

Happy MOTHER'S DAY

PREMIUM



PREMIUM DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS

24⁰⁰
ea.



pick Ontario

2 for 32⁰⁰
or 18.00 ea.

ANNUAL HANGING BASKET
16" POT, ASSORTED COLOURS AND VARIETIES



DOUBLE SPIKE

PREMIUM ORCHIDS
5" POT
ASSORTED COLOURS

26⁰⁰
ea.



pick Ontario

FRESH CUT TULIPS
15 STEM BUNCH
ASSORTED COLOURS

14⁹⁹
ea.



MIXED FLOWER BOUQUET
ASSORTED COLOURS AND FLOWER VARIETIES

20⁰⁰
ea.



5⁹⁹
ea.

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

20 STEM BUNCH



20⁰⁰
ea.

INTERMEDIATE ROSES
20 STEM BUNCH, ASSORTED COLOURS



STARTING AT

29⁹⁹
ea.

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



40⁰⁰
ea.

MOMAZING BOUQUET
ASSORTED COLOURS

GIFT BAG INCLUDED



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

36⁹⁹
ea.



made by my metro

8⁹⁹
ea.

STRAWBERRIES PLATTER WITH CHOCOLATE DIP
732 g



MADE WITH Lindt CHOCOLATE

19⁹⁹
ea.

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

Effective May

TH	FR	SA	SU
9	10	11	12

metro.ca

Happy
MOTHER'S DAY

metro

mix & match

2 for 10⁰⁰

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

CUT BY OUR BUTCHER

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

8⁹⁹ /lb

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

2⁹⁹ /100 g

BONELESS

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

2⁹⁹ /lb

PRIME RAISED WITHOUT antibiotics

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

5⁹⁹ /lb

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

49¢ ea.

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

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

1⁹⁹ ea. or /lb

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

1⁹⁹ ea.

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

2 for 6⁰⁰

baked in my metro

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

4⁹⁹ ea.

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

9⁹⁹ /lb or ea.

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

5⁴⁷ ea.

CRACKER BARREL BARS OR SHREDDED CHEESE SELECTED SIZES, SELECTED VARIETIES

5⁷⁷ ea.

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

3⁹⁹ ea.

MISS VICKIE'S CHIPS SELECTED SIZES, SELECTED VARIETIES

3⁴⁹ ea.

DR. OETKER OR IRRESISTIBLES PIZZA SELECTED SIZES, SELECTED VARIETIES

3⁴⁹ ea.

LAVAZZA OR KIMBO GROUND COFFEE 1 kg, SELECTED VARIETIES

12⁸⁸ ea.

SAVE \$6.11

UNLOCK APP-CLUSIVE SAVINGS.



SAVE
\$400
on 2

2 FOR
\$400

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

1.77 - 1.89 L
Selected Varieties

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



AIR MILES.

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a linked Loyalty card. Limit of one coupon redemption per customer loyalty card, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.

Farm Fresh Produce

4.99 ea. **PINT**
BLUEBERRIES PINT
 PRODUCT OF U.S.A. OR PERU
 No. 1 GRADE

3.99 ea.
BLACKBERRIES 300 g
 PRODUCT OF MEXICO
GOLDBERRIES 200 g
 PRODUCT OF COLOMBIA

3.99 /lb
EXTRA LARGE RED SEEDLESS GRAPES
 PRODUCT OF CHILE OR SOUTH AFRICA, No. 1 GRADE
 8.80/kg

7.99 ea.
HEART PACK RASPBERRIES 227 g
 PRODUCT OF U.S.A. OR MEXICO

4.99 ea.
CLEMENTINES 2 lb
 PRODUCT OF MOROCCO

2.99 ea.
MINI CUCUMBERS 397 g, PRODUCT OF ONTARIO
 CANADA No. 1 GRADE

5.99 /lb
COTTON CANDY OR PINK MUSCAT GRAPES
 PRODUCT OF CHILE, No. 1 GRADE
 13.21/kg

1.99 /lb
LARGE SEEDLESS NAVEL ORANGES
 PRODUCT OF U.S.A.
LARGE COSMIC CRISP APPLES
 PRODUCT OF U.S.A.
 EXTRA FANCY GRADE
 4.39/kg

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

4.99 ea.
BLACK MISSION FIGS 227 g
 PRODUCT OF MEXICO

9.99 ea.
NATUR SOURCE SALAD TOPPERS 315 - 425 g
 SELECTED VARIETIES

7.99 ea.
WONDERFUL SHELLED PISTACHIOS 195 - 170 g
 SELECTED VARIETIES

3.99 /lb
ASPARAGUS
 PRODUCT OF ONTARIO, CANADA No. 1 GRADE
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
 PRODUCT OF ONTARIO
 8.80/kg

FIRST OF THE SEASON

3.99 ea.
GRAPE TOMATOES MEDLEY 340 g
 OR
ONE SWEET 283 g
 PRODUCT OF ONTARIO

2.99 ea.
RAPINI
 PRODUCT OF U.S.A.

