

VERSION 3

GET VICTORIA DAY READY.



4 DAY SALE

MAY 16TH TO MAY 19TH, 2024

FRESH



2⁹⁹ /lb

FRESH PORK BACK RIBS VALUE PACK 6.59/kg

PINT



1⁹⁹ ea.

BLUEBERRIES PINT PRODUCT OF U.S.A. OR PERU, No. 1 GRADE



2⁹⁹ ea.

FRESH ATLANTIC SALMON PORTIONS SKIN ON, 103 g or ROCK LOBSTER TAIL 2 oz FROZEN



2 for 10⁰⁰

MARC ANGELO SLICED ITALIAN DELI MEAT OR BOURSIN CREAM CHEESE 100-170 g SELECTED VARIETIES



2 for 5⁰⁰

LAY'S FAMILY SIZE CHIPS, TAKIS, SUN CHIPS OR LIFE SMART NATURALIA TORTILLA CHIPS SELECTED SIZES, SELECTED VARIETIES AFTER MAY 19TH, MAY 215.00



4⁸⁸ ea.

SELECTION BUTTER, GAY LEA GRASS FED BUTTER OR LIFE SMART EGGS SELECTED SIZES, SELECTED VARIETIES



10⁹⁹ ea.

IRRESISTIBLES BEEF BURGERS FROZEN, 852 g 1.02 kg, SELECTED VARIETIES OR OLYMEL WIENERS 1 kg, INDIVIDUALLY WRAPPED



2 for 9⁰⁰

SUMMER FRESH HUMMUS, DIPS OR SALAD 200-300 g 4.1-5.7 g SELECTED VARIETIES OR 4.99 EA.



5⁹⁹ ea.

WILD PINK RAW ARGENTINIAN SHRIMP 20-30, 300 g ECUADORIAN RAW SHRIMP 20-30, 340 g, FROZEN



19⁹⁹ ea.

PACIFIC WHITE JUMBO SHRIMP RING 1.02 kg WILD CAUGHT SNOW CRAB LEGS 454 g NORWEGIAN SMOKED SALMON 400 g, FROZEN



SAVE \$5.00 16⁹⁹ ea.

FRONT STREET BAKERY CHOCOLATE BOSTON CAKE WITH STRAWBERRIES 1250 g



22⁰⁰ ea.

STORE MADE MEDIUM TRAYS FRESH VEGETABLE 1.7 kg FRESH FRUIT 2.5 kg



2 for 32⁰⁰ or 18.00 ea.

PREMIUM HANGING BASKETS 10" POT, ASSORTED COLOURS AND VARIETIES

Effective May 16 17 18 19

metro.ca



GET VICTORIA DAY READY.

2⁹⁹ /100 g

IRRESISTIBLES ARTISAN BLACK FOREST HAM OR SWISS CHEESE
SELECTED VARIETIES, DELI SLICED, 13.56/lb

metro

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE
15.17/kg

6⁸⁸ /lb

CUT BY OUR BUTCHER

AGROPUR OXA CHEESE REGULAR, CHEVALIER, TRIPLE CREME BRIE OR AGROPUR 3-YEAR AGED GRAND CHEDDAR
DELI CUT, 11.70/lb

1/2 PRICE

FRESH CHICKEN DRUMSTICKS OR THIGHS OR ZABIHA HALAL
5.49/kg

2⁴⁹ /lb

Seedless Cucumbers
PRODUCT OF ONTARIO, CANADA No. 1 GRADE

77¢ ea.

VILLAGGIO ITALIAN STYLE BREADS, BUNS, OAKRUN ENGLISH MUFFINS OR CRUMPETS
SELECTED SIZES
SELECTED VARIETIES
OR 3.19 - 3.49 EA.

2 for 6⁰⁰

FRONT STREET BAKERY CALABRESSE BREAD OR BAGUETTES
325 - 500 g, SELECTED VARIETIES

3⁴⁹ ea.

CAULIFLOWER
PRODUCT OF U.S.A. No. 1 GRADE
LPC CREAMER POTATO KITS 454g
PRODUCT OF CANADA, CANADA No. 1 GRADE
SELECTED VARIETIES

2⁹⁹ ea.

FRANK'S HOT SAUCE, BICK'S PICKLES, HELLMANN'S MAYONNAISE OR HIDDEN VALLEY DRESSING
SELECTED SIZES, SELECTED VARIETIES

3⁴⁹ ea.

CRAVE, KRAFT DINNER OR IRRESISTIBLES FROZEN ENTRÉES, CAVENDISH FRIES OR CHEEMO PEROGIES
SELECTED SIZES, SELECTED VARIETIES

2⁴⁹ ea.

CRACKER BARREL OR BLACK DIAMOND SLICED CHEESE
SELECTED SIZES, SELECTED VARIETIES

3⁹⁹ ea.

PURE LIFE NATURAL SPRING WATER
24 x 500 ml

2⁹⁹ ea.

SIGGI'S YOGOURT, EGGO OR JORDAN'S CEREAL
SELECTED SIZES, SELECTED VARIETIES

4⁹⁹ ea.

REAL DAIRY ICE CREAM, DRUMSTICK FROZEN TREATS OR CHAPMAN'S FROZEN YOGOURT
SELECTED SIZES, SELECTED VARIETIES

4⁹⁹ ea.

BOUNTY PAPER TOWELS OR SCOTTIES FACIAL TISSUE
4-9 in, SELECTED VARIETIES

7⁹⁹ ea.

SAVE \$7.00

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
12 x 355 ml, SELECTED VARIETIES OR 1.49 EA.

2 for 13⁰⁰

GALLO EXTRA VIRGIN OLIVE OIL
1L

12⁸⁸ ea.

\$ New Lower Prices



7.99
/lb
17.61/kg



4.44
/lb or ea.



9.49
ea.



12.99
ea.



2.99
ea.



2.99
ea.



3 for 5.00



1.99
ea.



12.99
ea.



4.99
ea.



2 for 8.00



3.49
ea.



5.49
ea.



2 for 10.00



8.99
ea.



7.99
ea.



4.99
ea.



2 for 8.50



3.99
ea.



2 for 7.00



2 for 8.00



2 for 5.00



18.99
ea.



7.99
ea.



9.99
ea.



8.99
ea.



10.99
ea.



14.99
ea.

