

# HAPPY CANADA DAY



## 4 DAY SALE JUNE 27TH - 30TH, 2024

**FRESH**

**2.99** /lb

FRESH PORK BACK RIBS VALUE PACK  
6.59/kg

**3.44** /lb

COLOSSAL WASHINGTON CHERRIES  
PRODUCT OF U.S.A., No. 1 GRADE  
7.58/kg

COLOSSAL SIZE

**4.00** ea.

BOURSIN CREAM CHEESE  
150 - 170 g  
SELECTED VARIETIES

**1.94** ea.

CHRISTIE COOKIES OR CRACKERS  
SELECTED SIZES, SELECTED VARIETIES

**2.44** ea.

TWIZZLERS OR MAYNARDS, BETTY CROCKER FRUIT SNACKS  
150 - 454 g, 120 - 228 g  
SELECTED VARIETIES

FLAVOURED UP! Twizzlers twists torsades

**2/10.00**

BUBBLY, MONTELLIER OR AHA SPARKLING WATER OR GATORADE SPORT DRINKS  
SELECTED SIZES, SELECTED VARIETIES, OR 6.99 EA.



**3.99** ea.

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS  
375 g, SELECTED VARIETIES

**2 for 12.00**

SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED DELI MEAT  
100 - 150 g, SELECTED VARIETIES, OR 4.99 EA.

**2 for 14.00**

CALIFORNIA ROLLS, VEGETARIAN OR SPICY SUSHI  
150 - 250 g, SELECTED VARIETIES, SELECTED STORES

mix & match

**19.99** ea.

OCEAN PRIME COOKED SHRIMP 41 - 50, 900 g  
ROCK LOBSTER TAILS VALUE PACK 3 x 2, 310 g OF 4  
CEDAR BAY LARGE PLANKED SALMON 544 g, FROZEN

**22.00** ea.

STORE MADE MEDIUM TRAYS  
FRESH VEGETABLE 1.7 kg  
FRESH FRUIT 2.5 kg

made by my metro m

OVER 5 LBS OF FRUIT

**9.99** ea.

IRRESISTIBLES CREAM PIES  
8.00 g  
SELECTED VARIETIES

**11.00** ea.

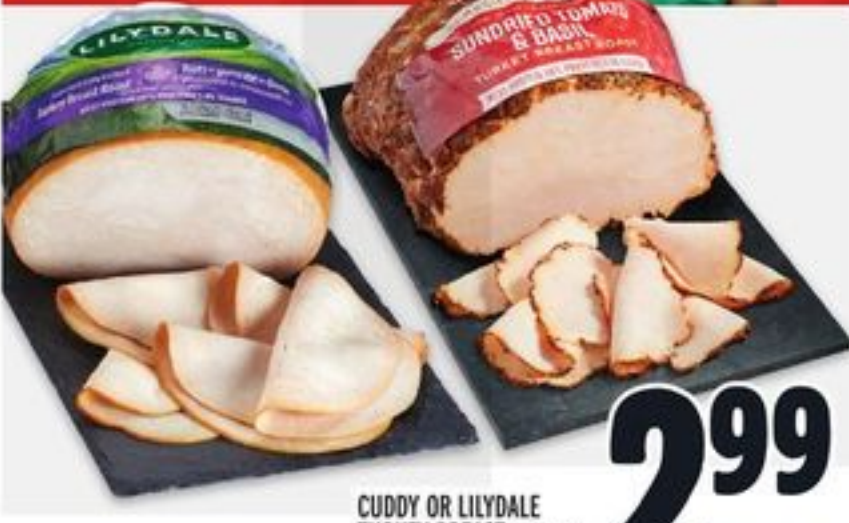
CANADA DAY HANGING BASKETS  
10" POT, ASSORTED COLOURS AND FLOWERS

PERFECT FOR CANADA DAY!

Effective June-July **TH 27 FR 28 SA 29**

[metro.ca](http://metro.ca)





**2<sup>99</sup>**  
/100 g

CUDDY OR LILLYDALE  
TURKEY BREAST, BONE SLICED  
SELECTED VARIETIES, 13.56/lb

# metro



**RED GRILL**  
BEEF

RED GRILL  
T-BONE STEAK, VALUE PACK  
CUT FROM CANADA AAA OR  
USA SELECT GRADE OR HIGHER  
21.98/kg

CUT BY  
OUR  
BUTCHER

**9<sup>97</sup>**  
/lb



**7<sup>99</sup>**  
/lb

FRESH STORE MADE MEAT KABOBS 17.61/kg  
PORK 5.99/lb 13.20/kg, SELECTED VARIETIES



HALAL ALSO  
AVAILABLE

**2<sup>88</sup>**  
/lb

FRESH CHICKEN DRUMSTICKS OR  
THIGHS OR ZABIHA HALAL  
6.35/kg



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

CELERY PRODUCT OF U.S.A., No. 1 GRADE  
MINI CUCUMBERS 397 g  
PRODUCT OF ONTARIO, CANADA No. 1 GRADE  
SPINACH 284 g, PRODUCT OF U.S.A.



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

FRONT STREET BAKERY  
CALABRESE BREAD OR BAGUETTES  
325 - 500 g, SELECTED VARIETIES



**10<sup>99</sup>**  
/lb

FRESH ATLANTIC SALMON OR  
ICELANDIC HADDOCK FILLETS  
VALUE PACK  
MIN 900 g, 2.42/100g



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

BELLE GROVE  
PORTABELLA MUSHROOMS 170 g  
PRODUCT OF ONTARIO  
LPC CREAMER POTATO KITS 454 g  
PRODUCT OF U.S.A.



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

VILLAGGIO  
ITALIAN STYLE BREADS,  
BUNS OR  
DEMPSTER'S  
ENGLISH MUFFINS  
SELECTED SIZES  
SELECTED VARIETIES, OR 3.29 - 3.49 EA.



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

GENERAL MILLS, POST OR  
QUAKER CEREAL  
SELECTED SIZES, SELECTED VARIETIES



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

SELECTION EGGS OR  
IRRÉSISTIBLES MAPLE SYRUP  
30 un., 500 - 540 ml, SELECTED VARIETIES



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

STARBUCKS,  
FOLGERS OR  
MELITTA COFFEE  
SELECTED SIZES  
SELECTED VARIETIES  
SAVE \$6.00



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

TROPICANA JUICE,  
PURE LEAF ICED TEA OR  
SILK BEVERAGES  
SELECTED SIZES  
SELECTED VARIETIES



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

CRACKER BARREL OR  
BLACK DIAMOND  
SLICED CHEESE  
SELECTED SIZES, SELECTED VARIETIES



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

HELLMANN'S  
MAYONNAISE 710 - 890 ml OR  
AUBREY D.  
RELISH, KETCHUP OR MUSTARD 275 ml  
SELECTED VARIETIES



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

LAY'S FAMILY SIZE CHIPS,  
TAKIS OR LIFE SMART  
NATURALIA TORTILLA CHIPS  
SELECTED SIZES, SELECTED VARIETIES



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

COCA-COLA, CANADA DRY OR  
PEPSI SOFT DRINKS 12 x 330 - 355 ml  
SELECTED VARIETIES, OR 7.49 EA.



