

# metro

**IRRESISTIBLES ARTISAN MONTREAL SMOKED BEEF**  
BEEF SLICED OR SHIPPED, 13.56/lb

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

**BONELESS SKINLESS**

**FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK**  
10.76/kg

**4<sup>88</sup>** /lb

**IRRESISTIBLES EMMENTAL CHEESE**  
DELI CUT, PRICES AS MARKED, 9.95/lb

**1/2 PRICE**

**SPRING LAMB**  
• 100% Grass fed  
• Free range  
• Raised without antibiotics or added hormones

**FRESH LAMB SHOULDER CHOPS REGULAR OR SOUVLAKI MARINATED VALUE PACK**  
NEW ZEALAND SPRING LAMB  
11.00/kg

**4<sup>99</sup>** /lb

**PLATINUM GRILL ANGUS**

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

**5<sup>99</sup>** /lb

**Dempsters** EST. 1930  
100% WHOLE GRAINS  
12 GRAIN  
NO ARTIFICIAL PRESERVATIVES

**RUDOLPH'S RYE BREAD OR DEMPSTERS' WHOLE GRAIN BREADS**  
SELECTED SIZES, SELECTED VARIETIES OR 3.49 EA.

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

**Front Street Bakery**

**FRONT STREET BAKERY MUFFINS**  
PKG OF 6, 540 - 684 g, SELECTED VARIETIES

**5<sup>69</sup>** ea.

**FRESH ATLANTIC SALMON STEAKS OR WILD CANADIAN HADDOCK FILLETS**  
VALUE PACK MIN 900 g, 2.21/100 g

**9<sup>99</sup>** /lb

**GATORADE SPORTS DRINKS**  
8 x 235 ml, 4 x 591 ml  
SELECTED VARIETIES OR 4.99 EA.

**2 for 11<sup>00</sup>**

**Kraft Singles** Original Cheddar Original

**PHILADELPHIA** ORIGINAL Cream Cheese

**CHEEZ WHIZ**

**PHILADELPHIA CREAM CHEESE, KRAFT SINGLES, CHEEZ WHIZ OR SELECTION SLICED CHEESE**  
SELECTED SIZES, SELECTED VARIETIES

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

**Black Diamond**

**BLACK DIAMOND BARS OR SHREDDED CHEESE**  
SELECTED SIZES, SELECTED VARIETIES

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

**Cashmere**

**CASHMERE BATHROOM TISSUE OR SPONGE PAPER TOWELS**  
SELECTED SIZES, SELECTED VARIETIES

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

**Doritos** NACHO

**Cheetos** CHEDDAR CHEESE CRISPER

**DORITOS OR CHEETOS SNACKS**  
SELECTED SIZES, SELECTED VARIETIES

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

**eska**

**ESKA NATURAL SPRING WATER**  
24 x 500 ml

**24 PACK**

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

**FRESH 2 GO 4-DAY MEAL DEAL** Available Thursday May 23<sup>rd</sup> to Sunday May 26<sup>th</sup>

**YOUR CHOICE 10<sup>99</sup> EACH**

- Maki Sushi Boat 18 PIECES
- Hot Chicken Tenders or Wings PACKAGE OF 12 (TENDERS) OR 15 (WINGS)
- Store Made Carousels FRESH VEGETABLE 955 g FRESH FRUIT 1.4 kg
- Fresh 2 Go Hot BBQ Mammoth Chicken 1 kg
- Pepperoni & Cheese 16" X-Large Hot Pizza WALK-IN ORDERS ONLY



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

**88¢** /lb  
GREEN OR GREY ZUCCHINI  
PRODUCT OF MEXICO  
VIDALIA YELLOW SWEET ONIONS  
PRODUCT OF U.S.A., No. 1 GRADE  
1.94/kg

**2.49** ea.  
RUSSET POTATOES 5 lb  
PRODUCT OF CANADA, CANADA No. 1 GRADE  
MINI CUCUMBERS 397 g  
PRODUCT OF ONTARIO, CANADA No. 1 GRADE

**3.49** ea.  
TROPICANA JUICE, GENERAL MILLS CEREAL OR  
ACTIVIA YOGURT  
SELECTED SIZES, SELECTED VARIETIES

**4.99** ea.  
HÄAGEN-DAZS  
ICE CREAM  
SELECTED SIZES  
SELECTED VARIETIES

**\$1** PER BAR!  
CLIF BAR  
ENERGY BARS  
12 x 68 g  
SELECTED VARIETIES  
SAVE \$9.99  
**12.00** ea.  
12 x 44 g

**4.44** /lb  
STORE MADE  
SAUSAGES VALUE PACK  
SELECTED VARIETIES  
9.79/kg

**11.99** ea.  
PINTY'S  
EATWELL  
GLUTEN FREE  
CRISPER STRIPS  
PINTY'S  
BUFFALO  
WINGS  
T.O.S.S. DIP  
780 g  
PINTY'S  
BREADED CHICKEN OR WINGS  
FROZEN, 750 - 790 g, SELECTED VARIETIES

**12.00** ea.  
FRESH 2 GO  
PANINI SANDWICHES  
SELECTED VARIETIES

**10.99** ea.  
FRESH WILD CAUGHT COOKED  
EAST COAST LOBSTER 280 g

**99¢** ea.  
CEDAR BAKERY  
LEBANESE STYLE  
PITA BREAD  
WHITE OR WHOLE WHEAT  
330 g

**4.99** ea.  
454 g  
IRRESISTIBLES ARTISAN PIES  
454g, SELECTED VARIETIES

**2 for 32.00**  
OR 18.00 ea.  
PREMIUM OUTDOOR  
HANGING BASKETS  
10" POT  
ASSORTED COLOURS AND VARIETIES

# \$ New Lower Prices

**19<sup>99</sup> ea.** OCEAN PRIME COOKED SHRIMP 40-50, 500 g  
 AQUASTAR RAW 16 - 20 EZ PEEL SHRIMP 400 g  
 CEDAR BAY PLANKED SALMON 544 g FROZEN

**2 LB** PACIFIC WHITE SHRIMP CREVETTES BANQUE DU PACIFIQUE  
 PACIFIC WHITE SHRIMP CREVETTE

**10<sup>99</sup> ea.** 44th STREET FULLY COOKED PORK BACK RIBS OR SCHNEIDERS WIENERS OR SMOKED SAUSAGES 595-900 g

**2 for 12<sup>00</sup>** SAN DANIELE OR MASTRO SLICED DELI MEAT 100-150 g, SELECTED VARIETIES OR 6.49 EA.

**2 for 7<sup>00</sup>** KELLOGG'S CEREAL OR CHEWY BARS, KASHI BARS OR SNACK PACK SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>00</sup>** SELECTION CREAM 473 ml (1L) SELECTED VARIETIES OR 3.99 EA.

