



**3<sup>88</sup>** /lb  
 FRESH PORK BACK RIBS VALUE PACK OR  
 PORK TENDERLOIN VALUE PACK  
 8.55kg



**2<sup>44</sup>** ea.  
 RASPBERRIES 200g  
 PRODUCT OF U.S.A. OR MEXICO



**5<sup>00</sup>** ea.  
 FRONT STREET BAKERY  
 HOMESTYLE GOURMET COOKIES  
 PKG OF 10, 340-475g, SELECTED VARIETIES



**3<sup>77</sup>** ea.  
 IRRESISTIBLES  
 FROZEN FRUIT  
 SELECTED SIZES  
 SELECTED VARIETIES



**7<sup>99</sup>** ea.  
 CADBURY,  
 MAYNARD  
 CANDY'S  
 507-591g,  
 SELECTED VARIETIES  
 WHILE QUANTITIES LAST



**7<sup>99</sup>** ea.  
 NESTLE  
 50'S OR  
 SKITLLE  
 45'S  
 CHOCOLATE  
 BARS 485-554g  
 SELECTED VARIETIES  
 WHILE QUANTITIES LAST



**7<sup>99</sup>** ea.  
 FRESH 2 GO  
 BBQ HALF  
 CHICKEN 450g



**6<sup>88</sup>** ea.  
 SWISS CHALET, ST-HUBERT OR  
 MONTANA'S MEAT PIES  
 FROZEN, 650-800g, SELECTED VARIETIES



**6<sup>99</sup>** /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 14<sup>00</sup>**  
 CALIFORNIA ROLLS,  
 VEGETARIAN OR SPICY SUSHI 200-236g  
 SELECTED VARIETIES, SELECTED STORES



