

# metro

## SAVOUR SUMMER SAVINGS

on brands you can only find at metro



**PRICES LOCKED DOWN**  
MAY 16TH TO JUNE 12TH, 2024

### AMAZING DEALS YOU CAN'T MISS

SELECTION  
PICKLES OR KETCHUP  
750 ml - 1 L  
SELECTED VARIETIES

SAVE \$1.50  
**2.99**  
ea.



SAVE  
\$3.98 on 2  
**2/\$10**

LIFE SMART  
EXTRA LEAN  
GROUND CHICKEN  
OR TURKEY  
450 g

IRRESISTIBLES  
LEMONADE OR  
ICED TEA DRINKS  
1.5 L  
SELECTED VARIETIES

SAVE \$1.50  
**2.99**  
ea.



IRRESISTIBLES  
SPARKLING WATER  
6 x 1 L  
SELECTED VARIETIES

SAVE \$2.35  
**4.44**  
ea.



SAVE UP  
TO \$2.50  
**4.99**  
ea.

IRRESISTIBLES  
ICE CREAM  
1.5 L  
SELECTED VARIETIES

IRRESISTIBLES  
NEW YORK STYLE  
CHEESECAKE  
600 g  
SELECTED VARIETIES

**9.99**  
ea.



SELECTION  
S'MORES KIT  
400 g

**5.99**  
ea.



IRRESISTIBLES  
SHRIMP SKEWERS  
FROZEN, 400 g

SAVE \$2  
**9.99**  
ea.



SELECTION  
TURKEY BREAST  
DELI SLICED, 11.29/lb

**2.49**  
/100 g



SUMMER SAVINGS ON BRANDS YOU CAN ONLY FIND AT METRO

Irresistibles

Selection

metro  
FRESH  
2 GO

Life Smart  
Mieux  
c'est

FRONT STREET BAKERY  
OUR ABSOLUTE FINEST



**SAVE \$1**  
**5.99**  
ea.

IRRESISTIBLES  
ARTISAN DRY CURED BACON  
375 g  
SELECTED VARIETIES

IRRESISTIBLES  
MINI MUFFINS  
336 g  
SELECTED VARIETIES

**4.99**  
ea.

IRRESISTIBLES  
ORANGE JUICE  
1.54 L  
SELECTED VARIETIES

**4.99**  
ea.

IRRESISTIBLES  
MARGARINE  
907 g  
SELECTED VARIETIES

**5.99**  
ea.

# WAKE UP TO SUMMER SAVINGS

**PRICES LOCKED DOWN**  
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SELECTION  
PEANUT BUTTER  
1 kg  
SELECTED VARIETIES

**4.99**  
ea.

FOR A TASTY, PROTEIN-PACKED  
BREAKFAST - ADD PEANUT BUTTER



FRONT STREET BAKERY  
OUR ASSORTED FRESH

**2.99**  
ea.

FRONT STREET BAKERY  
ITALIAN OR FRENCH BREADS  
450 g  
SELECTED VARIETIES

SELECTION  
CHEWY BAR  
156 - 172 g  
SELECTED VARIETIES

**1.99**  
ea.

**SAVE \$3**  
**9.99**  
ea.

SELECTION  
CHOCOLATE CHIPS  
835 - 900 g, 1 kg  
SELECTED VARIETIES

**2.99**  
ea.

SELECTION  
JUICE OR COCKTAILS  
8 x 200 ml  
SELECTED VARIETIES

**BUY MORE  
SAVE MORE!**

CHECK OUT THESE  
GREAT SAVINGS & MORE

**2/\$10**  
LESS THAN 2  
PAY 3.99 ea.

IRRESISTIBLES  
COFFEE CAPSULES  
12 UN  
SELECTED VARIETIES

**2/\$7**  
LESS THAN 2  
PAY 3.99 ea.

IRRESISTIBLES  
CRANBERRY JUICE  
OR COCKTAILS  
1.89 L  
SELECTED VARIETIES

**2/\$6**  
LESS THAN 2  
PAY 3.99 ea.

SELECTION  
CEREAL BARS  
300 g  
SELECTED VARIETIES

SUMMER SAVINGS ON BRANDS YOU CAN ONLY FIND AT METRO



IRRESISTIBLES  
ARTISAN SLICED  
DELI MEAT OR CHEESE  
100 - 180 g  
SELECTED VARIETIES

**749**  
ea.

SELECTION  
SHREDDED CHEESE  
SELECTED SIZES  
SELECTED VARIETIES

SAVE UP  
TO \$1.70  
**549**  
ea.