# \$ New Lower Prices

**12<sup>99</sup>** ea.  
**IRRESISTIBLES BEEF BURGERS**  
 FROZEN, 852 g / 1.93 kg  
 SELECTED VARIETIES

**10<sup>99</sup>** ea.  
**HIGH LINER SIGNATURE PAN-SEAR OR CATCH OF THE DAY FILLETS**  
 FROZEN, 455 g / 1.02 kg  
 SELECTED VARIETIES

**SAVE \$5.79**  
**BUY ONE GET ONE FREE**  
**SUMMER FRESH TOPPED HUMMUS**  
 255 g  
 SELECTED VARIETIES

**3<sup>79</sup>** ea.  
**SELECTION CREAM**  
 472 ml / 1 L  
 SELECTED VARIETIES

**11<sup>99</sup>** ea.  
**SALT SPRING COFFEE BEANS**  
 400 g  
 SELECTED VARIETIES

**2 for 7<sup>50</sup>**  
**ALLEN'S OR OASIS JUICE OR COCKTAILS OR ARIZONA ICED TEA** 8 x 2.000 ml  
 SELECTED VARIETIES

**2 for 4<sup>00</sup>**  
**MINUTE MAID FROZEN JUICE OR DRINKS**  
 295 ml  
 OR 2.49 EA.

**5<sup>99</sup>** ea.  
**REAL DAIRY ICE CREAM OR DRUMSTICK**  
 SELECTED SIZES  
 SELECTED VARIETIES

**5<sup>99</sup>** ea.  
**LACTANTIA SALTED BUTTER**  
 454 g  
 SELECTED VARIETIES

**2 for 6<sup>00</sup>**  
**PLANTERS COCKTAIL OR MAPLE SYRUP PEANUTS OR SELECTION MICROWAVE POPCORN**  
 SELECTED SIZES, SELECTED VARIETIES

**2 for 5<sup>00</sup>**  
**PRINGLES CHIPS**  
 140 / 56 g  
 SELECTED VARIETIES  
 OR 3.79 EA.

**2 for 7<sup>00</sup>**  
**QUE PASA TORTILLA CHIPS OR SKINNY POP POPCORN**  
 125 - 350 g, SELECTED VARIETIES  
 OR 3.79 EA.

**2 for 3<sup>00</sup>**  
**IRRESISTIBLES OR SELECTION CHIPS** 120 - 200 g  
 SELECTED VARIETIES, OR 1.99 EA.

**BUY MORE SAVE MORE!**  
**2 for 8<sup>50</sup>**  
 LESS THAN 2 PAY 5.29 EA.

**8<sup>99</sup>** ea.  
**S'MORES KIT OR MR. FREEZE ICE POPS**  
 515 g or 27 x 150 ml  
 SELECTED VARIETIES  
 WHILE QUANTITIES LAST

**2 for 6<sup>00</sup>**  
**SELECTION NATURAL SPRING WATER** 2 x 500 ml  
 OR SELECTION WATER ENHANCERS 40 ml  
 SELECTED VARIETIES  
 OR 3.49 EA.

**2 for 4<sup>00</sup>**  
**PERRIER, MAISON PERRIER, SAN PELLEGRINO SPARKLING WATER OR ESSENTIA ALKALINE WATER** 1 L  
 SELECTED VARIETIES  
 OR 2.49 EA.

**2 for 8<sup>00</sup>**  
**MOTT'S CLAMATO COCKTAIL, OCEAN SPRAY CRANBERRY JUICE OR COCKTAIL OR MR. & MRS. T DRINK MIX**  
 SELECTED SIZES, SELECTED VARIETIES  
 OR 4.89 EA.

**9<sup>99</sup>** ea.  
**RED BULL ENERGY DRINKS**  
 4 x 250 ml  
 SELECTED VARIETIES

**3<sup>99</sup>** ea.  
**FRANK'S REDHOT SAUCE**  
 254 ml  
 SELECTED VARIETIES

**4<sup>49</sup>** ea.  
**FRENCH'S KETCHUP**  
 750 ml / 1 L  
 SELECTED VARIETIES  
 SAVE \$2.00

**8<sup>99</sup>** ea.  
**MIKES PIZZA**  
 SELECTED SIZES  
 SELECTED VARIETIES

**20% off**  
**CERAVE OR NATIVE PERSONAL CARE**  
 SELECTED SIZES  
 SELECTED VARIETIES

**8<sup>99</sup>** ea.  
**KINGSFORD CHARCOAL, OFF BUG REPELLENT OR BANANA BOAT SUNCARE**  
 SELECTED SIZES, SELECTED VARIETIES

**2 for 7<sup>50</sup>**  
**LYSOL, CLOROX OR VIM CLEANERS**  
 SELECTED SIZES, SELECTED VARIETIES  
 OR 4.99 EA.

**13<sup>99</sup>** ea.  
**PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT OR FINISH DISHWASHER DETERGENT OR SNUGGLE SOFTENER**  
 SELECTED SIZES, SELECTED VARIETIES

**15 BONUS MILES**  
 when you buy 2

**7<sup>99</sup>** ea.  
**BLACK DIAMOND CHEESTRINGS**  
 SELECTED SIZES, SELECTED VARIETIES

**15 BONUS MILES**  
 when you buy 2

**2 for 9<sup>00</sup>**  
**DANONE OIKOS, ACTIVA, TWO GOOD OR SILK YOGURT**  
 SELECTED SIZES, SELECTED VARIETIES  
 OR 4.89 EA.

**20 BONUS MILES**  
 when you buy 2

**13<sup>99</sup>** ea.  
**CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE**  
 SELECTED SIZES, SELECTED VARIETIES



# UNLOCK APP-CLUSIVE SAVINGS.



AIR MILES.

Add your Air Miles® card  
to the My Metro app  
for exclusive deals.

SAVE  
**\$500**



**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.*



*my*  
**metro**

# **CANADA DAY FUN.**

Join us in store for a  
sweet treat & festive fun  
on Saturday June 29,  
10am - 4pm.

See customer service  
for more details.



## Farm Fresh Produce

<p><b>PINT</b></p>  <p><b>4<sup>99</sup></b> ea.</p> <p>BLUEBERRIES PINT PRODUCT OF U.S.A. OR MEXICO No. 1 GRADE</p>	 <p><b>3<sup>99</sup></b> ea.</p> <p>RASPBERRIES OR BLACKBERRIES PINT PRODUCT OF U.S.A. OR MEXICO GOLDENBERRIES 200 g PRODUCT OF COLOMBIA</p>	 <p><b>4<sup>99</sup></b> ea.</p> <p>ROMAINE HEARTS 3 PK PRODUCT OF U.S.A. <b>ANDY BOY</b></p>	
<p><b>JUMBO</b></p>  <p><b>3<sup>99</sup></b> ea.</p> <p>JUMBO CANTALOUPE PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>4<sup>99</sup></b> ea.</p> <p>LOCAL FIELD STRAWBERRIES 1.07 L PRODUCT OF ONTARIO CANADA No. 1 GRADE</p>	 <p><b>3<sup>99</sup></b> /lb</p> <p>ASPARAGUS PRODUCT OF ONTARIO CANADA No. 1 GRADE 8.80/kg</p>	 <p><b>5<sup>99</sup></b> ea.</p> <p>SUNSET FLAVOR, SUGAR OR LOLLY BOMB TOMATOES 34 g PRODUCT OF ONTARIO</p>
 <p><b>8<sup>99</sup></b> /lb</p> <p>RAINIER CHERRIES PRODUCT OF U.S.A., No. 1 GRADE 19.92/kg</p>	 <p><b>2 for 4<sup>00</sup></b></p> <p>LARGE RED OR HONEY ATAUFO MANGOES PRODUCT OF MEXICO</p>	 <p><b>3<sup>99</sup></b> ea.</p> <p>STORE MADE LOCAL ZUCCHINI BASKETS 1.5 L, PRODUCT OF ONTARIO</p>	 <p><b>1<sup>99</sup></b> ea.</p> <p>RED, MIXED COLOUR OR BREAKFAST BUNCH RADISHES PRODUCT OF CANADA</p>
 <p><b>3<sup>99</sup></b> /lb</p> <p>LARGE RED, BLACK OR PLOUT PLUMS PRODUCT OF U.S.A., No. 1 GRADE 8.80/kg</p>	 <p><b>4<sup>99</sup></b> ea.</p> <p>LEMONS 2 lb PRODUCT OF SOUTH AFRICA</p>	 <p><b>4<sup>99</sup></b> ea.</p> <p>LITEHOUSE VEGETABLE DIPS 340 g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea.</p> <p>RENÉE'S SALAD DRESSINGS 350-355 ml SELECTED VARIETIES</p>

