

# metro



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

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



**LIMIT OF 2**

**OUR LOWEST PRICE IN YEARS**

**99¢**  
/lb

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



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

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



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

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



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

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



**2 for**

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

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



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

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



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

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



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

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



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

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



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

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



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

**99¢**  
ea.



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

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



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

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



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

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



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

**2 for**

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



**DE CECCO PASTA**  
454 g  
SELECTED VARIETIES

**SAVE \$1.41**

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



**3.44** ea.

BLUEBERRIES 1 PINT  
PRODUCT OF U.S.A. 300g  
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

**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 18 - 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

**4.99** 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. JANES ULTIMATES FISH 530-605 g OR NANUK WILD SMOKED SOCKEYE SALMON 100 g FROZEN

**2.99** ea. PASTENE ITALIAN TOMATOES 796 ml SELECTED VARIETIES

**4.99** ea. MARINELLI PASTA SAUCE 740 ml SELECTED VARIETIES

**11.99** ea. SAN BENEDETTO WATER 6 x 1.5 L SELECTED VARIETIES

**3.49** ea. FRONT STREET BAKERY CALABRESE BAGUETTE 325 g

**5.99** ea. LACTANTIA LACTOSE FREE MILK & L SELECTED VARIETIES

**6.99** ea. BLACK DIAMOND CHEESTRINGS SELECTED SIZES SELECTED VARIETIES

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

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

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

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

**6.00** 2 for SELECTION NATURAL SPRING WATER 24 x 500 ml OR SELECTION WATER ENHANCER 48 ml SELECTED VARIETIES, OR 3.79 EA.

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

**5.99** ea. AMY'S FROZEN MEALS 240-284 g SELECTED VARIETIES

**8.00** 2 for SMARTFOOD POPCORN OR SUNCHIPS MULTIGRAIN CHIPS SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

**3.00** 2 for IRRESISTIBLES OR SELECTION CHIPS 100-160 g OR 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.

**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

**15 BONUS MILES** when you buy 2

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

**15 BONUS MILES** when you buy 2

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

**10 BONUS MILES** when you buy 2

**8.50** 2 for POPCORNERS, SIMPLY TOSTITOS OR CHEETOS CHIPS 140-240 g. SELECTED VARIETIES OR 4.99 EA.

**20 BONUS MILES** when you buy 2

**6.49** ea. HELLMANN'S REAL VEGAN MAYONNAISE 710-890 ml SELECTED VARIETIES

**20 BONUS MILES** when you buy 2

**13.99** 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.

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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

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

## BUY MORE SAVE MORE!

 <p><b>2 for 11<sup>00</sup></b> LESS THAN 2 PAY 5.99 EA.</p> <p>DOLE SALAD KITS 198-347 g, PRODUCT OF U.S.A. SELECTED VARIETIES</p>	 <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 5.49 EA.</p> <p>LOOP COLD-PRESSED JUICES 355 ml SELECTED VARIETIES</p>	 <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 5.99 EA.</p> <p>VEGETABLE SPIRALS OR RICED CAULIFLOWER 340-400 g</p>
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 <p><b>3<sup>79</sup></b> ea.</p> <p>BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>	 <p><b>3<sup>99</sup></b> ea.</p> <p>ORGANIC GRAPE TOMATOES 284 g PRODUCT OF ONTARIO</p>
 <p><b>6<sup>49</sup></b> ea.</p> <p>PULP &amp; PRESS ORGANIC COLD-PRESSED JUICES 355 ml SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea.</p> <p>ORGANIC PINEAPPLES PRODUCT OF COSTA RICA</p>