10 BONUS MILES
when you buy 2

15 BONUS MILES
when you buy 2

15 BONUS MILES
when you buy 2



2 for 8.00



2 for 8.00



2 for 12.00

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
\$7.97
on 3

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.

my
metro

SUMMER SWEEPSTEAKS



- 1** Purchase any product, big or small!
Your receipt contains a unique code.
- 2** Visit **metro.ca/summercontest**
and enter the unique code.
- 3** Good luck! Get ready for a sizzling
summer adventure.



*No purchase necessary. Regular text messages/data rates apply. Open to legal residents of ON 18+. For official Rules visit www.metro.ca/summercontest. The contest begins on May 16, 2024 at 12:00:01 a.m. Eastern Time ('ET') and ends on May 29, 2024 at 11:59:59 p.m. ET. Draw date: May 31, 2024. Prizes consist of twenty \$1,000 Metro gift cards. Skill-testing questions required. The odds of winning the prize depend on the number of eligible entries received.

Farm Fresh Produce



4⁹⁹ ea.
SWEET CORN 4 PK
PRODUCT OF U.S.A., No. 1 GRADE



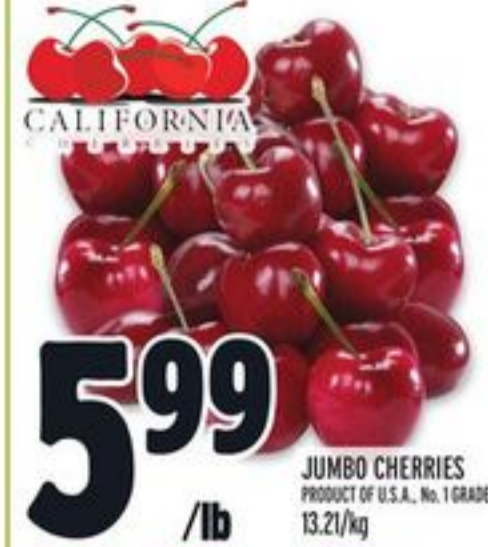
3⁹⁹ ea.
STRAWBERRIES 454 g
PRODUCT OF U.S.A., No. 1 GRADE
BLACKBERRIES 170 g
PRODUCT OF MEXICO
GOLDENBERRIES 200 g
PRODUCT OF COLOMBIA



3⁹⁹ /lb
ASPARAGUS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
3.99/lb, 8.80/kg
PURPLE ASPARAGUS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
5.99/lb, 13.21/kg



3⁹⁹ /lb
ASPARAGUS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
3.99/lb, 8.80/kg
PURPLE ASPARAGUS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
5.99/lb, 13.21/kg



5⁹⁹ /lb
JUMBO CHERRIES
PRODUCT OF U.S.A., No. 1 GRADE
13.21/kg



9⁹⁹ ea.
JUMBO WATERMELONS
PRODUCT OF U.S.A. OR MEXICO



2⁹⁹ ea.
RAPINI
PRODUCT OF U.S.A.



3 for 5⁰⁰
LARGE ARTICHOKE
PRODUCT OF U.S.A.



1⁹⁹ /lb
LARGE COSMIC CRISP APPLES
PRODUCT OF U.S.A., EXTRA FANCY GRADE
4.39/kg



2⁹⁹ ea.
FROOTIES TEENY TINY STRAWBERRIES 170 g
PRODUCT OF CANADA



5⁹⁹ ea.
WANNABEEZ COLOURED PEPPERS 2.5 lb
PRODUCT OF ONTARIO



2⁹⁹ ea.
BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS 227 g
PRODUCT OF ONTARIO



2⁴⁹ /lb
LARGE FORELLE PEARS
PRODUCT OF SOUTH AFRICA
EXTRA FANCY GRADE
5.49/kg



4⁹⁹ ea.
JUMBO CANTALOUPE
PRODUCT OF GUATEMALA



2⁹⁹ ea.
ICEBERG LETTUCE
PRODUCT OF U.S.A.
No. 1 GRADE



6⁹⁹ ea.
MEDLEY CHERRY OR GRAPE TOMATOES 1.5 lb
PRODUCT OF ONTARIO



79¢ ea.
LARGE LEMONS
PRODUCT OF U.S.A., SPAIN OR TURKEY



1⁹⁹ /lb
LARGE SEEDLESS NAVAL ORANGES
PRODUCT OF U.S.A.
4.39/kg



6⁹⁹ /lb
FIDDLEHEADS
PRODUCT OF ONTARIO
15.41/kg



2⁹⁹ ea.
DOLE COLOURFUL COLESLAW OR GARDEN SALAD 340 - 397 g, PRODUCT OF U.S.A.



5⁹⁹ ea.
RENÉE'S DRESSINGS
200 - 235 ml
SELECTED VARIETIES



5⁹⁹ ea.
DAIYA CHEEZE STYLE SLICES, BLOCKS OR CRUMBLES
110 - 220 g
SELECTED VARIETIES



6⁴⁹ ea.
MY LITTLE CHICKPEA 175 - 200 g
SELECTED VARIETIES



12⁹⁹ ea.
IRRESISTIBLES WALNUTS
HALVES & PIECES, 750 g

Sliced & Diced



1⁴⁹ /lb
SEEDLESS WATERMELON QUARTERS
3.28/kg



4⁹⁹ ea.
CORED GOLDEN PINEAPPLES 600 g



9⁹⁹ ea.
STORE MADE LARGE SALADS 466 - 692 g

Organic



5⁹⁹ ea.
GREENHOUSE ORGANIC JUICES & SHAKES 300 ml
SELECTED VARIETIES



13⁹⁹ ea.
GREENHOUSE ORGANIC SHOTS 4 x 60 ml
SELECTED VARIETIES



4⁹⁹ /lb
ORGANIC ASPARAGUS
PRODUCT OF ONTARIO, CANADA No. 1 GRADE
11.00/kg



3⁴⁹ ea.
BELLE GROVE ORGANIC WHOLE WHITE OR CREMINI MUSHROOMS 227 g
PRODUCT OF ONTARIO

PERENNIALS VS ANNUALS
ANNUALS AND PERENNIALS, we've got both! Enjoy annuals for a season, perennials return each spring to bloom again!

CLEMATIS VINE PERENNIAL
1 GALLON
ASSORTED VARIETIES
16⁹⁹ ea.

