

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 21-30



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.

IRRESISTIBLE BEEF BURGERS FROZEN, 852 g - 1.02 kg, SELECTED VARIETIES OR OLYMEL 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/lb

# 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/lb

**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  
SOUVLAKI SKEWERS OR FRESH STORE MADE MEAT KABOBS  
SELECTED VARIETIES  
17.61/kg



**4.44** /lb or ea.  
SELECTION PEAMEAL STYLE BACON 4.44/lb, 9.79/kg OR SELECTION BACON, MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS 375 g, 4.44 EA.  
SELECTED VARIETIES



**9.49** ea.  
SCHNEIDERS PEPPERETTES 250 - 375 g  
SELECTED VARIETIES



**12.99** ea.  
JANES ULTIMATES FISH FILLETS 150 - 185 g, NANUK SMOKED WILD SOCKEYE SALMON 170 g, FROZEN



**7.99** ea.  
BLACK DIAMOND CHEESTRINGS  
SELECTED SIZES  
SELECTED VARIETIES



**4.99** ea.  
ASTRO MULTI OR OLYMPIC TUBS YOGOURT  
SELECTED SIZES  
SELECTED VARIETIES



**2 for 8.00**  
PEARL MILLING PANCAKE & WAFFLE MIX 909 g OR SYRUP 710 ml  
SELECTED VARIETIES



**3.49** ea.  
POST CEREAL 305 - 440 g  
SELECTED VARIETIES



**5.49** ea.  
DR. OETKER GIUSEPPE PIZZA  
SELECTED SIZES, SELECTED VARIETIES



**2 for 10.00**  
MAGNUM, BEN & JERRY'S ICE CREAM OR POPSICLE FROZEN TREATS  
SELECTED SIZES, SELECTED VARIETIES  
OR 5.49 EA.



**8.99** ea.  
MR. FREEZE ICE POPS OR NESTLÉ S'MORES KIT  
SELECTED SIZES, SELECTED VARIETIES



**5 for 5.50**  
CADBURY OR NESTLÉ CHOCOLATE BARS 33 - 60 g  
SELECTED VARIETIES



**4.99** ea.  
SELECTION PEANUTS, ZANDERS MIX OR PLANTERS NUTS  
SELECTED SIZES, SELECTED VARIETIES



**2 for 8.50**  
TOSTITOS TORTILLA CHIPS OR SALSA, SMARTFOOD POPCORN  
SELECTED SIZES, SELECTED VARIETIES  
OR 4.49 EA.



**2.99** ea.  
SELECTION SNACKS OR IRRESISTIBLES READY TO EAT POPCORN  
SELECTED SIZES, SELECTED VARIETIES



**2 for 8.00**  
OCEAN SPRAY CRANBERRY JUICE OR COCKTAIL OR MOTT'S CLAMATO COCKTAIL 1.17 - 1.09 L  
SELECTED VARIETIES, OR 4.79 EA.



**2 for 7.00**  
CHRISTIE COOKIES OR CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES  
OR 4.19 EA.



**2 for 5.00**  
OASIS JUICE, DEL MONTE NECTAR OR ARIZONA ICED TEA  
900 ml, SELECTED VARIETIES  
OR 2.89 EA.



**18.99** ea.  
POWERADE SPORTS DRINKS  
24 x 591 ml



**7.99** ea.  
ENLIGHTENED OR SO DELICIOUS FROZEN DESSERT  
SELECTED SIZES  
SELECTED VARIETIES



**7.99** ea.  
MAISON PERRIER OR PERRIER SPARKLING WATER 1 x 1.35 l  
SELECTED VARIETIES



**3.99** ea.  
G.T.'S KOMBUCHA 480 ml, HARDBITES CHIPS OR PURPLEFUL POPCORN 120 - 150 g, SELECTED VARIETIES



**9.99** ea.  
ENSURE, BOOST OR MUSCLE MILK  
SELECTED SIZES  
SELECTED VARIETIES



**8.99** ea.  
KINGSFORD CHARCOAL, BAN BOAT SUN CARE OR RAID INSECT REPELLENT  
SELECTED SIZES  
SELECTED VARIETIES



**10.99** ea.  
CHARMIN BATHROOM TISSUE, SELECTION GARBAGE BAGS OR ENERGIZER BATTERIES  
SELECTED SIZES, SELECTED VARIETIES