## Sliced & Diced

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

## Flowers in Bloom

 <p><b>36<sup>99</sup></b> ea.</p> <p>ROSEBUSH PLANTER 8" BASKET, ASSORTED COLOURS</p>	 <p><b>22<sup>99</sup></b> ea.</p> <p>KIMBERLY QUEEN FERN 3 GALLON</p>
 <p><b>12<sup>99</sup></b> ea.</p> <p>FRESH CUT TULIPS 15 STEM BUNCH, ASSORTED COLOURS</p>	 <p><b>19<sup>99</sup></b> 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><b>7<sup>99</sup></b> /lb</p> 	<p>made in my metro <b>m</b></p> <p>LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK PRODUCT OF NEW ZEALAND 46.27/kg</p> <p><b>20<sup>99</sup></b> /lb</p>  <p><small>• Steaks aged for a minimum of 28 days • Free range • Raised without antibiotics • Raised without added hormones</small></p>		
<p><b>3<sup>49</sup></b> /lb</p> <p>FRESH CHICKEN LEG QUARTERS 7.69/kg</p> 	<p>made in my metro <b>m</b></p> <p>FRESH BBQ SEASONED HALF CHICKEN 8.80/kg</p> <p><b>3<sup>99</sup></b> /lb</p> 		
<p><b>4<sup>99</sup></b> /lb</p> <p>PORK LOIN CHOPS CENTRE CUT BONE IN VALUE PACK 11.00/kg</p> 	<p>GROUND IN-STORE DAILY</p> <p><b>4<sup>99</sup></b> /lb</p> <p>MEDIUM GROUND BEEF VALUE PACK 11.00/kg</p> 		
<p><b>7<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS INSIDE ROUND LONDON BROIL, ALOUETTE OR PINWHEEL CUT FROM CANADA AAA GRADE 17.61/kg</p> 	<p><b>7<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg</p> 	<p><b>7<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS TENDERIZED HIP STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg</p> 	<p><b>29<sup>99</sup></b> /lb</p> <p>PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK OR ROAST CUT FROM CANADA AAA GRADE 66.12/kg</p> 

## BBQ Favourites

<p>LEADBETTERS COWBOY STEAKS FROZEN, 680 g</p> <p><b>13<sup>99</sup></b> ea.</p> 	<p><b>11<sup>99</sup></b> ea.</p> <p>44TH STREET PORK BACK RIBS FULLY COOKED, 595 g SELECTED VARIETIES</p> 	<p><b>12<sup>99</sup></b> ea.</p> <p>SCHNEIDERS JUICY JUMBOS 900 g SELECTED VARIETIES OR SMOKIES</p> 	<p><b>6<sup>49</sup></b> ea.</p> <p>LIFE SMART NATURALIA PORK SAUSAGES 500 g SELECTED VARIETIES</p> 
<p><b>5<sup>99</sup></b> ea.</p> <p>MARC ANGELO SAUSAGES FROZEN, 500-675 g SELECTED VARIETIES</p> 	<p><b>19<sup>99</sup></b> ea.</p> <p>MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400 g</p> 	<p><b>11<sup>99</sup></b> ea.</p> <p>JANES UNBREADED CHICKEN BURGERS FROZEN, 852 g</p> 	<p><b>9<sup>99</sup></b> ea.</p> <p>AL SAFA HALAL BEEF BURGERS FROZEN, 600 g</p> 
<p><b>4<sup>99</sup></b> /lb</p> <p>LEGACY PEAMEAL CHUB ROLLED IN CORNMEAL 11.00/kg</p> 	<p><b>9<sup>99</sup></b> ea.</p> <p>LOU'S KITCHEN ENTREES 375-400 g SELECTED VARIETIES</p> 	<p><b>5<sup>99</sup></b> ea.</p> <p>LEADBETTERS BACON 375 g SELECTED VARIETIES</p> 	<p><b>4<sup>99</sup></b> ea.</p> <p>IRRISISTIBLES CHICKEN BREAST STRIPS FULLY COOKED, 200 g SELECTED VARIETIES</p> 
<p><b>8<sup>99</sup></b> ea.</p> <p>MANDARIN ENTREES FROZEN, 400-460 g SELECTED VARIETIES</p> 	<p><b>6<sup>99</sup></b> ea.</p> <p>GREENFIELD BREAKFAST SAUSAGE ROUNDS OR LINKS FROZEN, 375 g</p> 	<p><b>17<sup>99</sup></b> ea.</p> <p>PINTY'S BREADED CHICKEN OR WINGS FROZEN, 750-790 g SELECTED VARIETIES</p> 	<p><b>5<sup>99</sup></b> ea.</p> <p>WATSON RIDGE CHICKEN BALLS FROZEN, 800 g</p> 

