

VERSION 1

**GET VICTORIA DAY READY.**



# 4 DAY SALE

MAY 16TH TO MAY 19TH, 2024

**FRESH**



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

FRESH PORK BACK RIBS  
VALUE PACK  
6.59/kg

**PINT**



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

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



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

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



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

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



**2 for 5<sup>00</sup>**

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



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

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



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

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



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

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



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

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



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

PACIFIC WHITE JUMBO SHRIMP RING 100 g  
WILD CAUGHT SNOW CRAB LEGS 454 g  
NORWEGIAN SMOKED SALMON 400 g, FROZEN



**SAVE \$5.00**  
**16<sup>99</sup>**  
ea.

FRONT STREET BAKERY  
CHOCOLATE BOSTON CAKE  
WITH STRAWBERRIES 1250 g



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

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



**2 for 32<sup>00</sup>**  
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.**

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

IRRESISTIBLES ARTISAN BLACK FOREST HAM OR SWISS CHEESE  
SELECTED VARIETIES, DELI SLICED, 13.56/100g

# metro

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

**6<sup>88</sup>** /lb

CUT BY OUR BUTCHER

AGROPUR OXA CHEESE REGULAR, CHEVALIER, TRIPLE CREME BRIE OR AGROPUR 3-YEAR AGED GRAND CHEDDAR  
DELI CUT, 11.70/100g

**1/2 PRICE**

FRESH CHICKEN DRUMSTICKS OR THIGHS OR ZABIHA HALAL  
5.49/kg

**2<sup>49</sup>** /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 6<sup>00</sup>**

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

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

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

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

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

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

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

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

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

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

NABOB, MUSKOKA OR MAXWELL HOUSE COFFEE  
SELECTED SIZES, SELECTED VARIETIES

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

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

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

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

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

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

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

SAVE \$7.00

PURE LIFE NATURAL SPRING WATER  
24 x 500 ml

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

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS  
12 x 355 ml, SELECTED VARIETIES OR 7.49 EA.

**2 for 13<sup>00</sup>**

# \$ New Lower Prices



**7.99**  
/lb  
17.61/kg



**4.44**  
/lb  
or ea.



**9.49**  
ea.



**12.99**  
ea.



**7.99**  
ea.



**4.99**  
ea.



**2 for 8.00**



**3.49**  
ea.



**5.49**  
ea.



**2 for 10.00**



**8.99**  
ea.



**5 for 5.50**



**4.99**  
ea.



**2 for 8.50**



**2.99**  
ea.



**2 for 8.00**



**2 for 7.00**



**2 for 5.00**



**18.99**  
ea.



**7.99**  
ea.



**3.99**  
ea.



**7.99**  
ea.



**9.99**  
ea.



**8.99**  
ea.



**10.99**  
ea.



**14.99**  
ea.



**2 for 8.00**



**2 for 12.00**



**2 for 8.00**



**2 for 8.00**



**2 for 12.00**



**2 for 8.00**

# 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](https://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](https://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



