VERSION 3

introducing

moi rewards

i earn points in every aisle*

earn faster with...
+ more on-shelf offers
+ more in-app offers
+ more member contests
+ more points when you link your eligible RBC card**

i redeem as soon as i reach...

500 points = $4 in rewards

...and this week, earn even more!

spend $100 get

1000 points

spend $60 get

500 points

join today and save

*Conditions and details apply, see participating stores for details.
Also Redeemable at Metro/Metro Plus/Super C/Food Basics/Adonis/Marché Ste-Thérèse/Marché Ste-Rose/Marché Ste-Dorothée/Marché Ste-Julie. **Participation applies, see for full rules and details. Not available in Quebec. Not available in participating Metro Express locations. Not available in Saskatchewan or the Regions of Allan, Kipahigan and Lac Ste. Phillippe.

Effective October-November 31 1 2

moi rewards

i earn points in every aisle

80 points when you link*

6.99 ea.

BLUEBERRIES
OATMEAL FILLED FLAT BISCUIT
BISCUITS 300 g

50 points when you link*

4 for 6.00

COMPLIMENTS
WHITE OR 100% WHOLE WHEAT BREAD OR ROLLER BUTTER
BREAD 675 g, ROLLER BUTTER 454 g

50 points when you link*

4 for 5.00

CAMPBELL'S
READY TO SERVE SOUP OR BEVERAGE
SOUP 540 ml, BEVERAGE 946 ml

55 points when you link*

4 for 6.00

SELECTED
NESTLÉ® SPRING WATER 24 x 500 ml
SELECTED
WATER CHARGERS 12 x 1 L
NESTLÉ® PURE LIFE

50 points

5.99 ea.

REAL SHAPE ICE CREAM OR GRUNTY'S ALL FRESH SNACKS
ICE CREAM 1 L
SNACKS 300 g

join today and save

Conditions and details apply, see participating stores for details.
Also Redeemable at Metro/Metro Plus/Super C/Food Basics/Adonis/Marché Ste-Thérèse/Marché Ste-Rose/Marché Ste-Dorothée/Marché Ste-Julie.

metro.ca

VERSION A

I get more deals

Scan to check out this week's full digital flyer.

metro

RED GRILL
FRONT OU MACFORT TYP C OU VALUE PACK STEAK
2.100kg

RED GRILL
9.97 /lb

CUT BY OUR BUTCHERS

RED GRILL
STRIP LOIN STEAK VALUE PACK OR BRAISE
2.130kg

FRESH ATLANTIC SALMON PORTIONS
Product of Canada
2.99 ea.

FRESH

FRESH CHICKEN WINGS
0.904kg
3.88 /lb

BONELESS PORK SIRLOIN CHOPS VALUE PACK OR ROAST OR PORK SIRLOIN
Product of Canada
0.904kg
2.99 /lb

5 LB

CARROTS OR YELLOW ONIONS
Product of Canada
2.99 ea. or /lb

3 PK

ASSORTED CRAN-RAP SWEET PEPPERS OR CAMPARI TOMATOES
Product of Canada
3.88 ea.

LARGE HONEYCRISP APPLES
Product of Canada, Product of the United States
3.01kg
1.44 /lb

MERCHANTS ARTISAN BLACK FOREST HAM OR SWISS CHEESE
Product of Canada
2.99 /100 g

ACTIVIA
ÔIKOS

ACTIVIA OR ÔIKOS YOGURT
Assorted varieties
5.49 ea.

McCain
Superfries
51

MCCAIN FRIES, SELECTION KETCHUP OR MAYONNAISE
Assorted varieties
2.49 ea.

1 kg

nutella
Smooth Crémeux

SMUCKER'S PEANUT BUTTER 1kg OR SMUCKER'S JAM 1.14kg OR NUTELLA 1kg OR MAXWELL HOUSE COFFEE CAPSULE 24-ct
5.99 ea.

LECTHITA CREAM
Assorted varieties
3.49 ea.

Coca-Cola
PEPSI
NESTEA
2 pkg

COCA-COLA, CANADA DRY, NESTEA OR PEPSI SOFT DRINKS
Assorted varieties
13.00

Tide
Downy
Cascade

TIDE OR CLAIRO LAUNDRY DETERGENT, DOWNY OR CLAIRO SOFTENER, CLAIRO OR TIDE DISH DETERGENT OR CASCADE PLATINUM TABS
13.99 ea.

Black Diamond
MARBLE MARBLE

BLACK DIAMOND BABY OR MARBLE MARBLE OR SHREDDED CHEESE
4.99 ea.

LAVAZZA
ROSSA

KIMBO
TRADIZIONE

BONAVENTURA LAVAZZA GRAND COFFEE
Assorted varieties
3.49 ea.