## DELICIOUS DEALS ON LUNCH IDEAS



**PRICES LOCKED DOWN**  
MAY 16TH TO JUNE 12TH, 2024

IRRESISTIBLES  
OLIVES STUFFED  
WITH ALMONDS  
375 ml



**399**  
ea.

IRRESISTIBLES  
GRANA PADANO  
200 g



**899**  
ea.

IRRESISTIBLES ARTISAN  
PEPPERONI STICKS  
300 g  
SELECTED VARIETIES



**799**  
ea.

SELECTION  
SALSA  
650 ml  
SELECTED VARIETIES



**399**  
ea.

SELECTION  
CHEESE SLICES  
SELECTED SIZES  
SELECTED VARIETIES

SAVE UP  
TO \$1.20  
**499**  
ea.



**699**  
ea.

SELECTION  
CHEESE STRINGS  
336 g  
SELECTED VARIETIES



SAVE \$2  
**599**  
ea.

IRRESISTIBLES  
RISING CRUST PIZZA  
SELECTED SIZES  
SELECTED VARIETIES



Perfect for quick &  
tasty meals - like  
melts or quesadillas.

**399**  
ea.

SELECTION  
10" TORTILLAS  
384 - 450 g  
SELECTED VARIETIES

**BUY MORE**

**SAVE MORE!**

CHECK OUT THESE  
GREAT SAVINGS & MORE



**2/\$9**  
LESS THAN 2  
PAY \$9.99 ea.

IRRESISTIBLES  
FROZEN FRUITS  
SELECTED SIZES  
SELECTED VARIETIES



**2/\$8**  
LESS THAN 2  
PAY \$7.99 ea.

IRRESISTIBLES  
FROZEN PIZZA  
SELECTED SIZES  
SELECTED VARIETIES



**2/\$5**  
LESS THAN 2  
PAY \$4.99 ea.

IRRESISTIBLES  
CHIPS  
130 - 150 g  
SELECTED VARIETIES

SUMMER SAVINGS ON BRANDS YOU CAN ONLY FIND AT METRO



**BUY MORE  
SAVE MORE!**

**2/\$10**  
LESS THAN 2  
PAY \$5.00 ea.

IRRESISTIBLES  
RICOTTA, KOLBASSA  
OR SELECTION FETA  
200 - 400 g  
SELECTED VARIETIES



PRODUCT  
OF ITALY

**SAVE \$1.50**  
**3.49**  
ea.

IRRESISTIBLES  
GLAZE OR  
BALSAMIC VINEGAR  
250 - 500 ml  
SELECTED VARIETIES

## GREAT VALUE ON LUNCH ESSENTIALS



**PRICES LOCKED DOWN**  
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**8.99**  
ea.

IRRESISTIBLES  
PREMIUM ULTIMATE  
SNACKING MIXES  
550 - 700 g  
SELECTED VARIETIES