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



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



**3.99** /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



**3.99** /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



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



**15 LB AVERAGE**  
**9.99** ea.  
JUMBO WATERMELONS  
PRODUCT OF U.S.A. OR MEXICO



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



**5.99** ea.  
WANNABEEZ  
COLOURED  
PEPPERS 2.5 lb  
PRODUCT OF ONTARIO



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



**2.99** ea.  
FROOTIES  
TEENY TINY  
STRAWBERRIES 170 g  
PRODUCT OF CANADA



**6.99** ea.  
MEDLEY, CHERRY OR  
GRAPE TOMATOES 1.5 lb  
PRODUCT OF ONTARIO



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



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



**JUMBO**  
**4.99** ea.  
JUMBO CANTALOUPE  
PRODUCT OF GUATEMALA



**4.49** ea.  
VISION GREENS  
LETTUCES 142 g  
PRODUCT OF ONTARIO  
SELECTED VARIETIES



**6.99** /lb  
FIDDLEHEADS  
PRODUCT OF ONTARIO  
15.41/kg



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



**1.99** /lb  
LARGE SEEDLESS  
NAVEL ORANGES  
PRODUCT OF U.S.A.  
4.39/kg



**3.99** ea.  
BAKING POTATOES 3 PK  
PRODUCT OF CANADA  
CANADA No. 1 GRADE



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



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



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



**6.49** ea.  
MY LITTLE  
CHICKPEA 175 - 200 g  
SELECTED VARIETIES



**12.99** ea.  
IRRESISTIBLES  
WALNUTS  
HALVES & PIECES, 750 g

## Sliced & Diced



**1.49** /lb  
SEEDLESS  
WATERMELON QUARTERS  
3.28/kg



**4.99** ea.  
CORED GOLDEN  
PINEAPPLES 600 g



**9.99** ea.  
STORE MADE  
LARGE SALADS 466 - 692 g



**9.99** ea.  
STORE MADE  
LARGE SALADS 466 - 692 g

## Organic



**5.99** ea.  
GREENHOUSE  
ORGANIC JUICES &  
SHAKES 300 ml  
SELECTED VARIETIES



**13.99** ea.  
GREENHOUSE  
ORGANIC SHOTS  
4 x 60 ml  
SELECTED VARIETIES



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



**3.49** 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  
**16<sup>99</sup>** ea.

CALLA LILY  
1 GALLON POT  
ASSORTED COLOURS  
**14<sup>99</sup>** ea.

**BUY 2 OR MORE**  
**9<sup>00</sup>** 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**  
**4<sup>00</sup>** ea.  
OR 4.49 ea.

VEGETABLE PLANT IN CAGE  
TOMATO, PEPPER, ZUCCHINI  
CUCUMBER AVAILABLE  
**22<sup>99</sup>** ea.

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

**STARTING AT**  
**32<sup>99</sup>** ea.  
PATIO PLANTER  
10" POT  
ASSORTED COLOURS

**22<sup>99</sup>** ea.  
MAJESTY PALM  
3 GALLON POT

Perfect for patios

**SHADE**

HOSTA PERENNIAL  
1 GALLON POT  
ASSORTED VARIETIES  
**12<sup>99</sup>** ea.

CORAL BELLS PERENNIAL  
1 GALLON POT  
ASSORTED VARIETIES  
**12<sup>99</sup>** ea.

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

CALADIUM  
6" POT  
**12<sup>99</sup>** ea.

**SUN**

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

ROSEBUSHES  
2 GALLONS  
ASSORTED VARIETIES AND TYPES  
**21<sup>99</sup>** ea.

RIO AND SAMBA DIPLODENDRA  
QUART POT  
VARIOUS COLOURS  
**9<sup>99</sup>** ea.

MANDEVILLA PLANT  
6.75" POT  
**19<sup>99</sup>** ea.

**25 LB BAG**

SELECTION SOILS  
BLACK EARTH, GARDEN OR TRIPLE MIX  
25 L BAG  
**3<sup>00</sup>** 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**  
**9<sup>99</sup>** ea.

PLANT FOOD OR GRASS SEED  
ASSORTED VARIETIES AND SIZES

**IN-STORE SELECTION**

ROSE TRIO BOUQUET  
ASSORTED COLOURS  
**22<sup>99</sup>** ea.

MUMS  
6" POT  
ASSORTED COLOURS  
**11<sup>99</sup>** ea.

ALSTROMERIA & PDM BOUQUET  
ASSORTED COLOURS  
**16<sup>99</sup>** ea.