Effective October-November 31 1 2 3 4 5 6 2024 | my savings my metro

New Lower Prices

JANE'S PAN SPICE CHICKEN WINGS 1.5 KG
8.99 ea. 50 points

ASIAN STAR COOKED SHRIMP 454 G
19.99 ea.
ALSO FROM ASIAN STAR: SHRIMP BOWL or PATES SHRIMP BOWL 454 G, SHRIMP SUSHI BOWL or SALMON BOWL 454 G

2 for 12.00
MARC ANGELO
ASSORTED FROZEN PASTA MEAL OR CASSEROLE 454 G OR 500 G
ALSO FROM MARC ANGELO: 1.36 KG, ELIGIBLE FOR MOI REWARDS

16.99 ea.
LA BRICE CAMEO
AT THE DELI

4.99 ea.
CINCO
FARFALLETTA
ALSO FROM CINCO: FUSILLI, PENNE RIGATE, SPAGHETTI 454 G

5.99 ea.
SAN PELLEGRINO
SPARKLING WATER
ASSORTED
ALSO FROM SAN PELLEGRINO: SPARKLING WATER 1.25 L, ASSORTED

9.99 ea.
BRIO
ASSORTED MEXICAN CORNS
ALSO FROM BRIO: ASSORTED 454 G

2.99 ea.
PRINAT STREET BAKERY
CHAMBRES BUNS
ASSORTED

5.49 ea.
NATREL
2% FILTERED MILK
1 L, ASSORTED

2 for 8.00
CORYN'S DAIRY
BEVERAGES
ASSORTED
ALSO FROM CORYN'S DAIRY: BEVERAGES 454 G

5.49 ea.
OIKOS
GREEK YOGURT
ASSORTED
ALSO FROM OIKOS: GREEK YOGURT 650 G, ASSORTED

3 for 3.00
YOP SINGLE
DRINKABLE
YOGURT
ASSORTED
ALSO FROM YOP: DRINKABLE YOGURT 500 G, ASSORTED

STARBUCKS OR LAVAZZA
WHOLE BEAN COFFEE
OR
MAXWELL HOUSE
GROUND COFFEE
ASSORTED
ALSO FROM STARBUCKS: GROUND COFFEE 340 G, ASSORTED

LIMITED-TIME OFFER
9.99 ea.

9.99 ea.
TIM HORTONS
GROUND COFFEE
ASSORTED
ALSO FROM TIM HORTONS: GROUND COFFEE 930 G, ASSORTED

50 points
4.50 ea.
PRINAT DRINKS CHOICE OF
ORANGE JUICE OR COLA SODA
ASSORTED
ALSO FROM PRINAT DRINKS CHOICE: 1.75 L, ASSORTED

2 for 8.00
TOSTITOS
TORTILLA CHIPS OR SALSA
ASSORTED
ALSO FROM TOSTITOS: 454 G, ASSORTED

3.99 ea.
MISS VICKIE'S OR
POM GRANATE
OR
LA CROIX
SPARKLING WATER
OR
SPARKLING WATER
ASSORTED
ALSO FROM MISS VICKIE'S: 355 ML, ASSORTED
ALSO FROM POM GRANATE: 355 ML, ASSORTED
ALSO FROM LA CROIX: 355 ML, ASSORTED

7.00 ea.
COCA-COLA, CANADA DRY OR
PEPSI SOFT DRINKS
2 L, ASSORTED OR 355 ML

2 for 7.00
MINUTE MAID, FREE ALONG
JUICE OR DRINKS OR
MEXICA ICED TEA
ASSORTED
ALSO FROM MINUTE MAID: 1.75 L, ASSORTED

6.99 ea.
LIPTON, MASSON PUBLICITY OR
CHAMPS ELYSEES
SOFT DRINKS
ASSORTED
ALSO FROM LIPTON: 1.75 L, ASSORTED

7.50 ea.
LINDT EXCELLENCE
FONDANT DARK
CHOCOLATE BARS
ASSORTED
ALSO FROM LINDT: 100 G, ASSORTED

6.99 ea.
ZEVIA SOFT DRINKS OR
ZEVIA ENERGY DRINKS
ASSORTED
ALSO FROM ZEVIA: 1.75 L, ASSORTED

2 for 7.00
GOLD SEAL
SALMON OR
OCEAN'S
TUNA OR SOLID SOLID
PINK SALMON
ASSORTED
ALSO FROM GOLD SEAL: 213 G, ASSORTED

4.99 ea.
DOVE
OR
SUNSILK
SHAMPOO, BODY WASH OR
STAMP PERSONAL CARE
ASSORTED
ALSO FROM DOVE: 355 ML, ASSORTED

55 points
5.99 ea.
COLGATE
SPONGE BOB
TOOTH OR
MOUTH RINSE
ASSORTED
ALSO FROM COLGATE: 500 ML, ASSORTED

I earn with moi rewards

50 points
5.99 ea.
MEXICAN OR SAUCE CHOICE MEXICAN COFFEE
COFFEE MATE MOCCHA ALSO FROM MEXICAN COFFEE

40 points
2 for 7.00
CHEETOS
CHEESE OR CRACKERS
ASSORTED, ALSO FROM ASSORTED 454 G

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.
DESCRIPTIONS, TAX PRICES/CODES AND PACKING SIZES MAY VARY BY STORE. ITEMS AND PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at: metro.ca
Shop online and earn points on your purchase of $50 or more to WIN $1,000 in groceries

