



**5.88** /lb or ea. MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS BONELESS SKINLESS CHICKEN BREASTS OR THIGHS VALUE PACK 5.88/lb, 12.99/kg OR EXTRA LEAN GROUND CHICKEN 4.54/kg, 5.88/ea.



**2.44** /lb EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES PRODUCT OF U.S.A., No. 1 GRADE 5.38/kg



**5.88** ea. JANES BREADED CLASSICS OR BATTERED FISH PORTIONS FROZEN 400-500g SELECTED VARIETIES



**5.47** ea. LACTANTIA PURIFILTRE MILK, BEATRICE CHOCOLATE MILK OR GENERAL MILLS CEREAL SELECTED VARIETIES



**5.99** ea. KAWARTHA ICE CREAM 1.5L SELECTED VARIETIES



**12.00** ea. CLIF BARS 12/1.63/ea OR KICKING HORSE COFFEE BEANS 454g SELECTED VARIETIES **\$1 PER BAR!**



**26.99** ea. FRESH 2 GO CHICKEN AND RIB MEAL \*ANY 2 SIDES INCLUDES RICE, POTATOES, VEGETABLES AND SALADS WALK IN ONLY



**9.99** ea. MAPLE LEAF OR SCHNEIDERS HALF HAMS 600-700g OR SELECTION BACON 112g



**2 for 8.00** FONTAINE SANTÉ HUMMUS OR DIPS 227-280g SELECTED VARIETIES, OR 4.49/EA



**5.49** ea. FRONT STREET BAKERY DANISH, TURNOVER OR PARISIAN TWISTS PKG OF 4-6, 950-904g, SELECTED VARIETIES



**4.69** ea. STONEMILL BREADS 454-600g SELECTED VARIETIES



**11.99** ea. STORE MADE CAROUSELS FRESH VEGETABLE 155g, FRESH FRUIT 1.4kg



**3 for 25.00** or 8.99 ea. MARKET BUNCHES ASSORTED COLOURS AND VARIETIES



# metro



**IRRESISTIBLES ARTISAN TURKEY BREAST OR CASTELLO HAVARTI**  
SELECTED VARIETIES. 80/15, 8/232, 15/56/16

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



**CUT BY OUR BUTCHER**

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

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

**PLATINUM GRILL ANGUS**  
• 100% Canadian  
• Cut from AAA Beef  
• Aged minimum 14 days



**IRRESISTIBLES EMMENTAL CHEESE**  
SELECT CUT PRICES AS MARKED. 10/10/10

**1/2 PRICE**



**FRESH PORK LOIN CHOPS ECONOMY PACK**  
13 RIB & 13 SIRLOIN CHOPS 6.55kg

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



**ANDY BOY**

**ROMAINE HEARTS 3pk**  
PRODUCT OF U.S.A.

**CAMPARI TOMATOES 1lb**  
PRODUCT OF ONTARIO

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



**VILLAGGIO ITALIAN STYLE BREADS OR BUNS, DEMPSTER'S GRAIN BREADS, DEMPSTER'S OR TIA ROSA TORTILLAS**  
SELECTED SIZES, SELECTED VARIETIES, OR 14 EA.

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



**FRESH COHO SALMON OR TILAPIA FILLETS VALUE PACK**  
MN 900g, 2.2/100g

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



**LARGE HONEYCRISP APPLES**  
PRODUCT OF ONTARIO, CANADA EXTRA FANCY GRADE 4.39kg

**1<sup>99</sup>** /lb



**SIGGI'S TUBS, ASTRO OR IÖGO MULTI YOGOURT**  
SELECTED SIZES, SELECTED VARIETIES

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



**SIMPLY OR MINUTE MAID REFRIGERATED JUICE OR DRINKS**  
154-175 L, SELECTED VARIETIES

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



**SELECTION EGGS 30pk, IRRESISTIBLES OR LIFE SMART MAPLE SYRUP**  
SELECTED SIZES, SELECTED VARIETIES

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



**BUBLY, MONTELLIER OR AHA SPARKLING WATER**  
10-12 X 355 mL SELECTED VARIETIES OR 6 X 99 EA.

**2 for 11<sup>00</sup>**



**MISS VICKIE'S, POPCORNERS CHIPS, FAMILY SIZE CHRISTIE COOKIES OR CRACKERS**  
SELECTED SIZES, SELECTED VARIETIES

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



**CAVENDISH FRIES, CRAVE OR KRAFT DINNER FROZEN MEALS**  
SELECTED SIZES, SELECTED VARIETIES

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



**CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE**  
SELECTED SIZES, SELECTED VARIETIES

**5<sup>99</sup>** ea. **SAVE UP TO \$8.00**



**ITALPASTA PASTA 900g, SELECTION OR LIFE SMART TOMATOES**  
540-796 mL SELECTED VARIETIES

**3 for 5<sup>00</sup>**



**CLASSICO SAUCE**  
218-850 mL SELECTED VARIETIES

**2<sup>98</sup>** ea.



**\$ New Lower Prices**

**7.99** ea. IRRESISTIBLES WILD ARGENTINIAN RAW SHRIMP 20-30 SIZE, 340g OR SHRIMP APPETIZERS 200-400g FROZEN SELECTED VARIETIES

**12.99** ea. IRRESISTIBLES MEAT LASAGNA 2.27kg OR ANGUS BEEF MEATBALL TRIO 1.2kg FROZEN

**12.00** 2 for SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED DELI MEAT 100-150g SELECTED VARIETIES OR \$9.95 EA.

