



3⁸⁸ /lb
 FRESH PORK BACK RIBS VALUE PACK OR
 PORK TENDERLOIN VALUE PACK
 8.55kg



2⁴⁴ ea.
 RASPBERRIES 200g
 PRODUCT OF U.S.A. OR MEXICO



5⁰⁰ ea.
 FRONT STREET BAKERY
 HOMESTYLE GOURMET COOKIES
 PKG OF 10, 340-475g, SELECTED VARIETIES



3⁷⁷ ea.
 IRRESISTIBLES
 FROZEN FRUIT
 SELECTED SIZES
 SELECTED VARIETIES



7⁹⁹ ea.
 CADBURY,
 MAYNARD
 CANDY'S
 507-591g,
 SELECTED VARIETIES
 WHILE QUANTITIES LAST



7⁹⁹ ea.
 NESTLE
 50'S OR
 SKITLLE
 45'S
 CHOCOLATE
 BARS 485-554g
 SELECTED VARIETIES
 WHILE QUANTITIES LAST



7⁹⁹ ea.
 FRESH 2 GO
 BBQ HALF
 CHICKEN 450g



6⁸⁸ ea.
 SWISS CHALET, ST-HUBERT OR
 MONTANA'S MEAT PIES
 FROZEN, 650-800g, SELECTED VARIETIES



6⁹⁹ /lb
 or ea.
 FRESH TILAPIA FILLETS,
 VALUE PACK
 MIN 500g & 990g, 1.55/100g OR
 SELECTION
 10F SALMON FILLETS
 567g & 6.99/EA
 FROZEN



2 for 14⁰⁰
 CALIFORNIA ROLLS,
 VEGETARIAN OR SPICY SUSHI 200-236g
 SELECTED VARIETIES, SELECTED STORES



9⁹⁹ ea.
 FRONT STREET BAKERY
 MINI GOURMET CAKES 270-350g
 SELECTED VARIETIES



12⁹⁹ ea.
 OVER 3 LBS
 OF FRUIT
 STORE MADE
 PARTY SIZE DELUXE FRUIT SALAD
 15kg



3 for 25⁰⁰
 or 8.99 ea.
 MARKET BUNCHES
 ASSORTED COLOURS AND VARIETIES

Effective October 17 18 19 20

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CUDDY, LILYDALE OR SELECTION TURKEY BREAST
SELECTED VARIETIES, DELI SLICED, 13.56kg

2⁹⁹ /100 g

GROUND IN-STORE DAILY

EXTRA LEAN

EXTRA LEAN GROUND BEEF VALUE PACK
11.00kg

4⁹⁹ /lb

PARMIGIANO REGGIANO

PARMIGIANO REGGIANO AGED 24 MONTHS
DELICIOUS 2.80kg & PRICES AS MARKED IN-STORE GRATED, 3.45/100g

12⁹⁹ /lb

CUT BY OUR BUTCHER

RED GRILL BONELESS STEWING BEEF CUBES
VALUE PACK
13.2kg

5⁹⁹ /lb

Foodland ONTARIO

LARGE HONEYCRISP APPLES
PRODUCT OF ONTARIO, CANADA EXTRA FANCY GRADE, 1.99kg, 4.35kg

SUNSET ANGEL SWEET OR WILD WONDERS TOMATOES
PRODUCT OF ONTARIO, 1.99EA

1⁹⁹ /lb or ea.

COUNTRY HARVEST 14 GRAIN BREADS
MADE IN CANADA, POSEY PAIN

DEMPESTER'S BAGELS
EVERYTHING TOUT GAIN

2 for 6⁰⁰

DEMPESTER'S BAGELS, THOMAS ENGLISH MUFFINS SELECTION 10" TORTILLAS OR COUNTRY HARVEST BREADS
SELECTED SIZES, SELECTED VARIETIES, OR 3.49EA

Foodland ONTARIO

FRESH RAINBOW TROUT FILLETS
VALUE PACK, 1.60kg, 1.99kg, 2.27kg

IRRESISTIBLES PACIFIC WHITE COOKED SHRIMP RING
30g & 99gEA, FROZEN

9⁹⁹ /lb or ea.

JUMBO

Foodland ONTARIO

JUMBO PUMPKINS
PRODUCT OF ONTARIO

3⁴⁴ ea.

Cinnamon Chex Cannelle

JORDANS

FLAX PLUS MULTIGRAIN FIBRE

MORNING CRISP CROQUE-MATIN

JORDANS, NATURE'S PATH, CHEX OR KASHI CEREAL OR LIFE SMART ORGANIC FRUIT
SELECTED SIZES, SELECTED VARIETIES

4⁹⁹ ea.

Silk Almond

SILK REFRIGERATED BEVERAGES, IRRESISTIBLES ORANGE JUICE OR OIKOS GREEK YOGURT
SELECTED SIZES, SELECTED VARIETIES

OIKOS

3⁴⁹ ea.

CRACKER BARREL TEX MEX

CRACKER BARREL MARBLE MARBLE

CRACKER BARREL OLD FORT

CRACKER BARREL BARS OR SHREDDED CHEESE
SELECTED SIZES, SELECTED VARIETIES

5⁷⁷ ea.

HELLMANN'S REAL VRAIE

HELLMANN'S REAL VRAIE MAYONNAISE
710-800ml OR FRANK'S SAUCE 400ml
SELECTED VARIETIES

SAVE \$2.00

5⁹⁹ ea.

NATURALIA

LIFE SMART EGGS
12 ea or LIQUID EGG WHITE 1.6L
SELECTED VARIETIES

4⁹⁹ ea.

Nestle PARLOUR Minis

PARLOUR FROZEN DESSERT OR NOVELTIES
SELECTED SIZES, SELECTED VARIETIES

3⁴⁹ ea.

