

# Happy MOTHER'S DAY

**PREMIUM**



PREMIUM DOZEN ROSES  
12 STEM BUNCH  
ASSORTED COLOURS

**24<sup>00</sup>**  
ea.



pick Ontario

**2 for 32<sup>00</sup>**  
or 18.00 ea.

ANNUAL HANGING BASKET  
16" POT, ASSORTED COLOURS AND VARIETIES



**DOUBLE SPIKE**

PREMIUM ORCHIDS  
5" POT  
ASSORTED COLOURS

**26<sup>00</sup>**  
ea.



pick Ontario

FRESH CUT TULIPS  
15 STEM BUNCH  
ASSORTED COLOURS

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



MIXED FLOWER BOUQUET  
ASSORTED COLOURS AND FLOWER VARIETIES

**20<sup>00</sup>**  
ea.



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

FERRERO ROCHER OR LINDT CHOCOLATE  
150 / 300 g, SELEKTER VARIETIES



**20 STEM BUNCH**

**20<sup>00</sup>**  
ea.

INTERMEDIATE ROSES  
20 STEM BUNCH, ASSORTED COLOURS



**STARTING AT**

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

HANDCRAFTED ARRANGEMENTS OR UPGRADED POTTED PLANTS  
ASSORTED COLOURS, FLOWERS AND STYLES



**40<sup>00</sup>**  
ea.

MOMAZING BOUQUET  
ASSORTED COLOURS



**GIFT BAG INCLUDED**

FLORAL ARRANGEMENT IN A VASE AND BAG  
ASSORTED COLOURS AND FLOWER VARIETIES

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



made by my metro

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

STRAWBERRIES PLATTER WITH CHOCOLATE DIP  
732 g



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

FRONT STREET BAKERY SWISS MILK CHOCOLATE HEART CAKE 455 g  
MADE WITH LINDT CHOCOLATE

Effective May 

TH	FR	SA	SU
9	10	11	12

metro.ca

Happy  
**MOTHER'S DAY**

# metro

**mix & match**

**2 for 10<sup>00</sup>**

SCHNEIDERS OR MAPLE LEAF BACON, BUTTERBALL TURKEY BACON OR SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375 - 450 g. SELECTED VARIETIES OR 5.99 EA.

**CUT BY OUR BUTCHER**

RED GRILL PRIME RIB ROAST CHEF STYLE OR VALUE PACK RIB STEAK CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 19.82/kg

**8<sup>99</sup> /lb**

IRRESISTIBLES ARTISAN TURKEY BREAST OR CASTELLO HAVARTI SELECTED VARIETIES, DELI SLICED, 13.56/lb

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

**BONELESS**

BONELESS PORK LOIN CHOPS VALUE PACK OR ROAST CENTRE CUT 6.59/kg

**2<sup>99</sup> /lb**

**PRIME RAISED WITHOUT antibiotics**

MAPLE LEAF PRIME BONELESS SKINLESS CHICKEN BREASTS OR THIGHS VALUE PACK 13.21/kg

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

LARGE LEMONS PRODUCT OF U.S.A., TURKEY OR SPAIN

**49¢ ea.**

HEIRLOOM TOMATOES PRODUCT OF ONTARIO, 1.99/lb, 4.20/kg

BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS 227 g. PRODUCT OF ONTARIO, 1.99 EA.

**1<sup>99</sup> ea. or /lb**

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

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

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

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

baked in my metro

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES PKG OF 10, 340 - 475 g. SELECTED VARIETIES

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

FRESH ATLANTIC SALMON FILLETS VALUE PACK MIN 900 g, 9.99/lb, 2.21/100 g or IRRESISTIBLES SMOKED ATLANTIC SALMON 100 g. FROZEN, 9.99 EA.

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

MAXWELL HOUSE, FOLGERS, STARBUCKS OR LAVAZZA GROUND COFFEE SELECTED SIZES, SELECTED VARIETIES

**8<sup>99</sup> ea. SAVE \$4.00**

JIF PEANUT BUTTER 1kg, SMUCKER'S JAM, 310 - 500 ml OR NUTELLA SPREAD 725 g SELECTED VARIETIES

**5<sup>47</sup> ea. 725 g**

IRRESISTIBLES ICE CREAM, NOVELTIES OR FROZEN FRUITS SELECTED SIZES, SELECTED VARIETIES

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

MISS VICKIE'S CHIPS SELECTED SIZES, SELECTED VARIETIES

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

DR. OETKER OR IRRESISTIBLES PIZZA SELECTED SIZES, SELECTED VARIETIES

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

CRACKER BARREL BARS OR SHREDDED CHEESE SELECTED SIZES, SELECTED VARIETIES

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

# \$ New Lower Prices

**1/2 PRICE**

CASTELLO TICKLER CHEDDAR 10.64/lb  
DANISH FONTINA 11.54/lb  
DANISH BLUE CHEESE 10.18/lb  
DELI CUT, PRICES AS MARKED

**2 for 10.00**

CALIFORNIA, VEGETARIAN OR SPICY SUSHI  
150-250 g. SELECTED VARIETIES  
OR PAY REGULAR RETAIL

**8.99 ea.**

IRRESISTIBLES WILD ARGENTINIAN RAW SHRIMP  
20-30 SIZE, 300 g OR  
ROCK LOBSTER TAIL  
5 oz. FROZEN

**5.99 ea.**

NATREL LACTOSE FREE OR ORGANIC MILK  
2 L. SELECTED VARIETIES

**7.49 ea.**

TROPICANA ORANGE JUICE, STARBUCKS ICED COFFEE OR CREAMER  
SELECTED SIZES, SELECTED VARIETIES

**4.99 ea.**

NATURE'S PATH OR KASHI CEREAL  
269-469 g. SELECTED VARIETIES

**6.99 ea.**

iögo MULTI YOGOURT  
16 x 100 g. SELECTED VARIETIES

**2 for 4.00**

MINUTE MAID FROZEN JUICE OR DRINKS  
255 ml. SELECTED VARIETIES  
OR 2.49 EA.

**2 for 7.50**

ALLEN'S OR ROUGEMONT APPLE JUICE  
1.89-2 L. SELECTED VARIETIES  
OR 3.99 EA.

**10.99 ea.**

MAISON PERRIER, PERRIER OR SANPELLEGRINO SPARKLING WATER  
6 x 1 L. SELECTED VARIETIES

**2 for 11.00**

AHA SPARKLING WATER  
12 x 355 ml. SELECTED VARIETIES  
OR 8.49 EA.

