

metro

SAVOUR SUMMER SAVINGS

on brands you can only find at metro



PRICES LOCKED DOWN
JUNE 13TH TO JULY 10TH, 2024

HURRY IN FOR DELICIOUS DEALS



10⁹⁹
ea.

IRRESISTIBLES PORK BACK RIBS
680 g
SELECTED VARIETIES
OR LIFE SMART NATURALIA BEEF BURGERS
FROZEN, 768 g



4⁹⁹
ea.

SELECTION
ICE POPS OR ICE CREAM SANDWICHES
SELECTED SIZES
SELECTED VARIETIES

IRRESISTIBLES
ORANGE JUICE
2.5 L
SELECTED VARIETIES

5⁹⁹
ea.



5⁹⁹
ea.

SELECTION
S'MORES KIT
400 g



9⁹⁹
ea.

IRRESISTIBLES
CREAM PIES
830 g
SELECTED VARIETIES

IRRESISTIBLES
GARLIC & HERB
JUMBO SHRIMP RAW
FROZEN, 340 g

9⁹⁹
ea.



2/\$7

LIFE SMART NATURALIA
TORTILLA CHIPS OR SELECTION SALSA
SELECTED SIZES
SELECTED VARIETIES

2/\$7

IRRESISTIBLES
DIPS OR HUMMUS
200 - 227 g



5⁹⁹
ea.

IRRESISTIBLES
SALTED OR UNSALTED
DRY ROASTED VIRGINIA
PEANUTS
1 kg

SELECTION
SUMMER CANDIES
325 - 400 g
SELECTED VARIETIES
AVAILABLE AT
SELECTED STORES

3⁹⁹
ea.



9⁹⁹
ea.

IRRESISTIBLES
WALNUTS
HALVES & PIECES
750 g



7⁹⁹ ea.

LIFE SMART NATURALIA
LEAN GROUND BEEF OR BURGERS
452 - 454 g



SELECTION
SLICED CHEESE
140 g
SELECTED VARIETIES

3⁹⁹ ea.



BAKING POTATOES
PRODUCT OF CANADA,
CANADA NO.1 GRADE
PKG OF 3

3⁴⁹ ea.



IRRESISTIBLES
CHICKEN TACOS
FROZEN, 480 g

8⁹⁹ ea.



PARTY ON WITH GREAT DEALS



PRICES LOCKED DOWN
JUNE 13TH TO JULY 10TH, 2024



18⁹⁹ ea.

IRRESISTIBLES
ATLANTIC SALMON OR TUNA POKE
FROZEN, 400 g



9⁹⁹ ea.

IRRESISTIBLES
HERBS & GARLIC OR
CHILI LIME SHRIMP SKEWERS
FROZEN, 400 g

IRRESISTIBLES
PACIFIC WHITE
SHRIMP RING
WITH SAUCE
FROZEN, 284 g

6⁹⁹ ea.



IRRESISTIBLES
RISING CRUST PIZZA
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.



LIFE SMART
FROZEN PIZZA
335 - 380 g
SELECTED VARIETIES

8⁹⁹ ea.



Breaded & oven-ready
- serve these party
favourites with
dipping sauces.

13⁹⁹ ea.

IRRESISTIBLES
POPCORN SHRIMP
VALUE PACK
FROZEN, 700 g



SELECTION
REGULAR OR
BBQ WIENERS
450 g

2/\$5

SELECTION
PICKLES OR KETCHUP
750 ml - 1 L
SELECTED VARIETIES

SAVE \$1.50
2.99
ea.

SIZZLING SAVINGS ON BBQ FAVOURITES

PRICES LOCKED DOWN
JUNE 13TH TO JULY 10TH, 2024

3.99
ea.

IRRESISTIBLES
BRIOCHE HAMBURGER
OR HOT DOG BUNS
200 - 385 g

2/\$6

IRRESISTIBLES
NAANS
180 - 360 g
SELECTED VARIETIES

SELECTION
HOT PEPPER RINGS
750 ml

3.49
ea.