Cashmere UltraSoft

2 DOUBLE DOUBLES 4

Sponge Towels ULTRA

CASHMERE BATHROOM TISSUE OR SPONGE PAPER TOWEL 7-8pm
SELECTED VARIETIES

SAVE UP TO \$7.00

4⁹⁹ ea.

MR. SUB '68

BULL'S EYE BBQ SAUCE 425ml
DIANA SAUCE 375ml 500ml 500ml
KRAFT DRESSING 425ml OR MR. SUB SAUCE 275ml
SELECTED VARIETIES

2⁹⁹ ea.

Coca-Cola

PEPSI PEPSI

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS 6x750ml
SELECTED VARIETIES

3⁷⁷ ea.

\$ New Lower Prices



4.99 /lb
STORE MADE SAUSAGES VALUE PACK
SELECTED VARIETIES
11.00/kg



7.99 ea.
WATERVIEW MARKET SHRIMP WITH SAUCE 454g
IRRESISTIBLE SHRIMP APPETIZERS
200-300g FROZER
SELECTED VARIETIES



12.00 ea.
FRESH 2 GO PANINI SANDWICHES
4cm. SELECTED VARIETIES



7.99 ea.
KICKING HORSE ORGANIC GROUND COFFEE
284g
SELECTED VARIETIES



2 for 7.00
LACTANTIA MARGARINE, CREAM CHEESE OR BLACK DIAMOND SLICED CHEESE
SELECTED SIZES
SELECTED VARIETIES OR 3.99 EA.



4.99 ea.
LACTANTIA PUREFILTRÉ MILK
1.5L SELECTED VARIETIES

5.49 ea.
NATREL ORGANIC OR LACTOSE FREE BUTTER OR COFFEE CREAMER
250 mL
SELECTED VARIETIES



6.99 ea.
iöGO MULTI YOGOURT
16 X 100g
SELECTED VARIETIES



4.99 ea.
ESKÄ NATURAL SPRING WATER
24 X 500ml



6.99 ea.
DEL MONTE REFRIGERATED JUICE
2.5L SELECTED VARIETIES

3.99 ea.
KELLOGG'S NUTRI-GRAIN CEREAL BARS, SPECIAL K CEREAL BAR OR POP-TARTS
SELECTED SIZES, SELECTED VARIETIES



2 for 4.00
PERRIER, MAISON PERRIER, SAN PELLEGRINO SPARKLING WATER OR ESSENTIA ALKALINE WATER
1L SELECTED VARIETIES OR 2.89 EA.

4.99 ea.
MOTT'S CLAMATO COCKTAIL 2.54L
SELECTED VARIETIES



3.49 ea.
DORITOS, CHEETOS OR SUN CHIPS MINIS CANISTER SNACKS 102-145g
SELECTED VARIETIES

2 for 9.00
NESTLÉ, CADBURY, MAYNARD OR DARE CHOCOLATES
SELECTED SIZES, SELECTED VARIETIES



2 for 8.50
ROLD GOLD PRETZELS, SUN CHIPS MULTIGRAIN CHIPS OR MUNCHIES SNACKS
SELECTED SIZES, SELECTED VARIETIES OR 4.29 EA.

2 for 7.50
STACY'S PITA CHIPS OR TAKIS TORTILLA CHIPS
SELECTED SIZES, SELECTED VARIETIES OR 4.29 EA.



2 for 7.00
CHRISTIE COOKIES OR CRACKERS
SELECTED SIZES, SELECTED VARIETIES OR 4.89 EA.



5.99 ea.
DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA
SELECTED SIZES, SELECTED VARIETIES



5.99 ea.
AMY'S FROZEN MEALS
200-284g SELECTED VARIETIES

5.99 ea.
NOTCO FROZEN MEALS
200-340g SELECTED VARIETIES



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

2 for 7.50
ZIPLOC FREEZER, SANDWICH BAGS OR SELECTION GARBAGE BAGS
SELECTED SIZES, SELECTED VARIETIES



7.99 ea.
TIDE OR GAIN LAUNDRY DETERGENT, DOWNY OR BOUNCE SOFTENER, CASCADE DISH DETERGENT, CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL
SELECTED SIZES, SELECTED VARIETIES

my
metro

HALLOWEEN TRICK-OR-TREAT.

Come trick-or-treat with us
in-store on Saturday, October 26th,
from 10am to 4pm.

Bring your costumes and bags!