CALLA LILY
1 GALLON POT
ASSORTED COLOURS
14⁹⁹ ea.

BUY 2 OR MORE
9⁰⁰ ea.
OR 9.99 ea.
METRO GARDENS ANNUALS
6" POT
ASSORTED VARIETIES

WINDOWSILL POTS AVAILABLE

METRO GARDENS ANNUALS OR HERBS
4" POT
ASSORTED VARIETIES
BUY 3 OR MORE
4⁰⁰ ea.
OR 4.49 ea.

VEGETABLE PLANT IN CAGE
TOMATO, PEPPER, ZUCCHINI
CUCUMBER AVAILABLE
22⁹⁹ ea.

STRAWBERRY HANGING BASKET
10" POT
21⁹⁹ ea.

STARTING AT
32⁹⁹ ea.
PATIO PLANTER
10" POT
ASSORTED COLOURS

22⁹⁹ ea.
MAJESTY PALM
3 GALLON POT

Perfect for patios

SHADE

HOSTA PERENNIAL
1 GALLON POT
ASSORTED VARIETIES
12⁹⁹ ea.

CORAL BELLS PERENNIAL
1 GALLON POT
ASSORTED VARIETIES
12⁹⁹ ea.

BOSTON FERN HANGING BASKET
10" POT
22⁹⁹ ea.

CALADIUM
6" POT
12⁹⁹ ea.

SUN

KIMBERLY QUEEN FERN
3 GALLON POT
22⁹⁹ ea.

ROSEBUSHES
2 GALLONS
ASSORTED VARIETIES AND TYPES
21⁹⁹ ea.

RIO AND SAMBA DIPLODENDRA
QUART POT
VARIOUS COLOURS
9⁹⁹ ea.

MANDEVILLA PLANT
6.75" POT
19⁹⁹ ea.

25 LB BAG

SELECTION SOILS
BLACK EARTH, GARDEN OR TRIPLE MIX
25 L BAG
3⁰⁰ ea.

BLACK EARTH TERRE NOIRE

GARDEN Soil + Fertilizer A JARDIN

3-WAY This + That + Fertilizer 3 EN 1

Scotts Turf Builder Grass Seed
Semence de gazon
STARTING AT
9⁹⁹ ea.

PLANT FOOD OR GRASS SEED
ASSORTED VARIETIES AND SIZES

IN-STORE SELECTION

ROSE TRIO BOUQUET
ASSORTED COLOURS
22⁹⁹ ea.

MUMS
6" POT
ASSORTED COLOURS
11⁹⁹ ea.

ALSTROMERIA & PDM BOUQUET
ASSORTED COLOURS
16⁹⁹ ea.

CASCADING
COLOURED WATERFALL ORCHID
5" POT
ASSORTED COLOURS
44⁹⁹ ea.

Our Butcher's Finest

| | |
|---|---|
| <p>STORE MADE SAUSAGES VALUE PACK SELECTED VARIETIES 11.00/kg</p> <p>4⁹⁹ /lb</p> | <p>made in my metro m</p> <p>FRESH LAMB LOIN CHOPS NEW ZEALAND SPRING LAMB 19.82/kg</p> <p>8⁹⁹ /lb</p> <p>FRESH</p> <p>NEW ZEALAND SPRING LAMB</p> <ul style="list-style-type: none"> • 100% Grass fed • Free range • Raised without antibiotics or added hormones |
| <p>VEAL RIB OR LOIN CHOPS GRAIN FED 24.23/kg</p> <p>10⁹⁹ /lb</p> | <p>FRESH BONELESS LAMB LEG ROSEMARY & GARLIC NEW ZEALAND SPRING 26.43/kg</p> <p>11⁹⁹ /lb</p> |
| <p>Raised without antibiotics • Grain fed • 100% Canadian Pork is raised without added hormones</p> <p>LIFE SMART NATURALIA PORK SHOULDER BLADE CHOPS VALUE PACK 9.90/kg</p> <p>4⁴⁹ /lb</p> | <p>LIFE SMART NATURALIA GRASS-FED LEAN GROUND BEEF BURGERS 452g PRODUCT OF NEW ZEALAND</p> <p>8⁹⁹ ea.</p> |
| <p>RED GRILL BEEF</p> <p>5⁹⁹ /lb</p> <p>RED GRILL WHOLE BEEF BRISKET VACUUM PACK CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 13.21/kg</p> | <p>PERFECT FOR SMOKING</p> <p>8⁹⁹ /lb</p> <p>RED GRILL BEEF SHORT RIBS CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 19.82/kg</p> |
| <p>5⁴⁹ /lb</p> <p>LIFE SMART NATURALIA BONELESS PORK SHOULDER BLADE OR PICNIC ROAST OR PORCHETTA SPICED 12.10/kg</p> | <p>2⁴⁹ /lb</p> <p>BONELESS PORK LOIN RIB OR SIRLOIN HALVES VACUUM PACK 5.49/kg</p> |

Organic

| | | | |
|---|--|--|--|
| <p>PRIME ORGANIC YORKSHIRE VALLEY</p> <p>YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH BONELESS SKINLESS CHICKEN BREAST PRODUCT SELECTION VARIES BY STORE 30.84/kg</p> <p>13⁹⁹ /lb</p> | <p>YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH CHICKEN THIGHS BONELESS SKINLESS PRODUCT SELECTION VARIES BY STORE</p> <p>12⁹⁹ /lb</p> | <p>duBretton</p> <p>duBRETTON ORGANIC PORK SAUSAGES 400g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p> | <p>duBretton</p> <p>duBRETTON ORGANIC EXTRA LEAN GROUND PORK 454g</p> <p>5⁹⁹ ea.</p> |
| <p>YORKSHIRE VALLEY FARMS ORGANIC FLATTENED CHICKEN SELECTED VARIETIES 15.41/kg</p> <p>6⁹⁹ /lb</p> | <p>YORKSHIRE VALLEY FARMS ORGANIC EXTRA LEAN GROUND TURKEY 454g</p> <p>10⁹⁹ ea.</p> | <p>duBretton</p> <p>duBRETTON ORGANIC BONELESS PORK LOIN CHOPS CENTRE CUT, 170g</p> <p>7⁹⁹ ea.</p> | <p>duBretton</p> <p>duBRETTON ORGANIC BRAZILIAN BBQ PORK LOIN ROAST BONELESS 19.82/kg</p> <p>8⁹⁹ /lb</p> |

