VERSION 1

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. Learn more at moi.ca.
**Only available to Canadian residents who are members of the moi rewards program. Also available to Canadian residents who are members of the moi rewards program who have linked their eligible RBC card. The accumulation of points may vary by card used. Visit moi.ca/rewards for more details. †Points are not earned on the purchase of gift cards, the purchase of postage stamps or the purchase of other frequently loaded cards.

Effective October-November 31 1 2 3

moi rewards

i earn points in every aisle

80 points when you buy 2

6.99 ea.

BLUEBERRIES
OATMEAL FILLED FLAT BISCUIT
BAKERY 340 G/PKG

50 points when you buy 2

4 for 6.00

GRANITEC
WHITE OR 50% WHOLE WHEAT BREAD OR HOLLOW BUTTER
BAKERY 675 G/PKG
BLUE LINE

50 points when you buy 2

4 for 5.00

CAMPBELL'S
READY TO SERVE SOUP OR BEVERAGE
BEVERAGES 284 ML

55 points when you buy 2

4 for 6.00

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

50 points

5.99 ea.

REAL SHIP'S EZ CREAM OR GRUMPY'S ALL FRESH SALAD
DELI 454 G/PKG

join today and save

Conditions and details apply. Learn more at moi.ca.
Only available to Canadian residents who are members of the moi rewards program.

metro.ca

VERSION A

I get more deals

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

metro

RED GRILL
FRONT DE BŒUF CORP 1ER LB VALUE PACK STEAK
2.100kg

9.97 /lb

CUT BY OUR BUTCHERS

RED GRILL
STEAK SUR-LOIN VALUE PACK OR BRAISE
2.130kg

FRESH ATLANTIC SALMON PORTIONS
FRAIS
SAUMON ATLANTIQUE PORTIONS
454g

2.99 ea.

FRESH

FRESH
CHICKEN WINGS
FRAIS
AILES DE POULET
454g

3.88 /lb

BONELESS PORK SIRLOIN CHOPS
VALUE PACK OR ROAST OR
PORK SIRLOIN
CÔTELETTES DE LONGE SANS OS
OU RÔTI DE LONGE
2.200kg

2.99 /lb

5 LB

2.99 ea.

3 PK

ASSORTED COLOR SWEET PEPPERS
CAMPANES
POIVRONS DE COULEURS VARIÉES
SELECTED VARIETIES BRANDED or PRODUCE SELECTIONNÉES
2.200kg

3.88 ea.

LARGE HONEYCRISP APPLES
GROS POMMES HONEYCRISP
2.00kg

1.44 /lb

MERCHANTS ARTISAN
BLACK FOREST HAM OR SWISS CHEESE
JAMBON DE PARIS
FROMAGE SUISSE
1.000kg

2.99 /100 g

ACTIVIA
ÎÎKOS

ACTIVIA OR ÎÎKOS YOGURT
YAUTOURT ACTIVIA OU ÎÎKOS
650g

5.49 ea.

McCain
Superfries
5 LB

MCCAIN FRIES, SELECTION KETCHUP OR
FRITES MCCAIN
SÉLECTION DE KETCHUP
2.500kg

2.49 ea.

MAXWELL HOUSE
LAVAZZA

SAVE $5.00

STARBUCKS OR LAVAZZA GROUND COFFEE
CAFÉ MOULU
STARBUCKS OU LAVAZZA
340g

9.99 ea.

10

LACTANTIA
CREAM
CRÈME
473ml

3.49 ea.

Coca-Cola
PEPSI
NESTLÉ

2 for

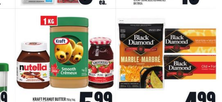
COCA-COLA, CANADA DRY
NESTLÉ OR PEPSI SOFT DRINKS
BOISSONS GAZEUSES
355ml

13.00

Tide
Downy
Cascade

TIDE OR GAIN LAUNDRY DETERGENT, DOWNY OR GAIN SOFTENER, CASCADE DISHWASHER DETERGENT OR DOWNY FABRIC TOWELS
DÉTERGENT À LAVER TIDE OU GAIN, ASSOUPLISSANT DOWNY OU GAIN, DÉTERGENT À VAISSELLE CASCADE OU TOUPILLES À TISSU DOWNY

13.99 ea.



1 kg

nutella
Smooth
Crunchy

KRAFT PEANUT BUTTER 1kg OR
SMUCKER'S JAM 500ml OR
NUTELLA SPREAD 750ml OR
KRAFT JELLY 1.36kg OR
COFFEE CAPRICE 1.4L

5.99 ea.

Black Diamond
MARBLE - MARBRÉ

BLACK DIAMOND BAKED OR
SHREDDED CHEESE
FROMAGE CUISINÉ OU RÂPÉ
454g

4.99 ea.

New Lower Prices

JANE'S PREMIUM CHICKEN WINGS, CHICKEN BITES OR CHICKEN STRIPS 1.2 kg
8.99 ea. 50 points

BUENOS AIRES CANADA GRAND 1 kg
19.99 ea.

2 for 12.00
MARC ANGELO SLICED ITALIAN DRY MEAT OR CASTELLO BLUE CHEESE 175 g–200 g

16.99 ea.
LA BRECA CAKES 1 kg

2 for 8.00
CARON'S OWN OAT OR ALMOND BEVERAGE 946 mL

5.49 ea.
ASTRO MILD'S PRODUCT 500 g–1 kg

NATREL FINE FILTERED MILK 1 L

5.49 ea.

BLACK BEAUTY OR LAKE MOOD JUICE, BLACKCURRANT CORDIAL OR MOTT'S FRUIT CORDIAL 1.75 L–2 L

6.99 ea.