**10.00** 2 for CRACKER BARREL OR BLACK DIAMOND SLICED CHEESE SELECTED SIZES, SELECTED VARIETIES OR \$5.49 EA.

**5.99** ea. PHILADELPHIA CREAM CHEESE 340g OR HELUVA GOOD! DIP 400g SELECTED VARIETIES

**3.99** ea. KELLOGG'S EGGO WAFFLES SELECTED SIZES, SELECTED VARIETIES

**4.99** ea. ST. DALFOUR SPREAD 225ml SELECTED VARIETIES

**8.49** ea. BECEL MARGARINE SELECTED SIZES, SELECTED VARIETIES

**8.00** 2 for IGO NANO DRINKABLE YOGURT 4x 150ml OR SIGGI'S SKYR YOGURT 4x 100g SELECTED VARIETIES, OR 4.49 EA.

**3.99** ea. SELECTION CREAM 473 ml-1L SELECTED VARIETIES

**BUY TWO GET ONE FREE** COCA-COLA OR CANADA DRY SOFT DRINKS 6x 330 ml, 6x 170 ml SELECTED VARIETIES

**8.00** 2 for PURELIFE NATURAL SPRING WATER 24x 500ml OR \$4.95 EA.

**6.99** ea. SAN PELLEGRINO NATURALI OR MOMENTI SPARKLING WATER 6x 330ml SELECTED VARIETIES

**9.99** ea. CRAFTY RAMEN FROZEN MEAL 500-550g SELECTED VARIETIES

**4.00** 2 for MINUTE MAID FROZEN JUICE OR DRINKS 250ml SELECTED VARIETIES OR 2.49 EA.

**7.50** 2 for MINUTE MAID, FIVE ALIVE JUICE OR DRINKS, NESTLE ICED TEA OR CORE POWER MILK SHAKE SELECTED SIZES, SELECTED VARIETIES, OR 4.95 EA.

**1.99** ea. PRIME HYDRATION SPORTS DRINKS OR ROAR BEVERAGE 500-532ml SELECTED VARIETIES

**6.99** ea. ZEVIYA BEVERAGE 6x 355ml OR HALO TOP FROZEN DESSERT 473ml SELECTED VARIETIES

**3.99** ea. G.H. CRETORS POPCORN, HUMBLE POTATO CHIPS, NEAL BROTHERS TORTILLA CHIPS OR SALSA SELECTED SIZES, SELECTED VARIETIES

**3.99** ea. ORVILLE REDENBACHER POPPING CORN SELECTED SIZES, SELECTED VARIETIES

**3.49** ea. LAY'S FAMILY SIZE CHIPS SELECTED SIZES, SELECTED VARIETIES

**6.99** ea. LAY'S FAMILY SIZE CHIPS Sour Cream & Onion or Classic Classique

**6.50** 2 for DARE COOKIES OR CRACKERS SELECTED SIZES, SELECTED VARIETIES

**5.50** 2 for CADBURY, NESTLE CHOCOLATE BARS SELECTED SIZES, SELECTED VARIETIES

**7.99** ea. RUSTICA PIZZA SELECTED SIZES, SELECTED VARIETIES

**7.00** 2 for OLD EL PASO TACO OR REFRIED BEANS 250-300ml, 34-257g SELECTED VARIETIES

**6.99** ea. NUTS TO YOU PEANUT BUTTER, RAINCOAST CRISPS CRACKER OR LAKEWOOD JUICE SELECTED SIZES, SELECTED VARIETIES

**4.99** ea. DOVE PERSONAL CARE SELECTED SIZES, SELECTED VARIETIES

**10.99** ea. CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL 4-12" UNITS, SELECTED VARIETIES

**9.99** ea. TIDE OR GAIN DETERGENT, GAIN, DOWNY OR BOUNCE SOFTENERS, CASCADE OR DAWN DETERGENT OR SWIFFER SELECTED SIZES, SELECTED VARIETIES



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**MEGA**  
**APP DEALS**

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 Only until October 2, 2024



SAVE \$4.99  
**\$5** ea.

**Life Smart Naturalia**  
**Grass Fed**  
**Lean Ground Beef**  
 454 g



SAVE \$2  
**149** ea.

**Selection**  
**Frozen Vegetables**  
 Selected Sizes  
 Selected Varieties



SAVE \$1.50  
**249** ea.

**Skittles**  
**or Starburst**  
**Candy**  
 Selected Sizes  
 Selected Varieties

**Frank's**  
**RedHot Sauce**  
 354 ml  
 Selected Varieties



SAVE \$2.30  
**299** ea.



SAVE \$1.50  
**249** ea.

**Selection**  
**Cream Cheese**  
 Selected Sizes  
 Selected Varieties

**Dare Bear Paws**  
**Cookies**  
 168 - 240 g  
 Selected Varieties



SAVE 76¢  
**249** ea.

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**2** Scan your barcode at checkout.