**CASCADING**  
COLOURED WATERFALL ORCHID  
5" POT  
ASSORTED COLOURS  
**44<sup>99</sup>** ea.

## Our Butcher's Finest

<p>STORE MADE SAUSAGES VALUE PACK SELECTED VARIETIES 11.00/kg</p> <p><b>4<sup>99</sup></b> /lb</p>	<p>made in my metro <b>m</b></p> <p>FRESH LAMB LOIN CHOPS NEW ZEALAND SPRING LAMB 19.82/kg</p> <p><b>8<sup>99</sup></b> /lb</p>
<p>VEAL RIB OR LOIN CHOPS GRAIN FED 24.23/kg</p> <p><b>10<sup>99</sup></b> /lb</p>	<p>FRESH BONELESS LAMB LEG ROSEMARY &amp; GARLIC NEW ZEALAND SPRING 26.43/kg</p> <p><b>11<sup>99</sup></b> /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><b>4<sup>49</sup></b> /lb</p>	<p>LIFE SMART NATURALIA GRASS-FED LEAN GROUND BEEF BURGERS 452g PRODUCT OF NEW ZEALAND</p> <p><b>8<sup>99</sup></b> ea.</p>
<p>RED GRILL BEEF</p> <p>RED GRILL WHOLE BEEF BRISKET VACUUM PACK CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 13.21/kg</p> <p><b>5<sup>99</sup></b> /lb</p>	<p>PERFECT FOR SMOKING</p> <p>RED GRILL BEEF SHORT RIBS CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 19.82/kg</p> <p><b>8<sup>99</sup></b> /lb</p>
<p>LIFE SMART NATURALIA BONELESS PORK SHOULDER BLADE OR PICNIC ROAST OR PORCHETTA SPICED 12.10/kg</p> <p><b>5<sup>49</sup></b> /lb</p>	<p>BONELESS PORK LOIN RIB OR SIRLOIN HALVES VACUUM PACK 5.49/kg</p> <p><b>2<sup>49</sup></b> /lb</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><b>13<sup>99</sup></b> /lb</p>	<p>YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH CHICKEN THIGHS BONELESS SKINLESS PRODUCT SELECTION VARIES BY STORE</p> <p><b>12<sup>99</sup></b> /lb</p>	<p>duBretton</p> <p>duBRETTON ORGANIC PORK SAUSAGES 400g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	<p>duBRETTON ORGANIC EXTRA LEAN GROUND PORK 454g</p> <p><b>5<sup>99</sup></b> ea.</p>
<p>YORKSHIRE VALLEY FARMS ORGANIC FLATTENED CHICKEN SELECTED VARIETIES 15.41/kg</p> <p><b>6<sup>99</sup></b> /lb</p>	<p>YORKSHIRE VALLEY FARMS ORGANIC EXTRA LEAN GROUND TURKEY 454g</p> <p><b>10<sup>99</sup></b> ea.</p>	<p>duBretton</p> <p>duBRETTON ORGANIC BONELESS PORK LOIN CHOPS CENTRE CUT, 170g</p> <p><b>7<sup>99</sup></b> ea.</p>	<p>duBRETTON ORGANIC BRAZILIAN BBQ PORK LOIN ROAST BONELESS 19.82/kg</p> <p><b>8<sup>99</sup></b> /lb</p>

## BBQ Favourites

<p>LEGACY PORK CHOPS BONE IN, 440g SELECTED VARIETIES</p> <p><b>8<sup>00</sup></b> ea.</p>	<p>2 for <b>5<sup>00</sup></b></p> <p>THE ORIGINAL MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450g</p>	<p>naturally <b>SMOKEY</b></p> <p>CLEAN GOURMET CHICKEN SAUSAGES OR GOLD LABEL SMOKED SAUSAGES 375g SELECTED VARIETIES</p> <p><b>3<sup>99</sup></b> ea.</p>	<p>MARC ANGELO KABOBS 400-640g SELECTED VARIETIES</p> <p><b>12<sup>99</sup></b> ea.</p>
<p>MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400g</p> <p><b>18<sup>99</sup></b> ea.</p>	<p>6 BURGERS THE KEG GLUTEN FREE PRIME RIB BEEF BURGERS MADE WITH P15 PRIME RIB 6 x 170g / 4 x 100g</p> <p><b>17<sup>99</sup></b> ea.</p>	<p>THE KEG PORK BACK RIBS 700g FROZEN</p> <p><b>17<sup>99</sup></b> ea.</p>	<p>NEW ZEALAND SPRING LAMB BURGERS FROZEN, 540g</p> <p><b>14<sup>99</sup></b> 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](http://crsbcertified.ca)

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



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

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



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

**29<sup>99</sup>** /lb

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



**17<sup>99</sup>** /lb

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



**8<sup>88</sup>** /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



SEAFOOD BOIL  
FROZEN, 2.2/1000 g  
**9.99** /lb



**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, 1.72/1000 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 PABELLA  
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 MEDELY 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



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



BEYOND OR IMPOSSIBLE PLANT-BASED BURGERS 225 g



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 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

