

metro



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

2⁹⁹
/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

14⁹⁹
/lb



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

3⁹⁹
ea.



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

5⁹⁹
/lb



2 for

6⁰⁰

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

4⁹⁹
ea.



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

9⁹⁹
/lb



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

5⁴⁹
ea.



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

3⁴⁹
ea.



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

7⁹⁹
ea.



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

99¢
ea.



DR. OETKER GIUSEPPE PIZZA
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹
ea.



HÄAGEN-DAZS ICE CREAM
SELECTED SIZES
SELECTED VARIETIES

5⁴⁹
ea.



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

19⁹⁹
ea.



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

2 for

7⁰⁰



DE CECCO PASTA
454 g
SELECTED VARIETIES

SAVE \$1.41

1⁸⁸
ea.



3.44 ea.

BLUEBERRIES 1 PINT
PRODUCT OF U.S.A. 300g, 10.58oz
CLEMENTINES 2 lb
PRODUCT OF MOROCCO

1.99 ea. or /lb

BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO, 1.99 EA.
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
PRODUCT OF ONTARIO, 1.99/lb, 4.29/kg

3.99 ea.

GRAPE, CHERRY OR MEDLEY TOMATOES 1.5 lb
PRODUCT OF ONTARIO

1.99 ea.

CHRISTIE COOKIES OR CRACKERS, CRISPERS OR BITS & BITES SNACKS OR BETTY CROCKER BROWNIE MIX
SELECTED SIZES, SELECTED VARIETIES

2.49 ea.

PEARL MILLING PANCAKE MIX, SYRUP OR KELLOGG'S EGGO WAFFLES
SELECTED SIZES, SELECTED VARIETIES

4.77 ea.

SELECTION BARS OR SHREDDED CHEESE
SELECTED SIZES, SELECTED VARIETIES

14.99 ea.

THE KEG PRIME RIB BEEF BURGERS 852 g, 1.02 kg
SELECTED VARIETIES
PORK BACK RIBS 700 g or
BEYOND BURGERS PLANT-BASED, 478 g, FROZEN

2 for 12.00

MARC ANGELO SLICED ITALIAN DELI MEAT 100 g
SELECTED VARIETIES OR 6.49 EA.

3.99 ea.

FONTAINE SANTÉ OR IRRESISTIBLES HUMMUS OR DIPS
200 - 260 g, SELECTED VARIETIES

19.99 ea.

COOKED SHRIMP 25 - 30, 800 g
GARLIC/HERB SHRIMP 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

MANANA SPEC

BIG WEEKLY SAVINGS.