**2/\$7**  
OR PAY  
\$3.99 ea.

IRRESISTIBLES  
CROUTONS  
145 g  
SELECTED VARIETIES

IRRESISTIBLES  
DRESSING  
350 ml  
SELECTED VARIETIES

**3.49**  
ea.



**2.99**  
ea.

IRRESISTIBLES  
ROASTED  
SUNFLOWER SEEDS  
300 g  
SELECTED VARIETIES

IRRESISTIBLES  
PASTA SAUCE  
650 ml  
SELECTED VARIETIES

**SAVE \$1.50**  
**2.99**  
ea.



**1.69**  
ea.

IRRESISTIBLES  
TOMATOES  
796 ml  
SELECTED VARIETIES



**4.99**  
ea.

SELECTION  
CANOLA OR VEGETABLE OIL  
946 ml  
SELECTED VARIETIES



**4.99**  
ea.

STORE MADE  
BENTO KITS  
253 - 279 g



**1.49**  
ea.

SELECTION  
BEANS  
540 ml  
SELECTED VARIETIES

**BUY MORE  
SAVE MORE!**

CHECK OUT THESE  
GREAT SAVINGS & MORE



**2/\$5**  
LESS THAN 2  
PAY \$2.99 ea.

SELECTION  
POPPIN' CORN  
282 g  
SELECTED VARIETIES



**2/\$3**  
LESS THAN 2  
PAY \$1.99 ea.

SELECTION  
LIGHT TUNA  
85 - 170 g  
SELECTED VARIETIES

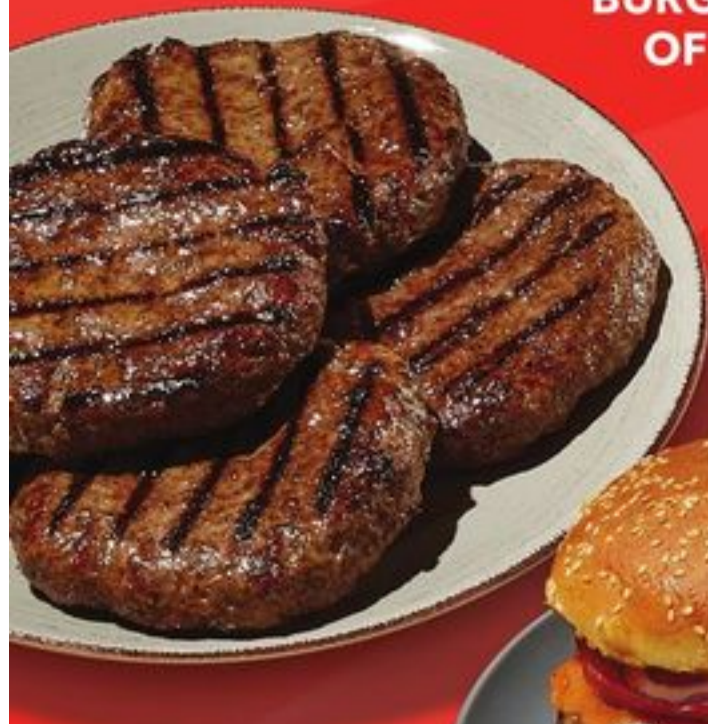


**2/\$4**  
LESS THAN 2  
PAY \$2.49 ea.

SELECTION  
PASTA  
900 g  
SELECTED VARIETIES

SUMMER SAVINGS ON BRANDS YOU CAN ONLY FIND AT METRO

BUILD YOUR BEST  
BURGER WITH A VARIETY  
OF TASTY TOPPINGS



SAVE \$2  
**11.99**  
ea.

SELECTION  
BEEF BURGERS  
1.36 kg  
FROZEN



**2.99**  
ea.

IRRESISTIBLES  
MAYONNAISE  
300 ml  
SELECTED VARIETIES

SELECTION  
MAYONNAISE  
750 - 890 ml  
SELECTED VARIETIES

**4.99**  
ea.



SELECTION  
YELLOW MUSTARD  
400 ml

**1.49**  
ea.



SELECTION  
PEPPER RINGS  
750 ml

**2.99**  
ea.



## GREAT DEALS ON DINNER TIME



**PRICES LOCKED DOWN**  
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SAVE \$3  
**11.99**  
ea.

SELECTION  
CHICKEN WINGS  
800 - 850 g, FROZEN  
SELECTED VARIETIES



**25.00**  
ea.

FRESH 2 GO  
MEAT LASAGNA  
1.5 kg



SAVE \$1  
**5.99**  
ea.

