



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 450-500g
SELECTED VARIETIES



5.47
ea.

LACTANTIA PURIFILTRE MILK, BEATRICE CHOCOLATE MILK OR GENERAL MILLS CEREAL
SELECTED VARIETIES, SELECTED VARIETIES



5.99
ea.

KAWARTHA ICE CREAM 1.5L
SELECTED VARIETIES



12.00
ea.

CLIF BARS 12/1.83 or KICKING HORSE COFFEE BEANS 454g
SELECTED VARIETIES



26.99
ea.

FRESH 2 GO CHICKEN AND RIB MEAL
* ANY 2 SIDES INCLUDES RICE, POTATOES, VEGETABLES
PASTA AND SALADS VARY 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, 950-954g, SELECTED VARIETIES



4.69
ea.

STONEMILL BREADS 454-600g
SELECTED VARIETIES



11.99
ea.

STORE MADE CAROUSELS FRESH VEGETABLE 950g, 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

2.99 /100 g



CUT BY OUR BUTCHER

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

7.97 /lb

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



IRRESISTIBLES EMMENTAL CHEESE
SELECTED PRICES AS MARKED. 10/10/10

1/2 PRICE



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

2.88 /lb



ANDY BOY

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

CAMPARI TOMATOES 1lb
PRODUCT OF ONTARIO

2.99 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 6.00



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

9.99 /lb



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

1.99 /lb



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

4.99 ea.



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

3.99 ea.



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

7.99 ea.



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

2 for 11.00



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

3.99 ea.



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

2.99 ea.



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

5.99 ea.

SAVE UP TO \$8.00



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

3 for 5.00



CLASSICO SAUCE
218-850 ml, SELECTED VARIETIES

2.98 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 1.78 l OR SELECTED VARIETIES

8.00 2 for PURE LIFE 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

SAVE BIG WITH
metro
MEGA
APP DEALS

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

Organic

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

 <p>SEEDLESS WATERMELON QUARTERS 2.84/kg</p> <p>1.29 /lb</p>	 <p>CORED GOLDEN PINEAPPLES 600 g</p> <p>4.99 ea.</p>
 <p>STORE MADE MELON CHUNKS 360-380 g</p> <p>3.99 ea.</p>	 <p>STORE MADE SMALL SALADS 160-180 g</p> <p>5.99 ea.</p>

Flowers in Bloom

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

Our Butcher's Finest

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

Plant-Based

<p>7.99 ea.</p> <p>IMPOSSIBLE CHICKEN NUGGETS MADE FROM PLANTS PEPIÈTES DE POULET À BASE DE PLANTES</p> <p>IMPOSSIBLE PLANT-BASED CHICKEN NUGGETS FROZEN, 383g</p>	<p>7.99 ea.</p> <p>IMPOSSIBLE BURGER PATTIES MADE FROM PLANTS GAZETTES DE BURGER À BASE DE PLANTES</p> <p>IMPOSSIBLE PLANT-BASED BURGERS OR GROUND 229-341g</p>	<p>7.99 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>7.99 ea.</p> <p>BEYOND CHICKEN MADE FROM PLANTS TENDERS À BASE DE PLANTES</p> <p>BEYOND CHICKEN TENDERS FROZEN, 226g</p>
<p>5.99 ea.</p> <p>LIFE SMART PLANT-BASED VEGAN PARTY PACK APPETIZERS FROZEN, 500g</p>	<p>5.99 ea.</p> <p>YVES VEGGIE CUISINE FROZEN, 205-363g SELECTED VARIETIES</p>	<p>7.99 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>17.99 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>5.99 ea.</p> <p>JOHNSONVILLE SAUSAGES 375-500g SELECTED VARIETIES</p>	<p>5.99 ea.</p> <p>CAVENDISH POTATO PATTIES FROZEN, 124g SELECTED VARIETIES</p>	<p>8.99 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>6.49 ea.</p> <p>SCHNEIDERS BREAKFAST SANDWICHES OR BREAKFAST BITES 204-280g FROZEN SELECTED VARIETIES</p>
<p>19.99 ea.</p> <p>BUTTERBALL BONELESS TURKEY BREAST FROZEN, 1.2-1.5kg, SELECTED VARIETIES</p>	<p>12.99 ea.</p> <p>MAMA YOLANDA'S LASAGNA 1.22kg FROZEN SELECTED VARIETIES</p>	<p>11.99 ea.</p> <p>JANES PUB STYLE CHICKEN WINGS FROZEN, 680g SELECTED VARIETIES</p>	<p>9.99 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.

