

# metro



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

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



OUR  
**LOWEST  
PRICE  
IN YEARS**

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

**1<sup>47</sup>**  
/lb



ROMANO LUPA  
PECORINO ROMANO  
CHEESE  
DELI CUT, PRICES AS MARKED  
3.30/100 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



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

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



FRONT STREET BAKERY  
DANISH, TURNOVERS OR  
PARISIAN TWISTS Pkg OF 4-6, 329-429 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.  
WHOLE QUANTITIES LAST

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



DE CECCO  
PASTA  
454 g  
SELECTED VARIETIES

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





**3.44** ea.

BLUEBERRIES 1 PINT  
PRODUCT OF U.S.A. 100% CLEMENTINES 2 lb  
PRODUCT OF MEXICO

**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, 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, 678 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

**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



**\$ New Lower Prices**



**4<sup>99</sup>** ea.  
JOHNSONVILLE SAUSAGES  
375 - 500 g. SELECTED VARIETIES



**2<sup>99</sup>** ea.  
PASTENE ITALIAN TOMATOES  
796 ml SELECTED VARIETIES



**5<sup>99</sup>** ea.  
LACTANTIA LACTOSE FREE MILK 2 L  
SELECTED VARIETIES



**7<sup>50</sup>** 2 for  
LINDT OR FERRERO ROCHER CHOCOLATE BAR 50 - 100 g  
SELECTED VARIETIES



**5<sup>99</sup>** ea.  
AMY'S FROZEN MEAT  
240 - 284 g SELECTED VARIETIES



**7<sup>00</sup>** 2 for  
SELECTION KETCHUP OR PICKLES  
750 ml - 1 L SELECTED VARIETIES



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



**8<sup>50</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**6<sup>49</sup>** ea.  
HELLMANN'S MAYONNAISE  
710 - 890 ml SELECTED VARIETIES



**11<sup>99</sup>** ea.  
SAN BENEDETTO WATER  
6 X 1.5 L SELECTED VARIETIES



**5<sup>99</sup>** ea.  
HELUVA GOOD SOUR CREAM, PHILADELPHIA CREAM CHEESE OR BONNE MAMAN JAM  
SELECTED SIZES, SELECTED VARIETIES



**3<sup>00</sup>** 2 for  
IRRESISTIBLES OR SELECTION CHIPS 100 - 160 g  
SELECTED SIZES, SELECTED VARIETIES OR 1.99 EA.



**8<sup>00</sup>** 2 for  
SMARTFOOD POPCORN OR SUNCHIPS MULTIGRAIN CHIPS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**8<sup>00</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**8<sup>00</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**8<sup>00</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**6<sup>99</sup>** ea.  
SELECTION WILD PACIFIC SALMON SIDES 507 g or WATERVIEW MARKET SHRIMP & SAUCE 454 g  
FROZEN



**12<sup>99</sup>** ea.  
JANES ULTIMATES FISH 530 - 615 g OR NARUX WILD SMOKED SOCKEYE SALMON 110 g  
FROZEN



**3<sup>49</sup>** ea.  
FRONT STREET BAKERY CALABRESE BAGUETTE 325 g



**4<sup>99</sup>** ea.  
NESCAFE OR TASTER'S CHOICE INSTANT COFFEE COFFEEMATE WHITENER 450 g  
SELECTED VARIETIES



**12<sup>00</sup>** 2 for  
BUBLY OR MONTELLIER SPARKLING WATER 10 - 12 X 355 ml, SELECTED VARIETIES OR 7.49 EA.



**8<sup>00</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**8<sup>00</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**8<sup>00</sup>** 2 for  
ZIPLOC FREEZER OR SANDWICH BAGS, SCRUBBING BUBBLES CLEANERS OR SELECTION GARBAGE BAGS  
SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES



**13<sup>99</sup>** ea.  
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES

**Special prices in this flyer are available at select Metro stores only. See store for details.**

We reserve the right to limit quantities. DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at: **metro.ca**  
Give us your opinion for a chance to WIN\* \$1,000 in groceries

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# 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