BBQ Favourites

| | | | |
|--|---|---|---|
| <p>LEGACY PORK CHOPS BONE IN, 440g SELECTED VARIETIES</p> <p>8⁰⁰ ea.</p> | <p>2 for 5⁰⁰</p> <p>THE ORIGINAL MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450g</p> | <p>naturally SMOKEY</p> <p>CLEAN GOURMET CHICKEN SAUSAGES OR GOLD LABEL SMOKED SAUSAGES 375g SELECTED VARIETIES</p> <p>3⁹⁹ ea.</p> | <p>MARC ANGELO KABOBS 400-640g SELECTED VARIETIES</p> <p>12⁹⁹ ea.</p> |
| <p>MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400g</p> <p>18⁹⁹ ea.</p> | <p>6 BURGERS THE KEG GLUTEN FREE PRIME RIB BEEF BURGERS MADE WITH 7/5 PRIME RIB 6 x 170g / 4 x 100g</p> <p>17⁹⁹ ea.</p> | <p>THE KEG PORK BACK RIBS 700g FROZEN</p> <p>17⁹⁹ ea.</p> | <p>NEW ZEALAND SPRING LAMB BURGERS FROZEN, 540g</p> <p>14⁹⁹ ea.</p> |

METRO'S PLATINUM GRILL® BEEF

is now CRSB Certified Mass Balance



Metro's Platinum Grill® beef supports the advancement of farming and ranching practices by sourcing at least 30% of our beef from farms and ranches that meet Canadian Roundtable for Sustainable Beef standards.*

*To learn more about the CRSB Certified program, visit: crsbcertified.ca

T-bone steaks are so tasty there's no need to marinate beforehand - just season lightly and BBQ to perfection.



16⁹⁹ /lb

PLATINUM GRILL ANGUS T-BONE STEAK CUT FROM CANADA AAA GRADE 37.46/kg

Also known as Filet Mignon, the tender texture of tenderloin is best enjoyed rare to medium-rare.



PLATINUM GRILL ANGUS STRIP LOIN STEAK CUT FROM CANADA AAA GRADE 37.46/kg

16⁹⁹ /lb



PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK CUT FROM CANADA AAA GRADE 66.12/kg

29⁹⁹ /lb

PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK CUT FROM CANADA AAA GRADE 66.12/kg



17⁹⁹ /lb

Their small round cut makes sirloin medallions ideal for grilling on the BBQ - pair perfectly with your favourite seasonings.



8⁸⁸ /lb

PLATINUM GRILL ANGUS TOP SIRLOIN MEDALLIONS, CLUB STEAK OR CAP OFF STEAK CUT FROM CANADA AAA GRADE 19.58/kg



- 100% Canadian
- Cut from AAA Canadian Angus Beef
- Aged minimum 14 days for maximum flavour and tenderness
- Cut in store to Metro's highest specifications
- **NEW:** CRSB Certified Mass Balance*

Seafood

INCLUDES

**SNOW CRAB,
RAW SHRIMP,
LOBSTER CLAWS
AND CLAMS**



4.49 ea. **FRESH SKINLESS ONTARIO TROUT PORTIONS** 140 g



9.99 /lb
SEAFOOD BOIL
FROZEN, 2.27/100 g



99¢ ea. **PACIFIC WHITE SHRIMP SKEWERS**
FROZEN OR PREVIOUSLY FROZEN, 55 g



3.99 ea. **ROCK LOBSTER TAIL SKEWER WITH BUTTER**
PREVIOUSLY FROZEN, 50 g



4.99 ea. **7 SEAS SOLE WITH IMITATION CRAB & SHRIMP STUFFING**
PREVIOUSLY FROZEN, 210 g



7.99 /lb
LOUIS KEMP SEA LEGS SURIMI
PREVIOUSLY FROZEN, 1.72/100 g



6.99 ea. **CEDAR BAY PLANKED SALMON**
FROZEN, 140 g
SELECTED VARIETIES



9.99 ea. **BETTERFISH BARRAMUNDI FILLETS**
FROZEN, 340 g



11.99 ea. **MARINA DEL REY SEAFOOD PENNE OR PAELLA**
FROZEN, 680 g



11.99 ea. **HIGH LINER SIGNATURE, PAN-SEAR OR CATCH OF THE DAY FILLET**
FROZEN, 425 g • 1.52 lb
SELECTED VARIETIES



8.99 ea. **NATURALIA WILD COD OR HADDOCK FILLETS**
FROZEN, 400 g



9.99 ea. **IRRESISTIBLES SEAFOOD MELEY MIX**
FROZEN, RAW, 908 g



10.99 ea. **IRRESISTIBLES COCONUT SHRIMP**
FROZEN, 454 g



16.99 ea. **IRRESISTIBLES JUMBO SCALLOPS U-10 SIZE**
FROZEN, 300 g

Plant-Based

PLANT-BASED



6.99 ea. **BEYOND MEAT PLANT-BASED SAUSAGES**
SELECTED VARIETIES OR STEAK STRIPS 225 - 400 g



6.99 ea. **IMPOSSIBLE OR BEYOND PLANT-BASED CHICKEN TENDERS OR NUGGETS**
FROZEN, 225 - 383 g



6.99 ea. **BEYOND OR IMPOSSIBLE PLANT-BASED BURGERS** 220 g



6.99 ea. **BEYOND OR IMPOSSIBLE PLANT-BASED GROUND** 340 g

3 BONUS MILES when you buy 1



4.99 ea. **MAPLE LODGE ULTIMATE CHICKEN DINNER OR BREAKFAST SAUSAGES**
375 - 500 g
SELECTED VARIETIES



11.99 ea. **SCHNEIDERS PORK OR CHICKEN SCHNITZEL**
FROZEN, 450 g



8.99 ea. **JANES PUB STYLE BREADED CHICKEN OR TURKEY**
FROZEN, 600 - 700 g
SELECTED VARIETIES



10.99 ea. **BUTTERBALL TURKEY HAM** 600 g

BUY MORE SAVE MORE!

