VERSION 1

FAMILY FAVES

MARCH BREAK EDITION

This Week Only!

3.44 ea.

Selection Bacon
Sélection bacon
Thick Cut or Maple Cut
Bacon Selection
Sélection de bacon
Value Pack or Family Pack

1.99 ea.

Blueberries
Bleuets
Wild or cultivated
Sauvages ou cultivés
Product of Canada
Produit du Canada

3.99 ea.

Selection Bar or Stick Gum or Selection Bag of Gummies
Sélection de gomme en barre ou en bâtonnet ou sélection de sac de gommes
Value Pack or Family Pack
Format économique ou familial

4.88 ea.

Selection Bar or Stick Mix or Selection Bag of Mini Cookies
Sélection barre ou bâtonnet ou sélection sac de mini biscuits
Value Pack or Family Pack
Format économique ou familial

1.49 ea.

Save $2.00
Économisez 2,00 $
Limit 2 with Exclusive Offer
Limite de 2 avec offre exclusive

exclusive moi rewards app offer

add your coupon in the moi Metro App for this exclusive deal

Selection Bar or Stick Gum or Selection Bag of Gummies
Sélection barre ou bâtonnet ou sélection sac de gommes
Value Pack or Family Pack
Format économique ou familial

Selection Bar or Stick Mix or Selection Bag of Mini Cookies
Sélection barre ou bâtonnet ou sélection sac de mini biscuits
Value Pack or Family Pack
Format économique ou familial

Selection Bar or Stick Gum or Selection Bag of Gummies
Sélection barre ou bâtonnet ou sélection sac de gommes
Value Pack or Family Pack
Format économique ou familial

Selection Bar or Stick Mix or Selection Bag of Mini Cookies
Sélection barre ou bâtonnet ou sélection sac de mini biscuits
Value Pack or Family Pack
Format économique ou familial

Effective March 6 7 8 9

FAMILY FAVES

PRICES LOCKED DOWN

February 13th - March 12th, 2025

5.00 kg

Selection Boneless Pork Roast
Rôti de porc désossé
Thick Cut or Family Pack
Épaisse ou format familial

3.99 ea.

Selection Cottage Cheese
Sélection fromage cottage
Product of Canada
Produit du Canada

5.99 ea.

Selection Ground Coffee
Sélection café moulu
Product of Canada
Produit du Canada

3.49 ea.

Selection Cream Cheese
Sélection fromage à la crème
Product of Canada
Produit du Canada

2.49 ea.

Selection Diced Fruit or Unsweetened Applesauce
Sélection fruits coupés ou compote de pommes non sucrée
Product of Canada
Produit du Canada

4.99 ea.

Selection Sliced Cheese
Sélection fromage tranché
Product of Canada
Produit du Canada

metro.ca

VERSION 4

FLYER PAGES 1-12

metro

CANADIAN AND PROUD

SAVE $4.00

20.00 ea.

Bouquet de roses
Roses Bouquet
Ramo de rosas
Bouquet de rosas

ORIGINS FOR STORE + DAILY

Lean Ground Beef
Lean Pork
Veal
Beef Sirloin Steak
Beef Rump Roast
Grass-fed Beef
Bœuf haché maigre
Porc maigre
Ternera
Bistec de cadera de res
Asado de cuadrada de res

4.44 /lb

Fresh Atlantic Salmon Portions
Saumon de l'Atlantique Frais
Salmón Atlántico Fresco
Porciones de salmón
Porciones de salmón Atlántico Fresco
Porciones de salmón Atlántico Fresco

3.99 ea.

LIVE BY YOUR MOTTO!

FRESH

Fresh Pork Loin Chops
Porc frais
Cerdo fresco
Chuletas de lomo de porc frais
Chuletas de lomo de cerdo fresco
1.36 kg

2.44 /lb

Fresh Chicken
Poulet frais
Pollo fresco
Pechugas de pollo
Pechugas de pollo
1.36 kg

2.88 /lb

Dempsters Wraps
Dempsters Wraps
Dempsters Wraps

HELPING YOU SUPPORT CANADIAN

LOOK FOR THE LEAF

When you see this trusted mark on our shelves, you're choosing products produced, made or grown right here in Canada.