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

**BUY MORE**

**SAVE MORE!**

**DOLE SALAD KITS**  
199-347 g, PRODUCT OF U.S.A.  
SELECTED VARIETIES

**2 for 11<sup>00</sup>**  
LESS THAN 2 PAY 5.99 EA.

**2 for 10<sup>00</sup>**  
LESS THAN 2 PAY 5.49 EA.

**2 for 10<sup>00</sup>**  
LESS THAN 2 PAY 5.99 EA.

**Organic**

**3<sup>79</sup>**  
ea.  
BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227 g  
PRODUCT OF ONTARIO

**3<sup>99</sup>**  
ea.  
ORGANIC GRAPE TOMATOES 284 g  
PRODUCT OF ONTARIO

**6<sup>49</sup>**  
ea.  
PULP & PRESS ORGANIC COLD-PRESSED JUICES 355 ml  
SELECTED VARIETIES

**5<sup>99</sup>**  
ea.  
ORGANIC PINEAPPLES  
PRODUCT OF COSTA RICA

## Sliced & Diced

**STORE MADE STIR-FRY OR GRILLING VEGETABLES**  
900 g

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

**4<sup>99</sup>**  
ea.  
CORED GOLDEN PINEAPPLES 600 g

**12<sup>99</sup>**  
ea.  
STORE MADE CAROUSELS  
FRESH VEGETABLE 955 g  
FRESH FRUIT 1.4 kg

## Flowers in Bloom

**ROSEBUSH PLANTER**  
8" BASKET, ASSORTED COLOURS

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

**22<sup>99</sup>**  
ea.  
KIMBERLY QUEEN FERN  
3 GALLON

**12<sup>99</sup>**  
ea.  
FRESH CUT TULIPS  
15 STEM BUNCH, ASSORTED COLOURS

**19<sup>99</sup>**  
ea.  
SUCCULENT GARDEN  
6" CERAMIC POT  
ASSORTED VARIETIES







# 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



BELLE GROVE  
PORTABELLA MUSHROOMS  
PRODUCT OF ONTARIO  
PKG OF 4  
**6<sup>99</sup>**  
ea.



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



STORE MADE  
SAUSAGES VALUE PACK  
13.21/kg  
SELECTED VARIETIES  
**5<sup>99</sup>**  
/lb



VIDALIA  
SWEET ONIONS  
PRODUCT OF USA,  
NO.1 GRADE  
3 lb  
**5<sup>99</sup>**  
ea.



SWEET CORN  
PRODUCT OF USA,  
NO.1 GRADE  
PKG OF 4  
**4<sup>99</sup>**  
ea.

CLUB HOUSE  
SEASONINGS OR BLEND  
SELECTED SIZES  
SELECTED VARIETIES

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



PAM  
AVOCADO OR  
OLIVE OIL  
COOKING SPRAY  
141 g  
SELECTED VARIETIES

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



SWEET BABY RAY'S  
SAUCES  
425 ml  
SELECTED VARIETIES

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



CLUB HOUSE  
LA GRILLE MARINADE  
350 ml  
SELECTED VARIETIES

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





Seafood



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

PAN FRY IN LESS THAN 10 MINUTES



**9<sup>99</sup>** /lb  
FRESH ROCKFISH (PACIFIC SNAPPER) FILLETS 2.20/1000 g

CANADA



**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



**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



**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.



**7<sup>99</sup>** ea.  
MINCED LOBSTER MEAT TUN 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



**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

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

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

YOUR CHOICE

**metro FRESH 2 GO**

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

**\$5**  
FRESH 2 GO FRITTATA PKG OF 2, SELECTED VARIETIES

**\$8**  
FRESH 2 GO CALZONE OR STROMBOLI 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



# 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

\$20

ea.

FRESH 2 GO

PANUZZO

SANDWICHES

SELECTED VARIETIES



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

# 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 PANCHITO  
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



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

COCA-COLA  
SOFT DRINKS  
4 x 355 ml



**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  
165 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 un.  
SELECTED VARIETIES



**8<sup>99</sup>** ea.  
IRRESISTIBLES  
GROUND COFFEE 340 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
NESTLÉ COFFEE MATE  
CREAMER  
800 - 946 ml  
SELECTED VARIETIES



**3<sup>49</sup>** ea.  
SELECTION  
COFFEE FILTERS  
200 un.



**2 for 7<sup>00</sup>**  
TETLEY TEA  
20 - 24 un.  
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 x 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.



