FAMILY FAVES

MARCH BREAK EDITION

This Week Only!

3.44 SELECTION BACON

1.99 kg BLACKBERRIES

3.99 ea. SELECTION BREAKFAST CEREAL OR BREAKFAST CEREAL BARS

4.88 ea. SELECTION BAKER'S SUPERIOR OR STACKED MEALS, SELECTION VARIES

From $3.99 1.49 SWEET OR SAVOURY DIPPS 50 - 75 g

exclusive moi rewards app offer

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

FAMILY FAVES

PRICES LOCKED DOWN

February 13th - March 12th, 2025

5.00 kg SELECTION FLATTED FRIED PORK BELLY

3.99 kg SELECTION COTTAGE CHEESE 500 g

5.99 kg INNISFILL® SELECTION COFFEE BEANS 907 g

3.49 ea. SELECTION CREAM CHEESE 250 g - 500 g

2.49 ea. SELECTION CRISPY SAVOUR OR LIFE SNAKS® FRUIT SNACK 80 g - 90 g, SELECTION VARIES

4.99 kg SELECTION SLICED CHEESE 200 g - 400 g

Effective March 6 7 8 9

metro.ca

VERSION 3

metro

CANADIAN AND PROUD

SAVE $4.00

20.00 /ea.

PATCH HOUSE CHAMPAGNE BOUQUET

GROUND FOR STORE-MADE DAILY

LEAN GROUND BEEF VALUE PACK

4.44 /lb

FRESH ATLANTIC SALMON PORTIONS

$3.99 ea.

LOVE IT AT THE MEAT DEPARTMENT

MORE REAL LOG CUTOUT FOR BLOOMIN VALUE PACK

8.99 /lb

FRESH

FRESH CHICKEN DRUMSTICKS OR THIGHS

2.88 /lb

SHOPPERS'S WHITE, SOFT, WHOLE WHEAT OR WHOLE WHEAT BREAD, MARMELADE BLEND OR MARMELADE SPREAD OR SPREAD

2 /kg

6.00

LARGE GALAPPLES

LARGE BOSCO'S MAGIC ORANGES

1.29 /lb

ASPARAGUS

MINI CUCUMBERS

2.99 ea. or /lb

MCCAIN FRIES, CRAVE FROZEN ENTREES OR KD DINNERS

2.99 ea.

DR. OETKER PIZZA OR RISTORANTE CHEESECAKE CAKE OR CHOCOLATE CAKE

3.49 ea.

HABITANT, CAMPBELL'S SOUP OR CHEEZ-IT CRACKERS

1.99 ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWEL, SCOTTIES FACIAL TISSUE OR SCOTTIES BATHROOM TISSUE OR LISTERINE MOUTHWASH

SAVE UP TO $8.00

5.99 ea.

LAY'S FAMILY SIZE CHIPS, TACOS OR BAKE TORTILLA CHIPS

2.99 ea.

UNICO SOLID LIGHT TUNA OR TOMATO PASTE

88¢ ea.

metro FRESH GO 4-DAY MEAL DEAL

THURSDAY MARCH 6th - SUNDAY MARCH 9th

YOUR CHOICE 10.99 ea.

Assorted California Combo 920 - 929 g

12 Hot Chicken Tenders, 8 Hot Chicken Wings or 20 Chicken Bites

Store Made Carousels Fresh Vegetable 450 g Fresh Fruit 1.4 kg

Hot Whole BBQ Mammoth Chicken 1 kg

10" X-Large Pepperoni & Cheese Hot Pizza 1.1 - 1.2 kg

or Italian Sausage Pizza

Effective March 6 7 8 9 10 11 12 2025 | my savings my metro

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. — PRIMAGE SLICED BEEF OR SLICED BRAISED OR PIPED

3.29 /100 g — CHEESETALLS, CHEDDAR TORNADO BRIDGE OR CHEDDAR TORNADO

6.49 ea. — MAPLE GROVE® SMOKED SALMON RECTANGLE OR SEASONED SALMON

3.99 /100 g — PRESTIGIOUS CHEESE OR BLUE CHEESE

5.99 ea. — ORIGINAL SARTA DIP OR SARTA CLASSIC DIP

15.00 3 ea. — MONA LISA® SUNFLOWER SEEDS, PEANUTS, PEANUTS, SALTED PEANUTS OR MIX

9.99 ea. — MONA LISA® SUNFLOWER SEEDS, CHEESE CURLS OR FRENCH FRIES PLANTS

19.99 ea. — FRESH FISH FILLETS OR FRESH FISH FILLETS

SELECTION CHEESE 3.99 ea.