**5.49 ea.**

PARLOUR FROZEN DESSERT  
SELECTED SIZES, SELECTED VARIETIES

**2 for 6.50**

DARE OR LECLERC COOKIES OR DARE CRACKERS  
SELECTED SIZES, SELECTED VARIETIES  
OR 3.89 EA.

**2 for 9.00**

HERSHEY'S OR CADBURY CHOCOLATE  
SELECTED SIZES, SELECTED VARIETIES

**4.99 ea.**

OAT-LY! OAT BEVERAGE  
1.89 L OR NATURE'S PATH WAFFLES  
210 g. SELECTED VARIETIES

**5.49 ea.**

MCWEENEY'S BEEF JERKY SNACKS, TROPHY NUTS OR HAWKINS CHEEZIES  
SELECTED SIZES, SELECTED VARIETIES

**2 for 6.00**

CRISPERS OR BITS & BITES SNACKS  
116 g. SELECTED VARIETIES  
LESS THAN 2 PAY 4.29 EA.

**2 for 8.50**

TOSTITOS TORTILLA CHIPS OR SALSA OR SMART FOOD POPCORN  
SELECTED SIZES, SELECTED VARIETIES  
OR 4.49 EA.

**5.99 ea.**

MARY'S CRACKERS OR CROFTER'S JAM  
SELECTED SIZES, SELECTED VARIETIES

**2 for 7.00**

OCEAN'S ALBACORE TUNA OR GOLD SEAL PINK SALMON  
170-210 g. SELECTED VARIETIES  
OR 3.89 EA.

**3 for 4.00**

BEN'S ORIGINAL FAST & FANCY RICE-A-RONI RICE  
152-232 g. SELECTED VARIETIES

**3 for 5.00**

GREEN GIANT CANNED VEGETABLES OR SELECTION FROZEN ENTREES  
SELECTED SIZES, SELECTED VARIETIES

**2 for 7.00**

SELECTION OR IRRESISTIBLES FROZEN VEGETABLES  
SELECTED SIZES, SELECTED VARIETIES  
OR 3.89 EA.

**99¢ ea.**

COLGATE OR CREST ORAL CARE  
SELECTED SIZES, SELECTED VARIETIES

**4.49 ea.**

DOVE, NIVEA OR PANTENE PERSONAL CARE  
SELECTED SIZES, SELECTED VARIETIES

**7.99 ea.**

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

**15 BONUS MILES when you buy 2**

**2 for 8.00**

LACTANTIA CREAM 473 ml - 1 L. SELECTED VARIETIES OR 4.49 EA.  
EXQUISITE CREAMER 350 ml. SELECTED VARIETIES OR 3.99 EA.  
LACTANTIA SOFT DRINKS 355 ml. SELECTED VARIETIES OR 3.99 EA.

**20 BONUS MILES when you buy 2**

**2 for 16.00**

COCA-COLA OR CANADA DRY SOFT DRINKS, NESTEA OR PEACE ICED TEA 12 x 340-355 ml. SELECTED VARIETIES, OR 8.49 EA.

**20 BONUS MILES when you buy 2**

**9.99 ea.**

TIDE SIMPLY OR GAIN LAUNDRY DETERGENT, DOWNY SCENT BOOSTERS, BOUNCE SHEETS, SWIFFER CLEANING PADS, CASCADE DISHWASHER DETERGENT, CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWELS. SELECTED SIZES, SELECTED VARIETIES

# UNLOCK APP-CLUSIVE SAVINGS.



SAVE  
**\$400**  
on 2

2 FOR  
**\$400**

**Mott's Clamato  
or Ocean Spray  
Cranberry Juice  
or Cocktail**

1.77 - 1.89 L  
Selected Varieties

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

**4<sup>99</sup>** ea. **PINT**  
**BLUEBERRIES** PINT  
 PRODUCT OF U.S.A. OR PERU  
 No. 1 GRADE

**3<sup>99</sup>** ea.  
**BLACKBERRIES** 310 g  
 PRODUCT OF MEXICO  
**GOLDENBERRIES** 200 g  
 PRODUCT OF COLOMBIA

**3<sup>99</sup>** /lb  
**EXTRA LARGE RED SEEDLESS GRAPES**  
 PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE  
 8.80/kg

**7<sup>99</sup>** ea.  
**HEART PACK RASPBERRIES** 227 g  
 PRODUCT OF U.S.A. OR MEXICO

**3<sup>99</sup>** /lb  
**ASPARAGUS**  
 PRODUCT OF ONTARIO, CANADA No. 1 GRADE  
**LARGE RED, ORANGE OR YELLOW SWEET PEPPERS**  
 PRODUCT OF ONTARIO  
 8.80/kg

**FIRST OF THE SEASON**

**4<sup>99</sup>** ea.  
**CLEMENTINES** 2 lb  
 PRODUCT OF MOROCCO

**2<sup>99</sup>** ea.  
**MINI CUCUMBERS** 397 g, PRODUCT OF ONTARIO  
 CANADA No. 1 GRADE

**3<sup>99</sup>** ea.  
**GRAPE TOMATOES** 341 g  
**MEDLEY** 341 g  
**ANGEL SWEET** 283 g  
 PRODUCT OF ONTARIO

**6<sup>99</sup>** /lb  
**FIDDLEHEADS**  
 PRODUCT OF ONTARIO  
 15.41/kg

**FIRST OF THE SEASON**

**5<sup>99</sup>** /lb  
**COTTON CANDY OR PINK MUSCAT GRAPES**  
 PRODUCT OF CHILE, No. 1 GRADE  
 13.21/kg

**1<sup>99</sup>** /lb  
**LARGE SEEDLESS NAVEL ORANGES**  
 PRODUCT OF U.S.A.  
**LARGE COSMIC CRISP APPLES**  
 PRODUCT OF U.S.A.  
 EXTRA FANCY GRADE  
 4.39/kg

**3<sup>99</sup>** ea.  
**LPC CREAMER POTATOES** 480 g, PRODUCT OF CANADA  
 CANADA No. 1 GRADE  
**SELECTED VARIETIES**  
**BAKING POTATOES** 3 lb  
 PRODUCT OF CANADA  
 CANADA No. 1 GRADE