**7<sup>49</sup>** ea.  
iögo  
MULTI YOGOURT  
16 x 100 g  
SELECTED VARIETIES



**5<sup>99</sup>** ea.  
IRRESISTIBLES  
GREEK YOGOURT 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<sup>00</sup></b> GREEN GIANT FROZEN VEGETABLES SELECTED SIZES SELECTED VARIETIES OR 3.99 EA.</p>	 <p><b>3<sup>99</sup></b> ea. CAVENDISH FRIES SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. KRAFT OR CRAVE DINNER FROZEN ENTREES SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>2<sup>99</sup></b> ea. BETTY CROCKER POTATOES 141 - 215 g SELECTED VARIETIES</p>
 <p><b>2<sup>99</sup></b> ea. CATELLI SMART OR WHOLE GRAIN PASTA 340 - 375 g SELECTED VARIETIES</p>	 <p><b>5<sup>00</sup></b> PRIMO BEANS 540 ml SELECTED VARIETIES OR 1.89 EA.</p>	 <p><b>2<sup>49</sup></b> ea. AYLMER OR ROTEL TOMATOES 284 - 296 ml SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. BAR HARBOR SOUP 284 - 296 ml SELECTED VARIETIES</p>
 <p><b>2<sup>49</sup></b> ea. BRUNSWICK CANNED SARDINES OR FILLETS 92 - 104 g SELECTED VARIETIES</p>	 <p><b>7<sup>99</sup></b> ea. MAZOLA CORN, VEGETABLE OR CANOLA OIL 1.8 L SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. MINUTE RICE 500 - 796 g SELECTED VARIETIES</p>	 <p><b>7<sup>00</sup></b> MINUTE RICE INSTANT RICE 2 x 125 g SELECTED VARIETIES</p>
 <p><b>2 for 10<sup>00</sup></b> BOW VALLEY SAUCE 250 ml SELECTED VARIETIES LESS THAN 2 PAY 6.99 EA.</p>	 <p><b>4<sup>99</sup></b> ea. MR. SUB SAUCE 375 ml SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. KOZLIK'S MUSTARD 250 ml SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. FRANK'S REDHOT SAUCE 480 ml SELECTED VARIETIES</p>

## Snacks & Beverages

 <p><b>2 for 8<sup>50</sup></b> CHEETOS SNACKS SELECTED SIZES, SELECTED VARIETIES LESS THAN 2 PAY 5.29 EA.</p>	 <p><b>2 for 6<sup>00</sup></b> BUY MORE SAVE MORE! PURE LEAF ICED TEA 547 ml SELECTED VARIETIES</p>	 <p><b>2 for 7<sup>00</sup></b> SELECTION JUICE OR COCKTAILS 8 x 200 ml SELECTED VARIETIES OR 3.49 EA.</p>	 <p><b>5<sup>99</sup></b> ea. IRRISISTIBLES SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES</p>
 <p><b>3<sup>79</sup></b> ea. CHARRAS TOSTADA CHIPS 350 g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. PLANTERS PEANUTS 500 g SELECTED VARIETIES</p>	 <p><b>3<sup>49</sup></b> ea. SPITZ SUNFLOWER SEEDS 210 g SELECTED VARIETIES</p>	 <p><b>1<sup>99</sup></b> ea. CRISPERS OR BITS &amp; BITES SNACKS 145 g SELECTED VARIETIES</p>
 <p><b>2 for 11<sup>00</sup></b> CADBURY CHOCOLATE 152 - 200 g SELECTED VARIETIES</p>	 <p><b>7<sup>99</sup></b> ea. LINDT CHOCOLATE 150 g SELECTED VARIETIES</p>	 <p><b>2 for 6<sup>00</sup></b> SELECTION COOKIES 180 - 225 g SELECTED VARIETIES OR 3.19 EA.</p>	 <p><b>3<sup>99</sup></b> ea. RYVITA SNACKBREAD 125 g SELECTED VARIETIES</p>
 <p><b>7<sup>99</sup></b> ea. MCCAIN PIZZA POCKETS 400 g SELECTED VARIETIES</p>	 <p><b>12<sup>99</sup></b> ea. SMUCKERS UNCRUSTABLES LARGE PACK 10 x 58 g</p>	 <p><b>6<sup>49</sup></b> ea. IRRISISTIBLES THICK CRUST PIZZA SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>3<sup>49</sup></b> 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 10<sup>00</sup>** Less than 2 pay 6.49 ea.