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I earn with moi rewards

1,000s of bonus points
available on hundreds of offers when you shop in-store or online

moi rewards

50 points — 9.00 — TETLEY TEA BAGS 40 ct. or 60 ct. SELECTIONS

55 points — 9.99 — NESPRESSO CAPSULES 10 ct. SELECTIONS

35 points — 5.49 — NESTLÉ COFFEE MATE, COFFEE ENHANCER 473 ml SELECTIONS

50 points — 9.00 — MOI BRAND VARIOUS FREQUENT BUYER COUPONS SELECTIONS

35 points — 5.49 — PHILADELPHIA CREAM CHEESE 250 g SELECTIONS

40 points — 7.00 — TRADITION STRONG, FROZEN SNACK PRODUCTS 200 g–1.36 kg SELECTIONS

40 points — 7.00 — POSTIER BREAKFAST CEREAL 350 g–1.2 kg SELECTIONS

20 points — 2.99 — NESTLÉ 355 ml–1.75 L SELECTIONS

50 points — 9.00 — OLD EL PASO DINNER KITS 340 g–1.1 kg SELECTIONS

25 points — 3.99 — TO JOANNE'S SAUCE 500 ml SELECTIONS

40 points — 7.00 — HABITANT READY TO SERVE SOUP 540 ml–1.5 L SELECTIONS

15 points — 1.99 — GREEN GIANT™ FROZEN VEGETABLES 300 g–1.36 kg SELECTIONS

20 points — 2.99 — HEINZ 500 ml–1.36 kg SELECTIONS

20 points — 5.00 — JELL-O 85 g–1.5 kg SELECTIONS

55 points — 10.00 — JUICEE CANDY 100 g SELECTIONS

60 points — 11.00 — HERSHEY'S MILK & PACK CHOCOLATE 200 g–1.2 kg SELECTIONS

50 points — 8.99 — SMALL ROUNDACHER POPPING CORN 500 g SELECTIONS

50 points — 8.50 — TAKIS TORTILLA CHIPS 92.5 g–1.36 kg SELECTIONS

40 points — 6.49 — PLANTERS NUTS 100 g–1.2 kg SELECTIONS

40 points — 7.00 — MINUTE MAID ORANGE OR NESTLÉ ICE TEA 1.75 L SELECTIONS

30 points — 4.49 — QUAKER PANCAKE MIX 907 g SELECTIONS

25 points — 3.99 — MINUTE MAID ORANGE JUICE 1.75 L SELECTIONS

25 points — 3.99 — SELECTION COTTAGE CHEESE 500 g

40 points — 7.00 — SELECTION 473 ml–1.89 L SELECTIONS

30 points — 4.99 — SELECTION PICKLES 1.5 L SELECTIONS

60 points — 15.49 — SELECTION BLENDED OIL 1 L SELECTIONS

35 points — 6.00 — MINUTE MAID FROZEN ASSORTED 340 g–1.36 kg SELECTIONS

40 points — 7.00 — LIFE SMART ORGANIC SOY BEVERAGE 1 L SELECTIONS

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moi rewards

Add your **Moi Rewards** card to the **My Metro App** for these exclusive deals.

moi rewards

SAVE BIG WITH

metro MEGA APP DEALS

Only until **November 6, 2024**

SAVE $8.97 **3/$6** WHEN YOU BUY 3

Schneiders Red Hots or Maple Leaf Top Dogs
Regular or BBQ
375 g

SAVE $2 **3.99** ea.

High Liner Market Cuts
Frozen, 227 g
Selected Varieties

SAVE $2 **2.99** ea.

Ocean Spray Cranberry Juice or Cocktail
1.75 - 1.89 L
Selected Varieties

SAVE $2.50 **2.99** ea.

Lactantia UltraPur Milk
1.5 L
Selected Varieties

SAVE $2 **2.49** ea.

Dempster's or Tia Rosa Tortillas
272 - 340 g
Selected Varieties

SAVE $1.51 **1.99** ea.

Skittles Candy
Selected Sizes
Selected Varieties

Palmolive Dishwashing Detergent
591 ml
Selected Varieties

SAVE $1 **1.99** ea.

SAVE $3 **9.99** ea.

Native Hair Care
487 ml
Selected Varieties

How to save:

1. Add your Moi Rewards card in the My Metro App
2. Add coupons from "My coupons"
3. Scan your barcode at checkout

Link, shop at Metro or Food Basics and get a $10 statement credit.

For full program details and to link your cards to start saving, visit avionrewards.com/moi. moi is a trademark of Metro Inc. All other trademark(s) is/are the property of their respective owner(s). Used under licence.

Always earn 1 extra Moi Rewards point on $2 spent with your linked eligible RBC® Card to your Moi Rewards card.

Learn more:

avionrewards.com/moi

Limited Time Offer

Offer valid in Ontario only.