**5<sup>99</sup>** ea.  
**VIDALIA YELLOW SWEET ONIONS** 3 lb  
 PRODUCT OF U.S.A.  
 No. 1 GRADE

**2<sup>49</sup>** /lb  
**LARGE FORELLE PEARS**  
 PRODUCT OF SOUTH AFRICA  
 EXTRA FANCY GRADE  
 5.49/kg

**4<sup>99</sup>** ea.  
**BLACK MISSION FIGS** 227 g  
 PRODUCT OF MEXICO

**2 for 5<sup>00</sup>**  
**BROCCOLI CROWNS**  
 PRODUCT OF U.S.A. OR MEXICO

**4<sup>49</sup>** ea.  
**DOLE CAESAR SALAD KITS**  
 216-219 g, PRODUCT OF U.S.A.  
 SELECTED VARIETIES

**9<sup>99</sup>** ea.  
**NATUR SOURCE SALAD TOPPERS**  
 315-425 g  
 SELECTED VARIETIES

**7<sup>99</sup>** ea.  
**WONDERFUL SHELLED PISTACHIOS**  
 195-170 g  
 SELECTED VARIETIES

**4<sup>99</sup>** ea.  
**LITEHOUSE VEGETABLE DIPS** 340 g  
 SELECTED VARIETIES

**2 for 10<sup>00</sup>** or 5.49 ea.  
**SELECTION SUMMER CANDIES**  
 305-350 g  
 SELECTED VARIETIES

**NEW**

## Sliced & Diced

**5<sup>99</sup>** ea.  
**STORE MADE SMALL SALADS**  
 250-340 g

**4<sup>99</sup>** ea.  
**CORED GOLDEN PINEAPPLES** 400 g

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

## Organic

**4<sup>99</sup>** ea.  
**ORGANIC LEMONS** 454 g, PRODUCT OF U.S.A. OR MEXICO  
**GREENBELT ORGANIC GREENS** 342 g, PRODUCT OF ONTARIO  
 SELECTED VARIETIES

**2 for 7<sup>00</sup>**  
**TONICA ORGANIC KOMBUCHAS**  
 355 ml, SELECTED VARIETIES

**NEW**

**3<sup>49</sup>** ea.  
**ORGANIC CARROTS** 2 lb  
 PRODUCT OF U.S.A., No. 1 GRADE

**5<sup>99</sup>** ea.  
**ORGANIC VIDALIA ONIONS** 2 lb  
 PRODUCT OF U.S.A., No. 1 GRADE

# Mother's Day Floral

Our talented designers are standing by to create beautiful, handcrafted arrangements that will make mom's day extra special

**50<sup>00</sup>** ea.  
PREMIUM HAND-TIED ROSE BOUQUET  
ASSORTED COLOURS

**19<sup>99</sup>** ea.  
AZALEAS  
6" POT, ASSORTED COLOURS

**24<sup>00</sup>** ea.  
ROSE TRIO BOUQUET  
ASSORTED COLOURS

**11<sup>99</sup>** ea.  
ASSORTED BLOOMING PLANTS  
6" POT, ASSORTED COLOURS AND VARIETIES

**50<sup>00</sup>** ea.  
BEAUTIFUL LOVE OR GRATITUDE BOUQUET  
ASSORTED COLOURS AND FLOWERS

**20<sup>00</sup>** ea.  
HOLIDAY CARNATION BOUQUET  
ASSORTED COLOURS

**22<sup>99</sup>** ea.  
HYDRANGEA  
6.5" POT, ASSORTED COLOURS

**24<sup>00</sup>** ea.  
WATERCOLOUR TULIPS  
10 STEM BUNCH

**34<sup>99</sup>** ea.  
INDOOR GARDEN  
ASSORTED COLOURS AND FLOWERS

**7<sup>99</sup>** ea.  
SPRING BULBS  
6" POT, ASSORTED COLOURS AND VARIETIES

**49<sup>99</sup>** ea.  
PETITE ORCHID GARDEN  
8" POT, ASSORTED COLOURS

**24<sup>00</sup>** ea.  
WATERCOLOUR TULIPS  
10 STEM BUNCH

STARTING AT **5<sup>99</sup>** ea.  
MOTHER'S DAY BALLOONS

# NOW OPEN

Moms make the world beautiful. Delight her with a gift that keeps on growing from Metro Gardens.

**22<sup>99</sup>** ea.  
MAJESTY PALM  
10" POT

**12<sup>99</sup>** ea.  
MINI KITCHEN  
TOMATOES OR PEPPERS  
6" POT

**14<sup>99</sup>** ea.  
GARDEN ROSES  
6 PACK  
6" POT

**29<sup>99</sup>** ea.  
ANNUALS HANGING BASKETS  
12" - 18" POT  
ASSORTED VARIETIES

**21<sup>99</sup>** ea.  
STRAWBERRY HANGING BASKET  
10" POT

**14<sup>99</sup>** ea.  
LAVENDER  
6" POT

**4<sup>00</sup>** ea.  
OR 4.49 ea.  
ANNUALS  
6" POT  
ASSORTED VARIETIES

**9<sup>00</sup>** ea.  
OR 9.99 ea.  
ANNUALS  
6" POT  
ASSORTED VARIETIES

**42<sup>99</sup>** ea.  
SUCCULENT BOWL  
12" POT  
ASSORTED VARIETIES

**19<sup>99</sup>** ea.  
TROPICAL HIBISCUS  
6" POT, ASSORTED COLOUR AVAILABLE

**3<sup>00</sup>** ea.  
SELECTION BLACK EARTH, TRIPLE MIX OR GARDEN SOIL  
ASSORTED VARIETIES

**3<sup>00</sup>** ea.  
SELECTION BLACK EARTH, TRIPLE MIX OR GARDEN SOIL  
ASSORTED VARIETIES

**22<sup>99</sup>** ea.  
BOSTON FERN HANGING BASKET  
10" POT

STARTING AT **32<sup>99</sup>** ea.  
ANNUALS PATIO PLANTER  
ASSORTED VARIETIES

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



Make it a lobster night at Metro with all your favourite lobster varieties, from live and cooked lobster to claws and tails.

Free steaming while you shop!

