

metro



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

2⁹⁹ /100 g

LIMIT OF 2



OUR LOWEST PRICE IN YEARS

1⁴⁷ /lb

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

IMPORTED



IRRESISTIBLES EMMENTAL CHEESE 9.05/lb

1/2 PRICE



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

3⁹⁹ ea.



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

5⁹⁹ /lb

13.21/kg



DEMPTER'S SIGNATURE BUNS, BAGELS OR COUNTRY HARVEST BREADS
SELECTED SIZES, SELECTED VARIETIES, 60 3.49 EA.

2 for 6⁰⁰



FRONT STREET BAKERY DANISH, TURNOVERS OR PARISIAN TWISTS 740 OF 4-6, 329-420 g
SELECTED VARIETIES

4⁹⁹ ea.



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

9⁹⁹ /lb

+ CANADIAN



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

5⁴⁹ ea.



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

3⁴⁹ ea.



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

7⁹⁹ ea.

30 UN.



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

4⁹⁹ ea.



HÄAGEN-DAZS ICE CREAM
SELECTED SIZES, SELECTED VARIETIES

5⁴⁹ ea.



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

19⁹⁹ 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 7⁰⁰



DE CECCO PASTA 454 g
SELECTED VARIETIES

SAVE \$1.61

1⁸⁸ ea.



3.44 ea.

BLUEBERRIES 1 PINT
PRODUCT OF U.S.A. 300g, 10.58oz
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, 4.29/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, SYRUP 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, 478 g, FROZEN

2 for 12.00

MARC ANGELO SLICED ITALIAN DELI MEAT 100 g
SELECTED VARIETIES OR 6.49 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 600 g
FROZEN

9.99 ea.

STORE MADE FAMILY SALADS
466 - 692 g

3.49 ea.

NATURAL RYE BREAD
300 g

2 for 32.00 or 18.00 ea.

ANNUALS HANGING BASKETS
10" POT, ASSORTED COLOURS AND VARIETIES

\$ New Lower Prices

4.99 ea. JOHNSONVILLE SAUSAGES 375-500 g, SELECTED VARIETIES

6.99 ea. SELECTION WILD PACIFIC SALMON SIDES 567 g or WATERVIEW MARKET SHRIMP & SAUCE 454 g FROZEN

12.99 ea. JAMES ULTIMATES FISH 530-615 g or NANUK WILD SMOKED SOCKEYE SALMON 470 g FROZEN

5.99 ea. LACTANTIA LACTOSE FREE MILK 2 L SELECTED VARIETIES

6.99 ea. BLACK DIAMOND CHEESTRINGS SELECTED SIZES, SELECTED VARIETIES

5.99 ea. HELIYA GOOD SOUR CREAM, PHILADELPHIA CREAM CHEESE OR BONNE MAMAN JAM SELECTED SIZES, SELECTED VARIETIES

6.00 2 for TOASTER STRUDEL FROZEN SNACKS OR PILLSBURY PIZZA POPS SELECTED SIZES, SELECTED VARIETIES OR 3.49 EA.

7.00 2 for SKINNY POP POPCORN OR QUE PASA TORTILLA CHIPS 125-350 g, SELECTED VARIETIES OR 3.79 EA.

4.00 2 for MINUTE MAID OR FIVE ALIVE JUICE OR DRINKS 1 L SELECTED VARIETIES OR 2.49 EA.

6.00 2 for DOLE FRUIT CUPS, SELECTION CEREAL BARS OR LIFE SMART NATURALIA CHEWY BARS SELECTED SIZES, SELECTED VARIETIES OR 3.49 EA.

4.99 ea. NESCAFE OR TASTER'S CHOICE INSTANT COFFEE COFFEEMATE WHITENER 450 g SELECTED VARIETIES

8.00 2 for SMARTFOOD POPCORN OR SUNCHIPS MULTIGRAIN CHIPS SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.

6.00 2 for SELECTION NATURAL SPRING WATER 24 x 500 ml or SELECTION WATER ENHANCER 40 ml SELECTED VARIETIES, OR 3.79 EA.

3.00 2 for IRRESISTIBLES OR SELECTION CHIPS 110-160 g SELECTION SOFT DRINKS 2 L SELECTED VARIETIES, OR 1.99 EA.

12.00 2 for BUBLY OR MONTELLIER SPARKLING WATER 10-12 x 355 ml, SELECTED VARIETIES OR 7.49 EA.

