

metro

PRICES IN EFFECT FROM JUNE 27TH TO JULY 10TH, 2024

HEALTHY CHOICES FOR SUMMER CELEBRATIONS



3⁹⁹ ea.
LIFE SMART ORGANIC
EDAMAME
450 g



9⁹⁹ ea.
BRAGG'S
SOYA SAUCE
946 ml



7⁹⁹ ea.
KONSCIOUS
SUSHI ROLLS
210 g
SELECTED VARIETIES



3⁹⁹ ea.
GT'S
KOMBUCHA
480 ml
SELECTED VARIETIES

BECAUSE YOUR HEALTH MATTERS SUMMER EDITION

For a healthy, on-the-go snack - pair plant-based crisps with bubbly, flavourful soda (only 25 calories).



2 for 6⁰⁰
or pay 3.29 ea.
HARVEST SNAPS
SNACKS 71 - 94 g
OR POPPI SODA 355 ml
SELECTED VARIETIES

These savoury, gluten-free crackers made with organic ingredients are totally satisfying.



2 for 7⁰⁰
or pay 3.79 ea.
SKINNY POP
POPCORN 125 - 150 g
SELECTED VARIETIES

5⁹⁹ ea.
MARY'S
CRACKERS
156 g
SELECTED VARIETIES



6⁹⁹ ea.
FEVER-TREE
SPARKLING GRAPEFRUIT
OR COLA BEVERAGE
4 x 200 ml



8⁹⁹ ea.
PARTAKE BREWING
NON-ALCOHOLIC BEER
4 x 355 ml
SELECTED VARIETIES



5⁹⁹ ea.
FATSO
PEANUT BUTTER
500 g
SELECTED VARIETIES



5⁹⁹ ea.
OAT-LY!
OAT BEVERAGE
1.89 l
SELECTED VARIETIES

my health my choices [LEARN MORE](#)

FEEL GOOD ABOUT GRILLING

FEVER-TREE BEVERAGE
500 ml
SELECTED VARIETIES

3⁹⁹
ea.

For a tasty twist,
add organic corn chips
to a fresh green
summer salad instead
of croutons.



7⁹⁹
ea.
DUBRETON ORGANIC PORK SAUSAGES
400 g
SELECTED VARIETIES



8⁹⁹
ea.
SCHAR GLUTEN-FREE HAMBURGER OR HOT DOG ROLLS
228 - 300 g



5⁴⁹
ea.
ATTITUDE ORGANIC SALADS
PRODUCT OF CANADA
142 g
SELECTED VARIETIES



5⁴⁹
ea.
NEAL BROTHERS CORN CHIPS
226 g
SELECTED VARIETIES



6⁴⁹
ea.
G HUGHES BBQ SAUCE
490 ml
SELECTED VARIETIES



4⁴⁹
ea.
STUBBS' BBQ SAUCE
450 ml
SELECTED VARIETIES



9⁹⁹
ea.
SIMPLY ORGANIC BLACK PEPPERCORN SPICE MILL
75 g



7⁹⁹
ea.
CHOSEN FOODS DRESSING
237 ml
SELECTED VARIETIES



6⁴⁹
ea.
G HUGHES SALAD DRESSING
355 ml
OR HONEY DIJON MUSTARD
490 ml
SELECTED VARIETIES



6⁴⁹
ea.
CRUNCHMASTER CRACKERS
100 - 128 g
SELECTED VARIETIES



6⁹⁹
ea.
RAINCOAST CRISPS CRACKERS
150 g
SELECTED VARIETIES



6⁹⁹
ea.
BRIANNAS DRESSING
296 ml
SELECTED VARIETIES



13⁹⁹
ea.
CHOSEN FOODS AVOCADO OIL SPRAY
383 g



9⁹⁹
ea.
NUTS FOR CHEESE SPREAD
120 g
SELECTED VARIETIES



6⁴⁹
ea.
SILK SLICED CHEESE
200 g
SELECTED VARIETIES

NON
GMO

Wake up to cereals
made with natural
ingredients - high
in protein & fibre



KASHI CEREALS
269 - 400 g
SELECTED VARIETIES
6⁹⁹
ea.