EAST COAST  
HARD SHELL  
LIVE LOBSTERS  
1 - 1.25 lbs, 3.75/100 g



**16<sup>99</sup>** /lb

PINCH ME, IT'S

# LOBSTER SEASON



**10<sup>99</sup>** ea.  
IRRESISTIBLES  
LOBSTER BITES  
FROZEN, 283 g



**10<sup>99</sup>** ea.  
ROCK HARBOUR  
LOBSTER  
FROZEN, COOKED, 350 g

4 OZ

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

ROCK LOBSTER TAIL  
FROZEN, 4 oz



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

ROCK HARBOUR  
CANADIAN LOBSTER  
CLAW & ARM  
FROZEN, 454 g

TRY THIS TASTY  
LOBSTER GRILLED CHEESE  
WITH CHIPOTLE ALOLI

[CLICK HERE FOR RECIPE](#)

2 OZ

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

ROCK LOBSTER TAIL  
FROZEN, 2 oz



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

ROCK HARBOUR  
SPLIT ROCK  
LOBSTER TAILS  
FROZEN, 320 g



**19<sup>99</sup>** ea.  
ATLANTIC STAR  
COOKED LOBSTER MEAT  
FROZEN, 200 g

PKG OF 4



**19<sup>99</sup>** ea.  
ROCK LOBSTER TAIL  
VALUE PACK  
FROZEN, 3 oz x 4





**Seafood**

 <p><b>2 for 5.00</b> PACIFIC COD LOIN PORTION FROZEN OR PREVIOUSLY FROZEN, 100 g</p>	 <p><b>8.99</b> /lb FRESH TILAPIA FILLETS VALUE PACK MIN 900 g, 1.99/700 g</p>		
 <p><b>2.99</b> /lb FRESH LIVE CULTIVATED P.E.I. MUSSELS 662/700 g</p>	 <p><b>6.99</b> ea. FRESH ATLANTIC SALMON PINWHEEL 170 g</p>	 <p><b>7.99</b> /lb STORE MADE SEAFOOD SALAD CREAMY OR OIL &amp; VINEGAR 1.77/700 g</p>	 <p><b>6.99</b> ea. MARINA DEL REY SHRIMP OR LOBSTER RAVIOLI FROZEN, 250 g</p>
 <p><b>9.99</b> /lb BAY SCALLOPS 40/60 SIZE FROZEN, 2.21/700 g</p>	 <p><b>7.99</b> ea. HIGH LINER BREADED OR BATTERED FISH FILLETS FROZEN, 500-700 g, SELECTED VARIETIES</p>	 <p><b>14.99</b> ea. CEDAR BAY CANADIAN LOBSTER MAC &amp; CHEESE FROZEN, 375 g</p>	 <p><b>34.99</b> ea. AQUA STAR RESERVE KING CRAB LEGS &amp; CLAWS FROZEN, 500 g</p>

 <p><b>3.99</b> ea. NATURALIA BASA OR POLLOCK FILLETS FROZEN, 400 g</p>	 <p><b>4.99</b> ea. IRRESISTIBLES SMOKED ATLANTIC SALMON FROZEN, 70 g</p>	 <p><b>5.99</b> ea. IRRESISTIBLES UNCOOKED SQUID RINGS FROZEN, 454 g</p>	 <p><b>7.99</b> ea. IRRESISTIBLES SHRIMP APPETIZERS FROZEN, 284-340 g, SELECTED VARIETIES</p>
 <p><b>4.99</b> ea. IRRESISTIBLES SPRING ROLLS FROZEN, 300 g, SELECTED VARIETIES</p>	 <p><b>8.99</b> ea. IRRESISTIBLES MEATBALLS FROZEN, 500-680 g, SELECTED VARIETIES</p>	 <p><b>11.99</b> ea. IRRESISTIBLES PORK BACK RIBS FROZEN, 680 g, SELECTED VARIETIES</p>	 <p><b>14.99</b> ea. IRRESISTIBLES STUFFED BURGERS FROZEN, 1.02 kg, SELECTED VARIETIES</p>
 <p><b>5.99</b> /lb IRRESISTIBLES ARTISAN BONELESS SMOKED HALF MOON HAM 13.21/kg</p>	 <p><b>6.99</b> ea. IRRESISTIBLES CHEESE STICKS FROZEN, 325-400 g, SELECTED VARIETIES</p>	 <p><b>7.99</b> ea. IRRESISTIBLES CRANBERRY BRIE OR PARTY PACK PUFF PASTRIES FROZEN, 325-432 g</p>	 <p><b>9.99</b> ea. IRRESISTIBLES SHEPHERD'S PIE FROZEN, 800 g</p>

**Breakfast for Mom**

 <p><b>5.99</b> ea. LOU'S KITCHEN PEAMEAL BACON SLICED ROLLED IN CORNMEAL, 454 g</p>	 <p><b>5.99</b> ea. McLEAN ORGANIC BREAKFAST SAUSAGES 250 g, SELECTED VARIETIES</p>	 <p><b>7.99</b> ea. duBRETON ORGANIC BACON 250 g</p>	 <p><b>13.99</b> ea. SELECTION BACON 1 kg</p>
 <p><b>4.99</b> ea. MAPLE LODGE CHICKEN BACON OR ULTIMATE CHICKEN BREAKFAST SAUSAGES 375 g, SELECTED VARIETIES</p>	 <p><b>5.99</b> ea. CAVENDISH POTATO PATTIES FROZEN, 1.2 kg, SELECTED VARIETIES</p>	 <p><b>5.99</b> ea. IRRESISTIBLES MINI QUICHES FROZEN, 360 g, SELECTED VARIETIES</p>	 <p><b>6.99</b> ea. GREENFIELD BREAKFAST SAUSAGE ROUNDS OR LINKS OR SCHNEIDERS MINI-SIZZLERS FROZEN, 375 g</p>

**FREE SAME-DAY PICKUP**

**SAME FLYER PRICES AND DEALS ONLINE**



Click here for Tagliatelle Pasta with Creamy Blue Cheese sauce



**579** CAMBOZOLA BLUE CHEESE DELI CUT, PRICES AS MARKED 26.26/lb /100 g



**549** TRE STELLE LE GRUYERE SWISS CHEESE DELI CUT, PRICES AS MARKED 24.90/lb /100 g



**799** ea. CASTELLO CREAMY WHITE CHEESE 150 g



**779** ea. CASTELLO HAVARTI CHEESE 170-200 g SELECTED VARIETIES



**799** ea. CASTELLO DOUBLE CRÈME BLUE 150 g

With its soft texture, blue cheese melts quickly over hot pasta and brings a tangy, slightly salty flavour to the dish.

# ELEVATE WITH CHEESE

Take basic recipes and add a flavour punch with **fine cheeses**.