5.50 2 for JOLLY RANCHER, HARIBO, SOUR PATCH KIDS OR MAYNARDS CANDY SELECTED SIZES, SELECTED VARIETIES

7.50 2 for LINDT OR FERRERO ROCHER CHOCOLATE BAR 50-100 g SELECTED VARIETIES

5.99 ea. AMY'S FROZEN MEAL 281-284 g SELECTED VARIETIES

7.00 2 for SELECTION KETCHUP OR PICKLES 750 ml-1 L SELECTED VARIETIES

20% off NATIVE OR CERAVE PERSONAL CARE SELECTED SIZES, SELECTED VARIETIES

8.00 2 for ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

5.99 ea. ARM & HAMMER LAUNDRY DETERGENT, SELECTION SCENT BOOSTERS, FLEECY SOFTENER, OXI STAIN REMOVER OR CLOROX BLEACH SELECTED SIZES, SELECTED VARIETIES

metro 15 BONUS Thunder Points when you buy 2 Thunder Bucks

5.99 ea. ACTIVIA OR OIKOS YOGOURT SELECTED SIZES, SELECTED VARIETIES

metro 15 BONUS Thunder Points when you buy 2 Thunder Bucks

9.00 2 for ACTIVIA OR OIKOS YOGOURT SELECTED SIZES, SELECTED VARIETIES OR 4.89 EA.

metro 10 BONUS Thunder Points when you buy 2 Thunder Bucks

8.50 2 for POPCORNERS, SIMPLY TOSTITOS OR CHEETOS CHIPS 142-240 g, SELECTED VARIETIES OR 4.89 EA.

metro 20 BONUS Thunder Points when you buy 2 Thunder Bucks

6.49 ea. HELLMANN'S MAYONNAISE 70-90 ml SELECTED VARIETIES

metro 20 BONUS Thunder Points when you buy 2 Thunder Bucks

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

UNLOCK APP-CLUSIVE SAVINGS.



SAVE
\$4.00

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>4⁹⁹ ea.</p> <p>GREENHOUSE STRAWBERRIES 340 g PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>	 <p>2⁹⁹ ea.</p> <p>BLACKBERRIES 370 g PRODUCT OF MEXICO</p>	 <p>2⁹⁹ ea.</p> <p>BELLE GROVE WHOLE WHITE OR CRIMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>	 <p>1⁹⁹ ea.</p> <p>SEEDLESS CUCUMBERS PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>
 <p>5⁹⁹ ea.</p> <p>SWEET YELLOW KIWIS 454 g PRODUCT OF CHILE</p>	 <p>1⁹⁹ /lb</p> <p>LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	 <p>3⁹⁹ ea.</p> <p>RASPBERRIES 170 g PRODUCT OF U.S.A. OR MEXICO GOLDBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p>2⁴⁹ /lb</p> <p>TOMATOES ON THE VINE PRODUCT OF ONTARIO 5.49/kg</p>
 <p>6⁹⁹ /lb</p> <p>FRESH RHUBARB PRODUCT OF ONTARIO CANADA No. 1 GRADE 15.41/kg</p>	 <p>1⁹⁹ /lb</p> <p>LARGE COSMIC CRISP APPLES PRODUCT OF U.S.A. EXTRA FANCY GRADE 4.39/kg</p>	 <p>4⁹⁹ ea.</p> <p>GREEN GIANT SUGAR SNAP PEAS 227 g PRODUCT OF GUATEMALA SNOW PEAS 170 g PRODUCT OF GUATEMALA</p>	 <p>1⁹⁹ ea.</p> <p>BUNCH RADISHES PRODUCT OF MEXICO</p>
 <p>5⁹⁹ ea.</p> <p>LITEHOUSE CLASSIC CAESAR OR HOMESTYLE RANCH DRESSINGS 591 ml</p>	 <p>6⁹⁹ ea.</p> <p>IRRESISTIBLES ULTIMATE SNACKING MIXES POPCORN 520 g PEANUT 600 g</p>	 <p>12⁹⁹ ea.</p> <p>IRRESISTIBLES WALNUTS HALVES & PIECES 750 g NOIX DE GRENOBLE</p>	 <p>5⁹⁹ ea.</p> <p>DAIYA CHEESE STYLE SHREDS, BLOCKS, SPREADS OR SLICES 170-227 g SELECTED VARIETIES</p>

BUY MORE SAVE MORE!

 <p>2 for 11⁰⁰ LESS THAN 2 PAY 5.99 EA.</p> <p>DOLE SALAD KITS 198-347 g, PRODUCT OF U.S.A. SELECTED VARIETIES</p>	 <p>3⁷⁹ ea.</p> <p>BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>	 <p>3⁹⁹ ea.</p> <p>ORGANIC GRAPE TOMATOES 284 g PRODUCT OF ONTARIO</p>
 <p>2 for 10⁰⁰ LESS THAN 2 PAY 5.49 EA.</p> <p>LOOP COLD-PRESSED JUICES 355 ml SELECTED VARIETIES</p>	 <p>2 for 10⁰⁰ LESS THAN 2 PAY 5.99 EA.</p> <p>HARVEST FRESH Cauliflower Chou-fleur 340-400 g</p>	 <p>6⁴⁹ ea.</p> <p>PULP & PRESS ORGANIC COLD-PRESSED JUICES 355 ml SELECTED VARIETIES</p>
		 <p>5⁹⁹ ea.</p> <p>ORGANIC PINEAPPLES PRODUCT OF COSTA RICA</p>