## Taste the Tropics

 <p><b>5<sup>99</sup></b> /lb</p> <p>LYCHEE NUTS PRODUCT OF MEXICO 13.21/kg</p>	 <p><b>2<sup>99</sup></b> /lb</p> <p>DRAGON FRUIT/PITAHAYA PRODUCT OF ECUADOR 6.59/kg</p>
 <p><b>1<sup>69</sup></b> ea.</p> <p>COCONUTS PRODUCT OF THE DOMINICAN REPUBLIC</p>	 <p><b>2 for 3<sup>00</sup></b></p> <p>PASSION FRUIT PRODUCT OF COLOMBIA</p>

## Organic

 <p><b>5<sup>99</sup></b> /lb</p> <p>ORGANIC RED OR GREEN SEEDLESS GRAPES PRODUCT OF MEXICO, No. 1 GRADE 13.21/kg</p>	 <p><b>5<sup>99</sup></b> /lb</p> <p>ORGANIC CHERRIES PRODUCT OF U.S.A., No. 1 GRADE 13.21/kg</p>
 <p><b>3<sup>49</sup></b> ea.</p> <p>ORGANIC LETTUCES RED LEAF, GREEN LEAF OR ROMAINE PRODUCT OF CANADA</p>	 <p><b>3<sup>49</sup></b> ea.</p> <p>BELLE GROVE ORGANIC WHOLE WHITE OR CREMINI MUSHROOMS 227 g PRODUCT OF ONTARIO</p>

## Sliced & Diced

 <p><b>4<sup>99</sup></b> ea.</p> <p>CORED GOLDEN PINEAPPLES 400 g</p>	 <p><b>99¢</b> /lb</p> <p>SEEDLESS WATERMELON QUARTERS 2.18/kg</p>
<p><b>FAMILY SIZE</b></p>  <p><b>9<sup>99</sup></b> ea.</p> <p>STORE MADE LARGE SALADS 466-692 g</p>	 <p><b>4<sup>99</sup></b> ea.</p> <p>STORE MADE SMALL TACO DIP 530 g</p>

## Flowers in Bloom

 <p><b>20<sup>00</sup></b> ea.</p> <p>SUMMER PICNIC BOUQUET ASSORTED COLOURS AND FLOWERS</p>	<p><b>PERFECT FOR PATIOS</b></p>  <p><b>36<sup>99</sup></b> ea.</p> <p>CASABELLA ROSEBUSH 12" POT ASSORTED COLOURS</p>
 <p><b>12<sup>99</sup></b> ea.</p> <p>MINI ORCHID 2.5" POT ASSORTED COLOURS</p>	 <p><b>20<sup>00</sup></b> ea.</p> <p>RAINBOW POM &amp; CARNATION BOUQUET ASSORTED COLOURS</p>



# Our Butcher's Finest



**GREAT FOR SMOKING**

**5<sup>99</sup>** /lb

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



PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK  
CUT FROM CANADA AAA GRADE  
66.12/kg

**29<sup>99</sup>** /lb



**6<sup>99</sup>** /lb

FRESH PORK TENDERLOIN  
15.41/kg



LIFE SMART NATURALIA BONELESS PORK LOIN CHOPS VALUE PACK  
CENTRE CUT  
14.31/kg

**6<sup>49</sup>** /lb

**LIFE SMART NATURALIA**  
• Raised without antibiotics  
• Grain fed  
• 100% Canadian Pork is raised without added hormones



**13<sup>99</sup>** /lb

YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH BONELESS SKINLESS CHICKEN BREAST  
PRODUCT SELECTION VARIES BY STORE  
30.84/kg



LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 450g

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



**9<sup>99</sup>** /lb

BACON WRAPPED MEDALLIONS  
SELECTED VARIETIES  
22.02/kg



**3<sup>44</sup>** /lb

FRESH CHICKEN DRUMSTICKS OR THIGHS  
BREADED, MARINATED OR BBQ SEASONED  
7.58/kg



**11<sup>97</sup>** /lb

RED GRILL MARINATED T-BONE STEAK  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
26.39/kg



**7<sup>99</sup>** /lb

MARINATED BUTTERFLIED PORK TENDERLOIN  
17.61/kg

## Made in Canada



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

duBRETON ORGANIC EXTRA LEAN GROUND PORK 454g



**6<sup>99</sup>** /lb

RACHEL'S CORNED BEEF BRISKET  
15.41/kg



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

CAVENDISH POTATO PATTIES  
FROZEN, 1.2 kg  
SELECTED VARIETIES



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

JANES PUB STYLE BREADED CHICKEN OR TURKEY  
FROZEN, 400-700g  
SELECTED VARIETIES



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

MCLEAN ORGANIC BREAKFAST SAUSAGES  
250g  
SELECTED VARIETIES



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

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN WINGS OR DRUMSTICKS  
FROZEN, 1kg



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

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BURGERS  
FROZEN, 670g



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

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN FILLETS OR BITES  
FROZEN, 454-400g

## BBQ Favourites



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

MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450g



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

SELECTION ALL BEEF WIENERS  
375g



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

CLEAN GOURMET CHICKEN SAUSAGES OR GOLD LABEL SMOKED SAUSAGES 375g  
SELECTED VARIETIES



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

SELECTION SMOKED SAUSAGES  
900g  
SELECTED VARIETIES



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

YVES VEGGIE CUISINE BURGERS 228g  
FROZEN  
SELECTED VARIETIES



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

SCHNEIDERS SMOKIES SELECTED VARIETIES OR JUICY JUMBOS 900g



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

SELECTION BEEF BURGERS  
FROZEN, 1.36 kg



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

SWISS CHALET OR MONTANA'S PORK BACK RIBS FULLY COOKED, 600-650g  
SELECTED VARIETIES

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](http://metro.ca)



# FLAVOUR ON A STICK

Make Canada Day delicious with pre-made kabobs & skewers – or make your own using our variety of fruit & veggie trays.