Learn more

Farm Fresh Produce

 <p>CLEMENTINES 7 lb PRODUCT OF SOUTH AFRICA</p> <p>4.99 ea.</p>	 <p>GOLDBERRIES 200g PRODUCT OF COLOMBIA</p> <p>3.99 ea.</p>	 <p>TOMATOES ON THE VINE PRODUCT OF ONTARIO 5.49kg</p> <p>2.49 /lb</p>	 <p>CARROTS OR YELLOW ONIONS 2 lb PRODUCT OF ONTARIO CANADA No. 1 GRADE</p> <p>1.99 ea.</p>
 <p>5 PK</p> <p>AVOCADOS 5PK PRODUCT OF MEXICO</p> <p>4.99 ea.</p>	 <p>GRAPE FROM CALIFORNIA</p> <p>EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES PRODUCT OF U.S.A. No. 1 GRADE 8.80kg</p> <p>3.99 /lb</p>	 <p>ANDY BOY</p> <p>ROMAINE HEARTS 3PK PRODUCT OF U.S.A.</p> <p>4.99 ea.</p>	
 <p>LARGE RED STARKRIMSON PEARS PRODUCT OF U.S.A. EXTRA FANCY GRADE 5.49kg</p> <p>2.49 /lb</p>	 <p>ASSORTED ONTARIO SQUASH PRODUCT OF ONTARIO 3.73kg</p> <p>1.69 /lb</p>	 <p>SUNSET</p> <p>MINI SWEET PEPPERS 454g PRODUCT OF ONTARIO OR MEXICO</p> <p>4.99 ea.</p>	 <p>SWEET POTATOES PRODUCT OF ONTARIO 3.73kg</p> <p>1.69 /lb</p>
 <p>KIWI BASKETS 600g PRODUCT OF GREECE</p> <p>4.99 ea.</p>	 <p>CANARY MELONS PRODUCT OF BRAZIL 3.73kg</p> <p>1.69 /lb</p>	 <p>MINI CUCUMBERS 307g PRODUCT OF ONTARIO CANADA No. 1 GRADE</p> <p>3.99 ea.</p>	 <p>ASSORTED LOCAL POTATOES 5lb PRODUCT OF ONTARIO CANADA No. 1 GRADE</p> <p>3.99 ea.</p>
 <p>JUMBO CHESTNUTS PRODUCT OF ITALY 13.29kg</p> <p>5.99 /lb</p>	 <p>IRRESISTIBLES PREMIUM SNACKING MIXES PEANUT 500g PEANUT 600g</p> <p>6.99 ea.</p>	 <p>LIFESMART NATURALIA TOFUS 400-454g SELECTED VARIETIES</p> <p>2.49 ea.</p>	 <p>DAIYA CHEEZE STYLE SHREDS, BLOCKS, CRUMBLES, SLICES OR SPREADS 100-227g SELECTED VARIETIES</p> <p>5.99 ea.</p>

Organic

 <p>BOOCH ORGANIC KOMBUCHAS 473ml SELECTED VARIETIES</p> <p>3.99 ea.</p>	 <p>ORGANIC PINEAPPLES PRODUCT OF COSTA RICA</p> <p>5.99 ea.</p>	 <p>GREENBELT ORGANIC GREENS 1kg PRODUCT OF ONTARIO SELECTED VARIETIES</p> <p>4.99 ea.</p>	 <p>BELLE GROVE ORGANIC WHOLE WHITE OR CREMINI MUSHROOMS 227g PRODUCT OF ONTARIO</p> <p>3.49 ea.</p>
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Sliced & Diced

 <p>STORE MADE SMALL SALADS 340g</p> <p>5.99 ea.</p>	 <p>MADE IN my metro</p> <p>CORED GOLDEN PINEAPPLES 500g</p> <p>4.99 ea.</p>
 <p>STORE MADE CAROUSELS FRESH VEGETABLE 955g FRESH FRUIT 432g</p> <p>12.99 ea.</p>	

Flowers in Bloom

 <p>DIY</p> <p>AMARYLLIS BULK KITS ASSORTED COLOURS AND VARIETIES</p> <p>2 for 18.00 OR 9.99 ea.</p>	 <p>MARIGOLDS 9 PPK</p> <p>2 for 16.00 OR 8.99 ea.</p>
 <p>FINE WINE COLLECTION BOUQUET ASSORTED COLOURS AND FLOWERS</p> <p>16.99 ea.</p>	

MUSHROOMS

EXCLUSIVE TO METRO. Belle Grove Mushrooms are grown the natural way – without any pesticides. So, they taste great and they're better for the environment too.

LION'S MANE MUSHROOMS

Offer a mildly sweet flavour and a tender texture that mimics shellfish and is a great alternative to seafood in rice, pasta dishes and stir-fry.



349
ea.

BELLE GROVE
BUTTON MUSHROOMS
PRODUCT OF ONTARIO
227 g



299
ea.

BELLE GROVE
WHOLE CREMINI
MUSHROOMS
PRODUCT OF ONTARIO
227 g



449
ea.

BELLE GROVE
LION'S MANE MUSHROOMS
PRODUCT OF ONTARIO
150 g



BELLE GROVE
SHIITAKE
MUSHROOMS
PRODUCT OF ONTARIO
100 g

449
ea.

OYSTER MUSHROOMS

With their silky texture and mild, savoury flavour, Oyster mushrooms make recipes delectable, from tarts to an alternative for steak.



299
ea.

BELLE GROVE
WHOLE WHITE MUSHROOMS
PRODUCT OF ONTARIO
227 g



349
ea.

BELLE GROVE
OYSTER MUSHROOMS
PRODUCT OF ONTARIO
100 g



449
ea.

BELLE GROVE
PORTABELLA MUSHROOMS
PRODUCT OF ONTARIO
170 g

Our Butcher's Finest

GREAT FOR SMOKING



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

RED GRILL BEEF



18⁹⁹ /lb
RED GRILL STRIP LOIN STEAK
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
41.877kg

CUT BY OUR BUTCHER



3⁹⁹ /lb
FRESH CHICKEN DRUMSTICKS OR THIGHS
8.80kg



3⁹⁹ /lb
FRESH PORK LOIN CHOPS ECONOMY PACK
3 RIB & 3 SKEIN CHOPS
8.80kg

PRIME
RAISED WITHOUT ANTIBIOTICS



4⁹⁹ /lb
MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS GARLIC & HERB FLAT CHICKEN
11.00kg

NATURALIA

- Steaks aged for a minimum of 28 days
- Free range grass fed
- Raised without antibiotics
- Raised without added hormones