Sliced & Diced

 <p>8⁹⁹ ea.</p> <p>STORE MADE STIR-FRY OR GRILLING VEGETABLES 900 g</p>	 <p>4⁹⁹ ea.</p> <p>CORED GOLDEN PINEAPPLES 600 g</p>
 <p>12⁹⁹ ea.</p> <p>STORE MADE CAROUSELS FRESH VEGETABLE 950 g FRESH FRUIT 1.4 kg</p>	

Flowers in Bloom

 <p>36⁹⁹ ea.</p> <p>ROSEBUSH PLANTER 8" BASKET, ASSORTED COLOURS</p>	 <p>22⁹⁹ ea.</p> <p>KIMBERLY QUEEN FERN 3 GALLON</p>
 <p>12⁹⁹ ea.</p> <p>FRESH CUT TULIPS 15 STEM BUNCH, ASSORTED COLOURS</p>	 <p>19⁹⁹ ea.</p> <p>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>7⁹⁹ /lb</p>	<p>made in my metro m</p>  <p>LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK PRODUCT OF NEW ZEALAND 46.27/kg</p> <p>20⁹⁹ /lb</p> <p><small>• Steaks aged for a minimum of 28 days • Free range • Raised without antibiotics • Raised without added hormones</small></p>		
 <p>3⁴⁹ /lb</p> <p>FRESH CHICKEN LEG QUARTERS 7.69/kg</p>	<p>made in my metro m</p>  <p>FRESH BBQ SEASONED HALF CHICKEN 8.80/kg</p> <p>3⁹⁹ /lb</p>		
 <p>4⁹⁹ /lb</p> <p>PORK LOIN CHOPS CENTRE CUT BONE IN VALUE PACK 11.00/kg</p>	<p>GROUND IN-STORE DAILY</p>  <p>4⁹⁹ /lb</p> <p>MEDIUM GROUND BEEF VALUE PACK 11.00/kg</p>		
 <p>7⁹⁹ /lb</p> <p>PLATINUM GRILL ANGUS INSIDE ROUND LONDON BROIL, ALOUETTE OR PINWHEEL CUT FROM CANADA AAA GRADE 17.61/kg</p>	 <p>7⁹⁹ /lb</p> <p>PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg</p>	 <p>7⁹⁹ /lb</p> <p>PLATINUM GRILL ANGUS TENDERIZED HIP STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg</p>	 <p>29⁹⁹ /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>13⁹⁹ ea.</p>	 <p>44TH STREET PORK BACK RIBS FULLY COOKED, 595 g SELECTED VARIETIES</p> <p>11⁹⁹ ea.</p>	 <p>900 g</p> <p>SCHNEIDERS JUICY JUMBOS SELECTED VARIETIES OR JUICY JUMBOS 900 g</p> <p>12⁹⁹ ea.</p>	 <p>LIFE SMART NATURALIA PORK SAUSAGES 500 g SELECTED VARIETIES</p> <p>6⁴⁹ ea.</p>
 <p>MARC ANGELO SAUSAGES FROZEN, 500 - 675 g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p>	 <p>MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400 g</p> <p>19⁹⁹ ea.</p>	 <p>JANES UNBREADED CHICKEN BURGERS FROZEN, 852 g</p> <p>11⁹⁹ ea.</p>	 <p>AL SAFA HALAL BEEF BURGERS FROZEN, 600 g</p> <p>9⁹⁹ ea.</p>
 <p>LEGACY PEAMEAL CHUB ROLLED IN CORNMEAL 11.00/kg</p> <p>4⁹⁹ /lb</p>	 <p>LOU'S KITCHEN ENTREES 375 - 400 g SELECTED VARIETIES</p> <p>9⁹⁹ ea.</p>	 <p>LEADBETTERS BACON 375 g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p>	 <p>IRRISISTIBLES CHICKEN BREAST STRIPS FULLY COOKED, 200 g SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>
 <p>MANDARIN ENTREES FROZEN, 400 - 460 g SELECTED VARIETIES</p> <p>8⁹⁹ ea.</p>	 <p>NEVER EVER HUMANELY RAISED NO ARTIFICIAL INGREDIENTS GREENFIELD BREAKFAST SAUSAGE LINKS 375 g</p> <p>6⁹⁹ ea.</p>	 <p>PINTY'S BREADED CHICKEN OR WINGS FROZEN, 750 - 790 g SELECTED VARIETIES</p> <p>17⁹⁹ ea.</p>	 <p>WATSON RIDGE CHICKEN BALLS FROZEN, 800 g</p> <p>5⁹⁹ ea.</p>

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT 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
3⁹⁹
ea.



BONELESS

7⁹⁹
/lb
FRESH BONELESS
SKINLESS CHICKEN THIGHS
VALUE PACK
17.61/kg



10⁹⁹
ea.