**6<sup>99</sup> ea.** SAN PELLEGRINO NATURALI OR MOMENTI SPARKLING WATER 4 x 330 ml SELECTED VARIETIES

**3 for 7<sup>00</sup>** COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS 2L SELECTED VARIETIES OR 3.99 EA.

**7<sup>99</sup> ea.** RUSTICA PIZZA SELECTED SIZES, SELECTED VARIETIES

**2 for 5<sup>50</sup>** NESTLÉ OR CADBURY CHOCOLATE BARS 80-120 g, SELECTED VARIETIES

**2 for 6<sup>00</sup>** LIFE SMART NATURALIA TORTILLA CHIPS OR IRRESISTIBLES VEGETABLE STICKS SELECTED SIZES, SELECTED VARIETIES OR 3.49 EA.

**3<sup>99</sup> ea.** ORVILLE REDENBACHER POPPING CORN SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>00</sup>** TRADITIONAL MEDICINALS TEA, SENSIBLE PORTIONS, KETTLE OR NEAL BROTHERS CHIPS SELECTED SIZES, SELECTED VARIETIES OR 3.79 EA.

**5<sup>99</sup> ea.** FEVER-TREE BEVERAGE 4 x 200 ml or TERRA CHIPS 140 g SELECTED VARIETIES

**6<sup>99</sup> ea.** HALO TOP OR RIGHTEOUS FROZEN DESSERT 473 ml SELECTED VARIETIES

**5<sup>99</sup> ea.** LISTERINE OR SENSODYNE ORAL CARE SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>50</sup>** SELECTION PAPER BAGS OR GARBAGE BAGS SELECTED SIZES, SELECTED VARIETIES

**4<sup>49</sup> ea.** ZIPLOC FREEZER BAGS, FEBREZE AIR FRESHENERS, DAWN LIQUID DISH DETERGENT OR MR CLEAN CLEANERS SELECTED SIZES, SELECTED VARIETIES

**5<sup>99</sup> ea.** ARM & HAMMER LAUNDRY DETERGENT, OXI STAIN REMOVER, SELECTION SCENT BEADS, FLEECY SOFTENER OR CLOROX BLEACH SELECTED SIZES, SELECTED VARIETIES

**11<sup>99</sup> ea.** ENERGIZER BATTERIES, FINISH DISHWASHER DETERGENT OR SELECTION ECO COMPOSTABLE BAGS SELECTED SIZES, SELECTED VARIETIES

## 15 BONUS MILES when you buy 2

**5<sup>99</sup> ea.** ACTIVIA OR OIKOS YOGOURT SELECTED SIZES, SELECTED VARIETIES

**2 for 13<sup>00</sup>** BUBLY OR MONTELLIER SPARKLING WATER 10 - 12 x 355 ml, SELECTED VARIETIES OR 7.49 EA.

**3<sup>00</sup> ea.** SELECTION OUTDOOR SOIL 25 L BAG VARIETIES INCLUDE 3-WAY MIX, GARDEN SOIL AND BLACK EARTH

**4<sup>00</sup> ea.** ORGANIC HERBS 4" POT ASSORTED VARIETIES

**32<sup>99</sup> ea.** PATIO PLANTERS ASSORTED COLOURS, FLOWERS AND STYLES

**LOCALLY SOURCED ONTARIO**

We stand behind suppliers from local communities across Ontario. We carry their products for you to discover and enjoy. Shop local, with Metro.

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# UNLOCK APP-CLUSIVE SAVINGS.

SAVE  
**\$300**



**99¢**  
**KELLOGG'S  
EGGO WAFFLES**  
Selected Sizes  
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

 <p><b>4<sup>99</sup></b> ea. BLUEBERRIES PINT PRODUCT OF U.S.A. OR PERU No. 1 GRADE</p>	 <p><b>3<sup>99</sup></b> ea. STRAWBERRIES 454 g PRODUCT OF U.S.A. No. 1 GRADE BLACKBERRIES 170 g PRODUCT OF MEXICO GOLDBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p><b>3<sup>49</sup></b> /lb LARGE RED, ORANGE OR YELLOW SWEET PEPPERS OR LONG RED, ORANGE OR YELLOW SWEET PEPPERS PRODUCT OF ONTARIO 7.69/kg</p>
 <p><b>2<sup>49</sup></b> /lb LARGE BOSCH OR BARTLETT PEARS PRODUCT OF SOUTH AFRICA EXTRA FANCY GRADE 5.49/kg</p>	 <p><b>3<sup>99</sup></b> /lb ASPARAGUS PRODUCT OF ONTARIO CANADA No. 1 GRADE 8.80/kg</p>	 <p><b>4<sup>99</sup></b> ea. SWEET CORN 4 PK PRODUCT OF U.S.A. No. 1 GRADE</p>
 <p><b>2 for 5<sup>00</sup></b> RED MANGOES PRODUCT OF MEXICO</p>	 <p><b>5<sup>99</sup></b> ea. SUNSET FLAVOR, LOLLI OR SUGAR BOMBS TOMATOES 340 g PRODUCT OF ONTARIO</p>	 <p><b>2<sup>99</sup></b> ea. BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p><b>3<sup>99</sup></b> ea. LIMES 1 lb PRODUCT OF MEXICO</p>	 <p><b>3<sup>99</sup></b> ea. LPC CREAMER POTATO KITS 454 g PRODUCT OF CANADA CANADA No. 1 GRADE SELECTED VARIETIES</p>	 <p><b>3<sup>49</sup></b> ea. GOODLEAF MICROGREENS 50 g PRODUCT OF ONTARIO SELECTED VARIETIES</p>
		 <p><b>2<sup>49</sup></b> /lb ROMA ITALIAN TOMATOES PRODUCT OF ONTARIO 5.49/kg</p>

## BUY MORE SAVE MORE!

 <p><b>2 for 11<sup>00</sup></b> LESS THAN 2 PAY 5.99 EA. DOLE SALAD KITS 190 - 340 g PRODUCT OF U.S.A. SELECTED VARIETIES</p>	 <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 5.99 EA. VEGETABLE SPIRALS OR RICED CAULIFLOWER 340 - 400 g SELECTED VARIETIES</p>	 <p><b>2 for 6<sup>00</sup></b> LESS THAN 2 PAY 3.29 EA. HARVEST FRESH KALE SLAW 340 g</p>
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 <p><b>4<sup>99</sup></b> /lb ORGANIC ASPARAGUS PRODUCT OF ONTARIO, CANADA No. 1 GRADE 11.00/kg</p>	 <p><b>5<sup>49</sup></b> ea. BELLE GROVE ORGANIC PORTABELLA MUSHROOMS 170 g PRODUCT OF ONTARIO</p>
 <p><b>2 for 7<sup>00</sup></b> TONICA ORGANIC KOMBUCHAS 355 ml SELECTED VARIETIES</p>	 <p><b>3<sup>99</sup></b> ea. ORGANIC BLUEBERRIES 170 g PRODUCT OF U.S.A. OR MEXICO No. 1 GRADE</p>

## Sliced & Diced

 <p><b>1<sup>49</sup></b> /lb SEEDLESS WATERMELON QUARTERS 3.28/kg</p>	 <p><b>4<sup>99</sup></b> ea. CORED GOLDEN PINEAPPLES 400 g</p>
 <p><b>3<sup>99</sup></b> ea. STORE MADE MELON CHUNKS 360 - 380 g</p>	 <p><b>9<sup>99</sup></b> ea. STORE MADE LARGE SALADS 466 - 692 g</p>