STORE MADE MEAT KABOBS  
17.61/kg  
PORK 5.99/lb, 13.21/kg  
SELECTED VARIETIES

**7.99**  
/lb



PACIFIC WHITE SHRIMP SKEWER  
FROZEN OR PREVIOUSLY FROZEN, 74 g

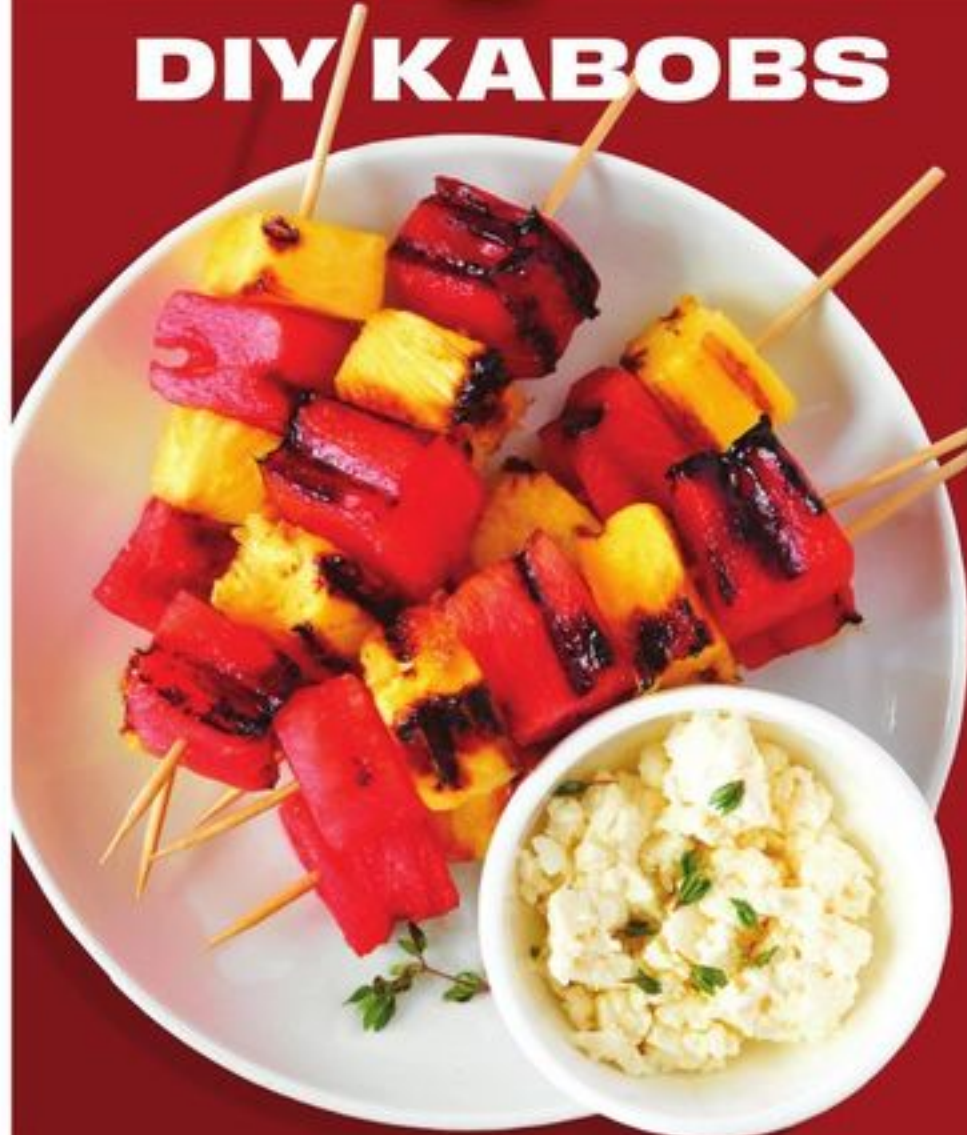
**1.99**  
ea.



STORE MADE SALMON KABOBS OR SATAYS  
100 g

**3.99**  
ea.

## DIY KABOBS



Feta brings out the natural sweetness of summer fruits, like watermelon.



**5.99**  
ea. SELECTION REGULAR OR LIGHT FETA 200 g



**6.49**  
ea. IRRESISTIBLES BOCCONCINI 200 g



STORE MADE CAROUSELS  
FRESH VEGETABLE 955 g  
FRESH FRUIT 1.4 kg

**12.99**  
ea.



**4.99**  
ea. SWEET CORN 4-pk PRODUCT OF U.S.A. NO. 1 GRADE



**3.99**  
ea. ORGANIC HERBS 4" POT ASSORTED VARIETIES

FRONT STREET BAKERY  
CANADA DAY CAKES  
800 - 1000 g  
SELECTED VARIETIES

**19.99**  
ea.



FRONT STREET BAKERY  
VANILLA OR RED VELVET CAKE POPS  
PKG OF 2

**2 for 4.00**





SELECTION S'MORES KIT  
400 g  
SELECTED VARIETIES

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



**Selection**  
**ENSEMBLE POUR S'MORES KIT**  
KIT INCLUDES: GRAHAM CRACKERS, MARCHANDISÉS À MÊLE CHOCOLATE  
L'ENSEMBLE COMPREND: LES BISCUITS GRAHAM, LES GUMMAUVES ET LE CHOCOLAT AU LAIT

MADE ABOUT 16 S'MORES  
16 S'MORES  
400 g

PKG OF 10

**The Creamiest**  
ALWAYS MADE WITH CREAM  
Crunchy Almond  
10 x 88 ml

IRRESISTIBLES NOVELTIES  
10 x 88 ml  
SELECTED VARIETIES

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

LAY'S FAMILY SIZE CHIPS  
SELECTED SIZES  
SELECTED VARIETIES

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



**Lays**  
Ketchup  
236 g

**Lays**  
All Dressed Assaisonnées  
236 g

# CANADA D'EH DELIGHTS

Make your BBQ bash even better with all the sides – desserts, snacks, beverages, toppings & more.

**Refreshing Watermelon & Pineapple Mocktails**

Using our pre-cut fruit tray, crush watermelon or pineapple in a glass, fill with ice, pour equal parts lemonade and ginger ale and top with fresh mint.