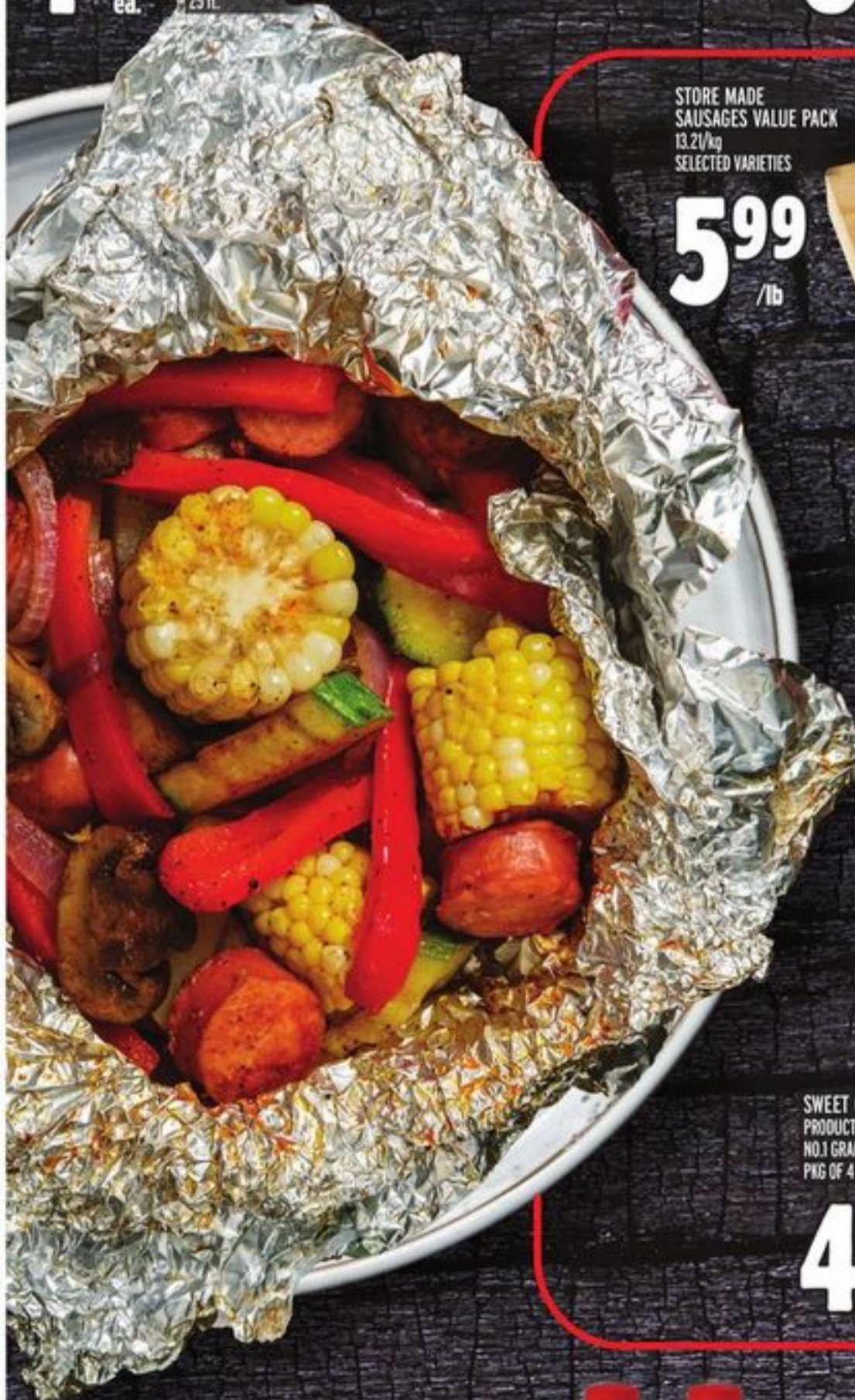
IRRESISTIBLES
SHRIMP SKEWERS
FROZEN, 400 g
SELECTED VARIETIES



1⁹⁹
ea.
SELECTION
ALUMINUM FOIL
25 ft.

6⁹⁹
ea.

BELLE GROVE
PORTABELLA MUSHROOMS
PRODUCT OF ONTARIO
PKG OF 4



5⁹⁹
/lb

STORE MADE
SAUSAGES VALUE PACK
13.21/kg
SELECTED VARIETIES



5⁹⁹
ea.

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



4⁹⁹
ea.

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



CLUB HOUSE
SEASONINGS OR BLEND
SELECTED SIZES
SELECTED VARIETIES

5⁴⁹
ea.



PAM
AVOCADO OR
OLIVE OIL
COOKING SPRAY
141 g
SELECTED VARIETIES

6⁴⁹
ea.



SWEET BABY RAY'S
SAUCES
425 ml
SELECTED VARIETIES

3⁹⁹
ea.



CLUB HOUSE
LA GRILLE MARINADE
350 ml
SELECTED VARIETIES

3⁴⁹
ea.



