

# Get More Deals



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# metro

**FRESH**

**3<sup>99</sup>** /lb

FRESH CHICKEN WINGS  
8.80/kg

**CUT BY OUR BUTCHER**

**7<sup>97</sup>** /lb

PLATINUM GRILL ANGUS  
TOP SIRLOIN STEAK VALUE PACK OR ROAST  
CUT FROM CANADA AAA GRADE  
17.57/kg

**FRESH**

**3<sup>99</sup>** /lb

FRESH PORK TENDERLOIN  
VALUE PACK  
8.80/kg

**TRIMMED BY OUR BUTCHER**

**2<sup>99</sup>** /lb

FRESH PORK SIDE RIBS  
CENTRE CUT REMOVED VALUE PACK  
6.59/kg

**2<sup>44</sup>** ea.

RASPBERRIES OR BLACKBERRIES  
170 g, PRODUCT OF U.S.A. OR MEXICO

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

DEMPSTER'S WHITE OR 100% WHOLE WHEAT BREADS,  
HOT DOG OR HAMBURGER BUNS OR HOSTESS SNACK CAKES  
SELECTED SIZES, SELECTED VARIETIES, OR 3.29 - 3.49 EA.

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

FRESH SKINLESS ATLANTIC  
SALMON PORTION OR SALMON SATAY  
183 g

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

BELLE GROVE  
WHOLE WHITE OR CREMINI MUSHROOMS  
400-454 g, PRODUCT OF ONTARIO  
YELLOW PEACHES 2 lb  
PRODUCT OF U.S.A., No. 1 GRADE

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

EGGO WAFFLES, JORDANS OR  
NATURE'S PATH CEREAL  
SELECTED SIZES, SELECTED VARIETIES

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

IRRESISTIBLES FROZEN FRUIT,  
LACTANTIA PURIFILTRE OR  
BEATRICE CHOCOLATE MILK  
SELECTED SIZES, SELECTED VARIETIES

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

ACTIVIA OR OIKOS YOGURT OR  
GENERAL MILLS OR POST CEREAL  
SELECTED SIZES, SELECTED VARIETIES

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

DARE CRACKERS OR COOKIES,  
CRISPERS OR  
BITS & BITES SNACKS  
SELECTED SIZES, SELECTED VARIETIES

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

DR. OETKER OR IRRESISTIBLES PIZZA  
SELECTED SIZES, SELECTED VARIETIES

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

KRAFT PEANUT BUTTER,  
SMUCKER'S JAM, NUTELLA OR  
MAXWELL HOUSE COFFEE CAPSULES  
SELECTED SIZES, SELECTED VARIETIES

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

TIDE OR GAIN LAUNDRY DETERGENT,  
DOWNY FABRIC SOFTENER, BOUNCE SHEETS, CASCADE  
DISHWASHER DETERGENT, BOUNTY PAPER TOWELS OR  
CHARMIN BATHROOM TISSUE  
SELECTED SIZES, SELECTED VARIETIES

**3<sup>27</sup>** ea.

CLASSICO PASTA SAUCE  
400-450 ml  
SELECTED VARIETIES

**99¢** ea.

AURORA GNOCCHI  
500 g  
SELECTED VARIETIES

# SAVOUR SUMMER SAVINGS

**RED GRILL BEEF**

**GREAT FOR SMOKING**



**4.88** /lb

RED GRILL WHOLE BEEF BRISKET VAC PACK  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
10.76/kg



**88¢** ea. or /lb

EXTRA LARGE BEEFSTEAK TOMATOES  
PRODUCT OF ONTARIO, CANADA, 1.54/lb  
SEEDLESS CUCUMBERS  
PRODUCT OF ONTARIO, CANADA No. 1 GRADE, 88¢ EA.

**3.99** ea.

TRE STELLE MOZZARELLA BALL  
340 g  
SELECTED VARIETIES

**Tre Stelle**

deluxe **MOZZARELLA**

PIZZA MOZZARELLA CHEESE - FROMAGE PIZZA MOZZARELLA

25% M.F./M.L.  
50% MOISTURE / HUMIDITE

340 g

**3.99** ea.

TRE STELLE MOZZARELLA BALL  
340 g  
SELECTED VARIETIES

**National Donut Day June 7**

**SAVE \$1.99**

**\$4** 4 pack

FRONT STREET BAKERY DONUTS Pkg of 4, 320 - 500 g  
SELECTED VARIETIES



**KRAFT SALAD DRESSING**  
425 ml  
BULL'S EYE OR DIANA'S BBQ SAUCE  
375 - 500 ml  
SELECTED VARIETIES

**1.99** ea.



**PANTENE, DOVE OR AXE PERSONAL CARE OR SCOPE ORAL CARE**  
SELECTED SIZES  
SELECTED VARIETIES

**3.99** ea.



**5 BONDS MILES** when you buy 2

OLYMEI BACON OR BREAKFAST SAUSAGES 375 g  
SELECTED VARIETIES

**4.49** ea.



**2.99** /100 g

IRRESISTIBLES ARTISAN BLACK FOREST HAM OR SWISS CHEESE  
SELECTED VARIETIES, DELI SLICED, 13.56/lb



**9.99** /lb

FRESH WILD CAUGHT ONTARIO PICKEREL FILLETS VALUE PACK  
MIN 900 g, 2.20/100 g

**1/2 PRICE**



**6.99** ea.

FANTINO & MONDELLO SLICED DELI MEAT OR CASTELLO HAVARTI  
100 - 200 g, SELECTED VARIETIES



**2.69** ea.

FRONT STREET BAKERY SOURDOUGH, BELGIAN, ROSEMARY BELGIAN, COUNTRY RUSTIC OR MINI PARISIEN BREAD  
175 - 500 g, SELECTED VARIETIES