**499** ILCHESTER APPLEWOOD SMOKED CHEDDAR DELI CUT, PRICES AS MARKED 22.63/lb /100 g



**349** BERGERON OR LOUIS CYR CANADIAN GOUDA CHEESE DELI CUT, PRICES AS MARKED 15.83/lb /100 g



**529** COOMBE CASTLE OR CLAWSON ASSORTED FLAVOURED CHEESES DELI CUT, PRICES AS MARKED 24.00/lb, SELECTED VARIETIES /100 g



**599** OAK MANOR IRISH CHEDDAR OR BLUE STILTON CHEESE DELI CUT, PRICES AS MARKED 27.17/lb /100 g

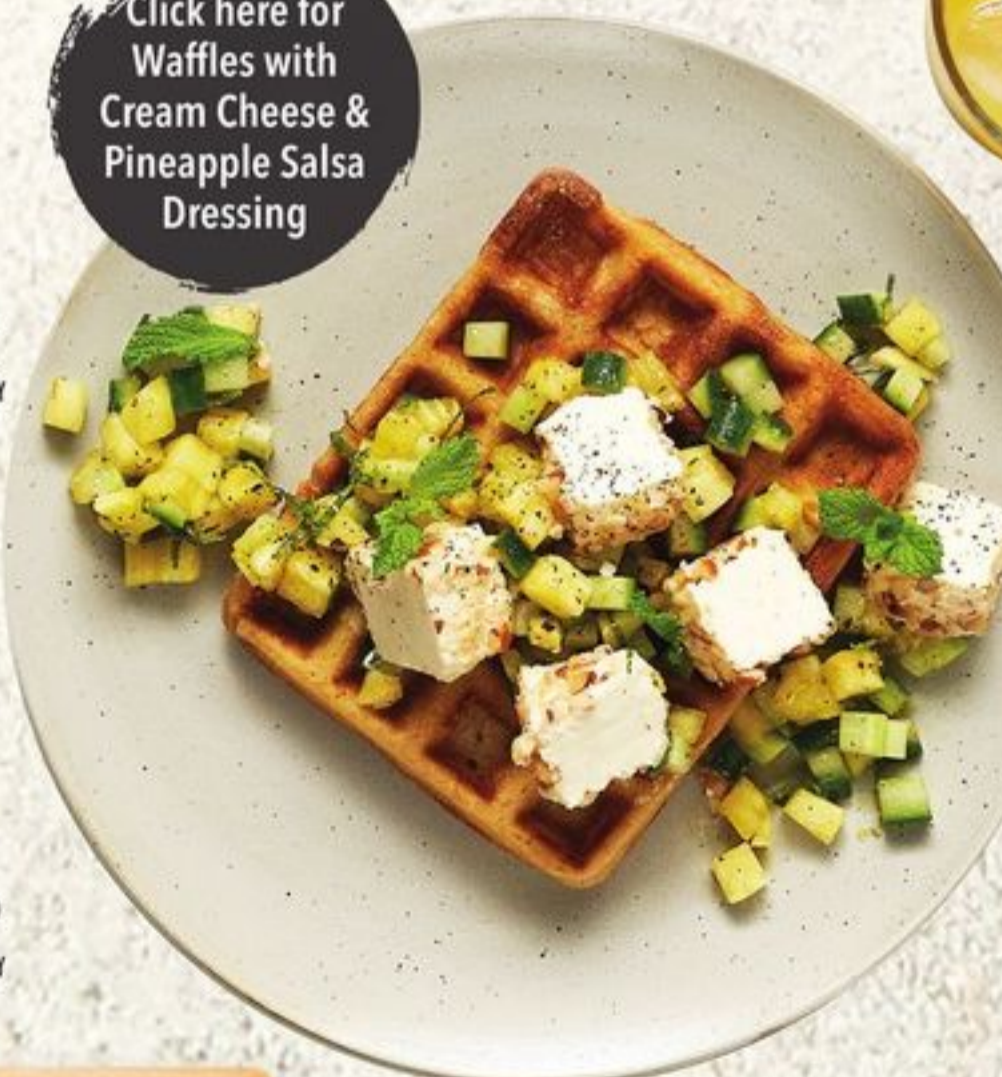


WHEN YOU BUY 500 g OR MORE **349** JARLSBERG CHEESE DELI CUT, PRICES AS MARKED 15.83/lb OR 4.99/100 g WHEN YOU BUY LESS THAN 500 g /100 g



WHEN YOU BUY 500 g OR MORE **299** IRRESISTIBLES GRANA PADANO RISERVA CHEESE AGED 20 MONTHS, DELI CUT PRICES AS MARKED, 13.56/lb OR 3.99/100 g WHEN YOU BUY LESS THAN 500 g /100 g

Click here for Waffles with Cream Cheese & Pineapple Salsa Dressing



WHEN YOU BUY 500 g OR MORE **299** L'EXTRA BRIE DELI CUT, PRICES AS MARKED 13.56/lb OR 4.99/100 g WHEN YOU BUY LESS THAN 500 g /100 g



WHEN YOU BUY 500 g OR MORE **299** PRESIDENT FRENCH EMENTAL DELI CUT, PRICES AS MARKED 13.56/lb OR 3.49/100 g WHEN YOU BUY LESS THAN 500 g /100 g

BUY MORE SAVE MORE!

Warm & sweet, with a distinctive freshness & hint of nuts, Havarti cream cheese is perfectly paired with waffles, bagels, crackers & more.



**699** ea. CASTELLO PINEAPPLE CREAM CHEESE 125 g





# mom

Sweet mom

Visit [metro.ca](http://metro.ca) for this Chocolate Chip Cheesecake Bites recipe

**6<sup>49</sup>** ea. ROBIN HOOD OR FIVE ROSES FLOUR 2.5 kg SELECTED VARIETIES

**2 for 8<sup>00</sup>** or 4.49 ea. HERSHEY'S CHIPITS 200-270 g SELECTED VARIETIES

IRRESISTIBLES PURE VANILLA EXTRACT 46 ml SELECTED VARIETIES **3<sup>99</sup>** ea.

**16<sup>99</sup>** ea. GERBERA BOUQUET ASSORTED COLOURS

**12<sup>99</sup>** ea. HYDRANGEA 4.5" POT ASSORTED COLOURS

SELECTION BAKING POWDER 450 g SELECTED VARIETIES **4<sup>49</sup>** ea.