AVION REWARDS™ | moi rewards

Farm Fresh Produce

5 PK
4.99 ea. AVOCADOS
PRODUCE OF MEXICO

3.99 lb. BLUEBERRIES 125g PACKAGE OR RASPBERRIES 170g PACKAGE OR BLACKBERRIES 170g PACKAGE OR MIXED BERRIES 170g PACKAGE

2.99 ea. BELLE & VINE CHERRY TOMATOES OR CRUNCHY CUCUMBERS
PRODUCE OF CANADA

2 PK
5.00 LARGE POMEGRANATES
PRODUCE OF U.S.A.

3.99 lb. EXTRA LARGE CANTEEN GRAPES OR EXTRA LARGE CANTEEN GRAPES WITH SEEDS OR MIXED CANTEEN GRAPES 500g

LOCAL
2.49 ea. BROCCOLI CROWNS
PRODUCE OF CANADA

2 LB
5.99 ea. CACTUS PEARS
PRODUCE OF MEXICO

3.99 lb. SUN & SOIL CLEMENTINES
PRODUCE OF CANADA

1.69 lb. SWEET POTATOES
PRODUCE OF CANADA 2.27kg

CANTEEN BRAND FRESH HERBS OR CANTEEN BRAND FRESH CHIVES OR CANTEEN BRAND FRESH DILL
PRODUCE OF CANADA

2.99 ea. 20 points

LARGE RED MANGOES
PRODUCE OF PERU

2.49 ea. 20 points

ANGELMINI PLUMS
PRODUCE OF CHILE

5.99 ea. 35 points

99¢ GREEN CABBAGE
PRODUCE OF CANADA 2.09kg

GREEN LEAF LETTUCE OR ROMAINE LETTUCE OR MIXED LETTUCE
PRODUCE OF CANADA

2.99 ea. 20 points

POMEGRANATE ARILS
PRODUCE OF CHILE

4.99 ea. 30 points

30 points

4.99 ea. CANTELAYA FAMILY ENERGY
NOT ELECTROLYTES

LITHUANIAN BRIE CHEESE
PRODUCE OF LITHUANIA

6.49 ea.

7.99 ea. 60 MONTHS OLD WILLIAM PISTACHIOS
NOT ALL ELECTROLYTES

Organic

LIFE'S SHORT ORGANIC FIRM TOFU OR FIRM TOFU
2.99 ea. 20 points

2.99 lb. ORGANIC BARTLETT PEARS
PRODUCE OF U.S.A. 500g

ORGANIC YELLOW POTATOES
PRODUCE OF CANADA 1.36kg

5.99 ea.

30 points

ORGANIC YELLOW FLESH OR BLOOD PEACHES
PRODUCE OF CHILE, CHINA OR U.S.A.

4.99 ea. ORGANIC LETTUCE OR ORGANIC GREENS
NOT ELECTROLYTES

Sliced & Diced

SLICED GOLDEN PINEAPPLE
4.99 ea. 30 points

9.99 ea. STORE MADE SUSHI 240g OR 480g

12.99 ea. STORE MADE CARROUSELS
PRODUCE OF CANADA
PRODUCE OF CHILE

Flowers in Bloom

2 PK
24.00 12.99 ea. CARNATIONS OR ALSTROEMERIA
PRODUCE OF CHILE

2 PK
9.00 4.99 ea. POINSETTIA
PRODUCE OF MEXICO

16.99 ea. EMERALD SPRAY CHRYSANTHEMUM
PRODUCE OF CHILE

FRUITY TRIO WITH GERBERA DAISIES
PRODUCE OF CHILE

18.99 ea. 65 points

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Our Butcher's Finest

60 points
10.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN DRUMSTICKS OR WINGS

35 points
5.99 ea.
LIFE SMART LEAN & LEAN GROUND CHICKEN BREAST

FRESH SIRLOIN STEAK
Sliced at no additional cost
6.99 /lb

SPECIAL CUT
- Cut from Canada AA or higher quality beef
- Free range chicken raised without antibiotics
- Free range turkey raised without antibiotics

5.99 /lb
FRESH PORK TENDERLOIN
Sliced at no additional cost

NEW!
Never aged for a minimum of 28 days
Free range chicken
Raised without antibiotics
Vegetarian fed
Hormone free

19.99 /lb
LIFE SMART NATURALLY GRASS FED SIRLOIN BUTTERFLY STEAK
Sliced at no additional cost
Grill 7 Kg

8.99 ea.
LIFE SMART NATURALLY GRASS FED GLACIER GROUND BEEF
Sliced at no additional cost
Grill 1 Kg

JUST IN!
3.99 /lb
BREADED PORK LOIN CHOPS
Sliced at no additional cost
VALUE PACK
Grill 1 Kg

6.99 /lb
STUFFED PORK CHOPS
Sliced at no additional cost
Grill 1 Kg

FAST FAT
11.97 /lb
BEEF ROLL STRIP LOIN STEAK FAST FRY
Sliced at no additional cost
Grill 0.5 Kg

