



**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

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# 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 & 1.40kg PACKS AVAILABLE 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, 4.25kg

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

**2 for**

**6<sup>00</sup>**

**DEMPTER'S BAGELS, THOMAS ENGLISH MUFFINS SELECTION 10" TORTILLAS OR COUNTRY HARVEST BREADS**  
SELECTED SIZES, SELECTED VARIETIES, OR 3 EA.

**Foodland ONTARIO**

**FRESH RAINBOW TROUT FILLETS**  
VALUE PACK, 1.60kg & 3.20kg

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

**JUMBO**

**Foodland ONTARIO**

**JUMBO PUMPKINS**  
PRODUCT OF ONTARIO

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

**JORDANS, NATURE'S PATH, CHEX OR KASHI CEREAL**  
SELECTED SIZES, SELECTED VARIETIES

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

**Silk**

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

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

**CRACKER BARREL**

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

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

**MR. SUB '68**

**MR. SUB SAUCE**  
375 ml

**DIANA SAUCE**  
375 ml, 500 ml

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

**LIFE SMART EGGS**  
12 or LIQUID EGG WHITE 1.6L

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

**PARLOUR**

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

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

**Cashmere**

**CASHMERE BATHROOM TISSUE OR SPONGE PAPER TOWEL**  
2-4in

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

**COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS**  
6 x 170 ml

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

**Unico**

**UNICO VEGETABLE OIL**  
3L

**7<sup>88</sup>** ea.

# \$ New Lower Prices



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



**7.99** ea. WATERVIEW MARKET SHRIMP WITH SAUCE 454g  
IRRESISTIBLES SHRIMP APPETIZERS  
240-340g FROZEN  
SELECTED VARIETIES



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



**89¢** ea. UNICO TOMATO PASTE  
150ml  
SELECTED VARIETIES



**2.99** ea. PASTENE BREADCRUMBS  
425g  
SELECTED VARIETIES



**2.99** ea. PASTENE ITALIAN TOMATOES  
796ml



**2.99** ea. FRONT STREET BAKERY LONG CALABRESE BREAD  
575g



**7.99** ea. KICKING HORSE ORGANIC GROUND COFFEE 204g  
SELECTED VARIETIES



**4.99** ea. LACTANTIA PUREFILTER MILK  
1.5L  
SELECTED VARIETIES



**2 for 7.00** LACTANTIA MARGARINE, CREAM CHEESE OR BLACK DIAMOND SLICED CHEESE  
SELECTED SIZES  
SELECTED VARIETIES OR 3.95EA



**2.99** ea. BLACK DIAMOND CHEDDAR SLICES  
22 slices



**6.99** ea. iögo MULTI YOGURT  
8 x 100g  
SELECTED VARIETIES



**5.49** ea. NATRELL ORGANIC OR LACTOSE FREE BUTTER OR COFFEE CREAMER  
250 & 1L  
SELECTED VARIETIES



**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 2.05EA



**4.99** ea. ESKA NATURAL SPRING WATER  
24 x 500ml



**4.99** ea. MOTT'S CLAMATO COCKTAIL 1.54L  
SELECTED VARIETIES



**2 for 7.00** CHRISTIE COOKIES OR CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES OR 4.05EA



**3.49** ea. DORITOS, CHEETOS OR SUN CHIPS MINIS CANISTER  
SNACKS 102-165g  
SELECTED VARIETIES



**2 for 8.50** ROLD GOLD PRETZELS, SUN CHIPS MULTIGRAIN CHIPS OR MUNCHIES SNACKS  
SELECTED SIZES  
SELECTED VARIETIES OR 4.25EA



**2 for 7.50** STACY'S PITA CHIPS OR TAKIS TORTILLA CHIPS  
SELECTED SIZES, SELECTED VARIETIES OR 4.75EA



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



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



**5.99** ea. AMY'S FROZEN MEALS  
240-204g  
SELECTED VARIETIES



**5.99** ea. HELLMANN'S MAYONNAISE 270-300ml  
FRANK'S SAUCE 600ml  
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. CASCADE COMPLETE DISH DETERGENT, TIDE OR GAIN LAUNDRY DETERGENT, DOWNY OR BOUNCE SOFTENER, CASCADE DISH DETERGENT, CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL  
SELECTED SIZES, SELECTED VARIETIES