9⁹⁹ /lb
LIFE SMART NATURALIA GRASS FED BONELESS INSIDE ROUND OR BLADE ROAST
PRODUCT OF NEW ZEALAND
22.027kg

made in my metro



4⁹⁹ /lb
HOMESTYLE MEATLOAF OR MEATBALLS
SELECTED VARIETIES
11.00kg



5⁸⁸ /lb
STUFFED PORK TENDERLOIN
SELECTED VARIETIES
12.96kg



4⁴⁹ /lb
FRESH BEEF LIVER
9.90kg



5⁹⁹ /lb
FRESH PORK BELLIES
SLICED BY THE PIECE
13.21kg

 <p>2⁹⁹ ea. IRRESISTIBLES NATURALIA WIENERS 375g</p>	 <p>4⁹⁹ ea. SELECTION BACON 85-375g SELECTED VARIETIES</p>	 <p>4⁹⁹ ea. OLYMEL BREAKFAST SAUSAGES 375g SELECTED VARIETIES</p>	 <p>4⁹⁹ ea. MAPLE LODGE ULTIMATE CHICKEN WIENERS OR ZABIHA HALAL 900g OR ULTIMATE CHICKEN SAUSAGES 375-500g SELECTED VARIETIES</p>
 <p>5⁹⁹ ea. MARC ANGELO SAUSAGES FROZEN 500-675g SELECTED VARIETIES</p>	 <p>6⁹⁹ ea. SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375-400g SELECTED VARIETIES</p>	 <p>9⁹⁹ ea. MARC ANGELO PORK SIRLOIN ROAST OR PORK MEATBALLS 800g-1kg</p>	 <p>12⁹⁹ ea. 44TH STREET PORK BACK RIBS OR POT ROAST 575-595g SELECTED VARIETIES</p>
 <p>4⁹⁹ ea. SELECTION homestyle broccoli & processed cheese product FROZEN 284g SELECTED VARIETIES</p>	 <p>5⁹⁹ ea. YVES VEGGIE CUISINE FROZEN 228-383g SELECTED VARIETIES</p>	 <p>6⁹⁹ ea. MAPLE LEAF SAUSAGE MEAT FROZEN 500g</p>	 <p>8⁹⁹ ea. IRRESISTIBLES PASTA ENTREES FROZEN 1-1134g SELECTED VARIETIES</p>
 <p>10⁹⁹ ea. SWISS CHALET BREADED CHICKEN BREAST STRIPS OR NUGGETS FROZEN 700g</p>	 <p>12⁹⁹ ea. JANES UNBREADED CHICKEN BURGERS FROZEN 852g</p>	 <p>12⁹⁹ ea. KELSEYS ORIGINAL ROADHOUSE PORK BACK RIBS FROZEN 600g</p>	 <p>16⁹⁹ ea. THE KEG PRIME RIB BEEF BURGERS 652g-1007kg SELECTED VARIETIES OR PORK BACK RIBS 700g FROZEN</p>

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

Click here for One Pan Shrimp Fajitas recipe



8⁹⁹ ea. IRRESISTIBLES RAW PACIFIC WHITE SHRIMP FROZEN, 21/25 SIZE, 340 g



7⁹⁹ ea. IRRESISTIBLES RAW WILD PINK ARGENTINIAN SHRIMP FROZEN, 20/30 SIZE, 300 g

DIVE IN

OCTOBER IS SEAFOOD MONTH



4⁴⁹ ea. FRESH ONTARIO RAINBOW TROUT PORTIONS SKINLESS, 140 g



From species & provenance to how it was caught & farmed, you can be sure of the authenticity of your seafood's traceability information.



4⁹⁹ ea. FRESH ATLANTIC SALMON PORTIONS SKINLESS, 113 g



11⁹⁹ /lb FRESH LAKE TROUT FILLETS 2.65/100 g



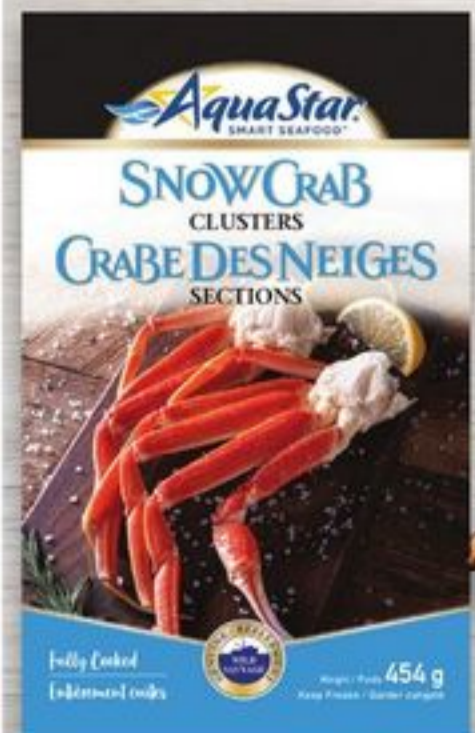
8⁹⁹ /lb WILD CAUGHT ALASKAN COD FILLETS FROZEN OR PREVIOUSLY FROZEN 1.99/100 g



3⁹⁹ ea. ROCK LOBSTER TAILS FROZEN, 2 oz.

FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS 2 lb, 907 g

5⁹⁹ ea.



15⁹⁹ ea. AQUA STAR SCORED SNOW CRAB CLUSTERS FROZEN, 454 g



10⁹⁹ ea. ROCK HARBOUR COOKED LOBSTER FROZEN, 350 g

Seafood



WILD CAUGHT

15⁹⁹ /lb

WILD CANADIAN SOCKEYE SALMON FILLETS
FROZEN OR PREVIOUSLY FROZEN, 3.53/100g



9⁹⁹ /lb

FRESH TILAPIA ROAST WITH VEGETABLES & CHEESE
CRAB STUFFING OR PANKO BREADED 2.29/100g



CHOICE

1²⁹ ea.

CHOICE OYSTERS
SELECTED VARIETIES



3⁹⁹ ea.

SELECTION IMITATION CRAB
FLAKES OR STICKS, 227g



4⁹⁹ ea.

7 SEAS SOLE WITH IMITATION CRAB & SHRIMP STUFFING
PREVIOUSLY FROZEN, 292g



7⁹⁹ ea.

STORE MADE MINI SEAFOOD PLATTER
PREVIOUSLY FROZEN, 300g



8⁹⁹ ea.