**9<sup>99</sup>** ea.  
 FRONT STREET BAKERY  
 MINI GOURMET CAKES 270-350g  
 SELECTED VARIETIES



**12<sup>99</sup>** ea.  
 OVER  
 3 LBS  
 OF FRUIT  
 STORE MADE  
 PARTY SIZE DELUXE FRUIT SALAD  
 15kg



**3 for 25<sup>00</sup>**  
 or 8.99 ea.  
 MARKET BUNCHES  
 ASSORTED COLOURS AND VARIETIES

Effective October 17 18 19 20

metro.ca

# metro

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

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

**GROUND IN-STORE DAILY**

**EXTRA LEAN**

**EXTRA LEAN GROUND BEEF VALUE PACK**  
11.00kg

**4<sup>99</sup>** /lb

**PARMIGIANO REGGIANO**

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

**12<sup>99</sup>** /lb

**CUT BY OUR BUTCHER**

**RED GRILL**

**RED GRILL BONELESS STEWING BEEF CUBES**  
VALUE PACK  
13.2kg

**5<sup>99</sup>** /lb

**Foodland ONTARIO**

**LARGE HONEYCRISP APPLES**  
PRODUCT OF ONTARIO, CANADA EXTRA FANCY GRADE, 1.99kg, 4.95kg

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

**1<sup>99</sup>** /lb or ea.

**COUNTRY HARVEST 14 GRAIN BREAD**

**DEMPESTER'S BAGELS**

**6 ORIGINAL ORIGINALS TORTILLAS**

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

**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, 3.99lb, 2.27kg

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

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

**JUMBO**

**Foodland ONTARIO**

**JUMBO PUMPKINS**  
PRODUCT OF ONTARIO

**3<sup>44</sup>** ea.

**Cinnamon Chex Cannelle**

**JORDAN'S**

**FLAX PLUS MULTIGRAIN FIBRE**

**MORNING CRISP CROQUE-MATIN**

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

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

**Silk Almond**

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

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

**CRACKER BARREL TEX MEX**

**CRACKER BARREL MARBLE MARBLE**

**CRACKER BARREL OLD FORT**

**5<sup>77</sup>** ea.

**CRACKER BARREL BARS OR SHREDDED CHEESE**  
SELECTED SIZES, SELECTED VARIETIES

**HELLMANN'S REAL VRAIE**

**HELLMANN'S REAL VRAIE MAYONNAISE**  
710-800ml OR

**FRANK'S SAUCE**  
400ml

**SAVE \$2.00**

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

**NATURALIA**

**LIFE SMART EGGS**  
12 ea or

**LIQUID EGG WHITE**  
1.6L

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

**Nestle PARLOUR Minis**

**PARLOUR**

**PARLOUR FROZEN DESSERT OR NOVELTIES**  
SELECTED SIZES, SELECTED VARIETIES

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

**Cashmere UltraSoft**

**2 DOUBLE DOUBLES 4**

**Sponge Towels ULTRA**

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

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

**MR. SUB '68**

**BULL'S EYE BBQ SAUCE**  
425ml

**DIANA SAUCE**  
375ml

**KRAFT Dressing**  
425ml OR

**MR. SUB SAUCE**  
275ml

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

**Coca-Cola**

**PEPSI PEPSI**

**3<sup>77</sup>** ea.

**COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS**  
6 x 750ml

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

# Organic

 <p><b>BOOCH ORGANIC KOMBUCHAS</b> 473 mL SELECTED VARIETIES</p> <p><b>3.99</b> ea.</p>	 <p><b>ORGANIC PINEAPPLES</b> PRODUCT OF COSTA RICA</p> <p><b>5.99</b> ea.</p>	 <p><b>GREENBELT ORGANIC GREENS</b> 140 g PRODUCT OF ONTARIO SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	 <p><b>BELLE GROVE ORGANIC WHOLE WHITE OR CREMINI MUSHROOMS</b> 227 g PRODUCT OF ONTARIO</p> <p><b>3.49</b> ea.</p>
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# Sliced & Diced

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

# Flowers in Bloom

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



**5<sup>99</sup>** /lb  
RED GRILL WHOLE BEEF BRISKET VAC PACK  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
13.21kg

**RED GRILL BEEF**



**18<sup>99</sup>** /lb  
RED GRILL STRIP LOIN STEAK  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
41.877kg

**CUT BY OUR BUTCHER**



**3<sup>99</sup>** /lb  
FRESH CHICKEN DRUMSTICKS OR THIGHS  
8.80kg



**3<sup>99</sup>** /lb  
FRESH PORK LOIN CHOPS ECONOMY PACK  
3 RIB & 3 SIRLOIN CHOPS  
8.80kg

**PRIME**  
R-RAISED WITHOUT ANTIBIOTICS



**4<sup>99</sup>** /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



**9<sup>99</sup>** /lb  
LIFE SMART NATURALIA GRASS FED BONELESS INSIDE ROUND OR BLADE ROAST  
PRODUCT OF NEW ZEALAND  
22.027kg