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

*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> 200g PRODUCT OF COLOMBIA</p> <p><b>3.99</b> ea.</p>	 <p><b>TOMATOES ON THE VINE</b> PRODUCT OF ONTARIO 5.49kg</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>NATURE'S PARTNER</b> Fresh Fruit</p> <p><b>16.99</b> ea.</p>	 <p><b>HACHIYA PERSIMMONS</b> CASE PRODUCT OF U.S.A.</p> <p><b>3.99</b> /lb</p>	 <p><b>EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES</b> PRODUCT OF U.S.A. No. 1 GRADE 8.80kg</p> <p><b>3.99</b> /lb</p>	 <p><b>ANDY BOY</b> ROMAINE HEARTS 3PK PRODUCT OF U.S.A.</p> <p><b>4.99</b> ea.</p>
 <p><b>5 PK</b> <b>AVOCADOS</b> 5PK PRODUCT OF MEXICO</p> <p><b>4.99</b> ea.</p>	 <p><b>LARGE RED STARKRIMSON PEARS</b> PRODUCT OF U.S.A. EXTRA FANCY GRADE 5.49kg</p> <p><b>2.49</b> /lb</p>	 <p><b>3 for 5.00</b> <b>LARGE ARTICHOKE</b> PRODUCT OF U.S.A.</p>	 <p><b>SWEET POTATOES</b> PRODUCT OF ONTARIO 3.73kg</p> <p><b>1.69</b> /lb</p>
 <p><b>KIWI BASKETS</b> 600g PRODUCT OF GREECE</p> <p><b>4.99</b> ea.</p>	 <p><b>CANARY MELONS</b> PRODUCT OF BRAZIL 3.73kg</p> <p><b>1.69</b> /lb</p>	 <p><b>SUNSET</b> <b>MINI SWEET PEPPERS</b> 454g PRODUCT OF ONTARIO OR MEXICO</p> <p><b>4.99</b> ea.</p>	 <p><b>ASSORTED LOCAL POTATOES</b> 5lb PRODUCT OF ONTARIO CANADA No. 1 GRADE</p> <p><b>3.99</b> ea.</p>
 <p><b>JUMBO CHESTNUTS</b> PRODUCT OF ITALY 13.20kg</p> <p><b>5.99</b> /lb</p>	 <p><b>IRRESISTIBLES PREMIUM SNACKING MIXES</b> PEANUT 500g PEANUT 600g</p> <p><b>6.99</b> ea.</p>	 <p><b>LIFESMART NATURALIA TOFUS</b> 400-454g SELECTED VARIETIES</p> <p><b>2.49</b> ea.</p>	 <p><b>DAIYA CHEEZE STYLE SHREDS, BLOCKS, CRUMBLES, SLICES OR SPREADS</b> 100-227g SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>

# Organic

 <p><b>BOOCH</b> <b>ORGANIC KOMBUCHAS</b> 473ml 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> 1kg PRODUCT OF ONTARIO SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>	 <p><b>BELLE GROVE ORGANIC WHOLE WHITE OR CREMINI MUSHROOMS</b> 227g PRODUCT OF ONTARIO</p> <p><b>3.49</b> ea.</p>
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# Sliced & Diced

 <p><b>STORE MADE SMALL SALADS</b> 160-340g</p> <p><b>5.99</b> ea.</p>	 <p><b>CORED GOLDEN PINEAPPLES</b> 500g</p> <p><b>4.99</b> ea.</p>
 <p><b>STORE MADE CAROUSELS</b> FRESH VEGETABLE 955g FRESH FRUIT 4.42g</p> <p><b>12.99</b> ea.</p>	