**2 for \$22.00** or **11.99** ea.

STORE MADE CAROUSELS  
FRESH VEGETABLE 950 g  
FRESH FRUIT 1.4 kg



**Celebrate Best Friend's Day June 8th**

**DOZEN ROSES**  
12 STEM BUNCH  
ASSORTED COLOURS

**SAVE \$4.00**

**20.00** ea.



# \$ New Lower Prices

<p><b>BLUE WATER FISH FILLETS</b> 480 - 725 g <b>WATERVIEW MARKET COOKED SHRIMP</b> 40 - 50 SIZE 500 g, FROZEN, SELECTED VARIETIES</p> <p><b>9.99</b> ea.</p>	<p><b>COOKED-CUITES</b> PACIFIC WHITE SHRIMP CREVETTES BLANCHES DU PACIFIQUE 41-50 1.5 kg</p> <p><b>41.50</b></p>	<p><b>Blue Water</b> English Style <b>Haddock Aiglefin</b> 1.1 kg</p> <p><b>9.00</b></p>	<p><b>Summer Fresh</b> Hummus 2 for 9.00 SUMMER FRESH HUMMUS OR DIPS 100 - 227 g, 4.15 L SELECTED VARIETIES, OR 4.99 EA.</p>	<p><b>SCHNEIDERS PEPPERETTES</b> 250 - 375 g SELECTED VARIETIES</p> <p><b>9.49</b> ea.</p>
<p><b>20 BONUS MILES</b> when you buy 2</p> <p><b>Diamond</b> Old + Fort Black Diamond Morbis + Morbis</p> <p><b>6.99</b> ea.</p>	<p><b>PHILADELPHIA CREAM CHEESE</b> 340 g <b>NATREL LACTOSE FREE, PLUS OR ORGANIC MILK</b> 2 L SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>	<p><b>20 BONUS MILES</b> when you buy 2</p> <p><b>LACTANTIA CREAM</b> 473 ml - 1 L SELECTED VARIETIES, OR 4.89 EA.</p> <p><b>2 for 8.00</b></p>	<p><b>25 BONUS MILES</b> when you buy 2</p> <p><b>iöGO NANO DRINKABLE YOGOURT</b> 6 x 93 ml, 900 ml SELECTED VARIETIES</p> <p><b>3.99</b> ea.</p>	
<p><b>SAVE \$3.98 ON 2</b></p> <p><b>2 for 12.00</b></p> <p><b>NESCAFÉ GOLD OR TASTER'S CHOICE</b> 95 - 170 g, SWEET &amp; CREAMY INSTANT COFFEE 15 - 18 cm, OR <b>COFFEE MATE WHITENER</b> 450 g SELECTED VARIETIES</p>	<p><b>4.99</b> ea.</p> <p><b>LIFE SMART PEANUT BUTTER</b> 400 g <b>EARTH'S OWN OR OAT-LY OAT BEVERAGE</b> 946 ml - 1.89 L SELECTED VARIETIES</p>	<p><b>10 BONUS MILES</b> when you buy 2</p> <p><b>2 for 7.50</b></p> <p><b>ROUGEMONT OR ALLEN'S APPLE JUICE</b> 1.89 - 2 L OR <b>SUNNYPE SLIM JUICE</b> 1.36 L SELECTED VARIETIES, OR 4.19 EA.</p>	<p><b>24 PACK</b></p> <p><b>4.99</b> ea.</p> <p><b>ESKA NATURAL SPRING WATER</b> 24 x 500 ml</p>	
<p><b>LINDOR OR LINDT CHOCOLATE</b> 150 - 300 g SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>	<p><b>3.99</b> ea.</p> <p><b>ORVILLE REDENBACHER POPPING CORN</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>4.44</b> ea.</p> <p><b>HOSTESS VALUE SIZE SNACKS OR HELUVA GOOD! DIP</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>5.49</b> ea.</p> <p><b>HÄAGEN-DAZS ICE CREAM</b> SELECTED SIZES, SELECTED VARIETIES</p>	
<p><b>2 for 6.00</b></p> <p><b>SELECTION OF IRRESISTIBLES FROZEN VEGETABLES</b> SELECTED SIZES, SELECTED VARIETIES, OR 3.49 EA.</p>	<p><b>4.49</b> ea.</p> <p><b>HEALTHY CHOICE OR SWANSON FROZEN ENTRÉES</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>5.99</b> ea.</p> <p><b>AMY'S OR NOT CO FROZEN MEAL</b> 240 - 340 g SELECTED VARIETIES</p>	<p><b>10.99</b> ea.</p> <p><b>PERRIER, MAISON PERRIER OR SAN PELLEGRINO SPARKLING WATER</b> 6 x 1 L SELECTED VARIETIES</p>	
<p><b>30% off</b></p> <p><b>REACTINE ALLERGY, VOLTAREN EMULGEL OR NIJUN HYDRATION</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>2 for 6.00</b></p> <p><b>COLGATE ORAL CARE OR SOFT SOAP HAND SOAP</b> SELECTED SIZES, SELECTED VARIETIES, OR 3.49 EA.</p>	<p><b>2 for 7.50</b></p> <p><b>SMALL KITCHEN COMPOSTABLE OR GARBAGE BAGS</b> SELECTED SIZES, SELECTED VARIETIES</p>	<p><b>4.99</b> ea.</p> <p><b>ROYALE BATHROOM TISSUE</b> 8 - 16 ROLLS, SELECTED VARIETIES</p>	

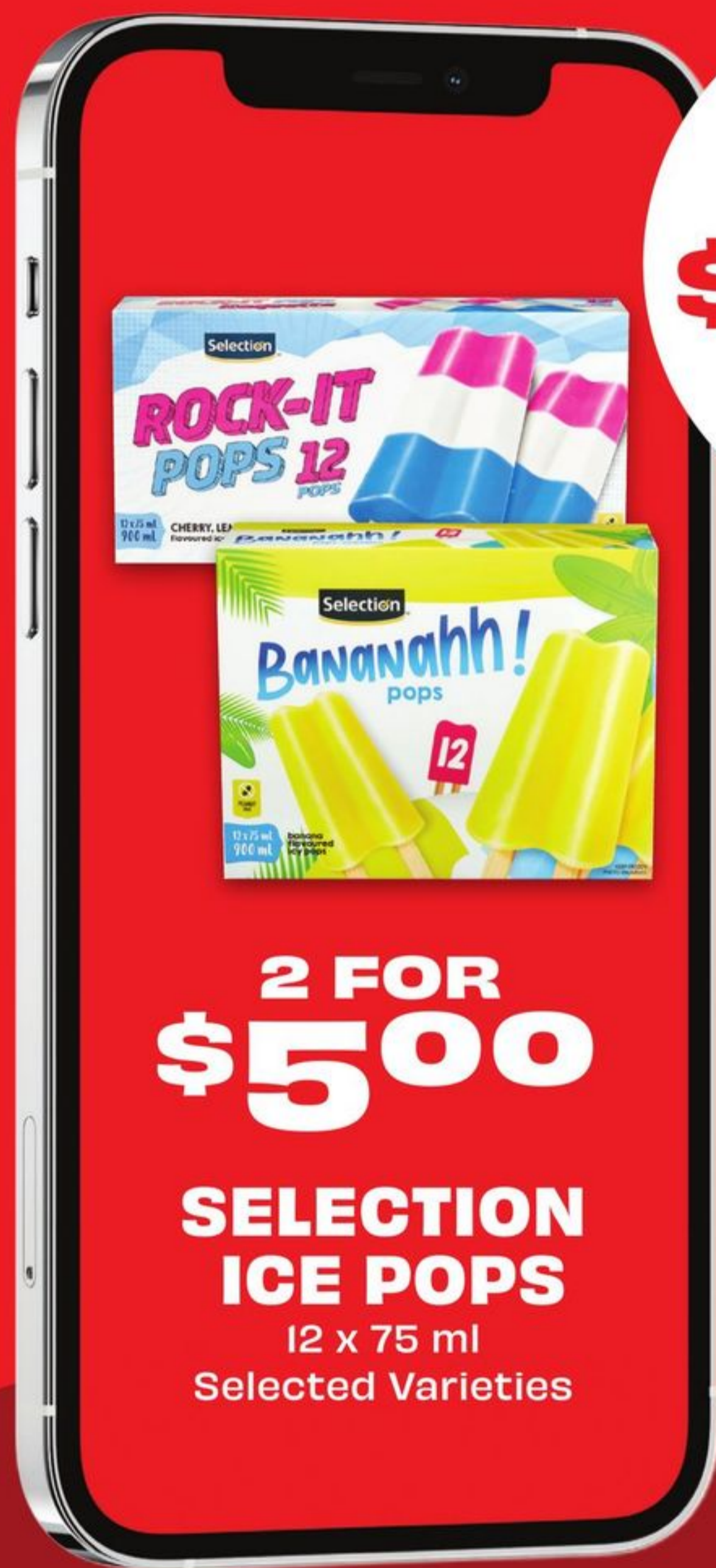
<p><b>10 BONUS MILES</b> when you buy 2</p> <p><b>6.99</b> ea.</p> <p><b>GARDEIN FROZEN ENTRÉE</b> 226 - 425 g SELECTED VARIETIES</p>	<p><b>10 BONUS MILES</b> when you buy 2</p> <p><b>2 for 10.00</b></p> <p><b>CHRISTIE FAMILY SIZE COOKIES OR CRACKERS</b> SELECTED SIZES, SELECTED VARIETIES, OR 5.49 EA.</p>	<p><b>20 BONUS MILES</b> when you buy 2</p> <p><b>2 for 16.00</b></p> <p><b>COCA-COLA, CANADA DRY SOFT DRINKS OR NESTEA OR PEACE ICED TEA</b> 12 x 340 - 355 ml SELECTED VARIETIES, OR 8.49 EA.</p>
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**metro gardens** AVAILABLE AT SELECT STORES AND MOST GARDEN CENTRE LOCATIONS

