

VERSION 1

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
OLYMEI WIENERS 1 kg, INDIVIDUALLY WRAPPED



2 for 9⁰⁰

SUMMER FRESH
HUMMUS, DIPS OR SALAD
200-300 g - 4.157 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 100 g
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, 13.56/100g

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, 11.70/100g

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.

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

12⁹⁹ ea.

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

4⁹⁹ ea.

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

4⁹⁹ ea.

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

7⁹⁹ ea.

SAVE \$7.00

PURE LIFE NATURAL SPRING WATER
24 x 500 ml

2⁹⁹ ea.

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

2 for 13⁰⁰

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

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

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
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.

12⁹⁹ ea.
CORAL BELLS PERENNIAL
1 GALLON POT
ASSORTED VARIETIES

22⁹⁹ ea.
BOSTON FERN
HANGING BASKET
10" POT

12⁹⁹ ea.
CALADIUM
6" POT

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.

19⁹⁹ ea.
MANDEVILLA PLANT
6.75" POT

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

22⁹⁹ ea.
ROSE TRIO BOUQUET
ASSORTED COLOURS

11⁹⁹ ea.
MUMS
6" POT
ASSORTED COLOURS

16⁹⁹ ea.
ALSTROMERIA & PDM BOUQUET
ASSORTED COLOURS

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>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>RED GRILL WHOLE BEEF BRISKET VACUUM PACK CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 13.21/kg</p> <p>5⁹⁹ /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>8⁹⁹ /lb</p>
<p>LIFE SMART NATURALIA BONELESS PORK SHOULDER BLADE OR PICNIC ROAST OR PORCHETTA SPICED 12.10/kg</p> <p>5⁴⁹ /lb</p>	<p>BONELESS PORK LOIN RIB OR SIRLOIN HALVES VACUUM PACK 5.49/kg</p> <p>2⁴⁹ /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>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 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 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 7/8 PRIME RIB 6 x 170g / 4 oz 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 STRIP LOIN MEDALLIONS CUT FROM CANADA AAA GRADE 39.66/kg

17⁹⁹ /lb



29⁹⁹ /lb

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

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, 2.20/100 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. **NATURAALIA WILD COD OR HADDOCK FILLETS**
FROZEN, 400 g

9.99 ea. **IRRESISTIBLES SEAFOOD MEDELY MIX**
FROZEN, RAW, 900 g

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

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

Plant-Based

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

6.99 ea. **IMPOSSIBLE CHICKEN NUGGETS**
MADE FROM PLANTS / PÉPITES DE POULET À BASE DE PLANTES
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 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.



11⁹⁹
ea.



11⁹⁹
ea.



17⁹⁹
ea.



4²⁹
ea.



3⁹⁹
ea.



2 for 5⁰⁰
LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.



6⁹⁹
ea.



6⁹⁹
ea.



6⁹⁹
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
290-660 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, 14.92/76</p>	<p>2.99 /100 g</p> <p>BRANDT KOLBASSA SAUSAGE COIL OR MEAT LOAF DELI CUT, 13.56/76</p>	<p>2.99 /100 g</p> <p>LAFLEUR EXTRA LEAN COOKED HAM DELI SLICED, 13.56/76</p>	<p>3.99 /100 g</p> <p>BALDERSON CHEDDAR CHEESE DELI CUT, 18.10/76 PRICES AS MARKED</p>
<p>2.49 /100 g</p> <p>FRICO MEDIUM OR MILD GOUDA DELI CUT, 11.29/76, 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 183 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 225-250 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 PÂTE 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



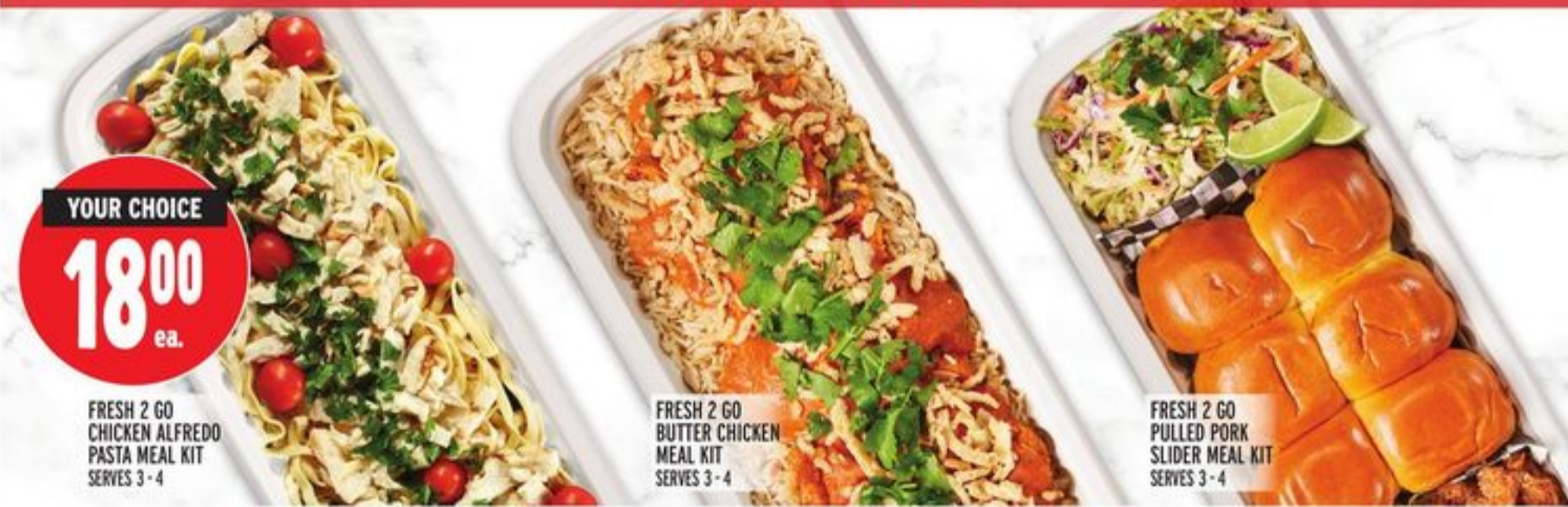
YOUR CHOICE
7⁰⁰
ea.

