

Get Easter Ready

metro  
CANADIAN AND PROUD

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

**RASPBERRIES** 1kg  
PRODUCT OF CANADA

**BLACKBERRIES** 1kg  
PRODUCT OF MEXICO

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

**LITTLE POTATO CO.**  
LITTLE POTATOES  
100% POTATOES  
NO MSG  
NO SALT  
NO PRESERVATIVES

**LPC CREAMER POTATOES** 1kg  
2-2.5cm  
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS  
PRODUCT OF CANADA OR MEXICO, 2.5kg (5.5lb)

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

**SWEET ONIONS** 1kg  
PRODUCT OF CANADA

**FOLIA LETTUCE** 1kg  
PRODUCT OF CANADA

**\$5** PER TAIL

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

**WILD-CATCHED ROCK LOBSTER TAILS**  
PRODUCT OF CANADA

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

**Green Giant Frozen Vegetables**  
Green Giant Cream of Chicken  
Green Giant Cream of Chicken  
Green Giant Cream of Chicken

**125** points value of \$1

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

**Häagen-Dazs Ice Cream**  
Vanilla  
Vanilla Caramel  
Vanilla Caramel

**12<sup>88</sup>** /lb

**RED GRILL CAP ON RIB STEAK VALUE PACK**  
CUT BY OUR BUTCHER  
20-25% OFF  
20-25% OFF

**11<sup>88</sup>** /lb

**RED GRILL PORK RIB ROAST CHEF STYLE**  
20-25% OFF  
20-25% OFF

**125** points value of \$1

**5<sup>88</sup>** /lb

**FRESH LAMB**  
100% Grass Fed  
Free range  
Raised without antibiotics or added hormones

**FRESH LAMB LEGS SHORT CUT**  
12-15% OFF  
12-15% OFF

**3<sup>99</sup>** /lb

**FRESH PORK BACK RIBS VALUE PACK OR FRESH SPLIT CHICKEN BREAST BONE IN**  
8.25kg  
8.25kg

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

**FRESH CANADIAN ATLANTIC SALMON PORTIONS**  
PRODUCT OF CANADA

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

**Lactantia Butter**  
Country Churned Butter  
Unsalted  
Salted

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

**Black Diamond Marble - Marble**  
Black Diamond Marble - Marble  
Black Diamond Marble - Marble







EASTER  
ESSENTIALS

MARC ANGELO  
ITALIAN DELI  
MEAT & CHEESE  
STORES  
100% CANADIAN

5<sup>99</sup>  
ea.

FRONT STREET BAKERY  
HOT CROSS BUNS  
12/12/19

125  
points  
value of \$1

3<sup>99</sup>  
ea.

KICKING HORSE  
COFFEE 100g  
QUILTED HARBORS

125  
points  
value of \$1

14<sup>99</sup>  
ea.

LACTANTIA CREAM  
100% MILK  
QUILTED HARBORS

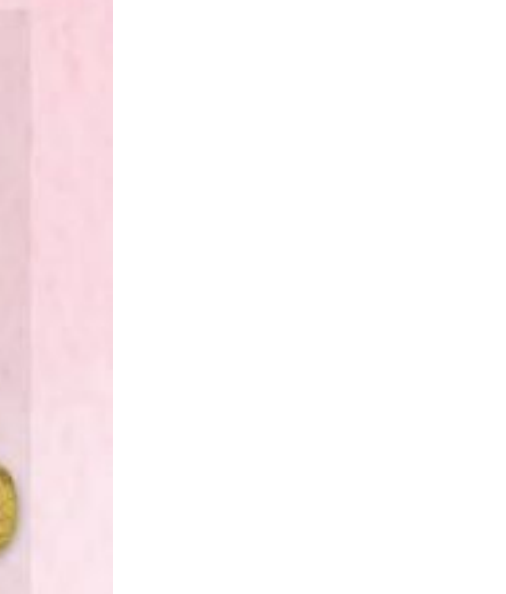
3<sup>49</sup>  
ea.

6<sup>99</sup>  
ea.

PICK ONTARIO

FRESH CUT TULIPS  
12/12/19

12<sup>99</sup>  
ea.