4.99 /lb
FAVA BEANS
 PRODUCT OF MEXICO
 11.00/kg

6.99 /lb
FIDDLEHEADS
 PRODUCT OF ONTARIO
 15.41/kg

FIRST OF THE SEASON

3.99 ea.
LITTLE POTATO CO.
 LITTLE TRICOR 250 g, PITTIES PATATES
LPC CREAMER POTATOES 490 g, PRODUCT OF CANADA
 CANADA No. 1 GRADE
 SELECTED VARIETIES
BAKING POTATOES 3 PK, PRODUCT OF CANADA
 CANADA No. 1 GRADE

4.49 ea.
DOLE CAESAR SALAD KITS 216 - 210 g, PRODUCT OF U.S.A.
 SELECTED VARIETIES

4.99 ea.
LITEHOUSE VEGETABLE DIPS 340 g
 SELECTED VARIETIES

2 for 10.00 or 5.49 ea.
SELECTION SUMMER CANDIES 305 - 350 g
 SELECTED VARIETIES

Sliced & Diced

5.99 ea.
STORE MADE SMALL SALADS 250 - 340 g

4.99 ea.
CORED GOLDEN PINEAPPLES 400 g

12.99 ea.
STORE MADE CAROUSELS
 FRESH VEGETABLE 955 g
 FRESH FRUIT 1.4 kg

Organic

4.99 ea.
ORGANIC LEMONS 454 g, PRODUCT OF U.S.A. OR MEXICO
GREENBELT ORGANIC GREENS 342 g, PRODUCT OF ONTARIO
 SELECTED VARIETIES

2 for 7.00
TONICA ORGANIC KOMBUCHAS 355 ml, SELECTED VARIETIES

3.49 ea.
ORGANIC CARROTS 2 lb
 PRODUCT OF U.S.A., No. 1 GRADE

5.99 ea.
ORGANIC VIDALIA ONIONS 2 lb
 PRODUCT OF U.S.A., No. 1 GRADE

Mother's Day Floral

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



50⁰⁰ ea.
PREMIUM HAND-TIED ROSE BOUQUET
ASSORTED COLOURS



19⁹⁹ ea.
AZALEAS
6" POT, ASSORTED COLOURS




24⁰⁰ ea.
ROSE TRIO BOUQUET
ASSORTED COLOURS



11⁹⁹ ea.
ASSORTED BLOOMING PLANTS
6" POT, ASSORTED COLOURS AND VARIETIES



50⁰⁰ ea.
BEAUTIFUL LOVE OR GRATITUDE BOUQUET
ASSORTED COLOURS AND FLOWERS



20⁰⁰ ea.
HOLIDAY CARNATION BOUQUET
ASSORTED COLOURS



22⁹⁹ ea.
HYDRANGEA
6.5" POT, ASSORTED COLOURS



34⁹⁹ ea.
INDOOR GARDEN
ASSORTED COLOURS AND FLOWERS



7⁹⁹ ea.
SPRING BULBS
6" POT, ASSORTED COLOURS AND VARIETIES



49⁹⁹ ea.
PETITE ORCHID GARDEN
8" POT, ASSORTED COLOURS



24⁰⁰ ea.
WATERCOLOUR TULIPS
10 STEM BUNCH

STARTING AT **5⁹⁹** ea. MOTHER'S DAY BALLOONS

NOW OPEN



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



12⁹⁹ ea.
MINI KITCHEN
TOMATOES OR PEPPERS
6" POT



14⁹⁹ ea.
GARDEN ROSES
6 PACK



29⁹⁹ ea.
ANNUALS HANGING BASKETS
12" - 18" POT, ASSORTED VARIETIES



21⁹⁹ ea.
STRAWBERRY HANGING BASKET
10" POT



14⁹⁹ ea.
LAVENDER
6" POT



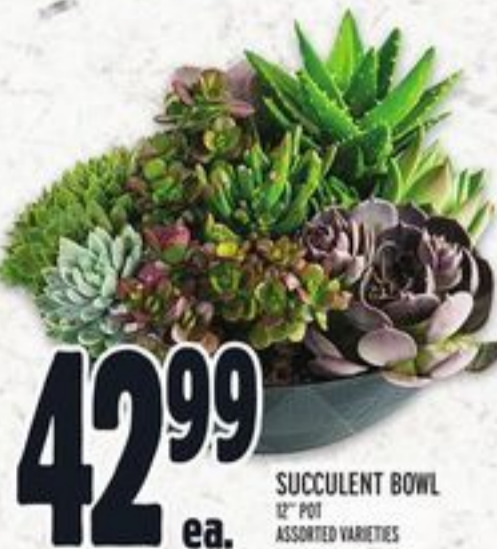
4⁰⁰ ea. OR 4.49 ea.
ANNUALS
6" POT, ASSORTED VARIETIES