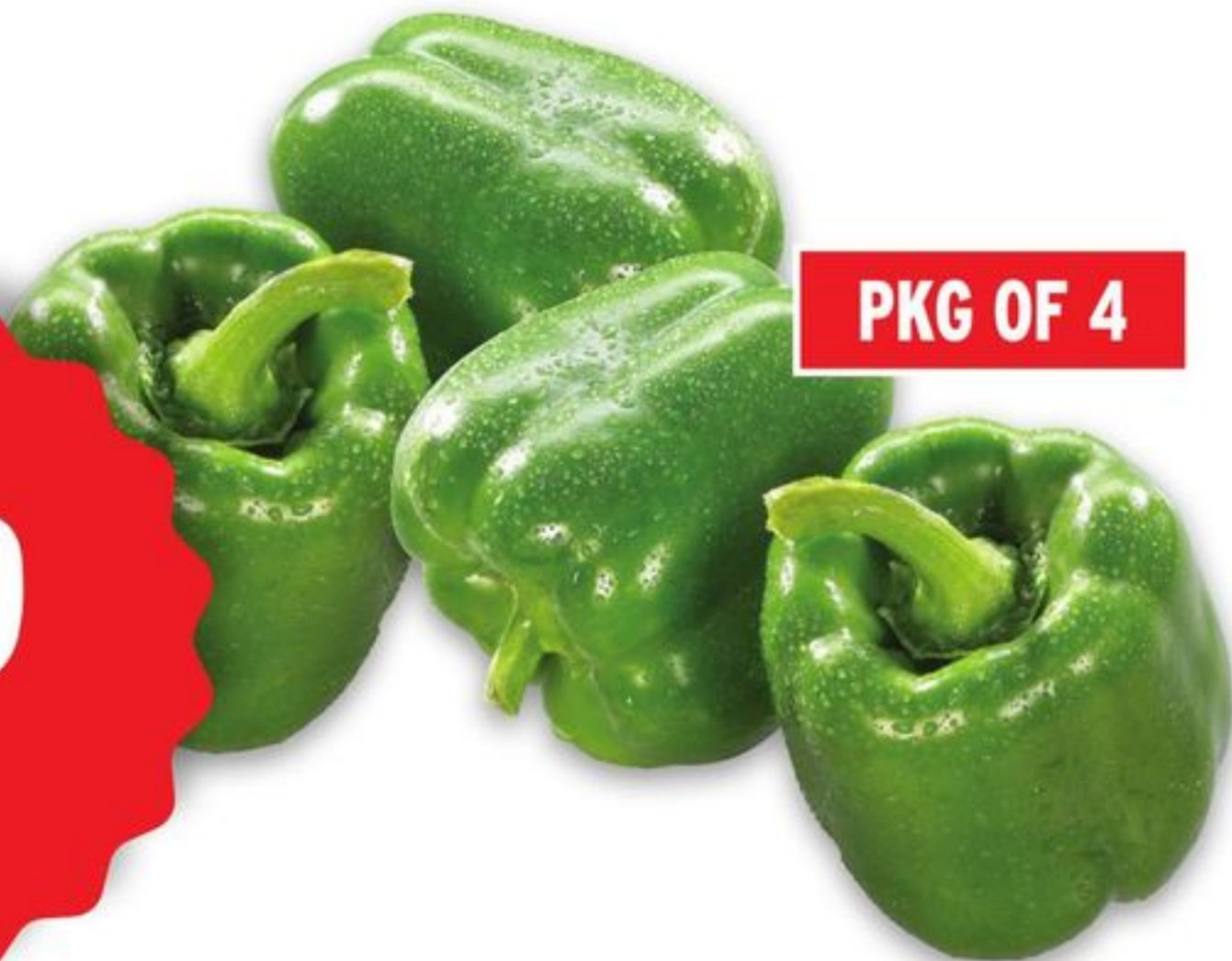
IN-STORE ONLY. N

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



1.99
ea.

GREEN SWEET PEPPERS
PRODUCT OF MEXICO
PKG OF 4



PKG OF 4

1.99
ea.

UNLOCK APP-COUPON SAVINGS



SA
\$4

\$5.99

**Irresistibles
Pacific White
Grilling Shrimp**

21/25 Size, Frozen, 340g

Offer available only on the My Metro app with
otherwise in the terms of the offer. Offer

LOCK EXCLUSIVE DEALS.

SAVE
UP TO
100%

Add your Air Miles® card
to the My Metro app
for exclusive deals.



AIR MILES.

LIMIT ONE REDEMPTION PER CUSTOMER

Must be linked to a linked Loyalty card. Limit of one coupon redemption per customer loyalty card, unless expressly stated otherwise. Coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.

Farm Fresh Produce

<p>4⁹⁹ ea. GREENHOUSE STRAWBERRIES 340g PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>	<p>2⁹⁹ ea. BLACKBERRIES 170g PRODUCT OF MEXICO</p>	<p>2⁹⁹ ea. BELLE GROVE WHOLE WHITE OR CRIMINI MUSHROOMS 227g PRODUCT OF ONTARIO</p>	<p>1⁹⁹ ea. SEEDLESS CUCUMBERS PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>
<p>5⁹⁹ ea. SWEET YELLOW KIWIS 454g PRODUCT OF CHILE</p>	<p>1⁹⁹ /lb LARGE SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 4.39/kg</p>	<p>3⁹⁹ ea. RASPBERRIES 170g PRODUCT OF U.S.A. OR MEXICO GOLDBERRIES 200g PRODUCT OF COLOMBIA</p>	<p>2⁴⁹ /lb TOMATOES ON THE VINE PRODUCT OF ONTARIO 5.49/kg</p>
<p>6⁹⁹ ea. CACTUS PEARS 907g PRODUCT OF MEXICO</p>	<p>1⁹⁹ /lb LARGE COSMIC CRISP APPLES PRODUCT OF U.S.A. EXTRA FANCY GRADE 4.39/kg</p>	<p>4⁹⁹ ea. GREEN GIANT SUGAR SNAP PEAS 227g SNOW PEAS 170g PRODUCT OF GUATEMALA</p>	<p>3⁴⁹ ea. GREEN OR RED SWISS CHARD OR DANDELION GREENS PRODUCT OF U.S.A. OR MEXICO</p>
<p>6⁹⁹ /lb FRESH RHUBARB PRODUCT OF ONTARIO CANADA No. 1 GRADE 15.41/kg</p>	<p>5⁹⁹ ea. LITHOUSE CLASSIC CAESAR OR HOMESTYLE RANCH DRESSINGS 591 ml</p>	<p>12⁹⁹ ea. IRRESISTIBLES WALNUTS HALVES & PIECES 750g WALNUTS NOIX DE GRENOBLE</p>	<p>5⁹⁹ ea. DAIYA CHEEZE STYLE SHREDS, BLOCKS, SPREADS OR SLICES 170-227g SELECTED VARIETIES</p>

BUY MORE SAVE MORE!