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LOCALLY SOURCED ONTARIO

baked in my metro

made in my metro

Foodland ONTARIO

PLATINUM GRILL 100% CANADIAN ANGUS BEEF CUT FROM CANADA AAA

pick Ontario

New Lower Prices

7.49 ea. — Fromage Fermier Cheddar Mild 400 g / Fromage Fermier Cheddar Fort 400 g

3.29 /100 g — Assortiment Artisan Fromagerie Ste-Julie / Coeur de Noyer Fromagerie Ste-Julie / Bleu Artisan Fromagerie Ste-Julie / Assortiment de fromages Fromagerie Ste-Julie / Bleu Fromagerie Ste-Julie

6.49 ea. — Mini-aligots Mont-Saint-Hilaire / Bouchées Cream Cheese Fromagerie Ste-Julie / Bouchées Double Saumon Fromagerie Ste-Julie / Bouchées Fromage à la crème Boursin 100 - 195 g, selon les variétés

3.99 /100 g — Lactalis Tomilles, Bleu Fort, Bleu Doux, Blanc Cremeux, Fromage Tomilles, Fromage Tomilles Cendré, Lactalis Fromagerie Tomilles

5.99 ea. — Fromage Cottage Ronzoni 500 g / Sauce à la Vodka Ronzoni 650 ml

15.00 — Bouchées Marcel Coulombe de tortillas au saumon fumé 200 g / Bouchées Marcel Coulombe de tortillas au Mexicain 200 g

9.99 ea. — Pizza Cross Pepperoni, Pizza Cross Pepperoni Pan Extra or Pizza Cross Pepperoni Extra Thick, Pizza Cross Pepperoni Pan Extra Thick

19.99 ea. — Aqua Vie Vodka Premium Pure Blanche, Aqua Vie Vodka Jardin Citronné, Aqua Vie Vodka Jardin Citronné Sauvage, Aqua Vie Vodka Jardin Sauvage, Aqua Vie Vodka Jardin Sauvage Pamplemousse 750 ml, Aqua Vie Vodka Jardin Sauvage Pamplemousse Rose

moi rewards

add your **coupons** to the **My Metro App** for these exclusive deals.

moi rewards

SAVE BIG WITH metro MEGA APP DEALS

Only until **March 12, 2025**

2.49 ea.
MINUTE MAID JUICE OR DRINKS OR FUZE ICE TEA
8 - 10 x 200 ml
SELECTED VARIETIES

Save $3.98 2/$14
LOU'S KITCHEN, KALI'S OR LIL JUAN'S FULLY COOKED ENTREES OR LOU'S PEAMEAL BACK BACON
375 - 400 g
SELECTED VARIETIES

Save $2 5.99 ea.
IRRESISTIBLES ULTIMATE POPCORN OR PEANUT MIX
320 - 600 g

Save $2 2.99 ea.
MILK-BONE DOG BISCUITS
710 - 800 g
SELECTED VARIETIES

1.49 ea.
CRISPERS SNACKS
140 g
SELECTED VARIETIES

Save $2.50 1.49 ea.
QUAKER CHEWY OR DIPPS BARS
120 - 156 g
SELECTED VARIETIES

Save $3 2.99 ea.
CHAPMAN'S PREMIUM ICE CREAM
500 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER ITEM PER CUSTOMER

Offer available only on the My Metro app with a linked Moi Rewards card. Limit of one coupon redemption per Moi Rewards card, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.

i earn and save on the app

1 download the app

2 save by adding personalized coupons every week

3 use moi rewards card at checkout

Farm Fresh Produce

FINE

4.99 ea. — Fine Strawberries 454 g / Fraises 454 g; Fine Blueberries 340 g / Bleuets 340 g; Fine Raspberries 340 g / Framboises 340 g; Fine Blackberries 340 g / Mûres 340 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

3.99 /lb — Large Red, Crimson Seedless or Sweet Sapphire Grapes 0.89 kg / Raisins rouges, sans noyaux noirs ou saphir doux 0.89 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

20 minutes

4.99 ea. — Mini Watermelon Watermelon Mini-pastèque / Mini-pastèque 1 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

3.99 /lb — Large Pineapple Ananas 1 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

2.49 ea. — Broccoli Crowns Couronnes de brocoli 300 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