**Shop these and more in-store or online**

**899**  
ea.



**599**



**599**  
ea.



1099



1099





**\$ New Lower Prices**

|                                                                                                                  |                                    |                      |                                                                            |                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------|------------------------------------|----------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <p>ALLIGATOR ITALIAN STYLE<br/>PEPPERED, BUNDS OR<br/>POPCORNS BURGERS</p> <p><b>2 for</b><br/><b>\$7.00</b></p> | <p><b>Village</b><br/>CLASSICO</p> | <p><b>Wonder</b></p> | <p><b>3.99</b><br/>/100 g</p> <p>INDUSTRIALS ARTISAN<br/>TURKEY BREAST</p> | <p><b>3.49</b><br/>/100 g</p> <p>CASTELLO PICKLES<br/>DRESSING<br/>FONTELA, DANISH BLUE<br/>CHEESE OR HERBARY</p> |
|------------------------------------------------------------------------------------------------------------------|------------------------------------|----------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|

PLANTERS MIXED NUTS  
PLANTERS  
MIXED NUTS  
POPCORNS  
CRISPS  
CHIPS

Smartfood  
WHITE CHEDDAR MAC

CEDAR VALLEY  
MIXED NUTS  
POPCORNS  
CRISPS  
CHIPS

CRETOS  
CHOCOLATE  
CRISPS  
CHIPS

LaBrosse  
NEAPOLITAN BREADSTICKS

NEAL BROTHERS  
SALSA OF LA COCO  
SPICY  
SALSA OF LA COCO  
SALSA OF LA COCO

5.49

4.99

5.49

[illegible]



**24 pack**



**5.99**

DR. OTTER  
PEACH  
ESKA WATER  
1.5L (50.7 FL. OZ.)





**10.99**

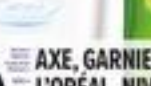
SAN PELLEGRINO  
MILKION PERPETR SPARKLING WATER,  
CORONA BEER, TECATE BEER & LEONOR BEER



**2.99**

GOLDTIEB  
GOLDTIEB  
CHOCOLATE  
CANDIES  
1.5L (50.7 FL. OZ.)

|                                                                                                                                                                                                |                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  | <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  | <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  | <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  | <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  | <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  | <p>ea. <b>\$1.99</b></p> <p>CRAMPEL'S<br/>BROTHER'S® 240-1000<br/>HOT SAUCE (1000g)<br/>HOT SAUCE (1000g)</p>  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



**ea.**

**1999**

**EDGE**

AXE, GARNIER, BOLD, WILMA OR COSFASQ



**ea.**

**2999**

**ALCAN**

MAKING PAPER, ALCAN PULP OR RECYCLED PARCHMENT PAPER



**ea.**

**1099**

**ROUNTY**

TIDE SIPPY, DETERGENT, DOWNEY, CASCADIA, CRAMBLIN OR BOUNTY



**ea.**

**1999**

**Charmin**

3-PLY

**50**  
299

MINUTE MAAD OR FRUITO PASA DRINKS.

**125**  
299

MINUTE MAAD 1L

**125**  
299

KRAFT SALAD

[illegible]



this week's deals:  
Only until April 1, 2026, in-store or online

add your  
moi rewards  
coupons



375  
points  
value of \$3

NOW  
16.99  
ea.

SAVE UP TO  
\$6

22.99\*  
ea.

BUTTERBALL BONELESS  
TURKEY BREAST ROAST  
FROZEN, 1.2 kg  
SELECTED VARIETIES



NOW  
2.99  
ea.

SAVE UP TO  
\$1.80

4.79\*  
ea.

LECLERC  
COOKIES  
SELECTED SIZES  
SELECTED VARIETIES



NOW  
5.99  
ea.

SAVE UP TO  
\$2

7.99\*  
ea.

IRRESISTIBLE CHOCOLATE  
COVERED ALMONDS  
300 g  
SELECTED VARIETIES



NOW  
3.99  
ea.

SAVE UP TO  
\$1

4.99\*  
ea.

TAKIS  
198 - 260 g  
SELECTED VARIETIES



NOW  
12.99  
ea.

SAVE UP TO  
\$7

19.99\*  
ea.

IRRESISTIBLES  
COFFEE CAPSULES  
30 capsules  
SELECTED VARIETIES



NOW  
4.99  
ea.

SAVE UP TO  
\$1.50

6.49\*  
ea.

EARTH'S OWN  
CREAM  
946 ml  
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER  
Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD account, 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. \*Price may vary at select locations.



# *Easter*

## **Scavenger Hunt**



Join us in-store for sweet treats & fun on  
Saturday, March 28 from 10am to 4pm.