*Just for you*

# mom

**16<sup>99</sup>** ea. CARNATIONS OR ALSTROEMERIA ASSORTED VARIETIES AND COLOURS

**2<sup>99</sup>** ea. REDPATH BROWN SUGAR 1 kg SELECTED VARIETIES

**6<sup>99</sup>** ea. STORCK MERCI CHOCOLATE 200 g

**3<sup>99</sup>** ea. EAGLE BRAND CONDENSED MILK 300 ml SELECTED VARIETIES

**2 for 16<sup>00</sup>** or 8.49 ea. CANADA DRY RASPBERRY LEMONADE GINGERALE 12 x 355 ml SELECTED VARIETIES

**50<sup>00</sup>** ea. LOVING ROSE BOUQUET ASSORTED COLOURS

# mom

## let's brunch



FRONT STREET BAKERY  
ALL BUTTER  
MINI CROISSANTS  
PKG. OF 12, 336 g

**4.49** ea.

FRONT STREET BAKERY  
CINNAMON BUNS  
PKG. OF 4, 620 - 650 g

**5.49** ea.

IRRESISTIBLES  
ARTISAN DRY CURED  
BACON OR  
JOHNSONVILLE  
BREAKFAST SAUSAGES  
375 g  
SELECTED VARIETIES

**2 for 10.00**

**2.49** ea.

STORE MADE  
PARTY SIZE DELUXE  
FRUIT SALAD  
1.5 kg

**14.99** ea.

OAKRUN  
ENGLISH MUFFINS  
OR CRUMPETS  
PKG. OF 6  
SELECTED VARIETIES

**2.99** ea.

SABATINI'S  
Gourmet Foods

Ham Quiche  
Quiche au jambon  
500 g

**9.99** ea.

BURNBRAE  
EGG CREATIONS  
500 g  
SELECTED VARIETIES

**4.49** ea.

FOUR O'CLOCK  
TEA BAG  
16 UN  
SELECTED VARIETIES

**5.99** ea.

NOT FROM CONCENTRATE

FRESH  
PRESSED  
APPLE JUICE  
1.65 L

**3.99** ea.

## Baked in My Metro



**5.49** ea.  
FRONT STREET BAKERY  
BRAIDED STRUDEL 420 g  
SELECTED VARIETIES



**4.79** ea.  
FRONT STREET BAKERY  
FRUIT BITES  
PKG OF 12, 210 g



FRONT STREET BAKERY  
SOURDOUGH BREAD 500 g

**3.79** ea.  
**YOUR CHOICE**

FRONT STREET BAKERY  
RYE BREAD 450 g  
SELECTED VARIETIES



**4.49** ea.  
FRONT STREET BAKERY  
SCONES PKG OF 4, 264 g  
SELECTED VARIETIES



**7.99** ea.  
IRRESISTIBLES ARTISAN  
FRUIT PIES 750 g  
SELECTED VARIETIES



FRONT STREET BAKERY  
BAGUETTE  
325 g, SELECTED VARIETIES



FRONT STREET BAKERY RUSTIC  
COUNTRY OR ROSEMARY BELGIAN BREAD  
450-500 g



**4.29** ea.  
DEMPSTER'S SIGNATURE  
CLASSIC BUN  
SELECTED SIZES  
SELECTED VARIETIES



**4.99** ea.  
LA PETITE BRETONNE  
MICRO CROISSANTS OR  
MINI CHOCOLATE BUNS  
350-400 g



**7.99** ea.  
LITTLE NORTHERN  
BAKEHOUSE  
WIDE SLICED  
GLUTEN FREE BREADS  
507 g, SELECTED VARIETIES



**6.49** ea.  
BFREE TORTILLAS OR  
PITA BREADS  
168-252 g, SELECTED VARIETIES

## Mother's Day Desserts



**18.99** ea.  
FRONT STREET BAKERY  
MOTHER'S DAY  
DESSERT CAKES 800-1000 g  
SELECTED VARIETIES



**14.99** ea.  
FRONT STREET BAKERY  
HEART SHAPED  
CHOCOLATE CAKE 450 g



**28.99** ea.  
FRONT STREET BAKERY  
RED OR PINK VELVET CAKE  
1.2-1.45 kg



**6 for 12.00**  
FRONT STREET BAKERY  
SINGLE SERVE DESSERTS  
SELECTED SIZES, SELECTED VARIETIES

## Snacks & Beverages



**5.49** ea.  
BLACK DIAMOND OR  
CRACKER BARREL  
COMBO CHEESE  
37-43 g, SELECTED VARIETIES



**2.99** ea.  
PRINGLES CHIPS  
SELECTED SIZES  
SELECTED VARIETIES



**2 for 6.00**  
MONSTER ENERGY DRINKS  
SELECTED SIZES  
SELECTED VARIETIES  
LESS THAN 2  
PAY 3.99 EA.



**2 for 7.00**  
RICEWORKS RICE CRISPS  
SELECTED SIZES, SELECTED VARIETIES  
OR 3.99 EA.



**2 for 7.50**  
SKITTLES OR  
STARBURST CANDY  
130-191 g, SELECTED VARIETIES



**2 for 5.50**  
EXCEL MINTS  
34 g, SELECTED VARIETIES  
LESS THAN 2  
PAY 3.49 EA.



**2.99** ea.  
RITTER SPORT  
CHOCOLATE BAR  
100 g, SELECTED VARIETIES



**4.99** ea.  
BLUE DIAMOND  
ALMONDS 170 g  
SELECTED VARIETIES

### SPRING INTO SNACKING

**2.99** ea.  
CHEEZ-IT  
CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES

**3.49** ea.  
CHEEZ-IT OR TOWN HOUSE  
CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES

**1.49** ea.  
SELECTION  
WAFERS 200 g  
SELECTED VARIETIES

**12.99** ea.  
CORONA SUNBREW  
NON-ALCOHOLIC BEER  
6 x 330 ml

### SOBER CARPENTER

REAL CRAFT BEER NO ALCOHOL!

**2 for 5.50**  
SOBER CARPENTER  
NON-ALCOHOLIC  
BEER 473 ml  
SELECTED VARIETIES  
OR 3.29 ea.

### CLEVER MOCKTAILS

DELICIOUS MOCKTAILS  
READY TO DRINK

**2 for 8.00**  
CLEVER  
NON-ALCOHOLIC  
MOCKTAILS  
355 ml  
SELECTED VARIETIES  
MOTT'S CLAMATO  
1.89 L  
SELECTED VARIETIES