**14.99** ea.  
TIDE OR GAIN LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER, CASCADE DISHWASHER DETERGENT OR SWIFFER CLEANING KITS OR DUSTER  
SELECTED SIZES, SELECTED VARIETIES

**10 BONUS MILES** when you buy 2

**15 BONUS MILES** when you buy 2

**15 BONUS MILES** when you buy 2



**2 for 8.00**  
CHRISTIE GOOD THINS CRACKERS OR CADBURY CHOCOLATE BAR  
90 - 100 g, SELECTED VARIETIES



**2 for 8.00**  
KRAFT SALAD DRESSING 425 - 475 ml  
SELECTED VARIETIES



**2 for 12.00**  
LIBERTY YOGOURT OR GENERAL MILLS CEREAL  
SELECTED SIZES  
SELECTED VARIETIES



# 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.*



# 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

**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

**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  
**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><b>FRESH</b></p> <p>NEW ZEALAND SPRING LAMB</p> <ul style="list-style-type: none"> <li>• 100% Grass fed</li> <li>• Free range</li> <li>• Raised without antibiotics or added hormones</li> </ul>
<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><b>RED GRILL BEEF</b></p> <p><b>5<sup>99</sup></b> /lb</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>PERFECT FOR SMOKING</b></p> <p><b>8<sup>99</sup></b> /lb</p> <p>RED GRILL BEEF SHORT RIBS CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 19.82/kg</p>
<p><b>5<sup>49</sup></b> /lb</p> <p>LIFE SMART NATURALIA BONELESS PORK SHOULDER BLADE OR PICNIC ROAST OR PORCHETTA SPICED 12.10/kg</p>	<p><b>2<sup>49</sup></b> /lb</p> <p>BONELESS PORK LOIN RIB OR SIRLOIN HALVES VACUUM PACK 5.49/kg</p>

## Organic

<p><b>PRIME ORGANIC</b> YORKSHIRE VALLEY FARM</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><b>YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH CHICKEN THIGHS</b> BONELESS SKINLESS PRODUCT SELECTION VARIES BY STORE</p> <p><b>12<sup>99</sup></b> /lb</p>	<p><b>duBretton</b></p> <p>duBRETTON ORGANIC PORK SAUSAGES 400g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	<p><b>duBretton</b></p> <p>duBRETTON ORGANIC EXTRA LEAN GROUND PORK 454g</p> <p><b>5<sup>99</sup></b> ea.</p>
<p><b>YORKSHIRE VALLEY FARMS ORGANIC FLATTENED CHICKEN</b> SELECTED VARIETIES 15.41/kg</p> <p><b>6<sup>99</sup></b> /lb</p>	<p><b>YORKSHIRE VALLEY FARMS ORGANIC EXTRA LEAN GROUND TURKEY</b> 454g</p> <p><b>10<sup>99</sup></b> ea.</p>	<p><b>duBretton</b></p> <p>duBRETTON ORGANIC BONELESS PORK LOIN CHOPS CENTRE CUT, 170g</p> <p><b>7<sup>99</sup></b> ea.</p>	<p><b>duBretton</b></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><b>8<sup>00</sup></b> ea.</p> <p>LEGACY PORK CHOPS BONE IN, 440g SELECTED VARIETIES</p>	<p><b>2 for 5<sup>00</sup></b></p> <p>THE ORIGINAL MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450g</p>	<p><b>3<sup>99</sup></b> ea.</p> <p>naturally <b>SMOKEY</b> CLEAN GOURMET CHICKEN SAUSAGES OR GOLD LABEL SMOKED SAUSAGES 375g SELECTED VARIETIES</p>	<p><b>12<sup>99</sup></b> ea.</p> <p>MARC ANGELO KABOBS 400-640g SELECTED VARIETIES</p>
<p><b>18<sup>99</sup></b> ea.</p> <p>MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 400g</p>	<p><b>17<sup>99</sup></b> ea.</p> <p>THE KEG PRIME RIB BEEF BURGERS 852g - 1.02 kg, FROZEN SELECTED VARIETIES</p>	<p><b>17<sup>99</sup></b> ea.</p> <p>THE KEG PORK BACK RIBS 700g FROZEN</p>	<p><b>14<sup>99</sup></b> ea.</p> <p>NEW ZEALAND SPRING LAMB BURGERS FROZEN, 500g</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 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. 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