## Farm Fresh Produce

|                                                                                                                                                                                                                    |                                                                                                                                                                                                |                                                                                                                                                                                                        |                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>1.99</b><br/>/lb</p> <p><b>LARGE SEEDLESS<br/>TANGELOS</b><br/>PRODUCE OF S.E.A.<br/>4.39/kg</p>                           |  <p><b>5.99</b><br/>ea.</p> <p><b>STRAWBERRIES</b> #10 1/2<br/>PRODUCE OF U.S.A. &amp; CANADA<br/>1.99/kg</p> |  <p><b>1.99</b><br/>/lb</p> <p><b>SWEET POTATOES</b><br/>PRODUCE OF U.S.A.<br/>4.39/kg</p>                            |  <p><b>2.99</b><br/>/lb</p> <p><b>HEIRLOOM TOMATOES</b><br/>PRODUCE OF U.S.A.<br/>6.59/kg</p>                                 |
|  <p><b>3.99</b><br/>/lb</p> <p><b>ORBIT CLEMENTINES</b><br/>STEM &amp; LEAF<br/>CLEMENTINES<br/>PRODUCE OF S.E.A.<br/>8.99/kg</p> |  <p><b>1.99</b><br/>/lb</p> <p><b>LARGE RED PRINCE<br/>APPLES</b><br/>PRODUCE OF CANADA<br/>1.99/kg</p>       |  <p><b>4.99</b><br/>ea.</p> <p><b>FRENCH BEANS</b> #10 1/2<br/>PRODUCE OF U.S.A. &amp; CANADA<br/>1.99/kg</p>         |  <p><b>3.49</b><br/>ea.</p> <p><b>BOSTON LETTUCE</b> #10 1/2<br/>PRODUCE OF U.S.A. &amp; CANADA<br/>1.99/kg</p>               |
|  <p><b>4.99</b><br/>ea.</p> <p><b>BLACK MISSION FIGS</b><br/>PRODUCE OF MEXICO</p>                                                |  <p><b>5.99</b><br/>/lb</p> <p><b>COTTON CANDY<br/>GRAPES</b><br/>PRODUCE OF CHINA<br/>12.75/lb</p>           |  <p><b>99¢</b><br/>/lb</p> <p><b>GREEN CABBAGE</b><br/>PRODUCE OF CANADA<br/>2.39/kg</p>                              |  <p><b>3.99</b><br/>/lb</p> <p><b>BRUSSELS SPROUTS</b><br/>PRODUCE OF U.S.A.<br/>8.99/kg</p>                                  |
|  <p><b>3.99</b><br/>ea.</p> <p><b>GOLDMINE CLEMENTINES</b><br/>PRODUCE OF CALIFORNIA &amp; FLA.</p>                               |  <p><b>2.49</b><br/>/lb</p> <p><b>LARGE BARTLETT<br/>PEARS</b><br/>PRODUCE OF CALIFORNIA<br/>5.49/kg</p>      |  <p><b>3.99</b><br/>ea.</p> <p><b>MINI CUCUMBERS</b> #10 1/2<br/>PRODUCE OF CANADA<br/>1.99/kg</p>                    |  <p><b>2.49</b><br/>/lb</p> <p><b>GREEN ZUCCHINI</b><br/>PRODUCE OF U.S.A.<br/>5.49/kg</p>                                    |
|  <p><b>7.99</b><br/>ea.</p> <p><b>MOYERS<br/>CHOCOLATE<br/>CARAMEL APPLE</b> #10 1/2</p>                                          |  <p><b>3.99</b><br/>ea.</p> <p><b>SWEET BABY<br/>BROCCOLI</b><br/>PRODUCE OF U.S.A.</p>                       |  <p><b>4.99</b><br/>ea.</p> <p><b>CURED<br/>SWEET POTATOES,<br/>BUTTERFLY OR<br/>BUTTERNUT</b><br/>SQUASH #10 1/2</p> |  <p><b>3.79</b><br/>ea.</p> <p><b>BELLE GROVE<br/>VEGGIE MIX</b><br/>VEGETABLES, PEAS, CARROTS 275g<br/>PRODUCE OF U.S.A.</p> |
|  <p><b>5.99</b><br/>ea.</p> <p><b>WONDERFUL<br/>HUMMUS PISTACHIOS</b><br/>100% PISTACHIOES<br/>100% PISTACHIOS</p>                |  <p><b>5.99</b><br/>ea.</p> <p><b>KEN'S<br/>SALAD DRESSINGS</b><br/>100% PISTACHIOES<br/>100% PISTACHIOS</p>  |  <p><b>2.99</b><br/>ea.</p> <p><b>BROCCINESTILLE<br/>HERBS</b> #10 1/2<br/>PRODUCE OF U.S.A.</p>                      |  <p><b>2.49</b><br/>ea.</p> <p><b>ASSORTED COLOUR<br/>CARROTS</b> #10 1/2<br/>PRODUCE OF U.S.A.</p>                           |