DOLE SALAD KITS 198-347g, PRODUCT OF U.S.A. SELECTED VARIETIES
2 for 11⁰⁰
LESS THAN 2 PAY 5.99 EA.

LOOP COLD-PRESSED JUICES 355 ml SELECTED VARIETIES
2 for 10⁰⁰
LESS THAN 2 PAY 5.49 EA.

VEGETABLE SPIRALS OR RICED CAULIFLOWER 340-400g
2 for 10⁰⁰
LESS THAN 2 PAY 5.99 EA.

Organic

BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227g, PRODUCT OF ONTARIO
3⁷⁹ ea.

ORGANIC GRAPE TOMATOES 284g, PRODUCT OF ONTARIO
3⁹⁹ ea.

PULP & PRESS ORGANIC COLD-PRESSED JUICES 355 ml SELECTED VARIETIES
6⁴⁹ ea.

ORGANIC PINEAPPLES, PRODUCT OF COSTA RICA
5⁹⁹ ea.

Sliced & Diced

STORE MADE STIR-FRY OR GRILLING VEGETABLES 900g
8⁹⁹ ea.

STORE MADE CAROUSELS FRESH VEGETABLE 950g, FRESH FRUIT 1.4kg
12⁹⁹ ea.

CORED GOLDEN PINEAPPLES 400g
4⁹⁹ ea.

Flowers in Bloom

ROSEBUSH PLANTER 8" BASKET, ASSORTED COLOURS
36⁹⁹ ea.

KIMBERLY QUEEN FERN 3 GALLON
22⁹⁹ ea.

FRESH CUT TULIPS 15 STEM BUNCH, ASSORTED COLOURS
12⁹⁹ ea.

SUCCULENT GARDEN 6" CERAMIC POT, ASSORTED VARIETIES
19⁹⁹ ea.

ur Butcher's Finest



7.99 /lb

UYVLAKI SKEWERS OR FRESH STORE MADE AT KABOBS MEAT, PORK OR BEEF CUTTED VARIETIES 1.5/kg



20.99 /lb

LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK PRODUCT OF NEW ZEALAND 46.27/kg



3.49 /lb

FRESH CHICKEN LEG QUARTERS 7.69/kg



3.99 /lb

FRESH BBQ SEASONED HALF CHICKEN 8.80/kg



4.99 /lb

PORK LOIN CHOPS CENTRE CUT BONE IN VALUE PACK 11.00/kg



4.99 /lb

MEDIUM GROUND BEEF VALUE PACK 11.00/kg



7.99 /lb

PLATINUM GRILL ANGUS INSIDE ROUND LONDON BROIL, ALOUETTE OR PINWHEEL CUT FROM CANADA AAA GRADE 17.61/kg



7.99 /lb

PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg



7.99 /lb

PLATINUM GRILL ANGUS TENDERIZED HIP STEAK VALUE PACK CUT FROM CANADA AAA GRADE 17.61/kg



29.99 /lb

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

BQ Favourites



13.99 ea.

LEADBETTER'S WBOY STEAKS 680 g



11.99 ea.

44TH STREET PORK BACK RIBS FULLY COOKED, 395 g SELECTED VARIETIES



12.99 ea.

SCHNEIDERS JUICY JUMBOS 900 g



6.49 ea.

LIFE SMART NATURALIA PORK SAUSAGES 500 g SELECTED VARIETIES



5.99 ea.

MARC ANGELO USAGES 500 - 675 g SELECTED VARIETIES



19.99 ea.

MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400 g



11.99 ea.

JANES UNBREADED CHICKEN BURGERS FROZEN, 852 g



9.99 ea.

AL SAFA HALAL BEEF BURGERS FROZEN, 600 g



4.99 /lb

LEGACY PEAMEAL CHUB ROLLED IN CORNMEAL 11.00/kg



9.99 ea.

LOU'S KITCHEN ENTREES 375 - 400 g SELECTED VARIETIES



5.99 ea.

LEADBETTER'S COWBOY BACON 375 g SELECTED VARIETIES



4.99 ea.

IRRISISTIBLES CHICKEN BREAST STRIPS FULLY COOKED, 200 g SELECTED VARIETIES



8.99 ea.

MANDARIN ENTREES FROZEN, 400 - 460 g SELECTED VARIETIES



6.99 ea.