22⁹⁹ ea.
MAJESTY PALM
10" POT



9⁰⁰ ea. OR 9.99 ea.
ANNUALS
6" POT, ASSORTED VARIETIES



42⁹⁹ ea.
SUCCULENT BOWL
12" POT, ASSORTED VARIETIES



19⁹⁹ ea.
TROPICAL HIBISCUS
6" POT, ASSORTED COLOUR AVAILABLE



3⁰⁰ ea.
SELECTION BLACK EARTH, TRIPLE MIX OR GARDEN SOIL, ASSORTED VARIETIES



22⁹⁹ ea.
BOSTON FERN HANGING BASKET
10" POT



32⁹⁹ ea.
ANNUALS PATIO PLANTER
ASSORTED VARIETIES

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

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

Free steaming while you shop!

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



16⁹⁹ /lb

PINCH ME, IT'S

LOBSTER SEASON



10⁹⁹ ea.
IRRESISTIBLES
LOBSTER BITES
FROZEN, 283 g



10⁹⁹ ea.
ROCK HARBOUR
LOBSTER
FROZEN, COOKED, 350 g

4 OZ

6⁹⁹ ea.

ROCK LOBSTER TAIL
FROZEN, 4 oz



18⁹⁹ ea.
ROCK HARBOUR
CANADIAN LOBSTER
CLAW & ARM
FROZEN, 454 g

TRY THIS TASTY
LOBSTER GRILLED CHEESE
WITH CHIPOTLE ALOLI

[CLICK HERE FOR RECIPE](#)

2 OZ

2⁹⁹ ea.

ROCK LOBSTER TAIL
FROZEN, 2 oz



19⁹⁹ ea.

ROCK HARBOUR
SPLIT ROCK
LOBSTER TAILS
FROZEN, 320 g



19⁹⁹ ea.
ATLANTIC STAR
COOKED LOBSTER MEAT
FROZEN, 200 g

PKG OF 4



19⁹⁹ ea.
ROCK LOBSTER TAIL
VALUE PACK
FROZEN, 3 oz x 4



Seafood

 <p>2 for 5.00 PACIFIC COD LOIN PORTION FROZEN OR PREVIOUSLY FROZEN, 100 g</p>	 <p>8.99 /lb FRESH TILAPIA FILLETS VALUE PACK MIN 900 g, 1.99/700 g</p>
 <p>2.99 /lb FRESH LIVE CULTIVATED P.E.I. MUSSELS 662/700 g</p>	 <p>6.99 ea. FRESH ATLANTIC SALMON PINWHEEL 100 g</p>
 <p>9.99 /lb BAY SCALLOPS 40/60 SIZE FROZEN, 2.21/700 g</p>	 <p>7.99 ea. BEER BATTERED FILLETS ENGLISH STYLE FROZEN, 300 g</p>
 <p>7.99 ea. HIGH LINER BREADED OR BATTERED FISH FILLETS FROZEN, 500-700 g, SELECTED VARIETIES</p>	 <p>14.99 ea. CEDAR BAY CANADIAN LOBSTER MAC & CHEESE FROZEN, 375 g</p>
 <p>6.99 ea. MARINA DEL REY SHRIMP OR LOBSTER RAVIOLI FROZEN, 250 g</p>	 <p>34.99 ea. AQUA STAR RESERVE KING CRAB LEGS & CLAWS FROZEN, 500 g</p>

 <p>3.99 ea. NATURA LIA BASA OR POLLOCK FILLETS FROZEN, 400 g</p>	 <p>4.99 ea. IRRESISTIBLES SMOKED ATLANTIC SALMON FROZEN, 70 g</p>	 <p>5.99 ea. IRRESISTIBLES UNCOOKED SQUID RINGS FROZEN, 454 g</p>	 <p>7.99 ea. IRRESISTIBLES SHRIMP APPETIZERS FROZEN, 284-340 g, SELECTED VARIETIES</p>
 <p>4.99 ea. IRRESISTIBLES SPRING ROLLS FROZEN, 300 g, SELECTED VARIETIES</p>	 <p>8.99 ea. IRRESISTIBLES MEATBALLS FROZEN, 500-600 g, SELECTED VARIETIES</p>	 <p>11.99 ea. IRRESISTIBLES PORK BACK RIBS FROZEN, 600 g, SELECTED VARIETIES</p>	 <p>14.99 ea. IRRESISTIBLES STUFFED BURGERS FROZEN, 1.02 kg, SELECTED VARIETIES</p>
 <p>5.99 /lb IRRESISTIBLES ARTISAN BONELESS SMOKED HALF MOON HAM 13.21/kg</p>	 <p>6.99 ea. IRRESISTIBLES CHEESE STICKS FROZEN, 325-400 g, SELECTED VARIETIES</p>	 <p>7.99 ea. IRRESISTIBLES CRANBERRY BRIE OR PARTY PACK PUFF PASTRIES FROZEN, 325-432 g</p>	 <p>9.99 ea. IRRESISTIBLES SHEPHERD'S PIE FROZEN, 800 g</p>