4.99 ea. — Nature's Burger Veggie Burgers 227 g. FROZEN / CONGELÉ

7.49 ea. — Mushroom Risotto Balls Boulettes de risotto aux champignons 300 g. FROZEN / CONGELÉ

10 minutes

2.99 ea. — Organic Kiwifruit Kiwis biologiques 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

3.99 ea. — Organic Celery Céleri biologique 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

3.99 ea. — Sweetly Tomatoes Tomates sucrées 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

Proudly Canadian

2.49 ea. — Fine White or Brown Eggs Œufs blancs ou bruns 12 douzaine. Grade A / Classe A

1.49 /lb — Sweet Potatoes Patates douces 1.36 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

2.99 /lb — Extra Large Tomatoes Tomates extra grosses 0.454 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

1.99 ea. — Zucchini Courgettes 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

1.29 /lb — Parsnips Panais 0.454 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

2.99 /lb — Parsnips Panais 1.36 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

10 minutes

2.49 ea. — Fine Vegetable Soup Soupe aux légumes 540 ml. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

3.79 ea. — Organic Fine Cooking Onions Oignons à cuisiner biologiques 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

1.99 ea. — Beets Betteraves 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

3.49 ea. — Long Seedless Cucumbers Concombres anglais 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

15 minutes

3.99 ea. — Russet Potatoes Pommes de terre Russet 2.27 kg. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

7.99 ea. — Fine Canned Tomatoes Tomates en conserve 796 ml. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

35 minutes

Sliced & Diced

Sliced Melon Fruit Salad Salade de fruits au melon tranché 454 g / Mélange de fruits pour salade tranchés 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

4.99 ea. — 20 minutes

4.99 ea. — Cored Cantaloupe Melons Pelés et tranchés 454 g. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

5.99 ea. — Sliced Mixed Cut Fruit Salad 750 - 454 g / Petites salades de fruits mixtes en morceaux 750 - 454 g.

Celebrate Women's Day

Bouquet of Mixed Flowers Bouquet de fleurs mixtes 30 cm. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

30.00 ea.

DOUBLE SPIRAL

Potted Double Spiral Hydrangea Hydrangée en pot à double spirale 14 cm. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

26.99 ea.

19.99 ea. — Potted Hydrangea Hydrangée en pot 14 cm. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

20.00 ea. — Bouquet with Mixed Flowers Bouquet de fleurs mixtes 30 cm. CANADA No. 1 OR HIGHER / CANADA NO. 1 OU PLUS

march 8

CELEBRATE INTERNATIONAL WOMEN'S DAY

Let's continue to **#Accelerate Action** by supporting women owned businesses.
Metro is proud to support the strength and resilience of these business owners.

Tara, Megan & Laura Tomulka
Rawcology Founders

RAWCOLOGY GRANOLA
200 g
SELECTED VARIETIES

7.99 ea.

Jessica Praskey
Owner of Black River

BLACK RIVER JUICE
1 L
SELECTED VARIETIES

6.99 ea.

Susan Niczowski
Founder and President of Summer Fresh Salads Inc.

5.29 ea.

SUMMER FRESH HUMMUS OR DIPS
200 - 227 g
SELECTED VARIETIES

Gigi Gill
CEO of ZoRaw Chocolates

ZORAW CHOCOLATE BARS
SELECTED SIZES
SELECTED VARIETIES

3.99 ea.

Veronica Garza
Siete Foods

SIETE TORTILLA CHIPS
142 g
SELECTED VARIETIES

5.99 ea.

Amelia Kirchoff and Jola Sonkin
GoMacro Founders

3.49 ea.

GOMACRO PROTEIN BARS
65 - 68 g
SELECTED VARIETIES

Celebrate women-owned brands

INTERNATIONAL WOMEN'S DAY IS MARCH 8TH

Zoey Shamai
Founder & CEO

3.99 ea. TONICA ORGANIC KOMBUCHA, 355 ml SELECTED MARKETS.

Miki Tanaka
Founder & CEO of oomé foods

6.49 ea. oomé BEAUTY TO GO! SMOKED TOFU SELECTED MARKETS. 200 g

Jennifer Italiano
Co-Founder & Owner

8.99 ea. LIVE KIMCHI SELECTED MARKETS.