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

# FOIL PACK BBQ

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

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



**BONELESS**

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



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

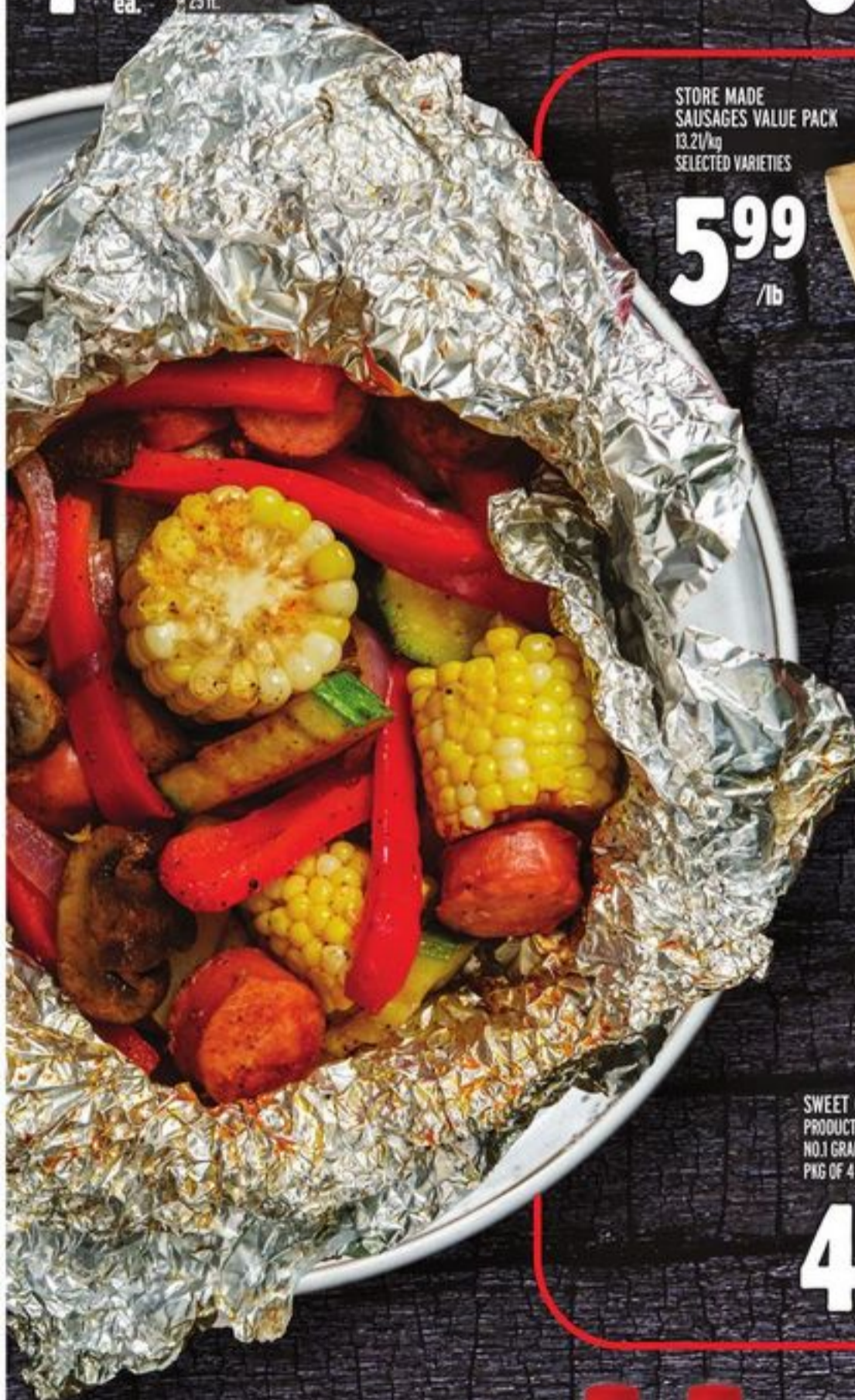
IRRESISTIBLES  
SHRIMP SKEWERS  
FROZEN, 400 g  
SELECTED VARIETIES



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

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

BELLE GROVE  
PORTABELLA MUSHROOMS  
PRODUCT OF ONTARIO  
PKG OF 4



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

STORE MADE  
SAUSAGES VALUE PACK  
13.21/kg  
SELECTED VARIETIES



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

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



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

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



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

CLUB HOUSE  
SEASONINGS OR BLEND  
SELECTED SIZES  
SELECTED VARIETIES



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

PAM  
AVOCADO OR  
OLIVE OIL  
COOKING SPRAY  
141 g  
SELECTED VARIETIES



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

SWEET BABY RAY'S  
SAUCES  
425 ml  
SELECTED VARIETIES



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

CLUB HOUSE  
LA GRILLE MARINADE  
350 ml  
SELECTED VARIETIES



# Seafood



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

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

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

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



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

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

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

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

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

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

## Irresistibles



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



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



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



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

# Deli Favourites

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



IRRESISTIBLES ARTISAN BLACK FOREST HAM DELI SLICED



SELECTION TURKEY BREAST DELI SLICED



MAPLE LODGE CHICKEN BREAST SELECTED VARIETIES DELI SLICED OR SHAVED

**YOUR CHOICE**

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

13.56/lb



DELI CLASSIC ROAST BEEF DELI SLICED



SELECTION OLD FASHIONED SMOKED HAM DELI SLICED



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



CASTELLO HAVARTI DELI CUT PRICES AS MARKED

# Prepared Meals

**metro FRESH 2 GO**



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



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



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

# Cinco de Mayo Essentials



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



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



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



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



**metro**  
FRESH  
2 GO

# READY MADE FAVOURITES



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

FRESH 2 GO  
HOT BBQ  
MAMMOTH CHICKEN  
1 kg

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

FRESH 2 GO  
O'AHU PINEAPPLE  
MANGO CHICKEN  
900 g



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

SELECTION SALADS  
454 g  
SELECTED VARIETIES



FRESH 2 GO  