2 ea. 8.00 — ROSE MARIE DRINKABLE YOGHURT

2 ea. 8.00 — ACTIVIA OR SILK YOGHURT

PHILADELPHIA ORIGINAL CREAM CHEESE 6.49 ea.

ENERGY BEVERAGE 2 ea. 8.00

3.99 ea. — PEAR, MAPLE PANCAKES MIX OR CHOCOLATE LAVA

2.99 ea. — ORGANIC RICE CRISPIES OR CORN FLAKES OR POP TARTS

8.99 ea. — ALFONSO MANGO OR PAPAYA OR MELONS

2.99 ea. — CANDIES MIXES OR CHOCOLATE BARS OR BABY CHOCOLATE OR BITTY CHOCOLATE

5.00 ea. — MINI MUFFINS OR CAKES

3.99 ea. — FROZEN CORNS, MINI CORNS OR CORN

6.49 ea. — BRIGNOLE FROZEN FRUITS OR ICE CREAM

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS

BUY MORE SAVE MORE 2 ea. 7.00 — TAKE THAN 2 ONE 2 LITRE

5.99 ea. — DECLARE OR OIKOS GREEK YOGURT OR DECLARE COFFEE OR OIKOS YOGURT

3.49 ea. — CHEESEBURGER CHICKEN PATTIES OR TURN HOMEMADE SOUP

3.99 ea. — CHICKEN WINGS

BUY MORE SAVE MORE 2 ea. 6.00 — SELECTION NATURAL SPRING WATER

20% off — NATIVE OR CERAVE SOAP BAR OR LOTION

14.99 ea. — TIDE OR GAIN LIQUID DETERGENT, DOWNY OR CASCADE ROYALE ELEGANCE DETERGENT OR BRIGHT PAPER TOWEL

I earn with MOI rewards

75 points — 13.00 — BUBLY OR MONTE CRISTO SPARKLING WATER

35 points — 5.79 — MOLLY'S OR DOGGIS TREATS OR SNACKS

45 points — 7.00 — OREO OR RITZ CRACKERS OR CRACKERS

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

We reserve the right to limit quantities.
ACCEPTABLE FOOD FOR PROFITABLE FOOD PROFITS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Accepted Payment Methods: Debit, Credit, Cash

Visit us at: metro.ca/
Give us your opinion and you could win $1,000 in groceries.

Effective Thursday, April 23 to Wednesday, April 29, 2026

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. STRAWBERRIES 454 g / BLACKBERRIES 454 g / BLUEBERRIES 454 g
LIMITED QUANTITIES AVAILABLE. NO TAXES

3.99 lb LARGE RED, GREEN OR BLACK SEEDLESS GRAPES
Product of Chile. NO TAXES

20 MINUTES 4.99 ea. MINI SEEDLESS WATERMELON
Product of Canada. NO TAXES

3.99 /lb LARGE PEACHES / PLUMS / LARGE NECTARINES / LARGE MEDITERRANEAN MELONS
0.88/kg

2.49 ea. BROCCOLI CROWNS
Product of U.S.A. NO TAXES

4.99 ea. ROMAINE HEARTS
Product of U.S.A. NO TAXES

7.49 ea. MY LITTLE MUSHROOM
Product of Canada. NO TAXES

10 MINUTES 2.99 ea. ORGANIC SUNGOLD
Product of U.S.A. NO TAXES

3.99 ea. ORGANIC CELERY
Product of U.S.A. NO TAXES

3.99 ea. SNACKING WONDERS / SNACKING WONDERS MINI
Product of U.S.A. NO TAXES

Proudly Canadian

2.99 ea. BELLE LEAFLET BUTTER LETTUCE OR ROMAINE HEARTS
Product of Canada. NO TAXES

1.88 /lb SWEET POTATOES
0.90/kg

2.99 /lb GOURMET MINI SWEET PEPPERS
0.66/kg

1.99 ea. GARDEN CUCUMBERS
Product of Canada. NO TAXES

1.29 /lb BEETROOTS
2.84/kg

2.99 /lb PARSNIPS
Product of Canada. NO TAXES
0.99/kg

10 MINUTES 2.49 ea. SOUP SPINACH
Product of Canada. NO TAXES

3.79 ea. BELLE LEAFLET BUTTER LETTUCE OR CHUNK MUSHROOMS
Product of Canada. NO TAXES