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



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



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



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



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



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



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



**2 for 5<sup>00</sup>**  
LARGE AVOCADOS  
PRODUCT OF MEXICO



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



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

BELLE GROVE  
PORTABELLA MUSHROOMS  
PRODUCT OF ONTARIO  
4 pk



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



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

## 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  
290-600 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



**3.29**  
/100 g

MAPLE LODGE  
CHICKEN BREAST  
SELECTED VARIETIES  
DELI SLICED OR SHAVED, 14.92/76

**2.99**  
/100 g

BRANDT KOLBASSA  
SAUSAGE COIL OR  
MEAT LOAF  
DELI CUT, 13.56/76

**2.99**  
/100 g

LAFLEUR  
EXTRA LEAN COOKED HAM  
DELI SLICED, 13.56/76

**3.99**  
/100 g

BALDERSON  
CHEDDAR CHEESE  
DELI CUT, 18.10/76  
PRICES AS MARKED

**2.49**  
/100 g

FRICO  
MEDIUM OR MILD GOUDA  
DELI CUT, 11.29/76, PRICES AS MARKED  
2.99/100 g WHEN YOU BUY LESS THAN 500 g

**5.49**  
ea.

IRRESISTIBLES ARTISAN  
GOAT CHEESE 103 g  
SELECTED VARIETIES

**6.49**  
ea.

TRE STELLE  
WHIPPED FETA DIP  
175 g  
SELECTED VARIETIES

**7.49**  
ea.

**6.99**  
ea.

PILLER'S  
SLICED PEPPERONI OR  
SALAMI 255-250 g  
SELECTED VARIETIES

**7.79**  
ea.

PILLER'S  
TURKEY KOLBASSA  
250-375 g

**5.49**  
ea.

WE GUAC  
GUACAMOLE 227 g  
SELECTED VARIETIES

**3.99**  
ea.

LA BELLE BRETAGNE PÂTÉ  
150 g  
SELECTED VARIETIES

**5.79**  
ea.

GARDEN FRESH  
TORTILLA CHIPS OR  
SALSA  
397 g, 473 ml  
SELECTED VARIETIES

**6.79**  
ea.

RESER'S  
CREAMY MASHED  
POTATOES OR GARLIC  
MASHED POTATOES 600 g

**7.79**  
ea.

RESER'S  
BAKED SCALLOPED  
POTATOES OR BAKED  
MACARONI & CHEESE OR  
GARLIC, ROSEMARY  
ROAST POTATOES 482-547 g

**10.49**  
ea.

SUMMER FRESH  
SALADS 800-900 g  
SELECTED VARIETIES

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

# STONE BAKED AND DELICIOUS

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

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

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



\*WALK IN ONLY

## READY-MADE FAVOURITES



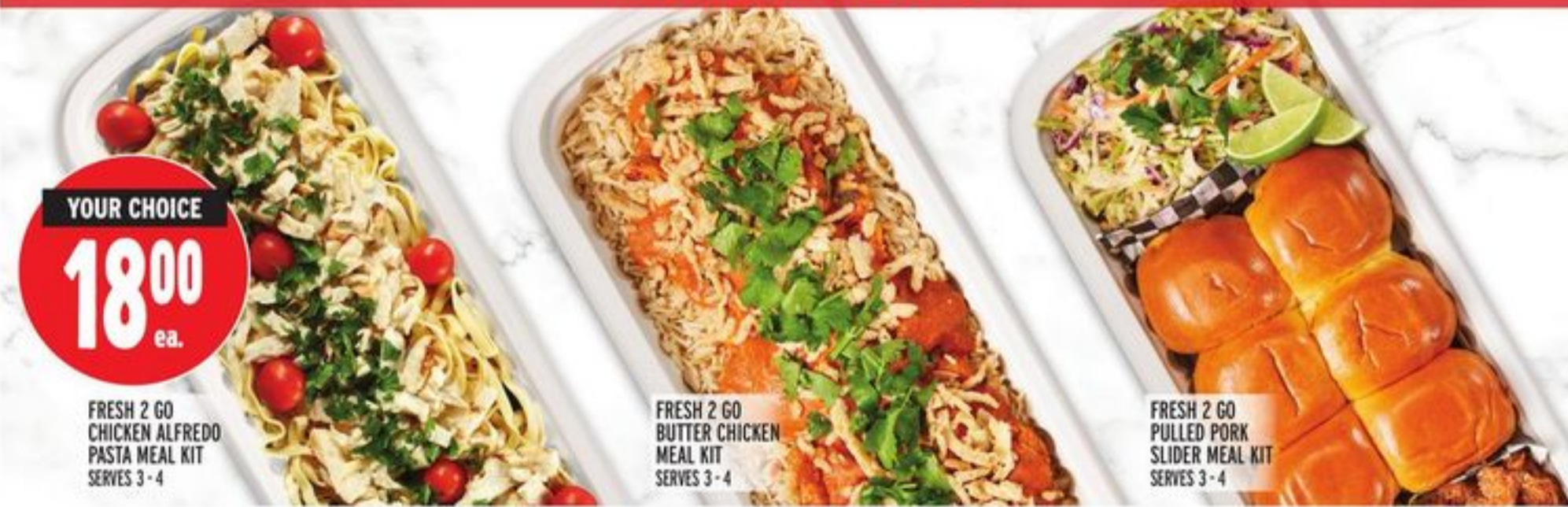
YOUR CHOICE  
**7<sup>00</sup>**  
ea.