MINI BEEF OR CHICKEN  
EMPANADAS  
374 g

**\$10**  
ea.



FRESH 2 GO  
PULLED PORK TACO  
LUNCH BOX  
400 g

**\$8**  
ea.



## SANDWICHES & LUNCH KITS FRESH TO GO

**2 PACK**



**\$12**  
ea.

FRESH 2 GO  
WRAPS  
2 un

**4 PACK**



**\$12**  
ea.

FRESH 2 GO  
PANINI SANDWICHES  
SELECTED VARIETIES

**4 PACK**

FRESH 2 GO  
PANUZZO  
SANDWICHES  
SELECTED VARIETIES

**\$20**  
ea.



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

# WEEKNIGHT MEAL DEALS

# 10<sup>99</sup> EACH

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



## MONDAY

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



## TUESDAY

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



## WEDNESDAY

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



## THURSDAY

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



## FRIDAY

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

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

# CINCO DE MAYO

CELEBRATE THE FLAVOURS



IRRESISTIBLES  
WILD CAUGHT  
TUNA STEAKS  
FROZEN, 340 g

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



CHOLULA  
HOT SAUCE  
150 ml  
SELECTED VARIETIES

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



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

DON PANCHO  
STREET TACOS TORTILLAS  
336 g  
SELECTED VARIETIES



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

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



IRRESISTIBLES  
CHICKEN BREAST STRIPS  
FULLY COOKED  
200 g  
SELECTED VARIETIES

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



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

LA COSTEÑA  
CANNED BEANS  
528 ml  
SELECTED VARIETIES



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

GAY LEA  
SOUR CREAM  
250 ml  
SELECTED VARIETIES



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

SELECTION  
SALSA  
650 ml  
SELECTED VARIETIES



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

SELECTION  
BARS OR SHREDDED CHEESE  
SELECTED SIZES  
SELECTED VARIETIES



COCA-COLA  
SOFT DRINKS  
4 x 355 ml

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



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

WE GUAC  
GUACAMOLE  
227 g  
SELECTED VARIETIES

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

LIMES  
PRODUCT OF MEXICO



JARRITOS  
SOFT DRINK  
370 ml  
SELECTED VARIETIES

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



### Fruit Topped

**18<sup>99</sup>** ea. FRONT STREET BAKERY CREAM BAR CAKES 700 - 875 g SELECTED VARIETIES

**18<sup>99</sup>** ea. FRONT STREET BAKERY FRUIT TOPPED CHEESECAKES 975 g SELECTED VARIETIES

**19<sup>99</sup>** ea. FRONT STREET BAKERY TRIPLE FRUIT OR TRIPLE STRAWBERRY BOSTON CAKES 1200 g

**28<sup>99</sup>** ea. FRONT STREET BAKERY GOURMET FRUIT TOPPED SHORTCAKE 1.35 - 1.6 kg SELECTED VARIETIES

### Lemon Treats

**6<sup>49</sup>** ea. FRONT STREET BAKERY LEMON MERINGUE PIE 675 g

**5<sup>49</sup>** ea. FRONT STREET BAKERY LEMON BUTTER COOKIES PKG OF 10, 340 g

**5<sup>49</sup>** ea. FRONT STREET BAKERY LEMON POPPYSEED MUFFINS 600 g

**9<sup>99</sup>** ea. IRRESISTIBLES LEMON POPPYSEED COFFEE CAKE 650 g SELECTED VARIETIES

**3<sup>99</sup>** ea. FRONT STREET BAKERY PUMPERNICKEL OR PANE ITALIAN GARLIC BREADS 550 - 675 g

**3<sup>79</sup>** ea. FRONT STREET BAKERY ITALIAN OR FRENCH BREAD 450 g SELECTED VARIETIES

**3<sup>79</sup>** ea. FRONT STREET BAKERY KAISER ROLLS OR FRENCH ROLLS PKG OF 6 - 8, 350 - 480 g SELECTED VARIETIES

**3<sup>79</sup>** ea. FRONT STREET BAKERY DINNER, HOT DOG OR HAMBURGER ROLLS PKG OF 8 - 12, 320 - 425 g SELECTED VARIETIES