<p><b>3.00</b> ea.</p> <p><b>SELECTION OUTDOOR SOIL</b> 25 L BAG VARIETIES INCLUDE BLACK EARTH, 3-WAY OR TRIPLE MIX</p>	<p><b>2 for 32.00</b> or 18.00 ea.</p> <p><b>PREMIUM OUTDOOR HANGING BASKETS</b> 10" POT ASSORTED COLOURS AND VARIETIES</p>	<p><b>STARTING AT 29.99</b> ea.</p> <p><b>PATIO PLANTERS</b> ASSORTED COLOURS, FLOWERS AND STYLES</p>	<p><b>PERENNIAL</b></p> <p><b>ROSEBUSH SHRUB</b> 2 GALLON POT ASSORTED COLOURS</p> <p><b>21.99</b> ea.</p>
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## Farm Fresh Produce

 <p><b>4<sup>99</sup></b> ea. SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>5<sup>99</sup></b> /lb COLLOSSAL CHERRIES PRODUCT OF U.S.A., No. 1 GRADE 13.21/kg</p>	 <p><b>3<sup>99</sup></b> /lb ASPARAGUS PRODUCT OF ONTARIO CANADA No. 1 GRADE RADICCHIO PRODUCT OF U.S.A. 8.80/kg</p>	
 <p><b>2 for 5<sup>00</sup></b> LARGE AVOCADOS PRODUCT OF MEXICO</p>	 <p><b>4<sup>99</sup></b> ea. BLUEBERRIES PINT PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE</p>	 <p><b>5<sup>99</sup></b> ea. LOCAL FIELD STRAWBERRIES 1.137 L PRODUCT OF ONTARIO, CANADA No. 1 GRADE</p>	 <p><b>2<sup>99</sup></b> ea. RAPINI PRODUCT OF U.S.A.</p>
 <p><b>2 for 4<sup>00</sup></b> LARGE RED OR HONEY ATAUFO MANGOES PRODUCT OF MEXICO</p>	 <p><b>2<sup>49</sup></b> /lb LARGE BOSCH OR FORELLE PEARS PRODUCT OF SOUTH AFRICA EXTRA FANCY GRADE 5.49/kg</p>	 <p><b>4<sup>99</sup></b> ea. WANNABEEZ COLOURED PEPPERS 2.5 lb PRODUCT OF ONTARIO</p>	 <p><b>3 for 5<sup>00</sup></b> LARGE ARTICHOKE PRODUCT OF U.S.A.</p>
 <p><b>4<sup>99</sup></b> ea. GREEN GIANT SUGAR SNAP PEAS 227 g SNOW PEAS 170 g PRODUCT OF GUATEMALA</p>	 <p><b>3<sup>99</sup></b> /lb MINI ITALIAN EGGPLANTS PRODUCT OF ONTARIO 8.80/kg</p>	 <p><b>3<sup>99</sup></b> ea. BAKING POTATOES 3 PK PRODUCT OF CANADA CANADA No. 1 GRADE</p>	 <p><b>6<sup>99</sup></b> /lb FIDDLEHEADS PRODUCT OF ONTARIO 15.41/kg</p>

## Salad Essentials

 <p><b>7<sup>99</sup></b> ea. RENEE'S CAESAR SALAD DRESSINGS 750 ml SELECTED VARIETIES</p>	 <p><b>3<sup>99</sup></b> ea. CAMPARI TOMATOES 1 lb PRODUCT OF ONTARIO</p>
 <p><b>1<sup>99</sup></b> ea. GREEN OR RED LEAF LETTUCE PRODUCT OF CANADA</p>	 <p><b>9<sup>99</sup></b> ea. NATURESOURCE SALAD TOPPERS 575 - 625 g SELECTED VARIETIES</p>

## Organic

 <p><b>5<sup>99</sup></b> ea. GREENHOUSE ORGANIC JUICES OR SHAKES 300 ml SELECTED VARIETIES</p>	 <p><b>3<sup>79</sup></b> ea. BELLE GROVE ORGANIC SLICED WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>
 <p><b>5<sup>49</sup></b> ea. SUNNY FRUIT ORGANIC DRIED FIGS, APRICOTS OR MULBERRY 150 - 250 g</p>	 <p><b>4<sup>99</sup></b> ea. GREENBELT ORGANIC GREENS 142 g PRODUCT OF ONTARIO SELECTED VARIETIES</p>