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  
**18<sup>00</sup>**  
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  
**2<sup>49</sup>**  
/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><b>3 for 1100</b> LESS THAN 3 PAY 4.49 EA.</p> <p><b>BEN'S ORIGINAL RICE</b> 210 - 230 g SELECTED VARIETIES</p>	 <p><b>2 for 800</b> LESS THAN 2 PAY 4.69 EA.</p> <p><b>LIFE SMART DRESSING</b> 250 ml SELECTED VARIETIES</p>	 <p><b>2 for 750</b> LESS THAN 2 PAY 4.49 EA.</p> <p><b>VIVA PUFFS</b> SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>2 for 500</b> LESS THAN 2 PAY 3.79 EA.</p> <p><b>WHIPPET OR VIVA PUFFS COOKIES</b> SELECTED SIZES SELECTED VARIETIES</p>
 <p><b>2 for 800</b> LESS THAN 2 PAY 4.49 EA.</p> <p><b>GOGO SQUEEZ FRUIT SNACK</b> 41.90 g SELECTED VARIETIES</p>	 <p><b>2 for 800</b> LESS THAN 2 PAY 5.79 EA.</p> <p><b>IRRESISTIBLES FLATBREAD PAIN PLAT</b> SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>2 for 650</b> LESS THAN 2 PAY 4.29 EA.</p> <p><b>YOPLAIT SOURCE, MINIGO OR TUBES YOGOURT</b> SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>2 for 700</b> LESS THAN 2 PAY 4.39 EA.</p> <p><b>IRRESISTIBLES YOGOURT</b> SELECTED SIZES SELECTED VARIETIES</p>

**Snacks & Beverages**

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

**I ♥ Reese's DAY**  
MAY 18<sup>TH</sup>

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

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

**HERSHEY'S CHOCOLATE**  
90 - 120 g  
SELECTED VARIETIES **600**

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

**TATE'S COOKIES**  
198 g  
SELECTED VARIETIES **799 ea.**

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

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

**CADBURY CHOCOLATE BARS**  
33 - 60 g  
SELECTED VARIETIES **5 for 550**

\*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.

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

# Chill out

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

9<sup>99</sup> ea. MIKES PIZZA SELECTED SIZES SELECTED VARIETIES



6<sup>49</sup> ea. IRRESISTIBLES THICK CRUST PIZZA 440 g SELECTED VARIETIES



7<sup>49</sup> ea. MCCAIN PIZZA POCKETS 600 g SELECTED VARIETIES



9<sup>99</sup> ea. P.F. CHANG'S OR BERTOLLI FROZEN MEALS 624 g SELECTED VARIETIES



3<sup>99</sup> ea. IRRESISTIBLES FROZEN VEGETABLES SELECTED SIZES SELECTED VARIETIES



9<sup>99</sup> ea. SWANSON FROZEN MEALS SELECTED SIZES SELECTED VARIETIES

# TASTIEZ

THE PERFECT LOOOOONG WEEKEND SHAREABLE BITES!