**5<sup>49</sup>** ea. DEMPSTER'S CINNAMON RAISIN BREAD 570 g

**3<sup>99</sup>** ea. MR. KIPLING SNACK CAKES 365 g SELECTED VARIETIES

**8<sup>99</sup>** ea. SCHÄR GLUTEN FREE BREAD OR BUNS 228 - 400 g SELECTED VARIETIES

**2<sup>99</sup>** ea. OAKRUN FARM ENGLISH MUFFINS OR CRUMPETS 284 - 340 g SELECTED VARIETIES

## Breakfast Essentials

**14<sup>99</sup>** ea. BALZAC'S COFFEE CAPSULES 10 mL SELECTED VARIETIES

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

**4<sup>99</sup>** ea. NESTLÉ COFFEE MATE CREAMER 800 - 940 mL SELECTED VARIETIES

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

**2 for 7<sup>00</sup>** TETLEY TEA 20 - 24 mL SELECTED VARIETIES OR 4.49 EA.

**3<sup>99</sup>** ea. SELECTION HASHBROWNS 1 kg

**4<sup>99</sup>** ea. IRRESISTIBLES APPLE JUICE 1.65 L

**3<sup>79</sup>** ea. V8 VEGETABLE COCKTAIL 950 mL

**2<sup>99</sup>** ea. LIFE SMART FRUIT SNACKS 4 - 6.90 - 103 g SELECTED VARIETIES

**6<sup>99</sup>** ea. JIF PEANUT BUTTER 1 kg SELECTED VARIETIES

**3<sup>99</sup>** ea. SELECTION COTTAGE CHEESE 500 g SELECTED VARIETIES

**5<sup>99</sup>** ea. LIBERTÉ KEFIR DRINK 1 L SELECTED VARIETIES

### SNACK IT UP.

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

**5<sup>99</sup>** ea. IRRESISTIBLES GREEK YOGURT TUBS 750 g SELECTED VARIETIES

**4<sup>49</sup>** ea. BURNBRAE EGG CREATIONS 500 g SELECTED VARIETIES

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



## Meal Makers

<p><b>2 for 7.00</b> GREEN GIANT FROZEN VEGETABLES SELECTED SIZES SELECTED VARIETIES OR 3.99 EA.</p>	<p><b>3.99</b> ea. CAVENDISH FRIES SELECTED SIZES SELECTED VARIETIES</p>	<p><b>4.99</b> ea. K-Deluxe CRAVE OR KRAFT DINNER FROZEN ENTREES SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>2.99</b> ea. BETTY CROCKER POTATOES 161 - 215 g SELECTED VARIETIES</p>
<p><b>2.99</b> ea. CATELLI SMART OR WHOLE GRAIN PASTA 340 - 375 g SELECTED VARIETIES</p>	<p><b>3 for 5.00</b> PRIMO BEANS 540 ml SELECTED VARIETIES OR 1.69 EA.</p>	<p><b>2.49</b> ea. AYLMER OR ROTEL TOMATOES 204 - 276 ml SELECTED VARIETIES</p>	<p><b>5.49</b> ea. BAR HARBOR SOUP 284 - 298 ml SELECTED VARIETIES</p>
<p><b>2.49</b> ea. BRUNSWICK CANNED SARDINES OR FILLETS 92 - 104 g SELECTED VARIETIES</p>	<p><b>7.99</b> ea. MAZOLA CORN, VEGETABLE OR CANOLA OIL 1.8 L SELECTED VARIETIES</p>	<p><b>5.49</b> ea. MINUTE RICE 500 - 390 g SELECTED VARIETIES</p>	<p><b>2 for 7.00</b> MINUTE RICE INSTANT RICE 2 x 125 g SELECTED VARIETIES</p>
<p><b>2 for 10.00</b> BOW VALLEY SAUCE 250 ml SELECTED VARIETIES LESS THAN 2 PAY 6.99 EA.</p>	<p><b>4.99</b> ea. MR. SUB SAUCE 375 ml SELECTED VARIETIES</p>	<p><b>5.99</b> ea. KOZLIK'S MUSTARD 250 ml SELECTED VARIETIES</p>	<p><b>6.99</b> ea. FRANK'S REDHOT SAUCE 480 ml SELECTED VARIETIES</p>