LIFE SMART NATURALIA  
PORK SAUSAGES  
HOT OR MILD ITALIAN,  
500 g



**9.99**  
ea.

IRRESISTIBLES  
PACIFIC WHITE LARGE  
SHRIMP RING  
312 g, FROZEN

### REEL IN GREAT-TASTING SEAFOOD



**7.99**  
ea.

IRRESISTIBLES ARGENTINIAN  
WILD RAW SHRIMP  
20-30 SIZE, 300 g  
FROZEN



Farm-raised Tilapia  
is a good source of  
protein and Omega-3  
fatty acids.



**5.99**  
ea.

LIFE SMART NATURALIA  
TILAPIA FILLETS  
400 g  
FROZEN



**10.99**  
ea.

IRRESISTIBLES  
TEMPURA SHRIMP  
500 g  
FROZEN

**BUY MORE**

**SAVE MORE!**

CHECK OUT THESE  
GREAT SAVINGS & MORE



**2/\$3.50**  
LESS THAN 2  
PAY 2.49 ea.

SELECTION  
SOFT DRINKS  
2 L  
SELECTED VARIETIES



**2/\$6**  
LESS THAN 2  
PAY 3.99 ea.

SELECTION  
NATURAL SPRING WATER  
24 x 500 ml



**2/\$10**  
LESS THAN 2  
PAY 6.99 ea.

SELECTION  
SPARKLING WATER  
12 x 355 ml  
SELECTED VARIETIES

SUMMER SAVINGS ON BRANDS YOU CAN ONLY FIND AT METRO

# STOCK UP ON SUMMER SAVINGS



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SAVE \$2  
**4.99**  
ea.

SELECTION ICE POPS  
SELECTED SIZES  
SELECTED VARIETIES



SAVE UP TO \$2  
**4.99**  
ea.

SELECTION ICE CREAM SANDWICHES  
SELECTED SIZES  
SELECTED VARIETIES

IRRESISTIBLES TRIFLE CAKES  
500 g  
SELECTED VARIETIES

**8.99**  
ea.



IRRESISTIBLES WAIKIKI OR SIGNATURE COOKIES  
240 - 275 g  
SELECTED VARIETIES

SAVE \$1.30  
**2.99**  
ea.



2/\$10  
OR PAY \$4.49 ea.

SELECTION SUMMER CANDIES  
325 - 400 g  
SELECTED VARIETIES

**2.49**  
ea.

SELECTION COTTON CANDY  
60 g

SELECTION PARTY MIX OR CORN CHIPS  
SELECTED SIZES  
SELECTED VARIETIES

SAVE \$1  
**2.99**  
ea.



SAVE \$2  
**1.99**  
ea.

SELECTION PRETZELS OR CHEESE PUFFS  
SELECTED SIZES  
SELECTED VARIETIES



**3.99**  
ea.

SELECTION TRAIL MIX  
275 - 300 g  
SELECTED VARIETIES

**8.99**  
ea.

IRRESISTIBLES NON-ALCOHOLIC BEER  
6 x 355 ml  
SELECTED VARIETIES



2/\$6  
OR PAY \$4.49 ea.