ALL THE ESSENTIALS YOU NEED AT BETTER VALUE



SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375 - 450 g
SELECTED VARIETIES



MAPLE LEAF PREPPED & READY MEATS 250 g
SELECTED VARIETIES



GREENFIELD BACON 375 g
SELECTED VARIETIES



WONG WING ENTREES FROZEN, 360 - 680 g
SELECTED VARIETIES



SELECTION BREADED CHICKEN STRIPS FROZEN, 800 g
SELECTED VARIETIES



SCHNEIDERS MEAT PIES FROZEN, 400 g
SELECTED VARIETIES



MARC ANGELO SAUSAGES FROZEN, 500 - 675 g
SELECTED VARIETIES



POGO BREADED WIENERS FROZEN, 544 - 750 g
SELECTED VARIETIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE





LET'S PATTY!

Get fired up about the long weekend with a summer BBQ favourite: burgers (beef, turkey, chicken and plant-based) + all the toppings.

LIFE SMART
NATURALIA
BEEF BURGERS
FROZEN, 768 g

9⁹⁹
ea.



9⁹⁹
ea.

TRUE NORTH
ATLANTIC SALMON BURGERS
FROZEN, 582 g



11⁹⁹
ea.

BUTTERBALL
TURKEY BURGERS
FROZEN, 852 g



11⁹⁹
ea.

JANES
UNBREADED
CHICKEN BURGERS
FROZEN, 852 g



17⁹⁹
ea.

BEYOND BURGER
PLANT-BASED BURGERS
FROZEN, 678 g



4²⁹
ea.

DEMPSTER'S
SIGNATURE BUNS
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹
ea.

PRETZILLA
BURGER BUNS
4 pk



2 for 5⁰⁰

LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.

VISION GREENS
LETTUCES
PRODUCT OF ONTARIO
142 g
SELECTED VARIETIES



6⁹⁹
ea.

BELLE GROVE
PORTABELLA MUSHROOMS
PRODUCT OF ONTARIO
4 pk



6⁹⁹
ea.

TRE STELLE
HALLOUMI CHEESE
200 g



6⁹⁹
ea.

KRINOS
COW OR GOAT FETA
200 g

HEINEKEN
Pairs well with:
Raclette
Mini Burgers

19⁹⁵
ea.
6 x 500 ml



CORONA EXTRA
Pairs well with:
7-Layer Summer Vegetable Dip

16⁹⁵
ea.
6 x 330 ml



GRAB A COLD ONE & RELAX

Cheers to a chilled
long weekend.



16⁹⁵
ea.
6 x 473 ml

MOLSON CANADIAN
Pairs well with:
Canuck Burger



13⁹⁵
ea.
6 x 355 ml

BUD LIGHT
Pairs well with:
Grilled Watermelon and Tomato Salad
with Irresistibles Hot Chili Peppers



17⁹⁵
ea.
6 x 473 ml

MILLER LITE
Pairs well with:
BBQ Veal and
Havarti Burgers



16⁹⁵
ea.
6 x 473 ml

SLEEMAN CLEAR 2.0
Pairs well with:
Buffalo Cauliflower Burger
with Ranch Salad



19⁹⁵
ea.
6 x 473 ml

**MILL ST. ORIGINAL
ORGANIC LAGER**
Pairs well with:
Summer Pasta Salad
with Chèvre



16⁹⁵
ea.
6 x 473 ml

COORS LIGHT
Pairs well with:
Zucchini Ribbons, Millet and
Pine Nuts with Herb Dressing

Add cider
to vanilla ice
cream for a tasty
twist on an ice
cream float.



4⁹⁹
ea.

**IRRESISTIBLES
ICE CREAM**
1.5L
SELECTED VARIETIES

3⁹⁵
ea.
500 ml

STRONGBOW
Pairs well with:
Apple-Brie
Pork Burgers



3⁷⁰
ea.
473 ml

**POMMIES
FARMHOUSE
CIDER**
Pairs well with:
Korean Pork and
Apple Burgers



3⁸⁵
ea.
473 ml

**KW
CRAFT CIDER**
Pairs well with:
Veggie Beet Burger



3⁵⁰
ea.
473 ml

**GROWERS
HONEYCRISP
APPLE CIDER**
Pairs well with:
The Perfect
Grilled Organic
Chicken Burger



Cheesy Delights



FRONT STREET BAKERY
CHEESE STICKS
PKG OF 6, 420-480 g

5.49
ea.

FRONT STREET BAKERY
CHEESE BUNS
PKG OF 6, 480-500 g



5.99
ea.

FRONT STREET BAKERY
PIZZA BUNS
PKG OF 6, 475 g

4.49
ea.

FRONT STREET BAKERY
CHEESE HOT DOG ROLLS
PKG OF 6, 360 g

Fruit Top Cakes



FRONT STREET BAKERY
CREAM BAR CAKES
600-875 g, SELECTED VARIETIES

18.99
ea.

FRONT STREET BAKERY
FRUIT TOPPED CHEESECAKE
975 g, SELECTED VARIETIES



6.99
ea.

FRONT STREET BAKERY
STRAWBERRY
CUSTARD PIE 800 g

28.99
ea.

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



5.49
ea.

FRONT STREET BAKERY
CHEESE DANISH
279-552 g, SELECTED VARIETIES

4.99
ea.

FRONT STREET BAKERY
STRAWBERRY TURNOVERS
PKG OF 4, 390 g

3.79
ea.

FRONT STREET BAKERY
LARGE KAISER ROLLS
PKG OF 6, 390-420 g, SELECTED VARIETIES

3.79
ea.

FRONT STREET BAKERY
DINNER ROLLS
PKG OF 12, 300-400 g



7.49
ea.

PROMISE GLUTEN FREE
BREAD
400-600 g, SELECTED VARIETIES

4.99
ea.

FURLANI GARLIC TOAST,
GARLIC MINI
BREADSTICKS OR
GARLIC KNOTS
290-660 g, SELECTED VARIETIES

3.79
ea.

DEMPSTER'S
HOT DOG OR
HAMBURGER BUNS
PKG OF 8

4.49
ea.