TIM HORTONS GROUND COFFEE 300 g–340 g

9.99 ea.

3 for 3.00
DEP ORANGE ORANGEADE YOGURT DRINK 946 mL

2 for 8.00
TOSTITOS TORTILLA CHIPS OR SALSA 200 g–425 g

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS 2 L–2.25 L

3 for 7.00

ZEVIA ZERO CALORIES 6.99 ea.
ZEVIA SOFT DRINKS OR PLUSH FIBRE DRINKS 355 mL–946 mL

2 for 7.50
SAINT-EUSTACHE, CANADIAN ARCANE OR CORNER BAKERY COFFEE 300 g–340 g

MISS VICKIE'S OR PERFORMANCE CHIPS OR CORNERS 200 g–235 g
LA CROIX SPARKLING WATER 355 mL–473 mL

3.99 ea.

4.99 ea.
DOVE, IVORY, DEGREE & SHOULDERS OR CLEARPROPERSONAL CARE 355 mL–473 mL

2 for 7.00
GOLD SEAL OR CLAMPS ALBACORE TUNA OR CHUNK STYLE 170 g–184 g

2 for 7.00
MINUTE MAID, FIVE ALIVE, JUICE OR DRINKS 355 mL–473 mL

6.99 ea.
DANNON, NAUGAN POUDER OR SAN PELLEGRINO SPARKLING WATER 500 mL–1.25 L

earn with moi rewards

50 points
5.99 ea.
SNACKS FOR THE FRIDGE 175 g–200 g

50 points
2 for 4.50
FRUIT DRINKS, SNACKS OR ALLEN'S JUICE OR CIDER 946 mL–1.75 L

55 points
5.99 ea.
LOOMIS OR REYNOLDS TISSUE OR SPONGE TOWELS 6 Pack–12 Pack

50 points
5.99 ea.
NESCAFÉ OR NESTLÉ CLASSIC INSTANT COFFEE OR CAFÉ MOI WATER 1 L–2 L

40 points
2 for 7.00
CANSTAR COOKIES OR CRACKERS 175 g–200 g

We reserve the right to limit quantities.
EXCEPTIONS: TAX PRESCRIPTIONS SUBS PACKS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at: SMITHS.CA
Show us your receipt and we'll donate to MHK $1,000 in groceries

Prices effective Thursday, April 16 to Wednesday, April 22, 2026 inclusive.

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 Product of Mexico

3.99 lb. BLUEBERRIES Product of Canada
BLACKBERRIES Product of Mexico
BLACKBERRIES Product of Mexico

2.99 ea. BELLE EPOQUE BRIE OR CRÈME DE FROMAGE Product of France

2 PK
5.00 LARGE POMEGRANATES Product of U.S.A.

3.99 lb. EXTRA LARGE GREEN OR RED SEAMLESS GRAPES Product of Mexico
EXTRA LARGE GREEN OR RED SEEDLESS GRAPES Product of Mexico
600g

2.49 ea. BROCCOLI CROWNS Product of Canada

3.99 lb. STEM & LEAF CLEMENTINES Product of Spain
600g

5.99 ea. 35 points BRAZILIAN PLUMS Product of Brazil

3.49 lb. BRUSSELS SPROUTS Product of Canada
700g

1.69 lb. SWEET POTATOES Product of U.S.A.
370g

1.79 lb. CHAYOTE OR SUMMER SQUASH VARIOUS
350g

2.49 ea. 20 points LARGE RED MANGOES Product of Mexico

99¢ GREEN CABBAGE Product of Canada
PRODUCE VALUE
2.99kg

2.99 ea. 20 points GREENLEAF MIXED GREENS OR SPINACH
PRODUCE VALUE
PRODUCE VALUE

4.99 ea. 30 points POMEGRANATE ARILS Product of U.S.A.
POM POMS

4.99 ea. 30 points CHICKLETS FAVORITE CHEWS Product of U.S.A.
Product of U.S.A.

6.49 ea. LEMONADE BREEZE BLUE RASPBERRY
Product of U.S.A.

7.99 ea. ROASTED & SALTED PISTACHIOS Product of U.S.A.
PISTACHIOS

Organic

LIFE'S RAW ORGANIC FLAX FIBER TOFU 454g
2.99 ea. 20 points

2.99 lb. ORGANIC BARTLETT PEARS Product of U.S.A. or Canada
600g

5.99 ea. 4 PK ORGANIC YELLOW POTATOES Product of U.S.A.
ORGANIC YELLOW POTATOES Product of U.S.A.
PRODUCE VALUE

4.99 ea. 30 points GREENLEAF ORGANIC GREENS Product of U.S.A.
organic

Sliced & Diced

CORED GOLDEN PINEAPPLES Product of Costa Rica
4.99 ea. 30 points

9.99 ea. STORE MADE SUSHI SALMON
STORE MADE SUSHI SALMON

12.99 ea. STORE MADE CARROUSELS Product of Canada
Product of Canada
Product of Canada

Flowers in Bloom

2 PK
24.00 12.99 ea. CARNATIONS OR ALSTROEMERIA Product of Canada
mix match

2 PK
9.00 4.99 ea. POINSETTIA Product of Canada

16.99 ea. EMBOSSED OPTION Product of Canada

FRESH TRIO WITH GARDEN ASSORTMENT Product of Canada
18.99 ea. 65 points

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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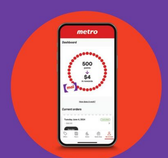
i earn and save on the app



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

metro

food Basics

moi rewards

i earn at over 275 stores across Ontario

join today and save

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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

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