## Flowers in Bloom

 <p><b>12<sup>99</sup></b> ea. DELIGHTFUL MINI ARRANGEMENT ASSORTED COLOURS</p>	 <p><b>24<sup>99</sup></b> ea. PREMIUM ORCHIDS 5" POT ASSORTED COLOURS</p>
 <p><b>6<sup>99</sup></b> ea. JADE PLANTS 4" POT</p>	

# Our Butcher's Finest









 <p><b>7<sup>99</sup></b> /lb PLATINUM GRILL ANGUS LEAN GROUND CHUCK BURGERS 17.61/kg</p>	 <p><b>19<sup>99</sup></b> /lb PLATINUM GRILL ANGUS STRIP LOIN STEAK CUT FROM CANADA AAA GRADE 44.07/kg</p>		
 <p><b>6<sup>99</sup></b> /lb FRESH PORK TENDERLOIN 15.41/kg</p>	 <p><b>5<sup>99</sup></b> /lb LIFE SMART NATURALIA BONELESS PORK LOIN CHOPS VALUE PACK ROAST CENTRE CUT 13.21/kg</p>		
 <p><b>19<sup>99</sup></b> ea. FRENCH LAMB RACK ROSEMARY &amp; GARLIC NEW ZEALAND SPRING LAMB FROZEN, 354 g</p>	 <p><b>4<sup>49</sup></b> /lb MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH WHOLE CHICKEN OR CHICKEN DRUMSTICKS OR THIGHS 9.90/kg</p>		
 <p><b>4<sup>99</sup></b> /lb LEAN GROUND PORK VALUE PACK 11.00/kg</p>	 <p><b>8<sup>99</sup></b> ea. LIFE SMART NATURALIA GRASS FED LEAN GROUND BEEF 654 g PRODUCT OF NEW ZEALAND</p>	 <p><b>5<sup>99</sup></b> ea. WHITE VALLEY LEAN GROUND VEAL GRAIN FED, 454 g</p>	 <p><b>9<sup>99</sup></b> ea. LEAN GROUND LAMB NEW ZEALAND SPRING LAMB, 454 g</p>

**3 BONUS MILES** when you buy 1

 <p><b>6<sup>99</sup></b> ea. MAPLE LEAF OR SCHNEIDERS BACON 375 g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. GREENFIELD BREAKFAST SAUSAGE ROUNDS OR LINKS OR SCHNEIDERS MINI-SIZZLERS FROZEN, 375 g</p>
 <p><b>8<sup>99</sup></b> ea. SWISS CHALET, ST-HUBERT OR MONTANA'S MEAT PIES FROZEN, 650 - 800 g SELECTED VARIETIES</p>	 <p><b>15<sup>99</sup></b> ea. MONTANA'S ANGUS BEEF BURGERS FROZEN, 500 g</p>

<p><b>Selection</b></p>  <p><b>3<sup>99</sup></b> ea. SELECTION BOLOGNA 475 g SELECTED VARIETIES</p>	<p><b>Irresistibles</b></p>  <p><b>1<sup>99</sup></b> ea. SELECTION CHICKEN WIENERS 450 g</p>
 <p><b>9<sup>99</sup></b> ea. IRRESISTIBLES PASTA ENTRÉES FROZEN, 1 - 1.5 kg SELECTED VARIETIES</p>	 <p><b>8<sup>99</sup></b> ea. IRRESISTIBLES MEATBALLS FROZEN, 500 - 600 g SELECTED VARIETIES</p>

# Easy Meals

 <p><b>4<sup>99</sup></b> ea. IRRESISTIBLES CHICKEN BREAST STRIPS FULLY COOKED, 200 g SELECTED VARIETIES</p>	<p><b>3 BONUS MILES</b> when you buy 1</p>  <p><b>6<sup>99</sup></b> ea. GREENFIELD WIENERS 375 g</p>	 <p><b>7<sup>99</sup></b> ea. dubreton ORGANIC BACON 250 g</p>	 <p><b>8<sup>99</sup></b> ea. LOU'S KITCHEN ENTRÉES 375 - 400 g SELECTED VARIETIES</p>
 <p><b>6<sup>99</sup></b> /lb RACHEL'S CORNED BEEF BRISKET 15.41/kg</p>	 <p><b>5<sup>99</sup></b> ea. WATSON RIDGE CHICKEN BALLS FROZEN, 800 g</p>	 <p><b>8<sup>99</sup></b> ea. MANDARIN ENTRÉES FROZEN, 400 - 460 g SELECTED VARIETIES</p>	 <p><b>11<sup>99</sup></b> ea. POGO BREADED WIENERS FROZEN, 900 g - 1.5 kg SELECTED VARIETIES</p>

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

# GRILLIN'

## season is here

We're kicking off summer grilling with our delicious variety of meat and seafood, prepped in-store and ready to grill.