NATURA LIA WILD COD FILLETS
FROZEN, 400g



9⁹⁹ ea.

BETTER FISH BARRAMUNDI FILLETS
FROZEN, 340g



10⁹⁹ ea.

NANUK SMOKED COHO SALMON
FROZEN, 140g



7⁹⁹ ea.

MARINA DEL REY SHRIMP OR LOBSTER RAVIOLI
250g



7⁹⁹ ea.

HIGHLINER FAMILY PACKS
FROZEN, 500-700g
SELECTED VARIETIES



11⁹⁹ ea.

HIGHLINER CATCH OF THE DAY FILLETS
FROZEN, 500g - 1.32kg

FLAVOURS OF *italy*



2⁵⁹ /100g

SAN DANIELE MORTADELLA OR PROSCIUTTO COTTO LEAN
SELECTED VARIETIES, DELI SLICED, 100g



2⁹⁹ /100g

MASTRO CAPOCOLLO OR ROASTED HAM
DELI SLICED, 15.50/100g



3⁹⁹ /100g

SAPUTO ASIAGO
DELICIOUS, PRICES AS MARKED, 10.80/100g



4⁴⁹ /100g

CASTELLO GORGONZOLA CHEESE
REGULAR OR SMOKED
DELICIOUS, PRICES AS MARKED, 20.37/100g



14⁹⁹ ea.

SAPUTO MINI FRIULANO CHEESE
500g



8⁴⁹ ea.

TRE STELLE RICOTTA OR MOZZARELLA
340-475g
SELECTED VARIETIES



8²⁹ ea.

GOLD LABEL PEPPERONI STICKS OR BELLITALIA SALAMETTI
225-375g
SELECTED VARIETIES



9²⁹ ea.

MASTRO CHARCUTERIE TRIO 150-250g
SELECTED VARIETIES



10⁹⁹ ea.

MASTRO SALAMI
300-375g
SELECTED VARIETIES



9⁹⁹ ea.

OLIVIERI FRESH STUFFED PASTA OR SKILLET GNOCCHI 500-700g
SELECTED VARIETIES

Natural selections

Made with real, simple, natural ingredients.



8⁴⁹ ea.

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
105-175g
SELECTED VARIETIES



14⁹⁹ ea.

MAPLE LEAF NATURAL SELECTIONS FAMILY PACK SLICED DELI MEAT
375-400g
SELECTED VARIETIES

SCHNEIDERS CANADIAN CRAFTED SINCE 1890



10⁹⁹ ea.

SCHNEIDERS PEPPERETTES
250-375g
SELECTED VARIETIES



8⁴⁹ ea.

SCHNEIDERS BOLOGNA
375-500g
SELECTED VARIETIES

metro FRESH 2 GO

FRESH FOR FALL Tasty Thai LIMITED TIME ONLY

14.99 ea. COCONUT THAI STYLE PIZZA 8 SLICES, SERVES 2

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

13.88 ea. THAI STYLE BBQ SEASONED CHICKEN SERVES 4

7.00 ea. COCONUT THAI STYLE WRAP SERVES 1

12.49 ea. FRESH 2 GO HOT CHICKEN TENDERS OR WINGS PACKAGE OF 12 (TENDERS) OR PACKAGE OF 15 (BITES) HOT OR CHILLED

1.49 ea. FRESH 2 GO DIPPING SAUCES 44 ml SELECTED VARIETIES

4.99 ea. ADONIS GARLIC SAUCE 250 g

9.99 ea. QUEEN'S PASTA MAPLE RAVIOLI WITH RICOTTA & BASIL 350 g

6.99 ea. FRESH 2 GO DUCHE 210 g SELECTED VARIETIES

7.99 ea. FRESH 2 GO HANDHELD PASTRY PIE 1 un SELECTED VARIETIES

TRY ONE OF OUR SAUCES

BUILD YOUR OWN PIZZA

9.49 ea. MARCANGELD SALAMI 225 g SELECTED VARIETIES

6.99 ea. PILLER'S PEPPERONI OR SALAMI PIZZA TOPPINGS 125-250 g SELECTED VARIETIES

8.49 ea. TRE STELLE BOCCONCINI CHEESE 200 g SELECTED VARIETIES

6.99 ea. GALBANI MOZZARELLA FRESCA 170-227 g SELECTED VARIETIES

9.99 ea. FRESH 2 GO PIZZA KIT 1 un SELECTED VARIETIES MEAT LOVERS 10.99 EA.