**made in my metro**



**4<sup>99</sup>** /lb  
HOMESTYLE MEATLOAF OR MEATBALLS  
SELECTED VARIETIES  
11.00kg



**5<sup>88</sup>** /lb  
STUFFED PORK TENDERLOIN  
SELECTED VARIETIES  
12.96kg



**4<sup>49</sup>** /lb  
FRESH BEEF LIVER  
9.90kg



**5<sup>99</sup>** /lb  
FRESH PORK BELLIES  
SLICED BY THE PIECE  
13.21kg

 <p><b>2<sup>99</sup></b> ea. IRRESISTIBLES NATURALIA WIENERS 375g</p>	 <p><b>4<sup>99</sup></b> ea. SELECTION BACON 85-375g SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. OLYMEL BREAKFAST SAUSAGES 375g SELECTED VARIETIES</p>	 <p><b>4<sup>99</sup></b> ea. MAPLE LODGE ULTIMATE CHICKEN WIENERS OR ZABIHA HALAL 900g or ULTIMATE CHICKEN SAUSAGES 375-500g SELECTED VARIETIES</p>
 <p><b>5<sup>99</sup></b> ea. MARC ANGELO SAUSAGES FROZEN 500-675g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375-400g SELECTED VARIETIES</p>	 <p><b>9<sup>99</sup></b> ea. MARC ANGELO PORK SIRLOIN ROAST OR PORK MEATBALLS 800g-1kg</p>	 <p><b>12<sup>99</sup></b> ea. 44TH STREET PORK BACK RIBS OR POT ROAST 575-595g SELECTED VARIETIES</p>
 <p><b>4<sup>99</sup></b> ea. SELECTION homestyle STUFFED CHICKEN BREAST FROZEN 284g SELECTED VARIETIES</p>	 <p><b>5<sup>99</sup></b> ea. YVES VEGGIE CUISINE FROZEN 228-383g SELECTED VARIETIES</p>	 <p><b>6<sup>99</sup></b> ea. MAPLE LEAF SAUSAGE MEAT FROZEN 500g</p>	 <p><b>8<sup>99</sup></b> ea. IRRESISTIBLES PASTA ENTREES FROZEN 1-1134g SELECTED VARIETIES</p>
 <p><b>10<sup>99</sup></b> ea. SWISS CHALET BREADED CHICKEN BREAST STRIPS OR NUGGETS FROZEN 700g</p>	 <p><b>12<sup>99</sup></b> ea. JANES UNBREADED CHICKEN BURGERS FROZEN 852g</p>	 <p><b>12<sup>99</sup></b> ea. KELSEYS ORIGINAL ROADHOUSE PORK BACK RIBS FROZEN 600g</p>	 <p><b>16<sup>99</sup></b> ea. THE KEG PRIME RIB BEEF BURGERS 652g-107kg SELECTED VARIETIES OR PORK BACK RIBS 700g FROZEN</p>

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](http://metro.ca)

Click here for One Pan Shrimp Fajitas recipe



**8<sup>99</sup>** ea. IRRESISTIBLES RAW PACIFIC WHITE SHRIMP FROZEN, 21/25 SIZE, 340 g



**7<sup>99</sup>** ea. IRRESISTIBLES RAW WILD PINK ARGENTINIAN SHRIMP FROZEN, 20/30 SIZE, 300 g

# DIVE IN

## OCTOBER IS SEAFOOD MONTH



**4<sup>49</sup>** 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.



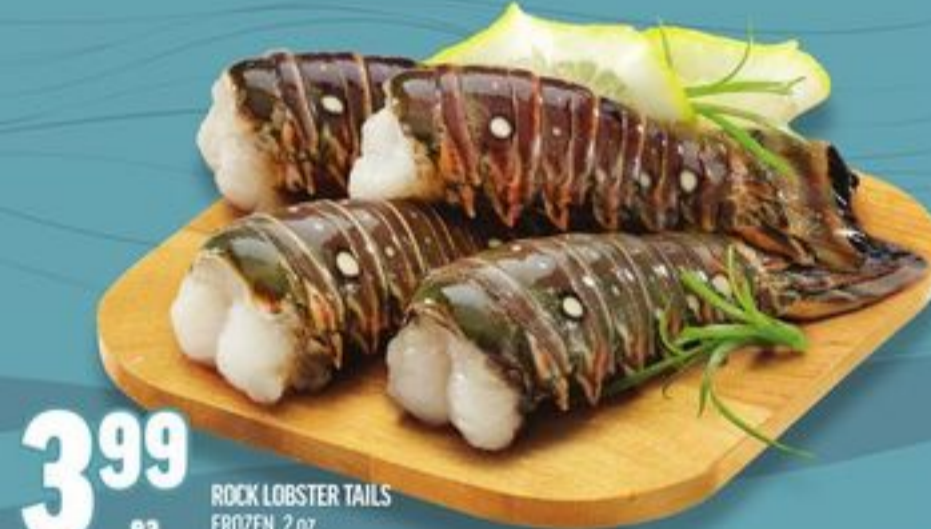
**4<sup>99</sup>** ea. FRESH ATLANTIC SALMON PORTIONS SKINLESS, 113 g