**Sliced & Diced**  **Organic** 



**9.99**  
ea.

**PUMPKIN PUFFS WITH DIP** (100g)  
STANDARDS PUMPKIN PUFFS  
WITH CHOCOLATE DIP (100g)  
SMALL PROFIT TRAIT (100g)



**2.99**  
/lb

**ORGANIC SEEDLESS ORANGES**  
PRODUCE OF U.S.A.  
6.50kg



**4.99**  
ea.

**3 PK**

**ORGANIC AVOCADOS** 140g  
PRODUCE OF MEXICO



**14.99**  
ea.

**RACHIO PLATTER** (100g)  
FAMILY SIZE CHICKEN CAESAR SALAD  
SMALL SERVING SIZE TRAIT (100g)



**6.99**  
ea.

**ORGANIC SWEET POTATOES** 140g  
PRODUCE OF CANADA



**FAMILY SIZE**

**ORGANIC YELLOW PLESH OR PECKY POTATOES** 140g  
PRODUCE OF CANADA



**5.99**  
ea.

**ORGANIC AVOCADOS** 140g  
PRODUCE OF MEXICO



**2.99**  
/lb

**ORGANIC SEEDLESS ORANGES**  
PRODUCE OF U.S.A.  
6.50kg



**4.99**  
ea.

**3 PK**

**ORGANIC AVOCADOS** 140g  
PRODUCE OF MEXICO

## metro.ca

Organic 



**2<sup>99</sup>**  
/lb

ORGANIC SEEDLESS  
ORANGES  
PRODUCE OF U.S.A.  
\$ 6.99/lb



**3 PK**

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

ORGANIC AVOCADOS <sup>14</sup>  
PRODUCE OF MEXICO



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

ORGANIC  
SWEET POTATOES <sup>14</sup>  
PRODUCE OF U.S.A.



**YELLLOW POTATOES**  
POMME DE TERRE JAUNES

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

ORGANIC  
YELLOW PEEKER OR  
RUSSET POTATOES <sup>14</sup>  
PRODUCE OF CANADA







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

HYDRANGEA  
6.5" POT  
ASSORTED COLOURS



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

FLEURETTES  
8" POT  
ASSORTED COLOURS



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

SPRING BULBS  
6" POT  
ASSORTED VARIETIES



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

HYDRANGEA 6"  
WICKER BASKET  
1 un



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

NOVELTY LILIES  
6" POT  
ASSORTED VARIETIES  
AND COLOURS



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

SINGLE BLOOM  
HYDRANGEA  
4" POT  
ASSORTED COLOURS



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

NOVELTY  
CYCLAMEN  
4" POT  
ASSORTED COLOURS



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

ORCHID  
3.5" POT  
ASSORTED COLOURS



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

EASTER LILIES  
6" POT



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

CALANDIVA  
HILBERT BUNNY  
2.5" POT



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

NOVELTY  
MUM SINGLE  
BLOOM  
4.5" POT  
ASSORTED COLOURS



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

CHRYSANTHEMUMS  
6" POT  
ASSORTED COLOURS



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

EASTER LILIES  
6" POT



# Beautiful blooms

Add beauty to your Easter celebration with our fresh, colourful array of flowers, bulbs & more.





**YOUR FIRST 3 ORDERS\***

***metro.ca***

**UP TO**  
**\$60**  
**OFF**



**Shop Offer**



\*\$20 off your first 3 online orders of \$80 or more.  
Certain conditions apply. Details on metro.ca



Our Butcher's Finest

250 points  
value of \$2

2<sup>99</sup>  
/lb

**BUTTERBALL**  
ROAST  
FROZEN BUTTERBALL OR  
GRADE A TURKEY  
13.25kg  
6.59kg

12<sup>88</sup>  
/lb

**BUTTERBALL**  
RED GRILL  
EASY CARVE  
PRIME BRISK ROAST  
CLASSIC COUNTRY  
12.5kg

**BONELESS**  
BONELESS PORK LOIN CHOPS  
VALUE PACK OR ROAST  
13.25kg

5<sup>99</sup>  
/lb

**PLATINUM GRILL ANJOU**  
BEEF FENDER CUT  
STEAK OR ROAST  
76.50kg

33<sup>99</sup>  
/lb

**PRIME**  
YORKSHIRE VALLEY FARM  
ORGANIC FRESH  
WHOLE CHICKEN  
12.5kg

7<sup>99</sup>  
/lb

**YORKSHIRE VALLEY FARM**  
ORGANIC FRESH  
WHOLE CHICKEN  
12.5kg

5<sup>99</sup>  
/lb

125 points  
value of \$1

6<sup>88</sup>  
/lb

FRESH  
BONELESS LAMB LEG  
11.5kg

7<sup>99</sup>  
/lb

FRESH LAMB SHOULDER  
CHOPS VALUE PACK  
11.5kg

12<sup>99</sup>  
/lb

FRESH LAMB LOIN CHOPS  
28.64kg

19<sup>99</sup>  
/lb

FRESH FRENCHED  
LAMB RACK  
14.5kg

I earn with **moi** rewards

SCHNEIDER'S  
BREAKFAST  
SNACKWICHES OR  
EGG BITES  
100% MEAT  
12.5kg

5<sup>99</sup>  
ea.

125 points  
value of \$1

MAPLE LEAF  
PORK CHOPS  
12.5kg

6<sup>99</sup>  
ea.