2.49 ea. BUNCH RADISHES
Product of Canada. NO TAXES

CONSUMER LIMIT 2 3.49 ea. 15 CONSUMER LIMIT 2 LITTLE GEM LETTUCE
Product of Canada. NO TAXES

RUSSET 3.99 ea. RUSSET OR RED POTATOES
Product of Canada. NO TAXES

FAMILY SIZE 7.99 ea. 35 HEINZ CHUNK CHICKEN / HEINZ CHUNK CHICKEN LOW SODIUM
Product of Canada. NO TAXES

Sliced & Diced

metro m

READY TO EAT VEGETABLE STIR FRY MIX

20 MINUTES 4.99 ea.

4.99 ea. CORED GOLDEN PINEAPPLE
Product of Costa Rica. NO TAXES

5.99 ea. READY MADE SMALL SALADS
Product of Canada. NO TAXES

WOMEN'S DAY

DOUBLE SPIKE 26.99 ea. PREMIUM ORCHIDS
Product of Canada. NO TAXES

30.00 ea. BIRD & FLOWER BOUQUET
Product of Canada. NO TAXES

19.99 ea. AZALEAS
Product of Canada. NO TAXES

20.00 ea. MOTHERS DAY / FATHERS DAY BOUQUET
Product of Canada. NO TAXES

metro.ca

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
CENTRE CUT VALUE PACK
1.5 kg
4.99 /lb

GOLD OR RED GRADE
BEEF
RED GRADE
RED GRADE, PRIME FOR GRILLING CHOICE OR HIGHER
BONELESS RIB EYE ROAST
1.5 kg
13.99 /lb

LIFE SMART
LIFE SMART
LIFE SMART GROUND CHICKEN OR TURKEY 454 g
5.99 ea.

20 points

PRIMAL
MAPLE LEAF PRIME
BONELESS BREAST WITH RIBS, FROM WHOLE CHICKEN
4.99 /lb

PORK
STORE MADE
SEASONED PORK
VALUE PACK
1.5 kg
5.99 /lb

PORK
MEMBERS MARK CAP OR MINI BALLS
1.5 kg
5.99 /lb

Dinner Favourites

LIFE SMART NATURALLY GRAIN FED BONELESS
CHUCK ROAST OR STEAK
INSIDE BLADE ROAST
1.5 kg
9.99 /lb

FRESH LAMB LOIN CHOPS
1.5 kg
11.99 /lb

20 points
MINUTE MAID
ORANGE JUICE
1.75 L
3.99 ea.

LEVELUP
PICNIC
LEVELUP PICNIC
PICNIC SAUSAGES
1.5 kg
3.99 /lb

SCHWARZWALD
JACK JUMBOS OR
SMOKED SAUSAGES
375 - 500 g
7.99 ea.

NEW CITY
CHICKEN WINGS
BARBECUE OR
STEAK BACK RIBS
1.5 kg
13.99 ea.

Rainbow
9.99 /lb

AU BON PAIN
ORGANIC ROLL
EGG FROM LOW HOUSE
1.5 kg
10.99 ea.

SWEET CHARITY
SCHNITZEL
CHICKEN OR
VEGETABLE
1.5 kg
14.99 ea.

PRIMAL
MAPLE LEAF PRIME
SAUSAGE WITHOUT
ANTIBIOTICS
FROM WHOLE CHICKEN OR
STUFFED CHICKEN BREAST
1.5 kg
12.99 ea.

50 points
MINUTE MAID
ORANGE JUICE
1.75 L
12.99 ea.

I earn with moi rewards

MAPLE LEAF
ULTIMATE
ULTIMATE
CHICKEN
SUPREME
SUPREME
1.5 kg
6.99 ea. 25 points

BIRTON BOWL
CHICKEN BALLS
1.5 kg
6.99 ea. 25 points

SCHWARZWALD BREAKFAST SANDWICHES LIME
1.5 kg
6.99 ea. 25 points

FRENCH CROWN
BAGUETTE
& CROISSON
1.5 kg
7.99 ea. 30 points

FRESH
LAMB CHOPS
1.5 kg
11.00 ea. 45 points

Nature's Chicken
Premium Chicken
PREMIUM
CHICKEN
PREMIUM
CHICKEN
1.5 kg
9.99 ea. 35 points

PRIME
CHICKEN
PRIME
CHICKEN
1.5 kg
12.99 ea. 50 points

JAMES
JAMES
CHICKEN
CHICKEN
1.5 kg
14.99 ea. 50 points

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

Seafood

SEAFOUND SHRIMP, LOBSTER, CRAB 454 g
9.99 lb.
INCLUDES SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

CHIM BOUDIN COMPLETAIN SALMON 454 g
15.99 ea.