**3** Save big!



**Healthy  
Together**

# MAKE THE OUT OF REACH REACHABLE

HELP SOMEONE IN NEED  
BY DONATING IN-STORE. WE'LL MATCH IT.



Between September 26, 2024 - October 16, 2024, Metro Inc. will match every \$2.00 donation with a Metro gift card of the same value, up to a maximum of \$100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Metro Employee.



# Farm Fresh Produce

 <p><b>CLEMENTINES</b> 2 lb PRODUCT OF SOUTH AFRICA</p> <p><b>4.99</b> ea.</p>	 <p><b>BROCCOLI CROWNS</b> PRODUCT OF CANADA</p> <p><b>2.49</b> ea.</p>	 <p><b>WILD WONDERS</b> SUNSET RED OR MEDLEY GRAPE TOMATOES 681 g PRODUCT OF ONTARIO</p> <p><b>5.99</b> ea.</p>	 <p><b>CARROTS OR YELLOW ONIONS</b> 2 lb PRODUCT OF ONTARIO CANADA No. 1 GRADE</p> <p><b>1.99</b> ea.</p>
 <p><b>LARGE POMEGRANATES</b> PRODUCT OF U.S.A.</p> <p><b>3.49</b> ea.</p>	 <p><b>LEMONS</b> 2 lb PRODUCT OF ARGENTINA OR SOUTH AFRICA</p> <p><b>4.99</b> ea.</p>	 <p><b>RASPBERRIES</b> 275 g PRODUCT OF U.S.A. OR MEXICO <b>GOLDENBERRIES</b> 200 g PRODUCT OF COLOMBIA</p> <p><b>3.99</b> ea.</p>	 <p><b>CAULIFLOWER</b> PRODUCT OF CANADA CANADA No. 1 GRADE</p> <p><b>4.99</b> ea.</p>
 <p><b>BLACK MISSION FIGS</b> 227 g PRODUCT OF U.S.A.</p> <p><b>4.99</b> ea.</p>	 <p><b>BOSC OR BARTLETT PEARS</b> 1 L PRODUCT OF ONTARIO CANADA EXTRA FANCY GRADE</p> <p><b>5.99</b> ea.</p>	 <p><b>BELLE GROVE MUSHROOMS</b> OYSTER KING &amp; BUTTER 227 g PRODUCT OF ONTARIO</p> <p><b>3.49</b> ea.</p>	 <p><b>BRUSSELS SPROUTS</b> PRODUCT OF U.S.A. OR MEXICO 769 g/kg</p> <p><b>3.49</b> /lb</p>
 <p><b>GREEN BEANS</b> PRODUCT OF ONTARIO 6.59/kg</p> <p><b>2.99</b> /lb</p>	 <p><b>JUMBO PUMPKINS</b> PRODUCT OF ONTARIO <b>PIE PUMPKINS</b> PRODUCT OF ONTARIO 2.45 EA.</p> <p><b>5.99</b> ea.</p>	 <p><b>ASSORTED ONTARIO SQUASH</b> PRODUCT OF ONTARIO 3.73/kg</p> <p><b>1.69</b> /lb</p>	 <p><b>RED ONIONS</b> 3 lb PRODUCT OF ONTARIO CANADA No. 1 GRADE</p> <p><b>3.99</b> ea.</p>
 <p><b>WONDERFUL IN-SHELL PISTACHIOS</b> 200-225 g SELECTED VARIETIES</p> <p><b>2 for 10.00</b></p>	 <p>Sweet with subtle spice-filled undertones and a chocolate coloured interior</p> <p><b>simmis</b> CHOCOLATE PERSIMMONS</p> <p><b>8.99</b> ea.</p>	 <p><b>Baby Carrots</b> 907 g PRODUCT OF ONTARIO</p> <p><b>4.49</b> ea.</p>	 <p><b>LOCAL GARLIC</b> 115 g PRODUCT OF ONTARIO</p> <p><b>3.49</b> ea.</p>

## Organic

 <p><b>GREENHOUSE ORGANIC PROTEIN SHAKES</b> 300 ml SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	 <p><b>BELLE GROVE ORGANIC WHOLE WHITE OR CREMINI MUSHROOMS</b> 227 g PRODUCT OF ONTARIO</p> <p><b>3.49</b> ea.</p>	 <p><b>ORGANIC ACORN, BUTTERNUT OR SPAGHETTI SQUASH</b> PRODUCT OF CANADA 4.39/kg</p> <p><b>1.99</b> /lb</p>	 <p><b>ASSORTED ATTITUDE ORGANIC SALADS</b> 162 g PRODUCT OF U.S.A. OR CANADA <b>ORGANIC SWEET ONIONS</b> 2 lb PRODUCT OF PERU No. 1 GRADE</p> <p><b>5.49</b> ea.</p>
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## Sliced & Diced

 <p><b>SEEDLESS WATERMELON QUARTERS</b> 2.84/kg</p> <p><b>1.29</b> /lb</p>	 <p><b>CORED GOLDEN PINEAPPLES</b> 600 g</p> <p><b>4.99</b> ea.</p>
 <p><b>STORE MADE MELON CHUNKS</b> 360-380 g</p> <p><b>3.99</b> ea.</p>	 <p><b>STORE MADE SMALL SALADS</b> 160-340 g</p> <p><b>5.99</b> ea.</p>