## Sliced & Diced

 <p><b>1<sup>29</sup></b> /lb SEEDLESS WATERMELON QUARTERS 2.84/kg</p>	 <p><b>3<sup>99</sup></b> ea. STORE MADE YOGURT PARFAITS 329 g</p>
 <p><b>6<sup>99</sup></b> ea. STORE MADE CHICKEN SALADS 252 - 410 g</p>	 <p><b>14<sup>99</sup></b> ea. STORE MADE PARTY SIZE DELUXE FRUIT SALAD 1.5 kg</p>

## Flowers in Bloom

 <p><b>16<sup>99</sup></b> ea. MEGA MUM BOUQUET ASSORTED COLOURS</p>	 <p><b>22<sup>99</sup></b> ea. DOUBLE SPIKE PREMIUM ORCHIDS 5" POT, ASSORTED COLOURS</p>
 <p><b>26<sup>99</sup></b> ea. LOW MAINTENANCE PONY TAIL PALM 5" POT, ASSORTED COLOURED POTS</p>	 <p>SAVE \$4.00 <b>22<sup>99</sup></b> ea. PREMIUM ORCHIDS 5" POT, ASSORTED COLOURS</p>

# CELEBRATE BIG MOMENTS

From prom nights and graduations to recitals and more, make beautiful memories with a stunning variety of beautiful bouquets, corsages – and even balloons.



STARTING AT

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

PRESENTATION  
BOUQUETS  
ASSORTED COLOURS,  
FLOWERS AND STYLES

Wish to create a  
custom floral piece?

Whether you want a corsage  
or presentation bouquet, speak to  
our floral experts in-store or over the  
phone to place your order. Please  
allow a minimum of 48 hours  
notice on all orders.



STARTING AT

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

CORSAGE AND BOUTONNIERES  
ASSORTED STYLES AND FLOWERS



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

PREMIUM HAND-TIED ROSE BOUQUET  
ASSORTED COLOURS AND FILLERS

## THE PERFECT RECITAL GIFTS

PAINTED  
GALAXY ROSES  
5-STEM BUNCH

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

70 CM

LONG STEM  
SINGLE ROSES  
ASSORTED COLOURS

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

UNICORN BABY'S  
BREATH BUNCH  
ASSORTED COLOURS

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

## MAKE THEIR DAY FUN WITH BALLOONS



BALLOON  
BOUQUETS  
ASSORTED BALLOONS AND STYLES

STARTING AT  
**29<sup>99</sup>**  
ea.



ASSORTED THEMES,  
COLOURS AND SIZES  
AVAILABLE

MYLAR BALLOONS  
ASSORTED THEMES,  
COLOURS AND SIZES

STARTING AT  
**5<sup>99</sup>**  
ea.

# Our Butcher's Finest

 <p><b>7<sup>99</sup></b> /lb SOUVLAKI SKEWERS OR STORE MADE MEAT KABOBS 17.61/kg or PORK 5.99/lb, 13.21/kg SELECTED VARIETIES</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>FRESH</b></p>  <p><b>6<sup>99</sup></b> /lb FRESH LAMB LEG SHORT CUT NEW ZEALAND SPRING LAMB 15.41/kg</p>	 <p><b>5<sup>99</sup></b> /lb BONELESS PORK SIRLOIN CHOPS VALUE PACK 13.21/kg</p>		
 <p><b>3<sup>99</sup></b> /lb LEAN GROUND PORK VALUE PACK 8.80/kg</p>	 <p><b>4<sup>49</sup></b> /lb FRESH SPLIT CHICKEN BREAST 9.90/kg</p>		
 <p><b>5<sup>88</sup></b> /lb MARINATED BUTTERFLIED PORK TENDERLOIN 12.96/kg</p>	 <p><b>9<sup>99</sup></b> /lb INSIDE VEAL LEG LETT FOR SCALLOPPINI GRAIN FED 22.02/kg</p>	 <p><b>9<sup>88</sup></b> /lb PLATINUM GRILL ANGUS TOP SIRLOIN MEDALLIONS, CAP OFF STEAK OR CLUB STEAK CUT FROM CANADA AAA GRADE 21.78/kg</p>	 <p><b>8<sup>99</sup></b> /lb PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST CUT FROM CANADA AAA GRADE 19.82/kg</p>

 <p><b>7<sup>99</sup></b> ea. SELECTION SMOKED HAM 475 g SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. SELECTION BACON 45 - 375 g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. IRRESISTIBLES ARTISAN DRY CURED BACON 375 g SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. IRRESISTIBLES CHICKEN BREAST STRIPS FULLY COOKED, 200 g SELECTED VARIETIES</p>
 <p><b>6<sup>99</sup></b> ea. SELECTION BREADED CHICKEN FROZEN, 800 g SELECTED VARIETIES</p>	 <p><b>12<sup>99</sup></b> ea. SELECTION BEEF BURGERS FROZEN, 1.36 kg</p>	 <p><b>2<sup>99</sup></b> ea. IRRESISTIBLES NATURALIA WIENERS 375 g</p>	 <p><b>5<sup>99</sup></b> ea. IRRESISTIBLES THREE-MEAT PIE OR PORK TOURTIERE PIES FROZEN, 600 - 635 g</p>

## LOCKED DOWN PRICES UNTIL JULY 3RD, 2024

 <p><b>3<sup>99</sup></b> /lb MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH WHOLE CHICKEN 8.80/kg</p>	 <p><b>5<sup>99</sup></b> ea. JOHNSONVILLE SAUSAGES 375 - 500 g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. GREENFIELD BACON OR WIENERS 375 g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. MAPLE LODGE ULTIMATE CHICKEN WIENERS OR ZABIHA HALAL 900 g SELECTED VARIETIES</p>
 <p><b>12<sup>99</sup></b> ea. PILLER'S SMOKED HAM 800 g SELECTED VARIETIES</p>	 <p><b>15<sup>99</sup></b> ea. NEW ZEALAND SPRING LAMB BURGERS 568 g or MONTANA'S ANGUS BEEF BURGERS 996 g FROZEN</p>	 <p><b>16<sup>99</sup></b> ea. PINTY'S BREADED CHICKEN OR WINGS FROZEN, 750 - 790 g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. BEYOND PLANT-BASED BURGERS, GROUNDS OR FROZEN ENTREES 226 - 400 g</p>