IRRESISTIBLES
ASIAN OR MEXICAN BITES
FROZEN, 500 g



8.99
ea.

IRRESISTIBLES
GOURMET SAUSAGES
OR PARTY PACK PUFF PASTRIES
FROZEN, 432 - 468 g



5.99
ea.

IRRESISTIBLES
PORK SAUSAGE ROLLS
FROZEN, 360 g



5.99
ea.

IRRESISTIBLES
CHEESE STICKS
FROZEN, 325 - 400 g
SELECTED VARIETIES



8.99
ea.

IRRESISTIBLES
CRANBERRY & BRIE PHYLLO PASTRIES
FROZEN, 255 g



IRRESISTIBLES
BATTERED CAULIFLOWER BITES
FROZEN, 493 g



6.99
ea.

IRRESISTIBLES
LOADED POTATO TOTS
OR SPANAKOPITA
FROZEN, 228 - 264 g



6.99
ea.

IRRESISTIBLES
MINI QUICHES
FROZEN, 360 g
SELECTED VARIETIES

HOST WITH
THE MOST
UNIQUE
BITES



5.99
ea.

IRRESISTIBLES
JALAPENO POPPERS
FROZEN, 400 g



7.99
ea.

IRRESISTIBLES
CHICKEN & VEGETABLE TACOS
FROZEN, 480 g



11.99
ea.

IRRESISTIBLES
MINI SPRING ROLLS TRIO
FROZEN, 576 g

Over the top flavours from under the sea.

TRUE NORTH SEAFOOD COMPANY

RAISED WITHOUT ANTIBIOTICS

4⁹⁹ ea. **FRESH RAISED WITHOUT ANTIBIOTICS CANADIAN SALMON PORTIONS**
PLAIN SKINLESS 151g

9⁹⁹ ea. **TRUE NORTH STUFFED SALMON ROASTS**
FROZEN 227g

15⁹⁹ /lb **TRUE NORTH HOT SMOKED SALMON CHUNKS**
3.53/100g

CHOICE

1²⁹ ea. **CHOICE OYSTERS**
SELECTED VARIETIES

1⁹⁹ ea. **PACIFIC WHITE RAW SHRIMP SKEWERS**
FROZEN OR PREVIOUSLY FROZEN 74g

5⁹⁹ ea. **FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS**
2lb 507g

24⁹⁹ /lb **7 SEAS SMOKED ATLANTIC CANDIED SALMON**
5.59/100g

9⁹⁹ ea. **BETTERFISH BARRAMUNDI FILLETS**
FROZEN 340g

9⁹⁹ /lb **BAY SCALLOPS**
400 SIZE FROZEN 2.29/100g

9⁹⁹ ea. **MARINA DEL REY SEAFOOD PAELLA OR PENNE**
FROZEN 680g

13⁹⁹ ea.

VALUE SIZE

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN 375g

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

6⁹⁹ ea. **IRRESISTIBLES PACIFIC WHITE SHRIMP RING**
FROZEN 204g

8⁹⁹ ea. **NATURALIA WILD COD OR HADDOCK FILLETS**
FROZEN 400g

9⁹⁹ ea. **IRRESISTIBLES GARLIC AND HERB RAW SHRIMP**
FROZEN 340g

9⁹⁹ ea. **NATURALIA BASA FILLETS**
FROZEN 500g

9⁹⁹ ea. **NATURALIA Basa Pangasius**
FROZEN 500g

Irresistibles ARTISAN

Exclusive to METRO

3⁹⁹ /100g **IRRESISTIBLES ARTISAN BLACK FOREST HAM**
DELI SLICED 18.10/lb

3⁹⁹ /100g **IRRESISTIBLES ARTISAN HARDWOOD SMOKED HAM OR PORK LOIN**
DELI SLICED 18.10/lb

4⁷⁹ /100g **IRRESISTIBLES ARTISAN ANGUS ROAST BEEF**
DELI SLICED OR SHAVED 22.63/lb

3⁴⁹ /100g **IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI**
SELECTED VARIETIES DELI SLICED OR SHAVED 15.83/lb