GREENFIELD BREAKFAST SAUSAGE ROUNDS OR LINKS FROZEN, 375 g



17.99 ea.

PINTY'S BREADED CHICKEN OR WINGS FROZEN, 750 - 790 g SELECTED VARIETIES



5.99 ea.

WATSON RIDGE CHICKEN BALLS FROZEN, 800 g

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

FOIL PACK BBQ

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

BAKING POTATOES
PKG OF 3
PRODUCT OF CANADA
CANADA NO.1 GRADE

3⁹⁹
ea.



BONELESS

7⁹⁹
/lb

FRESH BONELESS
SKINLESS CHICKEN THIGHS
VALUE PACK
17.61/kg



10⁹⁹
ea.



IRRESISTIBLES
SHRIMP SKEWERS
FROZEN, 400 g
SELECTED VARIETIES



1⁹⁹
ea.

SELECTION
ALUMINUM FOIL
25 ft.

6⁹⁹
ea.

BELLE GROVE
PORTABELLA MUSHROOMS
PRODUCT OF ONTARIO
PKG OF 4



STORE MADE
SAUSAGES VALUE PACK
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



5⁹⁹
ea.

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



4⁹⁹
ea.

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



CLUB HOUSE
SEASONINGS OR BLEND
SELECTED SIZES
SELECTED VARIETIES

5⁴⁹
ea.



PAM
AVOCADO OR
OLIVE OIL
COOKING SPRAY
141 g
SELECTED VARIETIES

6⁴⁹
ea.



SWEET BABY RAY'S
SAUCES
425 ml
SELECTED VARIETIES

3⁹⁹
ea.



CLUB HOUSE
LA GRILLE MARINADE
350 ml
SELECTED VARIETIES

3⁴⁹
ea.



Seafood



3⁹⁹ ea. FRESH MEDITERRANEAN SEA BASS PORTION 100 g



9⁹⁹ /lb FRESH ROCKFISH (PACIFIC SNAPPER) FILLETS 2.2/100 g



3⁴⁹ ea. TRUE BLUE MARYLAND CRAB CAKES 100 g FROZEN OR PREVIOUSLY FROZEN



3⁹⁹ ea. SELECTION IMITATION CRAB FLAKES OR STICKS, 227 g



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



8⁹⁹ ea. STORE MADE SEAFOOD SAMPLER WITH SAUCE 375 g



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



7⁹⁹ ea. MINCED LOBSTER MEAT TIN FROZEN, 200 g



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



12⁹⁹ ea. TRUE NORTH STUFFED SALMON 227 g, FROZEN

Irresistibles



5⁹⁹ ea. NATURALIA TILAPIA FILLETS FROZEN, 400 g



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



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



700 g 12⁹⁹ ea. IRRESISTIBLES POPCORN SHRIMP VALUE PACK FROZEN, 700 g

Deli Favourites

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



IRRESISTIBLES ARTISAN BLACK FOREST HAM DELI SLICED



SELECTION TURKEY BREAST DELI SLICED



MAPLE LODGE CHICKEN BREAST SELECTED VARIETIES DELI SLICED OR SHAVED

YOUR CHOICE 2⁹⁹ /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



\$20 FRESH 2 GO SPAGHETTI AND MEATBALLS 1.5 kg



\$5 FRESH 2 GO FRITTATA Pkg of 2, Selected Varieties



\$8 FRESH 2 GO CALZONE OR STROMBOLI 1 unit, Selected Varieties

Cinco de Mayo Essentials



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



7⁴⁹ ea. SUMMER FRESH MEXICAN SELECTION DIP 500 g



7⁹⁹ ea. ROJO'S 5 LAYER DIP 454 g



5⁷⁹ ea. GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 mL, Selected Varieties

metro
FRESH
2 GO

READY MADE FAVOURITES



12⁸⁸ ea. FRESH 2 GO HOT BBQ MAMMOTH CHICKEN 1 kg



13⁸⁸ ea. FRESH 2 GO O'AHU PINEAPPLE MANGO CHICKEN 900 g

YOUR CHOICE

3⁹⁹ ea.

SELECTION SALADS 454 g SELECTED VARIETIES



FRESH 2 GO MINI BEEF OR CHICKEN EMPANADAS 374 g

\$10 ea.



FRESH 2 GO PULLED PORK TACO LUNCH BOX 400 g

\$8 ea.