Carla Bartolucci,
Founder of Jovial &
Guilia Bartolucci
Daughter

6.49 ea. JOVIAL RICE PASTA SELECTED MARKETS.

Evelyn Jerassy
Koukla Delights

8.99 ea. KOUKLA SNACK BITES 50 g SELECTED MARKETS.

Tamara Al Dip
Cofounder of
NanaSteke

30 points

6.99 ea. NANA POPS KIDS BARS SELECTED MARKETS MARCHÉS.

Amanda McEwen
Family Owned

50 points

11.49 ea. ROCHELLE'S COCONUT OIL 87 g

Carinne Chambers-Séné
and Francine Chambers
DIVA - Founders

29.99 ea. DIVA MENSTRUAL CUP SELECTED MARKETS.

Margaret Hudson
Burnbrae Farms

6.49 ea. BURNBRAE EGG BITES 200 g SELECTED MARKETS. SELECTED MARCHÉS.

metro FRESH 2 GO

ENTERTAINING MADE EASIER

We have your catering covered.

*Minimum of 48 hours notice on all orders.

PLACE YOUR ORDER TODAY

Online
fresh2go.metro.ca

In Store
Visit Our Deli

Celebrate equality – at work or at home

INTERNATIONAL WOMEN'S DAY IS MARCH 8TH

14.99 ea.
FRONT STREET BAKERY
CHOCOLATE SQUARES
PKG OF 6, 420 g

2 for
5.00 ea.
FRONT STREET BAKERY
MACARONS
6 ct
($0.83 / 100 GRAMS)

8.49 ea.
INVITATION
SEMILLON CHARDONNAY
VQA
750 mL
(CONTAINS SULPHITES)

OVER 1 LB OF FRUIT

24.99 ea.
STORE MADE
MOUNTAIN TRAYS
FRESH VEGETABLES 1.1 kg
FRESH FRUIT 2.1 kg

15.99 ea.
STORE MADE
MELON TRAY
1.1 kg

SERVES 8-10

20.00 ea.
FRESH 2 SID
SMOKED SALMON PLANK
500 g

SERVES 8-10

39.99 ea.
FRESH 2 SID
CHOCOLATE CHEESE TRAY
1 kg

Treat the women in your life

SUNSHINE BOUQUET
ASSORTED COLOURS
INCLUDES VASE
(CONTAINS SULPHITES)

30.00 ea.

PREMIUM
HAND TIED ROSE
BOUQUET
50 stems
ASSORTED COLOURS
(CONTAINS SULPHITES)

39.99 ea.

NEW

BLOOMING PLANTS
IN GARDEN POT
ASSORTED COLOURS
(CONTAINS SULPHITES)

12.99 ea.

14.99 ea.
RAINBOW CHARM
BOUQUET
50 stems
ASSORTED COLOURS

pick Ontario

FRESH CUT TRAYS
TO STOW
ASSORTED COLOURS

14.99 ea.

INDOOR GARDEN
PLANTER GIFTS
AND BULBS

30 SEEDS

19.99 ea.

Proudly Canadian

Pork Loin Chops
Côtes de longe de porc
Canada Grade Inspected
Cat. A
Canada
Coupe de longe de porc
Côtes de longe inspectées
Cat. A
Canada
4.99 /lb

Sale of the Day
Vente du jour
Save $2.00
Épargnez $2.00

Red Angus Prime Rib Bone-In Steak Or Roast Fresh Or Value Pack
Canada Grade Inspected
Cat. A
Canada
Côte de bœuf Red Angus de première choix avec os frais ou en ensemble économique
Cat. A
Canada
13.99 /lb

Red Angus
Lean Ground Beef
Bœuf haché maigre Red Angus
Canada Grade Inspected
Cat. A
Canada
Ground Chicken or Turkey
Poulet ou dinde haché
Canada or Non-Canada
5.99 ea.