4⁹⁹ /100g **IRRESISTIBLES ARTISAN SALAMI**
SELECTED VARIETIES DELI SLICED 22.63/lb

3⁴⁹ /100g **IRRESISTIBLES ARTISAN BRIE CHEESE**
DELI CUT, PRICES AS MARKED 15.83/lb

9⁴⁹ ea. **IRRESISTIBLES ARTISAN GOAT CHEESE** 250g
SELECTED VARIETIES

8⁴⁹ ea. **IRRESISTIBLES ARTISAN DRY SAUSAGE** 300g
SELECTED VARIETIES

8⁹⁹ ea. **IRRESISTIBLES ARTISAN MOZZARELLA PIZZA CHEESE** 340g

6⁴⁹ ea. **IRRESISTIBLES ARTISAN KOLBASA OR GOUDA OR RICOTTA CHEESE** 200-400g
SELECTED VARIETIES

5⁹⁹ ea. **IRRESISTIBLES TORTELLINI**
340-350g SELECTED VARIETIES

MASTRO **PROSCIUTTO COTTO**

mix & match

YOUR CHOICE

5⁰⁰ ea.

BRANDT **BLACK FOREST SMOKED HAM**

BRANDT **JAMBON FUME**

BRANDT **BLACK FOREST SMOKED HAM**

BRANDT **JAMBON FUME**

BRANDT **BLACK FOREST SMOKED HAM**

BRANDT **JAMBON FUME**

BRANDT **BLACK FOREST SMOKED HAM**

BRANDT **JAMBON FUME**

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



FRESH FOR
FALL
Tasty
Thai
LIMITED TIME ONLY

COCONUT THAI
STYLE PIZZA
8 SLICES, SERVES 4
14.99
ea.

10.00
ea.
COCONUT THAI
STYLE BOWL
SERVES 1

3.99
ea.
WICKED
THAI STYLE SOUP
SERVES 1
LARGE \$4.99
HOT SOUP AVAILABLE AT
SELECT STORES ONLY

7.00
ea.
COCONUT THAI
STYLE WRAP
SERVES 1

13.99
ea.
THAI STYLE
BBQ SEASONED CHICKEN
SERVES 4

WRAPS & SOUP



\$7
ea.
FRESH 2 GO
WRAPS
SELECTED VARIETIES

metro
FRESH
2 GO

GET A WRAP AND A
REGULAR SOUP FOR

SAVE \$1.99
\$9
ea.

3.99
ea.
FRESH 2 GO
REGULAR HOT SOUP
SELECTED VARIETIES

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 DR2, 79 EA.

2 for 6.00 SELECTION JUICE OR COCKTAILS 8x200ml, SELECTED VARIETIES OR 3, 79 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, 79 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



12⁹⁹ ea.

NESTLÉ
50'S CHOCOLATE BARS
485 g
SELECTED VARIETIES

Sweet & SALTY

ON-THE-GO TREATS



12⁹⁹ ea.

PRINGLES CHIPS
608 g
SELECTED VARIETIES



10⁹⁹ ea.

CADBURY
45'S CHOCOLATE BARS
SELECTED SIZES
SELECTED VARIETIES



8⁹⁹ ea.