**11<sup>99</sup>** /lb FRESH LAKE TROUT FILLETS 2.65/100 g



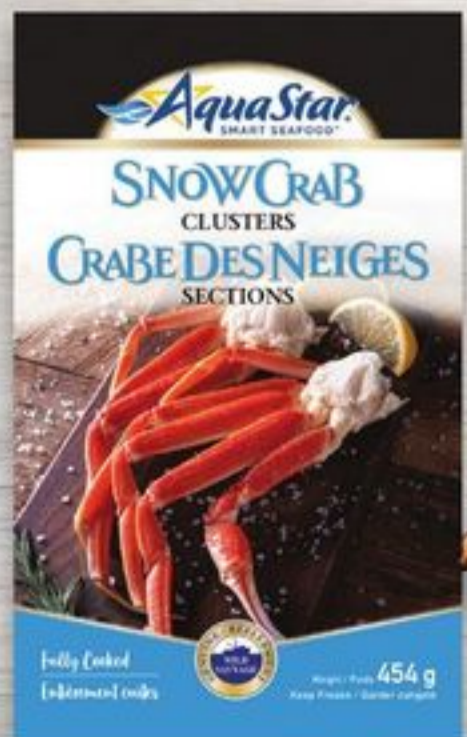
**8<sup>99</sup>** /lb WILD CAUGHT ALASKAN COD FILLETS FROZEN OR PREVIOUSLY FROZEN 1.99/100 g