**299** ea. IRRESISTIBLES LEMONADE OR ICED TEA DRINKS 1.5 L SELECTED VARIETIES

**5<sup>99</sup>** ea. BICK'S PICKLES 750 ml - 1 L SELECTED VARIETIES

**2 for 8<sup>00</sup>** or pay 4.29

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

**2 for 9<sup>00</sup>** Less than 2 pay 5.49 ea.

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

**8<sup>99</sup>** ea. COCA COLA SOFT DRINKS 4 x 355 ml SELECTED VARIETIES

**7<sup>49</sup>** ea. GROLSCH NON-ALCOHOLIC BEER 4 x 500 ml SELECTED VARIETIES

**8<sup>99</sup>** ea. ATYPIQUE SPARKLING NON-ALCOHOLIC COCKTAILS 4 x 355 ml SELECTED VARIETIES

**2 for 7<sup>00</sup>**



**Real Lemonade**  
Vraie Limonade  
1.5 L

**BICK'S**  
Sliced Beets  
Baby Dills

**KRAFT**  
SALAD DRESSING  
425 ml  
SELECTED VARIETIES

**BULL'S EYE**  
OR DIANA  
BBQ SAUCE  
375 - 500 ml  
SELECTED VARIETIES

**SWEET BABY RAY'S**  
SAUCE  
425 ml  
SELECTED VARIETIES



# Seafood

<p><b>NEW</b></p> <p><b>8<sup>99</sup></b> /lb</p> <p><b>FRESH BUTTERFLIED TROUT</b> BONED, PERFECT FOR THE BBQ, 1.99/100 g</p>	<p><b>WILD CAUGHT</b></p> <p><b>11<sup>99</sup></b> /lb</p> <p><b>WILD CAUGHT TUNA OR SWORDFISH STEAKS</b> FROZEN, 2.65/100 g</p>		
<p><b>3<sup>99</sup></b> ea.</p> <p><b>TRUE BLUE MARYLAND CRAB CAKES</b> 110 g FROZEN OR PREVIOUSLY FROZEN</p>	<p><b>3<sup>99</sup></b> ea.</p> <p><b>SELECTION IMITATION CRAB</b> FLAKES OR STICKS, 227 g</p>	<p><b>6<sup>99</sup></b> ea.</p> <p><b>FRESH ATLANTIC SALMON PINWHEEL</b> 170 g</p>	<p><b>9<sup>99</sup></b> /lb</p> <p><b>STORE MADE JUMBO SHRIMP WITH SAUCE</b> PREVIOUSLY FROZEN 26/30, 2.21/100 g</p>
<p><b>Organic</b></p> <p><b>4<sup>49</sup></b> ea.</p> <p><b>OCEAN JEWEL ORGANIC COOKED MUSSEL MEAT</b> FROZEN, 340 g</p>	<p><b>11<sup>99</sup></b> ea.</p> <p><b>DOM INTERNATIONAL ATLANTIC SMOKED SALMON</b> FROZEN, 200 g</p>	<p><b>11<sup>99</sup></b> ea.</p> <p><b>MARINA DEL REY SEAFOOD PENNE OR PASTA</b> FROZEN, 680 g</p>	<p><b>34<sup>99</sup></b> ea.</p> <p><b>AQUA STAR KING CRAB</b> FROZEN, 500 g</p>

## Irresistibles

<p><b>IRRESISTIBLES WILD CAUGHT TUNA STEAKS</b> FROZEN, 340 g</p> <p><b>7<sup>99</sup></b> ea.</p>	<p><b>HERBS &amp; GARLIC</b> FINES HERBES ET AIL</p> <p><b>9<sup>99</sup></b> ea.</p> <p><b>IRRESISTIBLES HERB &amp; GARLIC OR CHILI LIME SHRIMP SKEWERS</b> FROZEN, 400 g</p>	<p><b>IRRESISTIBLES GARLIC &amp; HERB RAW SHRIMP</b> FROZEN, 340 g</p> <p><b>10<sup>99</sup></b> ea.</p>	<p><b>IRRESISTIBLES UNCOOKED SQUID RINGS</b> FROZEN, 454 g</p> <p><b>5<sup>99</sup></b> ea.</p>
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## Deli Favourites

<p><b>3<sup>49</sup></b> /100 g</p> <p><b>BRANDT HONEY MAPLE SMOKED HAM</b> DELI SLICED, 15.83/7lb</p>	<p><b>2<sup>99</sup></b> /100 g</p> <p><b>BRANDT KOLBASSA SAUSAGE COIL OR MEAT LOAF</b> DELI CUT, 13.56/7lb</p>	<p><b>5<sup>49</sup></b> /100 g</p> <p><b>MANCHEGO CHEESE</b> AGED 3 MONTHS DELI CUT, PRICES AS MARKED 24.90/7lb</p>	<p><b>2<sup>99</sup></b> /100 g</p> <p><b>PRESIDENT FRENCH EMMENTAL</b> DELI CUT, PRICES AS MARKED 3.49/100 g WHEN YOU BUY LESS THAN 500 g when you buy 500 g or more</p>
<p><b>3<sup>79</sup></b> /100 g</p> <p><b>MAPLE LEAF BLACK FOREST HAM</b> DELI SLICED, 17.79/7lb</p>	<p><b>5<sup>99</sup></b> ea.</p> <p><b>PILLER'S SLICED DELI MEAT</b> 105 - 115 g SELECTED VARIETIES</p>	<p><b>7<sup>49</sup></b> ea.</p> <p><b>PILLER'S HAM, KOLBASSA OR POLISH SAUSAGE</b> 250 - 315 g SELECTED VARIETIES</p>	<p><b>10<sup>99</sup></b> ea.</p> <p><b>SAN DANIELE PROSCIUTTO OR MASTRO SALAMI</b> 200 - 315 g SELECTED VARIETIES</p>
<p><b>1<sup>99</sup></b> ea.</p> <p><b>BUDDIG SHAVED DELI MEAT</b> 55 g SELECTED VARIETIES</p>	<p><b>5<sup>49</sup></b> ea.</p> <p><b>WEGUAC GUACAMOLE</b> 227 g SELECTED VARIETIES</p>	<p><b>3<sup>99</sup></b> ea.</p> <p><b>NEW YORK STYLE BAGEL CRISPS OR PITA CHIPS</b> 170 - 227 g SELECTED VARIETIES</p>	<p><b>7<sup>49</sup></b> ea.</p> <p><b>GIOVANNI RANA RAVIOLI</b> 300 g SELECTED VARIETIES</p>

**mix & match**

**YOUR CHOICE**

**5<sup>00</sup>**  
ea.

<p><b>SAN DANIELE MORTADELLA OR MASTRO SLICED DELI MEAT</b> 105 - 115 g SELECTED VARIETIES</p>	<p><b>BRANDT SLICED DELI MEAT</b> 100 - 125 g, SELECTED VARIETIES</p>	<p><b>SELECTION SLICED DELI MEAT</b> 175 g, SELECTED VARIETIES</p>	<p><b>MAIN STREET DELI SLICED DELI MEAT</b> 100 - 200 g, SELECTED VARIETIES</p>
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**metro**  
**FRESH**  
**2 GO**

# WEEKNIGHT MEAL DEALS

# 10<sup>99</sup> EACH

Available Monday to Friday  
from 3 p.m. to 9 p.m.



## MONDAY

606 g Chicken Caesar Salad  
Dressing included  
180-310 Cals/Serving,  
Serves 3



## TUESDAY

Hot BBQ  
Mammoth Chicken  
1 kg  
530 Cals/Serving,  
Serves 4



## WEDNESDAY

16" Stone Baked Pepperoni Pizza  
340 Cals/Slice, 8 Slices  
or 16" Stone Baked Cheese Pizza  
350 Cals/Slice, 8 Slices



## THURSDAY

12 Chicken Tenders  
310 Cals/Serving, Serves 3  
or 15 Chicken Wings  
340-440 Cals/Serving, Serves 3  
Hot or Chilled



## FRIDAY

Assorted Maki Sushi Boat,  
18 pieces  
300 Cals/Serving,  
Serves 2

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



## Sweet Celebrations

 <p><b>22<sup>99</sup></b> ea. FRONT STREET BAKERY STRAWBERRY DREAM CAKE 1kg</p>	 <p><b>18<sup>99</sup></b> ea. FRONT STREET BAKERY STRAWBERRY TOPPED CHEESECAKE 975 g SELECTED VARIETIES</p>	 <p><b>19<sup>99</sup></b> ea. FRONT STREET BAKERY CHOCOLATE BOSTON CAKE WITH STRAWBERRIES 1250 g</p>	 <p><b>28<sup>99</sup></b> ea. FRONT STREET BAKERY GOURMET STRAWBERRY SHORTCAKE 1.35 - 1.6 kg SELECTED VARIETIES</p>
 <p><b>5<sup>49</sup></b> ea. FRONT STREET BAKERY STRAWBERRY TURNOVERS PKG OF 4, 200 g SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. FRONT STREET BAKERY STRAWBERRY CHEESE STRUDEL 420 g SELECTED VARIETIES</p>	 <p><b>7<sup>99</sup></b> ea. IRRÉSISTIBLES ARTISAN STRAWBERRY CHEESE STRUDEL 750 g SELECTED VARIETIES</p>	 <p><b>6 for 12<sup>00</sup></b> FRONT STREET BAKERY SINGLE SERVE DESSERTS SELECTED SIZES SELECTED VARIETIES</p>