KING'S
HAWAIIAN
ROLLS 340 g
SELECTED VARIETIES

Deli Favourites

| | | | |
|--|---|--|--|
| <p>3.29 /100 g</p> <p>MAPLE LODGE CHICKEN BREAST SELECTED VARIETIES DELI SLICED OR SHAVED, 14.92/16</p> | <p>2.99 /100 g</p> <p>BRANDT KOLBASSA SAUSAGE COIL OR MEAT LOAF DELI CUT, 13.56/16</p> | <p>2.99 /100 g</p> <p>LAFLEUR EXTRA LEAN COOKED HAM DELI SLICED, 13.56/16</p> | <p>3.99 /100 g</p> <p>BALDERSON CHEDDAR CHEESE DELI CUT, 18.10/16 PRICES AS MARKED</p> |
| <p>2.49 /100 g</p> <p>FRICO MEDIUM OR MILD GOUDA DELI CUT, 11.29/16, PRICES AS MARKED 2.99/100 g WHEN YOU BUY LESS THAN 500 g</p> | <p>5.49 ea.</p> <p>IRRESISTIBLES ARTISAN GOAT CHEESE 113 g SELECTED VARIETIES</p> | <p>6.49 ea.</p> <p>TRE STELLE WHIPPED FETA DIP 175 g SELECTED VARIETIES</p> | <p>7.49 ea.</p> <p>SIKORSKI HUNGARIAN, KABANOS, GARLIC OR DEBRECZYNA BBO SAUSAGE 325-485 g SELECTED VARIETIES</p> |
| <p>6.99 ea.</p> <p>PILLER'S SLICED PEPPERONI OR SALAMI 255-250 g SELECTED VARIETIES</p> | <p>7.79 ea.</p> <p>PILLER'S TURKEY KOLBASSA 250-375 g</p> | <p>5.49 ea.</p> <p>WE GUAC GUACAMOLE 227 g SELECTED VARIETIES</p> | <p>3.99 ea.</p> <p>LA BELLE BRETAGNE PÂTÉ 150 g SELECTED VARIETIES</p> |
| <p>5.79 ea.</p> <p>GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 ml SELECTED VARIETIES</p> | <p>6.79 ea.</p> <p>RESER'S CREAMY MASHED POTATOES OR GARLIC MASHED POTATOES 600 g</p> | <p>7.79 ea.</p> <p>RESER'S BAKED SCALLOPED POTATOES OR BAKED MACARONI & CHEESE OR GARLIC, ROSEMARY ROAST POTATOES 482-547 g</p> | <p>10.49 ea.</p> <p>SUMMER FRESH SALADS 800-900 g SELECTED VARIETIES</p> |

metro
FRESH
2 GO

STONE BAKED AND DELICIOUS

FRESH 2 GO
16" 3-TOPPING
STONE BAKED PIZZA*
SELECTED VARIETIES

14⁹⁹
ea.

DON'T FORGET
TO PICK UP A
DIPPING SAUCE
1.29 ea.



*WALK IN ONLY

READY-MADE FAVOURITES



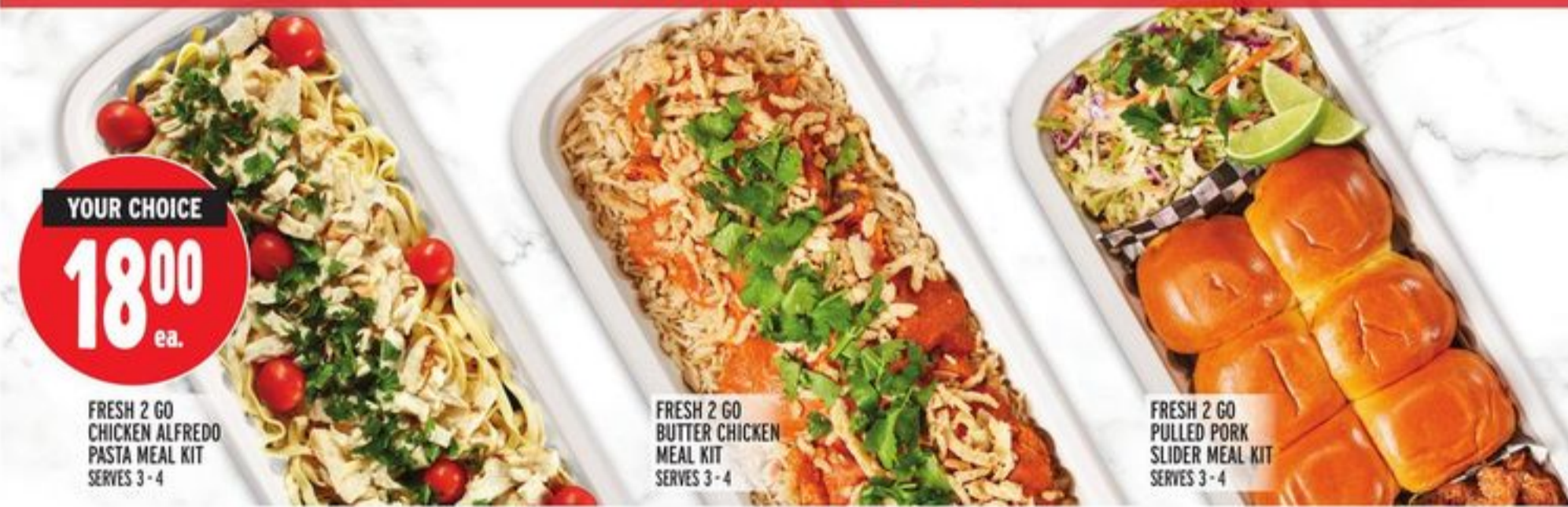
YOUR CHOICE
7⁰⁰
ea.

FRESH 2 GO
ROAST BEEF ON ONION BUN
205 g

FRESH 2 GO
CHEESY TURKEY BAGEL CLUB
1 un

FRESH 2 GO
WHISKEY CHICKEN TENDER WRAP
1 un

READY MEALS



YOUR CHOICE
18⁰⁰
ea.