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# Seafood

 <p><b>3<sup>99</sup></b> ea. FRESH MEDITERRANEAN SEA BASS PORTION 170 g</p> <p>PAN FRY IN LESS THAN 10 MIN</p>	 <p><b>11<sup>99</sup></b> /lb WILD CAUGHT YELLOWFIN TUNA STEAKS OR SWORDFISH STEAKS FROZEN OR PREVIOUSLY FROZEN, 2.65/100 g</p> <p>WILD CAUGHT</p>		
 <p><b>3<sup>99</sup></b> ea. SELECTION IMITATION CRAB FLAKES OR STICKS, 227 g</p>	 <p><b>3<sup>99</sup></b> ea. FRESH STORE MADE SALMON KABOBS FRESH OR PREVIOUSLY FROZEN, 100 g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. FRESH ATLANTIC SALMON PINWHEEL 170 g</p>	 <p><b>15<sup>99</sup></b> /lb TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS FROZEN, 3.53/100 g</p>
 <p><b>4<sup>49</sup></b> ea. OCEAN JEWEL ORGANIC COOKED MUSSEL MEAT FROZEN, 340 g</p>	 <p><b>6<sup>99</sup></b> ea. CEDAR BAY PLANKED SALMON FROZEN, 141 g</p>	 <p><b>9<sup>00</sup></b> 2 for HIGH LINER MARKET CUTS 227 g CATCH OF THE DAY BREADED FISH 350 g FROZEN, OR 4.99 EA.</p>	 <p><b>8<sup>99</sup></b> ea. NANUK SMOKED WILD SOCKEYE SALMON FROZEN, 85 g</p>

 <p><b>4<sup>99</sup></b> ea. LIFE SMART NATURALIA POLLOCK FILLETS FROZEN, 400 g</p>	 <p><b>5<sup>99</sup></b> ea. LIFE SMART NATURALIA TILAPIA FILLETS FROZEN, 400 g</p>	 <p><b>8<sup>99</sup></b> ea. LIFE SMART NATURALIA WILD HADDOCK FILLETS FROZEN, 400 g</p>	 <p><b>9<sup>99</sup></b> ea. LIFE SMART NATURALIA BASA FILLETS FROZEN, 500 g</p>
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# Deli Favourites

 <p><b>3<sup>69</sup></b> /100 g MAPLE LODGE CHICKEN BREAST DELI SLICED, 16.74/70</p>	 <p><b>3<sup>49</sup></b> /100 g MASTRO GENOA SALAMI WILD OR HOT, 15.83/70</p>	 <p><b>3<sup>29</sup></b> /100 g FRICO GOUDA SELECTED VARIETIES DELI CUT, PRICES AS MARKED, 14.92/70</p>	 <p><b>3<sup>49</sup></b> /100 g JARLSBERG CHEESE DELI CUT, PRICES AS MARKED, 15.82/70, 4.99/100 g WHEN YOU BUY LESS THAN 500 g</p> <p>BUY MORE SAVE MORE!</p>
 <p><b>9<sup>49</sup></b> ea. MASTRO CHARCUTERIE TRIO 150 - 250 g SELECTED VARIETIES</p>	 <p><b>4<sup>49</sup></b> ea. MARCANGELO SNACKISSIMO 60 - 70 g SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. BELLITALIA PIZZERIA PIZZA TOPPING 150 - 175 g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. SAN DANIELE PROSCIUTTO HAM OR MASTRO SALAMI 100 - 150 g SELECTED VARIETIES</p>
 <p><b>3<sup>49</sup></b> /100 g KRINOS GREEK FETA 15.83/70</p>	 <p><b>6<sup>99</sup></b> ea. GALBANI MOZZARELLA OR BOCCONCINI 170 - 227 g SELECTED VARIETIES</p>	 <p><b>7<sup>49</sup></b> ea. SAPUTO PARMESAN OR ASIAGO PETALS 125 g</p>	 <p><b>14<sup>99</sup></b> ea. BEEMSTER CHEESE 250 g SELECTED VARIETIES</p>
 <p><b>9<sup>99</sup></b> ea. BOURSIN GARLIC AND HERB CHEESE 250 g</p>	 <p><b>5<sup>99</sup></b> ea. FONTAINE SANTÉ SALAD 340 - 400 g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. GARDEN FRESH TORTILLA CHIPS OR SALSAS 397 g, 473 ml SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. 34 DEGREE CRISPS 127 g SELECTED VARIETIES</p>



**FRESH FOR SUMMER**  
Tasty Travels  
LIMITED TIME ONLY

**14.49** ea.  
BBQ PORK BACK RIBS  
Serves 2

**15.00** ea.  
ROAST BEEF SLIDERS  
8 Sliders, Serves 4

**2.49** /100 g  
GREEK STYLE SALAD

**13.88** ea.  
MEDITERRANEAN STYLE  
BBQ CHICKEN  
900 g, Serves 4

**20.00** ea.  
CHICKEN FAJITA  
MEAL KIT  
Serves 4

**metro FRESH 2 GO**

**STONE BAKED AND DELICIOUS**

**14.99** ea.  
FRESH 2 GO  
16" 3-TOPPING  
STONE BAKED PIZZA\*  
SELECTED VARIETIES

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

Buttermilk Ranch Dressing  
Creamy Garlic Aioli

**\*WALK IN ONLY**



**Summer Berry  
Lemonade  
Refresher**

A SWEET SUMMER BLEND OF RASPBERRY, BLUEBERRY, AND BLACKBERRY FLAVOURS, SHAKEN WITH ICE AND VIBRANT LEMONADE AND Poured OVER RASPBERRY - FLAVOURED PEARLS THAT DELIVER A DELICATE AND DELICIOUSLY SWEET BURST OF FUN.

**NEW**



**STOP BY  
FOR  
ME  
TIME**

PICK UP YOUR  
FAVOURITES  
IN-STORE AND  
COLLECT STARS  
WITH EVERY SIP

**STARBUCKS  
REWARDS**



FLAVOURS OF

Italy

Celebrate Italian Heritage Month



**3.49** ea. MUTTI PEELED TOMATOES OR PASSATA 680 - 796 ml SELECTED VARIETIES



Enjoy the simplicity and flavours of Italian cuisine with our selection of ingredients. Buon appetito!

**3.99** ea. UNICO ARBORIO RICE 750 g SELECTED VARIETIES

**2 for 4.00** DECECCO OR LA MOLISANA PASTA 450 - 454 g SELECTED VARIETIES



**15.99** ea. BERTOLLI OLIVE OIL 750 ml - 1L SELECTED VARIETIES



**12.99** ea. SAN BENEDETTO SPRING WATER 6 x 1.5 L SELECTED VARIETIES

UNICO, AURORA OR LA MOLISANA MARINADES 225 - 750 ml SELECTED VARIETIES

**2.99** ea.

RAO'S PASTA SAUCE 660 ml SELECTED VARIETIES

**10.99** ea.



**4.49** ea. CALLIPO SOLID LIGHT TUNA IN OLIVE OIL 3 x 80 g OR RIO MARE INSALATISSIME TUNA SALAD 160 g SELECTED VARIETIES