### Cheesy Delights

 <p><b>5<sup>99</sup></b> ea. FRONT STREET BAKERY EXTRA CHEDDAR CHEESE BREAD 475 g</p>	 <p><b>5<sup>49</sup></b> ea. FRONT STREET BAKERY CHEESE BUNS OR CHEESE STICKS PKG OF 6 - 8, 420 - 500 g</p>	 <p><b>2 for 8<sup>00</sup></b> PRÉMIÈRE MOISSON COUNTRY STYLE BREAD 700 g, SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. FURLANI TEXAS GARLIC TOAST, GARLIC MINI BREADSTICKS OR GARLIC KNOTS 204 - 440 g SELECTED VARIETIES</p>
 <p><b>4<sup>79</sup></b> ea. FRONT STREET BAKERY CHEESE BUTTER CROISSANTS PKG OF 4, 200 g</p>	 <p><b>3<sup>79</sup></b> ea. FRONT STREET BAKERY CHEESE FLAKY ROLLS 364 g</p>	 <p><b>3<sup>69</sup></b> ea. DEMPSTER'S HOT DOG OR HAMBURGER BUNS PKG OF 8</p>	 <p><b>2<sup>99</sup></b> ea. HOSTESS SNACK CAKES SELECTED SIZES SELECTED VARIETIES</p>

## Snacks & Beverages

 <p><b>2 for 7<sup>00</sup></b> BUY MORE SAVE MORE! QUAKER CRISPY MINIS OR RICE CAKES SELECTED SIZES LESS THAN 2 PAY 3.99 EA.</p>	 <p><b>2 for 9<sup>00</sup></b> Fritos ROLD GOLD PRETZELS OR FRITOS CORN CHIPS SELECTED SIZES OR 4.79 EA.</p>	 <p><b>3<sup>49</sup></b> ea. 8 BONUS MILES when you buy 2 HELUVA GOOD! DIP 250 g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. BEN &amp; JERRY'S ICE CREAM 473 ml SELECTED VARIETIES</p>
 <p><b>2 for 7<sup>00</sup></b> GOLDFISH CRACKERS OR CRISPS 156 - 200 g, SELECTED VARIETIES OR 3.99 EA.</p>	 <p><b>2<sup>49</sup></b> ea. IRRÉSISTIBLES WAFFER ROLLS OR COOKIES 123 - 150 g SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. TROPHY NUTS 200 g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. PIZZABURY PIZZA POPS 70 g SELECTED VARIETIES</p>
 <p><b>2 for 6<sup>00</sup></b> RITTER SPORT BARS 100 g SELECTED VARIETIES OR 3.29 EA.</p>	 <p><b>4 for 5<sup>00</sup></b> NESTLÉ CHOCOLATE BARS 41 - 50 g SELECTED VARIETIES</p>	 <p><b>2 for 8<sup>00</sup></b> MOTT'S CLAMATO COCKTAIL 1.89 L SELECTED VARIETIES, OR 4.89 EA.</p>	 <p><b>2 for 4<sup>00</sup></b> FOR THE GOOD IN YOU BAI ANTIOXIDANT INFUSION 520 ml, OR 2.99 EA.</p>
 <p><b>8<sup>99</sup></b> ea. 10 BONUS MILES when you buy 1 STARBUCKS ICED COFFEE OR ESPRESSO 118 - 142 L SELECTED VARIETIES</p>	 <p><b>2 for 5<sup>00</sup></b> BUY MORE SAVE MORE! GLACÉAU VITAMIN WATER 591 ml SELECTED VARIETIES LESS THAN 2 PAY 3.79 EA.</p>	 <p><b>2 for 3<sup>00</sup></b> BUY MORE SAVE MORE! PEACE TEA 695 ml SELECTED VARIETIES LESS THAN 2 PAY 1.89 EA.</p>	 <p><b>12<sup>49</sup></b> ea. BUDWEISER ZERO NON-ALCOHOLIC BEER 6 x 341 ml</p>





**385**  
ea.  
473 ml

MUSKOKA  
MAD TOM IPA

**360**  
ea.  
473 ml

CREEMORE  
CRISP PILSNER

**295**  
ea.  
473 ml

GREAT LAKES  
CANUCK PALE ALE

**385**  
ea.  
473 ml

COLLECTIVE ARTS  
LIFE IN THE CLOUDS

**365**  
ea.  
473 ml

SHINY  
APPLE CIDER

**335**  
ea.  
473 ml

THORNBURY  
PREMIUM  
APPLE CIDER

**395**  
ea.  
473 ml

FORBIDDEN  
ARTISANAL  
CIDER

**370**  
ea.  
473 ml

BRICKWORKS  
BATCH:1904  
CIDER

# CANADA DAY COLD ONES

Celebrate with your favourite selection of wines, beers and ciders – all made in Canada.



**1595**  
ea.  
750 ml

MAGNOTTA  
CABERNET  
SAUVIGNON  
MERLOT



**1395**  
ea.  
750 ml

TWENTY BEES  
PINOT GRIGIO



**1395**  
ea.  
750 ml

OPEN  
SMOOTH  
RED

**1595**  
ea.  
750 ml

TRIOUS  
SAUVIGNON  
BLANC



## Sweet & Lush Summer Sangria

Add your choice of red or white wine + fresh fruits, like berries and blend with orange juice. Add ice and stir more to chill. Garnish with orange segments.



All beer, wine and cider advertised are available at selected stores. Please visit [www.lcbo.com](http://www.lcbo.com) for more details. Beer and wine prices subject to change in accordance with the LCBO. Prices include HST and deposit.



# THE SCOOP: PROUDLY CANADIAN

Chill with your favourite flavours of Canadian-made ice cream – and even set up your own sundae bar.



IRRESISTIBLES  
ICE CREAM  
1.5 L  
SELECTED VARIETIES  
**4.99**  
ea.

