁹ ea. SELECTION JUICE OR COCKTAILS 8 X 200 ml SELECTED VARIETIES

4⁴⁴ ea. IRRESISTIBLES SPARKLING WATER 6 X 1 L SELECTED VARIETIES

2⁹⁹ ea. IRRESISTIBLES LEMONADE OR ICED TEA 1.5 L SELECTED VARIETIES

4⁹⁹ ea. SELECTION SLICED CHEESE SELECTED SIZES SELECTED VARIETIES

4⁹⁹ ea. IRRESISTIBLES REFRIGERATED JUICE 1.5 L SELECTED VARIETIES

4⁹⁹ ea. SELECTION MAYONNAISE 750-890 ml SELECTED VARIETIES

2⁹⁹ ea. SELECTION PICKLES OR KETCHUP 750 ml - 1 L SELECTED VARIETIES

1⁴⁹ ea. SELECTION CANNED LEGUMES 540 ml SELECTED VARIETIES

2⁹⁹ ea. SELECTION PASTA SAUCE 650 ml SELECTED VARIETIES

6⁹⁹ ea. SELECTION FACIAL TISSUE 6 sq. ft.

5⁹⁹ ea. SELECTION PAPER TOWELS 6 X 8 ROLLS

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

PERFECT SUMMER BREW

BEAT THE HEAT & CRAFT A REFRESHING ICED COFFEE OR TEA – JUST ADD ICE!



10⁹⁹ ea. BALZAC'S COFFEE 18 un OR 340 g SELECTED VARIETIES

STARBUCKS COFFEE CAPSULES 10 un OR ICED COFFEE 115 g SELECTED VARIETIES



IRRESISTIBLES COFFEE CAPSULES 12 un SELECTED VARIETIES



9⁹⁹ ea.

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

4⁹⁹ ea. WHOLE EARTH SWEETENER 40 un, 60 g



5⁹⁹ ea. NESCAFÉ SWEET & CREAMY OR ICED INSTANT COFFEE 16-18 un, 100 g SELECTED VARIETIES

TAZO TEA 946 ml SELECTED VARIETIES

For that chill effect with tea – simply pour over ice.



6⁹⁹ ea.

More Great Savings

<p>LAY'S FAMILY SIZE CHIPS SELECTED SIZES, SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>2 for 7.50 LESS THAN 2 PAY 4.99 EA.</p>	<p>OUAKER CRISPY MINIS RICE CAKES SELECTED SIZES, SELECTED VARIETIES</p> <p>3.49 ea.</p>	<p>2 for 11.00</p> <p>M&M'S M&M'S CHOCOLATE POUCH 165-193g SELECTED VARIETIES</p>	<p>2 for 7.00</p> <p>nibs TWIZZLERS 30-45g SELECTED VARIETIES</p>
<p>24 PACK</p> <p>21.99 ea.</p> <p>GATORADE SPORT DRINKS 24 x 500 ml SELECTED VARIETIES</p>	<p>2.54 L</p> <p>5.49 ea.</p> <p>MOTT'S CLAMATO COCKTAIL 2.54L SELECTED VARIETIES</p>	<p>2 for 5.00</p> <p>Minute Maid FIVE ALIVE OR FRUITOPIA DRINKS 1 L, SELECTED VARIETIES OR 2.49 EA.</p>	<p>12 CANS</p> <p>17.99 ea.</p> <p>COORS EDGE NON-ALCOHOLIC BEER 12 x 355 ml</p>
<p>3.99 ea.</p> <p>GREEN GIANT FROZEN VEGETABLES SELECTED SIZES, SELECTED VARIETIES</p>	<p>8.99 ea.</p> <p>McCain TASTIEZ TATERS OR CRISPY CORN SELECTED SIZES, SELECTED VARIETIES</p>	<p>2.44 ea.</p> <p>SELECTION OR LIFE SMART SALSA 430 ml SELECTED VARIETIES</p>	<p>2 for 4.00</p> <p>CLOVER LEAF LIGHT TUNA 100g FLAVOURED TUNA 85g SELECTED VARIETIES</p>
<p>4.99 ea.</p> <p>MR. SUB SAUCE 375 ml SELECTED VARIETIES</p>	<p>2 for 3.00</p> <p>Knorr SAUCE OR GRAVY MIXES EACH SELECTED VARIETIES</p>	<p>2 for 4.00</p> <p>DEL MONTE CANNED VEGETABLES 341-398 ml SELECTED VARIETIES</p>	<p>3.49 ea.</p> <p>IRRESISTIBLES WHIPPING SPRAY 275 ml SELECTED VARIETIES</p>
<p>3.49 ea.</p> <p>I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE SELECTED SIZES, SELECTED VARIETIES</p>	<p>5.99 ea.</p> <p>INTERNATIONAL DELIGHT COFFEE WHITENER 946 ml SELECTED VARIETIES</p>	<p>5.49 ea.</p> <p>SMUCKER'S UNCRUSTABLES SANDWICH SELECTED SIZES, SELECTED VARIETIES</p>	<p>3.49 ea.</p> <p>BURNBRAE EGG BAKES! OUCHES 100g SELECTED VARIETIES</p>