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  
**6.99** ea.

BEYOND OR IMPOSSIBLE PLANT-BASED BURGERS 225 g  
**6.99** ea.

BEYOND OR IMPOSSIBLE PLANT-BASED GROUND 340 g  
**6.99** ea.

### 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

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



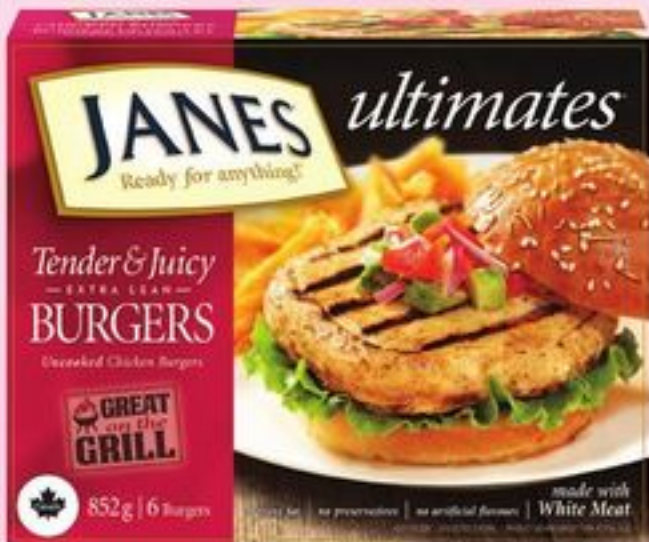
**9<sup>99</sup>**  
ea.