PLANT-BASED

PERFECT ON THE BBQ



Grill up all your BBQ favourites, like sausages & burgers – with a plant-based twist. Pair with gluten-free buns.



8.49 ea. GARDEIN SUPREME SAUSAGE 397 g SELECTED VARIETIES



7.49 ea. PROMISE GLUTEN FREE SOFT WHITE ROLLS 210 g



6.99 ea. GARDEIN SUPREME BURGERS 226 g



7.49 ea. PROMISE GLUTEN FREE HAMBURGER BUNS 260 g, 4 un



STORE MADE BURGER TOPPERS 480 g **4.99** ea.



IMPOSSIBLE PLANT-BASED BURGER PATTIES 226 g **6.99** ea.



BEYOND STEAK PLANT-BASED STEAK STRIPS 226 g **7.99** ea.



6.99 ea. NOTCO NOT CHICKEN BURGER 340 g



9.99 ea. DAIYA FLATBREAD 322 - 346 g SELECTED VARIETIES



4.99 ea. CASBAH QUINOA 200 g

4.49 ea. CASBAH COUSCOUS 180 - 340 g SELECTED VARIETIES

Versatile side dishes are tasty, low in fat alternatives to pasta & white rice.

Plant-based BBQ Jack Fruit Sandwiches – Delicious Alternative to Pulled Pork



PLANT BASED

Plant-based eating focuses on foods primarily from plants, including fruits, vegetables & whole grains.

Use **My Health My Choices** to find more plant-based products that are right for you.

Organic

CHA'S CANNED FRUIT 400 ml SELECTED VARIETIES

5.99 ea.



PLANT Based



SOL CUISINE WINGS 255 g SELECTED VARIETIES **6.99** ea.

MIX UP A SUMMER MOCKTAIL

Entertain with healthy, thirst-quenching beverages by mixing fresh herbs with refreshing juices, seltzers or sodas.



<p>Organic</p> <p>ITALIAN VOLCANO PRESSED JUICE 500 ml SELECTED VARIETIES</p> <p>849 ea.</p>	<p>Non-GMO</p> <p>PATIENCE JUICE 946 ml SELECTED VARIETIES</p> <p>999 ea.</p>	<p>Organic</p> <p>LAKWOOD JUICE 946 ml SELECTED VARIETIES</p> <p>1099 ea.</p>	<p>BUY MORE SAVE MORE!</p> <p>JONES SODA 355 ml SELECTED VARIETIES</p> <p>2 for 400 Less than 2 pay 2.29 ea.</p>
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999
ea.

FEVER-TREE BEVERAGE
8 x 150 ml
SELECTED VARIETIES

Keto

ZEVIA BEVERAGE
6 x 355 ml
SELECTED VARIETIES

749
ea.

zevia
Zero Sugar Soda

2.1 L / 6 - 355 mL



649
ea.

BLACK RIVER JUICE
1 L
SELECTED VARIETIES

Keto

LA CROIX
8 x 355 ml
SELECTED VARIETIES

549
ea.

LaCroix
NATURALLY CARI-RAI/PBERRY ESSENCE
SPARKLING WATER



2 for 700
or pay 3.79 ea.

NATURAL CABANA LEMONADE
591 ml
SELECTED VARIETIES

2 for 400
or pay 2.49 ea.

STEAZ ICED GREEN TEA
473 ml
SELECTED VARIETIES

Organic

KIJU FRUIT JUICE
4 x 200 ml
SELECTED VARIETIES

2 for 700
or pay 3.79 ea.

kiju organic

ORGANIC



ORGANIC HERBS
4" POT
ASSORTED VARIETIES

399
ea.