**7<sup>99</sup>**  
/lb

FRESH STORE MADE  
MEAT KABOBS 17.61/kg  
OR PORK KABOBS 5.99/lb 13.21/kg  
SELECTED VARIETIES



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

FRESH ATLANTIC SALMON  
KABOBS WITH VEGETABLES  
100 g  
SELECTED VARIETIES



**4<sup>99</sup>**  
/lb

STUFFED SWEET  
MINI PEPPERS  
OR MUSHROOMS  
VALUE PACK  
11.00/kg  
SELECTED VARIETIES



**6<sup>99</sup>**  
/lb

STORE MADE  
SEASONED BEEF BURGERS  
15.41/kg  
SELECTED VARIETIES



**7<sup>99</sup>**  
/lb

SOUVLAKI SKEWERS 17.61/kg  
OR PORK SOUVLAKI SKEWERS 5.99/lb 13.21/kg  
SELECTED VARIETIES



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

FRESH BONELESS  
SKINLESS MARINATED  
CHICKEN BREAST  
15.17/kg



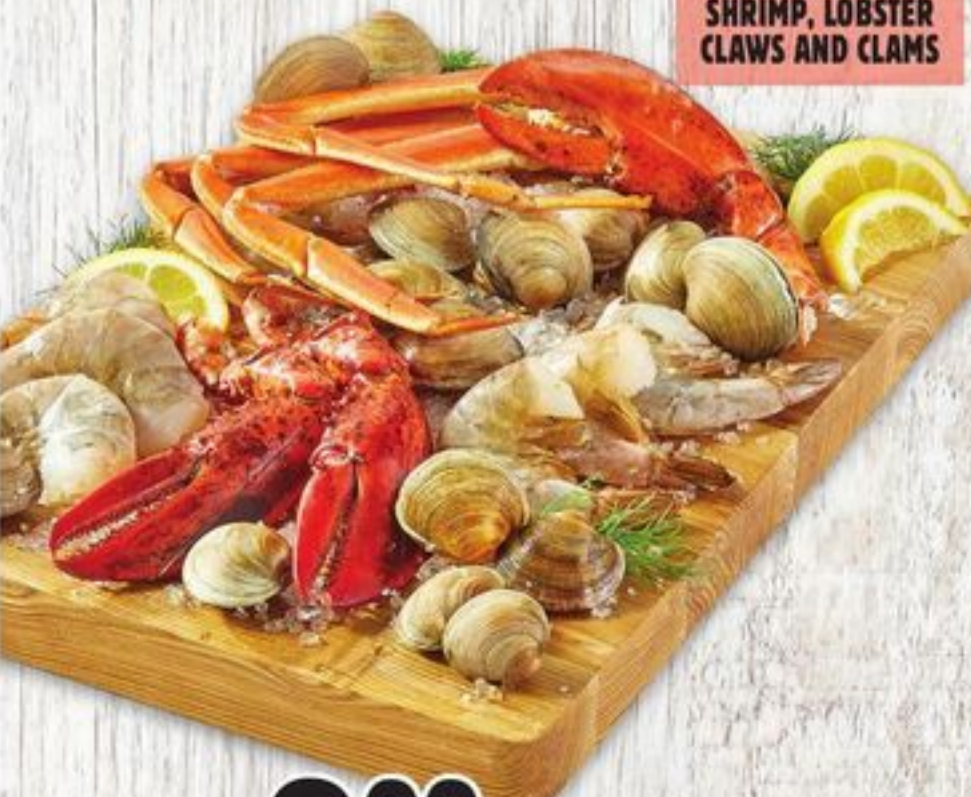
**3<sup>99</sup>**  
ea.