**7.49**  
ea.  
A&W  
ROOT BEER  
4 x 341 ml

## ADD THE CHERRY ON TOP



**5.99**  
ea.  
THE KEG  
ICE CREAM  
500 ml  
SELECTED VARIETIES



**2 for 9.00**  
or  
6.49 ea.  
KIT KAT POPS  
OR SMARTIES  
135 - 203 g  
SELECTED VARIETIES



**2 for 6.00**  
Less than 2  
pay 4.29 ea.  
CHRISTIE  
KIDS COOKIES  
150 - 200 g  
SELECTED VARIETIES



**2 for 10.00**  
MAYNARDS  
308 - 375 g  
SELECTED VARIETIES



**4.99**  
ea.  
TWINKLE  
DECORATING KIT  
115 g  
SELECTED VARIETIES



**2 for 6.00**  
PLANTERS  
COCKTAIL PEANUTS  
300 g



**4.99**  
ea.  
SMUCKER'S  
SUNDAES SYRUP  
429 ml  
SELECTED VARIETIES



**5.99**  
ea.  
PARLOUR  
FROZEN TREATS  
BARS OR TUBS  
SELECTED SIZES  
SELECTED VARIETIES



# More Great Savings

KELLOGG'S FAMILY SIZE CEREAL  
SELECTED SIZES  
SELECTED VARIETIES

**6.49** ea.

LACTANTIA ULTRA PUR MILK 1.5L  
SELECTED VARIETIES

**5.79** ea.

McCafé 100% ETHICALLY SOURCED  
McCafé COFFEE CAPSULES  
12 cm, SELECTED VARIETIES

**10.99** ea.

SELECTION INSTANT COFFEE  
200 g  
SELECTED VARIETIES  
OR 5.99 EA.

**2 for 10.00**

RED ROSE LIPTON  
LIPTON OR RED ROSE TEA  
72-144 cm  
SELECTED VARIETIES

**8.99** ea.

BILLY BEE HONEY 1kg

**12.99** ea.

Bonne Maman JAM  
250 ml  
SELECTED VARIETIES

**6.49** ea.

SELECTION PEANUT BUTTER  
500 g  
SELECTED VARIETIES

**3.49** ea.

3 BONUS MILES when you buy 3  
Chef BOYARDEE CANNED MEALS  
418-425 g, SELECTED VARIETIES

**3 for 8.00**

CATELLI GLUTEN FREE OR PLANT BASED PASTA  
250-340 g  
SELECTED VARIETIES

**3.49** ea.

CLASSICO PASTA OR PIZZA SAUCE  
218-650 ml, SELECTED VARIETIES

**4.99** ea.

BEN'S ORIGINAL CONVERTED OR BROWN RICE  
407 g  
SELECTED VARIETIES

**5.99** ea.

LIFE SMART CANNED TOMATOES  
796 ml  
SELECTED VARIETIES

**1.79** ea.

CLUB HOUSE OR LA GRILLE SPICES  
115-248 g  
SELECTED VARIETIES

**4.99** ea.

MR. SUB SAUCE 375 ml  
SELECTED VARIETIES

**4.99** ea.

BERTOLLI EXTRA VIRGIN OLIVE OIL 500 ml  
SELECTED VARIETIES

**11.99** ea.

SNACK PACK PUDDING CUPS  
4 cm  
SELECTED VARIETIES

**2.49** ea.

20 BONUS MILES when you buy 2  
BOSTON MARKET FROZEN MEAL  
SELECTED SIZES, SELECTED VARIETIES

**5.99** ea.

SWANSON FROZEN MEAL  
SELECTED SIZES, SELECTED VARIETIES

**4.99** ea.

DEL MONTE CANNED VEGETABLES  
340-398 ml  
SELECTED VARIETIES

**2 for 4.00**

## Pet

MILK-BONE Soft & Chewy  
Tendras de Fondants  
MILK-BONE DOG TREATS 113 g  
SELECTED VARIETIES OR 2.99 EA.

**2 for 5.00**

FANCY FEAST CAT HORS D'OEUVRE 57 g  
SELECTED VARIETIES

**2 for 3.50**

NATURE'S RECIPE WET DOG FOOD 78 g  
SELECTED VARIETIES

**1.99** ea.

MEOW MIX DRY CAT FOOD 1.42 kg

**5.99** ea.

CALEDON FARMS DOG TREATS  
SELECTED SIZES  
SELECTED VARIETIES

**8.99** ea.

ARM & HAMMER LITTER  
3.86-6.4 kg  
SELECTED VARIETIES

**19.49** ea.

## Household Helpers

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

**4.99** ea.

GLAD CLING WRAP OR IECO BIRCH CUTLERY SET  
1-48 cm, SELECTED VARIETIES

**3.99** ea.

ROYALE BATHROOM TISSUE OR PAPER TOWELS  
3-12 cm, SELECTED VARIETIES

**10.99** ea.

BOUNTY NAPKINS  
200 cm

**5.49** ea.

BUY MORE SAVE MORE!  
**2 for 22.00**  
LESS THAN 2 PAY 14.99 EA.

GAIN LAUNDRY DETERGENT, SOFTENERS OR SCENT BOOSTERS  
SELECTED SIZES, SELECTED VARIETIES



**Non-GMO**

<p>NATURE'S PATH LOVE CRUNCH GRANOLA CEREAL 325 g SELECTED VARIETIES</p> <p><b>6.49</b> ea.</p>	<p>ORGANIC MEADOW CHEESE STICKS 168 g SELECTED VARIETIES</p> <p><b>7.99</b> ea.</p>	<p>CHOSEN FOODS AVOCADO OIL MAYONNAISE 355 ml</p> <p><b>10.99</b> ea.</p>
<p>BUY MORE SAVE MORE! 2 for <b>8.00</b> LESS THAN 2 PAY 4.99 EA.</p> <p>ORGANIC BIOLOGIQUE BAYONNETTES SESAME BREADSTICKS 125 g LIFE SMART BREADSTICKS 125 g SELECTED VARIETIES</p>	<p>SUPERFOOD FOR LASTING ENERGY QIA OATMEAL 228 g SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>	<p>LIFE SMART PASTA 454 g SELECTED VARIETIES</p> <p><b>2.99</b> ea.</p>
<p>ANTICO PASTA SAUCE 700 ml SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>		

**Organic**

<p>ROCKWELL'S COCONUT OIL 414 ml</p> <p><b>8.99</b> ea.</p>	<p>EAT WHOLESOME CANNED TOMATOES 750 ml SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>	<p>PLUMM GOOD RICE CAKES 95 g SELECTED VARIETIES OR 3.29 EA.</p> <p><b>2 for 6.00</b></p>
<p>AIYA TEA BAGS 10 ea SELECTED VARIETIES</p> <p><b>13.99</b> ea.</p>	<p>SIMPLY ORGANIC VANILLA EXTRACT 118 ml</p> <p><b>19.99</b> ea.</p>	<p>Waffles LIFE SMART FROZEN WAFFLES 240 g</p> <p><b>4.99</b> ea.</p>
<p>FEVER-TREE DRINKS 4 x 200 ml SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>		

**SNACK IT UP.**

iöGO is taking over snack time.

**7.49** ea.

iöGO MULTI YOGURT 16 x 100 g  
SELECTED VARIETIES

MADE WITH REAL FRUIT

**Dr. Oetker** PIZZA for everyone TO ENJOY

**6.99** ea.

DR. OETKER PIZZA SELECTED SIZES SELECTED VARIETIES

**6.99** ea.

DR. OETKER TRADIZIONALE PIZZA 385 - 415 g, SELECTED VARIETIES

**6.99** ea.

DR. OETKER EASY PIZZI SELECTED SIZES SELECTED VARIETIES

**#1 MOST TRUSTED**

**Takis**

**2 for 6.00**

TAKIS TORTILLA CHIPS SELECTED SIZES, SELECTED VARIETIES

Truly Canadian.