## Flowers in Bloom

 <p><b>RAINBOW POM AND CARNATION BOUQUET</b> ASSORTED COLOURS</p> <p><b>20.00</b> ea.</p>	 <p><b>INDOOR GARDENS</b> ASSORTED STYLES COLOURS AND FLOWERS</p> <p><b>STARTING AT 24.99</b> ea.</p>
 <p><b>PUMPKIN AND GOURDS VANISHED BAGS</b> ASSORTED VARIETIES AND COLOURS</p> <p><b>2 for 12.00</b> or <b>6.99</b> ea.</p>	



# Our Butcher's Finest

<p>MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS 11.00kg</p> <p><b>4.99</b> /lb</p> <p>PRIME RAISED WITHOUT antibiotics</p>	<p>RED GRILL T-BONE STEAK CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 37.45kg</p> <p><b>16.99</b> /lb</p> <p>RED GRILL BEEF</p>
<p>PORK LOIN CHOPS VALUE PACK CENTRE CUT, BONE IN 5.90kg</p> <p><b>4.49</b> /lb</p>	<p>RED GRILL BEEF SHORT RIBS CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 24.23kg</p> <p><b>10.99</b> /lb</p>
<p>PLATINUM GRILL ANGUS TOP SIRLOIN MEDALLIONS OR CAP OFF STEAK CUT FROM CANADA AAAA GRADE 21.90kg</p> <p><b>9.97</b> /lb</p> <p>PLATINUM GRILL ANGUS</p>	<p>FLAMINGO GRADE A OR UTILITY TURKEYS FROZEN, 3-7kg AVERAGE 3.28kg</p> <p><b>1.49</b> /lb</p>
<p><b>3.49</b> /lb</p> <p>EASY CARVE PORK RIB ROAST 7.65kg</p>	<p><b>5.49</b> /lb</p> <p>STORE MADE SAUSAGES VALUE PACK SELECTED VARIETIES 12.10kg</p>
<p><b>8.99</b> /lb</p> <p>FRESH STORE MADE MEAT KABOBS 19.82kg PORK 6.99lb 15.41kg SELECTED VARIETIES</p>	<p><b>8.99</b> /lb</p> <p>CHICKEN, LAMB OR BEEF SOUVLAKI SKEWERS 19.82kg PORK 6.99lb 15.41kg</p>

## Plant-Based

<p><b>7.99</b> ea.</p> <p>IMPOSSIBLE CHICKEN NUGGETS MADE FROM PLANTS PEPITES DE POULET À BASE DE PLANTES</p> <p>IMPOSSIBLE PLANT-BASED CHICKEN NUGGETS FROZEN, 383g</p>	<p><b>7.99</b> ea.</p> <p>IMPOSSIBLE BURGER PATTIES MADE FROM PLANTS GAZETTES DE BOEUF À BASE DE PLANTES</p> <p>IMPOSSIBLE PLANT-BASED BURGERS OR GROUND 229-341g</p>	<p><b>7.99</b> ea.</p> <p>BEYOND SAUSAGE MADE FROM PLANTS SAUSAGES À BASE DE PLANTES</p> <p>BEYOND MEAT PLANT-BASED SAUSAGES 400g SELECTED VARIETIES</p>	<p><b>7.99</b> ea.</p> <p>BEYOND CHICKEN MADE FROM PLANTS TENDERS À BASE DE PLANTES</p> <p>BEYOND CHICKEN TENDERS FROZEN, 226g</p>
<p><b>5.99</b> ea.</p> <p>LIFE SMART PLANT-BASED VEGAN PARTY PACK APPETIZERS FROZEN, 500g</p>	<p><b>5.99</b> ea.</p> <p>YVES VEGGIE CUISINE FROZEN, 205-363g SELECTED VARIETIES</p>	<p><b>7.99</b> ea.</p> <p>BEYOND STEAK MADE FROM PLANTS POURTES DE STEAK À BASE DE PLANTES</p> <p>BEYOND PLANT-BASED STEAK STRIPS FROZEN, 226g</p>	<p><b>17.99</b> ea.</p> <p>BEYOND BURGER MADE FROM PLANTS BURGERS À BASE DE PLANTES</p> <p>BEYOND PLANT-BASED BURGERS FROZEN, 670g</p>

## LOCKED DOWN PRICES UNTIL OCTOBER 23RD, 2024

<p><b>5.99</b> ea.</p> <p>JOHNSONVILLE SAUSAGES 375-500g SELECTED VARIETIES</p>	<p><b>5.99</b> ea.</p> <p>CAVENDISH POTATO PATTIES FROZEN, 1.2kg SELECTED VARIETIES</p>	<p><b>8.99</b> ea.</p> <p>LOU'S KITCHEN BEEF POT ROAST AU JUS RÔTI DE BOEUF 375g</p> <p>LOU'S KITCHEN ENTRÉES OR PEAMEAL BACK BACON 375-400g SELECTED VARIETIES</p>	<p><b>6.49</b> ea.</p> <p>SCHNEIDERS BREAKFAST SANDWICHES OR BREAKFAST BITES 204-280g FROZEN SELECTED VARIETIES</p>
<p><b>19.99</b> ea.</p> <p>BUTTERBALL BONELESS TURKEY BREAST FROZEN, 1.2-1.5kg, SELECTED VARIETIES</p>	<p><b>12.99</b> ea.</p> <p>MAMA YOLANDA'S LASAGNA 1.22kg FROZEN SELECTED VARIETIES</p>	<p><b>11.99</b> ea.</p> <p>JANES PUB STYLE CHICKEN WINGS FROZEN, 680g SELECTED VARIETIES</p>	<p><b>9.99</b> ea.</p> <p>PILLER'S HAMS 800g SELECTED VARIETIES</p>