**3<sup>99</sup>** ea. ROCK LOBSTER TAILS FROZEN, 2 oz.

FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS 2 lb, 907 g

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



**15<sup>99</sup>** ea. AQUA STAR SCORED SNOW CRAB CLUSTERS FROZEN, 454 g



**10<sup>99</sup>** ea. ROCK HARBOUR COOKED LOBSTER FROZEN, 350 g



# Seafood



**WILD CAUGHT**

**15<sup>99</sup>** /lb  
WILD CANADIAN SOCKEYE SALMON FILLETS  
FROZEN OR PREVIOUSLY FROZEN, 3.53/100g



**9<sup>99</sup>** /lb  
FRESH TILAPIA ROAST WITH VEGETABLES & CHEESE.  
CRAB STUFFING OR PANKO BREADED 2.29/100g



**CHOICE**

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



**3<sup>99</sup>** ea.  
SELECTION IMITATION CRAB  
FLAKES OR STICKS, 227g



**4<sup>99</sup>** ea.  
7 SEAS SOLE  
WITH IMITATION  
CRAB & SHRIMP STUFFING  
PREVIOUSLY FROZEN, 292g



**7<sup>99</sup>** ea.  
STORE MADE  
MINI SEAFOOD PLATTER  
PREVIOUSLY FROZEN, 300g



**8<sup>99</sup>** ea.  
NATURA LIA  
WILD COD FILLETS  
FROZEN, 400g



**9<sup>99</sup>** ea.  
BETTER FISH  
BARRAMUNDI  
FILLETS  
FROZEN, 340g



**10<sup>99</sup>** ea.  
NANUK  
SMOKED COHO SALMON  
FROZEN, 140g



**7<sup>99</sup>** ea.  
MARINA DEL REY  
SHRIMP OR  
LOBSTER RAVIOLI  
250g



**7<sup>99</sup>** ea.  
HIGHLINER FAMILY PACKS  
FROZEN, 500-700g  
SELECTED VARIETIES



**11<sup>99</sup>** ea.  
HIGHLINER  
CATCH OF THE DAY  
FILLETS  
FROZEN, 500g - 1.32kg

## FLAVOURS OF Italy



**2<sup>59</sup>** /100g  
SAN DANIELE  
MORTADELLA OR  
PROSCIUTTO COTTO LEAN  
SELECTED VARIETIES, DELI SLICED, 100g



**2<sup>99</sup>** /100g  
MASTRO  
CAPOCOLLO OR  
ROASTED HAM  
DELI SLICED, 15.50/100g



**3<sup>99</sup>** /100g  
SAPUTO ASIAGO  
DELICIOUS, PRICES AS MARKED, 10.80/100g



**4<sup>49</sup>** /100g  
CASTELLO  
GORGONZOLA CHEESE  
REGULAR OR SMOKED  
DELICIOUS, PRICES AS MARKED, 20.37/100g



**14<sup>99</sup>** ea.  
SAPUTO  
MINI FRIULANO  
CHEESE 500g



**8<sup>49</sup>** ea.  
TRE STELLE  
RICOTTA OR MOZZARELLA  
340-475g  
SELECTED VARIETIES



**8<sup>29</sup>** ea.  
GOLD LABEL  
PEPPERONI  
STICKS OR  
BELLITALIA  
SALAMETTI  
225-375g  
SELECTED VARIETIES



**9<sup>29</sup>** ea.  
MASTRO  
CHARCUTERIE TRIO 150-250g  
SELECTED VARIETIES



**10<sup>99</sup>** ea.  
MASTRO SALAMI  
300-375g  
SELECTED VARIETIES



**9<sup>99</sup>** ea.  
OLIVIERI  
FRESH STUFFED  
PASTA OR SKILLET  
GNOCCHI 500-700g  
SELECTED VARIETIES

**Natural selections**

Made with real, simple, natural ingredients.



**8<sup>49</sup>** ea.  
MAPLE LEAF  
NATURAL SELECTIONS  
SLICED DELI MEAT  
105-175g  
SELECTED VARIETIES



**14<sup>99</sup>** ea.  
MAPLE LEAF  
NATURAL SELECTIONS  
FAMILY PACK  
SLICED DELI MEAT  
375-400g  
SELECTED VARIETIES

**SCHNEIDERS** CANADIAN CRAFTED SINCE 1890



**10<sup>99</sup>** ea.  
SCHNEIDERS  
PEPPERETTES  
250-375g  
SELECTED VARIETIES



**8<sup>49</sup>** 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 1

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

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

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

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



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

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



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

KINDER CHOCOLATES  
297-330 g  
SELECTED VARIETIES



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

PRINGLES CHIPS  
608 g  
SELECTED VARIETIES



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

SELECTION CANDIES  
750 g  
SELECTED VARIETIES



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

REGAL CANDY  
1.3 kg  
SELECTED VARIETIES



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

FRITO-LAY SNACKS  
640 g  
SELECTED VARIETIES



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

ROCKETS CANDIES  
1 kg  
SELECTED VARIETIES



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

SELECTION CHIPS  
24 x 16 g  
SELECTED VARIETIES



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

DARE REAL FRUIT CANDIES  
600 g  
SELECTED VARIETIES



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

OLD DUTCH CHIPS  
45 x 16 g  
SELECTED VARIETIES

While Quantities Last.

# Breakfast Favourites

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

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

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<p><b>2 for 16.00</b> LESS THAN 2 PAY 9.29 EA. FANTA BEETLEJUICE SOFT DRINKS 2X 350ml SELECTED VARIETIES, WHILE QUANTITIES LAST</p>	<p><b>21.99</b> ea. STARBUCKS VERTUO COFFEE CAPSULE 8-10oz SELECTED VARIETIES</p>	<p><b>7.49</b> ea. PERRIER, MAISON PERRIER OR SAN PELLEGRINO SPARKLING WATER 8x 330ml SELECTED VARIETIES</p>
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<p>FOR MILK CONNOISSEURS</p> <p><b>10.69</b> ea. LACTANTIA LACTOSE-FREE MILK 4L SELECTED VARIETIES</p>	<p><b>5.29</b> ea. LACTANTIA ULTRAPUR MILK 1.5L SELECTED VARIETIES</p>	<p><b>11.49</b> 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  
**14<sup>99</sup>**  
ea.



**2 LB**  
**9<sup>99</sup>**  
ea. SUN LOVIN'  
WHOLE MEDJOL DATES  
307 g  
PRODUCT OF U.S.A.



**1<sup>99</sup>**  
ea. LARGE RED MANGOES  
PRODUCT OF BRAZIL



**7<sup>99</sup>**  
ea. NOOR  
OR ARJUN BASMATI RICE  
3.63 - 4.54 kg  
SELECTED VARIETIES

# CELEBRATE DIWALI THE FESTIVAL OF LIGHTS



**SAVE \$5.00**  
**14<sup>99</sup>**  
ea. ORCHIDS  
3.5' POT  
ASSORTED COLOURS



**3 for**  
**5<sup>00</sup>**  
CEDAR  
CANNED BEANS  
540 ml  
SELECTED VARIETIES



**2 for**  
**4<sup>00</sup>**  
CARNATION  
EVAPORATED MILK  
OR GRACE  
COCONUT MILK  
354 - 400 ml  
SELECTED VARIETIES