7<sup>99</sup> ea. MCCAIN TASTIEZ FROZEN SNACK SELECTED SIZES SELECTED VARIETIES



**More Great Savings**

 <p><b>9<sup>99</sup></b> ea. BEN'S ORIGINAL CONVERTED OR LONG GRAIN RICE 274g SELECTED VARIETIES</p>	 <p><b>3<sup>49</sup></b> ea. 7 BONUS MILES when you buy 2 CATELLI GLUTEN FREE OR PLANT BASED PASTA 250-340g, SELECTED VARIETIES</p>	 <p><b>1<sup>69</sup></b> ea. SELECTION CANNED VEGETABLES 340-398ml SELECTED VARIETIES</p>	 <p><b>2 for 4<sup>00</sup></b> CLARK BEANS 398ml SELECTED VARIETIES</p>
 <p><b>5<sup>99</sup></b> ea. CLOVER LEAF SOCKEYE SALMON 200g SELECTED VARIETIES</p>	 <p><b>3<sup>99</sup></b> ea. P.F. CHANG'S SAUCE 250ml SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. MR. SUB SAUCE 375ml SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. HEINZ KETCHUP 750ml - 1L BUFFALO WILD WINGS 230ml SELECTED VARIETIES</p>
 <p><b>4<sup>99</sup></b> ea. CLUB HOUSE LA GRILLE SEASONINGS OR BLENDS SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. LA BALEINE SEA SALT 250g SELECTED VARIETIES</p>	 <p><b>3<sup>99</sup></b> ea. COLGIN LIQUID SMOKE BBQ SEASONING 100ml SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. PAM COOKING SPRAY 170-270ml SELECTED VARIETIES</p>
 <p><b>3<sup>49</sup></b> ea. I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>9<sup>99</sup></b> ea. BILLY BEE HONEY 500g</p>	 <p><b>7<sup>99</sup></b> ea. MAILLE DIJON MUSTARD 500ml SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. NANDO'S PERI-PERI SAUCE 250ml SELECTED VARIETIES</p>

**ELEVATE YOUR MORNINGS!**



**5<sup>99</sup>** ea.  
KELLOGG'S CEREAL  
SELECTED SIZES  
SELECTED VARIETIES



**5<sup>49</sup>** ea.  
LACTANTIA MILK  
SELECTED SIZES  
SELECTED VARIETIES

**ELEVATE YOUR COFFEE**  
Pour it. Foam it. Love it.  
• 100% DAIRY PRODUCT • OIL-FREE



**5<sup>99</sup>** ea.  
NEW  
NATREL CREAM  
1L  
SELECTED VARIETIES

**Ristorante PIZZA for everyone TO ENJOY**



**6<sup>99</sup>** ea.  
DR. OETKER  
PIZZA  
SELECTED SIZES  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
DR. OETKER GIUSEPPE EASY PIZZA  
540-400g  
SELECTED VARIETIES



**8<sup>99</sup>** ea.  
DR. OETKER RISTORANTE  
PIZZA  
375-370g  
SELECTED VARIETIES



**7<sup>99</sup>** ea.  
DR. OETKER PIZZA  
SELECTED SIZES  
SELECTED VARIETIES

**BURNBRAE FARMS • FERMES**

**REAL EGGS. REAL EASY.**  
Convenient, protein-packed egg products.



**3<sup>99</sup>** ea.  
BURNBRAE  
EGGZGO!  
264g



**3<sup>49</sup>** ea.  
BURNBRAE  
EGG BAKES! OUCHIES  
790g, SELECTED VARIETIES

**4<sup>49</sup>** ea.  
BURNBRAE  
EGG CREATIONS! 500g  
BURNBRAE EGG BITES!  
MINI OUCHIES 336g  
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.

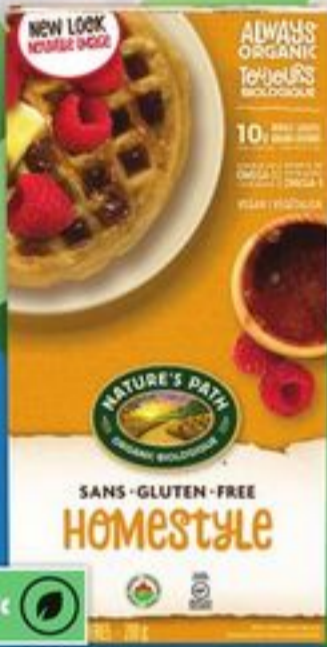
my health my choices



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. CHICKAPEA 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><b>PRANA CHIA MIX</b> 250 g SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p>	<p><b>MARY'S CRACKERS</b> 156 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	<p><b>NUTS TO YOU PEANUT BUTTER</b> 500 g SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p>	<p><b>LUNDBERG RICE CAKE</b> 216 g SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>
<p><b>VIOLIFE SLICED OR SHREDED CHEESE</b> 200 - 227 g SELECTED VARIETIES</p> <p><b>6<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>NUTIVA COCONUT OIL</b> 444 ml</p> <p><b>14<sup>99</sup></b> ea.</p>	<p><b>PACIFIC FOODS BROTH</b> 946 ml - 1 L SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>