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*Irresistibles*



IRRESISTIBLES  
MEATBALLS  
FROZEN, 500 - 680 g  
SELECTED VARIETIES  
**8.99**  
ea.



**6.99**  
ea.



**8.99**  
ea.



**5.99**  
ea.



**5.99**  
ea.



**8.99**  
ea.



IRRESISTIBLES  
BATTERED CAULIFLOWER BITES  
FROZEN, 493 g



**6.99**  
ea.



**6.99**  
ea.

HOST WITH  
THE MOST  
UNIQUE  
BITES



**5.99**  
ea.



**7.99**  
ea.



**11.99**  
ea.



**Over the top flavours from under the sea.**

**TRUE NORTH SEAFOOD COMPANY**

**RAISED WITHOUT ANTIBIOTICS**

**4<sup>99</sup>** ea. **FRESH RAISED WITHOUT ANTIBIOTICS CANADIAN SALMON PORTIONS**  
PLAIN SKINLESS 151g

**9<sup>99</sup>** ea. **TRUE NORTH STUFFED SALMON ROASTS**  
FROZEN 227g

**15<sup>99</sup>** /lb **TRUE NORTH HOT SMOKED SALMON CHUNKS**  
3.53/100g

**CHOICE**

**1<sup>29</sup>** ea. **CHOICE OYSTERS**  
SELECTED VARIETIES

**1<sup>99</sup>** ea. **PACIFIC WHITE RAW SHRIMP SKEWERS**  
FROZEN OR PREVIOUSLY FROZEN 74g

**5<sup>99</sup>** ea. **FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS**  
2lb 507g

**24<sup>99</sup>** /lb **7 SEAS SMOKED ATLANTIC CANDIED SALMON**  
5.59/100g

**9<sup>99</sup>** ea. **BETTERFISH BARRAMUNDI FILLETS**  
FROZEN 340g

**9<sup>99</sup>** /lb **BAY SCALLOPS**  
400 SIZE FROZEN 2.29/100g

**9<sup>99</sup>** ea. **MARINA DEL REY SEAFOOD PAELLA OR PENNE**  
FROZEN 680g

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

**VALUE SIZE**

**CEDAR BAY CANADIAN LOBSTER MAC & CHEESE**  
FROZEN 375g

**Life Smart** **NATURALIA** **Irresistibles**

**6<sup>99</sup>** ea. **IRRESISTIBLES PACIFIC WHITE SHRIMP RING**  
FROZEN 204g

**8<sup>99</sup>** ea. **NATURALIA WILD COD OR HADDOCK FILLETS**  
FROZEN 400g

**9<sup>99</sup>** ea. **IRRESISTIBLES GARLIC AND HERB RAW SHRIMP**  
FROZEN 340g

**9<sup>99</sup>** ea. **NATURALIA BASA FILLETS**  
FROZEN 500g

**9<sup>99</sup>** ea. **NATURALIA Basa Pangasius**  
FROZEN 500g

**Irresistibles ARTISAN**

**Exclusive to METRO**

**3<sup>99</sup>** /100g **IRRESISTIBLES ARTISAN BLACK FOREST HAM**  
DELI SLICED 18.10/lb

**3<sup>99</sup>** /100g **IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN**  
DELI SLICED 18.10/lb

**4<sup>79</sup>** /100g **IRRESISTIBLES ARTISAN ANGUS ROAST BEEF**  
DELI SLICED OR SHAVED 22.63/lb

**3<sup>49</sup>** /100g **IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI**  
SELECTED VARIETIES DELI SLICED OR SHAVED 15.83/lb

**4<sup>99</sup>** /100g **IRRESISTIBLES ARTISAN SALAMI**  
SELECTED VARIETIES DELI SLICED 22.63/lb

**3<sup>49</sup>** /100g **IRRESISTIBLES ARTISAN BRIE CHEESE**  
DELI CUT, PRICES AS MARKED 15.83/lb

**9<sup>49</sup>** ea. **IRRESISTIBLES ARTISAN GOAT CHEESE** 250g  
SELECTED VARIETIES

**8<sup>49</sup>** ea. **IRRESISTIBLES ARTISAN DRY SAUSAGE** 300g  
SELECTED VARIETIES

**8<sup>99</sup>** ea. **IRRESISTIBLES ARTISAN MOZZARELLA PIZZA CHEESE** 340g

**6<sup>49</sup>** ea. **IRRESISTIBLE ARTISAN KOLBASA OR GOUDA OR RICOTTA CHEESE** 200-400g  
SELECTED VARIETIES

**5<sup>99</sup>** ea. **IRRESISTIBLES TORTELLINI**  
340-350g SELECTED VARIETIES

**MASTRO** **PROSCIUTTO COTTO**

**mix & match**

**YOUR CHOICE**

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

**SAN DANIELE, MASTRO, SELECTION, MAIN STREET DELI OR BRANDT SLICED DELI MEAT**  
100-200g SELECTED VARIETIES

**BRANDT** **BLACK FOREST SMOKED HAM**

**BRANDT** **JAMBON FUME**

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**BRANDT** **BLACK FOREST SMOKED HAM**