10.99 /lb
SEASONED LAMB RIB CHOPS
Sliced at no additional cost
Grill 0.5 Kg

Easy Meal Ideas

LOVEGRIN HALF SMOKED HAM SLICED OR SHOULDER ROAST
Grill 1 Kg
3.99 /lb

4.49 /lb
FLETCHER'S PORK, BEEF OR BUFFALO SWEET PICKLED
Grill 0.5 Kg

4.99 /lb
LEGACY CHICKEN BREAST OR DRUMSTICKS
Grill 0.5 Kg

6.99 ea.
GROSFIELD BULGAR PROTEIN BREAKFAST SAUSAGE ROUNDS OR LINKS
Fry 4 Kg

6.99 ea.
GROSFIELD VEGGIE BURGERS OR MEXICAN BITES
Grill 0.5 Kg

9.99 ea.
CANADIAN FROZEN DINNER ENTREES
OR TRIO
Grill 0.5 Kg

12.99 ea.
SAMMA FOLLAGHER'S CANNELONI
Grill 0.5 Kg

12.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN FILLETTO BITES
Grill 0.5 Kg

I earn with moi rewards

45 points
7.99 ea.
CANADIAN FROZEN DINNER ENTREES
VARIOUS OR MEXICAN BITES

35 points
5.99 ea.
GROSFIELD CHICKEN BALLS
Grill 0.5 Kg

40 points
6.99 ea.
YORKSHIRE ALL BEEF WIENERS
Fry 0.5 Kg OR Grill 0.5 Kg

50 points
8.99 ea.
MAPLE LEAF PREPARED AND READY MEATS
Fry 0.5 Kg OR Grill 0.5 Kg

55 points
9.99 ea.
SCHNITZER PORK OR CHICKEN SCHNITZEL
Grill 0.5 Kg

60 points
10.99
SWISS CHALET 1/2 ROAST OR MARINATED MEAT PIES
Grill 0.5 Kg
Fry 0.5 Kg

60 points
13.99 ea.
DON CHERRY FULLY COOKED BBQ CHICKEN FOR SNACK OR MEAL
Fry 0.5 Kg OR Grill 0.5 Kg

65 points
17.99 ea.
THE ICE FLYING PIG BEEF BURGERS OR BBQ CHICKEN FOR SNACK OR MEAL
Grill 0.5 Kg

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

moi rewards

i earn points faster with...

points in every aisle*

+ more on-shelf offers
+ more in-app offers
+ more member contests
+ more points when you link your eligible RBC card**

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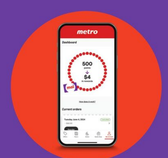
i earn and save on the app



join today and save

1 download the app

2 save by adding personalized coupons every week

3 use moi rewards card at checkout

*Certain conditions apply, see moirewards.ca for conditions. For $3 = 1 pt, available at Metro; not available at Food Basics. Moi Rewards is a trademark of Metro Inc.
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Seafood

4.49 ea. **FRESH** SALMON FILLET PORTIONS 2 lb.

9.99 /lb SEAFOOD BOIL FROZEN 1.36 kg

INCLUDES SNOW CRAB, RAW SHRIMP, LOBSTER CHUNKS AND CLAMS

1.99 ea. PACIFIC BABY SHRIMP SACHETS 454 g

5.99 ea. **FRESH** CANADIAN COVE ORGANIC CANADIAN MUSSELS 454 g

7.99 /lb STORE MADE CRAB STUFFED SALMON CREAMY DILL & VINEGAR 1.36 kg

BOX OF 25

13.99 ea. **FRESH** WILD POLLOCK CANADIAN OYSTERS 454 g

10.99 ea. OCEAN ISFAEL WHOLE MEDITERRANEAN SEA BASS 1.36 kg

11.99 ea. BACCALA CHELSEA DRIED SALTED COD 454 g

11.99 ea. VALUE SIZE SIERRA DEL REY SEAFOOD PAELLA 1.36 kg

12.99 ea. CEDAR BAY CANADIAN LOBSTER MAC & CHEESE 454 g

Irrésistibles

6.99 ea. IRRÉSISTIBLES CROPPED CALAMARI 454 g

9.99 ea. IRRÉSISTIBLES MARINATED MUSSELS 454 g

12.99 ea. VALUE SIZE IRRÉSISTIBLES SUPREME SHRIMP AND PIPERADE 1.36 kg

18.99 ea. IRRÉSISTIBLES SLICED SMOKED ATLANTIC SALMON 454 g

DELI FAVOURITES Meat & Cheese

Premium Quality · Great Taste

2.49 /100 g SAN DANIELE PROSCIUTTO DI SAN DANIELE

3.99 /100 g VALLEYDEW CANADIAN CHEESE

3.79 /100 g SELECTION TURKEY BREAST

2.49 /100 g BOYARDEE HICKS CHICKEN

9.99 ea. 55 BOUSSIN GARLIC HERB CHEESE 210 g

8.99 ea. 50 KEMPFIELDER CHEESE BLOCKS MATURE CHEDDAR OR AGED CHEDDAR CHEESE 454 g

7.49 ea. 45 PILLSBURY BAKE AND SERVE FRENCH BAGUETTE 454 g

2 8.00 CONTAINER DAIRY SOUR CREAM OR CREAMER DAIRY 2 x 473 ml

5.99 ea. SNACK PACK CHESTER CHEESE 454 g

6.49 ea. 34 SOUTHERN GRAND CHEESE 454 g

mix match YOUR CHOICE **5.00** ea.