**Organic**

<p><b>Honest KIDS organic</b> Honest KIDS organic Fruit Drinks 5 x 200 ml SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p><b>ACROPOLIS BALSAMIC VINEGAR</b> 200 ml SELECTED VARIETIES</p> <p><b>9<sup>99</sup></b> ea.</p>
<p><b>KIJU JUICE</b> 1 L SELECTED VARIETIES</p> <p><b>4<sup>49</sup></b> ea.</p>	<p><b>BLUE MONKEY COCONUT WATER</b> 1 L</p> <p><b>3<sup>99</sup></b> ea.</p>

**Vegetarian**

<p><b>daiya</b> VEGETABLE CRUST PIZZA 12.5 x 14.5 x 0.5 cm 405 g</p> <p><b>10<sup>99</sup></b> ea.</p>	<p><b>HALO TOP FROZEN DESSERT</b> 473 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>
<p><b>MID-DAY SQUARES</b> 2 for <b>5<sup>00</sup></b> 33 g, SELECTED VARIETIES OR 2.79 EA.</p>	

**Baby & Beauty**

<p><b>BUY MORE SAVE MORE!</b></p> <p><b>6 for 15<sup>00</sup></b> LESS THAN 6 PAY 3.29 EA.</p> <p><b>GERBER BABY GOURMET BABY PUREE</b> 128 ml SELECTED VARIETIES</p>	<p><b>5 for 11<sup>00</sup></b></p> <p><b>GERBER BABY PUREE</b> 92 - 162 ml SELECTED VARIETIES OR 2.29 EA.</p>
<p><b>20 BONUS MILES</b> when you buy 2</p> <p><b>9<sup>49</sup></b> ea.</p> <p><b>HUGGIES BABY WIPES</b> 168 - 192 sq. in. SELECTED VARIETIES</p>	<p><b>28<sup>99</sup></b> ea.</p> <p><b>PAMPERS SWADDLERS BABY DIAPERS</b> 58 - 96 sq. in. SELECTED VARIETIES</p>
<p><b>4<sup>99</sup></b> ea.</p> <p><b>NIVEA DEODORANT</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 20<sup>00</sup></b> LESS THAN 2 PAY 11.99 EA.</p> <p><b>COCONUT MILK SHAMPOO</b> 300 - 385 ml SELECTED VARIETIES</p> <p><b>COCONUT MILK CONDITIONER</b> 300 - 385 ml SELECTED VARIETIES</p>

**Household Helpers**

<p><b>35' x 15' Parchment Paper</b></p> <p><b>ALCAN 60'</b></p> <p><b>3<sup>99</sup></b> ea.</p> <p><b>ALCAN ALUMINUM FOIL OR REYNOLDS PARCHMENT PAPER</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>5 BONUS MILES</b> when you buy 1</p> <p><b>6<sup>99</sup></b> ea.</p> <p><b>EASY-OFF OVEN CLEANER OR LYSOL DISINFECTANT SPRAY</b> SELECTED SIZES, SELECTED VARIETIES</p>
<p><b>8<sup>99</sup></b> ea.</p> <p><b>ROYAL CHINET PLATES</b> 40 sq. in. SELECTED VARIETIES</p>	<p><b>9<sup>99</sup></b> ea.</p> <p><b>ENERGIZER BATTERIES</b> 2 - 9 sq. in. SELECTED VARIETIES</p>
<p><b>POWERFUL AFFORDABLE CLEAN   PRICE</b></p> <p><b>13<sup>99</sup></b> ea.</p> <p><b>PUREX LAUNDRY DETERGENT</b> 4.43 L, SELECTED VARIETIES</p>	

**Get Ready for a Smooth Summer!**

<p><b>12<sup>49</sup></b> ea.</p> <p><b>GILLETTE DISPOSABLE RAZORS</b> 3 sq. in., SELECTED VARIETIES</p>	<p><b>45<sup>99</sup></b> ea.</p> <p><b>GILLETTE FUSION RAZOR BLADES</b> 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



**WE NOW  
DELIVER TO\***



**YOUR DOOR**

[Shop Now](#)

\*Conditions apply. Details at metro.ca. Promotional codes and points cannot be redeemed with deliveries fulfilled by our external partners.