Sweet Apple Treats

4.49 ea. FRONT STREET BAKERY APPLE FRUIT BITES PKG OF 12, 240-336g SELECTED VARIETIES

5.49 ea. FRONT STREET BAKERY APPLE MUFFINS PKG OF 6, 184g

5.49 ea. FRONT STREET BAKERY APPLE CHEESE PARISIAN TWIST PKG OF 6, 429g SELECTED VARIETIES

5.49 ea. FRONT STREET BAKERY APPLE BRAIDED STRUDEL 429g SELECTED VARIETIES

Strawberry Delight

18.99 ea. FRONT STREET BAKERY STRAWBERRY CHEESECAKE 975g SELECTED VARIETIES

18.99 ea. FRONT STREET BAKERY TRIPLE STRAWBERRY BOSTON CAKE 1010g SELECTED VARIETIES

18.99 ea. FRONT STREET BAKERY STRAWBERRY CREAM BAR CAKE 650-875g SELECTED VARIETIES

6.99 ea. FRONT STREET BAKERY STRAWBERRY CUSTARD PIE 800g

3.79 ea. FRONT STREET BAKERY RYE OR BELGIAN BREAD 340-450g SELECTED VARIETIES

4.99 ea. PREMIÈRE MOISSON BAGUETTES 325-475g SELECTED VARIETIES

4.99 ea. FRONT STREET BAKERY ROSEMARY KALAMATA OLIVE OR SOURDOUGH SPROUTED GRAIN BREAD 600g

4.49 ea. FRONT STREET BAKERY ALL BUTTER MINI CROISSANTS PKG OF 12, 336g

4.99 ea. DEMPSTER'S CINNAMON RAISIN BREAD 570g

3.89 ea. DEMPSTER'S HOT DOG OR HAMBURGER BUNS PKG OF 8

6.49 ea. SELECTION DESSERT SQUARE 400-450g SELECTED VARIETIES

2.99 ea. HOSTESS SNACK CAKES SELECTED SIZES SELECTED VARIETIES

More Great Savings

<p>5.99 ea. DAINTY JASMINE OR BROWN RICE 900g SELECTED VARIETIES</p>	<p>5.00 3 for BEN'S ORIGINAL FAST & FANCY VITE & BON</p>	<p>4.99 ea. BOSTON MARKET FROZEN ENTREE SELECTED SIZES, SELECTED VARIETIES</p>	<p>5.49 ea. HUNGRY-MAN FROZEN ENTREE SELECTED SIZES, SELECTED VARIETIES</p>
<p>2.00 2 for LESS THAN 2 PAY 13.99 EA. RAO'S PASTA SAUCE 680 ml SELECTED VARIETIES</p>	<p>2.99 ea. NO YOLKS EGG NOODLES 340g SELECTED VARIETIES</p>	<p>4.49 ea. SOMETHING SPECIAL DIPS 300g SELECTED VARIETIES</p>	<p>7.00 2 for OASIS JUICE OR ARIZONA ICED TEA 8 X 200 ml SELECTED VARIETIES OR 3.89 EA.</p>
<p>6.49 ea. PLANTERS NUTS SELECTED SIZES SELECTED VARIETIES</p>	<p>6.00 2 for LESS THAN 2 PAY 4.29 EA. CRISPERS OR BITS & BITES SNACKS 155g SELECTED VARIETIES</p>	<p>7.00 2 for GOLDFISH CRACKERS SELECTED SIZES, SELECTED VARIETIES OR 3.89 EA.</p>	<p>3.99 ea. LECLERC CELEBRATION COOKIES 200-325g SELECTED VARIETIES WHILE QUANTITIES LAST</p>
<p>5.50 2 for SOBER CARPENTER NON-ALCOHOLIC BEER 473 ml SELECTED VARIETIES OR 3.29 EA.</p>	<p>3.50 2 for LESS THAN 2 PAY 1.99 EA. SELECTION SOFT DRINKS 2L SELECTED VARIETIES</p>	<p>9.99 ea. MONSTER ENERGY DRINKS 4X 473 ml SELECTED VARIETIES</p>	<p>8.00 2 for LINDT CHOCOLATE BARS 50-100g SELECTED VARIETIES</p>

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



GHOSTLY GOOD HALLOWEEN HAULS



MARS HALLOWEEN CHOCOLATES
601 g
SELECTED VARIETIES

13⁹⁹
ea.

HERSHEY'S CHOCOLATES
100'S 1-1.17 kg
SELECTED VARIETIES

16⁹⁹
ea.



7⁹⁹
ea.

HERSHEY'S OH HENRY!
OR REESE'S CHOCOLATE BARS
375-390 g
SELECTED VARIETIES



10⁹⁹
ea.

KINDER CHOCOLATES
297-330 g
SELECTED VARIETIES



12⁹⁹
ea.

PRINGLES CHIPS
608 g
SELECTED VARIETIES



5⁹⁹
ea.

SELECTION CANDIES
750 g
SELECTED VARIETIES



14⁹⁹
ea.

REGAL CANDY
1.3 kg
SELECTED VARIETIES



12⁹⁹
ea.

FRITO-LAY SNACKS
640 g
SELECTED VARIETIES



11⁹⁹
ea.

ROCKETS CANDIES
1 kg
SELECTED VARIETIES



6⁹⁹
ea.

SELECTION CHIPS
24 x 16 g
SELECTED VARIETIES



11⁹⁹
ea.

DARE REAL FRUIT CANDIES
600 g
SELECTED VARIETIES



12⁹⁹
ea.

OLD DUTCH CHIPS
45 x 16 g
SELECTED VARIETIES

While Quantities Last.

Breakfast Favourites

<p>5.99 ea. EGGO WAFFLES SELECTED SIZES, SELECTED VARIETIES</p>	<p>2 for 7.00 LECLERC GO PURE CEREAL BAR 140-175g SELECTED VARIETIES</p>	<p>6.99 ea. KELLOGG'S WEDNESDAY CEREAL 227g</p>	<p>9.99 ea. KELLOGG'S RICE KRISPIES SQUARES OR BETTY CROCKER MONSTER MASH FRUIT SNACK 65g SELECTED VARIETIES, WHILE QUANTITIES LAST</p>
<p>3.99 ea. KOZY SHACK PUDDING SELECTED VARIETIES</p>	<p>6.49 ea. BONNE MAMAN JAM 250ml OR CORA PANCAKE MIX 700g SELECTED VARIETIES</p>	<p>9.99 ea. STARBUCKS COFFEE CAPSULE 10x SELECTED VARIETIES</p>	<p>4.99 ea. OASIS OR DEL MONTE JUICE SELECTED SIZES, SELECTED VARIETIES</p>