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

PACK MORE OF THEIR FAVOURITES

<p>6⁹⁹ ea.</p> <p>DUBBLE BUBBLE GUM 495 g SELECTED VARIETIES</p>	<p>13⁹⁹ ea.</p> <p>MARS 50'S HALLOWEEN CHOCOLATES 601 g SELECTED VARIETIES</p>	<p>10⁹⁹ ea.</p> <p>SKITTLES OR STARBURST HALLOWEEN CANDY 554 g SELECTED VARIETIES</p>	<p>10⁹⁹ ea.</p> <p>DARE REALFRUIT GUMMIES 600 g SELECTED VARIETIES</p>
<p>5⁹⁹ ea.</p> <p>HERSHEY'S HARRY POTTER KISSES 180 g SELECTED VARIETIES</p>	<p>10⁹⁹ ea.</p> <p>KINDER CHOCOLATES 297-330 g SELECTED VARIETIES</p>	<p>13⁹⁹ ea.</p> <p>TAKIS 40 UN SELECTED VARIETIES</p>	

More Great Savings

 <p>349 ea. SELECTION SOUR CREAM 500ml SELECTED VARIETIES</p>	 <p>649 ea. GAY LEA COTTAGE CHEESE 750g SELECTED VARIETIES</p>	 <p>999 ea. NUTELLA SPREAD 1kg</p>	 <p>999 ea. LIPTON TEA BAG 72-100ct SELECTED VARIETIES</p>
 <p>3 for 800 CAMPBELL'S SOUP 284ml SELECTED VARIETIES</p>	 <p>499 ea. HELLMANN'S MAYONNAISE 340-405ml SELECTED VARIETIES</p>	 <p>599 ea. BOSTON MARKET FROZEN MEALS 340-405ml SELECTED VARIETIES</p>	 <p>449 ea. DR. OETKER MOMENTI PIZZA SELECTED SIZES SELECTED VARIETIES</p>
 <p>299 ea. PRIMO OR ITALPASTA LASAGNE 375-500g SELECTED VARIETIES</p>	 <p>399 ea. SELECTION VEGETABLE OR CANOLA OIL 946ml SELECTED VARIETIES</p>	 <p>2 for 300 CLUB HOUSE GRAVY OR SEASONING MIX 34-67g SELECTED VARIETIES</p>	 <p>2 for 500 SELECTION SPICES 55-200g SELECTED VARIETIES LESS THAN 2 PAY 3.99 EA.</p>
 <p>399 ea. GAY LEA WHIPPED TOPPING 254ml SELECTED VARIETIES</p>	 <p>2 for 500 DR. OETKER PIE FILLING OR PIE CRUST 181-270g SELECTED VARIETIES</p>	 <p>399 ea. CRISCO VEGETABLE SHORTENING 454g SELECTED VARIETIES</p>	 <p>399 ea. EAGLE BRAND CONDENSED MILK 300ml SELECTED VARIETIES</p>

Baby & Beauty

 <p>5 for 1100 GERBER BABY PUREE 92-92ml SELECTED VARIETIES OR 2.99 EA.</p>	 <p>5 for 1100 LITTLE GOURMET BABY PUREE 110ml SELECTED VARIETIES OR 2.29 EA.</p>
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Keep her CONFIDENT



499 ea.
DOVE PERSONAL CARE
SELECTED SIZES
SELECTED VARIETIES

Helps protect skin's moisture barrier



1399 ea.
AVEENO BODY WASH 532ml
SELECTED VARIETIES

2 for 2600
AVEENO MOISTURIZING LOTION 532ml
SELECTED VARIETIES
LESS THAN 2 PAY 1399 EA.

Household Helpers

 <p>299 ea. SELECTION ECO COMPOSTABLE UTENSILS 24-50ct SELECTED VARIETIES</p>	 <p>599 ea. SELECTION PAPER PLATES OR BOWLS 24-40-ct SELECTED VARIETIES</p>
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 <p>2 for 600 PALMOLIVE DISHWASHING DETERGENT 591-628ml SELECTED VARIETIES LESS THAN 2 PAY 3.99 EA.</p>	 <p>2 for 1500 CASCADE PLATINUM COMPLETE DISHWASHER DETERGENT SELECTED SIZES SELECTED VARIETIES LESS THAN 2 PAY 9.99 EA.</p>
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 <p>2 for 750 YARD WASTE BAGS 50l OR 3.99 EA.</p>	 <p>349 ea. GLADE AIR FRESHENER OR LYSOL DISINFECTING WIPES SELECTED SIZES SELECTED VARIETIES</p>
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 <p>599 ea. RESOLVE STAIN REMOVER OR CLOROX BLEACH SELECTED SIZES SELECTED VARIETIES</p>	 <p>1299 ea. WOOLITE LAUNDRY DETERGENT OR LYSOL LAUNDRY DISINFECTANT 1.8-2.7L SELECTED VARIETIES</p>
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Non-GMO