SAN DANIELE, MASTRO, SELECTION, MAIN STREET DELI OR KEMPFIELDER CHEESE OR DELI MEAT

metro.ca

metro FRESH 2 GO

STONE BAKED PIZZA

DOUBLE PIZZA COMBO

70 FROM 10 DOUBLE PIZZA COMBO 24.99 EA.

1.49 EA. FROZEN CUP PREPARED DIP SELECTED VARIETIES

4.99 EA. SAPUTO CUPS SELECTED VARIETIES

4.49 EA. FROZEN 2 LITRE BEVERAGES FOR COMBO

MEAL IDEAS

7.29 EA. KANA MEALS 300 G SELECTED VARIETIES

8.99 EA. FROZEN CHALET 500 G SELECTED VARIETIES

20.00 EA. SERVING SIZE PREPARED SELECTED VARIETIES

FROZEN CUP PREPARED SELECTED VARIETIES

STARTING AT 20.00 EA.

SOUPS & SIDES

40 FROM 10 6.49 EA. FONDUE SAUCE SOUPS 397 G SELECTED VARIETIES

5.99 EA. BEIGETS PREPARED PASTRIES 500 G SELECTED VARIETIES

7.49 EA. BEIGETS PREPARED CUP MACARONI 500 G SELECTED VARIETIES

9.99 EA. SOUP'N DIP SOUPS 900 ml SELECTED VARIETIES

40 FROM 10

FROZEN CUP SIDE DISHES 250 - 750 G SELECTED VARIETIES

YOUR CHOICE 6.50 EA.

SNACK & LUNCH BOXES

FROZEN CUP SNACK BOXES 200 - 350 G SELECTED VARIETIES

YOUR CHOICE $7. EA.

FROZEN CUP LUNCHBOXES 250 - 750 G SELECTED VARIETIES

YOUR CHOICE $8 EA.

How Do You Cheese?

As a snack, as part of a charcuterie board, or making recipes extra cheesy – Metro has the cheeses for every taste.

Click here for this Tasty Tiramisu Classic recipe made with Galbani Mascarpone.

60 SAVINGS

14.99 ea. CASSINE MASCARPONE CHEESE 227 g

50 SAVINGS

8.99 ea. GRIGOTTINO'S BLUE CHEESE 125 g

GRIGOTTINO'S BLUE CHEESE WITH PRETZELS AND MANGO 125 g

5.49 /100 g

9.99 ea. BALDERSON 1 YEAR AGED CHEDDAR 175 - 200 g

12.99 ea. COLLIER'S BLUE CHEESE 200 g

3.99 /100 g CASTELLE FRENCH CHEESE CHARCUTERIE BOARD WITH BLUE CHEESE, BRIE CHEESE AND MANGO

40 SAVINGS

6.99 ea. PRESIDENT SLICED FOR SANDWICHES 200 g

CASTELLE MARGOTTI CHEESE 150 - 200 g SELECTED VARIETIES

7.99 ea.

Try our ready-to-go cheese plates, or create your own from any other varieties.

2.99 /100 g CASTELLE BRIE CHEESE AND MANGO 125 g

2.99 /100 g PRESIDENT CAMEMBERT, BRIE CHEESE AND MANGO 125 g

BUY MORE SAVE MORE!

2.99 /100 g BALDERSON 1 YEAR AGED CHEDDAR 175 - 200 g

3.49 /100 g CASTELLE BRIE CHEESE 125 g

CASTELLE CHEESE CHARCUTERIE BOARD WITH BRIE CHEESE AND MANGO 125 g

Wine & Cheese Night

Whether you're throwing a dinner party or treating yourself, Metro has a delectable variety of wines & cheeses that pair perfectly together.

LES MILLES CABERNET SAUVIGNON ORGANIC ORGANIC 750 ml
14.94 EA.

LES MILLES CHARDONNAY BLANC ORGANIC ORGANIC 750 ml
14.94 EA.

VILLAMARA SAUVIGNON BLANC 750 ml
19.95 EA.

MAISON CHEVALIER BORDEAUX 750 ml
16.95 EA.

CASTELLOLUCE 750 ml

PROTOCOLO TEMPRANILLO CRIANZA 750 ml
17.95 EA.

FOLONARI PROSECCO 750 ml
15.75 EA.

Try our ready-to-go cheese plates, or create your own from our other selections.

MOSCATO 750 ml
13.95 EA.

MOSCATO 750 ml
18.95 EA.

MOSCATO

MOSCATO

MOSCATO

metro

food Basics

moi rewards

i earn at over 275 stores across Ontario

join today and save

Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Front Street Bakery
Our Absolute Finest

22.99 ea. — FRONT STREET BAKERY CARROT CAKE WITH WHITE CHOCOLATE 1.5 kg

19.99 ea. — FRONT STREET BAKERY BLACK FOREST OR CHOCOLATE MOUSSE CAKE 1.5 kg

FRONT STREET BAKERY CHOCOLATE DIPPED CAKE 1.5 kg — 9.99 ea. — 55 cents off

2 for 6.00 — FRONT STREET BAKERY CAKE SLICES 2 x 125 g

Irresistibles

IRRESISTIBLES MINI CHOCOLATE MARGERITA STYLE BISCUITS 6 x 50 g — 5.99 ea.