Breakfast for Mom

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

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



Click here for Tagliatelle Pasta with Creamy Blue Cheese sauce




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



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



799 ea. CASTELLO CREAMY WHITE CHEESE 150 g



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



799 ea. CASTELLO DOUBLE CRÈME BLUE 150 g

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

ELEVATE WITH CHEESE

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



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



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



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



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

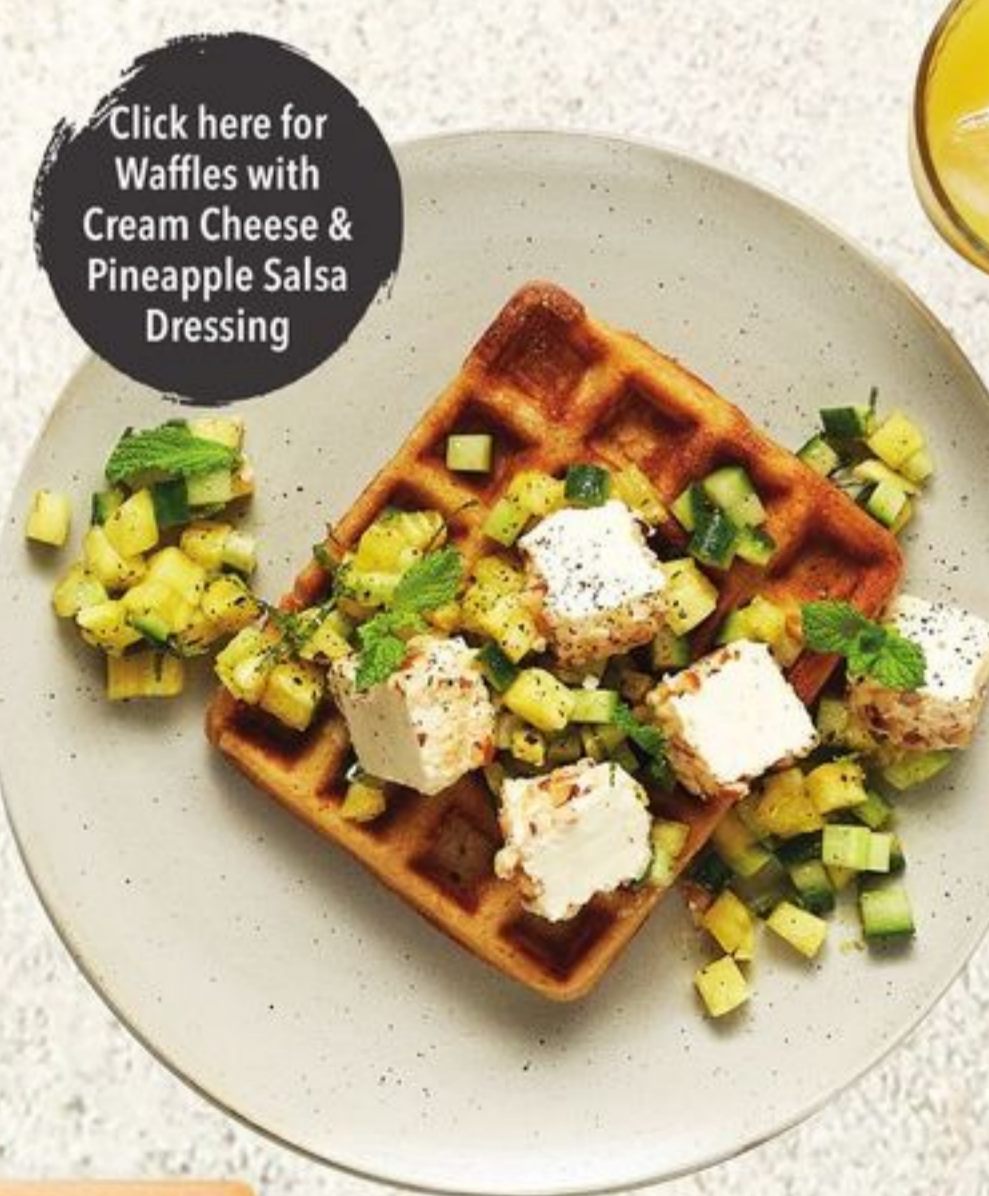


349 /100 g JARLSBERG CHEESE DELI CUT, PRICES AS MARKED 15.83/lb OR 4.99/100 g WHEN YOU BUY LESS THAN 500 g



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

Click here for Waffles with Cream Cheese & Pineapple Salsa Dressing



BUY MORE SAVE MORE!