TRUE NORTH  
ATLANTIC SALMON BURGERS  
FROZEN, 568 g



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

BUTTERBALL  
TURKEY BURGERS  
FROZEN, 852 g



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

JANES  
UNBREADED  
CHICKEN BURGERS  
FROZEN, 852 g



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

BEYOND BURGER  
PLANT-BASED BURGERS  
FROZEN, 678 g



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

DEMPSTER'S  
SIGNATURE BUNS  
SELECTED SIZES  
SELECTED VARIETIES



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

PRETZILLA  
BURGER BUNS  
4 pk



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

LARGE AVOCADOS  
PRODUCT OF MEXICO



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

VISION GREENS  
LETTUCES  
PRODUCT OF ONTARIO  
142 g  
SELECTED VARIETIES



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

BELLE GROVE  
PORTABELLA MUSHROOMS  
PRODUCT OF ONTARIO  
4 pk



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

TRE STELLE  
HALLOUMI CHEESE  
200 g



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

KRINOS  
COW OR GOAT FETA  
200 g



## 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><b>3.29</b> /100 g</p> <p>MAPLE LODGE CHICKEN BREAST SELECTED VARIETIES DELI SLICED OR SHAVED, 14.92/76</p>	<p><b>2.99</b> /100 g</p> <p>BRANDT KOLBASSA SAUSAGE COIL OR MEAT LOAF DELI CUT, 13.56/76</p>	<p><b>2.99</b> /100 g</p> <p>LAFLEUR EXTRA LEAN COOKED HAM DELI SLICED, 13.56/76</p>	<p><b>3.99</b> /100 g</p> <p>BALDERSON CHEDDAR CHEESE DELI CUT, 18.10/76 PRICES AS MARKED</p>
<p><b>2.49</b> /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><b>5.49</b> ea.</p> <p>IRRESISTIBLES ARTISAN GOAT CHEESE 193 g SELECTED VARIETIES</p>	<p><b>6.49</b> ea.</p> <p>TRE STELLE WHIPPED FETA DIP 175 g SELECTED VARIETIES</p>	<p><b>7.49</b> ea.</p> <p>SIKORSKI HUNGARIAN, KABANOS, GARLIC OR DEBRECZYNA BBO SAUSAGE 325-485 g SELECTED VARIETIES</p>
<p><b>6.99</b> ea.</p> <p>PILLER'S SLICED PEPPERONI OR SALAMI 255-250 g SELECTED VARIETIES</p>	<p><b>7.79</b> ea.</p> <p>PILLER'S TURKEY KOLBASSA 250-375 g</p>	<p><b>5.49</b> ea.</p> <p>WE GUAC GUACAMOLE 227 g SELECTED VARIETIES</p>	<p><b>3.99</b> ea.</p> <p>LA BELLE BRETAGNE PÂTE 150 g SELECTED VARIETIES</p>
<p><b>5.79</b> ea.</p> <p>GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 ml SELECTED VARIETIES</p>	<p><b>6.79</b> ea.</p> <p>RESER'S CREAMY MASHED POTATOES OR GARLIC MASHED POTATOES 600 g</p>	<p><b>7.79</b> ea.</p> <p>RESER'S BAKED SCALLOPED POTATOES OR BAKED MACARONI &amp; CHEESE OR GARLIC, ROSEMARY ROAST POTATOES 482-547 g</p>	<p><b>10.49</b> 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

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

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



\*WALK IN ONLY

## READY-MADE FAVOURITES



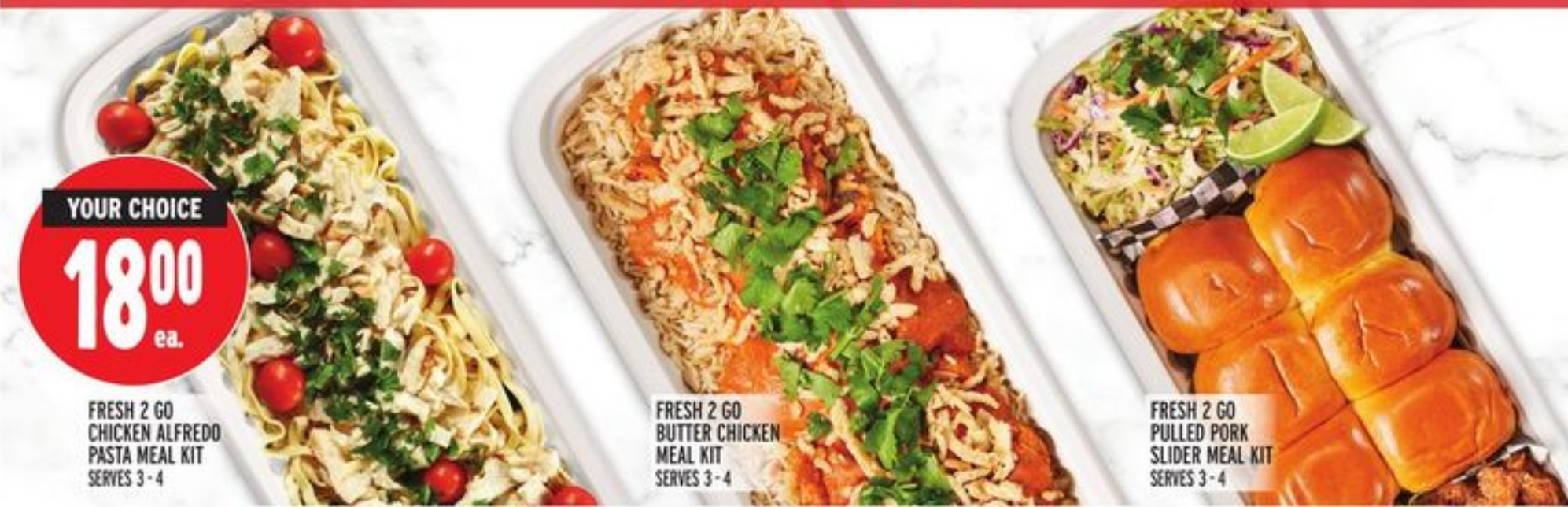
YOUR CHOICE  
**7<sup>00</sup>**  
ea.