ROCK LOBSTER TAIL  
SKEWER WITH BUTTER  
PREVIOUSLY FROZEN, 50 g



**99¢**  
ea.

SHRIMP SKEWERS  
FROZEN OR PREVIOUSLY FROZEN  
55 g



**9<sup>99</sup>**  
/lb

SEAFOOD BOIL  
FROZEN  
2.21/100 g

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



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

BACON WRAPPED  
SCALLOP MEDALLION  
SKEWER  
FROZEN, 100 g



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

CEDAR PLANK SALMON  
454 g  
SELECTED VARIETIES

# Seafood



**9<sup>99</sup>** /lb  
FRESH ONTARIO LAKE TROUT FILLETS  
2.25/700 g



**8<sup>99</sup>** ea.  
WATERVIEW MARKET SHRIMP  
FROZEN, WITH SAUCE, 454 g



**6<sup>99</sup>** ea.  
ARCTIC CHARR PORTION  
170 g, FROZEN



**8<sup>99</sup>** ea.  
STORE MADE SEAFOOD SAMPLER  
WITH SAUCE 315 g



**14<sup>99</sup>** /lb  
FRESH WATER RAW COLOSSAL SHRIMP  
6-8 SIZE, 2.35/700 g  
FROZEN OR PREVIOUSLY FROZEN



**6<sup>99</sup>** ea.  
MARINA DEL REY SHRIMP RAVIOLI  
FROZEN, 250 g



**7<sup>99</sup>** ea.  
HIGH LINER SALMON FILLETS,  
FAMILY PACKS OR BREADED SHRIMP  
FROZEN, 300-700 g



**11<sup>99</sup>** ea.  
SPRINGHILLS RAINBOW TROUT  
FILLETS  
FROZEN, 510 g



**34<sup>99</sup>** ea.  
AQUA STAR RESERVE KING CRAB LEGS & CLAWS  
FROZEN, 500 g

Life Smart *NATURALLA*
*Irresistibles*



**5<sup>99</sup>** ea.  
NATURALLA TILAPIA OR SOLE FILLETS  
FROZEN, 400 g



**5<sup>99</sup>** ea.  
IRRÉSISTIBLES UNCOOKED SOURD RINGS  
FROZEN, 454 g



**7<sup>99</sup>** ea.  
IRRÉSISTIBLES PACIFIC WHITE SHRIMP RING  
FROZEN, 284 g



**19<sup>99</sup>** ea.  
IRRÉSISTIBLES ATLANTIC SALMON OR YELLOWFIN TUNA POKE  
FROZEN, 400 g

*Flavours of Italy*



**2<sup>69</sup>** /100 g  
SAN DANIELE MORTADELLA  
SELECTED VARIETIES  
DELI SLICED, 12.20/1lb



**3<sup>29</sup>** /100 g  
MASTRO GENOA  
MILD OR HOT  
DELI SLICED, 14.92/1lb



**4<sup>49</sup>** /100 g  
CASTELLO GORGONZOLA CHEESE  
REGULAR OR SMOKED  
DELI CUT, 20.37/1lb



**3<sup>59</sup>** /100 g  
SAPUTO ASIAGO  
DELI CUT, 16.28/1lb



**14<sup>99</sup>** ea.  
SAPUTO MINI FRIULANO CHEESE 500 g



**8<sup>49</sup>** ea.  
TRE STELLE RICOTTA, BOCCONCINI OR MOZZARELLA BALL  
200-475 g  
SELECTED VARIETIES



**10<sup>99</sup>** ea.  
SAN DANIELE PROSCIUTTO HAM OR MASTRO SALAMI  
200-375 g  
SELECTED VARIETIES



**7<sup>99</sup>** ea.  
MASTRO CHARCUTERIE TRIO  
150-250 g  
SELECTED VARIETIES



**8<sup>29</sup>** ea.  
BELLITALIA SALAMETTI OR GOLD LABEL PEPPERONI  
225-375 g  
SELECTED VARIETIES



**8<sup>49</sup>** ea.  
MARC ANGELO ITALIAN SALAMI SNACK 160 g  
SELECTED VARIETIES



**10<sup>49</sup>** ea.  
OLIVIERI FRESH STUFFED PASTA OR SKILLET GNOCCHI  
500-700 g  
SELECTED VARIETIES

**\$5** FRESH 2 GO WESTERN OR CHEESE & SPINACH FRITTATA  
PKG OF 2

**\$8** FRESH 2 GO CALZONE OR STROMBOLI  
1 ea., SELECTED VARIETIES

**\$25** FRESH 2 GO RIGATONI ALFREDO GRILLED CHICKEN BREAST  
1.5 kg



**FRONT STREET BAKERY**  
OUR ABSOLUTE FINEST

**Exclusive to metro**

**16<sup>99</sup>** ea. FRONT STREET BAKERY SPANISH BAR CAKE 720 - 875 g SELECTED VARIETIES

**18<sup>99</sup>** ea. FRONT STREET BAKERY DESSERT CAKES 740 - 1000 g SELECTED VARIETIES

**8<sup>99</sup>** ea. FRONT STREET BAKERY MINI DESSERT CAKES 250 - 440 g SELECTED VARIETIES

**28<sup>99</sup>** ea. FRONT STREET BAKERY CARAMEL CRUNCH CAKE 11g

**Irresistibles**

**3<sup>99</sup>** ea. IRRESISTIBLES MAMMOTH BUNS OR HAMBURGER CRUSTINI BUNS Pkg of 8 SELECTED VARIETIES

**4<sup>99</sup>** ea. IRRESISTIBLES BRIOCHE BREAD 500 g

**5<sup>99</sup>** ea. IRRESISTIBLES BUTTER TARTS 510 g SELECTED VARIETIES

**9<sup>99</sup>** ea. IRRESISTIBLES CAKES 300 - 325 g SELECTED VARIETIES

**7<sup>49</sup>** ea. FAMILY PACK COOKIES Pkg of 24, 244 - 792 g SELECTED VARIETIES

**4<sup>49</sup>** ea. FRONT STREET BAKERY ALL BUTTER MINI CROISSANTS OR SCONES 264 - 336 g SELECTED VARIETIES

**3<sup>79</sup>** ea. FRONT STREET BAKERY FRENCH ROLLS Pkg of 8, 450 - 400 g

**3<sup>79</sup>** ea. FRONT STREET BAKERY HOMESTYLE WHITE, WHOLE GRAIN OR 100% WHOLE WHEAT BREADS 675 g

**3<sup>79</sup>** ea. D'ITALIANO BREAD & BUNS SELECTED SIZES SELECTED VARIETIES

**4<sup>99</sup>** ea. O'DOUGH'S GLUTEN FREE BREAD, DIPPERS OR BAGELS 210 - 700 g SELECTED VARIETIES

**4<sup>49</sup>** ea. CASA MENDOSA OR WONDER TORTILLAS 630 - 640 g SELECTED VARIETIES

**4<sup>29</sup>** ea. HOSTESS MINI DONUTS 240 g SELECTED VARIETIES

**Breakfast Essentials**

**2 for 10<sup>00</sup>** SELECTION INSTANT COFFEE 200 g SELECTED VARIETIES

**6<sup>99</sup>** ea. 725 g NUTELLA HAZELNUT CHOCOLATE SPREAD 725 g

**5<sup>99</sup>** ea. ST. DALFOUR SPREAD 225 ml SELECTED VARIETIES

**3<sup>49</sup>** ea. SELECTION OATS 900 g - 11g SELECTED VARIETIES

**3<sup>99</sup>** ea. IRRESISTIBLES HERBAL TEA 20 un., SELECTED VARIETIES

**8<sup>99</sup>** ea. VAN HOUTTE COFFEE CAPSULES 10 - 12 un. SELECTED VARIETIES

**15<sup>99</sup>** ea. MUSKOKA GROUND COFFEE 400 - 454 g SELECTED VARIETIES

**3<sup>99</sup>** ea. GAY LEA COTTAGE CHEESE 500 g SELECTION VARIETIES

**4<sup>99</sup>** ea. NESTLÉ COFFEE MATE 820 - 946 ml SELECTED VARIETIES

**4<sup>99</sup>** ea. IRRESISTIBLES SKYR YOGOURT 750 g SELECTED VARIETIES

**Enjoy!**

**8 g of protein**  
**delicious taste!**

LOCALLY MADE IN ONTARIO

**NEW**

Plant-Based

ENJOY PLANT BASED DRINKS 1.75 L SELECTED VARIETIES

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

\*per 250 ml

**All the great taste of fresh milk**

**6<sup>49</sup>** ea. NATREL PLUS MILK 2L SELECTED VARIETIES

**5<sup>99</sup>** ea. NATREL LACTOSE FREE MILK 2L SELECTED VARIETIES

**FREE SAME-DAY PICKUP** SAME FLYER PRICES AND DEALS ONLINE

**POPPY SEED BAGEL**  
114 g

**SESAME SEED BAGEL**  
114 g

**CHEDDAR CHEESE BAGEL**  
114 g

**BLUEBERRY BAGEL**  
114 g

**PLAIN BAGEL**  
114 g

**EVERYTHING BAGEL**  
114 g

# BAGEL BAKERY

Be sure to visit our Bakery Department to choose from 8 varieties of Front Street Bakery bagels, every day!

**2 for 150**  
PACKAGE OF 2  
228 g

**4 for 300**  
PACKAGE OF 4  
456 g

**FRONT STREET BAKERY**  
OUR ABSOLUTE FINEST

**449** ea. BURNBRAE FARMS EGG CREATIONS SELECTED SIZES SELECTED VARIETIES

**549** ea. BLACK DIAMOND CHEESE SLICES SELECTED SIZES SELECTED VARIETIES

*Hurry in and try our new Garlic & Onion Bagels, available for a limited time only.*

**DISCOVER NEW**

**GARLIC & ONION BAGEL**  
114 g

**399** ea. PHILADELPHIA CREAM CHEESE SELECTED SIZES SELECTED VARIETIES

**999** ea. IRRESISTIBLES SMOKED SALMON FROZEN, 130 g SELECTED VARIETIES

*Hurry in and try our new Egg Bagels, available for a limited time only.*

**DISCOVER NEW**

**EGG BAGEL**  
114 g

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

 <p><b>2 for 12<sup>00</sup></b> LESS THAN 2 PAY 8.99 EA. AHA SPARKLING WATER 12 x 355 mL, SELECTED VARIETIES</p>	 <p><b>2 for 13<sup>00</sup></b> LESS THAN 2 PAY 7.49 EA. PEPSI SOFT DRINKS 8 x 355 mL, SELECTED VARIETIES</p>	 <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 7.49 EA. GOLDEN ISLAND JERKY SNACKS 90 g SELECTED VARIETIES</p>	 <p><b>4 for 6<sup>00</sup></b> LESS THAN 4 PAY 1.79 EA. HERSHEY CHOCOLATE BARS 34-56 g, SELECTED VARIETIES</p>
 <p><b>3 for 11<sup>00</sup></b> LESS THAN 3 PAY 4.49 EA. TASTY BITES SIDE DISH 295 g, SELECTED VARIETIES</p>	 <p><b>2 for 9<sup>00</sup></b> LESS THAN 2 PAY 6.49 EA. JIF PEANUT BUTTER 500 g, SELECTED VARIETIES</p>	 <p><b>2 for 7<sup>50</sup></b> LESS THAN 2 PAY 4.49 EA. TIM TAM COOKIES 175-200 g, SELECTED VARIETIES</p>	 <p><b>2 for 7<sup>50</sup></b> LESS THAN 2 PAY 3.99 EA. GRISSOL MELBA TOAST OR VINTA CRACKERS 120-200 g, SELECTED VARIETIES</p>
 <p><b>2 for 7<sup>00</sup></b> LESS THAN 2 PAY 4.39 EA. IRRISISTIBLES SKYR YOGURT SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>2 for 8<sup>00</sup></b> LESS THAN 2 PAY 5.79 EA. IRRISISTIBLES FROZEN PIZZA SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 7.99 EA. YUKON NOVELTIES SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>2 for 20<sup>00</sup></b> LESS THAN 2 PAY 11.99 EA. STARBUCKS NESPRESSO COFFEE CAPSULES 10 mL, SELECTED VARIETIES</p>
 <p><b>2 for 8<sup>00</sup></b> LESS THAN 2 PAY 4.49 EA. GOGO SQUEEZ SNACKS 4 x 90 g, SELECTED VARIETIES</p>	 <p><b>2 for 5<sup>50</sup></b> LESS THAN 2 PAY 3.99 EA. LECLERC GO PURE OAT BARS 140 g, SELECTED VARIETIES</p>	 <p><b>2 for 8<sup>00</sup></b> LESS THAN 2 PAY 4.99 EA. HARDBITE CHIPS 120-150 g, SELECTED VARIETIES</p>	 <p><b>2 for 11<sup>00</sup></b> LESS THAN 2 PAY 5.99 EA. TWO BEARS OAT BEVERAGE 946 mL, 1 L, SELECTED VARIETIES</p>