**BRANDT** **JAMBON FUME**





**WRAPS & SOUP**





### Cheesy Delights

**5.99** ea. FRONT STREET BAKERY EXTRA CHEDDAR CHEESE BREAD 675g

**5.99** ea. FRONT STREET BAKERY PIZZA BUNS PKG OF 4, 475g

**4.49** ea. FRONT STREET BAKERY CHEDDAR CHEESE MINI CROISSANT PKG OF 12, 400g

**5.49** ea. FRONT STREET BAKERY CHEESE BUNS OR CHEESE STICKS PKG OF 6-8, 420-500g

### FRONT STREET BAKERY

OUR ABSOLUTE FINEST

**18.99** ea. FRONT STREET BAKERY CHEESECAKES 975g SELECTED VARIETIES

**18.99** ea. FRONT STREET BAKERY DESSERT CAKES 750-1000g SELECTED VARIETIES

**9.99** ea. FRONT STREET BAKERY MINI DESSERT CAKES 200-440g, SELECTED VARIETIES

**2 for 4.00** FRONT STREET BAKERY CAKEPOPS PKG OF 2, 76g SELECTED VARIETIES

**3.79** ea. FRONT STREET BAKERY RYE BREADS 450g SELECTED VARIETIES

**3.79** ea. FRONT STREET BAKERY GRAIN BREADS 340-450g OR HOT DOG OR HAMBURGER ROLLS SELECTED VARIETIES

**3.79** ea. FRONT STREET BAKERY FRENCH OR ITALIAN BREAD 450g, SELECTED VARIETIES

**2.99** ea. FRONT STREET BAKERY EVERYTHING CIABATTA ROLLS 300-450g SELECTED VARIETIES

### mix & match

**2 for 6.00** VILLAGGIO BREAD OR BUNS, DEMPSTER'S GRAIN BREAD, DEMPSTER'S 7" TORTILLAS OR TIA ROSA TORTILLAS SELECTED SIZES, SELECTED VARIETIES OR 3, 4 EA.