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. BEN'S ORIGINAL RICE 210-230 g. SELECTED VARIETIES</p>	 <p><b>2 for 800</b> LESS THAN 2 PAY 4.69 EA. LIFE SMART DRESSING 250 ml. SELECTED VARIETIES</p>	 <p><b>2 for 750</b> LESS THAN 2 PAY 4.49 EA. VIVA PUFFS OR WHIPPET OR VIVA PUFFS COOKIES. SELECTED SIZES. SELECTED VARIETIES</p>	 <p><b>2 for 500</b> LESS THAN 2 PAY 3.79 EA. GLACÉAU VITAMINWATER 591 ml. SELECTED VARIETIES</p>
 <p><b>2 for 800</b> LESS THAN 2 PAY 4.49 EA. GOGO SQUEEZ FRUIT SNACK 41.90 g. SELECTED VARIETIES</p>	 <p><b>2 for 800</b> LESS THAN 2 PAY 5.79 EA. IRRESISTIBLES FLATBREAD PAIN PLAT. SELECTED SIZES. SELECTED VARIETIES</p>	 <p><b>2 for 650</b> LESS THAN 2 PAY 4.29 EA. YOPLAIT SOURCE, MINIGO OR TUBES YOGOURT. SELECTED SIZES. SELECTED VARIETIES</p>	 <p><b>2 for 700</b> LESS THAN 2 PAY 4.39 EA. IRRESISTIBLES YOGOURT. SELECTED SIZES. SELECTED VARIETIES</p>

**Snacks & Beverages**

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

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



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



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

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



**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](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 DISCOVER  
NATREL CREAM  
1L  
SELECTED VARIETIES



**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



**4<sup>49</sup>** ea.  
BURNBRAE EGG CREATIONS!  
500g



**4<sup>49</sup>** ea.  
BURNBRAE EGG BITES!  
336g



**3<sup>49</sup>** ea.  
BURNBRAE EGG BAKES!  
290g, 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.

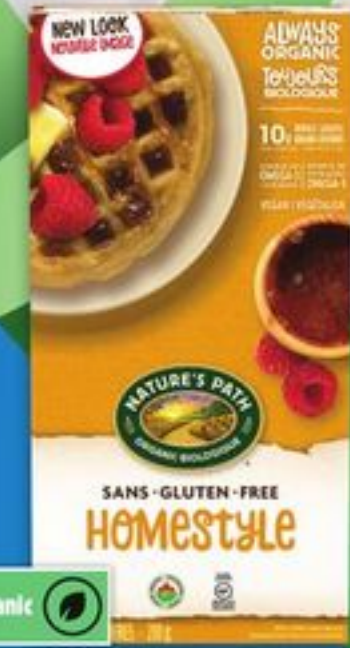
my health my choices



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><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> 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 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> 23 g SELECTED VARIETIES OR 2.79 EA.</p> <p><b>2 for 5<sup>00</sup></b></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 &amp; CONDITIONER</b> 300 - 385 ml SELECTED VARIETIES</p>

**Household Helpers**

<p><b>35' x 35'</b> PARCHMENT PAPER</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>
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