IRRESISTIBLES MINI PASTRIES 2 x 50 g — 5.49 ea.

IRRESISTIBLES MINI ECLAIRS OR MINI ECLAIRS 50 cents off — 8.99 ea.

IRRESISTIBLES MINI PASTRIES 2 x 50 g — 8.99 ea.

FRONT STREET BAKERY BUTTER CROISSANTS 6 x 60 g — 3.79 ea.

FRONT STREET BAKERY BUTTER BRIOCHE 6 x 60 g — 3.79 ea.

FRENCH OR CHOCOLATE CHEESE 2 x 60 g — 3.79 ea. — 25 cents off

FRONT STREET BAKERY BUTTER CROISSANTS 6 x 60 g — 2.99 ea.

SILVER HILLS BAKERY SPROUTED WHOLE GRAIN BREADS 454 - 500 g — 5.99 ea.

FREE FROM — GLUTEN, DAIRY, SOYA — 6.99 ea.

NESTLÉ NESTLÉ DONUTS 6 x 50 g — 4.29 ea. — 30 cents off

SELECTION SWISS ROLLS 6 x 50 g — 5.99 ea. — 35 cents off

More Great Savings

BUY MORE SAVE MORE! — 2 for 3.00 — EAST TIMOR OR TANGY — SELECTION LIGHT TUNA 170 g

BUY MORE SAVE MORE! — 3 for 12.00 — EAST TIMOR OR TANGY — HIGH PRICE HIGH QUALITY CLAMS 454 g

BUY MORE SAVE MORE! — 2 for 13.00 — EAST TIMOR OR TANGY — BUBLY BUBLY SPARKLING WATER 12 x 355 ml

BUY MORE SAVE MORE! — 2 for 5.00 — EAST TIMOR OR TANGY — IRRESISTIBLES CLAMS 454 g

Fall Favourites

KELLOGG'S FAMILY SIZE CEREAL 500 - 560 g — MINI-WHEATS — 6.49 ea.

KELLOGG'S FROSTED FLAKES 500 g — 6.49 ea.

2 for 8.00 — BARILLA BARILLA PASTA OR LASAGNE 500 g OR SELECTED ALDENTE PASTA 400 g

HEINZ SAUCE PUDDING SAUCE 500 g — 3.99 ea.

FOR MILK CONNOISSEURS

LACTANTIA MILK 2 L — 10.49 ea.

LACTANTIA PURE ELEMENTS 1 L — 5.79 ea.

LACTANTIA LACTOSE FREE MILK 2 L — 6.29 ea.

LACTANTIA ULTRA PURE MILK 1 L — 5.79 ea.

Happy Diwali

Ben's Original — Tasty Bite — Tasty Bite — Ben's Original

3 for 9.00 — AUTHENTIC. AWESOME. INDIAN.

BEN'S ORIGINAL BASMATI EXPRESS RICE 250 g OR BEN'S ORIGINAL RICE 454 g SELECTED VARIETIES

FREE SAME-DAY PICKUP — SAME FLYER PRICES AND DEALS ONLINE

Oregano?
Think Orega-Yes!

This spicy & intensely flavoured herb brings out the flavours in your dishes.

7.99 ea. McCORMICK® GOURMET SPICE ORIGANO SELECTED MARKETS

BUY MORE SAVE MORE!
2 for **5.00** save from 1 each 5.99 ea. SELECTION ORIGANO LEAVES 10 g SELECTED MARKETS

5.99 ea. CLUB HOUSE SPICE ORIGANO LEAVES 25 - 28g SELECTED MARKETS

Corn and Potato Chowder

3.99 ea. SELECTION FLOUR 2.5 kg SELECTED MARKETS

3.79 ea. LACTANTIA UHT ULTRA FINE MILK SELECTED MARKETS

11.99 ea. BERTOLLI® EXTRA VIRGIN OLIVE OIL 1 L SELECTED MARKETS

Minestrone Soup

1.49 ea. SELECTION CANNED BEANS 540 ml SELECTED MARKETS

BUY MORE SAVE MORE!
2 for **4.50** save from 1 each 2.49 ea. SELECTION PASTA 454 g SELECTED MARKETS

1.79 ea. SELECTION TOMATOES 540 - 796 ml SELECTED MARKETS

Slow Cooker Chicken Tortilla Soup

2 for **6.00** 340 ml LIFE SMART NATURALLY SUPERFOODS 300 - 350 g SELECTED MARKETS

1.79 ea. LIFE SMART CHICKEN BROTH 1 L SELECTED MARKETS

3.99 ea. GREEN GIANT® FROZEN VEGETABLES 750 - 1 kg SELECTED MARKETS

Organic

TRADITIONAL MEDICINALS 50 g
4.99 ea.

SALT SPRING ORGANIC 100 g
25.99 kg

35 points
LIFE SHORT ORGANIC BLOOD ORANGE 946 mL
5.49 ea.