### CLAMATO

NATIONAL  
CAESAR  
DAY  
MAY 16

**2 for 8.00**  
MOTT'S CLAMATO  
1.89 L  
SELECTED VARIETIES

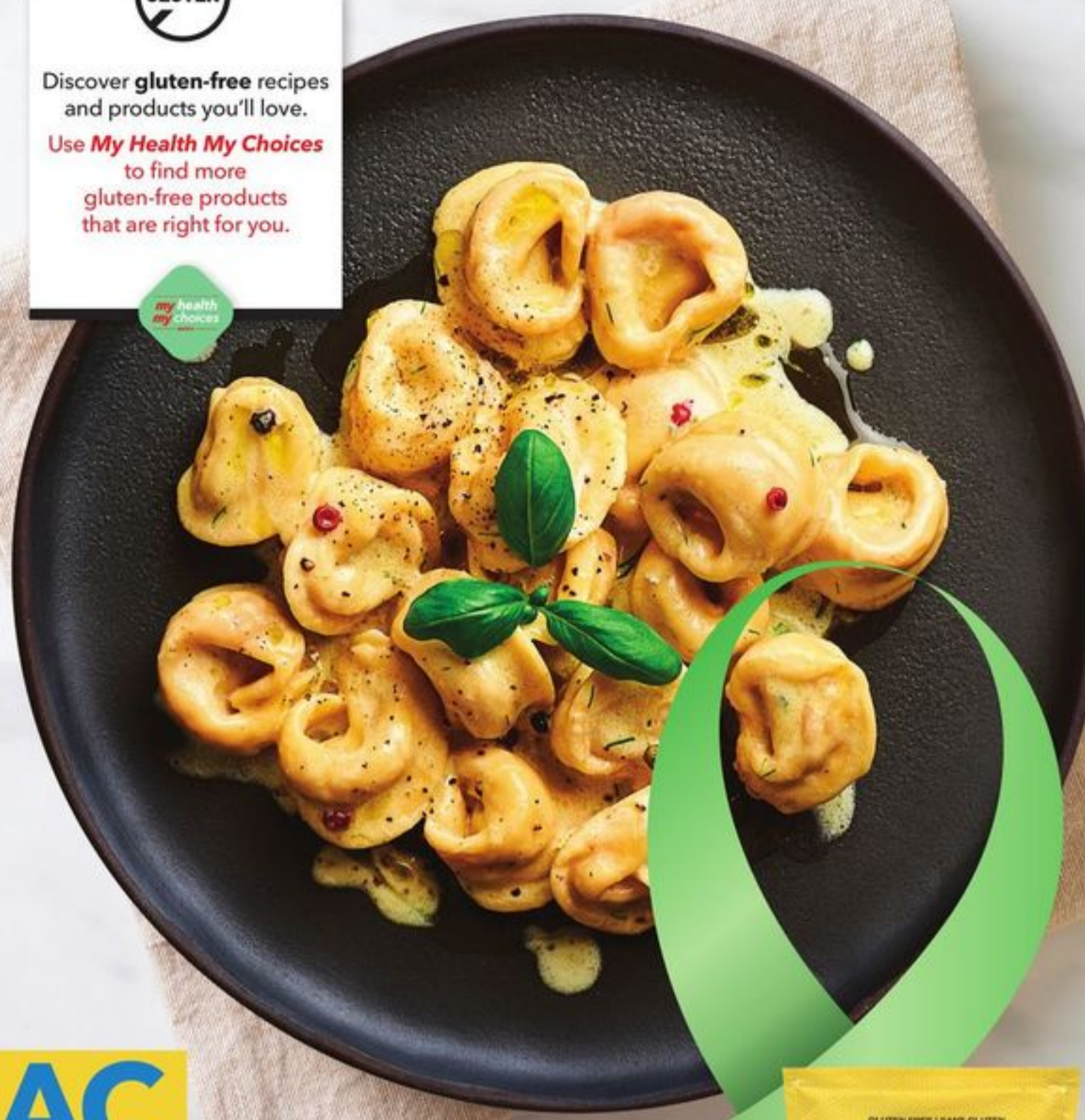
FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](http://metro.ca)



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



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.



Gluten-Free

9<sup>99</sup> ea.

PIETRO'S FROZEN PASTA 300 g SELECTED VARIETIES



6<sup>49</sup> ea. LA TORTILLA FACTORY TORTILLA 3% g SELECTED VARIETIES



8<sup>49</sup> ea. CAULIPOWER PIZZA 312 g SELECTED VARIETIES



3<sup>49</sup> ea. HARVEST SNAPS SNACK 71-93 g SELECTED VARIETIES



2 for 6<sup>00</sup> or 3.29 ea. NATUR-A SOY BEVERAGE 946 ml SELECTED VARIETIES



7<sup>99</sup> ea. GIMME SEAWEED CHIPS 6 x 4.5-5 g SELECTED VARIETIES



5<sup>99</sup> ea. THE GLUTEN FREE BITES 113 g SELECTED VARIETIES



4<sup>99</sup> ea. MADE GOOD CRACKERS 100-121 g SELECTED VARIETIES

Tasty & gluten-free: sprinkle hemp seeds on mac & cheese



3<sup>99</sup> ea. DAIYA MACARONI 300 g SELECTED VARIETIES

7<sup>99</sup> ea. MANITOBA HARVEST HEMP HEARTS SEED 227 g SELECTED VARIETIES



2 for 8<sup>00</sup> QUESTBAR PROTEIN BAR 60 g SELECTED VARIETIES



5<sup>49</sup> ea. STOKED OATS GRANOLA 300 g SELECTED VARIETIES



4<sup>99</sup> ea. ANGIE'S BOOM CHICKA POP PUFF 170 g SELECTED VARIETIES



3<sup>99</sup> ea. G.H. CRETORS POPCORN 213 g SELECTED VARIETIES



**Non-GMO**

<p><b>CELESTIAL TEA BAGS</b> 18 ct. SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p><b>RISE KOMBUCHA</b> 474 ml SELECTED VARIETIES</p> <p><b>3<sup>99</sup></b> ea.</p>	<p><b>ANNIE'S BUNNY FRUIT SNACKS</b> 100 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>
<p><b>TRUBAR PROTEIN BAR</b> 50 g SELECTED VARIETIES OR 2.79 EA.</p> <p><b>2 for 5<sup>00</sup></b></p>	<p><b>KICKING HORSE WHOLE BEAN COFFEE</b> 454 g SELECTED VARIETIES</p> <p><b>16<sup>99</sup></b> ea.</p>	<p><b>BRIANNA'S DRESSING</b> 296 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>
<p><b>TERRA CHIPS</b> 140 g SELECTED VARIETIES</p> <p><b>5<sup>49</sup></b> ea.</p>		

**Plant-Based**

<p><b>gardenin</b> GARDENIN FROZEN ENTRÉE 230 - 390 g. SELECTED VARIETIES</p> <p><b>7<sup>99</sup></b> ea.</p>	<p><b>oatgurt</b> BEYOND MOO OATGURT 500 g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>
<p><b>LIFE SMART QUINOA</b> 350 g</p> <p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 6<sup>00</sup></b> LESS THAN 2 PAY 3.99 EA.</p>	<p><b>MARANATHA PEANUT BUTTER</b> 500 g SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>