# Flowers in Bloom

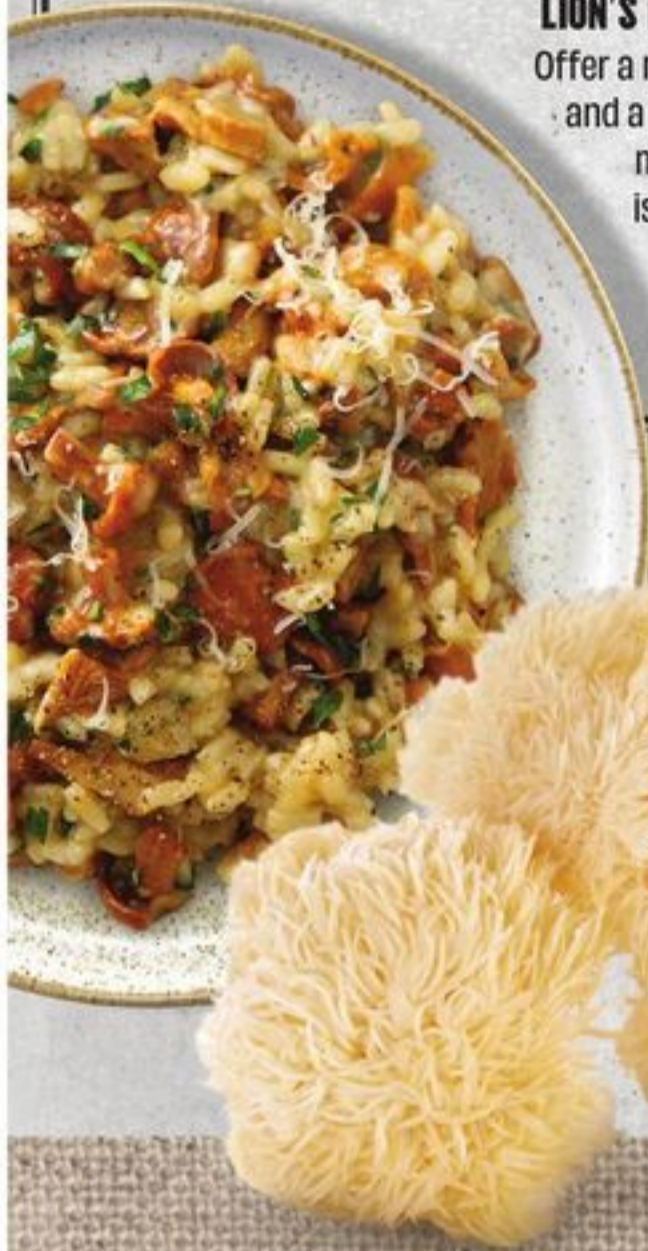
 <p><b>AMARYLLIS BULK KITS</b> ASSORTED COLOURS AND VARIETIES</p> <p><b>2 for 18.00</b> OR 9.99 ea.</p>	 <p><b>MARIGOLDS</b> 9 PPK</p> <p><b>2 for 16.00</b> OR 8.99 ea.</p>
 <p><b>FINE WINE COLLECTION BOUQUET</b> ASSORTED COLOURS AND FLOWERS</p> <p><b>16.99</b> ea.</p>	

# 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



**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



**4<sup>99</sup>** /lb  
MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS GARLIC & HERB FLAT CHICKEN  
11.00kg

**PRIME**  
RAISED WITHOUT ANTIBIOTICS



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

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



**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 broccoli &amp; processed cheese product 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-1007kg 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



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



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



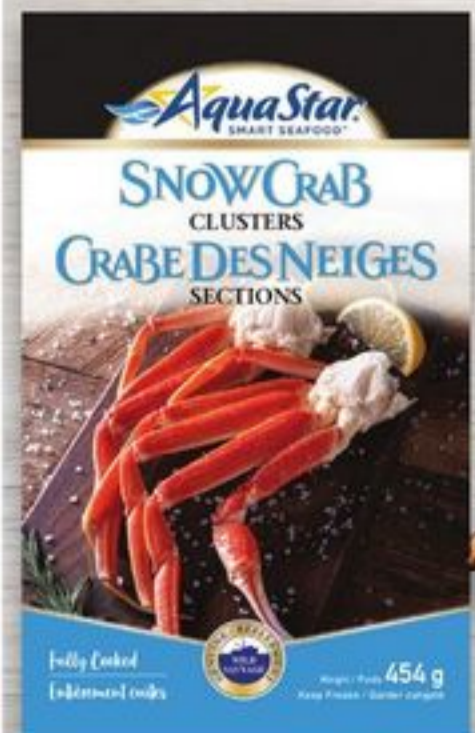
**8<sup>99</sup>** /lb WILD CAUGHT ALASKAN COD FILLETS FROZEN OR PREVIOUSLY FROZEN 1.99/100 g