Household Helpers

<p>3.99 ea.</p> <p>ALCAN ALUMINUM FOIL OR REYNOLDS PARCHMENT PAPER SELECTED SIZES, SELECTED VARIETIES</p>	<p>5.49 ea.</p> <p>PINE-SOL ALL PURPOSE CLEANER 1.1 L SELECTED VARIETIES</p>
<p>2.99 ea.</p> <p>PALMOLIVE DISHWASHING DETERGENT 591-628 ml, SELECTED VARIETIES</p>	<p>8.99 ea.</p> <p>ROYALE BATHROOM TISSUE OR PAPER TOWEL 3-9 m. SELECTED VARIETIES</p>
<p>9.99 ea.</p> <p>FLEECY FABRIC SOFTENERS 2.6 L SELECTED VARIETIES</p>	<p>12.99 ea.</p> <p>WOOLITE LAUNDRY DETERGENT 1.1 L SELECTED VARIETIES</p>

Pet

<p>5 BONUS Thunder Points when you buy 2</p> <p>4.99 ea.</p> <p>MILK-BONE DOG TREATS 283-300g SELECTED VARIETIES</p>	<p>3 for 11.00</p> <p>WHISKAS TEMPTATIONS CAT TREATS SELECTED SIZES, SELECTED VARIETIES OR 3.79 EA.</p>
<p>5 for 9.00</p> <p>CESAR WET DOG FOOD 100g SELECTED VARIETIES OR 1.99 EA.</p>	<p>1.99 ea.</p> <p>IAMS WET CAT FOOD 75g SELECTED VARIETIES</p>
<p>5 BONUS Thunder Points when you buy 1</p> <p>12.99 ea.</p> <p>PURINA ONE DRY CAT FOOD OR PURINA BEYOND DRY DOG FOOD SELECTED SIZES, SELECTED VARIETIES</p>	<p>15 BONUS Thunder Points when you buy 1</p> <p>24.99 ea.</p> <p>PURINA BENEFUL DRY DOG FOOD, FRISKIES WET CAT FOOD OR TIDY CATS LITTER SELECTED SIZES, SELECTED VARIETIES</p>

Cleaning Makes Scents

Freshen up your home with your favourite summer scents.



LYSOL CLEANERS
SELECTED SIZES
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

**2 for
800**
Less than 2
pay 5.99 ea.

NATURE CLEAN
LAUNDRY DETERGENT
3 L
SELECTED VARIETIES
13⁹⁹
ea.



LYSOL WIPE OR DISINFECTANT
SPRAY
SELECTED SIZES
SELECTED VARIETIES

**2 for
12⁰⁰**



11⁹⁹ ea.
AIR WICK OIL FRESHENER REFILLS
2 x 20 ml
SELECTED VARIETIES



4⁴⁹ ea.
FEBREZE SMALL SPACES
AIR FRESHENER
1 L
SELECTED VARIETIES



**2 for
6⁰⁰**
or 3.89 ea.
GLADE AIR FRESHENER
235 g
SELECTED VARIETIES



9⁹⁹ ea.
GLADE 3-WICK CANDLE
1 L
SELECTED VARIETIES



12⁹⁹ ea.
GAIN OR DOWNY SCENT BOOSTERS
SELECTED SIZES
SELECTED VARIETIES



15⁹⁹ ea.
GAIN FLINGS OR LIQUID LAUNDRY DETERGENT
SELECTED SIZES
SELECTED VARIETIES



5⁹⁹ ea.
CLOROX BLEACH
2.4 L

14⁹⁹ ea.
LYSOL LAUNDRY DISINFECTANT
2.7 L

Love that fresh, clean clothes smell. Love that fresh, clean clothes smell. Love that fresh, clean clothes smell.

DELICIOUS. MEATLESS. PLANT-BASED

Bulk up your stir fry with Tempeh - a soy-based alternative to meat with a delicious nutty flavour.

PLANT BASED

Want to give a plant-based diet a try? Use **My Health My Choices** to find more Plant-based products that are right for you.