Offer valid September 26 - October 9, 2024

## Snacks & Beverages

**BUY MORE SAVE MORE!**

**2 for 3.50** LESS THAN 2 PAY 1.99 EA. SELECTION SOFT DRINKS 2L SELECTED VARIETIES

**2 for 4.00** LESS THAN 2 PAY 2.79 EA. GLACEAU VITAMIN WATER 594ml, SELECTED VARIETIES

**2 for 4.00** ACTION ALKALINE WATER 1L OR 2, 750 EA.

**2 for 6.00** SELECTION JUICE OR COCKTAILS 8x200ml, SELECTED VARIETIES OR 3, 750 EA.

**7.49** ea. DEL MONTE JUICE 2.5L SELECTED VARIETIES

**2 for 5.50** LESS THAN 2 PAY 3.79 EA. CELSIUS OR ROCK STAR ENERGY DRINKS 355-473ml, SELECTED VARIETIES

**2 for 7.00** LESS THAN 2 PAY 3.99 EA. QUAKER CRISPY MINIS OR RICE CAKES SELECTED SIZES, SELECTED VARIETIES

**2 for 8.50** TAKIS TORTILLA CHIPS SELECTED SIZES, SELECTED VARIETIES OR 4, 750 EA.

### FALL INTO FLAVOURFUL CELEBRATIONS

**2 for 7.50** LESS THAN 2 PAY 4.29 EA. WHEAT THINS ORIGINAL CRACKERS 180g

**2 for 7.50** LESS THAN 2 PAY 4.29 EA. RITZ CRACKERS 180g

**2 for 6.00** LESS THAN 2 PAY 4.29 EA. CRISPERS OR BITS & BITES SNACKS 145g SELECTED VARIETIES

**2 for 8.00** LESS THAN 2 PAY 4.99 EA. PECKS FREANS OR DADS COOKIES SELECTED SIZES, SELECTED VARIETIES

**2 for 11.00** LESS THAN 2 PAY 5.99 EA. MAYNARD'S CANDY & CADBURY CELLOS SELECTED SIZES, SELECTED VARIETIES

**2 for 6.00** CADBURY CHOCOLATES SELECTED SIZES, SELECTED VARIETIES

**JOIN US IN DONATING \$200,000 TO CANADIAN FOOD BANKS**

EVERY CADBURY PRODUCT PURCHASED GETS US CLOSER TO OUR GOAL.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE





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

NESTLÉ  
50'S CHOCOLATE BARS  
485 g  
SELECTED VARIETIES

# Sweet & SALTY

## ON-THE-GO TREATS



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

PRINGLES CHIPS  
608 g  
SELECTED VARIETIES



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

CADBURY  
45'S CHOCOLATE BARS  
SELECTED SIZES  
SELECTED VARIETIES



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

HERSHEY'S,  
OH HENRY! OR REESE'S  
CHOCOLATES  
375-390 g  
SELECTED VARIETIES



**PACK MORE OF THEIR FAVOURITES**



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

DUBBLE BUBBLE  
GUM  
495 g  
SELECTED VARIETIES



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

MARS  
50'S HALLOWEEN CHOCOLATES  
601 g  
SELECTED VARIETIES



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

SKITTLES OR STARBURST  
HALLOWEEN CANDY  
554 g  
SELECTED VARIETIES



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

DARE  
REALFRUIT GUMMIES  
600 g  
SELECTED VARIETIES



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

HERSHEY'S  
HARRY POTTER KISSES  
180 g  
SELECTED VARIETIES



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

KINDER CHOCOLATES  
297-330 g  
SELECTED VARIETIES



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

TAKIS  
40 UN  
SELECTED VARIETIES



## More Great Savings

 <p><b>349</b> ea. SELECTION SOUR CREAM 500ml SELECTED VARIETIES</p>	 <p><b>649</b> ea. GAY LEA COTTAGE CHEESE 750g SELECTED VARIETIES NORDICA 1% COTTAGE CHEESE</p>	 <p><b>999</b> ea. NUTELLA SPREAD 1kg</p>	 <p><b>999</b> ea. LIPTON TEA BAG 72-100ml SELECTED VARIETIES</p>
 <p><b>3 for 800</b> CAMPBELL'S SOUP 284ml SELECTED VARIETIES</p>	 <p><b>499</b> ea. HELLMANN'S MAYONNAISE 340-405ml SELECTED VARIETIES</p>	 <p><b>599</b> ea. BOSTON MARKET FROZEN MEALS 340-405ml SELECTED VARIETIES</p>	 <p><b>449</b> ea. DR. OETKER MOMENTI PIZZA 340-405ml SELECTED VARIETIES</p>
 <p><b>299</b> ea. PRIMO OR ITALPASTA LASAGNE 375-500g SELECTED VARIETIES</p>	 <p><b>399</b> ea. SELECTION VEGETABLE OR CANOLA OIL 946ml SELECTED VARIETIES</p>	 <p><b>2 for 300</b> CLUB HOUSE GRAVY OR SEASONING MIX 34-47g SELECTED VARIETIES</p>	 <p><b>2 for 500</b> SELECTION SPICES 55-200g LESS THAN 2 PAY 3.99 EA.</p>
 <p><b>399</b> ea. GAY LEA WHIPPED TOPPING 254ml SELECTED VARIETIES Real WHIPPED CREAM Real WHIPPED CREAM LIGHT</p>	 <p><b>2 for 500</b> DR. OETKER PIE FILLING OR PIE CRUST 181-270g SELECTED VARIETIES</p>	 <p><b>399</b> ea. CRISCO VEGETABLE SHORTENING 454g SELECTED VARIETIES</p>	 <p><b>399</b> ea. EAGLE BRAND CONDENSED MILK 300ml SELECTED VARIETIES</p>

## Baby & Beauty

GERBER BABY PUREE 92-92ml  
SELECTED VARIETIES OR 2.99 EA.

**5 for 1100**

Organic

LITTLE GOURMET BABY PUREE 110ml  
SELECTED VARIETIES OR 2.99 EA.

**5 for 1100**

Dove Self-esteem project

Keep her **CONFIDENT**

**499** ea.  
DOVE PERSONAL CARE  
SELECTED SIZES  
SELECTED VARIETIES

Helps protect skin's moisture barrier

AVEENO BODY WASH 537ml  
SELECTED VARIETIES **1399** ea.

AVEENO MOISTURIZING LOTION 530ml  
SELECTED VARIETIES **2600** ea.

## Household Helpers

SELECTION ECO COMPOSTABLE UTENSILS 24-50ml  
SELECTED VARIETIES **299** ea.

SELECTION PAPER PLATES OR BOWLS 24-40cm  
SELECTED VARIETIES **599** ea.

PALMOLIVE DISHWASHING DETERGENT 591-828ml  
SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**2 for 600**  
LESS THAN 2 PAY 3.99 EA.

CASCADE PLATINUM COMPLETE 20  
CASCADA DISHWASHER DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**2 for 1500**  
LESS THAN 2 PAY 9.99 EA.

YARD WASTE BAGS 50L  
OR 3.99 EA.

**2 for 750**

GLADE AIR FRESHENER OR LYSOL DISINFECTING WIPES  
SELECTED SIZES  
SELECTED VARIETIES **349** ea.

RESOLVE STAIN REMOVER OR CLOROX BLEACH  
SELECTED SIZES  
SELECTED VARIETIES **599** ea.

WOOLITE LAUNDRY DETERGENT OR LYSOL LAUNDRY DISINFECTANT 1.8-2.7L  
SELECTED VARIETIES **1299** ea.