FRESH 2 GO
CHICKEN ALFREDO
PASTA MEAL KIT
SERVES 3-4

FRESH 2 GO
BUTTER CHICKEN
MEAL KIT
SERVES 3-4

FRESH 2 GO
PULLED PORK
SLIDER MEAL KIT
SERVES 3-4

FRESH SALADS



YOUR CHOICE
2⁴⁹
/100 g

FRESH 2 GO
BULK SALADS
DELI SERVED, 10.39/lb
ASSORTED VARIETIES

COME VISIT OUR DELI
SERVICE COUNTER

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

| | | | |
|---|--|---|---|
|  <p>3 for 1100 LESS THAN 3 PAY 4.49 EA. BEN'S ORIGINAL RICE 250-250 g SELECTED VARIETIES</p> |  <p>2 for 800 LESS THAN 2 PAY 4.69 EA. LIFE SMART DRESSING 250 ml SELECTED VARIETIES</p> |  <p>2 for 750 LESS THAN 2 PAY 4.49 EA. VIVA PUFFS WHIPPET OR VIVA PUFFS COOKIES SELECTED SIZES SELECTED VARIETIES</p> |  <p>2 for 500 LESS THAN 2 PAY 3.79 EA. GLACÉAU VITAMINWATER 591 ml SELECTED VARIETIES</p> |
|  <p>2 for 800 LESS THAN 2 PAY 4.49 EA. GOGO SQUEEZ FRUIT SNACK 41.90 g SELECTED VARIETIES</p> |  <p>2 for 800 LESS THAN 2 PAY 5.79 EA. FLATBREAD PAIN PLAT IRRESISTIBLES FLATBREAD PIZZA SELECTED SIZES SELECTED VARIETIES</p> |  <p>2 for 650 LESS THAN 2 PAY 4.29 EA. YOPLAIT SOURCE, MINIGO OR TUBES YOGOURT SELECTED SIZES SELECTED VARIETIES</p> |  <p>2 for 700 LESS THAN 2 PAY 4.39 EA. IRRESISTIBLES YOGOURT SELECTED SIZES SELECTED VARIETIES</p> |

Snacks & Beverages

| | | | |
|---|---|---|--|
|  <p>2 for 850 LESS THAN 2 PAY 5.29 EA. RUFFLES CHIPS SELECTED SIZES SELECTED VARIETIES</p> |  <p>2 for 700 LESS THAN 2 PAY 3.99 EA. MIO, KOOL-AID, CRYSTAL LIGHT OR TANG WATER ENHANCERS 48 ml SELECTED VARIETIES</p> |  <p>349 ea. QUAKER CRISPY MINIS RICE CAKES SELECTED SIZES SELECTED VARIETIES</p> |  <p>599 ea. ORVILLE REDENBACHER POPPING CORN SELECTED SIZES, SELECTED VARIETIES</p> |
|  <p>2 for 800 RED BULL ENERGY DRINKS 250 ml SELECTED VARIETIES OR 4.49 EA.</p> |  <p>799 ea. CAESAR SQUEEZER DRINK MIX 250 ml</p> |  <p>1299 ea. HEINEKEN NON-ALCOHOLIC BEER 6 x 330 ml SELECTED VARIETIES</p> |  <p>1799 ea. COORS EDGE NON-ALCOHOLIC BEER 12 x 355 ml</p> |
|  <p>2 for 900 TROPICANA JUICE SELECTED SIZES SELECTED VARIETIES</p> |  <p>399 ea. CELESTIAL SEASONINGS COLD BREW ICED TEA 18 oz. SELECTED VARIETIES</p> |  <p>799 ea. TIM HORTONS INSTANT COFFEE 100 g SELECTED VARIETIES</p> |  <p>599 ea. INTERNATIONAL DELIGHT ICED COFFEE BEVERAGE 396 g SELECTED VARIETIES</p> |
|  <p>349 ea. KELLOGG'S CEREAL BARS OR POP-TARTS 125-384 g SELECTED VARIETIES</p> |  <p>2 for 600 LESS THAN 2 PAY 4.29 EA. CRISPERS OR BITS & BITES SNACKS 145 g SELECTED VARIETIES</p> |  <p>299 ea. PRINGLES CHIPS SELECTED SIZES SELECTED VARIETIES</p> |  <p>299 ea. ESSENTIA ALKALINE WATER 1L</p> |

I ♥ Reese's DAY
MAY 18TH



99¢ ea.
HERSHEY'S CHOCOLATE BARS 34-58 g SELECTED VARIETIES



449 ea.
HERSHEY'S CHOCOLATE 160-230 g SELECTED VARIETIES

2 for 600
HERSHEY'S CHOCOLATE 90-120 g SELECTED VARIETIES



2 for 550
MAYNARDS OR SOUR PATCH KIDS CANDY 150-154 g SELECTED VARIETIES



799 ea.
TATE'S COOKIES 198 g SELECTED VARIETIES

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



2 for 550
CADBURY CHOCOLATE BARS 88-100 g SELECTED VARIETIES



5 for 550
CADBURY CHOCOLATE BARS 33-60 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 products between April 3, 2024, and May 10, 2024, at participating retailers, will be donated to select food banks up to a maximum of \$100K.

Chill out

Savour the long weekend with quick & easy meals everyone loves.

9⁹⁹ ea. MIKES PIZZA SELECTED SIZES SELECTED VARIETIES



NEW



6⁴⁹ ea. IRRESISTIBLES THICK CRUST PIZZA 440 g SELECTED VARIETIES



7⁴⁹ ea. MCCAIN PIZZA POCKETS 600 g SELECTED VARIETIES

NEW



9⁹⁹ ea. P.F. CHANG'S OR BERTOLLI FROZEN MEALS 624 g SELECTED VARIETIES



9⁹⁹ ea. SWANSON FROZEN MEALS SELECTED SIZES SELECTED VARIETIES



TASTIEZ

THE PERFECT LOOOOONG WEEKEND SHAREABLE BITES!

7⁹⁹ ea. MCCAIN TASTIEZ FROZEN SNACK SELECTED SIZES 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.

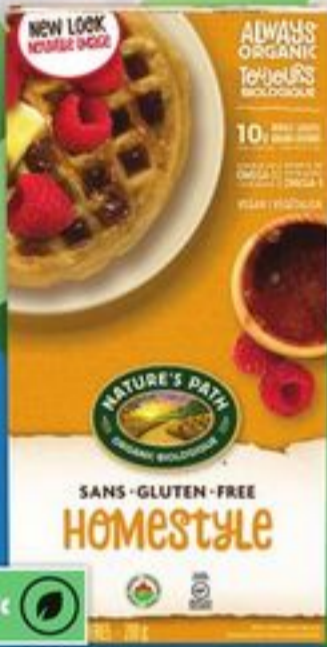
my health my choices



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.