<p>6.49 ea. NESTLE ICE CREAM OR FROZEN DESSERT 15L SELECTED VARIETIES</p>	<p>6.49 ea. NESTLE FROZEN TREATS SELECTED SIZES, SELECTED VARIETIES</p>	<p>GENERAL ADMISSION FREE MOVIE Plus You could WIN \$500 CINEPLEX GIFT CARDS</p>	<p>4.99 ea. GENERAL MILLS CEREAL 263-340g SELECTED VARIETIES</p>
<p>2 for 11.00 LESS THAN 2 PAY 6.99 EA. HÄAGEN-DAZS ICE CREAM TUBS OR NOVELTIES SELECTED SIZES, SELECTED VARIETIES</p>	<p>3 for 10.00 LESS THAN 3 PAY 4.99 EA. NATURE VALLEY GRANOLA BARS OR BETTY CROCKER FRUIT SNACKS SELECTED SIZES, SELECTED VARIETIES</p>	<p>2 for 9.00 LESS THAN 2 PAY 4.99 EA. OLD EL PASO DINNER KITS 250-510g SELECTED VARIETIES</p>	

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<p>2 for 16.00 LESS THAN 2 PAY 9.29 EA. FANTA BEETLEJUICE SOFT DRINKS 2X 350ml SELECTED VARIETIES, WHILE QUANTITIES LAST</p>	<p>21.99 ea. STARBUCKS VERTUO COFFEE CAPSULE 8-10oz SELECTED VARIETIES</p>	<p>7.49 ea. PERRIER, MAISON PERRIER OR SAN PELLEGRINO SPARKLING WATER 8x 330ml SELECTED VARIETIES</p>
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<p>FOR MILK CONNOISSEURS</p> <p>10.69 ea. LACTANTIA LACTOSE-FREE MILK 4L SELECTED VARIETIES</p>	<p>5.29 ea. LACTANTIA ULTRAPUR MILK 1.5L SELECTED VARIETIES</p>	<p>6.99 ea. MAISON PERRIER™, PERRIER® OR SAN PELLEGRINO SPARKLING SPRING WATER 8x 330ml SELECTED VARIETIES</p>	<p>11.49 ea. STARBUCKS VERTUO COFFEE CAPSULE 8-10oz SELECTED VARIETIES</p>
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Make Diwali special with

2 for 5.00
KHAAS DAHI YOGURT 750g
SELECTED VARIETIES

A tasty and nutritious snack

2 for 9.00
IÖCO NANO DRINKABLE YOGURT 6x 150g
SELECTED VARIETIES OR 4.99 EA.

TASTE ORGANIC FRESHNESS

6.49 ea.
NATREL ORGANIC MILK 2L ORGANIC BUTTER 250g
SELECTED VARIETIES

5.29 ea.
NATREL ORGANIC CREAM 1L



BRAR'S GHEE
800 g
14⁹⁹
ea.



2 LB
9⁹⁹
ea. SUN LOVIN'
WHOLE MEDJOL DATES
307 g
PRODUCT OF U.S.A.



1⁹⁹
ea. LARGE RED MANGOES
PRODUCT OF BRAZIL



7⁹⁹
ea. NOOR
OR ARJUN BASMATI RICE
3.63 - 4.54 kg
SELECTED VARIETIES

CELEBRATE DIWALI THE FESTIVAL OF LIGHTS



SAVE \$5.00
14⁹⁹
ea. ORCHIDS
3.5' POT
ASSORTED COLOURS



3 for
5⁰⁰
CEDAR
CANNED BEANS
540 ml
SELECTED VARIETIES



2 for
4⁰⁰
CARNATION
EVAPORATED MILK
OR GRACE
COCONUT MILK
354 - 400 ml
SELECTED VARIETIES



3⁹⁹
ea. PATAK'S
COOKING SAUCES
313 - 315 g, 284 - 400 ml
SELECTED VARIETIES



6⁹⁹
ea. CASABLANCA
HONEY
1 kg



2 for
5⁰⁰
SANTOSH NAAN
500 g
SELECTED VARIETIES



3 L
9⁹⁹
ea. SAPORITO
VEGETABLE OIL
3 L



1⁹⁹
ea. DIVYA
STUFFED PARATHAS OR NAAN
320 - 400 g
SELECTED VARIETIES



2 for
3⁰⁰
CASABLANCA
COCONUT WATER OR
PARLE MILK
OR ELAICHI RUSK
520 ml, 273 - 300 g
SELECTED VARIETIES



2 for
3⁰⁰
RUSK



39¢
ea. MAGGI
NOODLES
70 g



5⁹⁹
ea. DESI-LICIOUS KULFI
OR MILO CHOCOLATE POWDER
400 g, 1 L
SELECTED VARIETIES



1⁴⁹
ea. BHIKHARAM OR SHALINI
SNACKS OR KURKURE CHIPS
80 - 200 g
SELECTED VARIETIES



2 for
5⁰⁰
PHOENICIA, CEDAR,
HANS DAHI OR SWEET LASSI
650 - 750 g, 1 L
SELECTED VARIETIES



BRAR'S
SAMOSAS OR
PATAK'S CHUTNEY
624 g, 250 ml
SELECTED VARIETIES
5⁹⁹
ea.



99¢
ea. PARLE-G
BISCUITS,
EBM OR LU COOKIES
84 - 300 g
SELECTED VARIETIES



99¢
ea. PARLE-G
PEANUT

Item availability varies by store.