**Meal Makers**

 <p><b>3<sup>49</sup> ea.</b> CATELLI GLUTEN FREE OR PLANT BASED PASTA 250-340 g, SELECTED VARIETIES</p>	 <p><b>2<sup>99</sup> ea.</b> CATELLI GARDEN SELECT PASTA SAUCE 640 mL, SELECTED VARIETIES</p>	 <p><b>9<sup>99</sup> ea.</b> BEN'S ORIGINAL CONVERTED OR LONG GRAIN RICE 2.2 kg SELECTED VARIETIES</p>	 <p><b>8<sup>99</sup> ea.</b> IRRISISTIBLES EXTRA VIRGIN OLIVE OIL 500 mL, SELECTED VARIETIES</p>
 <p><b>4<sup>99</sup> ea.</b> KRAFT PURE DRESSING 255 mL SELECTED VARIETIES</p>	 <p><b>2 for 7<sup>00</sup></b> TABASCO SAUCE 57 mL SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup> ea.</b> WINDSOR SALT &amp; PEPPER SHAKERS 155 g SELECTED VARIETIES</p>	 <p><b>1<sup>99</sup> ea.</b> SELECTION SOUR CREAM 250 mL</p>
 <p><b>2 for 5<sup>00</sup></b> KNORR SIDEKICKS 120-167 g, SELECTED VARIETIES</p>	 <p><b>2 for 4<sup>00</sup></b> CHEETOS MAC'N CHEESE 164-170 g, SELECTED VARIETIES</p>	 <p><b>4 for 5<sup>00</sup></b> MR. NOODLES INSTANT NOODLE SOUP 64 g, SELECTED VARIETIES</p>	 <p><b>3 for 6<sup>00</sup></b> HEINZ CANNED BEANS 390 mL, SELECTED VARIETIES OR 2.49 EA.</p>
 <p><b>6<sup>99</sup> ea.</b> DR. OETKER RISTORANTE OR CASA DI MAMA SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup> ea.</b> HEALTHY CHOICE FROZEN MEAL SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>2<sup>99</sup> ea.</b> SELECTION PEROGIES SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>1<sup>99</sup> ea.</b> SELECTION FROZEN MEAL 215 g, SELECTED VARIETIES</p>



**2 for**  
**7.50**  
or 4.89 ea.

TAKIS  
TORTILLA CHIPS  
SELECTED SIZES  
SELECTED VARIETIES

**2.49**  
ea.

SELECTION  
COTTON CANDY  
60 g  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

# Hello Summer Snackers



**2 for**  
**7.00**

HARIBO  
GUMMY CANDIES  
175 g  
SELECTED VARIETIES

Metro makes your summer even snackier with varieties that are delicious, on-the-go, chilling in your backyard or just because.



**2 for**  
**6.00**  
or 3.49 ea.

DARE  
BEAR PAWS  
COOKIES OR  
DARE VEGGIE CRISPS  
SELECTED SIZES  
SELECTED VARIETIES



**2 for**  
**7.00**  
or 3.99 ea.

LECLERC  
COOKIES  
240 g  
SELECTED VARIETIES



**6.99**  
ea.

NESTLÉ  
CHOCOLATE BARS  
237 g  
SELECTED VARIETIES



**2 for**  
**7.00**

HERSHEY'S  
TWIZZLERS  
311 g  
WHILE QUANTITIES LAST



**2 for**  
**7.00**  
or 3.89 ea.

CHEEZ-IT  
SNAP'D CRACKERS  
213 g  
SELECTED VARIETIES



**2 for**  
**6.00**  
Less than 2 pay 4.29 ea.

CRISPERS  
OR BITS & BITES  
SNACKS  
145 g  
SELECTED VARIETIES



**2.99**  
ea.

PRINGLES  
CHIPS  
148 - 156 g  
SELECTED VARIETIES



**4.99**  
ea.

BLUE DIAMOND  
ALMONDS  
170 g  
SELECTED VARIETIES

# SUMMER SIPS

## WITH BENEFITS

Quench your thirst with refreshing organic and plant-based varieties + pre- and probiotic options.

Made with Inulin - a prebiotic fibre that may support gut health.



**2 for 500**  
or 2.79 ea.

POPPI SODA  
355 ml  
SELECTED VARIETIES



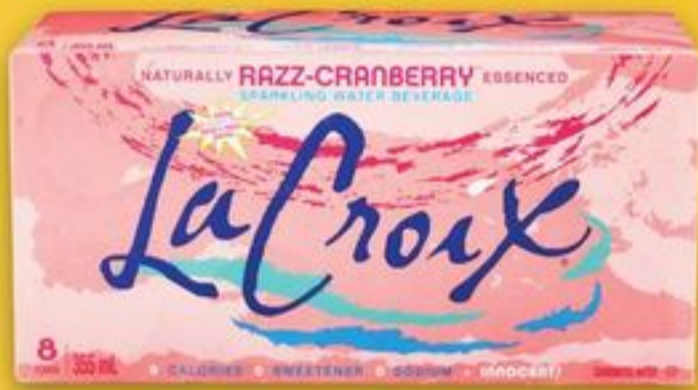
**2 for 400**  
or 2.49 ea.

STEAZ ICED GREEN TEA  
473 ml  
SELECTED VARIETIES



**2 for 300**  
or 1.79 ea.

FLOW WATER  
500 ml  
SELECTED VARIETIES



LA CROIX SPARKLING WATER  
8 x 355 ml  
SELECTED VARIETIES

**549**  
ea.



ZEVIA BEVERAGE  
6 x 355 ml  
SELECTED VARIETIES

**699**  
ea.



**2 for 700**  
or 3.79 ea.

BRÜST PROTEIN BEVERAGE  
330 ml  
SELECTED VARIETIES



GT'S KOMBUCHA  
480 ml  
SELECTED VARIETIES

**399**  
ea.



RISE KOMBUCHA  
414 ml  
SELECTED VARIETIES

**399**  
ea.



FEVER-TREE BEVERAGE  
4 x 200 ml  
SELECTED VARIETIES

**599**  
ea.



BUY MORE  
SAVE MORE!