HUGE SELECTION OF CRUNCHY SNACKS



 <p>449 ea. HUMBLE POTATO CHIPS 135 g SELECTED VARIETIES</p>	 <p>449 ea. KETTLE POTATO CHIPS 198 g SELECTED VARIETIES</p>	 <p>399 ea. HARDBITE CHIPS 128 - 150 g SELECTED VARIETIES</p>	 <p>449 ea. POPCORNERS KETTLE CHIPS 142 g SELECTED VARIETIES</p>
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 <p>2 for 500 or pay 2.79 ea. SIMPLY PROTEIN SNACK BARS 40 g SELECTED VARIETIES</p>	 <p>2 for 500 or pay 2.79 ea. FRANKIE'S CHIPS 120 - 140 g SELECTED VARIETIES</p>	 <p>499 ea. ANGIE'S POPCORN 136 - 198 g SELECTED VARIETIES</p>	<p>Unique blend of potatoes, tomatoes & spinach made into a straw shape that's crunchy, tasty & gluten-free.</p>  <p>2 for 700 or pay 3.79 ea. SENSIBLE PORTIONS VEGGIE STRAWS 120 - 142 g SELECTED VARIETIES</p>
 <p>2 for 700 or pay 3.79 ea. QUEST TORTILLA CHIPS 32 g SELECTED VARIETIES</p>	 <p>399 ea. PURPLEFUL SNACKING POPCORN 136 g SELECTED VARIETIES</p>	 <p>2 for 800 or pay 4.29 ea. G. H. CRETORS POPPED CORN 213 g SELECTED VARIETIES</p>	

 <p>2 for 700 or pay 3.79 ea. QUE PASA TORTILLA CHIPS 300 - 350 g SELECTED VARIETIES</p>	 <p>449 ea. QUE PASA SALSA 420 ml SELECTED VARIETIES</p>	<p>BUY MORE SAVE MORE!</p> <p>2 for 1200 Less than 2 pay 6.99 ea. MRS. RENFRO'S SALSA SAUCE 473 ml SELECTED VARIETIES</p>	 <p>599 ea. SIETE TORTILLA CHIPS 142 g SELECTED VARIETIES</p>
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Perfect dip for your chips - bursting with flavourful, ripe, organic tomatoes.

PRANA ORGANIC

Everything to satisfy your sweet tooth

PRANA SNACKS
125 g
SELECTED VARIETIES

699 ea.



COOLEST TABLE AT THE BBQ



Take ice cream up a notch by topping scoops of your fave flavours with grilled fruit, like pineapple.

DISCOVER
NEW

HALO TOP
FROZEN DESSERT
473 ml
SELECTED VARIETIES

749
ea.



Gluten-Free

RIGHTEDOUS
FROZEN DESSERT
473 ml
SELECTED VARIETIES

699
ea.



COOL WAY
ICE CREAM
500 ml
SELECTED VARIETIES

649
ea.



Organic

ORGANIC MEADOW
ICE CREAM
946 ml
SELECTED VARIETIES

999
ea.



Gluten-Free

PANERISO
ICE CREAM CONES
50 - 132 g
SELECTED VARIETIES

549
ea.

Plant-Based

SO DELICIOUS
ICED BAR
4 x 68 ml
SELECTED VARIETIES

749
ea.

Organic

ORGANIC BIOLOGIQUE
mango
mangue

LIFE SMART
FRUIT ICED BARS
4 x 68 ml
SELECTED VARIETIES

449
ea.

Plant-Based

DRUMSTICK
NON-DAIRY
CARAMEL

NESTLÉ
DRUMSTICK FROZEN DESSERT
4 x 120 ml
SELECTED VARIETIES

699
ea.

Keto

ENLIGHTENED
KETO-CETO

0g
NET CARBS

ENLIGHTENED
ICED BARS
4 x 81 ml
SELECTED VARIETIES

899
ea.

Plant-Based

MAGNUM
NON-DAIRY
CLASSIC

MAGNUM
ICE CREAM BARS
3 x 90 ml
SELECTED VARIETIES

649
ea.

BUY MORE
SAVE MORE!

2 for
1400
Less than 2
pay 7.99 ea.

NANA POPSI!
ICED BARS
3 x 80 ml
SELECTED VARIETIES

HAPPY POPSI!
STRAWBERRY
PRIDE

HAPPY POPSI
ICED BARS
4 x 66 ml
SELECTED VARIETIES

699
ea.



ORGANIC

LIFE SMART
SMOOTHIE MIX
360 g
SELECTED VARIETIES

BUY MORE
SAVE MORE!

2 for
1300
Less than 2
pay 8.99 ea.

ORGANIC

IDEAS FOR EVERY MEAL



YORKSHIRE VALLEY FARMS
ORGANIC FLATTENED
CHICKEN
15.41/kg
SELECTED VARIETIES

6⁹⁹
/lb



Organic meat & seafood
is raised or caught
sustainably & free from
GMOs & antibiotics.
Use **My Health My Choices**
to find more organic products
that are right for you.