IRRESISTIBLES
OLIVES STUFFED
WITH ALMONDS
375 ml

3.99
ea.

FOR THE BEST BBQ CHICKEN WINGS - JUST ADD BACON.
BASTE WITH BBQ SAUCE OR USE AS A DIP.

2/\$7

SELECTION
SALADS
454 g



3.49
ea.

IRRESISTIBLES
BBQ SAUCE
350 - 360 ml
SELECTED VARIETIES

STORE MADE
PARTY SIZE
DELUXE FRUIT SALAD
1.5 kg

14.99
ea.

11.99
ea.

SELECTION
BACON
1 kg

**BUY MORE
SAVE MORE!**
CHECK OUT THESE
GREAT SAVINGS & MORE

2/\$12
LESS THAN 2
PAY 6.99 ea.

SELECTION
CHEESE BARS
SELECTED SIZES
SELECTED VARIETIES

2/\$4
LESS THAN 2
PAY 2.09 ea.

SELECTION
PASTA
900 g
SELECTED VARIETIES

2/\$4
LESS THAN 2
PAY 2.79 ea.

SELECTION
TOMATO SAUCE
680 ml
SELECTED VARIETIES

PERFECT PICNICS FOR LESS



PRICES LOCKED DOWN
JUNE 13TH TO JULY 10TH, 2024



STORE MADE
GRILLING
VEGETABLES
350 g
(FAMILY GRILLER
800 g, \$7.99)

3.99
ea.



1.49
ea.

SELECTION
CANNED BEANS
540 ml
SELECTED VARIETIES



2.99
ea.

LIFE SMART NATURALIA
SALAD DRESSING
250 ml
SELECTED VARIETIES

IRRESISTIBLES
ARTISAN GOAT CHEESE
250 g
SELECTED VARIETIES

8.99
ea.



3.99
ea.

IRRESISTIBLES
CRISPS CRACKERS
150 g



4.99
ea.

STORE MADE
BENTO KITS
253 - 279 g

FRONT STREET BAKERY
WHITE OR 100%
WHOLE GRAIN
BREADS
450 g

2.49
ea.



MAKE PICNIC-READY SANDWICHES, FOR LESS

IRRESISTIBLES
DRY SAUSAGE
300 g

8.99
ea.



SAVE \$1.30
2.99
ea.

LIFE SMART OR
SELECTION MAYONNAISE
475 ml
SELECTED VARIETIES



3.99
ea.

IRRESISTIBLES
MUSTARD
500 ml
SELECTED VARIETIES



2.99
ea.

IRRESISTIBLES
MAYONNAISE
300 ml
SELECTED VARIETIES



2.49
/100 g

SELECTION
OLD FASHIONED HAM
DELI SLICED
11.29/lb



**BUY MORE
SAVE MORE!**

CHECK OUT THESE
GREAT SAVINGS & MORE



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

SELECTION
NATURAL SPRING WATER
24 x 500 ml



2/\$11
LESS THAN 2
PAY 6.99 ea.

SELECTION
SOFT DRINKS
12 x 355 ml



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

SELECTION
OR IRRESISTIBLES
SPARKLING WATER
1 L
SELECTED VARIETIES

IRRESISTIBLES
SMOOTHIES
1.65 L
SELECTED VARIETIES

3.99
ea.



Loaded with refreshing
blends of fruits & fruit
juices - perfect for
breakfast.



SAVE \$2
6.99
ea.

IRRESISTIBLES
GROUND COFFEE
340 g
SELECTED VARIETIES

1 KG

4.99
ea.

SELECTION
PEANUT BUTTER
1 kg
SELECTED VARIETIES

3.79
ea.

SELECTION
CREAM
473 ml - 1 L
SELECTED VARIETIES



5.49
ea.

SELECTION
SLICED LOAF CAKES
420 g
SELECTED VARIETIES



DON'T MISS OUT ON SUMMER SAVINGS



PRICES LOCKED DOWN
JUNE 13TH TO JULY 10TH, 2024

PERSONNELLE
FOAM HAND SOAP
251 ml
SELECTED VARIETIES

1.99
ea.