**2 for 700**  
Less than 2 pay 3.99 ea.

NATURAL CABANA LEMONADE  
591 ml  
SELECTED VARIETIES



**699**  
ea.

BLACK RIVER JUICE  
1 L  
SELECTED VARIETIES



**999**  
ea.

PATIENCE OR LAKEWOOD JUICE  
946 ml  
SELECTED VARIETIES



**Non-GMO**

<p><b>ROAR BEVERAGE</b> 332 ml SELECTED VARIETIES</p> <p><b>2<sup>99</sup></b> ea.</p>	<p><b>CHOSEN FOODS MAYONNAISE</b> 710 ml</p> <p><b>15<sup>99</sup></b> ea.</p>	<p><b>ANGIE'S POPCORN</b> 136 - 199 g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p><b>PEACE RIVER HONEY</b> 375 - 500 g SELECTED VARIETIES</p> <p><b>10<sup>49</sup></b> ea.</p>
<p><b>VITA COCO COCONUT WATER</b> 1L SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p><b>JUSTIN'S CHOCOLATE CUPS</b> 40 g SELECTED VARIETIES OR 2.79 EA.</p> <p><b>2 for 5<sup>00</sup></b></p>	<p><b>DR. PRAEGER'S FROZEN ENTREE</b> 283 g SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p>	<p><b>UNCLE LEE'S TEA</b> 100 ml</p> <p><b>8<sup>99</sup></b> ea.</p>

**Gluten-Free**

<p><b>CAULIPOWER</b> PIZZA YOUR FAVOURITE VEGETABLE. PIZZA VOTRE LÉGÈRE PRÉFÉRÉE.</p> <p><b>8<sup>49</sup></b> ea.</p>	<p><b>ENJOY LIFE CHOCOLATE CHIPS</b> 255 - 283 g SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p><b>GAARDEN SUPRÊME BURGER</b> 226 g</p> <p><b>6<sup>49</sup></b> ea.</p>	<p><b>NAIRN'S COOKIES</b> 160 g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>
<p><b>CRUNCHMASTER CRACKERS</b> 128 g SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>	<p><b>LIFE SMART WAFFLES</b> 210 g</p> <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 5.49 EA.</p> <p><b>BUY MORE SAVE MORE!</b></p>	<p><b>DORSET CEREAL</b> 540 - 620 g SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>	

**Plant-Based**

<p><b>CAULIPOWER</b> PIZZA YOUR FAVOURITE VEGETABLE. PIZZA VOTRE LÉGÈRE PRÉFÉRÉE.</p> <p><b>8<sup>49</sup></b> ea.</p>	<p><b>ENJOY LIFE CHOCOLATE CHIPS</b> 255 - 283 g SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p><b>GAARDEN SUPRÊME BURGER</b> 226 g</p> <p><b>6<sup>49</sup></b> ea.</p>	<p><b>NAIRN'S COOKIES</b> 160 g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>
<p><b>CRUNCHMASTER CRACKERS</b> 128 g SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>	<p><b>LIFE SMART WAFFLES</b> 210 g</p> <p><b>2 for 10<sup>00</sup></b> LESS THAN 2 PAY 5.49 EA.</p> <p><b>BUY MORE SAVE MORE!</b></p>	<p><b>DORSET CEREAL</b> 540 - 620 g SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>	

**Baby, Beauty & Health**

**LITTLE GOURMET BITES**  
60 g  
SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**2 for 7<sup>00</sup>**  
LESS THAN 2 PAY 4.29 EA.

**EARTH'S BEST BABY SNACKS**  
SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.

**2 for 7<sup>00</sup>**

**SHEA MOISTURE HAIR CARE**  
384 ml  
SELECTED VARIETIES

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

**24HR VIBRANT, BOUNCY CURLS**

**Household Helpers**

**BRITA WATER JUG OR REPLACEMENT FILTERS**  
1 - 3 in.  
SELECTED VARIETIES

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

**GLAD WRAP OR S.O.S. SCOURING PADS**  
SELECTED SIZES, SELECTED VARIETIES

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

**ROYALE BATHROOM TISSUE**  
24 - 48 ROLLS  
SELECTED VARIETIES

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

**SELECTION PAPER PLATES OR BOWLS**  
SELECTED SIZES, SELECTED VARIETIES

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

**THE ONLY Multi** WITH 100% OF YOUR DAILY VITAMIN NEEDS

**40% off**

**JAMIESON MULTIVITAMIN**  
SELECTED SIZES, SELECTED VARIETIES

**Bounty** The Original Paper Towel

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

**DAWN OR CASCADE DISHWASHER DETERGENT**  
SELECTED SIZES, SELECTED VARIETIES

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

Get a **\$15 Metro** gift card with the purchase of a **\$100 Vanilla® Prepaid** card

Offer valid May 23 - 29

**TIDE LAUNDRY DETERGENT**  
1.24 - 1.36 L  
SELECTED VARIETIES

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

**BUY TIDE 32 LOAD OR 29 LOAD, GET FREE DOWNY SCENT BOOSTER BEADS**

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



**LOCALLY  
SOURCED**  
ONTARIO

**We take pride in sourcing locally from the  
Escarpment Region.**

JENSEN  
CHEDDAR CHEESE  
11.29/lb  
SELECTED VARIETIES

**249**  
/100 g



UNIQUOL  
ROLLED CHICKEN WITH  
GARLIC, DILL OR  
JALAPEÑO  
DELI CUT, 11.29/lb

**249**  
/100 g



WRAP IT UP RAW  
210 g

**849**  
ea.



DUTCHMAN'S GOLD  
RAW HONEY  
1 kg  
SELECTED VARIETIES

**1299**  
ea.



THAT GUY'S  
BBQ SAUCE  
375 ml  
SELECTED VARIETIES

**649**  
ea.



JAKEMAN'S  
PANCAKE MIX  
500 g

**499**  
ea.



Effective May 23 - June 19, 2024

**metro** IS PROUD TO SUPPORT ONTARIO

**LEARN MORE**



KIKKOMAN  
SOY OR TERIYAKI  
SAUCE  
591 ml  
HUY FONG SRIRACHA  
SAUCE  
714 ml  
SELECTED VARIETIES



188  
/lb

CHINESE EGGPLANT  
PRODUCT OF MEXICO  
4.14/kg



3 for  
500

HONEY ATAULFO  
MANGOES  
PRODUCT OF MEXICO



1688  
ea.

Y&Y OR MILL  
JASMINE RICE  
8 kg  
SELECTED VARIETIES



# DRAGON BOAT FESTIVAL



488  
/lb

FRESH PORK SIDE RIBS  
CENTRE CUT REMOVED  
10.76/kg



1699  
ea.

FRONT STREET BAKERY  
MANGO CREAM BAR CAKE  
650 g



248  
ea.

LAYERED SEAWEED  
3 x 5 g



MAZOLA  
CORN, CANOLA OR  
VEGETABLE OIL  
1.8L  
SELECTED VARIETIES

598  
ea.



2 for  
300

CHAO KOH, GRACE  
OR MILL COCONUT WATER  
OR MILK  
400 - 520 ml  
SELECTED VARIETIES



248  
ea.

HOLIDAY LUNCHEON MEAT  
340 g  
MAPLE LEAF FLAKES  
156 g  
SELECTED VARIETIES



VH SAUCES  
341 - 380 ml  
SELECTED VARIETIES

2 for  
600



998  
ea.