2 for 5.00 NOBLE BEAN TEMPEH 240 g SELECTED VARIETIES

Non-GMO **gmo**

EARTH'S OWN BARISTA OAT BEVERAGE 946 ml

5.49 ea.

Non-GMO **gmo**

BLUE DIAMOND ALMOND BREEZE BEVERAGE 946 ml SELECTED VARIETIES

2 for 6.00 or 3.29 ea.

Non-GMO **gmo**

ELMHURST OAT BEVERAGE 946 ml SELECTED VARIETIES

6.99 ea.

Gluten-Free **gmo**

OAT-LY! OAT BEVERAGE 1.89 L SELECTED VARIETIES

4.99 ea.

Non-GMO **gmo**

SILK ALMOND BEVERAGE 946 ml SELECTED VARIETIES

2.99 ea.

Make it a taco bowl night - all of the texture & flavour of ground beef, but plant-based

7.49 ea.

Gluten-Free **gmo**

THE PLANT-IT FOOD CO. THAI YELLOW CURRY 325 g

8.99 ea.

JUST Egg Plant Egg 227 g

7.49 ea.

gardein beefless ground 230 - 390 g SELECTED VARIETIES

7.49 ea.

AMY'S BURRITO 156 - 170 g SELECTED VARIETIES

4.99 ea.

NOTCO NOTCHICKEN BREADED STRIPS 340 g

7.49 ea.

Enjoy a slice of perfection with plant-based pizza

9.99 ea.

12.99 ea.

NURISHH SHREDDED CHEESE 200 g SELECTED VARIETIES

6.49 ea.

DAIYA PIZZA 322 - 550 g SELECTED VARIETIES

9.99 ea.

OGGI PIZZA 390 - 410 g SELECTED VARIETIES

12.99 ea.

GRACE AUTOR
Pharmacy Manager



Experiencing common digestive system issues such as heartburn and bloating? Discover how you can improve your gut health and boost your overall immunity. Speak to our pharmacist today.

TUMS ANTACID
60-100 ea.
SELECTED VARIETIES

4⁹⁹ ea.



NEW

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS*



- Urinary Tract Infection
- Cold/Flu
- Pink Eye
- Allergies
- & More

RESTORALAX LAXATIVE
90 ea.

16⁹⁹ ea.



Speak with our pharmacist for details.
*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

Dulcolax
Bisacodyl tablets / comprimés
5 mg
N.B. 104 / 100mg bisacodyl

LAXATIVE / LAXATIF

Effective and dependable relief
Renouvellement fiable et efficace

6⁹⁹ ea.

DULCOLAX LAXATIVE
30 ea.



WEBBER NATURALS MULTI VITAMINS
90 ea.
SELECTED VARIETIES

SAVE \$6.00

13⁹⁹ ea.

Women's 50+ Most Complete Multi

Over 55 Essential Nutrients with Real Food Extracts

90 CAPSULES

Be sure you're getting the vitamins you need with webber naturals.



GAVISCON ANTACID
120 ea.

SAVE \$3.00

26⁹⁹ ea.



women's advanced gut health probiotic
50' billion CFU daily care
DAILY

SAVE \$5.00

34⁹⁹ ea.

GENUINE HEALTH PROBIOTIC
30 ea., SELECTED VARIETIES



NEUTROGENA SUNBLOCK
88 ea.
SELECTED VARIETIES

15⁹⁹ ea.



CETAPHIL SKIN CARE
50-50 ea.
SELECTED VARIETIES

14⁹⁹ ea.



GAVISCON ANTACID
120 ea.

26⁹⁹ ea.



WEBBER NATURALS OMEGA-3
120 ea.

SAVE \$9.00

20⁹⁹ ea.



JAMIESON
SELECTED SIZES
SELECTED VARIETIES

40% off

Jamieson Curcumin Turmeric
550 mg
60 TABLETS

Jamieson Glucosamine Chondroitin MSM
1,300 mg
Joint pain super relief

Jamieson Multi
130 Gummies

Jamieson Calcium
650 mg
BONUS 100-200 mg Vitamin D3



new-skin LIQUID BANDAGE
10 ea.

3⁹⁹ ea.



Elastoplast
FLEXIBLE FABRIC TISSU FLEXIBLE
LIQUID BANDAGE
80 ea.

3⁹⁹ ea.

ELASTOPLAST BANDAGES
10-80 ea., SELECTED VARIETIES



COMPOUND W SKIN TAG REMOVER
8 ea.

SAVE \$4.00

29⁹⁹ ea.



Systane ULTRA
LUBRICANT EYE DROPS
HIGH PERFORMANCE

11⁹⁹ ea.

SYSTANE ULTRA EYE DROPS
10 ea.