**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 8

**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



DARE REAL FRUIT CANDIES  
600 g  
SELECTED VARIETIES

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



**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>BUY MORE SAVE MORE!</b> <b>2 for 11.00</b> LESS THAN 2 PAY 6.99 EA.</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>BUY MORE SAVE MORE!</b> <b>2 for 16.00</b> LESS THAN 2 PAY 9.29 EA.</p>	<p><b>21.99</b> ea. NESTLE ASSORTED MINI CHOCOLATE BARS 100CT</p>	<p><b>7.49</b> ea. STARBUCKS VERTUO COFFEE CAPSULE 8-10oz, SELECTED VARIETIES</p>	<p><b>11.49</b> ea. PERRIER, MAISON PERRIER OR SAN PELLEGRINO SPARKLING WATER 8x 330ml, SELECTED VARIETIES</p>
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<p><b>FOR MILK CONNOISSEURS</b></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>6.99</b> ea. MAISON PERRIER™, PERRIER® OR SAN PELLEGRINO SPARKLING SPRING WATER 8x 330ml, 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.



**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



**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



**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



**24<sup>9</sup>**  
ea. SURATI  
SNACKS OR RUBICON DRINKS  
200 - 341 g, 1 L  
SELECTED VARIETIES



**39<sup>¢</sup>**  
ea. MAGGI NOODLES  
70 g



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



**14<sup>9</sup>**  
ea. BHIKHARAM OR SHALINI  
SNACKS OR KURKURE CHIPS  
80 - 200 g  
SELECTED VARIETIES



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



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



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

Item availability varies by store.

## Gluten-Free

<p><b>SIETE</b> TORTILLA CHIPS 142g SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>	<p><b>CRUNCHMASTER</b> RICE CRACKERS 100-125g SELECTED VARIETIES</p> <p><b>5.49</b> ea.</p>	<p><b>NONNA PIA'S</b> BALSAMIC VINEGAR 250ml SELECTED VARIETIES</p> <p><b>8.99</b> ea.</p>
<p><b>SCHAR</b> BISCUITS 100g SELECTED VARIETIES</p> <p><b>5.99</b> ea.</p>	<p><b>CHOSEN FOODS</b> MAYONNAISE 255ml SELECTED VARIETIES</p> <p><b>10.99</b> ea.</p>	<p><b>LIFE SMART</b> QUICK OATS 344g SELECTED VARIETIES</p> <p><b>4.99</b> ea.</p>

## Non-GMO

<p><b>EARTH'S OWN</b> OAT BEVERAGE 540ml SELECTED VARIETIES</p> <p><b>2.99</b> ea.</p>	<p><b>GURU ENERGY DRINKS</b> 255ml SELECTED VARIETIES</p> <p><b>BUY MORE SAVE MORE!</b></p> <p><b>2 for 8.00</b> LESS THAN 2 PAY 4.49 EA.</p>
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## Organic

<p><b>VITA COCO</b> COCONUT BEVERAGE 1L SELECTED VARIETIES</p> <p><b>3.79</b> ea.</p>	<p><b>LIFE SMART</b> BUTTER 250g SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>
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<p><b>PITA BITES</b> CRACKERS 142g SELECTED VARIETIES</p> <p><b>4.49</b> ea.</p>	<p><b>PITA BITES</b> CRACKERS 142g SELECTED VARIETIES</p>
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## Nourish Every Body

<p><b>PACIFIC SOUP</b> 540ml-1L SELECTED VARIETIES</p> <p><b>6.99</b> ea.</p>	<p><b>Pacific</b> Beef Broth</p> <p><b>Pacific</b> Chicken Broth</p> <p><b>Pacific</b> Red Pepper &amp; Tomato Soup</p>
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## Household Helpers

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

## Pet

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

**DINE**

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

**17.99**  
ea.

**DOUBLE DUTY**  
MULTI-CAT



**JAMIESON MELATONIN**  
100-150µg  
SELECTED VARIETIES

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

**VALUE SIZE BETTER SLEEP**  
JAMIESON  
DUAL ACTION  
TWO-WAY RELEASE  
**Melatonin**  
MAXIMUM STRENGTH  
10 mg  
100 Helps you fall asleep & stay asleep

**SLEEP EZE**  
16-20µg  
SELECTED VARIETIES

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

**Sleep-eze**  
EXTRA STRENGTH  
gelcaps  
EXTRA FORT  
52 mg Diphenhydramine Hydrochloride Capsule  
20 mg Zolpidem CR Extended-Release Capsule

**GET YOUR FLU SHOT HERE**

Scan the QR code or visit [metro.ca/flushot](http://metro.ca/flushot) to register online for the flu shot.