20 points

Prime
Angus Lean Cheap
Bœuf Angus maigre économique
Canada Grade Inspected
Cat. A
Canada
Pouce bas autour Prime Angus Lean
Cat. A
Canada
4.99 /lb

Sausages Value Pack
Saucisses
Canada
Saucisses
Canada
5.99 /lb

Sale of the Day
Vente du jour

Marinated Meatballs or Meatballs
Boulettes de viande marinées ou boulettes de viande
Canada
5.99 /lb

Dinner Favourites

Lily Ground Naturally Grass Fed Bonless Beef Sirloin Steak Or Roast Bœuf haché naturel nourri à l'herbe
Canada Grade Inspected
Cat. A
Canada
Côte d'aloyau désossée de bœuf haché naturel nourri à l'herbe
Canada
9.99 /lb

Fresh Lamb Loin Chops
Côtes de longe de agneau
Cat. A
Canada
Côtelettes d'agneau
Canada Grade Inspected
Cat. A
Canada
11.99 /lb

20 points

Schwarz Naturally Woven 2% Cheddar Slices
Tranches de cheddar 2% Schwarz Naturally Woven
Canada
3.99 ea.

Leverere
Cheese Flavoured Picnic Sausages
Saucisses de pic-nic aromatisées au fromage
Canada
3.99 /lb

Schwarz Spicy Jerk Or Spicy Jerk Chicken Wings
Saucisses Jerk épicées ou ailes de poulet Jerk épicées
Canada
7.99 ea.

Lady Grand Chicken Breast Or Chicken Breast Cutlets
Poitrine de poulet ou escalopes de poulet
Canada
13.99 ea.

Schwarz
Smoked Sausages
Saucisses fumées
Canada
9.99 /lb

Schwarz Chunk, Or Naturally Woven Cheddar Slices
Cheddar en morceaux ou tranches de cheddar Naturally Woven
Canada
10.99 ea.

Schwarz
Allices de poulet au barbecue ou ailes de poulet grillées au barbecue
Prime Angus Lean
Bœuf Angus maigre
Canada Grade Inspected
Cat. A
Canada
14.99 ea.

Prime
Angus Lean Cheap
Bœuf Angus maigre économique
Canada Grade Inspected
Cat. A
Canada
Angus Lean Cheap
Bœuf Angus maigre économique
Canada Grade Inspected
Cat. A
Canada

50 points

Lady Grand
Chicken Breast Or Chicken Breast Cutlets
Poitrine de poulet ou escalopes de poulet
Canada
12.99 ea.

I earn with moi rewards

Maple Leaf Naturally Raised Chicken Breast Or Chicken Cutlets
Poitrine de poulet ou escalopes de poulet élevées naturellement
Canada
6.99 ea. 25 points

Maple Leaf
Ultimate
Italian Grill Or Classic Grill Sausages
Saucisses Italian Grill ou Classic Grill
Canada
6.99 ea. 25 points

Maple Leaf
Natural Bacon Or Natural Bacon Bits
Bacon naturel ou bacon naturel en morceaux
Canada
6.99 ea. 25 points

Maple Leaf
Lunchmeat Or Lunchmeat Slices
Charcuterie ou tranches de charcuterie
Canada
7.99 ea. 30 points

Maple Leaf
Ready Crispy Or Ready Crispy Bites
Prêt à frire ou bouchées prêtes à frire
Canada
11.00 ea. 45 points

Maple Leaf
Roasted Chicken
Poulet rôti
Prepared & Ready
Prêt à servir
Whole Chicken
Poulet entier
Chicken Breast
Poitrine de poulet
Chicken Legs
Pilons de poulet
Canada
9.99 ea. 35 points

Maple Leaf
Lunchmeat
Pure Bacon Bits
Charcuterie
Bacon pur en morceaux
Canada
12.99 ea. 50 points

James
Homestyle
Chicken Nuggets
Pépites de poulet
Canada
14.99 ea. 50 points

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

Seafood

I earn with moi rewards

metro.ca

metro FRESH 2 GO

TAKE HOME CLASSIC COMFORT MEALS

DOUBLE PIZZA COMBO

FRESH 2 GO DOUBLE PIZZA COMBO
SELECTED VARIETIES
24.99 ea.

FRESH 2 GO PIZZA & PAP COMBO
4.49 ea.

1.49 ea.
FRESH 2 GO PREPARED DIPS
SELECTED VARIETIES

4.29 ea.
GOURMET GARLIC SAUCE
250 g

GET A WRAP AND A REGULAR SOUP FOR

SAVE $1.99
$9 ea.

FRESH 2 GO WRAPS
SELECTED VARIETIES
$7 ea.