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



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

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



699 ea. CASTELLO PINEAPPLE CREAM CHEESE 125 g



mom

Sweet mom

Visit metro.ca for this Chocolate Chip Cheesecake Bites recipe

6⁴⁹ ea. ROBIN HOOD OR FIVE ROSES FLOUR 2.5 kg SELECTED VARIETIES

2 for 8⁰⁰ or 4.49 ea. HERSHEY'S CHIPITS 200-270 g SELECTED VARIETIES

IRRESISTIBLES PURE VANILLA EXTRACT 46 ml SELECTED VARIETIES **3⁹⁹** ea.

16⁹⁹ ea. GERBERA BOUQUET ASSORTED COLOURS

12⁹⁹ ea. HYDRANGEA 4.5" POT ASSORTED COLOURS

SELECTION BAKING POWDER 450 g SELECTED VARIETIES **4⁴⁹** ea.

Just for you

mom

16⁹⁹ ea. CARNATIONS OR ALSTROEMERIA ASSORTED VARIETIES AND COLOURS

2⁹⁹ ea. REDPATH BROWN SUGAR 1 kg SELECTED VARIETIES

6⁹⁹ ea. STORCK MERCI CHOCOLATE 200 g

3⁹⁹ ea. EAGLE BRAND CONDENSED MILK 300 ml SELECTED VARIETIES

2 for 16⁰⁰ or 8.49 ea. CANADA DRY RASPBERRY LEMONADE GINGERALE 12 x 355 ml SELECTED VARIETIES

50⁰⁰ ea. LOVING ROSE BOUQUET ASSORTED COLOURS

mom

let's brunch



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

4.49 ea.

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

5.49 ea.

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

2 for 10.00

2.49 ea.

STORE MADE
PARTY SIZE DELUXE
FRUIT SALAD
1.5 kg

14.99 ea.

OAKRUN
ENGLISH MUFFINS
OR CRUMPETS
PKG. OF 6
SELECTED VARIETIES

2.99 ea.

SABATINI'S
Gourmet Foods

Ham Quiche
Quiche au jambon
500 g

9.99 ea.

BURNBRAE
EGG CREATIONS
500 g
SELECTED VARIETIES

4.49 ea.

FOUR O'CLOCK
TEA BAG
16 UN
SELECTED VARIETIES

5.99 ea.

NOT FROM CONCENTRATE

FRESH
PRESSED
APPLE JUICE
1.65 L

3.99 ea.



17⁹⁵
ea.
750 ml

**JACKSON-TRIGGS
SPARKLING
RESERVE**



19⁹⁵
ea.
750 ml

**RUFFINO
PROSECCO**



enjoy a mim-osa

MIMOSA MORNINGS AWAIT, AND TO ADD A TWIST OF FLAVOUR TRY ADDING A SPLASH OF YOUR FAVOURITE JUICE LIKE MANGO, PINEAPPLE, OR BERRY! AS THE DAY UNFOLDS INTO A SPECIAL DINNER OR CELEBRATION, MAKE SURE TO HAVE THE PERFECT WINE ON STANDBY. CHEERS TO UNFORGETTABLE MOMENTS, ONE SIP AT A TIME.