80 points

LOU'S  
PORK CHOPS  
12.5kg

7<sup>99</sup>  
ea.

90 points

IRRESISTIBLE  
PORK CHOPS  
12.5kg

5<sup>99</sup>  
ea.

70 points

Fletcher's  
PORK  
COTTAGE BOLL  
11.5kg

4<sup>99</sup>  
/lb

125 points  
value of \$1

MONTANA'S  
PULLED PORK OR  
CHICKEN & BEANS  
12.5kg

8<sup>99</sup>  
ea.

125 points  
value of \$1

KELSEY'S  
ORIGINAL BROADBENT  
PULLED PORK OR  
CHICKEN & BEANS  
12.5kg

12<sup>99</sup>  
ea.

125 points  
value of \$1

YORKSHIRE  
VALLEY FARM  
ORGANIC FRESH  
WHOLE CHICKEN  
12.5kg

19<sup>99</sup>  
ea.

250 points  
value of \$2

Entertaining Favourites

WATSON RIDGE  
CHICKEN BALLS  
12.5kg

5<sup>99</sup>  
ea.

ULTIMATE  
PULLED PORK OR  
CHICKEN & BEANS  
12.5kg

5<sup>99</sup>  
ea.

JOHNSONVILLE  
SAUSAGES  
12.5kg

6<sup>99</sup>  
ea.

IRRESISTIBLE  
MINI SPRING ROLLS TWO  
12.5kg

12<sup>99</sup>  
ea.

MADE IN ITALY  
PASTRY POPPERS  
CHICKEN  
POULET  
12.5kg

9<sup>99</sup>  
ea.

MADE IN ITALY  
PASTRY POPPERS  
CHICKEN  
POULET  
12.5kg

9<sup>99</sup>  
ea.

SCHNEIDER'S  
PASTRY POPPERS  
CHICKEN  
POULET  
12.5kg

12<sup>99</sup>  
ea.

MADE IN ITALY  
PASTRY POPPERS  
CHICKEN  
POULET  
12.5kg

15<sup>99</sup>  
ea.



# Shrimply the best

Get appy with our **Irresistible** selection of shrimp.



IRRESISTIBLE  
BACON-WRAPPED  
SCALLOP  
MEDALLION  
FROZEN, 200 g  
**8<sup>99</sup>**  
ea.



IRRESISTIBLE  
SHRIMP BURRITOS  
FROZEN, 240 g  
**7<sup>99</sup>**  
ea.



IRRESISTIBLE  
BANG BANG SHRIMP  
FROZEN, 340 g  
**8<sup>99</sup>**  
ea.



IRRESISTIBLE  
TORPEDO SHRIMP  
FROZEN, 284 g  
**8<sup>99</sup>**  
ea.