Gluten-Free

<p>SIETE TORTILLA CHIPS 142g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p>	<p>CRUNCHMASTER RICE CRACKERS 100-120g SELECTED VARIETIES</p> <p>5⁴⁹ ea.</p>	<p>NONNA PIA'S BALSAMIC VINEGAR 250ml SELECTED VARIETIES</p> <p>8⁹⁹ ea.</p>
<p>SCHAR BISCUITS 100g SELECTED VARIETIES</p> <p>5⁹⁹ ea.</p>	<p>LIFE SMART ORGANIC SMOOTHIE MIX 300g SELECTED VARIETIES</p> <p>8⁴⁹ ea.</p>	<p>CHOSEN FOODS MAYONNAISE 255ml SELECTED VARIETIES</p> <p>10⁹⁹ ea.</p>
<p>SIETE TORTILLA CHIPS 142g SELECTED VARIETIES</p> <p>10⁹⁹ ea.</p>	<p>CRUNCHMASTER MULTI-SEED MULTIGRAINS ORIGINAL 100-120g SELECTED VARIETIES</p> <p>5⁴⁹ ea.</p>	<p>LIFE SMART QUICK OATS 344g SELECTED VARIETIES</p> <p>4⁹⁹ ea.</p>

Non-GMO

<p>EARTH'S OWN OAT BEVERAGE 440ml SELECTED VARIETIES</p> <p>2⁹⁹ ea.</p>	<p>GURU ENERGY DRINKS 255ml SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>2 for 8⁰⁰ LESS THAN 2 PAY 4.49 EA.</p>
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Organic

<p>VITA COCO COCONUT BEVERAGE 1L SELECTED VARIETIES</p> <p>3⁷⁹ ea.</p>	<p>LIFE SMART BUTTER 250g SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p>
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<p>PITA BITES CRACKERS 142g SELECTED VARIETIES</p> <p>4⁴⁹ ea.</p>	<p>PITA BITES CRACKERS 142g SELECTED VARIETIES</p>
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Nourish Every Body

<p>PACIFIC SOUP 548ml-1L SELECTED VARIETIES</p> <p>6⁹⁹ ea.</p>	<p>Pacific Beef Broth</p> <p>Pacific Chicken Broth</p> <p>Pacific Red Pepper & Tomato Soup</p>
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Household Helpers

<p>BRITA WATER PITCHER OR REPLACEMENT FILTERS 1-3um, SELECTED VARIETIES</p> <p>25⁹⁹ ea.</p>	<p>ENERGIZER BATTERIES 2-10um, SELECTED VARIETIES</p> <p>9⁹⁹ ea.</p>
<p>FINISH DISHWASHER DETERGENT OR JET DRY RINSE AGENT SELECTED SIZES, SELECTED VARIETIES</p> <p>14⁹⁹ ea.</p>	<p>GLAD GARBAGE BAGS 33-100um, SELECTED VARIETIES</p> <p>12⁹⁹ ea.</p>

Pet

<p>WHISKAS TEMPTATIONS CAT TREATS SELECTED SIZES, SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>3 for 9⁰⁰ LESS THAN 3 PAY 4.99 EA.</p>	<p>PURINA ONE DOG TREATS 100g, SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>2 for 10⁰⁰ LESS THAN 2 PAY 5.99 EA.</p>
<p>WHISKAS PERFECT PORTIONS WET CAT FOOD 75g, SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>4 for 5⁰⁰ LESS THAN 4 PAY 1.69 EA.</p>	<p>PURINA ONE WET DOG FOOD 300g, SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>4 for 10⁰⁰ LESS THAN 4 PAY 2.99 EA.</p>
<p>WHISKAS DRY CAT FOOD 15-24g, SELECTED VARIETIES</p> <p>BUY MORE SAVE MORE!</p> <p>2 for 20⁰⁰ LESS THAN 2 PAY 11.99 EA.</p>	<p>IAMS DRY DOG FOOD 2.27-3.06kg, SELECTED VARIETIES</p> <p>17⁹⁹ ea.</p>

Turn up Autumn
with limited edition fragrances

BUY MORE SAVE MORE!

2 for 20⁰⁰
LESS THAN 2 PAY 12.99 EA.

GLADE PLUGINS OR CANDLES
SELECTED SIZES, SELECTED VARIETIES

FREE \$10 Metro gift card
with the purchase of a \$50 AnyCard Gift Card

100+ CHOICES

DINE

BIRTHDAY

For a limited time while quantities last. We reserve the right to modify or terminate this promotion without prior notice. This offer is not valid on previous purchases. Gift cards shown are not sponsors or co-sponsors of this promotion. All trademarks are property of their respective owners.

GET TOUGH ON ODOUR AND SAVE!

ARM & HAMMER
CAT LITTER 12.7kg, SELECTED VARIETIES

17⁹⁹
ea.

DOUBLE DUTY
MULTI-CAT



**LOCALLY
SOURCED**
ONTARIO

**We take pride in sourcing locally from the
Southwestern Ontario Region.**

BEAU'S
ABBEY STYLE CHEESE
25.81/lb

5⁶⁹
/100 g



GRAND TRUNK
FIRM CHEESE
25.81/lb

5⁶⁹
/100 g



DOUBLE DUTCH
MINI WAFFLE BITES
160 g
SELECTED VARIETIES

3⁶⁹
ea.



DENNIS'
HORSERADISH
250 ml
SELECTED VARIETIES

4⁹⁹
ea.



LAS CHICAS DEL CAFÉ
COFFEE BEANS
340 g
SELECTED VARIETIES

14⁹⁹
ea.



COPPA
SORBET OR GELATO
150 ml
SELECTED VARIETIES

2 for
7⁰⁰



Effective October 17 - November 6, 2024

metro IS PROUD TO SUPPORT ONTARIO

LEARN MORE

metro.ca

SAVOUR AUTUMN WITH A TOUCH OF FRESHNESS

\$45

OFF YOUR GROCERIES

\$15 off on your first
3 orders*

PROMO CODES
HARVEST1
HARVEST2
HARVEST3

Try It Now

* Offer valid between September 19th and November 7th, 2024.
Conditions apply. Details on metro.ca.



Taste the Fun!

Superfries®

5⁴⁹
ea.

MCCAIN
FRIES
SELECTED SIZES
SELECTED VARIETIES



POCKETS®/MD

7⁹⁹
ea.

MCCAIN
PIZZA POCKETS
SELECTED SIZES
SELECTED VARIETIES



TAST!EZ™

6⁹⁹
ea.

MCCAIN
TAST!EZ
SELECTED SIZES
SELECTED VARIETIES