FRONT STREET BAKERY CANNOLIS 90 - 115 g SELECTED VARIETIES

**1.99** ea.

FRONT STREET BAKERY OUR ABSOLUTE FINEST

FRONT STREET BAKERY TIRAMISU CAKE 2.1 kg

**27.99** ea.

MAKE A CLASSIC  
ITALIAN TIRAMISU WITH  
CHOCOLATE & LADY FINGERS



**349** ea.  
LOACKER  
WAFERS OR  
VICENZI COOKIES  
125 - 175 g  
SELECTED VARIETIES



**899** ea.  
PERUGINA BACI  
CHOCOLATE BITES  
150 g  
SELECTED VARIETIES



LAVAZZA  
ROASTED GROUND  
COFFEE 250 g  
GIOIA  
CRESCENT 270 g  
SELECTED VARIETIES

**449** ea.



AURORA OR GIOIA  
SAVOIARDI COOKIES  
400 g  
GIOIA AMARETTI  
COOKIES  
200 g  
SELECTED VARIETIES

**349** ea.



CASTELLO  
ASIAGO STAGIONATO  
DELI CUT  
PRICES AS MARKED  
16.28/lb

**359**  
/100 g



IMPORTED  
FROM ITALY

GHIOTTI  
PROVOLONE DOLCE  
DELI SLICED  
13.56/lb

**299**  
/100 g



BUY MORE  
SAVE MORE!  
WHEN YOU BUY  
500 g OR MORE

IRRESISTIBLES  
GRANA PADANO  
DELI CUT  
PRICES AS MARKED  
13.56/lb  
OR 3.99/100 g WHEN YOU BUY  
LESS THAN 500 g

**299**  
/100 g



IMPORTED  
FROM ITALY

MARCANGELO  
CACCIATORE SALAMI  
300 g  
SELECTED VARIETIES

**1199** ea.



**349**  
/100 g

ARRIGONI GORGONZOLA  
DELI CUT  
PRICES AS MARKED  
15.83/lb

**359**  
/100 g

TRE STELLE  
MONTASIO  
DELI CUT  
PRICES AS MARKED  
16.28/lb

ENJOY AN ANTIPASTO BRUCHETTA  
WITH MEATS & CHEESE  
ON CRUNCHY BREAD



VITAGOR OR  
AURORA BREADSTICKS  
100 - 125 g  
AURORA  
ROASTED CHESTNUTS  
100 g  
SELECTED VARIETIES

**149** ea.



IMPORTED  
FROM ITALY

MARCANGELO  
AUTHENTIC  
ITALIAN SLICED  
DELI MEATS TRAY  
175 g  
SELECTED VARIETIES

**1299** ea.



**2000** ea.  
FRESH 2 GO  
PANUOZZO SANDWICH  
1 unit  
SELECTED VARIETIES



**2500** ea.  
FRESH 2 GO  
MEAT LASAGNA  
1.5 kg  
SELECTED VARIETIES



FRESH 2 GO  
ARANCINI  
2-PK  
SELECTED VARIETIES

**650** ea.

# Baked in my Metro



FRONT STREET BAKERY  
CINNAMON BUNS 420-450g  
SELECTED VARIETIES

**5.49**  
ea.



These tempting  
cinnamon rolls are  
available with delicious  
cream cheese or white  
icing. Serve them  
warm.

**5.49**  
ea.



454 g  
IRRESISTIBLES ARTISAN  
PIES 65g  
SELECTED VARIETIES

**3.79**  
ea.



FRONT STREET BAKERY  
DINNER, HOT DOG OR  
HAMBURGER ROLLS  
300-425g, SELECTED VARIETIES

**4.49**  
ea.

FRONT STREET BAKERY  
FRUIT BITES 240g  
SELECTED VARIETIES



**4.49**  
ea.

FRONT STREET BAKERY  
SCONES PKG OF 4, 264g  
SELECTED VARIETIES



**7.49**  
ea.

FRONT STREET BAKERY  
FAMILY PACK COOKIES  
PKG OF 24, 744-792g  
SELECTED VARIETIES



**3.79**  
ea.

FRONT STREET BAKERY  
GRAIN BREAD 450g  
SELECTED VARIETIES



## Fruit Topped



**16.99**  
ea.

FRONT STREET BAKERY  
CREAM BAR CAKES  
650-875g, SELECTED VARIETIES



**18.99**  
ea.

FRONT STREET BAKERY  
TRIPLE STRAWBERRY OR  
TRIPLE FRUIT  
BOSTON CAKE 1200g  
SELECTED VARIETIES



**8.99**  
ea.

FRONT STREET BAKERY  
STRAWBERRIES 'N CREME  
MINI CAKE 250-440g  
SELECTED VARIETIES



**18.99**  
ea.

FRONT STREET BAKERY  
FRUIT TOPPED  
CHEESECAKE 975g  
SELECTED VARIETIES



DIMPFLEMEIER  
RYE BREADS  
454-600g  
SELECTED VARIETIES

**4.49**  
ea.



Dempsters  
BAGELS  
375-510g  
SELECTED VARIETIES

**3.79**  
ea.



CARBONAUT  
GLUTEN FREE  
BREADS  
WHITE OR SEEDED  
550g

**7.99**  
ea.



SCHOOLSAFE  
MUFFIN BARS  
200-296g  
SELECTED VARIETIES

**4.49**  
ea.

## Snacks and Beverages



**2 for**  
**7.50**

RICeworks RICE CRISPS  
SELECTED SIZES, SELECTED VARIETIES  
OR 3.99 EA.



**2 for**  
**4.50**

SPARKLING ICE  
SPARKLING DRINKS  
SELECTED SIZES  
SELECTED VARIETIES  
OR 2.39 EA.



**4 for**  
**5.00**

PURE LIFE  
SPARKLING WATER 1L  
SELECTED VARIETIES  
OR 1.49 EA.



**24 PACK**  
**21.99**  
ea.

GATORADE  
SPORTS DRINKS  
24 x 591 ml  
SELECTED VARIETIES



**2 for**  
**7.00**

RED BULL  
ENERGY DRINKS  
250 ml  
SELECTED VARIETIES  
OR 3.79 EA.



**2 for**  
**8.00**

TAKIS  
TORTILLA CHIPS  
SELECTED SIZES  
SELECTED VARIETIES  
OR 4.29 EA.



**2 for**  
**7.50**  
LESS THAN 2  
PAY 4.99 EA.

LAY'S  
FAMILY SIZE  
CHIPS  
SELECTED SIZES  
SELECTED VARIETIES



**10 BONUS MILES**  
when you buy 1  
**8.49**  
ea.

McSWEENEY'S  
BEEF JERKY SNACKS  
125g  
SELECTED VARIETIES



**3.99**  
ea.

LECLERC SUMMER TIME  
COOKIES 300g  
SELECTED VARIETIES  
WHILE QUANTITIES LAST



**2 for**  
**7.00**

GOLDFISH  
CRACKERS  
100-227g  
SELECTED VARIETIES  
OR 3.99 EA.