SELECTION WATER ENHANCER  
48 ml  
SELECTED VARIETIES



## AMAZING LOW PRICES ON HOUSEHOLD HELPERS



**4.49**  
ea.

SELECTION ECO COMPOSTABLE PAPER PLATES OR BOWLS  
12 un  
SELECTED VARIETIES



**2.99**  
ea.

SELECTION ALUMINUM FOIL, PLASTIC WRAP OR PARCHMENT PAPER  
SELECTED SIZES  
SELECTED VARIETIES



SELECTION DISH SOAP  
591 - 828 ml  
SELECTED VARIETIES

**1.99**  
ea.



PERSONNELLE FOAMING HAND WASH  
251 ml  
SELECTED VARIETIES

**1.99**  
ea.



**5.99**  
ea.

SELECTION ECO COMPOSTABLE NAPKINS  
500 un



**5.99**  
ea.

SELECTION PAPER TOWELS  
6 = 8 rolls



**9.99**  
ea.

SELECTION BATHROOM TISSUE  
12 = 36 rolls



**6.99**  
ea.

SELECTION FACIAL TISSUES  
6 un

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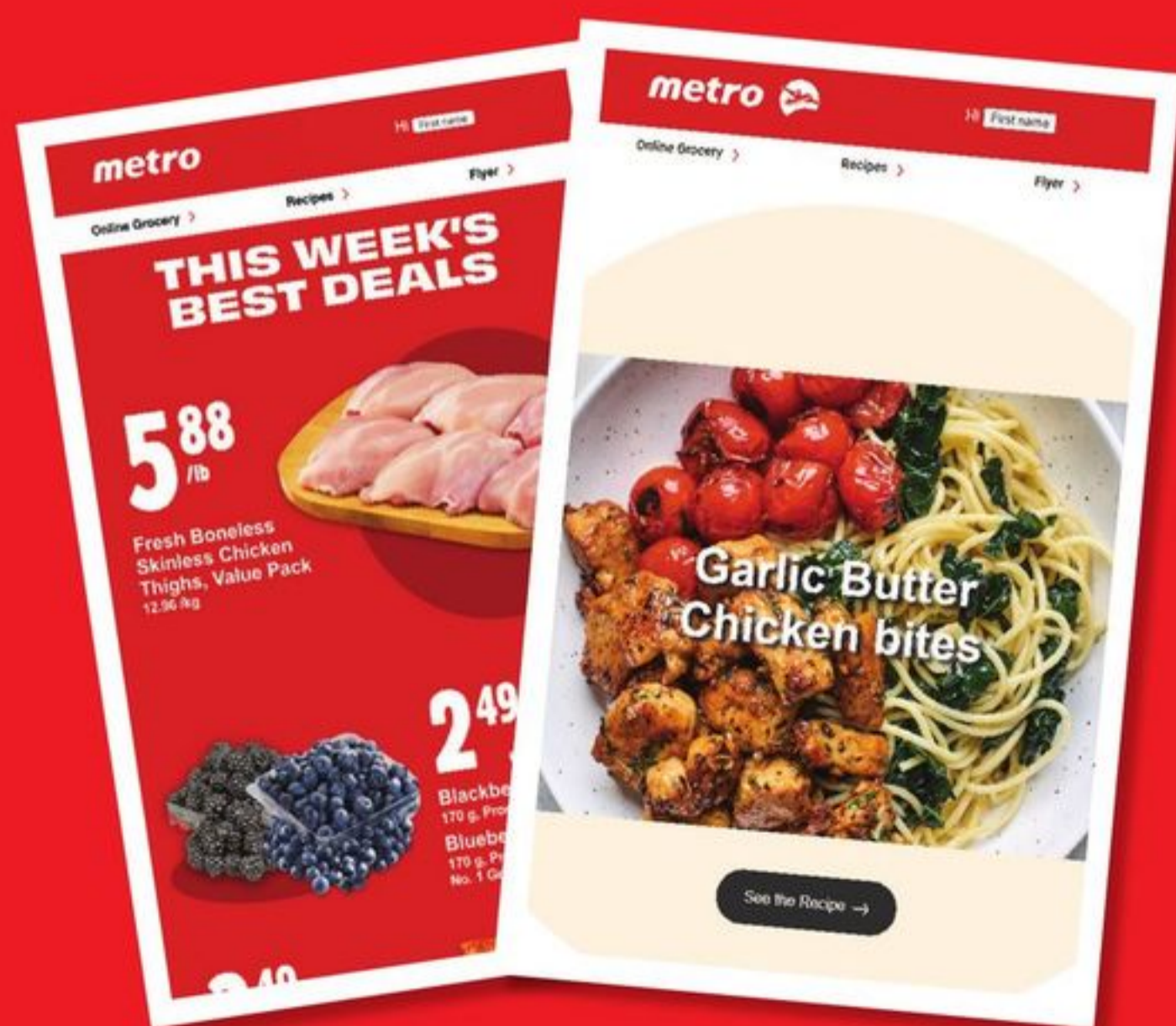


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