Speak to our pharmacist for details.

Flu shots will be prioritized for high-risk individuals, following Ontario's public health guidelines. Vaccines for the general public will become available at the end of October. Please consult your pharmacy team for eligibility, availability and more information.

**metro pharmacy**

**NEOCITRAN**  
COLD & SINUS  
RHUME ET SINUS  
Lemon / Citron

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

**NEOCITRAN DECONGESTANT**  
85µg  
SELECTED VARIETIES

**TYLENOL NIGHTTIME**  
Extra Strength Contains Acetaminophen and other ingredients  
Effective Pain Reliever  
40 Capsules

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

**TYLENOL NIGHTTIME**  
40µg

**WEBBER NATURALS VITAMIN C**  
300µg  
SELECTED VARIETIES

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

**IMMUNE SUPPORT**  
Chewable  
**Vitamin C**  
500 mg  
Natural Orange  
Healthy Joints, Cartilage, Teeth, and Gums  
100 Chewable Tablets  
webber naturals

**CENTRUM MULTIVITAMINS**  
90-180µg  
SELECTED VARIETIES

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

**NEW LOOK!**  
**Centrum**  
WOMEN 50+  
WITH MORE LUTEIN, VITAMIN D, AND CALCIUM  
Supports vision, bone health, and healthy skin  
90 Tablets  
Complete Multivitamin/Multimineral Supplement

**BENYLIN**  
EXTRA STRENGTH  
Cough & Chest Congestion

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

**BENYLIN COUGH SYRUP**  
100 ml  
SELECTED VARIETIES

**Advil Cold & Sinus LIQUID GELS**  
MAGGIOR DECONGESTIONE  
EFFICACE  
20 Softgels

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

**ADVIL COLD & SINUS**  
20µg  
SELECTED VARIETIES

**JAMIESON VITAMIN B12**  
30-60µg  
SELECTED VARIETIES

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

**JAMIESON**  
VITAMIN B12  
1,200 µg  
B12  
Supports energy metabolism

**WEBBER NATURALS D3 VITAMIN**  
200µg

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

**WEBBER NATURALS**  
D3 VITAMIN  
200µg  
BONUS 20 TABLETS  
The Sunshine Vitamin  
Helps Maintain a Healthy Immune System  
Along with Bone and Teeth  
200 Tablets  
webber naturals