SANDWICHES & LUNCH KITS FRESH TO GO



2 PACK 12 ea. FRESH 2 GO WRAPS 2 unit



4 PACK 12 ea. FRESH 2 GO PANINI SANDWICHES SELECTED VARIETIES



4 PACK 20 ea. FRESH 2 GO PANUOZZO SANDWICHES SELECTED VARIETIES

metro
FRESH
2 GO

WEEKLY MEAL D



Adults and youth (ages 13 and older) need an average
need an average of 1,500 calories a d

NIGHT MEALS

10⁹⁹ EACH

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



MONDAY

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



TUESDAY

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



WEDNESDAY

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



THURSDAY

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



FRIDAY

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

of 2,000 calories a day, and children (ages 4 to 12)
ay. However, individual needs vary.

CINCO DE MAYO

CELEBRATE THE FLAVOURS



IRRESISTIBLES
WILD CAUGHT
TUNA STEAKS
FROZEN, 340 g

8⁹⁹
ea.



CHOLULA
HOT SAUCE
150 ml
SELECTED VARIETIES

5⁴⁹
ea.



3⁴⁹
ea.

DON PANCHO
STREET TACOS TORTILLAS
336 g
SELECTED VARIETIES



2⁹⁹
ea.

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



IRRESISTIBLES
CHICKEN BREAST STRIPS
FULLY COOKED
200 g
SELECTED VARIETIES

4⁹⁹
ea.



2⁹⁹
ea.

LA COSTEÑA
CANNED BEANS
528 ml
SELECTED VARIETIES



2⁹⁹
ea.

GAY LEA
SOUR CREAM
250 ml
SELECTED VARIETIES



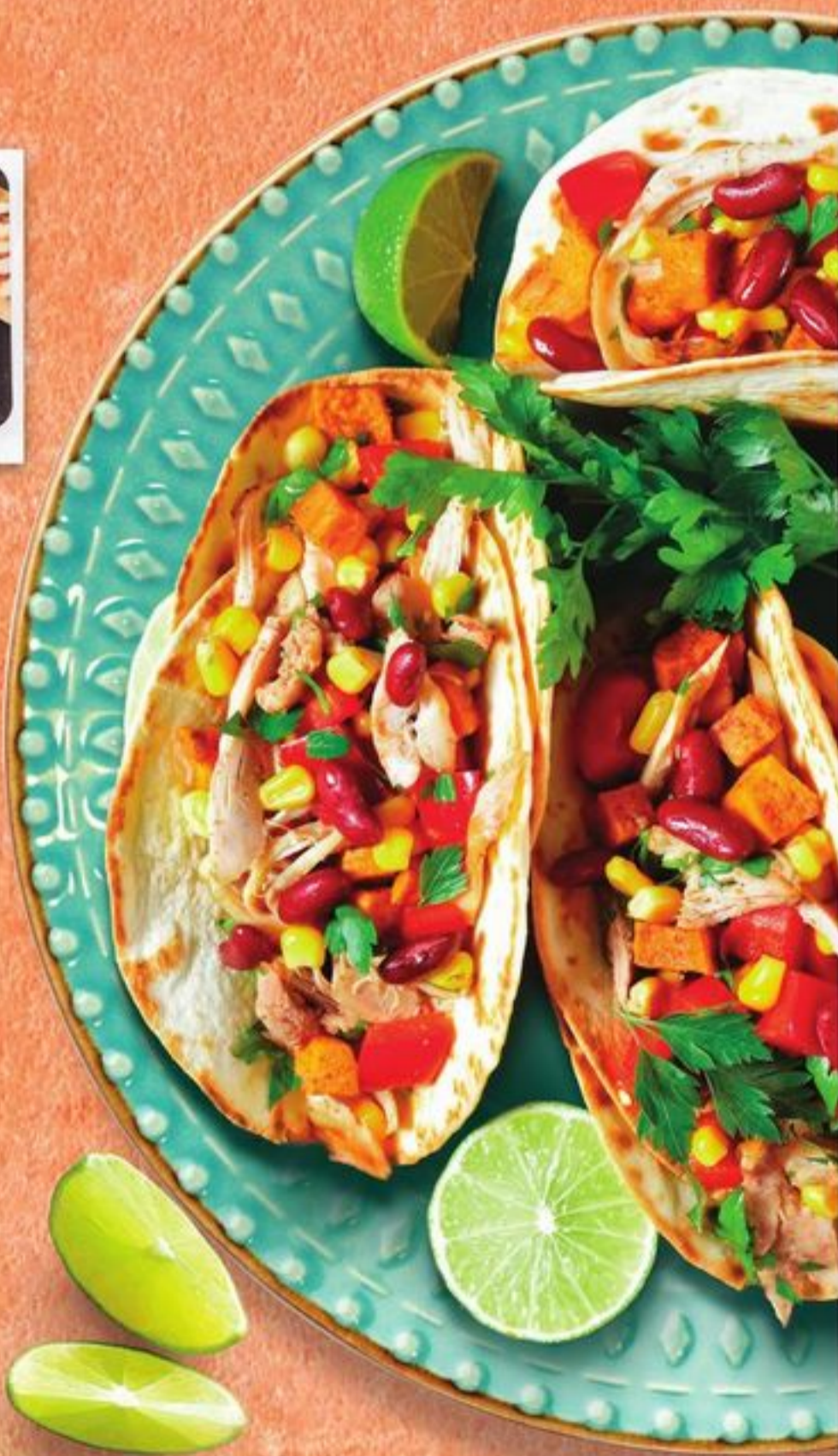
4⁴⁹
ea.