3.99 ea.
FRESH 2 GO REGULAR HOT SOUP
SELECTED VARIETIES

MEAL IDEAS

7.99 ea.
FRESH 2 GO
NASHVILLE HOT, BUFFER CHICKEN, JERK CHICKEN OR BAFFIN'S SAUSAGES
SELECTED VARIETIES

FRESH 2 GO
PULLED PORK SANDWICHES
12.00 ea.

FRESH UP 4

FRESH 2 GO
BLACK FOREST HAM WITH POTATOES
19.99 ea.

FRESH 2 GO
PORK ROAST WITH POTATOES
19.99 ea.

9.49 ea.
SWISS CHALET PIE PIES
SELECTED VARIETIES

5.99 ea.
FARMERS MARKET SALADS
SELECTED VARIETIES

9.49 ea.
SOUP'S ON SOUP
SELECTED VARIETIES

50 SERVE

20.00 ea.
FRESH 2 GO PAELLA
SERVES 3-4 kg
SELECTED VARIETIES

FRESH 2 GO MEAL KITS

50 SERVE

YOUR CHOICE
$20 ea.

FRESH 2 GO
CHICKEN ALFREDO PASTA MEAL KIT
SERVES 4

FRESH 2 GO
BUFFER CHICKEN WING KIT
SERVES 4

FRESH 2 GO
PULLED PORK SLIDER MEAL KIT
SERVES 4

Front Street Bakery
100% Absolutely Perfect

18.99 ea. — Front Street Bakery Cake Assorted 1.5 kg, Gâteau Assorti 1.5 kg

29.99 ea. — Front Street Bakery Cake Assorted 2 kg, Gâteau Assorti 2 kg

55 Points

19.99 ea. — Front Street Bakery Fruit Platter 1.5 kg, Plateau de fruits 1.5 kg

Baked in my Metro

Or choose 20 points

2.99 ea. — Front Street Bakery Sandwich, Burger Crusty, Hoagie Bun or Baguette 300 g, 350 g, 400 g, 450 g

20 Points

3.99 ea. — Front Street Bakery Mini Cream Buns 12 pack, Brioches de crème Mini 12 pack

3.79 ea. — Front Street Bakery Cream Scones or Rustic Rolls 12 pack

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8.99 ea. — Invincible Frozen Pizza 340 g–400 g

5.99 ea. — Sensations Bistro Sauce 473 ml, Sensations Salad Dressing 473 ml

5.99 ea. — La Fournée Dorée Assorted Cookies, Chocolate Brownies 12 pack 28–30 g

4.79 ea. — Mario Cecchini Mini Cookies 200 g

25 Points

4.99 ea. — Stonewall Kitchen Pure Maxwell House Coffee 340 g–425 g

4.99 ea. — Smucker's 32 oz Bottle Jam 907 g, Hot Fudge 425 g, Syrup Maple or Lite 710 ml

20 Points

3.99 ea. — D'Italiano Rolls Assorted 6 pack 300 g–350 g

4.99 ea. — Schaller Assorted Cakes 400 g–500 g

FREE GROCERY GIFT CARD

TAKE THE FREE GROCERY GIFT CARD

3.99 ea. — Cheerios Cereal 350 g–430 g, Cheerios Cereal 350 g–430 g, Cheerios Cereal 350 g–430 g, Cheerios Cereal 350 g–430 g

Snack up for Spring Break

15 Points

3.49 ea. — Pringles Party Stack or Mini Cans 160 g–165 g, Pringles Minutes Potato Chips 120 g

3.49 ea. — Mini Breaded Chicken 500 g–540 g

3.99 ea. — Egg Beaters Egg Whites 946 ml–1 litre

4.29 ea. — Kashi Cereal 320 g–425 g

siggi's skyr yogurt

Always more protein than sugar

20 Points

4.69 ea. — siggi's Yogurt 150 g–170 g

Silk

MAKE EVERY DAY BETTER WITH THE GOODNESS OF PLANTS

20 Points

3.99 ea. — Silk Beverage 946 ml–1.89 litre

2.99 ea. — Silk Coffee Creamer 946 ml–1.89 litre

10 Points

TASTE IT AND SEE

WILD CAUGHT FISH • QUALITY CUTS • NO PRESERVATIVES

3.99 100 g — Clover Leaf Tuna in Olive Oil 100 g, Clover Leaf Tuna Salad with Quinoa & Olive Oil 100 g, Clover Leaf Tuna Salad with Chickpeas & Olive Oil 100 g, Clover Leaf Tuna Salad with Corn & Olive Oil 100 g