## Snacks & Beverages

<p><b>2 for 8.50</b> BUY MORE SAVE MORE! LESS THAN 2 PAY 5.29 EA.</p>	<p><b>2 for 6.00</b> BUY MORE SAVE MORE! PURE LEAF ICED TEA 547 ml SELECTED VARIETIES</p>	<p><b>2 for 7.00</b> SELECTION JUICE OR COCKTAILS 8 x 200 ml SELECTED VARIETIES OR 3.69 EA.</p>	<p><b>5.99</b> ea. IRRISISTIBLES SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES</p>
<p><b>3.79</b> ea. CHARRAS TOSTADA CHIPS 350 g, SELECTED VARIETIES</p>	<p><b>5.99</b> ea. PLANTERS PEANUTS 500 g, SELECTED VARIETIES</p>	<p><b>3.49</b> ea. SPITZ SUNFLOWER SEEDS 210 g SELECTED VARIETIES</p>	<p><b>1.99</b> ea. CRISPERS OR BITS &amp; BITES SNACKS 145 g SELECTED VARIETIES</p>
<p><b>2 for 11.00</b> CADBURY CHOCOLATE 152 - 200 g SELECTED VARIETIES</p>	<p><b>7.99</b> ea. LINDT CHOCOLATE 150 g SELECTED VARIETIES</p>	<p><b>2 for 6.00</b> SELECTION COOKIES 180 - 225 g SELECTED VARIETIES OR 3.19 EA.</p>	<p><b>3.99</b> ea. RYVITA SNACKBREAD 125 g, SELECTED VARIETIES</p>
<p><b>7.99</b> ea. MCCAIN PIZZA POCKETS 600 g SELECTED VARIETIES</p>	<p><b>12.99</b> ea. SMUCKERS UNCRUSTABLES LARGE PACK 10 x 56 g</p>	<p><b>6.49</b> ea. IRRISISTIBLES THICK CRUST PIZZA SELECTED SIZES SELECTED VARIETIES</p>	<p><b>3.49</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.

# Here's the Scoop



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



MAGNUM NOVELTIES  
SELECTED SIZES  
SELECTED VARIETIES

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



YUKON NOVELTIES  
SELECTED SIZES  
SELECTED VARIETIES

BUY MORE  
SAVE MORE!

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



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



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



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



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

GLUTEN

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

My Health My Choices

cca

MAY IS

# CELIAC AWARENESS MONTH

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Organic**

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

**Non-GMO**

<p><b>PACIFIC FOODS SOUP</b> 1L SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p> 	<p><b>DAIYA</b> GLUTEN-FREE PIZZA PIZZA SANS GLUTEN</p> <p><b>9<sup>99</sup></b> ea.</p> <p><b>DAIYA PIZZA</b> 337-500 g SELECTED VARIETIES</p> 	<p><b>STOKED OATS GRANOLA</b> 300 g SELECTED VARIETIES</p> <p><b>5<sup>49</sup></b> ea.</p> 	<p><b>HALO TOP</b> ICE CREAM 473 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p> 
<p><b>ALWAYS ORGANIC. SIMPLY DELICIOUS.</b></p> <p><b>25% off</b> SIMPLY ORGANIC SPICES IN GLASS BOTTLES 49-100 g SELECTED VARIETIES</p> 		<p><b>Delicious Mexican-American Favorites</b> GRAIN FREE • GLUTEN FREE • DAIRY FREE • VEGAN</p> <p><b>5<sup>99</sup></b> ea.</p> <p><b>SIETE TORTILLA CHIPS</b> 142 g SELECTED VARIETIES</p> <p><b>2 for 7<sup>00</sup></b> <b>SIETE TACO SEASONING</b> 37 g SELECTED VARIETIES OR 3.79 EA.</p> 	

**Household Helpers**

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





May 2 - May 29, 2024

# nature's signature

NATURAL DISPENSARY



## Bloom into Health

Celebrating Women & Wellness Essentials



health





**MenoEase**  
60 capsules

- Supports hormonal balance during menopause.
- Promotes a sense of calm and well-being.

**20% OFF**

## Efamol®

**Beautiful-Skin Evening Primrose Oil**

- Nourishes skin for a radiant glow.
- Supports healthy skin hydration and elasticity.



**15% OFF**

### Progressive Multivitamin Women 50+

- Tailored support for women over 50.
- Boosts energy levels and bone health.