40 points
ORGANIC FOR LIFE CLEANSING DRINK 1 L
6.99 ea.

JOVIAL PROTEIN 37 - 40 g
5.99 ea.

ORGANIC FOR LIFE QUINOA PASTA 227 - 250 g
3.99 ea.

GO BIO CHICKEN POULET 1 L
2.99 ea.

LA VIDA VEGAN 500 g
7.99 ea.

Non-GMO

MANITOBA HARVEST HEMP HEARTS 340 g
7.49 ea.

NUTS FOR CHEESE SPRUCE 200 g
10.99 ea.

IMAGINE CHAY BROTH 946 mL
5.99 ea.

Gluten-Free

CAULIPOWER 280 - 350 g
7.99 ea.

KIND BARS 5 - 6 g
19.99 ea.

TERRA TERRA 100 g
5.99 ea.

VEGGIE FLAVOUR BURGER 340 g
4.49 ea.

Baby, Beauty & Health

30 points
GERBER BABY CEREAL 227 g
4.99 ea.

40 points
BUY MORE SAVE MORE!
2 for
7.00
BABY WIPES HUGGIES 56 - 80 ea.

COLGATE ORAL CARE 50 - 75 ml
4.49 ea.

60 points
NATIVE BODY WASH 946 ml
14.49 ea.

VOCES BODY LOTION 500 ml
BUY MORE SAVE MORE!
2 for
20.00
VOCES BODY WASH OR BODY WASH

BUY MORE SAVE MORE!
3 for
7.50
FEVERMAX FEVERMAX LOZENGES 10 - 12 ea.

DIMETAPP DIMETAPP 100 - 120 ml

Household Helpers

30 points
FEBREZE SMALL SPACES ON GARCELLA OR FRESHMOVES 1 L
4.49 ea.

BUY MORE SAVE MORE!
2 for
10.00
DOWN DISINFECTING DETERGENT 1 L

30 points
SILICONE PARCHMENT PAPER 50 ea.
5.00 ea.

30 points
SAFLIE FREEZER, STORAGE OR SANDWICH BAGS 50 - 125 ea.
4.99 ea.

35 points
CLOROX BLEACH OR FLORIS FABRIC SOFTENERS 946 mL - 1.5 L
5.49 ea.

COTTONELLE 42 - 48 ea.
6.99 ea.

POWERMOP 55 points
9.99 ea.
LIMITED TIME OFFER VALID ONLY AT METRO

5X CLEANING POWER 75 points
29.99 ea.
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CELEBRATE DIWALI

THE FESTIVAL OF LIGHTS

5.00 CEDAR BEARS
SELECTED VARIETIES

2.49 FRESH GINGER
PRODUCE OF COSTA RICA
EA.

2.49 DRAGON FRUITS
PRODUCE OF VARIOUS ORIGINS
EA.

7.99 NAGER OR JAGGERY
SELECTED VARIETIES
EA.

2.99 DIWALI SWEETS
SELECTED VARIETIES
EA.

1.49 BIKANER GRAM OR SESALINE SNACK OR JAMBOREE CHIPS
200 - 250 G
SELECTED VARIETIES
EA.

2 / 5.00 ROSALLIN GHEE
GHEE OR SWEET LASSI
SELECTED VARIETIES

1.49 DEVIL OR SAMOSA
FROZEN VEGETABLES
SELECTED VARIETIES
EA.

14.99 DEVAN'S GHEE
1 L
EA.

11.99 DIWALI THEME
BLOOMING PLANTS
EA.
PRODUCE OF COLOMBIA
SELECTED VARIETIES

4.99 THE SPICE TAILOR
CURRY SAUCE
200 ml
SELECTED VARIETIES
EA.

9.99 SAPORITO
VEGETABLE OIL
3 L
EA.

3.99 PATAK'S
COOKING SAUCES
170 - 175 g, 250 - 400 ml
SELECTED VARIETIES
EA.

12.99 MAKE SAFE STAKE VEGETARIAN, PEAS GARNIT CURRY, CHICKEN TIKKA MASALA OR VEGETABLE MASALA
10 x 10 g
SELECTED VARIETIES
EA.

2.49 DEVIA
GARLIC OR GINGER GARLIC
MIXED
EA.

3.99 DEVIA CHUTNEY
MANGO OR TAMARIND SAUCE
SAUCE MIX - 100 g
SELECTED VARIETIES
EA.

5.99 NESTLÉ MILO
MILO OR MILO CHOCOLATE POWDER
EA.
SELECTED VARIETIES

2.99 DEVIA
PEANUTS OR FRIED ONIONS
40 - 400 G
SELECTED VARIETIES
EA.

39¢ WAGGS NOODLES
70 g
EA.

1.99 DEVIA
SUGAR PARATHAS OR NAAN
200 - 400 g
SELECTED VARIETIES
EA.

2 / 4.00 CARNATION
COCONUT MILK OR CREAMER
COCONUT MILK
400 ml
SELECTED VARIETIES

Store availability varies by store.

moi rewards

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