4.99 2 x 90 g — Clover Leaf Flaked Light Tuna in Olive Oil 2 x 90 g, Clover Leaf Flaked Light Tuna in Olive Oil & Chili Pepper 2 x 90 g

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

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FAMILY FAVES

MARCH BREAK EDITION

Fuel the fun with a winning variety of family game night favourites.

15 3.99 ea. BRIMFORTH'S BAGELS 6PK - 510 g SELECTED VARIETIES

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

4.99 ea. ECOSERVED ORGANIC APPLES PRODUCT OF ONTARIO ORGANIC GALA (PINK LADY®, GRANNY SMITH) 1 kg

20 5.99 ea. UNCRUSTABLE SNACKS

4.99 ea. MINI SWEET PEPPERS PRODUCT OF CANADA/MEXICO/NETHERLANDS/ORGANIC MINI SWEET PEPPERS 0.28 kg PRODUCT OF MEXICO, 454 g

1.99 ea. BABY CARROTS PRODUCT OF U.S., 500 g

45 11.99 ea. MAPLE LEAF PRIME PRIME® BREADED CHICKEN BREAST OR PRIME® BREADED CHICKEN TENDERS 900 g SELECTED VARIETIES

2 for 12.00 5.99 ea. FLYER SALE GUACAMOLE OR SALSA PRODUCT OF CANADA/MEXICO/ORGANIC 454 g PRICE EFFECTIVE UNTIL

15.00 ea. FRESH CUT FRUIT & VEGGIE TRAYS 1.5 kg SELECTED VARIETIES

8.00 ea. FRESH CUT FRUIT & CHEESE TRAYS 1.5 kg SELECTED VARIETIES

5.00 ea. FRYER'S FAV TORTILLA CHIPS 454 g SELECTED VARIETIES

50 12.99 ea. BUTCHER SHOP ANGUS BRAND FROZEN BEEF BURGERS 454 g, 4 pk SELECTED VARIETIES

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SELECTION VARIETIES
NOW 4.99 ea.
was 5.49 ea.
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Irrésistible
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SELECTION SAUCE OR COUVERTS
SELECTION VARIETIES
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Sauce Pomme
APPLE
PROD. NO.
SCENE
TAKE
DIRECTOR
CAMERAMAN
DATE
SOUND
GINGER ALE
COLA
NOW 1.49 ea.
was 1.99 ea.
SELECTION SOFT DRINKS
SELECTION VARIETIES

PRODUCE OF CALIFORNIA
BLUE DIAMOND
BLUE DIAMOND ALMONDS
SELECTION VARIETIES
4.99 ea.
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CHEEZITS
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3.79 ea.
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Gluten-Free

- **EZ Baking Mixes** 454 g – 9.29 ea.
- **Cardinal Nutritional Supplement Drinks** 6 x 237 ml – 3.49 ea.
- **Lal Teggut Traditional Sandwiches** 6 x 1 – 7.49 ea.
- **KIND Fruit & Nut Bars** 5 x 40 g – 8.69 ea.
- **Organic** **Life Smart Ready to Serve Soup** 540 ml – 3.49 ea.
- **Organic** **humble Marella Potato Chips** 142 g – 4.49 ea.
- **Classic French Dressing** 35 ml – 35 ¢ – 7.99 ea.
- **Lifestyle Foods Gluten-Free Cookies** 175 g – 6.49 ea.

Organic

- **Four O'Clock Dinner Rolls** 12 x 50 g – 5.99 ea.
- **Old Mulberry Crackers** 200 g – 5.49 ea.
- **Life Smart Cane Sugar** 1 kg – 4.99 ea.
- **Imagine Soup** 946 ml – 5.99 ea.

Plant-Based

- **Amino Snacks** 75 g – 3.99 ea.
- **GT's Kombucha** 473 ml – 10.99 ea.
- **Organic** **Braggs Apple Cider Vinegar** 946 ml – 10.49 ea.
- **Violife Block Cheese Spread** 200 g – 10.99 ea.