2 LB BAG
5.99 ea.

FRESH CANADIAN ZONE ORGANIC CANADIAN MUSSELS 454 g

5.99 lb.
FRESH WINGS OMTAIRO SEABASS WHOLE 454 g

7.99 ea.
OCEAN MAGIC MINI SEAFOOD PLATTER 454 g

15.99 lb.
TRUE NORTH WILD WHITE WHITE WHOLE SEABASS OR ATLANTIC SALMON CHUNKS 454 g

7.99 ea.
SUN SALT & VINEGAR MUSSELS FOR REVEL 454 g

VALUE SIZE
9.99 ea.
MAGNUM ALL-NOT SEAFOOD PRIMO OR PRIMO II

10.99 ea.
MAGNUM SMOKED COHO SALMON 454 g

11.99 ea.
SPRINGDALE SMOKED RAINBOW TROUT FILLETS 454 g

I earn with moi rewards

NATURALLY SEASONED TILAPIA FILLETS 454 g
20
5.99 ea.

BREAKFAST PRODUCTS 454 g – 1 kg
10.99 ea. 30

BREAKFAST BOUCHOUTLLER PICTURE 454 g – 1 kg
11.99 ea. 40

BREAKFAST PACIFIC WHITE SALMON FILLET
15.99 ea. 45

DELI FAVOURITES • MEAT & CHEESE

VALUE PICK
2.99 / 100 g
CORE MEATS ROAST BEEF

4.99 / 100 g
BELLA CHAMPS CHEESE 454 g – 1 kg

1.99 / 100 g
REVEL MOCK CHICKEN

2.99 / 100 g
LAFLEUR EXTRA LEAN COOKED HAM

BUY MORE SAVE MORE!
2.49 / 100 g
when you buy 500 g or more
PRINCE EDWARD FRENCH CANADIAN 454 g – 1 kg

2 / **20.00**
Yoplait 650 g

5.00 ea.
MAINLY SLICED BOLOGNA

7.49 ea.
PALLISER FRESH SLICED MOZZARELLA 454 g

14.49 ea.
BLUMSTEIN SMOKED SLICED MILD CHEDDAR 454 g

6.99 ea.
KRAFT CLUB CHEESE 454 g – 1 kg

10.99 ea.
DE CONSCRIPTS PEPPERETTES 454 g – 1 kg

6.99 ea.
DE CONSCRIPTS TRUFFLETTES 454 g

7.99 ea.
SARDINO'S SMOKED SALMON 454 g

7.69 ea.
KANA RAVIOLI 454 g – 1 kg

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

LARGE ARTICHOKES
PRODUCE
3 for
5.00

3.49 ea.
GREEN OR RED SWISS CHARD OR RADICCIO FRISEE
PRODUCE

MARC ANGELO
SPICY CHORIZO SALAMI
DELI
11.99 ea.

PICCOLINO
PESTO & CACIOTTAVITE
DELI
3.99 /100 g

Square Street Bakery
FRANK STREET BAKERY
TIRAMISU CAKE
BAKERY
27.99 ea.

Square Street Bakery
FRANK STREET BAKERY
CALABRESE BUNS
BAKERY
2.99 ea.

CICCINO
MINI MARACHINI
DELI
6.99 ea.

2 LB BAG
BRESCIATELLI
SEAFOOD MEDLEY
FROZEN
9.99 ea.

CARBONE
PASTA SAUCE
GROCERY
8.99 ea.

UNICO
WHOLE LIGHT TUNA OR TOMATO PASTA
GROCERY
88¢ ea.

13.49 ea.
SAN BENEDETTO
WATER
GROCERY

AURORA
MANICOTTI CANNELLONI
GROCERY
4 for
5.00

AURORA
SEA SALT
GROCERY
1.49 ea.