5.49 ea. NATURE'S PATH WAFFLES 210 g SELECTED VARIETIES

Take a break with delicious gluten-free snacks



4.99 ea. TASTE OF NATURE BITES 120 g SELECTED VARIETIES

9.99 ea. KEEN SNACK BITES 255 - 270 g SELECTED VARIETIES



4.99 ea. WALKER'S SHORTBREAD COOKIES 140 g SELECTED VARIETIES

7.99 ea. TATE'S COOKIES 198 g SELECTED VARIETIES



5.49 ea. ALLERGY SMART COOKIES 140 g SELECTED VARIETIES

4.99 ea. NAIRN'S COOKIES 160 g SELECTED VARIETIES

Tasty & gluten free - add quinoa to chickpea pasta



4.49 ea. GOGO QUINOA QUINOA 375 g SELECTED VARIETIES

6.99 ea. CHICKPEA PASTA 198 g SELECTED VARIETIES



5.99 ea. TUTTI GOURMET BISCOTTI 180 g SELECTED VARIETIES

7.49 ea. DAINTY ALL PURPOSE FLOUR 907 g



8.99 ea. YO BAKING COFFEE CAKE MIX 595 g

8.49 ea. BETTY CROCKER BROWNIE MIX 454 g

Non-GMO

| | | | |
|--|---|---|--|
| <p>PRANA CHIA MIX 250 g SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p> | <p>MARY'S CRACKERS 156 g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p> | <p>NUTS TO YOU PEANUT BUTTER 500 g SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p> | <p>LUNDBERG RICE CAKE 216 g SELECTED VARIETIES</p> <p>7⁴⁹ ea.</p> |
| <p>VIOLIFE SLICED OR SHREDED CHEESE 200 - 227 g SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p> | <p>SHADY MAPLE FARMS MAPLE SYRUP 375 ml SELECTED VARIETIES</p> <p>13⁹⁹ ea.</p> | <p>NUTIVA COCONUT OIL 444 ml</p> <p>14⁹⁹ ea.</p> | <p>PACIFIC FOODS BROTH 946 ml - 1 L SELECTED VARIETIES</p> <p>6⁴⁹ ea.</p> |

Organic

| | |
|---|---|
| <p>Honest KIDS organic FRUIT DRINKS 5 x 200 ml SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p> | <p>ACROPOLIS BALSAMIC VINEGAR 200 ml SELECTED VARIETIES</p> <p>9⁹⁹ ea.</p> |
| <p>KIJU JUICE 1 L SELECTED VARIETIES</p> <p>4⁴⁹ ea.</p> | <p>BLUE MONKEY COCONUT WATER 1 L</p> <p>3⁹⁹ ea.</p> |

Vegetarian

| | |
|--|--|
| <p>daiya VEGETABLE CRUST PIZZA 405 g</p> <p>10⁹⁹ ea.</p> | <p>HALO TOP FROZEN DESSERT 473 ml SELECTED VARIETIES</p> <p>7⁴⁹ ea.</p> |
| <p>MID-DAY SQUARES 2 for 5⁰⁰ 33 g, SELECTED VARIETIES OR 2.79 EA.</p> | |

Baby & Beauty

| | |
|---|--|
| <p>BUY MORE SAVE MORE!</p> <p>6 for 15⁰⁰ LESS THAN 6 PAY 3.29 EA.</p> <p>GERBER BABY GOURMET BABY PUREE 128 ml SELECTED VARIETIES</p> | <p>5 for 11⁰⁰ 92 - 162 ml SELECTED VARIETIES OR 2.29 EA.</p> <p>GERBER BABY PUREE</p> |
| <p>20 BONUS MILES when you buy 2</p> <p>9⁴⁹ ea.</p> <p>HUGGIES BABY WIPES 168 - 192 sq. in. SELECTED VARIETIES</p> | <p>28⁹⁹ ea.</p> <p>PAMPERS SWADDLERS BABY DIAPERS 58 - 96 sq. in. SELECTED VARIETIES</p> |
| <p>4⁹⁹ ea.</p> <p>NIVEA DEODORANT SELECTED SIZES, SELECTED VARIETIES</p> | <p>BUY MORE SAVE MORE!</p> <p>2 for 20⁰⁰ LESS THAN 2 PAY 11.99 EA.</p> <p>COCONUT MILK SHAMPOO & CONDITIONER</p> |

Household Helpers

| | |
|---|--|
| <p>35' x 15' Parchment Paper</p> <p>ALCAN 60'</p> <p>3⁹⁹ ea.</p> <p>ALCAN ALUMINUM FOIL OR REYNOLDS PARCHMENT PAPER SELECTED SIZES, SELECTED VARIETIES</p> | <p>5 BONUS MILES when you buy 1</p> <p>6⁹⁹ ea.</p> <p>EASY-OFF OVEN CLEANER OR LYSOL DISINFECTANT SPRAY SELECTED SIZES, SELECTED VARIETIES</p> |
| <p>8⁹⁹ ea.</p> <p>ROYAL CHINET PLATES 40 sq. in. SELECTED VARIETIES</p> | <p>9⁹⁹ ea.</p> <p>ENERGIZER BATTERIES 2 - 8 sq. in. SELECTED VARIETIES</p> |
| <p>POWERFUL AFFORDABLE CLEAN PRICE</p> <p>13⁹⁹ ea.</p> <p>PUREX LAUNDRY DETERGENT 4.43 L, SELECTED VARIETIES</p> | |

Get Ready for a Smooth Summer!

| | |
|--|--|
| <p>12⁴⁹ ea.</p> <p>GILLETTE DISPOSABLE RAZORS 3 sq. in., SELECTED VARIETIES</p> | <p>45⁹⁹ ea.</p> <p>GILLETTE FUSION RAZOR BLADES 8 sq. in.</p> |
|--|--|

BUY \$10 IN QUICKTICKET, GET 15 AIR MILES® BONUS MILES*

MAY 16 - MAY 30, 2024

649 LOTTO QUICKTICKET

\$6.00 INCOME TAX

\$4.00 INCOME TAX

AIR MILES

metro.ca

YOUR ONLINE GROCERIES

**ORDER ONLINE AND
SAVE TIME, WE DELIVER!**

SAVE

\$80

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

PROMO CODES

**1FRESH
2FRESH
3FRESH
4FRESH**



Order Now

*Conditions apply. Details at metro.ca.