**20% OFF**

### Smart Solutions ActiveCollagen+

120 capsules

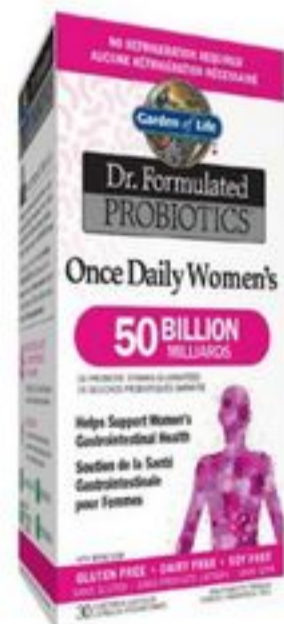
- Reduces fine lines and wrinkles.
- Enhances skin hydration and elasticity.



**15% OFF**

### Garden Of Life Dr. Formulated Probiotics Once Daily

- Designed for women's digestive and immune health.
- Supports vaginal and urinary tract health.



**20% OFF**

### Dr. Klein's Menstrual Ease 60 capsules

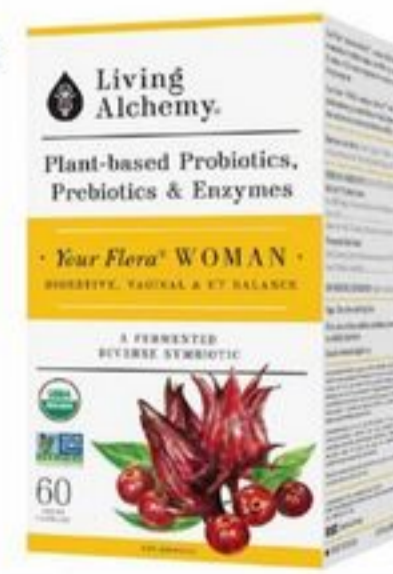
- Eases menstrual discomfort.
- Promotes hormone balance and well-being.



**15% OFF**

### Living Alchemy Your Flora Women 60 capsules

- Supports female digestive and reproductive health.
- Made with organic, fermented herbs for maximum efficacy.



**15% OFF**

### CanPrev Prenatal Multi 120 capsules

- Comprehensive nutritional support for expectant mothers.
- Fosters fetal development and maternal health.



**20% OFF**



**Bone Basics 360 capsules**

- Promotes strong bones and teeth using the MCHA complex.
- Supports skeletal health and joint mobility.

**Ortho Iron 60 capsules**

- Helps prevent iron deficiency.
- Non-constipating formula that is easier on the stomach than other iron formulas



**North Coast Naturals Boosted Marine Collagen 250g**

- Promotes healthy skin, hair, and nails.
- Supports joint health and mobility.



**Himalaya Organic Ashwagandha 60 caplet**

- Clinically-studied blend of Ashwagandha root powder and root extract
- Reduces stress and anxiety, and boosts vitality.



**Omega-3 150 softgels**

- Supports heart health and cognitive function.
- Promotes healthy skin and joints.



**Omega-3 + Vitamin D 150 softgels**

- Dual support for immune system and bone health.
- Aids in maintaining healthy mood and brain function.



**Plant-Based Omega-3 30 softgels**

- Vegetarian-friendly heart and brain support.
- Eco-conscious choice for omega-3 fatty acids.



**BEAUTY IN FULL BLOOM**

**Healthy Hair**

- Clinically proven to reduce hair loss and stimulate hair growth.

**Collagen Beauty**

- Reduces wrinkles and fine lines.



**Genuine Health Joint Relief 60 capsules**

- Eases joint pain and inflammation with using Natural Eggshell Membrane
- Supports long-term joint health.



**Homeocan Traumacare 100g**

- Effective relief for muscle and joint pain.
- Natural solution for bruises and swelling.



**Genestra Hair, Skin & Nails 60 gummies**

- Delicious way to support beauty from within.
- Strengthens hair, enhances skin clarity, and fortifies nails.



**Genestra Candicin 60 capsules**

- Supports a healthy gastrointestinal microbiome.
- Candicin can be used to treat H. pylori.



## health

### Niyama Goddess Greens & SuperFoods 292g

- Nutrient-packed for radiant health and vitality.
- Supports detoxification and energy levels.



**15% OFF**

### Iron Vegan Sprouted Protein 1kg

- Plant-based protein for muscle repair and growth.
- Easily digestible and nutrient-rich.



**15% OFF**

## fitness



### Protein 801-837g

- Supports muscle recovery and rebuilds muscle tissue.
- Plant-based protein with a complete amino acid profile.