Front Street Bakery
100% Absolutely Perfect

18.99 ea. — FRONT STREET BAKERY 12" ICE CREAM CAKES (1.5 L) 2023-04-09 to 2023-04-23

29.99 ea. — FRONT STREET BAKERY GOURMET CHOCOLATE CAKES (1.75 L) 2023-04-09 to 2023-04-23

55 cents — **19.99** — FRONT STREET BAKERY TRIPLE FRUIT OR STRAWBERRY SHORTCAKE DESSERT CAKES (1.5 L)

19.99 — FRONT STREET BAKERY FRUIT TARTS CHEESECAKE (1.5 L)

Baked in my Metro

Up to 20% off

2.99 ea. — FRONT STREET BAKERY SOURDOUGH, RUSTIC COUNTRY, BELGIAN BRIOCHE OR BAGUETTE (24 - 454 g)

20 cents — **3.99** ea. — FRONT STREET BAKERY MINI BUNS (12 - 432 g)

3.79 ea. — FRONT STREET BAKERY LARGE BAKER OR CRUSTY ROLLS (10 - 454 g)

8.99 ea. — IRRESISTIBLE FRUIT PIES (1.1 kg) 2023-04-09 to 2023-04-23

5.99 ea. — IRRESISTIBLES BUTTER TARTS (454 g) 2023-04-09 to 2023-04-23

5.99 ea. — LA FERMIÈRE SWEET, SALTED OR SALTED BUTTER BRIOCHE LOAF (500 g) 2023-04-09 to 2023-04-23

4.79 ea. — LA PETITE BRETONNE MILK OR DARK CHOCOLATE OR MINI CHOCOLATE BEARS (30 - 40 g)

STONEWALL BAKERS 2023-04-09 to 2023-04-23

25 cents — **4.99** ea.

DEMPSTER'S 10" TORTILLAS (10 - 340 g) 2023-04-09 to 2023-04-23

4.99 ea. — **20** cents

20 cents — **3.99** ea. — D'ITALIANO BREAD (454 g) 2023-04-09 to 2023-04-23

4.99 ea. — SELECTION CELEBRATION CAKES (1.5 L) 2023-04-09 to 2023-04-23

FREE GROCERY GIFT CARD

FREE GROCERY GIFT CARD

metro

3.99 ea. — GENERAL MILLS CEREAL (300 - 425 g) 2023-04-09 to 2023-04-23

Cheerios

Up to 20% off

Snack up for Spring Break

15 cents — **3.49** ea. — PRINGLES PARTY SIZE OR MEGA CHIPS (200 - 280 g)

3.49 ea. — PRINGLES MINGLES, RUFFLES CHIPS (160 - 200 g)

3.49 ea. — MAPLE LEAF CHICKEN (400 g) 2023-04-09 to 2023-04-23

siggi's skyr yogurt

Always more protein than sugar

siggi's — VANILLA — 2% Milk Fat — 4% Milk Fat — 0% Milk Fat

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

SELECTION PEANUTS
SELECTION VARIETIES
NOW 4.99 ea.
was 5.49 ea.
FAMILY MOVIE NIGHT FAVOURITES
Irrésistible
SEA SALT
SEL DE MER
Irrésistible
SEA SALT VINEGAR
SEL DE VINAIGRE
3 for 5.00
3.99 ea.
IRRESISTIBLE
CHIPS
SELECTION VARIETIES
SELECTION SAUCE OR COUVERTS
SELECTION VARIETIES
NOW 2.99 ea.
was 3.79 ea.
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.
CHEEZ IT
SNAPD
3.49 ea.
CHEEZ IT SNAP'D
211 - 391 g
SELECTION VARIETIES
CHEEZITS
KRAFT DINNER
SELECTION VARIETIES
BUY MORE SAVE MORE
2 for
6.00
3.79 ea.
Oreo
Pokémon
Make it the best movie night ever, right at home, with our range of sweet and savoury snacks and treats.
BEAR PAWS
BRETON CRACKERS
200 - 240 g
SELECTION VARIETIES
2 for
6.50
3.79 ea.
Bear Paws
Breton
Orville Redenbacher's
EXTRA BUTTERY
ORVILLE REDENBACHER'S
POPPING CORN
SELECTION VARIETIES
3.99 ea.

*Visit www.ArtistryGameRings.ca for more details
WIN $1,000
+1-3 MASTRO GAME PACKS
DAILY
60
21.99 ea.
POSTO LIP VARIETY PACKS
CLASSIC MIX MEGA SIZE CHIPS 45 x 35 g
MEGA SIZE SUMMER MIX CHIPS 36 x 35 g
SELECTION VARIETIES

More Great Savings

QUAKER OATMEAL 1.36 kg 3.99 ea.