Seafood



3⁹⁹ ea. FRESH MEDITERRANEAN SEA BASS PORTION 100 g

3⁴⁹ ea. TRUE BLUE MARYLAND CRAB CAKES 113 g
FROZEN OR PREVIOUSLY FROZEN



9⁰⁰ 2 for HIGH LINER MARKET CUTS 227 g CATCH OF THE DAY BREADED FILLETS 350 g
FROZEN OR 4.99 EA.



9⁹⁹ /lb FRESH ROCKFISH (PACIFIC SNAPPER) FILLETS 2.2/1000 g



3⁹⁹ ea. STORE MADE SALMON OR SHRIMP KABOBS FRESH OR PREVIOUSLY FROZEN 100 g SELECTED VARIETIES



8⁹⁹ ea. STORE MADE SEAFOOD SAMPLER WITH SAUCE 375 g



7⁹⁹ ea. MINCED LOBSTER MEAT TIN FROZEN, 320 g



11⁹⁹ ea. DOM RESERVE ATLANTIC SMOKED SALMON FROZEN, 200 g



9⁰⁰ 2 for HIGH LINER MARKET CUTS 227 g CATCH OF THE DAY BREADED FILLETS 350 g
FROZEN OR 4.99 EA.



12⁹⁹ ea. TRUE NORTH STUFFED SALMON 227 g, FROZEN

Irresistibles



5⁹⁹ ea. NATURALIA TILAPIA FILLETS FROZEN, 400 g



9⁹⁹ ea. IRRESISTIBLES MARINATED MUSSELS FROZEN, 907 g SELECTED VARIETIES



10⁹⁹ ea. IRRESISTIBLES GARLIC & HERB RAW SHRIMP FROZEN, 340 g



12⁹⁹ 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

YOUR CHOICE

2⁹⁹ /100 g
13.56/lb



SELECTION TURKEY BREAST DELI SLICED



MAPLE LODGE CHICKEN BREAST SELECTED VARIETIES DELI SLICED OR SHAVED



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

metro FRESH 2 GO Prepared Meals



\$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. 2 SELECTED VARIETIES

Cinco de Mayo Essentials



2 for 10⁰⁰ SABRA GUACAMOLE CLASSIC OR SPICY, 198 g OR 5.29 EA.



7⁴⁹ ea. SUMMER FRESH MEXICAN SELECTION DIP 500 g



7⁹⁹ ea. ROJO'S 5 LAYER DIP 454 g



5⁷⁹ ea. GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 ml SELECTED VARIETIES

metro
FRESH
2 GO

READY MADE FAVOURITES



12⁸⁸
ea.

FRESH 2 GO
HOT BBQ
MAMMOTH CHICKEN
1 kg

13⁸⁸
ea.

FRESH 2 GO
O'AHU PINEAPPLE
MANGO CHICKEN
900 g



YOUR CHOICE
3⁹⁹
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

10⁹⁹ 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

8⁹⁹
ea.



CHOLULA
HOT SAUCE
150 ml
SELECTED VARIETIES

5⁴⁹
ea.



3⁴⁹
ea.

DON PANCHO
STREET TACOS TORTILLAS
336 g
SELECTED VARIETIES



2⁹⁹
ea.

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



IRRESISTIBLES
CHICKEN BREAST STRIPS
FULLY COOKED
200 g
SELECTED VARIETIES

4⁹⁹
ea.



2⁹⁹
ea.

LA COSTEÑA
CANNED BEANS
528 ml
SELECTED VARIETIES



2⁹⁹
ea.

GAY LEA
SOUR CREAM
250 ml
SELECTED VARIETIES



4⁴⁹
ea.

SELECTION
SALSA
650 ml
SELECTED VARIETIES



4⁷⁷
ea.

SELECTION
BARS OR SHREDDED CHEESE
SELECTED SIZES
SELECTED VARIETIES



COCA-COLA
SOFT DRINKS
4 x 355 ml

8⁴⁹
ea.



5⁹⁹
ea.

WE GUAC
GUACAMOLE
227 g
SELECTED VARIETIES



3 for 2⁰⁰

LIMES
PRODUCT OF MEXICO



JARRITOS
SOFT DRINK
370 ml
SELECTED VARIETIES

1⁶⁷
ea.

Fruit Topped



18⁹⁹
ea.

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



18⁹⁹
ea.

FRONT STREET BAKERY
FRUIT TOPPED CHEESECAKES 975 g
SELECTED VARIETIES



19⁹⁹
ea.

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



28⁹⁹
ea.

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

Lemon Treats



6⁴⁹
ea.

FRONT STREET BAKERY
LEMON MERINGUE PIE 675 g



5⁴⁹
ea.

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



5⁴⁹
ea.

FRONT STREET BAKERY
LEMON POPPYSEED MUFFINS
600 g



9⁹⁹
ea.

IRRESISTIBLES
LEMON POPPYSEED
COFFEE CAKE 650 g
SELECTED VARIETIES



3⁹⁹
ea.