### Energizer 128-540g

- Boosts energy and mental focus for workouts.
- Plant-based and clean ingredients for sustained energy.

**20% OFF**

## ORGANIKA



### Electrolyte Endurance 180g

- Sustains endurance and performance during long activities.
- Helps prevent dehydration and muscle cramps.

### Electrolyte Recovery 180g

- Replenishes vital minerals and hydrates effectively.
- Perfect for post-workout recovery.

**30% OFF**



Nutrition for Optimal Wellness™

### Essential Oils

- Pure and natural aromatherapy for everyday wellness.
- Versatile uses from relaxation to revitalizing spaces.



**20% OFF**

## beauty

### Andalou Naturals Hyaluronic DMAE Lift & Firm Cream 50ml

- Hydrates deeply and firms skin for a youthful appearance.
- Contains age-defying, nature-derived ingredients.



**15% OFF**

### Kosmea Rose Hip Oil

- Revitalizes and nourishes skin with essential fatty acids.
- Promotes skin regeneration and improves scar appearance.



**20% OFF**

### Heritage Store Black Castor Oil 237ml

- Supports hair growth and scalp health.
- Moisturizes skin and strengthens nails.



**10% OFF**

### Green Beaver Mineral Sunscreen SPF 40 Sport 90ml

- Natural and safe sun protection for active lifestyles.
- Water-resistant and eco-friendly formula.



**15% OFF**

### Ancient Minerals Magnesium Bath Flakes 2kg

- Relieves stress and soothes sore muscles.
- Soothes and nourishes skin



**10% OFF**

### Bamboo Nature Baby Wet Wipes 50 count

- Gentle and safe for sensitive baby skin.
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### Focus Fuel 140g

- Enhances cognitive function and mental clarity.
- Organic and adaptogenic ingredients for sustained focus.

### Endurance Fuel 140g

- Boosts energy and endurance with superfoods.
- Uses organic mushroom to support energy and endurance.



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### Iced Tea 473ml

- Refreshingly natural with a unique blend of flavors.
- Perfectly balanced for hydration and enjoyment.

**\$3<sup>79</sup> each**



### From The Ground Up Cauliflower Chips 100g

- A healthier snack alternative made with real cauliflower.
- Crunchy and flavorful, perfect for guilt-free snacking.



**\$5<sup>49</sup> each**

### FEATURED EXPERT

## Pragya Misra

Store Manager - Mississauga



Pragya completed her Bachelors in Ayurvedic Medical Science and Certified Natural Product Advisor (CNPA). She started her career as an Intern at various hospitals in India, where she learned from experienced doctors. Pragya moved to Ontario in 2009 and started working with Nature's Source to continue to share her passion for natural health.

### Rise Kombucha 414ml

- Fermented tea for digestive health and vitality.
- Organic, raw, and full of probiotics.



**2 for \$7<sup>98</sup>**

### Rise Better Soda 355ml

- A healthier soda alternative with natural ingredients.
- Refreshing flavors without artificial sweeteners.



**2 for \$5<sup>98</sup>**

### Oat of the Ordinary Oatmeal 360g

- High-protein, high-fiber oatmeal for sustained energy.
- Gluten-free and filled with superfoods.



**\$8<sup>99</sup> each**

### Vahdam Turmeric Ginger Herbal Tea 15 bags

- Immune-boosting and anti-inflammatory benefits.
- Warm, spicy flavor with healthful herbs.



**\$6<sup>29</sup> each**

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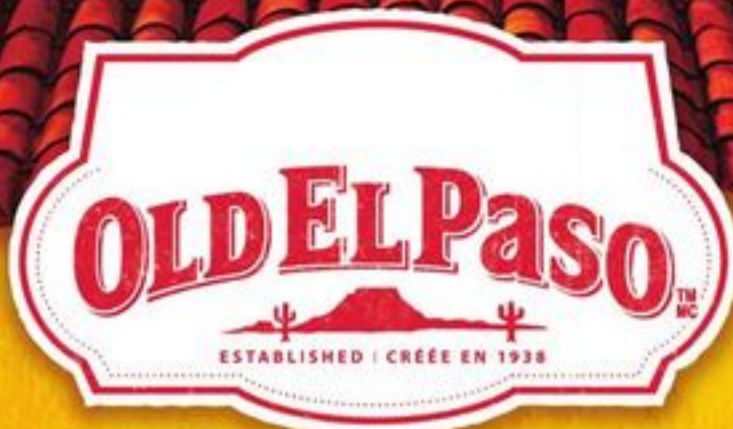
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