CHAPMAN'S ICE CREAM 500 ml SELECTED VARIETIES

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



REAL DAIRY ICE CREAM TUBS 1.5 L SELECTED VARIETIES

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



MAGNUM NOVELTIES SELECTED SIZES SELECTED VARIETIES

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



CHAPMAN'S ICE CREAM SANDWICHES 150 mL x 8

**BUY MORE SAVE MORE!**

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



SMUCKER'S SUNDAE SYRUP 420 ml SELECTED VARIETIES

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



NESTLE DRUMSTICK NOVELTIES SELECTED SIZES SELECTED VARIETIES

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



IRRESISTIBLES WAFFLE CONES 12 UN SELECTED VARIETIES

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





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.



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  
383 ml  
SELECTED VARIETIES



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

NUPASTA  
PASTA  
210 g  
SELECTED VARIETIES



Gluten-free

UNBUN  
BREAD  
340 - 350 g  
SELECTED VARIETIES

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



Gluten-free



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

MRS. CRIMBLE'S  
MACAROONS  
220 g  
SELECTED VARIETIES

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

GLUTINO  
PRETZELS  
400 g  
SELECTED VARIETIES



RISE  
KOMBUCHA  
414 ml  
SELECTED VARIETIES

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



Organic



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

PRANA CHIA SEEDS  
200 - 300 g  
SELECTED VARIETIES

Love noodles?  
Enjoy our gluten-free variety



**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



Non-GMO

SCHAR  
HONEYGRAMS  
BISCUITS  
190 g

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



ANGIE'S  
POPCORN  
136 - 198 g  
SELECTED VARIETIES

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



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

NATURE'S NUTS  
PEANUT BUTTER  
500 g  
SELECTED VARIETIES

PLUMM GOOD  
RICE CAKES  
95 g  
SELECTED VARIETIES

**2 for  
6<sup>00</sup>**  
or  
3.29 ea.



Gluten-free



**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



## Organic

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

## Non-GMO

<b>PACIFIC FOODS</b> <b>SOUP</b> 1L SELECTED VARIETIES <b>6<sup>99</sup></b> ea.	<b>DAIYA</b> <b>GLUTEN-FREE PIZZA</b> 307-500 g SELECTED VARIETIES <b>9<sup>99</sup></b> ea.
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## Gluten-Free

<b>STOKED OATS</b> <b>GRANOLA</b> 300 g SELECTED VARIETIES <b>5<sup>49</sup></b> ea.	<b>HALO TOP</b> <b>ICE CREAM</b> 473 ml SELECTED VARIETIES <b>7<sup>49</sup></b> ea.
--	--

**ALWAYS ORGANIC. SIMPLY DELICIOUS.**

**25% off**

**SIMPLY ORGANIC SPICES**  
 IN GLASS BOTTLES 49-100 g  
 SELECTED VARIETIES

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

<b>SIETE</b> <b>TORTILLA CHIPS</b> 142 g SELECTED VARIETIES <b>5<sup>99</sup></b> ea.	<b>SIETE</b> <b>TACO SEASONING</b> 37 g SELECTED VARIETIES <b>7<sup>00</sup></b> ea.
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## Household Helpers

<b>SELECTION</b> <b>FACIAL TISSUES OR PAPER TOWELS</b> SELECTED SIZES, SELECTED VARIETIES <b>1<sup>99</sup></b> ea.	<b>PINE-SOL OR TILEX</b> <b>CLEANERS</b> SELECTED SIZES, SELECTED VARIETIES <b>5<sup>49</sup></b> ea.
<b>GLADE</b> <b>CANDLES</b> 1 oz. SELECTED VARIETIES <b>4<sup>99</sup></b> ea.	<b>FINISH</b> <b>DISHWASHER DETERGENT OR RINSE AGENT</b> SELECTED SIZES, SELECTED VARIETIES <b>16<sup>99</sup></b> ea.
<b>AIR WICK</b> <b>FRESHENERS OR ESSENTIAL MIST REFILLS</b> SELECTED SIZES, SELECTED VARIETIES <b>6<sup>99</sup></b> ea.	<b>AIR WICK</b> <b>ESSENTIAL MIST DIFFUSER OR SCENTED OIL REFILLS</b> SELECTED SIZES, SELECTED VARIETIES <b>9<sup>99</sup></b> ea.