**Buckleys COMPLETE**  
Dry & Wet Cough  
Hoarse & Scratchy  
Sore Throat  
Head & Sinus  
Congestion  
Fever & Headache

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

**BUCKLEY OR EMERGEN-C**  
SELECTED VARIETIES

**NyQuil**  
COLD & FLU  
SINUS & COLIC  
70 ml

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

**VICK'S NYQUIL COUGH SYRUP**  
354 ml  
SELECTED VARIETIES

**FISHERMAN'S FRIEND**  
BUY MORE SAVE MORE!  
3 FOR 7<sup>50</sup>  
LESS THAN 3 PAY 2.99 EA.

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

**FISHERMAN'S FRIEND LOZENGES**  
17 mg  
SELECTED VARIETIES

**Great Lakes Wellness**  
Collagen Collagene

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

**GREAT LAKES COLLAGEN**  
284g

**Systane ULTRA**  
LUBRICANT EYE DROPS  
HIGH PERFORMANCE

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

**SYSTANE ULTRA EYE DROPS**  
10 ml

**NeilMed SINUS RINSE**  
50 ml

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

**NEILMED SALINE SOLUTION**  
50 ml

**METAMUCIL FIBER**  
100µg

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

**METAMUCIL FIBER**  
100µg

**NATURE'S BOUNTY PROBIOTIC**  
150µg

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

**NATURE'S BOUNTY PROBIOTIC**  
150µg

**BOOST**  
HIGH PROTEIN HYPERPROTEINE

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

**BOOST MEAL SUBSTITUTE**  
8 x 227 ml  
SELECTED VARIETIES

**BOOST**  
HIGH PROTEIN HYPERPROTEINE

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

**BOOST MEAL SUBSTITUTE**  
8 x 227 ml  
SELECTED VARIETIES

**PURE PROTEIN**  
NUTRITIONAL SUPPLEMENT  
907 g

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

**PURE PROTEIN**  
NUTRITIONAL SUPPLEMENT  
907 g

**PURE PROTEIN**  
NUTRITIONAL SUPPLEMENT  
907 g

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

**PURE PROTEIN**  
NUTRITIONAL SUPPLEMENT  
907 g



# Organic



BABY GOURMET  
BABY PUREE  
10.12oz  
SELECTED VARIETIES

**BUY MORE  
SAVE MORE!**

**6 for  
12.00**  
LESS THAN 6  
PAY 2.49 EA.



SQUOOSH  
FRUIT SNACKS  
30g  
SELECTED VARIETIES

**BUY MORE  
SAVE MORE!**

**2 for  
8.00**  
LESS THAN 2  
PAY 5.99 EA.



HELLO NATURALLY  
KIDS TOOTHPASTE  
88ml

**5.99**  
ea.



LIVE CLEAN  
BABY CARE  
SELECTED SIZES  
SELECTED VARIETIES

**7.49**  
ea.

# Baby Care



**32.49**  
ea.

PAMPERS PURE BABY DIAPERS  
42-52in. SELECTED VARIETIES



**29.99**  
ea.

HUGGIES OVERNITES BABY DIAPERS  
26-32in. SELECTED VARIETIES



TYLENOL  
CHILDREN  
100mg  
SELECTED VARIETIES

**9.99**  
ea.



**7.99**  
ea.

SESH+ NICOTINE GUM  
8mg  
SELECTED VARIETIES

Babies will be amazed.



**22.99**  
ea.

GERBER SUPPLEMENTS  
87 mg OR 44g  
SELECTED VARIETIES

**28.99**  
ea.

# Health & Beauty



PANTENE  
PRO-V  
HAIR CARE  
300-355 ml  
SELECTED VARIETIES

**5.99**  
ea.

GARNIER  
HAIR CARE  
250-370 ml  
SELECTED VARIETIES

**6.49**  
ea.



IRISH SPRING BAR SOAP,  
GILLETTE DEODORANT OR  
SENSODYNE TOOTHPASTE  
SELECTED SIZES  
SELECTED VARIETIES

**5.99**  
ea.



**8.99**  
ea.

OGX HAIR CARE  
100-305 ml  
SELECTED VARIETIES

JOHN FRIEDA  
FRIZZ-EASE  
340g

**12.99**  
ea.



SOFTSOAP  
HAND SOAP  
330 ml  
SELECTED VARIETIES

**4.49**  
ea.



COLGATE  
MOUTHWASH  
250 ml

**4.49**  
ea.



CAPRINA  
BODY WASH  
500 ml  
SELECTED VARIETIES

**6.99**  
ea.



**4.99**  
ea.

DOVE BAR SOAP 2x100g  
SELECTED VARIETIES



**5.49**  
ea.

U BY KOTEX  
SANITARY TAMPONS  
80cm  
SELECTED VARIETIES



**9.99**  
ea.

ALWAYS  
SANITARY NAPKINS  
SELECTED SIZES  
SELECTED VARIETIES



GILLETTE SATIN CARE  
SHAVING GEL  
150g  
SELECTED VARIETIES

**3.99**  
ea.



**3.99**  
ea.

Q-TIPS COTTON SWAB  
400cm

PRICES ARE IN EFFECT UNTIL WEDNESDAY NOVEMBER 13<sup>TH</sup>, 2024  
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

[metro.ca/pharmacy](http://metro.ca/pharmacy)





**LOCALLY  
SOURCED**  
ONTARIO

**We take pride in sourcing locally from the  
Escarpment Region.**

UNIOPOL  
ROLLED CHICKEN  
WITH GARLIC,  
DILL OR JALAPEÑO  
11.29/lb  
SELECTED VARIETIES

**249**  
/100 g



JENSEN CHEESE CURDS  
12.66/lb  
SELECTED VARIETIES

**279**  
/100 g



WRAP IT UP RAW  
210 g

**899**  
ea.



NOSTRA GOURMET FOODS  
PASTA ENTRÉES  
FROZEN, 850 g  
SELECTED VARIETIES

**1099**  
ea.



THAT GUY'S  
PASTA SAUCE  
945 ml

**799**  
ea.



THAT GUY'S  
BBQ SAUCE  
375 ml

**649**  
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 POCKETS  
SELECTED SIZES  
SELECTED VARIETIES



TAST!EZ™

6<sup>99</sup>  
ea.

MCCAIN  
TAST!EZ  
SELECTED SIZES  
SELECTED VARIETIES