**2 for**  
**10.00**

DARE JUICE CANDY  
500-700g  
SELECTED VARIETIES



**1.99**  
ea.

BITS & BITES OR  
CRISPERS SNACKS  
145g, SELECTED VARIETIES



**2 for**  
**4.00**

MINUTE MAID  
FROZEN JUICE OR DRINKS  
295 ml, SELECTED VARIETIES  
OR 2.49 EA.



**4.99**  
ea.

CHAPMAN'S  
ICE CREAM NOVELTIES  
SELECTED SIZES, SELECTED VARIETIES



**3.99**  
ea.

KOZY SHACK  
PUDDING  
SELECTED SIZES, SELECTED VARIETIES



**3.99**  
ea.

SELECTION PUFF OR  
IRRESISTIBLES  
PHYLLO PASTRY  
SELECTED SIZES  
SELECTED VARIETIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



# More Great Savings

<p>STARBUCKS CREAMER 628 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p>STARBUCKS GROUND COFFEE 300-340 g SELECTED VARIETIES</p> <p><b>10<sup>99</sup></b> ea.</p>	<p>RED ROSE TEA BAGS 72 ml</p> <p><b>5<sup>49</sup></b> ea.</p>	<p>BABYBEL CHEESE SNACKS SELECTED SIZES, SELECTED VARIETIES OR 4.49 EA.</p> <p><b>2 for 8<sup>00</sup></b></p>
<p>GAY LEA NORDICA COTTAGE CHEESE 500 g SELECTED VARIETIES</p> <p><b>3<sup>99</sup></b> ea.</p>	<p>CRYSTAL MARGARINE 507 g</p> <p><b>6<sup>49</sup></b> ea.</p>	<p>LIBERTE KEFIR 1 L SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	<p>YOP DRINKABLE YOGOURT 250 ml SELECTED VARIETIES</p> <p><b>3 for 3<sup>69</sup></b> LESS THAN 3 PAY 1.99 EA.</p>
<p>QUAKER MUFFIN OR COOKIE MIX 400 g</p> <p><b>5<sup>49</sup></b> ea.</p>	<p>SELECTION CHOCOLATE CHIPS 825 g - 1 kg SELECTED VARIETIES</p> <p><b>9<sup>99</sup></b> ea.</p>	<p>BEN'S ORIGINAL CONVERTED OR LONG GRAIN RICE 2.2 kg</p> <p><b>9<sup>99</sup></b> ea.</p>	<p>OLD EL PASO KITS AND SALSA 250-500 g SELECTED VARIETIES OR 4.99 EA.</p> <p><b>2 for 9<sup>00</sup></b></p>
<p>HEARTBEAT HOT SAUCE 177 ml SELECTED VARIETIES</p> <p><b>9<sup>99</sup></b> ea.</p>	<p>FRENCH'S YELLOW MUSTARD 400 ml</p> <p><b>1<sup>99</sup></b> ea.</p>	<p>CLOVER LEAF LIGHT TUNA 170 g FLAVOURED TUNA 85 g SELECTED VARIETIES</p> <p><b>2 for 4<sup>00</sup></b></p>	<p>SELECTION CANOLA OR VEGETABLE OIL 1.42 L</p> <p><b>5<sup>49</sup></b> ea.</p>
<p>KNORR RICE 73 g SELECTED VARIETIES</p> <p><b>2 for 7<sup>00</sup></b> LESS THAN 2 PAY 3.99 EA.</p>	<p>TASTY BITE SIDE DISH 295 g SELECTED VARIETIES</p> <p><b>3 for 11<sup>00</sup></b> LESS THAN 3 PAY 4.49 EA.</p>	<p>CAVENDISH FRIES 800 g SELECTED VARIETIES</p> <p><b>2 for 6<sup>00</sup></b> LESS THAN 2 PAY 3.99 EA.</p>	<p>LIFE SMART FRUIT SNACKS 6 x 113 g SELECTED VARIETIES</p> <p><b>2<sup>99</sup></b> ea.</p>

## Baby, Beauty & Health

<p>LITTLE GOURMET BABY PUREE 103 ml SELECTED VARIETIES, OR 2.29 EA.</p> <p><b>5 for 11<sup>00</sup></b></p>	<p>BABY GOURMET BABY PUREE 103 ml SELECTED VARIETIES</p> <p><b>6 for 12<sup>00</sup></b> LESS THAN 6 PAY 2.49 EA.</p>
<p>HUGGIES BABY WIPES 56 ml</p> <p><b>4<sup>79</sup></b> ea.</p>	<p>LIVE CLEAN BABY WASH 300 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>
<p>TAMPAX SANITARY TAMPONS 22-40 ml SELECTED VARIETIES</p> <p><b>10<sup>99</sup></b> ea.</p>	<p>JAMIESON GUMMIES SELECTED SIZES SELECTED VARIETIES</p> <p><b>40% off</b></p>

## Household Helpers

<p>SELECTION SANDWICH BAGS, BIODEGRADABLE OR LEMON LIQUID DISH SOAP SELECTED SIZES, SELECTED VARIETIES</p> <p><b>2<sup>99</sup></b> ea.</p>	<p>SELECTION ALUMINUM FOIL, PARCHMENT OR CLING WRAP SELECTED SIZES SELECTED VARIETIES</p> <p><b>2<sup>99</sup></b> ea.</p>
<p>SELECTION COMPOSTABLE NAPKINS 500 ml</p> <p><b>5<sup>99</sup></b> ea.</p>	<p>ROYAL CHINET PLATES 40 pc. SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>
<p>VIM CLEANERS 500 ml SELECTED VARIETIES</p> <p><b>3<sup>49</sup></b> ea.</p>	<p>GLAD GARBAGE BAGS 30-48 ml SELECTED VARIETIES</p> <p><b>7<sup>99</sup></b> ea.</p>



HAND ROASTED - RÔTÉS À LA MAIN  
MARCONA ALMONDS  
LEMON - CITRON  
AMANDES DE MARCONA  
**HANDFUEL**  
Our roasted Marcona almonds with  
the salt and drizzle represent what  
Marcona Almonds...  
100 g

**HANDFUEL**  
NUTS  
150 g  
SELECTED VARIETIES  
**5<sup>99</sup>** ea.

Best Ingredients | Whole Ingredients  
Handmade in Canada | Low Fructose  
**JORDANS**  
NO COCOA BUTTER  
**GRANOLA**  
375 - 375 g  
SELECTED VARIETIES  
**4<sup>99</sup>** ea.

# ON THE GO SMART SNACKING

Grab a handful of wholesome goodness with our snack selection - made with ingredients you can feel good about.

Organic  
**Justin's**  
JUSTIN'S  
PEANUT BUTTER CUPS  
120 g  
SELECTED VARIETIES  
**7<sup>49</sup>** ea.

Non-GMO  
**PRANA**  
PRANA  
Kilimanjaro  
MIXED NUTS  
150 g  
SELECTED VARIETIES  
**6<sup>49</sup>** ea.