5.99
ea.

SELECTION
PAPER TOWELS
6-8 rolls



9.49
ea.

SELECTION
NON-ALCOHOLIC BEER
12 x 355 ml
SELECTED VARIETIES



4.99
ea.

SELECTION PAPER PLATES,
BOWLS OR CUPS
24 - 40 un
SELECTED VARIETIES



2.49
ea.

SELECTION
ECO COMPOSTABLE
UTENSILS
24 un
SELECTED VARIETIES



5.99
ea.

SELECTION
ECO NAPKINS
500 un



6.99
ea.

SELECTION
FACIAL TISSUES
6 un



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 7.99 ea.

IRRESISTIBLES
COFFEE CAPSULES
12 un
SELECTED VARIETIES



2/\$9
LESS THAN 2
PAY 6.99 ea.

IRRESISTIBLES
FROZEN FRUIT
SELECTED SIZES
SELECTED VARIETIES



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

SELECTION
CEREAL BARS
300 g
SELECTED VARIETIES

SAVE ON DELICIOUS SUMMER SNACKS



PRICES LOCKED DOWN
JUNE 13TH TO JULY 10TH, 2024



2/\$4
LESS THAN 2
PAY 2.19 ea.

**BUY MORE
SAVE MORE!**
SELECTION CHIPS
200 g
SELECTED VARIETIES



9.99
ea.

IRRESISTIBLES
NOVELTIES
SELECTED SIZES
SELECTED VARIETIES



4.99
ea.

SELECTION
PEANUTS
SELECTED SIZES
SELECTED VARIETIES



2/\$6
OR PAY
3.49 ea.

IRRESISTIBLES
VEGGIE STICKS
142 g
SELECTED VARIETIES



5.99
ea.

SELECTION
JUMBO MARSHMALLOWS
700 g

Sweeten up your
summer fun with a
s'mores milkshake.



2/\$5
LESS THAN 2
PAY 3.49 ea.

IRRESISTIBLES
CHOCOLATE BARS
100 g
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**



2.49
ea.

SELECTION
ICE CREAM CUPS
18 UN
SELECTED VARIETIES



2.49
ea.

SELECTION
COTTON CANDY
60 g



4.99
ea.

IRRESISTIBLES
ICE CREAM TUBS
1.5 L
SELECTED VARIETIES



4.99
ea.

IRRESISTIBLES
SORBET
946 ml
SELECTED VARIETIES



3.49
ea.

IRRESISTIBLES
WHIPPED CREAM
225 g
OR SELECTION
WHIPPED TOPPING
1 L
SELECTED VARIETIES

SUMMER BAKING IDEA: MINI FRUIT TARTS WITH WHIPPED TOPPING



3.99
ea.

SELECTION
PUFF PASTRY OR PIE CRUST
SELECTED SIZES
SELECTED VARIETIES

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.