BUY MORE SAVE MORE! 2 for 6.00 ea. SELECTION VARIES BY STORE. CHECK INSTORE.

7.49 ea. ZIPLOC'S HONEY BUNS 6 ct.

CRACKER BARREL CHEESE 400 g 4.88 ea. CRACKER BARREL SELECTED VARIETIES 400 g

6.99 ea. MEXICANA SYRUP 750 ml

KIRKLAND SIGNATURE GROUND COFFEE 1.36 kg OR COFFEE CAPSULES 24 ct. 10.99 ea.

3.99 ea. GARDEN SELECT 500 ml

CRAVE 10 DAYS 2.99 ea. CRAVE SCRAMBLE KIT 10 ct. 2.99 ea.

1.99 ea. GREEN GIANT CANNED VEGETABLES 341 ml

59¢ ea. MR. NOODLES INSTANT NOODLES 85 g

CELEBRATION 4.49 ea. 20 CELEBRATION CHOCOLATE BAR 200 g

QUAKER CRISPY MINI OR CHOCOLATE CHIP 300 g

BUY MORE SAVE MORE! 2 for 7.00 ea. SELECTION VARIES BY STORE. CHECK INSTORE.

MOTT'S CLAMATO COCKTAIL 1.75 L 2 for 7.00

2 for 6.00 RED BULL ENERGY DRINKS 355 ml

CHEEZIES 3.49 ea. CHEEZIES OR BITS & BITES 200 g

I earn with moi rewards

PRINGLES 2.49 ea. 10

20 POINTS 2 for 9.00 DUTCH PLUS DINNER KITS OR SALSA 355–700 g

2.99 ea. 10

PRO-LIVE PROS DIP 250 g 4.49 ea. 20

25 5.99 ea. MOTT'S CLAMATO PICTURE 1.75 L

15 3.99 ea. SCHLITZ OR BUD 355 ml

25 5.99 ea. TIM HORTONS OR CHOCOLATE 341–355 ml

FIJI WATER 1.5 L 7.99 ea. 35

ROYALE NAPKINS 12 ct. 4.99 ea. 20

50 11.49 ea. BECK'S OR BECK'S ICE BEER 355 ml

STACY'S 2 for 10.00 45

TROPICAL NUTS 250 g 5.99 ea. 25

SOURDES 2 for 11.00 50

CANDY 3.49 ea. 30

HARIBO 5.99 ea. 25 SMARTIES 6 ct.

MARS 5.49 ea. 25

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Gluten-Free

ED BAKING MIXES 425–500 g
9.29 ea.

CHEESES NUTRITIONAL YEAST 85 g
3.49 ea.

PRIMAL PANTRY BARS 50 g
7.49 ea.

KIND GRANOLA BARS 30 g
8.69 ea.

Organic
LIFE SMART READY TO SERVE SOUP 540 ml
3.49 ea.

Organic
HUMBLE POTATO CHIPS 150 g
4.49 ea.

CHICKEN FOODS 35 DAYS 1.36 kg
35
7.99 ea.

ALL PURPOSE TRUE GRAGE 750 ml

LIFE SMART GLUTEN FREE FLOUR 1.36 kg
6.49 ea.

Organic

FOUR O'CLOCK HERBAL TEA 40 g
5.99 ea.

ED NATURALS CRACKERS 200 g
5.49 ea.

LIFE SMART LONG GRAIN 2 kg
4.99 ea.

Non-Gmo
IMAGINE SOUP 946 ml
5.99 ea.

Plant-Based

ORIMO TOASTED 150 g
3.99 ea.

GT'S KOMBUCHA 946 ml
10.99 ea.

Organic
BRAGG APPLE CIDER VINEGAR 946 ml
10.49 ea.

ONE BAD COUNTRY MOZZARELLA 200 g
10.99 ea.
MOZZARELLA CHEESE SPREAD 200 g

Household Helpers

50 SANDWICH 50 SANDWICH BAGS
2.49 ea.

SELECTION FRIDGE OR SANDWICH BAGS 50 CT. 50 CT. 50 CT.

BBQ PIT BOYS BBQ RUB
280 - 390 g
SELECTED VARIETIES

8.99 ea.

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.

SKINNY GIRL DRESSING
237 ml
SELECTED VARIETIES

DISCOVER NEW

New options.
New flavours.
New reasons
to shop for new
& trusted brands.

PILAROS OLIVES
1 L
SELECTED VARIETIES

9.99 ea.

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
4.99 ea.
Item availability varies by store

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