**7<sup>99</sup>**  
ea. IRRESISTIBLE  
PACIFIC WHITE  
SHRIMP RING  
FROZEN, 284 g



**8<sup>99</sup>**  
ea. IRRESISTIBLE  
WILD ARGENTINIAN  
SHRIMP RING  
FROZEN, 250 g



**19<sup>99</sup>**  
ea. IRRESISTIBLE  
PACIFIC WHITE JUMBO  
COOKED SHRIMP  
WITH SAUCE  
FROZEN, 21 - 25 SIZE  
600 g



Shop  
these and  
more in-store  
or online



Seafood



**9<sup>99</sup>**  
/lb  
WILD CAUGHT  
ALASKAN COD FILLETS  
FRESH OR FROZEN (COPPER RIVER 2.21 lb/1kg)



**12<sup>99</sup>**  
/lb  
FRESH RAINBOW TROUT FILLETS, VALUE PACK  
100% FRESH, 1.27 lb/585g



**4<sup>99</sup>**  
ea.  
7 SEAS SOLE  
WITH STUFFING  
FRESH, 100% FRESH, 200g



**5<sup>99</sup>**  
ea.  
FRESH  
CANADIAN CORE  
ORGANIC MUSSELS  
1.5 lb/680g



**6<sup>99</sup>**  
/lb  
FRESH  
PASTA CLAMS  
1.5 lb/680g



**8<sup>99</sup>**  
/lb  
STORE MADE  
SEAFOOD SALAD  
CHICKEN, CUCUMBER  
MAYONNAISE, 1.5 lb/680g



**8<sup>99</sup>**  
ea.  
OCEAN PRIME  
WHOLE CLEANED SQUID  
FRESH, 1.5 lb/680g



**13<sup>99</sup>**  
ea.  
BACCALA  
CHILESA BONITO  
SAUTERED, 1.5 lb/680g



**13<sup>99</sup>**  
ea.  
OCEAN JEWEL  
WHOLE  
MEDITERRANEAN  
SEA BASS  
1.5 lb/680g



**49<sup>99</sup>**  
/lb  
KING CRAB  
FRESH, 1.5 lb/680g

*Irresistible*



**6<sup>99</sup>**  
ea.  
IRRESISTIBLE  
UNCOOKED  
SAUSAGE LINKS  
FRESH, 1.5 lb/680g



**8<sup>99</sup>**  
ea.  
IRRESISTIBLE  
COOKED PACIFIC  
WHITE SHRIMP  
FRESH, 1.5 lb/680g



**9<sup>99</sup>**  
ea.  
IRRESISTIBLE  
SEAFOOD  
MEDLEY  
FRESH, 1.5 lb/680g



**10<sup>99</sup>**  
ea.  
IRRESISTIBLE  
CRAB CAKES  
FRESH, 1.5 lb/680g

Deli Favourites



**2<sup>99</sup>**  
/100 g  
MAPLE LOOSE  
CHICKEN BREAST  
FRESH, 1.5 lb/680g



**2<sup>99</sup>**  
/100 g  
SHORSHI  
SANDWICHES  
FRESH, 1.5 lb/680g



**1<sup>99</sup>**  
/100 g  
KRIMOS  
TRADITIONAL FETA CHEESE  
FRESH, 1.5 lb/680g



**11<sup>49</sup>**  
ea.  
SANTITAS  
BELLANANO CHEESE  
FRESH, 1.5 lb/680g



**5<sup>49</sup>**  
ea.  
PIZZERIA  
BELLITALIA  
PIZZA TOPPINGS  
FRESH, 1.5 lb/680g



**7<sup>49</sup>**  
ea.  
BRANDT  
SAUSAGE CHUBS  
FRESH, 1.5 lb/680g



**6<sup>99</sup>**  
ea.  
RICOTTA  
CHEESE  
FRESH, 1.5 lb/680g



**5<sup>99</sup>**  
ea.  
CELEBRITY  
SHEEP'S MILK  
CHEESE  
FRESH, 1.5 lb/680g



**10<sup>99</sup>**  
ea.  
MARC ANGELO  
CALABRESE  
SALAMI  
FRESH, 1.5 lb/680g



**11<sup>99</sup>**  
ea.  
MARC ANGELO  
PROSCIUTTO OR  
ANTIPASTO  
QUATTRO TRAZ  
FRESH, 1.5 lb/680g



**12<sup>99</sup>**  
ea.  
4 MINI  
BURRATA  
FRESH, 1.5 lb/680g



**4<sup>99</sup>**  
ea.  
NEW YORK  
STYLE  
BAGEL CRISPS  
FRESH, 1.5 lb/680g



**3<sup>99</sup>**  
ea.  
SUMMER FRESH  
HUMMUS OR DIPS  
FRESH, 1.5 lb/680g



**7<sup>99</sup>**  
ea.  
SABATINI'S  
FRESH MACARONI  
FRESH, 1.5 lb/680g



**8<sup>99</sup>**  
ea.  
SWISS CHALET  
CHICKEN POT PIE  
FRESH, 1.5 lb/680g



**8<sup>00</sup>**  
ea.  
FRESH & HOT  
FRESH PASTA  
FRESH, 1.5 lb/680g



## Love cheese?

Cheese connoisseurs will enjoy our vast selection – tasty on their own or as part of charcuterie boards & party platters.



**749**  
ea.  
BOTTRELL  
CHEESE  
170 g  
SELECTED VARIETIES



**999**  
ea.  
ZERIO  
MOZZARELLA  
250 g  
SELECTED VARIETIES



**549**  
/100 g  
COMBE CASTLE  
CRANBERRY  
WENSLEYDALE  
DELICIOUS. PRICES AS MARKED  
24.90%



**2200**  
ea.  
BELLA CASARA  
BURRATA CHEESE  
250 g  
14.99 ea. 250 g



**1499**  
ea.  
TRE STELLE  
MASCARPONE CHEESE  
475 g



**699**  
ea.  
RONCATO  
OR BALDERSON  
SPREADABLE CHEESE  
185 - 200 g  
SELECTED VARIETIES



**1799**  
ea.  
INESISTIBLE  
BRIE  
500 g



**329**  
/100 g  
BALDERSON  
CHEDDAR  
AGED 36 MONTHS  
DELICIOUS. PRICES AS MARKED  
5.29/100 g WHEN YOU BUY  
LESS THAN 500 g  
BUY MORE  
SAVE MORE!



**359**  
/100 g  
PARMIGIANO REGGIANO  
AGED 24 MONTHS  
DELICIOUS. PRICES AS MARKED  
5.35/100 g WHEN YOU BUY  
LESS THAN 500 g  
BUY MORE  
SAVE MORE!