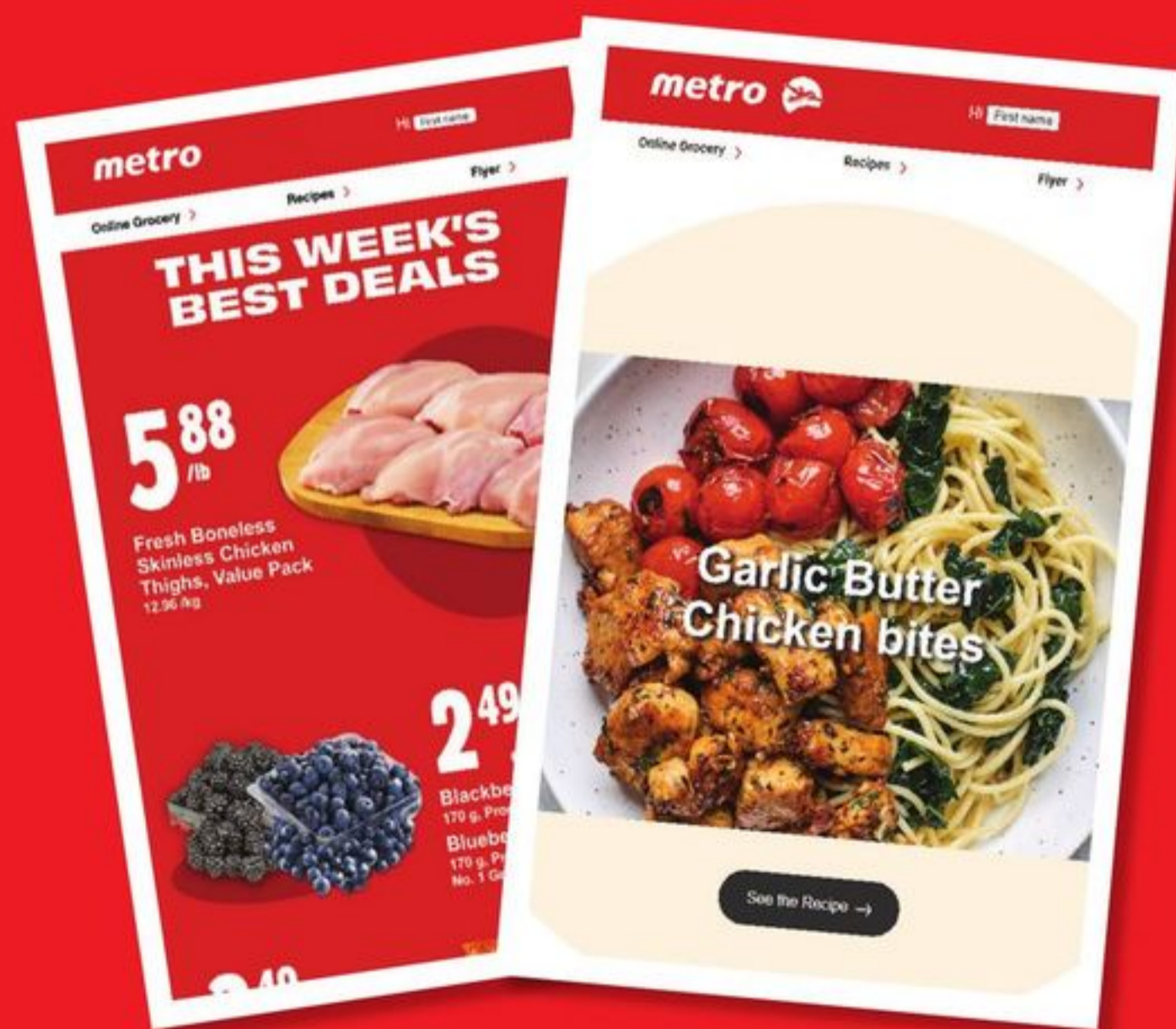


Gain instant access
to nutritional info.



Browse digital flyer
deals and recipe
ideas.

DOWNLOAD TODAY



DON'T MISS OUT!

Get weekly deals delivered
straight to your inbox.

Subscribe to Our Newsletter

We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Get 1 Reward Mile of every \$20 you spend cumulatively each week, after exclusions. All Air Miles® reward miles weekly cumulative purchases (Sunday to Saturday) exclude taxes, tobacco, beer, wine, cider, Western Union, lottery, transit tickets, stamps, gift cards, prescription medications, behind-the-counter pharmacy items, and purchases from in-store vendors. All exclusions listed also apply to Air Miles Cash redemptions. Use Miles in the Cash balance of your AIR MILES Collector Account in-store in increments of 95 Miles for \$10 towards purchases at participating AIR MILES Partner locations to a maximum of \$750 per day. See in store for full details. Prices and AIR MILES® Reward Miles offers are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Bonus Miles will be credited to your AIR MILES® Collector Number within 4-6 weeks. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. For the flyer applicable to your area, go to metro.ca/flyer or see the flyer at your local store. Some seafood, bakery and floral items may not be available in all stores. Commercial resale of our products is prohibited. ®™ Trademarks of AM Royalties Limited Partnership used under license by AIR MILES Loyalty Inc. and Metro Ontario Inc.