13⁹⁵
ea.
750 ml

**20 BEES
PINOT GRIGIO**



19⁹⁵
ea.
750 ml

**STONELEIGH
MARLBOROUGH
SAUVIGNON BLANC**



24⁸⁵
ea.
750 ml



**MASI
CAMPOFIORIN**

19⁹⁵
ea.
750 ml



**JOSH CELLARS
CABERNET SAUVIGNON**

16⁹⁵
ea.
750 ml



APOTHIC RED

16⁹⁵
ea.
750 ml



**HENRY OF PELHAM
BACO NOIR VQA**

15⁹⁵
ea.
750 ml



**INNISKILLIN
LATE AUTUMN RIESLING VQA**

14⁹⁵
ea.
750 ml



**YELLOW TAIL
SHIRAZ**

**FOLONARI
RIPASSO
VALPOLICELLA**

20⁹⁵
ea.
750 ml



**SANDBANKS
ROSE VQA**

14⁹⁵
ea.
750 ml



Baked in My Metro



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



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



FRONT STREET BAKERY
SOURDOUGH BREAD 500 g

3.79 ea.
YOUR CHOICE

FRONT STREET BAKERY
RYE BREAD 450 g
SELECTED VARIETIES



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



7.99 ea.
IRRESISTIBLES ARTISAN
FRUIT PIES 750 g
SELECTED VARIETIES



FRONT STREET BAKERY
BAGUETTE
325 g, SELECTED VARIETIES



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



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



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



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



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

Mother's Day Desserts



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



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



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



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

Snacks & Beverages



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



2.99 ea.
PRINGLES CHIPS
SELECTED SIZES
SELECTED VARIETIES



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



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



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



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



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



4.99 ea.
BLUE DIAMOND
ALMONDS 170 g
SELECTED VARIETIES

SPRING INTO SNACKING

2.99 ea.
CHEEZ-IT
CRACKERS
SELECTED SIZES
SELECTED VARIETIES

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

1.49 ea.
SELECTION
WAFERS 200 g
SELECTED VARIETIES

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

SOBER CARPENTER

REAL CRAFT BEER NO ALCOHOL!

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

CLEVER MOCKTAILS

DELICIOUS MOCKTAILS
READY TO DRINK

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

CLAMATO

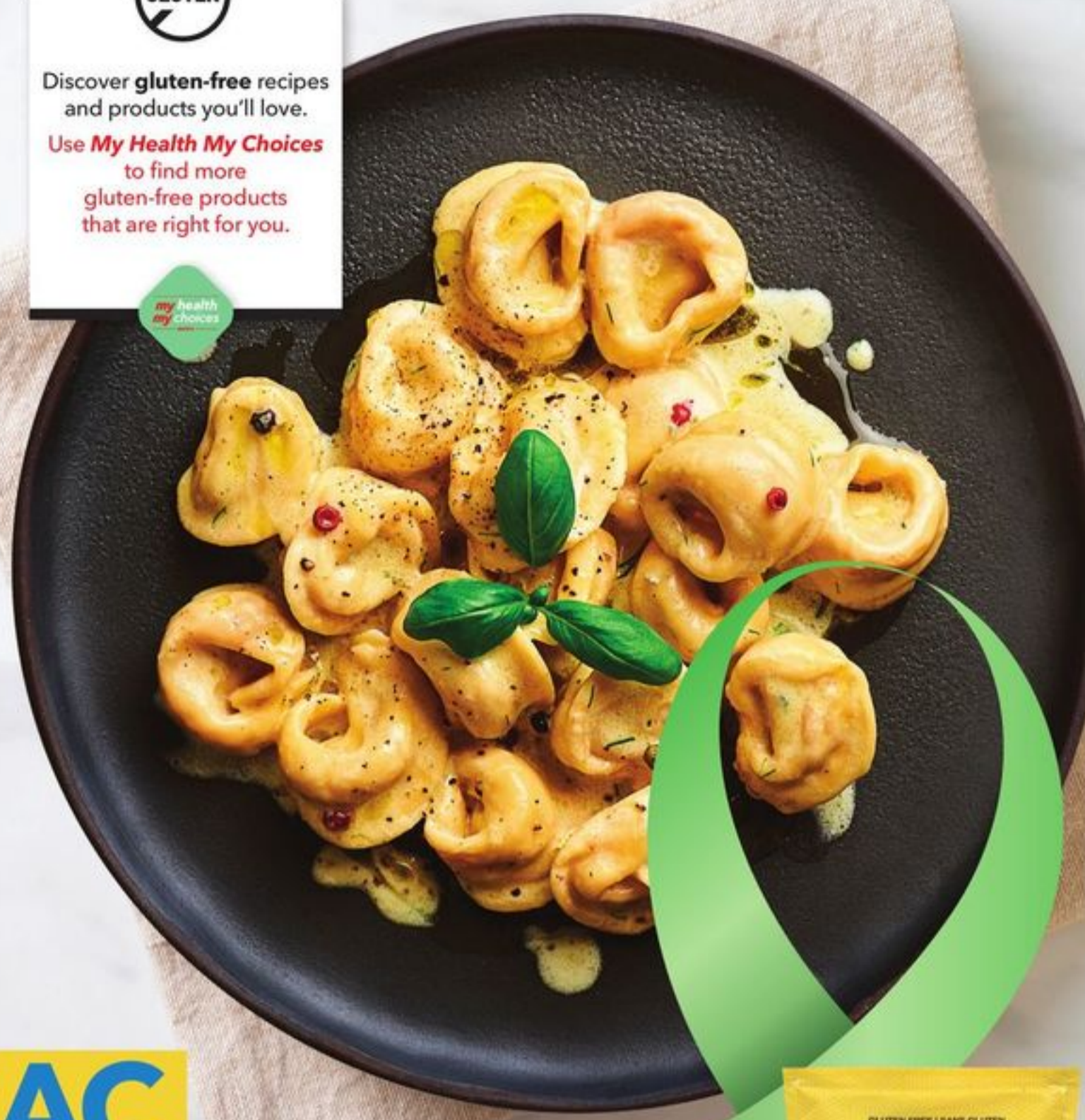
NATIONAL
CAESAR
DAY
MAY 16

2 for 8.00
MOTT'S CLAMATO
1.89 L
SELECTED VARIETIES

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

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.