**3<sup>99</sup>**  
ea. PATAK'S  
COOKING SAUCES  
313 - 315 g, 284 - 400 ml  
SELECTED VARIETIES



**6<sup>99</sup>**  
ea. CASABLANCA  
HONEY  
1 kg



**2 for**  
**5<sup>00</sup>**  
SANTOSH NAAN  
500 g  
SELECTED VARIETIES



**3 L**  
**9<sup>99</sup>**  
ea. SAPORITO  
VEGETABLE OIL  
3 L



**1<sup>99</sup>**  
ea. DIVYA  
STUFFED PARATHAS OR NAAN  
320 - 400 g  
SELECTED VARIETIES



**2 for**  
**3<sup>00</sup>**  
CASABLANCA  
COCONUT WATER OR  
PARLE MILK  
OR ELAICHI RUSK  
520 ml, 273 - 300 g  
SELECTED VARIETIES



**2 for**  
**3<sup>00</sup>**  
RUSK  
PREMIUM RUSK



**1<sup>99</sup>**  
ea. DIVYA  
STUFFED PARATHAS OR NAAN  
320 - 400 g  
SELECTED VARIETIES



**2<sup>49</sup>**  
ea. SURATI  
SNACKS OR RUBICON DRINKS  
200 - 341 g, 1 L  
SELECTED VARIETIES



**2 for**  
**5<sup>00</sup>**  
PHOENICIA, CEDAR,  
HANS DAHI OR SWEET LASSI  
650 - 750 g, 1 L  
SELECTED VARIETIES



**39¢**  
ea. MAGGI NOODLES  
70 g



**5<sup>99</sup>**  
ea. DESI-LICIOUS KULFI  
OR MILO CHOCOLATE POWDER  
400 g, 1 L  
SELECTED VARIETIES



**1<sup>49</sup>**  
ea. BHIKHARAM OR SHALINI  
SNACKS OR KURKURE CHIPS  
80 - 200 g  
SELECTED VARIETIES



**5<sup>99</sup>**  
ea. BRAR'S  
SAMOSAS OR  
PATAK'S CHUTNEY  
624 g, 250 ml  
SELECTED VARIETIES



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



**99¢**  
ea. PARLE-G PEANUT  
BISCUITS

Item availability varies by store.

## Gluten-Free

<p>SIETE TORTILLA CHIPS 142g SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>	<p>GLUTEN FREE / SANS GLUTEN</p> <p>MARGHERITA PIZZA OGGI 452g SELECTED VARIETIES</p> <p><b>10.99</b> ea.</p>	<p>CRUNCHMASTER RICE CRACKERS 100-128g SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>	<p>NONNA PIA'S BALSAMIC VINEGAR 250ml SELECTED VARIETIES</p> <p><b>8.99</b> ea.</p>
<p>SCHAR BISCUITS 100g SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>	<p>LIFE SMART ORGANIC SMOOTHIE MIX 300g SELECTED VARIETIES</p> <p><b>8.49</b> ea.</p>	<p>CHOSEN FOODS MAYONNAISE 255ml SELECTED VARIETIES</p> <p><b>10.99</b> ea.</p>	<p>LIFE SMART QUICK OATS 344g SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>

## Non-GMO

<p>EARTH'S OWN OAT BEVERAGE 440ml SELECTED VARIETIES</p> <p><b>2.99</b> ea.</p>	<p>GURU ENERGY DRINKS 255ml SELECTED VARIETIES</p> <p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 8.00</b></p> <p>LESS THAN 2 PAY 4.49 EA.</p>
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## Organic