9⁴⁹ ea. **DAIYA PIZZA** 444-500g SELECTED VARIETIES

10⁴⁹ ea. **MARANATHA ALMOND BUTTER** 340g

4⁴⁹ ea. **FARMER'S MARKET CANNED VEGETABLES** 298 ml SELECTED VARIETIES

6⁹⁹ ea. **WHOLLY VEGGIE! FROZEN SIDE DISH** 375g SELECTED VARIETIES

Gluten-Free

6⁹⁹ ea. **ENJOY LIFE CHOCOLATE CHIPS** 255-282g SELECTED VARIETIES

3⁰⁰ **2 for** **KIND GRANOLA BARS** 40g SELECTED VARIETIES OR 1.79 EA.

4⁴⁹ ea. **BOB'S RED MILL FLAX SEEDS** 368g

8⁴⁹ ea. **COOL WAY ICE CREAM** 3X88ml SELECTED VARIETIES

Organic

4⁹⁹ ea. **CHA'S ORGANIC CURRY PASTE** 55g SELECTED VARIETIES

14⁹⁹ ea. **NUTIVA COCONUT OIL** 445ml

7⁰⁰ **2 for** **FELICETTI PASTA** 340g SELECTED VARIETIES OR 3.19 EA.

5⁴⁹ ea. **ORGANIC MEADOW YOGOURT** 750g SELECTED VARIETIES

3⁹⁹ ea. **GREEN & BLACKS CHOCOLATE BAR** 90g SELECTED VARIETIES

4⁹⁹ ea. **NATURE'S PATH CEREALS** 35-400g SELECTED VARIETIES

KICKING HORSE COFFEE

THE KICKASS COFFEE YOUR KEURIG'S BEEN WAITING FOR.

12⁹⁹ ea. **KICKING HORSE COFFEE CAPSULE** 10x1 SELECTED VARIETIES

25⁹⁹ ea. **KICKING HORSE COFFEE CAPSULE** 24x1

LAVAZZA

ICONIC CRAFTSMANSHIP, ARTFULLY BLENDED.

19⁹⁹ ea. **LAVAZZA COFFEE CAPSULE** 30x1 SELECTED VARIETIES

KELLOGG'S CEREAL 400-650g SELECTED VARIETIES

6⁴⁹ 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.

6⁴⁹ ea. **NATREL COFFEE CREAMER** 1L SELECTED VARIETIES



**International
COFFEE DAY**
October 1, 2024



LAVAZZA
COFFEE CAPSULES
10 UN
SELECTED VARIETIES

4⁹⁹
ea.

FALL FOR EVERY BREW



10⁹⁹
ea.

MARLEY COFFEE
GROUND COFFEE
OR COFFEE BEANS
284 g
SELECTED VARIETIES

11⁹⁹
ea.

BALZAC'S COFFEE
ROASTERS
COFFEE BEANS
340 g
SELECTED VARIETIES

MAXWELL HOUSE
INSTANT COFFEE
165 g
SELECTED VARIETIES

9⁹⁹
ea.

SELECTION
COFFEE CAPSULES
100 UN
SELECTED VARIETIES

29⁹⁹
ea.

100% COLOMBIAN
BUY MORE!
SAVE MORE!

10⁰⁰
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

19⁹⁹
ea.

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

ESPRESSO ORO
INTENSE ROAST
TORREFACTION INTENSE

7⁹⁹
ea.

IRRESISTIBLES
GROUND COFFEE
340 g
SELECTED VARIETIES

MADE FOR EACH OTHER: COFFEE & CREAMER

NESCAFÉ
INSTANT COFFEE
95-170 g
SELECTED VARIETIES

5⁹⁹
ea.