**459**  
/100 g  
JARLSBERG  
CHEESE  
DELICIOUS. PRICES AS MARKED  
5.29/100 g WHEN YOU BUY  
LESS THAN 500 g  
BUY MORE  
SAVE MORE!



**479**  
/100 g  
L'EXTRA  
DOUBLE CHEVRE BRIE  
DELICIOUS. PRICES AS MARKED  
5.29/100 g WHEN YOU BUY  
LESS THAN 500 g  
BUY MORE  
SAVE MORE!



**499**  
/100 g  
OKA CHEESE  
DELICIOUS. PRICES AS MARKED  
26.63%



**1099**  
ea.  
OKA CHEESE  
100 g  
SELECTED VARIETIES









Lemon Treats



FRONT STREET BAKERY  
LEMON MERINGUE PIE  
12" x 10"  
6<sup>99</sup>  
ea.



LA ROCCA  
LEMON MOUSSE  
CAKE 10 1/2"  
21<sup>99</sup>  
ea.



INEVITABLE  
LEMON POPPY SEED  
COFFEE CAKE 10 1/2"  
10<sup>99</sup>  
ea.



FRONT STREET BAKERY  
LEMON PASHAAN TWISTS  
12 1/2" x 10"  
5<sup>99</sup>  
ea.



FRONT STREET BAKERY  
LEMON DANISH  
12 1/2" x 10"  
7<sup>99</sup>  
ea.



SELECTION  
LEMON DESSERT SQUARES  
12 1/2" x 10"  
3<sup>69</sup>  
ea.

Strawberry Delights



FRONT STREET BAKERY  
CHOCOLATE BOSTON  
CAKE 10 1/2"  
22<sup>99</sup>  
ea.



FRONT STREET BAKERY  
GOURMET  
STRAWBERRY  
SHORTCAKE 10 1/2"  
31<sup>99</sup>  
ea.



FRONT STREET BAKERY  
TRIPLE STRAWBERRY  
BOSTON CAKE 10 1/2"  
22<sup>99</sup>  
ea.



FRONT STREET BAKERY  
STRAWBERRY CHEESECAKE  
10 1/2"  
22<sup>99</sup>  
ea.

Meal Essentials



BEN'S ORIGINAL  
FAST & FANCY RICE 12 1/2"  
1<sup>99</sup>  
ea.



GREEN GIANT  
CANNED VEGETABLES  
10 1/2"  
1<sup>99</sup>  
ea.



FRENCH'S KETCHUP  
10 1/2"  
5<sup>49</sup>  
ea.



KNORR SIDERICKS  
SOUP ENVELOPES  
10 1/2"  
2<sup>49</sup>  
ea.



KOSHER'S MUSTARD  
10 1/2"  
5<sup>99</sup>  
ea.



IDAHOAN  
ROASTED GARLIC  
POTATOES 10 1/2"  
1<sup>99</sup>  
ea.



MONTREAL  
SWISS CHAI TEA  
10 1/2"  
2<sup>99</sup>  
ea.



SELECTION  
CANNED MUSHROOMS  
10 1/2"  
1<sup>49</sup>  
ea.



CLUB HOUSE  
SPICE OR  
SEASONING BOTTLES  
10 1/2"  
5<sup>49</sup>  
ea.



RAO'S PASTA SAUCE  
10 1/2"  
9<sup>99</sup>  
ea.



EGGO WAFFLES  
10 1/2"  
3<sup>99</sup>  
ea.



PIZZA POPS  
10 1/2"  
6<sup>99</sup>  
ea.



INEVITABLE  
PROTEIN MEALS  
10 1/2"  
4<sup>99</sup>  
ea.



KIWOS  
FALAFEL TWISTS  
10 1/2"  
9<sup>99</sup>  
ea.



MICHELLE'S  
PROTEIN ENTREE  
10 1/2"  
3<sup>99</sup>  
ea.



PROTEIN MARKET  
PROTEIN MEAL  
10 1/2"  
5<sup>99</sup>  
ea.



# Prep for your feast

Hosting's easy with our delicious variety of apps, main events & sweet desserts.

FRESH 2 GO  
SMACK OR  
ANTIPASTO TRAY  
600-700g  
SELECTED VARIETIES

**15<sup>00</sup>**  
ea.

FAMILY  
SIZE

FAMILY SIZE SALADS  
400-480g  
SELECTED VARIETIES

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

SEAFOOD BOIL  
FRESH, 2.43/1000g

**10<sup>99</sup>**  
/lb

STORE-MADE  
DIPS  
200-500g

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

STORE-MADE  
JUMBO SHRIMP  
WITH SAUCE  
PREVIOUSLY FROZEN  
28-30 PIECE, 2.20/100g

**9<sup>99</sup>**  
/lb

FRONT STREET BAKERY  
GOURMET COOKIE TRAY  
600-700g  
SELECTED VARIETIES

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

Catering tray orders require 48 hours notice.