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



3⁷⁹
ea.

FRONT STREET BAKERY
ITALIAN OR FRENCH BREAD
450 g
SELECTED VARIETIES



3⁷⁹
ea.

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



3⁷⁹
ea.

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



5⁴⁹
ea.

DEMPSTER'S
CINNAMON
RAISIN BREAD
680 g



3⁹⁹
ea.

MR. KIPLING
SNACK CAKES
165 g
SELECTED VARIETIES



8⁹⁹
ea.

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



2⁹⁹
ea.

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

Breakfast Essentials



14⁹⁹
ea.

BALZAC'S
COFFEE CAPSULES 10 mL
SELECTED VARIETIES



8⁹⁹
ea.

IRRESISTIBLES
GROUND COFFEE 340 g
SELECTED VARIETIES



4⁹⁹
ea.

NESTLÉ
COFFEE MATE
CREAMER
800 - 940 mL
SELECTED VARIETIES



3⁴⁹
ea.

SELECTION
COFFEE FILTERS
200 mL



2 for 7⁰⁰

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



3⁹⁹
ea.

SELECTION
HASHBROWNS
1 kg



4⁹⁹
ea.

IRRESISTIBLES
APPLE JUICE
1.65 L



3⁷⁹
ea.

V8
VEGETABLE
COCKTAIL
950 mL



2⁹⁹
ea.

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



6⁹⁹
ea.

JIF
PEANUT BUTTER 1 kg
SELECTED VARIETIES



3⁹⁹
ea.

SELECTION
COTTAGE CHEESE
500 g
SELECTED VARIETIES



5⁹⁹
ea.

LIBERTÉ
KEFIR DRINK
1 L
SELECTED VARIETIES

SNACK IT UP.

iögo
is taking over
snack time.

7⁴⁹
ea.

iögo
MULTI YOGURT
16 x 100 g
SELECTED VARIETIES



5⁹⁹
ea.

IRRESISTIBLES
GREEK YOGURT TUBS
750 g, SELECTED VARIETIES



4⁴⁹
ea.

BURNBRAE
EGG CREATIONS
500 g
SELECTED VARIETIES

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

Meal Makers

<p>2 for 7.00 GREEN GIANT FROZEN VEGETABLES SELECTED SIZES SELECTED VARIETIES OR 3.99 EA.</p>	<p>3.99 ea. CAVENDISH FRIES SELECTED SIZES SELECTED VARIETIES</p>	<p>4.99 ea. CRAVE OR KRAFT DINNER FROZEN ENTREES SELECTED SIZES, SELECTED VARIETIES</p>	<p>2.99 ea. BETTY CROCKER POTATOES 161 - 215 g SELECTED VARIETIES</p>
<p>2.99 ea. CATELLI SMART OR WHOLE GRAIN PASTA 340 - 375 g SELECTED VARIETIES</p>	<p>5.00 3 for PRIMO BEANS 540 ml SELECTED VARIETIES OR 1.69 EA.</p>	<p>2.49 ea. AYLMER OR ROTEL TOMATOES 204 - 276 ml SELECTED VARIETIES</p>	<p>5.49 ea. BAR HARBOR SOUP 284 - 298 ml SELECTED VARIETIES</p>
<p>2.49 ea. BRUNSWICK CANNED SARDINES OR FILLETS 92 - 104 g SELECTED VARIETIES</p>	<p>7.99 ea. MAZOLA CORN, VEGETABLE OR CANOLA OIL 1.8 L SELECTED VARIETIES</p>	<p>5.49 ea. MINUTE RICE 500 - 590 g SELECTED VARIETIES</p>	<p>7.00 2 for MINUTE RICE INSTANT RICE 2 x 125 g SELECTED VARIETIES</p>
<p>2 for 10.00 BOW VALLEY SAUCE 250 ml SELECTED VARIETIES LESS THAN 2 PAY 6.99 EA.</p>	<p>4.99 ea. MR. SUB SAUCE 375 ml SELECTED VARIETIES</p>	<p>5.99 ea. KOZLIK'S MUSTARD 250 ml SELECTED VARIETIES</p>	<p>6.99 ea. FRANK'S REDHOT SAUCE 480 ml SELECTED VARIETIES</p>