MAY IS

CELIAC AWARENESS MONTH

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



Gluten-Free

9⁹⁹ ea.

PIETRO'S FROZEN PASTA 300 g SELECTED VARIETIES



6⁴⁹ ea. LA TORTILLA FACTORY TORTILLA 3% g SELECTED VARIETIES



8⁴⁹ ea. CAULIPOWER PIZZA 312 g SELECTED VARIETIES



3⁴⁹ ea. HARVEST SNAPS SNACK 71-93 g SELECTED VARIETIES



2 for 6⁰⁰ or 3.29 ea. NATUR-A SOY BEVERAGE 946 ml SELECTED VARIETIES



7⁹⁹ ea. GIMME SEAWEED CHIPS 6 x 4.5-5 g SELECTED VARIETIES



5⁹⁹ ea. THE GLUTEN FREE BITES 113 g SELECTED VARIETIES



4⁹⁹ ea. MADE GOOD CRACKERS 100-121 g SELECTED VARIETIES

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



3⁹⁹ ea. DAIYA MACARONI 300 g SELECTED VARIETIES

7⁹⁹ ea. MANITOBA HARVEST HEMP HEARTS SEED 227 g SELECTED VARIETIES



2 for 8⁰⁰ QUESTBAR PROTEIN BAR 60 g SELECTED VARIETIES



5⁴⁹ ea. STOKED OATS GRANOLA 300 g SELECTED VARIETIES



4⁹⁹ ea. ANGIE'S BOOM CHICKA POP PUFF 170 g SELECTED VARIETIES



3⁹⁹ ea. G.H. CRETORS POPCORN 213 g SELECTED VARIETIES

Non-GMO

<p>CELESTIAL TEA BAGS 18 ct. SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>	<p>RISE KOMBUCHA 474 ml SELECTED VARIETIES</p> <p>3⁹⁹ ea.</p>	<p>ANNIE'S BUNNY FRUIT SNACKS 100 g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p>
<p>TRUBAR PROTEIN BAR 50 g SELECTED VARIETIES OR 2.79 EA.</p> <p>2 for 5⁰⁰</p>	<p>KICKING HORSE WHOLE BEAN COFFEE 454 g SELECTED VARIETIES</p> <p>16⁹⁹ ea.</p>	<p>BRIANNA'S DRESSING 296 ml SELECTED VARIETIES</p> <p>7⁴⁹ ea.</p>
<p>TERRA CHIPS 140 g SELECTED VARIETIES</p> <p>5⁴⁹ ea.</p>		

Plant-Based

<p>gardenin GARDENIN FROZEN ENTRÉE 230 - 390 g. SELECTED VARIETIES</p> <p>7⁹⁹ ea.</p>	<p>oatgurt BEYOND MOO OATGURT 500 g SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>
<p>LIFE SMART QUINOA 350 g</p> <p>BUY MORE SAVE MORE!</p> <p>2 for 6⁰⁰ LESS THAN 2 PAY 3.99 EA.</p>	<p>MARANATHA PEANUT BUTTER 500 g SELECTED VARIETIES</p> <p>8⁹⁹ ea.</p>

Gluten-Free

<p>FODY PASTA SAUCE 547 ml SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p>	<p>NAIRN'S COOKIES 160 g SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>
<p>SCHÄR CRACKERS 210 g SELECTED VARIETIES</p> <p>8⁴⁹ ea.</p>	<p>SCHÄR HONEYGRAMS COOKIES 160 g</p> <p>5⁹⁹ ea.</p>

Baby & Health

<p>2 for 7⁰⁰</p> <p>EARTH'S BEST BABY SNACKS SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.</p>	<p>4⁹⁹ ea.</p> <p>GERBER BABY CEREAL 200 g. SELECTED VARIETIES</p>
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Household Helpers

<p>PALMOLIVE DISHWASHING DETERGENT 516 - 823 ml SELECTED VARIETIES</p> <p>3⁴⁹ ea.</p>	<p>SELECTION YARD BAGS 5 in.</p> <p>2 for 8⁰⁰</p>
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LACTATION COOKIES
MADE WITH LOVE FOR BREASTFEEDING MOMS!