NEW



LUNDBERG
READY TO HEAT
JASMINE RICE
227 g
SELECTED VARIETIES

4⁹⁹
ea.



IRRESISTIBLES ORGANICS
COOKED OR RAW SHRIMP
FROZEN, 31 - 40 SIZE
300 g

12⁹⁹
ea.



RISE
SODA
355 ml
SELECTED VARIETIES

2 for
5⁰⁰
or pay
2.79 ea.



BRAGG
FLAVOURED
APPLE CIDER VINEGAR
473 ml
SELECTED VARIETIES

9⁹⁹
ea.



ROCKWELL'S
COCONUT OIL
414 ml

11⁴⁹
ea.



NUMI
TEA
12-18 un.
SELECTED VARIETIES

8⁹⁹
ea.



PACIFIC
SOUP
1 L
SELECTED VARIETIES

7⁴⁹
ea.



CROFTER'S
JAM
383 ml
SELECTED VARIETIES

6⁴⁹
ea.



PREMIÈRE MOISSON
ORGANIC SPELT BREAD
575 g

4⁹⁹
ea.



TASTE OF NATURE'S
BITES
120 g
SELECTED VARIETIES

4⁹⁹
ea.



WAKE UP TO A HEALTHIER BREAKFAST



11⁹⁹
ea.

MANITOBA HARVEST
HEMP HEARTS SEEDS
200 g

A2 MILK
2 L
SELECTED VARIETIES

6⁹⁹
ea.



NATURE'S PATH
ENVIROKIDZ CEREAL
284 g
OR ONE DEGREE
CEREAL
227 - 284 g
SELECTED VARIETIES

5⁴⁹
ea.



ORGANIC

Quench your thirst
with organic
wellness drinks

GREENHOUSE ORGANIC
JUICES OR SHAKES
300 ml
SELECTED VARIETIES

6⁴⁹
ea.



GREENHOUSE ORGANIC SHOTS
4 x 60 ml
SELECTED VARIETIES

12⁹⁹
ea.



LIGHT, FLAVOURFUL & PLANT-BASED



Discover **NEW** plant-based sushi by **Konscious®**. Made from whole grains, veggies, legumes & fruit. They have great flavour and texture.

NEW **Konscious** ONIGIRI 204 - 293 g SELECTED VARIETIES **7⁹⁹** ea.

Keto **Keto** **G Hughes** DIPPING SAUCE 454 - 482 g SELECTED VARIETIES **6⁴⁹** ea.

Non-GMO **garden of eatin'** GARDEIN CHICKEN TENDERS 255 g **7⁹⁹** ea.

AMY'S FROZEN ENTRÉES 255 - 269 g SELECTED VARIETIES **6⁴⁹** ea.

Gluten-Free **WHOLLY VEGGIE!** FROZEN SIDE DISH 375 g SELECTED VARIETIES **7⁴⁹** ea.

NEW **daiya** PLANT-BASED DELICIOUS MAC & CHEESE 300 g SELECTED VARIETIES **5⁴⁹** ea.

NEW **noble bean** TEMPEH 240 g SELECTED VARIETIES **2 for 5⁰⁰** or pay 2.79 ea.

Gluten-Free **THE PLANT-IT FOOD CO.** FROZEN MEALS 300 - 325 g SELECTED VARIETIES **8⁹⁹** ea.

Plant-Based **PIZZA OGGI** 390 g SELECTED VARIETIES **12⁹⁹** ea.

Delicious, plant-based burritos loaded with organic ingredients.

AMY'S FROZEN BURRITOS 170 g **4⁹⁹** ea.



BBQ tofu kabobs with rice + fresh salad



Plant-Based **JUST** Plant Egg 227 g **7⁴⁹** ea.

Organic **FOOD FOR LIFE** BREAD 680 g SELECTED VARIETIES **10⁹⁹** ea.

Plant-Based **LIFE SMART** NATURALIA TOFUS 400 - 454 g SELECTED VARIETIES **2⁴⁹** ea.

PLANT Based



LIFE SMART PIZZA 335 - 380 g SELECTED VARIETIES **8⁹⁹** ea.