SELECTION
SALSA
650 ml
SELECTED VARIETIES



4⁷⁷
ea.

SELECTION
BARS OR SHREDDED CHEESE
SELECTED SIZES
SELECTED VARIETIES



COCA-COLA
SOFT DRINKS
4 x 355 ml

8⁴⁹
ea.



5⁹⁹
ea.

WE GUAC
GUACAMOLE
227 g
SELECTED VARIETIES



3 for 2⁰⁰

LIMES
PRODUCT OF MEXICO



JARRITOS
SOFT DRINK
370 ml
SELECTED VARIETIES

1⁶⁷
ea.

Fruit Topped

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

19⁹⁹ ea. FRONT STREET BAKERY TRIPLE FRUIT OR TRIPLE STRAWBERRY BOSTON CAKES 1200 g

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

Lemon Treats

6⁴⁹ ea. FRONT STREET BAKERY LEMON MERINGUE PIE 675 g

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

5⁴⁹ ea. FRONT STREET BAKERY LEMON POPPYSEED MUFFINS 600 g

9⁹⁹ ea. IRRESISTIBLES LEMON POPPYSEED COFFEE CAKE 650 g SELECTED VARIETIES

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

3⁷⁹ ea. FRONT STREET BAKERY ITALIAN OR FRENCH BREAD 450 g SELECTED VARIETIES

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

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

5⁴⁹ ea. DEMPSTER'S CINNAMON RAISIN BREAD 570 g

3⁹⁹ ea. MR. KIPLING SNACK CAKES 365 g SELECTED VARIETIES

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

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

Breakfast Essentials

14⁹⁹ ea. BALZAC'S COFFEE CAPSULES 30 UN. SELECTED VARIETIES

8⁹⁹ ea. IRRESISTIBLES GROUND COFFEE 340 g SELECTED VARIETIES

4⁹⁹ ea. NESTLÉ COFFEE MATE CREAMER 820-946 ml SELECTED VARIETIES

3⁴⁹ ea. SELECTION COFFEE FILTERS 200 UN.

2 for 7⁰⁰ TETLEY TEA 20-24 UN. SELECTED VARIETIES OR 4.49 EA.

3⁹⁹ ea. SELECTION HASHBROWNS 1 kg

4⁹⁹ ea. IRRESISTIBLES APPLE JUICE 1.6 L

3⁷⁹ ea. V8 VEGETABLE COCKTAIL 950 ml

2⁹⁹ ea. LIFE SMART FRUIT SNACKS 4-6.90-10 g SELECTED VARIETIES

6⁹⁹ ea. JIF PEANUT BUTTER 1 kg SELECTED VARIETIES

3⁹⁹ ea. SELECTION COTTAGE CHEESE 500 g SELECTED VARIETIES

5⁹⁹ ea. LIBERTÉ KEFIR DRINK 1 L SELECTED VARIETIES

SNACK IT UP.