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

9⁹⁹ ea.

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

<p>ZIPLOC FREEZER OR SANDWICH BAGS OR GLADE CANDLES SELECTED SIZES, SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>	<p>SWIFFER CLEANING CLOTH REFILLS SELECTED SIZES, SELECTED VARIETIES</p> <p>8⁴⁹ ea.</p>
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Protein That's Pro-You

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

29⁹⁹ ea.

PURE PROTEIN NUTRITIONAL SUPPLEMENT 907 g. SELECTED VARIETIES

<p>FLEECY FABRIC SOFTENER OR CLOROX CLEANERS SELECTED SIZES, SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>	<p>RESOLVE STAIN REMOVER SELECTED SIZES, SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p>
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Happy Mother's Day

\$10 OFF

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

Offer valid May 9 - 15, 2024

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

<p>LIQUID-PLUMR DRAIN CLEANER 473 - 900 ml. SELECTED VARIETIES</p> <p>7⁴⁹ ea.</p>	<p>ROYALE BATHROOM TISSUE 24 - 48 ROLLS, SELECTED VARIETIES</p> <p>15⁹⁹ ea.</p>
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metro.ca

YOUR ONLINE GROCERIES

SAVE
\$40

\$20 off on your first 2 online orders*

PROMO CODES
MOM1 - MOM2

**+ 1 MONTH
OF UNLIMITED
DELIVERY
FOR FREE***



Shop Now

*Applicable on orders of \$75 or more. Metro.ca Unlimited Delivery 1-Month Plan must be added to cart and will be credited when promo code is entered on your first order. Offer expires May 15th, 2024. Your delivery must be scheduled before May 15th, 2024. Certain conditions apply. Details on metro.ca.



Nestlé®

Good Food, Good Life

Your favourite at any time!



20⁹⁹ ea.
STARBUCKS GROUND COFFEE 793 - 907 g OR COFFEE CAPSULES 24 in SELECTED VARIETIES



6⁴⁹ ea.
NESCAFÉ GOLD OR SWEET & CREAMY INSTANT COFFEE 90 - 100 g, 16 - 18 in SELECTED VARIETIES



4⁹⁹ ea.
NESCAFÉ RICH INSTANT COFFEE 95 g



7⁴⁹ ea.
STARBUCKS COFFEE CREAMER OR ICED COFFEE SELECTED SIZES SELECTED VARIETIES



7⁴⁹ ea.
NESTEA LEMON ICED TEA POWDER 75 g



2 for 9⁰⁰
NESTLÉ CHOCOLATES MULTIPACK SELECTED SIZES SELECTED VARIETIES



2 for 9⁰⁰
Less than 2 pay 6.49 ea.
NESTLÉ CHOCOLATE BAGS 135 - 203 g SELECTED VARIETIES



12⁹⁹ ea.
BOOST MEAL REPLACEMENT 6 x 237 ml OR 4 x 325 ml SELECTED VARIETIES



10⁹⁹ ea.
MAISON PERRIER, PERRIER OR SAN PELLEGRINO SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES



7⁹⁹ ea.
MAISON PERRIER, PERRIER OR SAN PELLEGRINO SPARKLING SPRING WATER 8 x 330 ml SELECTED VARIETIES



9⁹⁹ ea.
HÄAGEN DAZS ICE CREAM LARGE TUBS 946 ml SELECTED VARIETIES



5⁹⁹ ea.
NESTLÉ DRUMSTICK ICE CREAM OR DEL MONTE SORBET OR GELATO 946 ml SELECTED VARIETIES



2 for 11⁰⁰
Less than 2 pay 7.49 ea.
HÄAGEN DAZS ICE CREAM SELECTED SIZES SELECTED VARIETIES

Cadbury
SHARE GOODNESS

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



2 for
11⁰⁰

CADBURY
MULTI CHOCOLATE
4 x 42g
SELECTED VARIETIES



2 for
11⁰⁰

CADBURY
CHOCOLATE BARS
200 g
SELECTED VARIETIES



CADBURY
CHOCOLATE BARS
80 - 100 g
SELECTED VARIETIES

2 for
5⁵⁰



2 for
7⁰⁰

CADBURY
MICRO CHOCOLATE EGGS
90 g



BUY MORE
SAVE MORE!

4 for
5⁰⁰
Less than 4
pay 1.89 ea.

CADBURY
CHOCOLATE BARS
33 - 60 g
SELECTED VARIETIES



2 for
9⁰⁰

CADBURY
CHOCOLATE BAGS
SELECTED SIZES
SELECTED VARIETIES



2 for
11⁰⁰

CADBURY
CHOCOLATE BARS
90 g
SELECTED VARIETIES

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