ALLERGEN-FREE

OUTDOOR ENTERTAINING

ORGANIC
ALOE VERA
6" POT

12⁹⁹
ea.



8⁹⁹
ea. BOB'S RED MILL
NUTRITIONAL YEAST
142 g

DI MARTINO
PASTA
500 g
SELECTED VARIETIES

3⁹⁹
ea.



ORGANICO BELLO
PASTA SAUCE
685 ml
SELECTED VARIETIES

8⁹⁹
ea.



DR. OETKER
GLUTEN-FREE
RISTORANTE PIZZA
315 - 370 g
SELECTED VARIETIES

9⁴⁹
ea.



BUY MORE
SAVE MORE!

2 for
6⁰⁰
Less than 2
pay 3.49 ea.

ANNIE'S PASTA
170 g
SELECTED VARIETIES



5⁹⁹
ea. TUTTI GOURMET
BISCOTTI
180 g
SELECTED VARIETIES



6⁴⁹
ea. OZERY BAKERY
SNACKS
150 g
SELECTED VARIETIES

Make decadent gluten-free
brownie pancakes



7⁹⁹
ea. FREE2B
CHOCOLATE MINI CUPS
119 g
SELECTED VARIETIES



3⁹⁹
ea. THREE FARMERS
TOPPING
140 g
SELECTED VARIETIES



7⁹⁹
ea. KEEN. BITES
255 - 270 g
SELECTED VARIETIES



6⁴⁹
ea. RIVIERA
YOGURT
650 g
SELECTED VARIETIES



6⁹⁹
ea. BOB'S RED MILL
PANCAKE MIX
400 g
SELECTED VARIETIES



5⁴⁹
ea. DAINTY GLUTEN FREE
BROWNIE MIX
460 g

ORGANIC



LIFE SMART
PANCAKE MIX
400 g
3⁴⁹
ea.



LIFE SMART
MAPLE SYRUP
540 ml
9⁹⁹
ea.



SWEET TREATS

FOR A HEALTHY SUMMER



AMINO SNACK BALLS
40 g
SELECTED VARIETIES
3.99
ea.

4.99
ea.

PERFECT BAR PROTEIN BARS
65 - 71 g
SELECTED VARIETIES

2 for
5.00
or pay 2.79 ea.

MID-DAY SQUARES
33 g
SELECTED VARIETIES

REFRIGERATED PROTEIN BARS
Freshness & nutrition in every bite - they typically contain whole food ingredients, are less processed & are free from artificial preservatives.



Satisfy your sweet tooth with these plant-based, gluten-free squares.

NEW

9.99
ea.

MID-DAY SQUARES
132 g
SELECTED VARIETIES



2 for
5.00
or pay 2.79 ea.

JUSTIN'S CHOCOLATE CUPS
40 g
SELECTED VARIETIES

5.99
ea.

SCHÄR COOKIES
150 - 200 g
SELECTED VARIETIES

4.99
ea.

KIND CEREAL OR GRANOLA BARS
SELECTED SIZES
SELECTED VARIETIES

18.99
ea.

CLIF BARS
12 x 68 g
SELECTED VARIETIES



ALTER ECO CHOCOLATE
75 - 80 g
SELECTED VARIETIES
2 for
8.00

3.99
ea.

THEOBROMA CHOCOLATE
80 g
SELECTED VARIETIES
5.49
ea.

4.99
ea.



A sweet, healthy treat:
dip fresh kiwis into melted organic chocolate topped with peanuts and dried coconut

KETO



NO SUGAR SNACKS
245 g
SELECTED VARIETIES
8.99
ea.

Whatever your dietary needs,
My Health My Choices makes it easy
to find what you're looking for.

Your
groceries,
decoded.

Grocery shopping to fit
your dietary needs
isn't hard with our
My Health My Choices
program. Easily identify
dietary attributes and
find the foods that are
right for you.



1 Look for the green shelf tags
in-store for a short list of
dietary attributes.



2 Scan product barcodes with the
My Metro app to view an extended
list of dietary attributes and related
product information.



3 Visit metro.ca to search products
in our flyer, shop by attribute,
or get full program details.



Our guide contains nearly 50 attributes like



Plant-Based



Organic



Gluten-Free



Lactose-Free



Halal



High in Protein



No Sugar Added

And so much more



AN APP SO APPETIZING.