<p>VITA COCO COCONUT BEVERAGE 1L SELECTED VARIETIES</p> <p><b>3.79</b> ea.</p>	<p>LIFE SMART BUTTER 250g SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>
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<p>PITA BITES CRACKERS 142g SELECTED VARIETIES</p> <p><b>4.49</b> 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><b>6.99</b> ea.</p>	<p>Pacific Foods Beef Broth</p> <p>Pacific Foods Chicken Broth</p> <p>Pacific Foods Red Pepper &amp; Tomato Soup</p>
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## Household Helpers

<p>BRITA WATER PITCHER OR REPLACEMENT FILTERS 1-3um, SELECTED VARIETIES</p> <p><b>25.99</b> ea.</p>	<p>ENERGIZER BATTERIES 2-10um, SELECTED VARIETIES</p> <p><b>9.99</b> ea.</p>
<p>FINISH DISHWASHER DETERGENT OR JET DRY RINSE AGENT SELECTED SIZES, SELECTED VARIETIES</p> <p><b>14.99</b> ea.</p>	<p>GLAD GARBAGE BAGS 33-100um, SELECTED VARIETIES</p> <p><b>12.99</b> ea.</p>

## Pet

<p>WHISKAS TEMPTATIONS CAT TREATS SELECTED SIZES, SELECTED VARIETIES</p> <p><b>3 for 9.00</b></p> <p>LESS THAN 3 PAY 4.99 EA.</p>	<p>PURINA ONE DOG TREATS 100g, SELECTED VARIETIES</p> <p><b>2 for 10.00</b></p> <p>LESS THAN 2 PAY 5.99 EA.</p>
<p>WHISKAS PERFECT PORTIONS WET CAT FOOD 75g, SELECTED VARIETIES</p> <p><b>4 for 5.00</b></p> <p>LESS THAN 4 PAY 1.69 EA.</p>	<p>PURINA ONE WET DOG FOOD 300g, SELECTED VARIETIES</p> <p><b>4 for 10.00</b></p> <p>LESS THAN 4 PAY 2.99 EA.</p>
<p>WHISKAS DRY CAT FOOD 15-24g, SELECTED VARIETIES</p> <p><b>2 for 20.00</b></p> <p>LESS THAN 2 PAY 11.99 EA.</p>	<p>IAMS DRY DOG FOOD 2.27-3.06kg, SELECTED VARIETIES</p> <p><b>17.99</b> ea.</p>

Turn up Autumn with limited edition fragrances

**BUY MORE SAVE MORE!**

**2 for 20.00**

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

BIRTHDAY

ARM & HAMMER CAT LITTER 12.7kg, SELECTED VARIETIES

**17.99** ea.

**GET TOUGH ON ODOUR AND SAVE!**

ARM & HAMMER CAT LITTER 12.7kg, SELECTED VARIETIES

**17.99** ea.

DOUBLE DUTY

MULTI-CAT



**LOCALLY  
SOURCED**  
ONTARIO

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

**NORTH COUNTRY  
KIELBASA HAM**  
325 g  
SELECTED VARIETIES

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



**LEADBETTERS  
WOOD FIRED BACON**  
275 - 300 g  
SELECTED VARIETIES

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



**BELLY ARTISAN  
ICE CREAM**  
500 ml  
SELECTED VARIETIES

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



**MUSKOKA  
FLAVOURED OIL  
OR GARLIC SAUCE**  
250 ml  
SELECTED VARIETIES

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



**GEORGIAN BAY  
COFFEE**  
340 g  
SELECTED VARIETIES

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



**GEORGIAN BAY  
GRANOLA**  
400 g  
SELECTED VARIETIES

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



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 19<sup>th</sup> and November 7<sup>th</sup>, 2024.  
Conditions apply. Details on metro.ca.



Taste the Fun!

Superfries®

5<sup>49</sup>  
ea.

MCCAIN  
FRIES  
SELECTED SIZES  
SELECTED VARIETIES



POCKETS®/MD

7<sup>99</sup>  
ea.

MCCAIN  
PIZZA POKETS  
SELECTED SIZES  
SELECTED VARIETIES



TAST!EZ™

6<sup>99</sup>  
ea.

MCCAIN  
TAST!EZ  
SELECTED SIZES  
SELECTED VARIETIES