**Gluten-Free**

<p><b>FODY PASTA SAUCE</b> 547 ml SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	<p><b>NAIRN'S COOKIES</b> 160 g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>
<p><b>SCHÄR CRACKERS</b> 210 g SELECTED VARIETIES</p> <p><b>8<sup>49</sup></b> ea.</p>	<p><b>SCHÄR HONEYGRAMS COOKIES</b> 160 g</p> <p><b>5<sup>99</sup></b> ea.</p>

**Baby & Health**

<p><b>2 for 7<sup>00</sup></b></p> <p><b>EARTH'S BEST BABY SNACKS</b> SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p>	<p><b>4<sup>99</sup></b> ea.</p> <p><b>GERBER BABY CEREAL</b> 200 g. SELECTED VARIETIES</p>
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**Household Helpers**

<p><b>PALMOLIVE DISHWASHING DETERGENT</b> 516 - 823 ml SELECTED VARIETIES</p> <p><b>3<sup>49</sup></b> ea.</p>	<p><b>SELECTION YARD BAGS</b> 5 in.</p> <p><b>2 for 8<sup>00</sup></b></p>
<p><b>ZIPLOC FREEZER OR SANDWICH BAGS OR GLADE CANDLES</b> SELECTED SIZES, SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p><b>SWIFFER DRY SWEEPING CLOTHS</b> TRAP &amp; LOCK</p> <p><b>SWIFFER SWEEPER LINET</b></p> <p><b>8<sup>49</sup></b> ea.</p> <p><b>SWIFFER CLEANING CLOTH REFILLS</b> SELECTED SIZES, SELECTED VARIETIES</p>
<p><b>FLEECY FABRIC SOFTENER OR CLOROX CLEANERS</b> SELECTED SIZES, SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p><b>RESOLVE STAIN REMOVER</b> SELECTED SIZES, SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p>
<p><b>LIQUID-PLUMR DRAIN CLEANER</b> 473 - 900 ml. SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p><b>ROYALE BATHROOM TISSUE</b> 24 - 48 ROLLS, SELECTED VARIETIES</p> <p><b>15<sup>99</sup></b> ea.</p>

**LACTATION COOKIES**  
MADE WITH LOVE FOR BREASTFEEDING MOMS!

FOR EVERY BOX SOLD WE GIVE BACK TO SUPPORT BREASTFEEDING EDUCATION.

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

**JULY'S COOKIES CO. COOKIE** 200 g. SELECTED VARIETIES

**Protein That's Pro-You**

Fast-acting. Delicious. 25 g of protein per scoop.

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

**PURE PROTEIN NUTRITIONAL SUPPLEMENT** 907 g. SELECTED VARIETIES

Happy Mother's Day

**\$10 OFF**

\$50 Boston Pizza and \$50 H&M Gift Cards

Offer valid May 9 - 15, 2024

Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

# metro.ca

**YOUR ONLINE GROCERIES**

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

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

PROMO CODES  
**MOM1 - MOM2**

**+ 1 MONTH  
OF 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.



Nestlé®

Good Food, Good Life

# Your favourite at any time!



**20<sup>99</sup>** ea.  
STARBUCKS GROUND COFFEE 793 - 907 g OR COFFEE CAPSULES 24 in SELECTED VARIETIES



**6<sup>49</sup>** ea.  
NESCAFÉ GOLD OR SWEET & CREAMY INSTANT COFFEE 90 - 100 g, 16 - 18 in SELECTED VARIETIES



**4<sup>99</sup>** ea.  
NESCAFÉ RICH INSTANT COFFEE 95 g



**7<sup>49</sup>** ea.  
STARBUCKS COFFEE CREAMER OR ICED COFFEE SELECTED SIZES SELECTED VARIETIES



**7<sup>49</sup>** ea.  
NESTLÉ LEMON ICED TEA POWDER 75 g



**2 for 9<sup>00</sup>**  
NESTLÉ CHOCOLATES MULTIPACK SELECTED SIZES SELECTED VARIETIES



**2 for 9<sup>00</sup>**  
Less than 2 pay 6.49 ea.  
NESTLÉ CHOCOLATE BAGS 135 - 203 g SELECTED VARIETIES



**12<sup>99</sup>** ea.  
BOOST MEAL REPLACEMENT 6 x 237 ml OR 4 x 325 ml SELECTED VARIETIES



**10<sup>99</sup>** ea.  
MAISON PERRIER, PERRIER OR SAN PELLEGRINO SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES



**7<sup>99</sup>** ea.  
MAISON PERRIER, PERRIER OR SAN PELLEGRINO SPARKLING SPRING WATER 8 x 330 ml SELECTED VARIETIES



**9<sup>99</sup>** ea.  
HÄAGEN DAZS ICE CREAM LARGE TUBS 946 ml SELECTED VARIETIES



**5<sup>99</sup>** ea.  
NESTLÉ DRUMSTICK ICE CREAM OR DEL MONTE SORBET OR GELATO 946 ml SELECTED VARIETIES



**2 for 11<sup>00</sup>**  
Less than 2 pay 7.49 ea.  
HÄAGEN DAZS ICE CREAM SELECTED SIZES SELECTED VARIETIES

**Cadbury**  
**SHARE GOODNESS**

JOIN US IN DONATING  
**\$200,000 TO**  
**CANADIAN FOOD BANKS\***



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

CADBURY  
MULTI CHOCOLATE  
4 UN  
SELECTED VARIETIES



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

CADBURY  
CHOCOLATE BARS  
200 g  
SELECTED VARIETIES



CADBURY  
CHOCOLATE BARS  
80 - 100 g  
SELECTED VARIETIES

**2 for**  
**5<sup>50</sup>**



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

CADBURY  
MICRO CHOCOLATE EGGS  
90 g



**BUY MORE**  
**SAVE MORE!**

**4 for**  
**5<sup>00</sup>**  
Less than 4  
pay 1.89 ea.

CADBURY  
CHOCOLATE BARS  
33 - 60 g  
SELECTED VARIETIES



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

CADBURY  
CHOCOLATE BAGS  
SELECTED SIZES  
SELECTED VARIETIES



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

CADBURY  
CHOCOLATE BARS  
90 g  
SELECTED VARIETIES

\*Cadbury is donating \$100k to select food banks in Canada. You can help raise \$100k more - \$0.10 from the purchase of displayed Cadbury product between April 1, 2024 and May 10, 2024, at participating retailers, will be donated to select food banks up to a maximum of \$100k.