Everything you want from Metro
all in one place.



Get personalized coupons and offers with your Air Miles® card.



Conveniently shop Metro within the app.

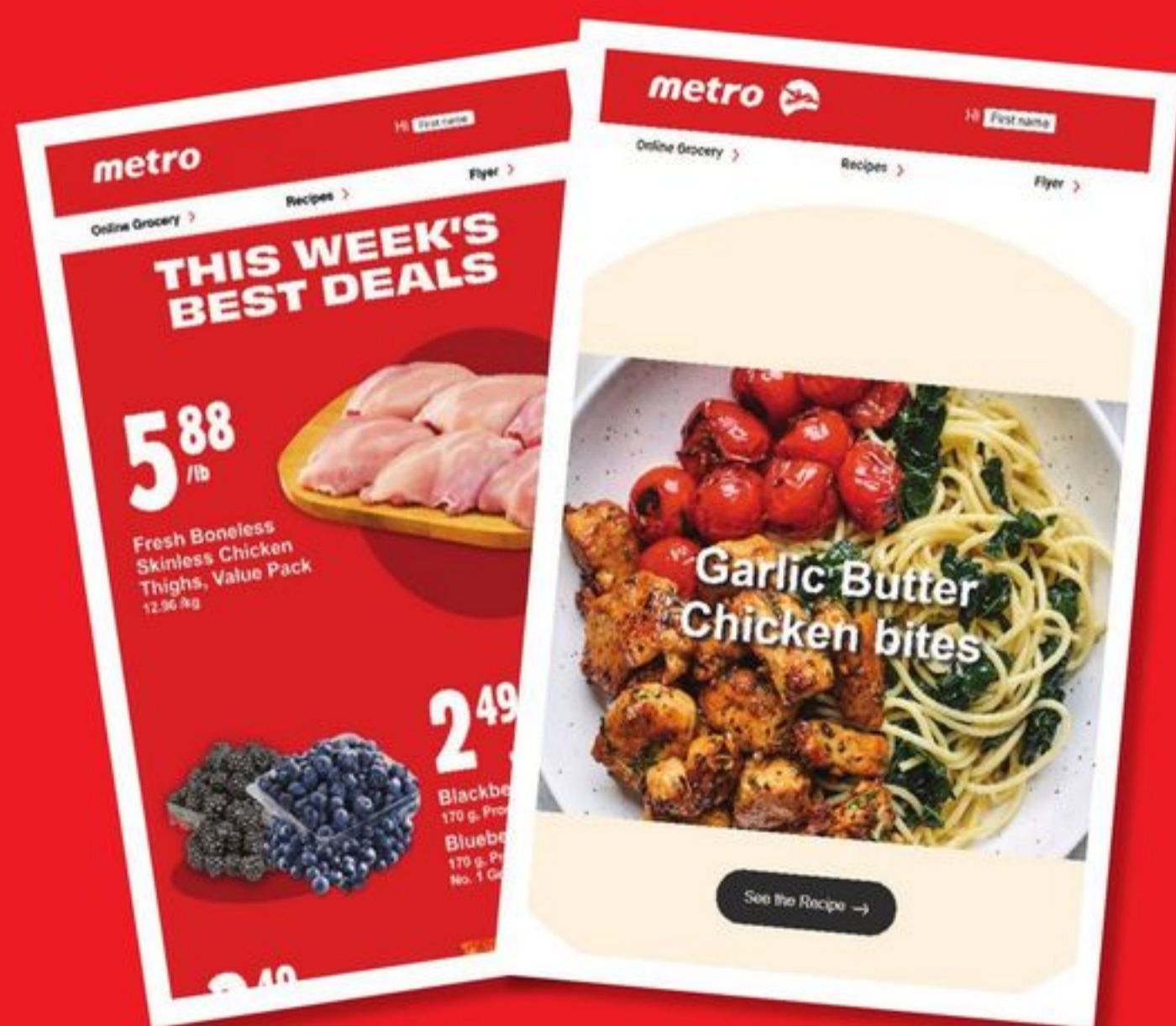


Gain instant access to nutritional info.



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