Household Helpers

- **Sandwich Bags** 50 ea. – 2.49 ea.
- **Selection Aluminum Foil or Parchment Paper** 4.49 ea.
- **Scrubbing Bubbles Bathroom Unstuck** 6.49 ea.
- **Glad Garbage Bags** 12.99 ea.

Pet

- **Whiskas Temptations Cat Treats** 90 g – 7.99 ea.
- **Whiskas Party Mix Cat Treats** 60 g – BUY MORE SAVE MORE 2 – 5.50 each from 2 (5.50 ea. 2 ea.)
- **Blue Buffalo Dog Food** 12.49 ea.
- **Beggin Strips Dog Treats** 120 g – BUY MORE SAVE MORE 2 – 7.00 each from 2 (7.00 ea. 2 ea.)
- **Cat Food** 19.99 ea.
- **Cat Food** 2.49 ea.
- **Blue Buffalo Dog Food** 17.99 ea.
- **Blue Buffalo Dog Food** 23.99 ea.

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CLUB HOUSE SPICE
65 - 203 g
SELECTED VARIETIES

4.99 ea.

3.49 ea.

LE GREC SALAD DRESSING
350 ml
SELECTED VARIETIES

2.99 ea.

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SELECTED VARIETIES

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& trusted brands.

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THE KEG SPICE
140 - 225 g
SELECTED VARIETIES

5.49 ea.

CHUCK HUGHES CONDIMENTS
375 ml
SELECTED VARIETIES

5.49 ea.

CEDAR CANNED BEANS 540 ml SELECTED VARIETIES
1.49 ea.
JUMBO
1.49 lb. JUMBO PAPAYAS PRODUCE OF MEXICO 1.30kg
2.49 lb. FRESH GINGER PRODUCE OF COLOMBIA 1.36kg
39¢ ea. MAGGI MASALA NOODLES SELECTED VARIETIES
RAMADAN MUBARAK
THE HOLY MONTH OF FASTING, PRAYER, REFLECTION AND COMMUNITY
3.49 lb. ZABIHA HALAL FRESH CHICKEN WHOLE OR PIECES OR TENDERS 1.936kg
3.99 ea. PATAK'S OR BEY COOKING SAUCES 375 - 420 ml, 375 - 395 g SELECTED VARIETIES
17.99 ea. WHOLE WILD MACKEREL FROZEN, 1.814 kg
MAPLE LEAF READY TO COOK OR HALAL PLAIN PROCESSED OR SMOKED PHEASANT FROZEN 907 - 1361 g SELECTED VARIETIES
2.49 ea.
SANTOSH NAAN 340 g SELECTED VARIETIES
15 2 5.00 ea.
CASABLANCA HONEY, GOLD OR HALAL TEA 1 kg, 454 g, 200 ml SELECTED VARIETIES
6.99 ea.
BOAR'S HEAD GHEE 340 g
13.99 ea.
CASABLANCA DE GRACE COCONUT MILK 400 ml, COCONUT WATER 1 L, COCONUT MILK 400 - 520 ml SELECTED VARIETIES
1.49 ea.
SUPERIOR DELICIOUS VEGETABLE OR MANGO SAMOSAS 454 - 500 g, 340 ml SELECTED VARIETIES
3.49 ea.
SAPORITO, VEGETABLE OR CANOLA OIL 2 L SELECTED VARIETIES
9.99 ea.
HEREFORD CORNED BEEF SELECTED VARIETIES
3.99 ea. SWIFT CORNED BEEF OR HEREFORD CORNED BEEF SELECTED VARIETIES
1.99 ea. SUPER MASALA OR PARATHAS 340 g SELECTED VARIETIES
3.99 ea. SUPER CHICKEN OR BLACK LENTIL SOUP 454 g SELECTED VARIETIES
GOLD SEAL SARDINES 106 - 125 g SELECTED VARIETIES
1.49 ea. CLOVER CHIPS 142 g SELECTED VARIETIES
1.49 ea. BEST NECTAR JUICE SELECTED VARIETIES
2.99 ea.
MILO CHOCOLATE MALT OR MILO DRINK MIX 454 - 850 g SELECTED VARIETIES
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