7⁴⁹ ea. iöGO MULTI YOGOURT 16 x 100 g SELECTED VARIETIES

5⁹⁹ ea. IRRESISTIBLES GREEK YOGOURT TUBS 750 g SELECTED VARIETIES

4⁴⁹ ea. BURNBRAE EGG CREATIONS 500 g SELECTED VARIETIES

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

Meal Makers

<p>2 for 7.00 GREEN GIANT FROZEN VEGETABLES SELECTED SIZES SELECTED VARIETIES OR 3.99 EA.</p>	<p>3.99 ea. CAVENDISH FRIES SELECTED SIZES SELECTED VARIETIES</p>	<p>4.99 ea. KRAFT DINNER FROZEN ENTRÉES SELECTED SIZES, SELECTED VARIETIES</p>	<p>2.99 ea. BETTY CROCKER POTATOES 161 - 215 g SELECTED VARIETIES</p>
<p>2.99 ea. CATELLI SMART OR WHOLE GRAIN PASTA 340 - 375 g SELECTED VARIETIES</p>	<p>3 for 5.00 PRIMO BEANS 540 ml SELECTED VARIETIES OR 1.69 EA.</p>	<p>2.49 ea. AYLMER OR ROTEL TOMATOES 204 - 296 ml SELECTED VARIETIES</p>	<p>5.49 ea. BAR HARBOR SOUP 234 - 298 ml SELECTED VARIETIES</p>
<p>2.49 ea. BRUNSWICK CANNED SARDINES OR FILLETS 92 - 104 g SELECTED VARIETIES</p>	<p>7.99 ea. MAZOLA CORN VEGETABLE OR CANOLA OIL 1.8 L SELECTED VARIETIES</p>	<p>5.49 ea. MINUTE RICE 500 - 700 g SELECTED VARIETIES</p>	<p>2 for 7.00 MINUTE RICE INSTANT RICE 2 x 25 g SELECTED VARIETIES</p>
<p>2 for 10.00 LESS THAN 2 PAY 6.99 EA. BOW VALLEY SAUCE 250 ml SELECTED VARIETIES</p>	<p>4.99 ea. MR. SUB SAUCE 375 ml SELECTED VARIETIES</p>	<p>5.99 ea. KOZLIK'S MUSTARD 250 ml SELECTED VARIETIES</p>	<p>6.99 ea. FRANK'S REDHOT SAUCE 480 ml SELECTED VARIETIES</p>

Snacks & Beverages

<p>2 for 8.50 LESS THAN 2 PAY 5.29 EA. BUY MORE SAVE MORE! CHEETOS SNACKS SELECTED SIZES, SELECTED VARIETIES</p>	<p>2 for 6.00 LESS THAN 2 PAY 3.99 EA. BUY MORE SAVE MORE! PURE LEAF ICED TEA 547 ml SELECTED VARIETIES</p>	<p>2 for 7.00 SELECTION JUICE OR COCKTAILS 8 x 200 ml SELECTED VARIETIES OR 3.49 EA.</p>	<p>5.99 ea. IRRESISTIBLES SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES</p>
<p>3.79 ea. CHARRAS TOSTADA CHIPS 350 g SELECTED VARIETIES</p>	<p>5.99 ea. PLANTERS PEANUTS SELECTED SIZES SELECTED VARIETIES</p>	<p>3.49 ea. SPITZ SUNFLOWER SEEDS 210 g SELECTED VARIETIES</p>	<p>1.99 ea. CRISPERS OR BITS & BITES SNACKS 145 g SELECTED VARIETIES</p>
<p>2 for 11.00 CADBURY CHOCOLATE 152 - 200 g SELECTED VARIETIES</p>	<p>7.99 ea. LINDT CHOCOLATE 150 g SELECTED VARIETIES</p>	<p>2 for 6.00 SELECTION COOKIES 180 - 225 g SELECTED VARIETIES OR 3.19 EA.</p>	<p>3.99 ea. RYVITA SNACKBREAD 125 g SELECTED VARIETIES</p>
<p>7.99 ea. MCCAIN PIZZA POCKETS 400 g SELECTED VARIETIES</p>	<p>12.99 ea. SMUCKERS UNCRUSTABLES LARGE PACK 10 x 58 g</p>	<p>6.49 ea. IRRESISTIBLES THICK CRUST PIZZA SELECTED SIZES SELECTED VARIETIES</p>	<p>3.49 ea. IRRESISTIBLES LEMONADE OR ICED TEA 1.5 L SELECTED VARIETIES</p>



CHAPMAN'S ICE CREAM
2 L
SELECTED VARIETIES

BUY MORE
SAVE MORE!

2 for
10⁰⁰
Less than 2
pay 6.49 ea.



Here's the Scoop

Chill out with our sweet selection of ice cream, frozen treats + all the toppings.



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



MAGNUM NOVELTIES
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.



YUKON NOVELTIES
SELECTED SIZES
SELECTED VARIETIES

BUY MORE
SAVE MORE!

2 for
10⁰⁰
Less than 2
pay 7.99 ea.



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



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



6⁴⁹ ea. NESTLE DRUMSTICK NOVELTIES
SELECTED SIZES
SELECTED VARIETIES



2 for
7⁰⁰ 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.

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.