BILLY BEE  
HONEY  
1 kg  
SELECTED VARIETIES



KJ DUMPLINGS  
280 - 450 g  
SELECTED VARIETIES

348  
ea.



Pork & Shrimp  
Dumpling  
三鮮水餃  
Boulettes de Porc  
et crevettes  
Premium Prime



BRUNSWICK OR GOLD SEAL  
SARDINES OR FILLETS  
92 - 125 g  
SELECTED VARIETIES

168  
ea.



398  
ea.

GRACE CORNED BEEF OR  
SPAM LUNCHEON MEAT  
340 g  
SELECTED VARIETIES



Y & Y  
3 MINUTE OR LONG LIFE  
NOODLES  
454 g  
T.Y.J SPRING ROLL PASTRY  
275 g  
SELECTED VARIETIES

198  
ea.



128  
ea.

Y&Y WATER CHESTNUTS OR  
BAMBOO SHOOTS OR  
SAPPORO NOODLES  
227 ml, 100 g  
SELECTED VARIETIES



448  
ea.

THAI KITCHEN  
COCONUT MILK OR  
COCONUT CREAM  
400 ml  
SELECTED VARIETIES



1298  
ea.

DAINTY OR CEDAR  
PATNA RICE OR Y & Y  
JASMINE RICE  
7 - 8 kg  
SELECTED VARIETIES



448  
ea.

OKF ALOE DRINKS  
1.5 L  
CASABLANCA BUTTER COOKIES  
454 g  
SELECTED VARIETIES



188  
ea.

POCKY COOKIES OR  
NONG SHIM SNACKS 45 - 70 g  
Y & Y SEA GREENS SNACKS  
3 x 5 g  
SELECTED VARIETIES



198  
ea.

Item availability varies by store.



**metro.ca**

# FREE DELIVERY

when you buy 3 participating products\*

PROMO CODE  
**41DELIVERY**



**Shop Now**

\*Valid for selected stores only.  
Offer not available for the MPriority or Express Delivery service.

# FREE TEAM CANADA T-Shirt!

BUY · UPLOAD · REDEEM

[www.cheerthenorth.ca](http://www.cheerthenorth.ca)



OFFICIAL SUPPORTER  
SUPPORTEUR OFFICIEL



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

GENERAL MILLS  
CEREAL  
310 - 725 g  
SELECTED VARIETIES

NATURE VALLEY  
CHEWY BARS  
OR BETTY CROCKER  
FRUIT SNACKS  
SELECTED SIZES  
SELECTED VARIETIES

**3 for**  
**10<sup>00</sup>**  
or  
4.69 ea.



OLD EL PASO  
KITS  
250 - 510 g  
SELECTED VARIETIES

**2 for**  
**9<sup>00</sup>**  
or  
4.99 ea.



\*\*WITH PURCHASE OF (1) PARTICIPATING GENERAL MILLS CEREAL OR TWO (2) PARTICIPATING OLD EL PASO™ PRODUCTS OR TWO (2) PARTICIPATING NATURE VALLEY™ SNACKS.  
Limited quantities available. Offer ends September 30, 2024. Must redeem online at General Mills [www.cheerthenorth.ca](http://www.cheerthenorth.ca). See participating product for details.

# enjoy Spring

with General Mills



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

ANNIE'S  
PASTA MEAL  
4 x 170 g  
SELECTED VARIETIES



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

BETTY CROCKER  
CAKE OR COOKIE MIX  
OR BISQUICK  
PANCAKE & BAKING MIX  
266 - 550 g, 1.13 kg  
SELECTED VARIETIES



LIBERTÉ  
YOGOURT  
4 x 100 g  
SELECTED VARIETIES

**2 for**  
**7<sup>00</sup>**  
or  
3.99 ea.

BUY MORE  
SAVE MORE!

**3 for**  
**3<sup>69</sup>**  
Less than 3  
pay 1.89 ea.

YOP  
DRINKABLE  
YOGOURT  
200 ml  
SELECTED VARIETIES



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Ingredients you can feel good about.  
For you and the planet.



**11<sup>99</sup>**  
ea. NATIVE  
BODY WASH  
532 ml  
SELECTED VARIETIES

**10<sup>99</sup>**  
ea. NATIVE  
HAIR CARE  
487 ml  
SELECTED VARIETIES

Thoughtfully made  
with clean ingredients



Contains  
naturally derived  
ingredients

HERBAL ESSENCES  
HAIR CARE  
400 ml  
SELECTED VARIETIES  
**8<sup>99</sup>**  
ea.

**13<sup>99</sup>**  
ea. NATIVE  
DEODORANT  
75-99g  
SELECTED VARIETIES

Committed to  
save plastic

**10<sup>99</sup>**  
ea. HEAD & SHOULDERS  
BARE HAIR CARE  
400 ml  
SELECTED VARIETIES

Christie

pick up  
all your  
FAVOURITES



Mr. Christie, you make good cookies!



BUY MORE  
SAVE MORE!

3 for  
**900**  
Less than 3  
pay 4.29 ea.

CHRISTIE  
KIDS COOKIES  
SELECTED SIZES  
SELECTED VARIETIES

BUY MORE  
SAVE MORE!

2 for  
**800**  
Less than 2  
pay 4.79 ea.

PEEK FREANS  
OR DAD'S COOKIES  
300-350 g  
SELECTED VARIETIES



BUY MORE  
SAVE MORE!

2 for  
**800**  
Less than 2  
pay 4.79 ea.

OREO OR CHIPS AHoy!  
COOKIES  
224-270 g  
SELECTED VARIETIES



BUY TWO RITZ PRODUCTS

AND YOU COULD

**WIN**\* A RITZ  
BENTO BOX



\*NO PURCHASE NECESSARY. Open to legal residents of Canada who have reached the age of majority in their province/territory of residence. Contest opens May 1st, 2024, at 12:00 am ET and ends July 1st, 2024, at 11:59 pm ET. To enter, purchase any two (2) RITZ cracker products from a Canadian retailer during the Contest period, log onto ritzallflavoursbento.com and upload your receipt(s). All two (2) RITZ cracker products need to be purchased in the same transaction. To enter without purchase, log onto ritzallflavoursbento.com and submit an essay (between 25-100 words) on your favourite way to enjoy RITZ crackers. For both methods of entry, consult full Contest rules for complete instructions and requirements. Limit of one (1) entry per day into the Contest and a total limit of 20 entries per person in the Contest, regardless of method of entry. Following prizes available to be won: one (1) RITZ All Flavours Welcome bento box. For all conditions, restrictions, list of entry periods and complete Contest rules, visit: ritzallflavoursbento.com.

RITZALLFLAVOURSBENTO.COM

RITZ CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES

BUY MORE  
SAVE MORE!

2 for  
**750**  
Less than 2  
pay 4.29 ea.



RITZ BAKED CHIPS  
240 g  
SELECTED VARIETIES

BUY MORE  
SAVE MORE!

2 for  
**750**  
Less than 2  
pay 4.29 ea.



RITZ HANDI-SNACKS  
10 UN  
**999**  
ea.