**Non-GMO**

**9<sup>49</sup>** ea. **DAIYA PIZZA** 444-500g  
SELECTED VARIETIES

**10<sup>49</sup>** ea. **MARANATHA ALMOND BUTTER** 340g  
BEURRE D'AMANDES

**4<sup>49</sup>** ea. **FARMER'S MARKET CANNED VEGETABLES** 298 ml  
SELECTED VARIETIES

**6<sup>99</sup>** ea. **WHOLLY VEGGIE! FROZEN SIDE DISH** 375g  
SELECTED VARIETIES

**Gluten-Free**

**6<sup>99</sup>** ea. **ENJOY LIFE CHOCOLATE CHIPS** 255-282g  
SELECTED VARIETIES

**3<sup>00</sup>** **2 for** **KIND GRANOLA BARS** 40g  
SELECTED VARIETIES OR 1.79 EA.

**4<sup>49</sup>** ea. **BOB'S RED MILL FLAX SEEDS** 368g

**8<sup>49</sup>** ea. **COOL WAY ICE CREAM** 3X88ml  
SELECTED VARIETIES

**Organic**

**4<sup>99</sup>** ea. **CHA'S ORGANIC CURRY PASTE** 55g  
SELECTED VARIETIES

**14<sup>99</sup>** ea. **NUTIVA COCONUT OIL** 454ml

**7<sup>00</sup>** **2 for** **FELICETTI PASTA** 340g  
SELECTED VARIETIES OR 3.79 EA.

**5<sup>49</sup>** ea. **ORGANIC MEADOW YOGOURT** 750g  
SELECTED VARIETIES

**3<sup>99</sup>** ea. **GREEN & BLACKS CHOCOLATE BAR** 90g  
SELECTED VARIETIES

**4<sup>99</sup>** ea. **NATURE'S PATH CEREALS** 35-400g  
SELECTED VARIETIES

**KICKING HORSE COFFEE**

**THE KICKASS COFFEE YOUR KEURIG'S BEEN WAITING FOR.**

**12<sup>99</sup>** ea. **KICKING HORSE COFFEE CAPSULE** 10/18  
SELECTED VARIETIES

**25<sup>99</sup>** ea. **KICKING HORSE COFFEE CAPSULE** 24 UN.  
SELECTED VARIETIES

**LAVAZZA**

**ICONIC CRAFTSMANSHIP, ARTFULLY BLENDED.**

**19<sup>99</sup>** ea. **LAVAZZA COFFEE CAPSULE** 30 UN.  
SELECTED VARIETIES

**KELLOGG'S CEREAL** 400-650g  
SELECTED VARIETIES

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

**FREE BOOK!**

Buy 2 specially marked boxes of Kellogg's® cereal and get a FREE BOOK!

**CEREAL**  
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**NEW**

**ELEVATE YOUR COFFEE**

**COFFEE CREAMERS**

- 100% DAIRY PRODUCT
- OIL-FREE

Pour it. Foam it. Love it.

**6<sup>49</sup>** ea. **NATREL COFFEE CREAMER** 1L  
SELECTED VARIETIES





**International  
COFFEE DAY**  
October 1, 2024



LAVAZZA  
COFFEE CAPSULES  
10 UN  
SELECTED VARIETIES

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

# FALL FOR EVERY BREW



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

MARLEY COFFEE  
GROUND COFFEE  
OR COFFEE BEANS  
284 g  
SELECTED VARIETIES

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

BALZAC'S COFFEE  
ROASTERS  
COFFEE BEANS  
340 g  
SELECTED VARIETIES

MAXWELL HOUSE  
INSTANT COFFEE  
165 g  
SELECTED VARIETIES

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

SELECTION  
COFFEE CAPSULES  
100 UN  
SELECTED VARIETIES

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

100% COLOMBIAN  
BUY MORE!  
SAVE MORE!

**10<sup>00</sup>**  
Less than 2  
pay 7.99 ea.

IRRESISTIBLES  
COFFEE CAPSULES  
12 UN  
SELECTED VARIETIES

## START YOUR DAY OFF RIGHT

**VAN HOUTTE**  
COLOMBIAN DARK  
DARK ROAST

30  
GROUND COFFEE 263 g

**McCafé**  
ETHICALLY SOURCED  
ARABICA BEANS  
100%  
PREMIUM ROAST  
TORREFACTION SUPÉRIEURE

**McCafé**  
100%  
ETHICALLY SOURCED  
ARABICA BEANS  
PREMIUM ROAST

**IRRESISTIBLES**  
ESPRESSO  
ORO  
INTENSE ROAST  
TORREFACTION INTENSE

340 g

**YOUR CHOICE**

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

MCCAFÉ GROUND COFFEE  
875 g  
MCCAFÉ OR VAN HOUTTE  
COFFEE CAPSULES  
30 UN  
SELECTED VARIETIES

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

IRRESISTIBLES  
GROUND COFFEE  
340 g  
SELECTED VARIETIES

## MADE FOR EACH OTHER: COFFEE & CREAMER

NESCAFÉ  
INSTANT COFFEE  
95-170 g  
SELECTED VARIETIES

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



ILLY COFFEE  
250 g  
SELECTED VARIETIES

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



SELECTION  
COFFEE CREAM  
1 L

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





metro.ca

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when you buy 3 participating products\*

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**SAVE42**



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Offer not available for the MPriority or Express Delivery service.