Gluten-Free  
**CRUNCHMASTER**  
CRUNCHMASTER  
AVOCADO  
ALAVOCAT  
100 - 128 g  
SELECTED VARIETIES  
**6<sup>49</sup>** ea.

**Pita Bites**  
SENSIBLE PORTIONS  
PITA BITES CRACKERS  
142 g  
SELECTED VARIETIES  
**4<sup>49</sup>** ea.

Gluten-Free  
**KIND**  
KIND  
DIPPED CLUSTERS  
113 g  
SELECTED VARIETIES  
**4<sup>99</sup>** ea.

**KIND**  
dipped clusters  
Dark Chocolate  
Vanilla Cashew  
113 g  
SELECTED VARIETIES  
**4<sup>99</sup>** ea.

Gluten-Free  
**NEAL BROTHERS**  
NEAL BROTHERS  
CORN CHIPS  
276 g  
SELECTED VARIETIES  
**5<sup>49</sup>** ea.

Non-GMO  
**FRANKIE'S ORGANIC**  
FRANKIE'S ORGANIC  
PUFFS  
SOUFFLÉS  
120 - 140 g  
SELECTED VARIETIES  
**2 for 5<sup>00</sup>** or 2.79 ea.

Gluten-Free  
**Garden of Eatin'**  
Garden of Eatin'  
VEGGIE STRAWS  
120 - 142 g  
SELECTED VARIETIES  
**2 for 7<sup>00</sup>** or 3.79 ea.

Non-GMO  
**ANGIE'S**  
ANGIE'S  
BOOM CHICKA POP  
SEA SALT POPCORN  
MAIS ÉCLATÉ AU SEL MARIN  
128 - 198 g  
SELECTED VARIETIES  
**5<sup>49</sup>** ea.

Non-GMO  
**FINN CRISP**  
FINN CRISP  
CRACKERS  
175 - 200 g  
SELECTED VARIETIES  
**3<sup>49</sup>** ea.

Non-GMO  
**FRANKIE'S ORGANIC**  
FRANKIE'S ORGANIC  
PUFFS  
120 - 140 g  
SELECTED VARIETIES  
**2 for 5<sup>00</sup>** or 2.79 ea.



Non-GMO  
**FINN CRISP**  
FINN CRISP  
CRACKERS  
175 - 200 g  
SELECTED VARIETIES  
**3<sup>49</sup>** ea.

**Organic**

<p>QUE PASA TORTILLA CHIPS 300 - 350 g SELECTED VARIETIES</p> <p><b>4.49</b> ea.</p>	<p>NATURE'S PATH CEREAL 750 - 825 g SELECTED VARIETIES</p> <p><b>10.49</b> ea.</p>	<p>CHICKAPEA PASTA 227 g SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>	<p>FOUR O'CLOCK TEA 16 UN. SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>
<p>PRANA CHIA MIX 250 g SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>	<p>AMY'S VIETNAMESE TOFU SCRAMBLE 150 g SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>	<p>VITA COCO COCONUT BEVERAGE 1 L</p> <p><b>3.99</b> ea.</p>	<p>JUSTIN'S CHOCOLATE CUPS 40 g SELECTED VARIETIES OR 2.79 EA.</p> <p><b>2 for 5.00</b></p>

**Non-GMO**

<p>EARTH'S OWN OAT BEVERAGE 946 ml SELECTED VARIETIES</p> <p><b>2 for 6.00</b></p>	<p>ROAR BEVERAGE 521 ml SELECTED VARIETIES</p> <p><b>2.99</b> ea.</p>	<p>STUBB'S BBQ SAUCE 450 ml SELECTED VARIETIES</p> <p><b>4.49</b> ea.</p>	<p>CAULIPOWER LIVE LIFE ON THE VEG VIVRE À PLEIN CHOU</p> <p><b>12.99</b> ea.</p>
<p>GT'S KOMBUCHA 480 ml SELECTED VARIETIES</p> <p><b>3.99</b> ea.</p>	<p>HALO TOP FROZEN DESSERT 473 ml SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>		

**PREMIUM PLUS**  
SALTED TOPS  
CRACKERS 450 g

**4.49** ea.

**ORGANIC YOGURT CRAFTED WITH CARE**

OLYMPIC ORGANIC YOGURT 450 g  
SELECTED VARIETIES

**5.99** ea.

OLYMPIC KREMA GREEK YOGURT 450 g  
SELECTED VARIETIES

**5.49** ea.

**KELLOGG'S FAMILY CEREAL**  
480 - 650 g, SELECTED VARIETIES

**6.49** ea.

Buy 2 specially marked boxes of Kellogg's cereal product and get a **FREE BEACH TOWEL**

Includes apply. Both boxes must be purchased within one transaction by August 31st, 2024. See back of specially marked boxes for details. © 2024 WK Kellogg Canada Corp.

**DIVE INTO BETTER SUSHI**

IN THE FREEZER SECTION  
Enjoy chef-inspired Sushi Rolls, Onigiri, and Poke Bowls anytime, anywhere. Made with real plants for unreal flavour.

KONSCIOUS SUSHI  
204 - 293 g  
SELECTED VARIETIES

**8.49** ea.

**WHEN YOU NEED WATER, CHOOSE BRITA.**

**CHOOSE AMAZING**

BRITA DENALI PITCHER OR REPLACEMENT FILTERS  
1-3 UN.  
SELECTED VARIETIES

**25.99** ea.

**FREE \$10 Metro gift card**

with the purchase of a \$50 AnyCard or a \$100 Google Play gift card

Offer valid June 6 - 12

**SAVE \$4\***

when you buy any 3 greeting cards

**HAPPY FATHER'S DAY**

To a lovable DADDY.

Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsored or otherwise affiliated with this company. Google Play is a trademark of Google LLC.

**metro.ca**

**YOUR ONLINE GROCERIES**



# ENJOY OUR RED-HOT PROMO

# \$80

**OFF YOUR GROCERIES**

**\$20 off on your first  
4 online orders\***

PROMO CODES

**1FRESH**

**2FRESH**

**3FRESH**

**4FRESH**

**Shop Now**

\*Conditions apply. Details at metro.ca.



# SIZZLE UP YOUR SUMMER WITH TASTY SNACKS!

KELLOGG'S  
EGGO WAFFLES  
OR PANCAKES  
SELECTED SIZES  
SELECTED VARIETIES

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



**2 for 5<sup>00</sup>**  
or 2.99 ea.

CHEEZ-IT  
CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES

PRINGLES CHIPS  
148 - 156 g  
SELECTED VARIETIES

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



KELLOGG'S  
NUTRI-GRAIN  
CEREAL BARS  
295 g  
SELECTED VARIETIES

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



KELLOGG'S  
POP-TARTS  
384 g  
SELECTED VARIETIES

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