Snacks & Beverages

<p>2 for 8.50 CHEETOS SNACKS SELECTED SIZES, SELECTED VARIETIES LESS THAN 2 PAY 5.29 EA.</p>	<p>2 for 6.00 BUY MORE SAVE MORE! PURE LEAF ICED TEA 547 ml SELECTED VARIETIES</p>	<p>2 for 7.00 SELECTION JUICE OR COCKTAILS 8 x 200 ml SELECTED VARIETIES OR 3.69 EA.</p>	<p>5.99 ea. IRRISISTIBLES SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES</p>
<p>3.79 ea. CHARRAS TOSTADA CHIPS 250 g SELECTED VARIETIES</p>	<p>5.99 ea. PLANTERS PEANUTS 500 g SELECTED VARIETIES</p>	<p>3.49 ea. SPITZ SUNFLOWER SEEDS 210 g SELECTED VARIETIES</p>	<p>1.99 ea. CRISPERS OR BITS & BITES SNACKS 145 g SELECTED VARIETIES</p>
<p>2 for 11.00 CADBURY CHOCOLATE 152 - 200 g SELECTED VARIETIES</p>	<p>7.99 ea. LINDT CHOCOLATE 150 g SELECTED VARIETIES</p>	<p>2 for 6.00 SELECTION COOKIES 180 - 225 g SELECTED VARIETIES OR 3.19 EA.</p>	<p>3.99 ea. RYVITA SNACKBREAD 125 g SELECTED VARIETIES</p>
<p>7.99 ea. MCCAIN PIZZA POCKETS 600 g SELECTED VARIETIES</p>	<p>12.99 ea. SMUCKERS UNCRUSTABLES LARGE PACK 10 x 56 g</p>	<p>6.49 ea. IRRISISTIBLES THICK CRUST PIZZA SELECTED SIZES SELECTED VARIETIES</p>	<p>3.49 ea. IRRISISTIBLES LEMONADE OR ICED TEA 1.5 L 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
10⁰⁰
Less than 2
pay 6.49 ea.

Here's the Scoop



6⁹⁹ ea.
CHAPMAN'S ICE CREAM
500 ml
SELECTED VARIETIES



MAGNUM NOVELTIES
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.



YUKON NOVELTIES
SELECTED SIZES
SELECTED VARIETIES

BUY MORE
SAVE MORE!

2 for
10⁰⁰
Less than 2
pay 7.99 ea.



6⁴⁹ ea.
REAL DAIRY ICE CREAM TUBS
1.5 L
SELECTED VARIETIES



4⁹⁹ ea.
SMUCKER'S SUNDAE SYRUP
420 ml
SELECTED VARIETIES



6⁴⁹ ea.
NESTLE DRUMSTICK NOVELTIES
SELECTED SIZES
SELECTED VARIETIES



2 for
7⁰⁰
IRRISISTIBLES 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.

5⁹⁹ ea. CROFTER'S JAM 353 ml SELECTED VARIETIES



4⁴⁹ ea. NUPASTA PASTA 210 g SELECTED VARIETIES

9⁹⁹ ea. UNBUN BREAD 340 - 350 g SELECTED VARIETIES

3⁹⁹ ea. RISE KOMBUCHA 414 ml SELECTED VARIETIES

7⁴⁹ ea. PRANA CHIA SEEDS 200 - 300 g SELECTED VARIETIES

5⁹⁹ ea. MRS. CRIMBLE'S MACAROONS 220 g SELECTED VARIETIES

7⁹⁹ ea. GLUTINO PRETZELS 400 g SELECTED VARIETIES

5⁹⁹ ea. SCHAR HONEYGRAMS BISCUITS 190 g

4⁹⁹ ea. ANGIE'S POPCORN 136 - 198 g SELECTED VARIETIES

6⁴⁹ ea. MIRACLE NOODLE 215 - 280 g SELECTED VARIETIES

2 for 7⁰⁰ or 3.79 ea. TINKYADA PASTA 280 - 340 g SELECTED VARIETIES

8⁹⁹ ea. NATURE'S NUTS ORGANIC PEANUT BUTTER 500 g

2 for 6⁰⁰ or 3.29 ea. PLUMM GOOD RICE CAKES 95 g SELECTED VARIETIES

2 for 5⁰⁰ or 2.79 ea. TRUBAR PROTEIN BAR 50 g SELECTED VARIETIES

2 for 7⁰⁰ or 3.79 ea. BOB'S RED MILL INSTANT OATMEAL 51 - 71 g SELECTED VARIETIES

Organic

<p>NUTS TO YOU PEANUT BUTTER 500 g SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p> 	<p>ROAR BEVERAGES 532 ml SELECTED VARIETIES</p> <p>2⁹⁹ ea.</p> 	<p>JOVIAL RICE PASTA 227-340 g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p> 	<p>NUTIVA COCONUT OIL 404 ml</p> <p>14⁹⁹ ea.</p> 
<p>SHADY MAPLE FARMS MAPLE SYRUP 375 ml SELECTED VARIETIES</p> <p>13⁹⁹ ea.</p> 	<p>LUNDBERG RICE CAKES 240 g SELECTED VARIETIES</p> <p>7⁴⁹ ea.</p> 	<p>ORGANIC MEADOW 2% MILK 946 ml SELECTED VARIETIES</p> <p>3⁴⁹ ea.</p> 	<p>MARY'S ORGANIC Super Seed CLASSIC CRACKERS PARCHED FLAXSEEDS</p> <p>5⁹⁹ ea.</p> <p>MARY'S CRACKERS 166 g SELECTED VARIETIES</p> 