ILLY COFFEE
250 g
SELECTED VARIETIES

15⁹⁹
ea.

SELECTION
COFFEE CREAM
1 L

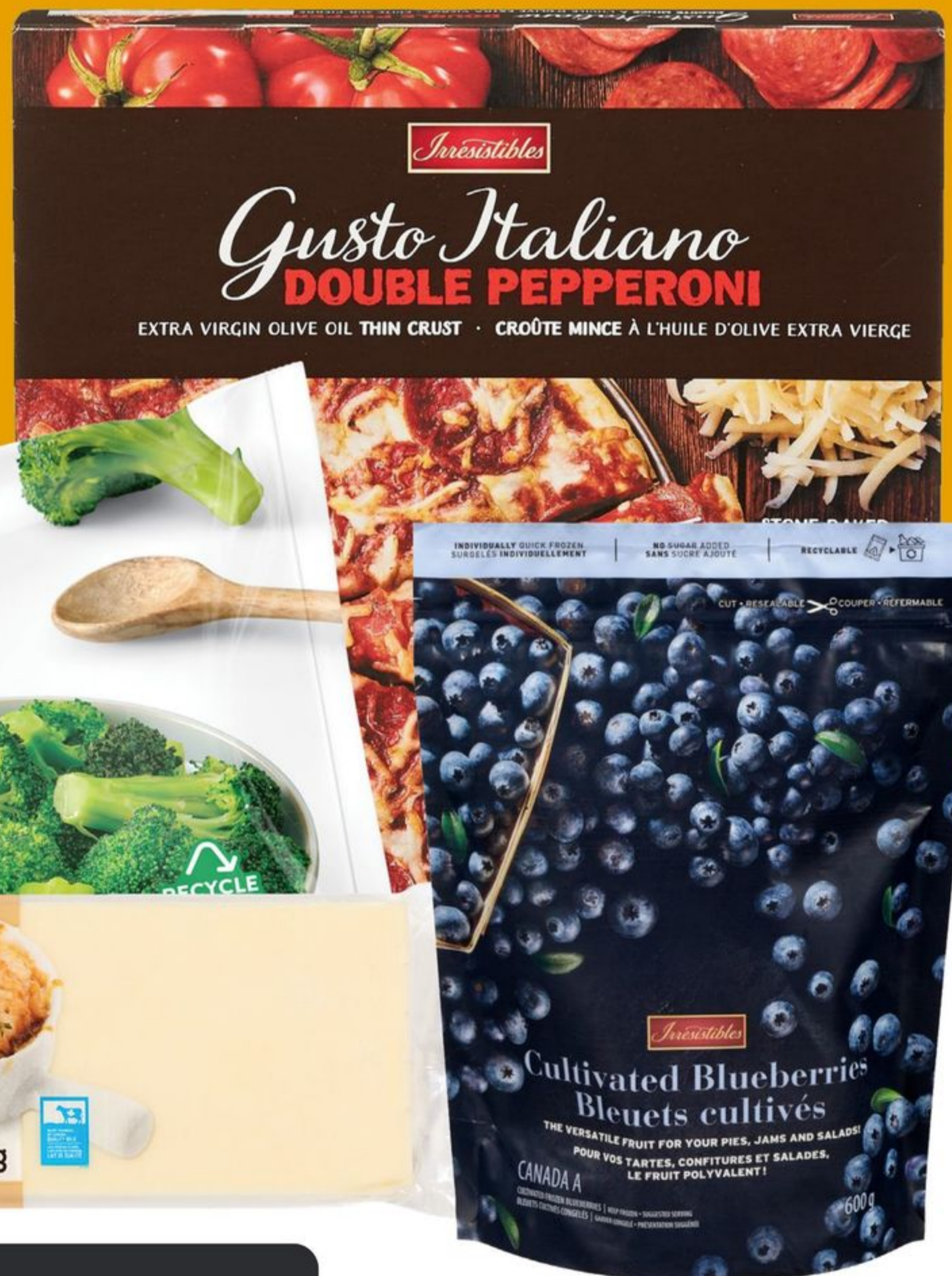
4⁹⁹
ea.

metro.ca

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