**5.99** ea.

McSWEENEY'S BEEF JERKY SELECTED SIZES, SELECTED VARIETIES

**Canada Day Celebrations**

**FREE \$10 Metro gift card** with the purchase of a **\$100 LCBO gift card**

Offer valid June 27 - July 3

**Zoe**

**13.49** ea.

ZOE DRY DOG OR CAT FOOD 1.36 - 2 kg  
SELECTED VARIETIES

**Sheba**

**3 for 5.00** LESS THAN 3 PAY 1.79 EA.

SHEBA PERFECT PORTIONS CAT FOOD 75 g, SELECTED VARIETIES

**SUPPORTING REEF RESTORATION**

THE SHEBA® BRAND HAS CONTRIBUTED \$50,000 CAD IN 2024 TO SUPPORT CORAL RESTORATION EFFORTS IN THE MALDIVES.





**nicorette**  
NICORETTE ANTISMOKING GUM  
100 sm. SELECTED VARIETIES

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

**THRIVE**  
THRIVE LOZENGES  
36 sm.

WORKS FAST & LASTS!  
12 sm. minimum of smoking + 1 sm. daily

**SAVE \$5.00**

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

**NEW**

**OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS\***

- ✓ Urinary Tract Infection
- ✓ Cold/Flu
- ✓ Pink Eye
- ✓ Allergies
- ✓ & More

Speak with our pharmacist for details.

\*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

**Advil**  
LIQUID-FAST\* RELIEF  
LIQUID GELS

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

ADVIL IBUPROFEN  
70-72 sm. SELECTED VARIETIES

**TYLENOL**  
120 sm.

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

**NEXIUM**  
NEXIUM ANTACID  
14 sm.

**BUY MORE SAVE MORE!**

**2 for 30<sup>00</sup>**

LESS THAN 2 PAY 19.99 EA.

**LAX-A-DAY**  
LAXATIVE  
510 g

**BUY MORE SAVE MORE!**

**2 for 50<sup>00</sup>**

LESS THAN 2 PAY 39.99 EA.

**PROGRESSIVE MULTIVITAMINS**  
120 sm. SELECTED VARIETIES

**SAVE \$10.00**

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

**NEW**

**REACTINE**  
REGULAR STRENGTH  
Cetirizine Hydrochloride Tablets, Melted Sol. 5 mg

**FAST, 24 HOUR RELIEF OF:**

- Sneezing
- Itchy Nose
- Itchy Throat
- Itchy Eyes
- Itchy Skin

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

REACTINE ALLERGY MEDICATION  
24-48 sm. SELECTED VARIETIES

**Claritin**  
Non-Drowsy  
Rapid Dissolve  
Loratadine Orally Disintegrating Tablets USP, 10 mg

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

CLARITIN ALLERGY MEDICATION  
30 sm. SELECTED VARIETIES

**BAND-AID**  
PLASTIC PLASTIQUE COMFORT-FLEX

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

BAND-AID BANDAGES  
18-48 sm. SELECTED VARIETIES

**live clean**  
FACE & BODY  
50 VISAGE

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

LIVE CLEAN SUNSCREEN  
103-117 g SELECTED VARIETIES

**WEBBER NATURALS MAGNESIUM**  
60-100 sm. SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**2 for 20<sup>00</sup>**

LESS THAN 2 PAY 14.99 EA.

**Magnesium Bisglycinate**  
200 mg  
Relieves Muscle Cramping, Calming, Soothe on the Stomach  
60 Vegetarian Capsules

**Magnesium**  
250 mg  
Supports Muscle, Heart and Bone Health  
100 Coaplets

**Centrum**  
NEW LOOK!  
CENTRUM VITAMINS  
90-100 sm. SELECTED VARIETIES

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

WOMEN  
WITH MORE CALCIUM, VITAMIN D AND MAGNESIUM\*

**HAVN LIFE NATURAL PRODUCT**  
60 sm. SELECTED VARIETIES

**SAVE \$5.00**

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

Reishi Recharge

**Anusol Plus**  
WITH ANESTHETIC | AVEC ANESTHÉSIQUE  
FAST, EFFECTIVE HEMORRHOID RELIEF

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

ANUSOL PLUS OINTMENT  
30 g

**Pedialyte**  
1 L SELECTED VARIETIES

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

**GENUINE HEALTH ELECTROLYTES**  
100 g

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

enhanced electrolytes+  
RASPBERRY LEMONADE

**Hero**  
MIGHTY PATCH  
24

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

HERO MIGHTY PATCH  
24 sm.

**PRO**  
ICY HOT PAIN RELIEF PATCH  
HYBRIDGEL

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

ICY HOT PAIN RELIEF PATCH  
5 sm.

**FEEL CLOSER**  
with TROJAN CONDOMS

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

TROJAN MAGNUM NAKED SENSATIONS  
TROJAN BARESKIN ORIGINAL

TROJAN CONDOM  
10 sm. SELECTED VARIETIES



# Organic



ONCE UPON A FARM BABY PUREE 85 ml SELECTED VARIETIES OR 3.29 EA.

**4 for 12.00**

**ele** whole food ready-to-drink kids shake



ELSE KIDS SUPPLEMENT 4.236 ml SELECTED VARIETIES **11.99** ea.



**4.99** ea. PERSONNELLE BABY OINTMENT 250 g



**13.99** ea. AVEENO BABY SUNBLOCK 13 g

# Baby Care

Pampers Pure PROTECTION™

UP TO **100%** LEAKPROOF FRAGRANCE-FREE SKIN PROTECTION



**27.49** ea. PAMPERS PURE BABY DIAPERS 42-82 ml. SELECTED VARIETIES



**29.99** ea. HUGGIES OVERNITES BABY DIAPERS 38-52 ml. SELECTED VARIETIES



**5 for 29.99**

**19.99** ea. PAMPERS SENSITIVE BABY WIPES 504 ml.



**6.99** ea. CHILDREN'S PEPTO ANTACID 24 ml.



**9.99** ea. FLINTSTONES CHILDREN'S VITAMIN 60 ml. SELECTED VARIETIES

# Health & Beauty



**6.99** ea. SECRET, IVORY PERSONAL CARE OR CREST ORAL CARE SELECTED SIZES, SELECTED VARIETIES

**5.99** ea. NIVEA BODY WASH 500 ml. SELECTED VARIETIES



**13.49** ea. HEAD & SHOULDERS BARE HAIR CARE 400 ml. SELECTED VARIETIES



**10.49** ea. OGX HAIR CARE 110-385 ml. SELECTED VARIETIES



**2 for 4.00** LESS THAN 2 PAY 2.99 EA. COLGATE TOTAL TOOTHPASTE 70 ml. SELECTED VARIETIES



**2 for 12.00** LESS THAN 2 PAY 7.49 EA. OLAY BAR SOAP 43.90 g. SELECTED VARIETIES



**2 for 12.00** LESS THAN 2 PAY 7.49 EA. OLD SPICE BODY WASH 532 ml. SELECTED VARIETIES



**2 for 14.00** LESS THAN 2 PAY 8.99 EA. TOM'S OF MAINE DEODORANT 10 g. SELECTED VARIETIES

KEEP YOUR HAIR HEALTHY-LOOKING, SHINY AND UNDER CONTROL



**3.49** ea. DIPPITY-DO STYLING GEL 250 ml.



**11.99** ea. BATISTE DRY SHAMPOO 200 ml. SELECTED VARIETIES

**Batiste DRY SHAMPOO**  
Instantly refresh your hair between washes

PRICES ARE IN EFFECT UNTIL WEDNESDAY JULY 24<sup>TH</sup>, 2024. AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca/pharmacy





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