## Pet

<b>BUY MORE SAVE MORE!</b> <b>2 for 5<sup>50</sup></b> LESS THAN 2 PAY 3.49 EA. <b>FANCY FEAST OR FRISKIES CAT TREATS</b> SELECTED SIZES, SELECTED VARIETIES	<b>2 for 4<sup>00</sup></b> <b>MILK-BONE</b> <b>DOG TREATS</b> 103 g SELECTED VARIETIES OR 2.39 EA.
<b>5 BONUS MILES when you buy 1</b> <b>8<sup>99</sup></b> ea. <b>WHISKAS TEMPTATIONS CAT TREATS</b> 454 g SELECTED VARIETIES	<b>10 BONUS MILES when you buy 1</b> <b>12<sup>49</sup></b> ea. <b>PEDIGREE DENTA STIX DOG TREATS</b> 408 g SELECTED VARIETIES
<b>5 for 10<sup>00</sup></b> <b>TASTEFULS WET CAT FOOD</b> 155 g SELECTED VARIETIES OR 2.29 EA.	<b>4 for 13<sup>00</sup></b> <b>BLUE BUFFALO WET DOG FOOD</b> 354 g SELECTED VARIETIES OR 3.99 EA.
<b>BLUE BUFFALO DRY CAT FOOD</b> 2.2 kg SELECTED VARIETIES <b>21<sup>99</sup></b> ea.	<b>10 BONUS MILES when you buy 1</b> <b>15<sup>99</sup></b> ea. <b>NATURE'S RECIPE DRY DOG FOOD</b> 1.8 kg SELECTED VARIETIES

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 when you buy any 3 greeting cards

\*with greeting card coupon

carlton cards



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**\$40**

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**CELEBRATES**  
**CINCO DE MAYO**

**SCAN HERE**  
for Recipe!

**OLD EL PASO**  
**SOFT TORTILLAS**  
SOUPLES

Perfect for: Quesadillas, Pizzas, Tacos  
Parfaits pour des quesadillas, pizzas, tacos

8 334 g

OLD EL PASO  
TORTILLAS OR BEANS  
SELECTED SIZES  
SELECTED VARIETIES

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

**OLD EL PASO**  
REFRIED BEANS  
HARICOTS SAIGES

500 mL (17 FL OZ)

OLD EL PASO  
SEASONINGS  
24 g  
SELECTED VARIETIES

**2 for**  
**3.00**

**OLD EL PASO**  
**TACO**  
MILD  
OOLDS

24 g

**OLD EL PASO**  
**TACO**  
HOT  
OOLDS

24 g

**OLD EL PASO**  
DINNER KIT  
SOFT TACO

**OLD EL PASO**  
DINNER KIT  
HARD & SOFT TACO

FREE T-SHIRT  
TEMA CANADA  
e-Santitas

OLD EL PASO  
DINNER KITS  
SELECTED SIZES  
SELECTED VARIETIES

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

**WE HAVE YOUR FAVOURITE SNACKS & MORNING MUST-HAVES**

**NATURE VALLEY**  
SWEET & SALTY  
DARK CHOCOLATE  
NUT

6 210 g

**NATURE VALLEY**  
SWEET & SALTY  
ALMOND

6 210 g

**FRUIT BY THE**  
**Foot**

6 ROLLS 120 g

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

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

**Annie's**  
80% Organic Ingredients  
Ingrédients biologiques à 80 %  
Macaroni & Cheese  
Classic Cheddar  
Macaroni au fromage  
Cheddar classique

57 - 170 g  
SELECTED VARIETIES

**Annie's**  
80% Organic Ingredients  
Ingrédients biologiques à 80 %  
Shells & White Cheddar  
Coquilles et  
cheddar blanc

57 - 170 g  
SELECTED VARIETIES

ANNIE'S  
NOODLES  
57 - 170 g  
SELECTED VARIETIES

**2.99**  
ea.

**WHOLE GRAIN FIRST**  
**OATMEAL CRISP**  
Almond

399 - 437 g  
SELECTED VARIETIES

**WHOLE GRAIN FIRST**  
**OATMEAL CRISP**  
Triple Berry

399 g CEREAL (40 g)

GENERAL MILLS  
CEREAL  
399 - 437 g  
SELECTED VARIETIES

**4.49**  
ea.

**LIBERTÉ GREEK**  
PLAIN  
750 g

**LIBERTÉ GREEK**  
VANILLA  
750 g

LIBERTÉ  
YOGURT TUBS  
SELECTED SIZES  
SELECTED VARIETIES

**5.99**  
ea.