SAVE \$3.00

7⁹⁹ ea.

NUUN SUPPLEMENT
10 ea.
SELECTED VARIETIES



ICYHOT MEDICATED PATCH
3-5 ea., SELECTED VARIETIES

8⁹⁹ ea.



KALAYA ANALGESIC CREAM OR SPRAY
60 g or 60 ml
SELECTED VARIETIES

SAVE \$3.00

11⁹⁹ ea.



REACTINE ALLERGY LIQUID GELS
EXTRA STRENGTH

SAVE \$3.00

34⁹⁹ ea.

REACTINE ALLERGY MEDICATION
48 ea.



NEW

LIQUID I.V. HYDRATION MULTIPLIER
DRINK MIX 36 g., SELECTED VARIETIES

12⁹⁹ ea.



Canesten
Combi

SAVE \$3.00

16⁹⁹ ea.

CANESTEN VAGINAL CREAM
1 ea.



DIVA
DIVACUP MENSTRUAL CUP 1 ea.
SELECTED VARIETIES

SAVE \$5.00

36⁹⁹ ea.



Organic



6 for 12⁰⁰
BABY GOURMET BABY PURÉE
128 mL, SELECTED VARIETIES, OR 2.19 EA.

Clean Label Certified Baby Cereals
Safe from Heavy Metals 6+ months




ELSE BABY CEREAL
228 g, SELECTED VARIETIES
6⁹⁹ ea.



8⁹⁹ ea.
GERBER SOOTHE 'N' CHEW SNACKS
6 x 15 g, SELECTED VARIETIES

Baby Care



GOODNITES NIGHTTIME UNDERWEAR
34-44 in., SELECTED VARIETIES
30⁴⁹ ea.



HUGGIES PULL-UPS TRAINING PANTS
56-74 in., SELECTED VARIETIES
31⁴⁹ ea.



PAMPERS BABY WIPES
102-216 in., SELECTED VARIETIES
10⁴⁹ ea.



LIVE CLEAN BABY CARE
SELECTED SIZES, SELECTED VARIETIES
7⁴⁹ ea.

AVEENO BABY LOTION
227 mL, SELECTED VARIETIES
8⁴⁹ ea.

Health & Beauty



DOVE PERSONAL CARE
SELECTED SIZES, SELECTED VARIETIES
6⁴⁹ ea.



NIVEA FACE CARE
125-200 mL, SELECTED VARIETIES
12⁴⁹ ea.

LISTERINE MOUTHWASH
1 L, SELECTED VARIETIES
7⁹⁹ ea.

AVEENO BODY LOTION
532 mL, SELECTED VARIETIES
14⁴⁹ ea.



EVERY MAN JACK DEODORANT
76-88 g, SELECTED VARIETIES
6⁴⁹ ea.

OGX HAIR STYLING PRODUCTS
SELECTED SIZES, SELECTED VARIETIES
11⁴⁹ ea.



NAIR HAIR REMOVAL CREAM
200 mL
11⁴⁹ ea.

AVEENO CLEANSING GEL
532 mL, SELECTED VARIETIES
13⁴⁹ ea.



10⁴⁹ ea.
ALWAYS SANITARY NAPKINS
20-120 in., SELECTED VARIETIES

9⁹⁹ ea.
PLAYTEX SPORT SANITARY TAMPONS
36 in.



19⁹⁹ ea.
DEPEND ADULT INCONTINENCE
12-52 in., SELECTED VARIETIES

19⁴⁹ ea.
POISE ADULT INCONTINENCE PADS
20-66 in., SELECTED VARIETIES





2 for 800
or 4.49 ea.

DEL MONTE ON ICE BEVERAGE
1.89 L
SELECTED VARIETIES

MOTT'S CLAMATO COCKTAIL
1.89 L
SELECTED VARIETIES

2 for 800
or 4.49 ea.



New options.
New flavours.
New reasons to
shop Metro for new
& trusted brands.

DISCOVER
NEW

FINN CRISP RUSKS
250 g
SELECTED VARIETIES

349
ea.



CLOVER LEAF TUNA SALAD
160 g
SELECTED VARIETIES

379
ea.



EMILIE'S HONEY
375 g

699
ea.



849
ea.

ATYPIQUE SPARKLING NON-ALCOHOLIC COCKTAIL
4 x 355 ml
SELECTED VARIETIES



349
ea.

LACTANTIA CREAM CHEESE
227 g
SELECTED VARIETIES



2 for 800
or 4.49 ea.

RED BULL ENERGY DRINKS
355 ml
SELECTED VARIETIES



699
ea.

TOM'S OF MAINE DEODORANT
92 g
SELECTED VARIETIES