Non-GMO

<p>PACIFIC FOODS SOUP 1L SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p> 	<p>DAIYA GLUTEN-FREE PIZZA PIZZA SANS GLUTEN</p> <p>9⁹⁹ ea.</p> <p>DAIYA PIZZA 332-500 g SELECTED VARIETIES</p> 	<p>STOKED OATS GRANOLA 300 g SELECTED VARIETIES</p> <p>5⁴⁹ ea.</p> 	<p>HALO TOP ICE CREAM 473 ml SELECTED VARIETIES</p> <p>7⁴⁹ ea.</p> 
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Gluten-Free

Delicious Mexican-American Favorites
GRAIN FREE • GLUTEN FREE • DAIRY FREE • VEGAN

<p>SIETE TORTILLA CHIPS 142 g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p> 	<p>SIETE TACO SEASONING 37 g SELECTED VARIETIES OR 3.79 EA.</p> <p>2 for 7⁰⁰</p> 
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ALWAYS ORGANIC. SIMPLY DELICIOUS.

25% off
SIMPLY ORGANIC SPICES
IN GLASS BOTTLES 49-100 g
SELECTED VARIETIES



Household Helpers

<p>SELECTION FACIAL TISSUES OR PAPER TOWELS SELECTED SIZES, SELECTED VARIETIES</p> <p>1⁹⁹ ea.</p> 	<p>5 BONUS Thunder Points when you buy 1</p> <p>PINE-SOL OR TILIX CLEANERS SELECTED SIZES, SELECTED VARIETIES</p> <p>5⁴⁹ ea.</p> 
<p>GLADE CANDLES 1 ea. SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p> 	<p>10 BONUS Thunder Points when you buy 1</p> <p>FINISH DISHWASHER DETERGENT OR RINSE AGENT SELECTED SIZES, SELECTED VARIETIES</p> <p>16⁹⁹ ea.</p> 
<p>AIR WICK FRESHENERS OR ESSENTIAL MIST REFILLS SELECTED SIZES, SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p> 	<p>AIR WICK ESSENTIAL MIST DIFFUSER OR SCENTED OIL REFILLS SELECTED SIZES, SELECTED VARIETIES</p> <p>9⁹⁹ ea.</p> 

Pet

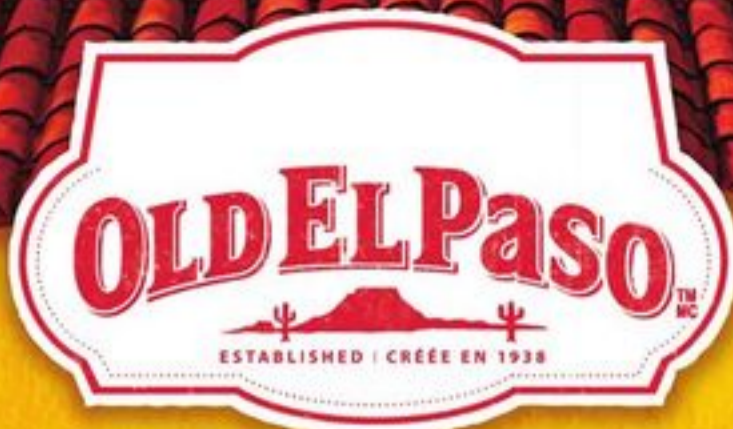
<p>BUY MORE SAVE MORE!</p> <p>2 for 5⁵⁰ LESS THAN 2 PAY 3.49 EA.</p> <p>FANCY FEAST OR FRISKIES CAT TREATS SELECTED SIZES, SELECTED VARIETIES</p> 	<p>2 for 4⁰⁰</p> <p>MILK-BONE DOG TREATS 103 g SELECTED VARIETIES OR 2.39 EA.</p> 
<p>5 BONUS Thunder Points when you buy 1</p> <p>WHISKAS TEMPTATIONS CAT TREATS 454 g SELECTED VARIETIES</p> <p>8⁹⁹ ea.</p> 	<p>10 BONUS Thunder Points when you buy 1</p> <p>Pedigree Denta Stix Dog Treats 408 g SELECTED VARIETIES</p> <p>12⁴⁹ ea.</p> 
<p>5 for 10⁰⁰</p> <p>TASTEFULS WET CAT FOOD 105 g SELECTED VARIETIES OR 2.29 EA.</p> 	<p>4 for 13⁰⁰</p> <p>BLUE BUFFALO WET DOG FOOD 354 g SELECTED VARIETIES OR 3.99 EA.</p> 
<p>BLUE BUFFALO DRY CAT FOOD 2.2 kg SELECTED VARIETIES</p> <p>21⁹⁹ ea.</p> 	<p>10 BONUS Thunder Points when you buy 1</p> <p>NATURE'S RECIPE DRY DOG FOOD 1.8 kg SELECTED VARIETIES</p> <p>15⁹⁹ ea.</p> 

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when you buy any 3 greeting cards

*with greeting card coupon

carlton cards





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