5.99 ea. CROFTER'S JAM 383 ml SELECTED VARIETIES

Organic

6.99 ea. NUTS TO YOU PEANUT BUTTER 500 g SELECTED VARIETIES	2.99 ea. ROAR BEVERAGES 532 ml SELECTED VARIETIES	5.99 ea. JOVIAL RICE PASTA 227-340 g SELECTED VARIETIES	14.99 ea. NUTIVA COCONUT OIL 444 ml
13.99 ea. SHADY MAPLE FARMS MAPLE SYRUP 375 ml SELECTED VARIETIES	7.49 ea. LUNDBERG RICE CAKES 240 g SELECTED VARIETIES	3.49 ea. ORGANIC MEADOW 2% MILK 946 ml SELECTED VARIETIES	5.99 ea. MARY'S ORGANIC CRACKERS 156 g SELECTED VARIETIES

Non-GMO

6.99 ea. PACIFIC FOODS SOUP 1 L SELECTED VARIETIES	9.99 ea. DAYA PIZZA 322-550 g SELECTED VARIETIES
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Gluten-Free

5.49 ea. STOKED OATS GRANOLA 300 g SELECTED VARIETIES	7.49 ea. HALO TOP ICE CREAM 473 g SELECTED VARIETIES
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ALWAYS ORGANIC. SIMPLY DELICIOUS.

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

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

5.99 ea. SIETE TORTILLA CHIPS 142 g SELECTED VARIETIES	7.00 ea. SIETE TACO SEASONING 87 g SELECTED VARIETIES OR 3.79 EA.
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Household Helpers

1.99 ea. SELECTION FACIAL TISSUES OR PAPER TOWELS SELECTED SIZES, SELECTED VARIETIES	5.49 ea. PINE-SOL OR TILEX CLEANERS SELECTED SIZES, SELECTED VARIETIES
4.99 ea. GLADE CANDLES 1 oz. SELECTED VARIETIES	16.99 ea. FINISH DISHWASHER DETERGENT OR RINSE AGENT SELECTED SIZES, SELECTED VARIETIES
6.99 ea. AIR WICK FRESHENERS OR ESSENTIAL MIST REFILLS SELECTED SIZES, SELECTED VARIETIES	9.99 ea. AIR WICK ESSENTIAL MIST DIFFUSER OR SCENTED OIL REFILLS SELECTED SIZES, SELECTED VARIETIES

Pet

5.50 ea. FANCY FEAST OR FRISKIES CAT TREATS LESS THAN 2 PAY 3.49 EA. SELECTED SIZES	4.00 ea. MILK-BONE Soft & Chewy Tenders or Fondants 103 g SELECTED VARIETIES OR 2.39 EA.
8.99 ea. WHISKAS TEMPTATIONS CAT TREATS 454 g SELECTED VARIETIES	12.49 ea. PEDIGREE DENTA DOG TREATS 400 g SELECTED VARIETIES
10.00 ea. TASTEFULS WET CAT FOOD 85 g SELECTED VARIETIES OR 2.29 EA.	13.00 ea. BLUE BUFFALO W DOG FOOD 354 g SELECTED VARIETIES OR 3.99 EA.
21.99 ea. BLUE BUFFALO DRY CAT FOOD 2.2 kg SELECTED VARIETIES	15.99 ea. NATURE'S RECIPE DRY DOG FOOD 1.8 kg SELECTED VARIETIES

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4.49 ea. NUPASTA PASTA 230 g SELECTED VARIETIES	9.99 ea. UNBUN BREAD 340-350 g SELECTED VARIETIES	5.99 ea. MRS. CRIMBLE'S MACAROONS 220 g SELECTED VARIETIES	7.99 ea. GLUTINO PRETZELS 400 g SELECTED VARIETIES
3.99 ea. RISE KOMBUCHA 414 ml SELECTED VARIETIES	7.49 ea. PRANA CHIA SEEDS 200-300 g SELECTED VARIETIES	5.99 ea. SCHAR HONEYGRAMS BISCUITS 190 g	4.99 ea. ANGIE'S POPCORN 136-198 g SELECTED VARIETIES
6.49 ea. MIRACLE NOODLE 215-280 g SELECTED VARIETIES	8.99 ea. NATURE'S NUTS PEANUT BUTTER 500 g SELECTED VARIETIES	5.00 ea. TRUBAR PROTEIN BAR 50 g SELECTED VARIETIES	7.00 ea. BOB'S RED MILL INSTANT OATMEAL 51-71 g SELECTED VARIETIES

2 for 7.00 or 3.79 ea. TINKYADA PASTA 280-340 g SELECTED VARIETIES

2 for 5.00 or 2.79 ea. TRUBAR PROTEIN BAR 50 g SELECTED VARIETIES

2 for 7.00 or 3.79 ea. BOB'S RED MILL INSTANT OATMEAL 51-71 g SELECTED VARIETIES

Love noodles? Enjoy our gluten-free variety

met

YOUR ONLINE

SAVE

\$40

\$20 off on your first 2 online orders

PROMO CODES
MOM1 - MOM2

Shop

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