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

Snacks & Beverages

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

I ♥ Reese's DAY
MAY 18TH

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**

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
80 - 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.

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

Chill out

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

9⁹⁹ ea. MIKES PIZZA SELECTED SIZES SELECTED VARIETIES



6⁴⁹ ea. IRRESISTIBLES THICK CRUST PIZZA 440 g SELECTED VARIETIES



7⁴⁹ ea. MCCAIN PIZZA POCKETS 600 g SELECTED VARIETIES



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



3⁹⁹ ea. IRRESISTIBLES FROZEN VEGETABLES SELECTED SIZES 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



More Great Savings

 <p>9⁹⁹ ea. BEN'S ORIGINAL CONVERTED OR LONG GRAIN RICE 274g SELECTED VARIETIES</p>	 <p>3⁴⁹ ea. 7 BONUS MILES when you buy 2 CATELLI GLUTEN FREE OR PLANT BASED PASTA 250-340g, SELECTED VARIETIES</p>	 <p>1⁶⁹ ea. SELECTION CANNED VEGETABLES 340-398ml SELECTED VARIETIES</p>	 <p>2 for 4⁰⁰ CLARK BEANS 398ml SELECTED VARIETIES</p>
 <p>5⁹⁹ ea. CLOVER LEAF SOCKEYE SALMON 200g SELECTED VARIETIES</p>	 <p>3⁹⁹ ea. P.F. CHANG'S SAUCE 250ml SELECTED VARIETIES</p>	 <p>4⁹⁹ ea. MR. SUB SAUCE 375ml SELECTED VARIETIES</p>	 <p>4⁹⁹ ea. HEINZ KETCHUP 750ml - 1L BUFFALO WILD WINGS 230ml SELECTED VARIETIES</p>
 <p>4⁹⁹ ea. CLUB HOUSE LA GRILLE SEASONINGS OR BLENDS SELECTED SIZES, SELECTED VARIETIES</p>	 <p>5⁴⁹ ea. LA BALEINE SEA SALT 250g SELECTED VARIETIES</p>	 <p>3⁹⁹ ea. COLGIN LIQUID SMOKE BBQ SEASONING 100ml SELECTED VARIETIES</p>	 <p>5⁴⁹ ea. PAM COOKING SPRAY 170-270ml SELECTED VARIETIES</p>
 <p>3⁴⁹ ea. I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE SELECTED SIZES SELECTED VARIETIES</p>	 <p>9⁹⁹ ea. BILLY BEE HONEY 500g</p>	 <p>7⁹⁹ ea. MAILLE DIJON MUSTARD 500ml SELECTED VARIETIES</p>	 <p>6⁹⁹ ea. NANDO'S PERI-PERI SAUCE 250ml SELECTED VARIETIES</p>

ELEVATE YOUR MORNINGS!



5⁹⁹ ea.
KELLOGG'S CEREAL
SELECTED SIZES
SELECTED VARIETIES



5⁴⁹ ea.
LACTANTIA MILK
SELECTED SIZES
SELECTED VARIETIES

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



5⁹⁹ ea.
NEW DISCOVER
NATREL CREAM
1L
SELECTED VARIETIES



6⁹⁹ ea.
DR. OETKER
PIZZA
SELECTED SIZES
SELECTED VARIETIES



6⁹⁹ ea.
DR. OETKER GIUSEPPE EASY PIZZA
540-400g
SELECTED VARIETIES



8⁹⁹ ea.
DR. OETKER RISTORANTE
PIZZA
375-370g
SELECTED VARIETIES



7⁹⁹ ea.
DR. OETKER PIZZA
SELECTED SIZES
SELECTED VARIETIES

BURNBRAE FARMS • FERMES

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



3⁹⁹ ea.
BURNBRAE EGGZGO!
264g



3⁴⁹ ea.
BURNBRAE EGG BAKES! OUCHIES
790g, SELECTED VARIETIES

4⁴⁹ 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.

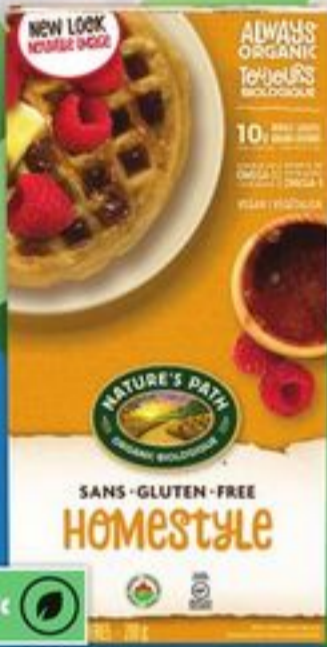
my health my choices



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. 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 35" 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 - 9 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>
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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 PREP, YOU PICK UP
AT NO EXTRA COST**

SAVE

\$80

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

PROMO CODES

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



Order Now

*Conditions apply. Details at metro.ca.