FRESH 2 GO SMOKED PLANK.  
BURRATA PLATTER ON ARTISANAL MEAT PLATTER  
1.00  
ORDER IN-STORE OR ONLINE

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

FRESH 2 GO  
MINI BURRATA TEAR  
& SHARE TRAY.  
BAKE IT BAKE TRAY  
OR VEGET-LOADING  
CHARCUTERIE  
1.00  
ORDER IN-STORE OR ONLINE

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

FRESH 2 GO  
MINI CHARCUTERIE TRAYS  
1.00  
ORDER IN-STORE OR ONLINE

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

FRESH 2 GO  
GORGONZOLA WORLD  
CHEESE PLANK  
1.00

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

IRRESISTIBLES ARTISAN  
HALF MOON  
SMOKED HAM  
12.24kg

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

MAPLE LEAF OR  
SCHNEIDER'S  
SMOKED HAM  
600-700g  
SELECTED VARIETIES

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

**1.4 KG**

SELECTION  
BONELESS  
SMOKED HAM  
JAMBON FUME  
DESSEINÉ  
1.4kg  
1.4kg

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





**metro**  
**FRESH**  
**2 GO**



*We have  
your catering  
covered.*

*\*Minimum of 48 hours notice on all orders.*



**Place Your Catering  
Order Today**



**Online**  
**fresh2go.metro.ca**



**In Store**  
**Visit Our Deli**



# All the essentials

Complete your Easter menu with our selection of tasty must-haves.



**1.99** ea. STOVE TOP SOUPING ON SELECTED VARIETIES



**99¢** ea. CLUB HOUSE BROWN GRAVY OR FRANCOIS GRAY 1.5L (24.25L) ea. SELECTED VARIETIES



**4.49** ea. SARDINE 375 ml SELECTED VARIETIES



**2.99** ea. PLANTERS TRAIL MIX 80 SELECTED VARIETIES



**2.99** ea. SELECTION SOUR CREAM 400-500 ml SELECTED VARIETIES



**3.99** ea. ROBIN HOOD OR PINE WOODS FLOUR 2.5kg SELECTED VARIETIES

**2.99** ea. REDPATH BROWN SUGAR 1kg SELECTED VARIETIES

**4.99** ea. DAY LEA WHIPPED TOPPING SELECTED VARIETIES

**2.99** ea. SELECTION SHREDDED COCONUT 200 SELECTED VARIETIES



More Great Savings



**1999** ea.

Timothy's Coffee Capsules



**649** ea.

McCafe Instant Coffee



**899** ea.

Tetley Tea Bags



**599** ea.

Stallone Coffee



**569** ea.

Whole Earth Plant Based Liquid Sweetener



**549** ea.

Tropicana Reusable Bottles



**549** ea.

Invisibile Biscuits



**299** ea.

Invisibile Water Crackers



**199** ea.

Invisibile Chips



**499** ea.

Ocean Spray Cranberry Juice



**649** ea.

M&M's or Maltesers



**1199** ea.

Lindt Swiss Classic Chocolate Bar



**1199** ea.

Pilsener Beer



**1249** ea.

Busch Beer



**899** ea.

Muskoka Brewery Beer



**299** ea.

Barry's Non-Alcoholic Beverage



**499** ea.

Selection of Peanuts



**899** ea.

Maison Perrier Sparkling Water



**699** ea.

Generous by Nature Natrel Coffee



**599** ea.

Generous by Nature Natrel Fine Filtered Milk



**299** ea.

Ritz Crackers



**499** ea.

Hellmann's Mayonnaise



**699** ea.

Hellmann's Real Mayonnaise



**100 points**

Win 100 points



**399** ea.

Bites & Bites



**399** ea.

Cadbury Chocolate Bars



**1299** ea.

Kinder Maxi Chocolate



**1399** ea.

Kinder Easter Eggs



**Free**

Kinder Surprise Eggs



**649** ea.

Kinder Easter Eggs



**1299** ea.

Kinder Easter Eggs



**1399** ea.

Kinder Easter Eggs



# Your one-hop shop

Metro has all your favourite Easter sweets & treats – hop to it!

WHILE QUANTITIES LAST



13<sup>99</sup> ea.



4<sup>99</sup> ea.



8<sup>49</sup> ea.



2<sup>99</sup> ea.



1<sup>79</sup> ea.



5<sup>49</sup> ea.



5<sup>49</sup> ea.



4<sup>49</sup> ea.



4<sup>49</sup> ea.



4<sup>49</sup> ea.



9<sup>99</sup> ea.



6<sup>49</sup> ea.



3<sup>99</sup> ea.



1<sup>29</sup> ea.



10<sup>99</sup> ea.



6<sup>49</sup> ea.



2<sup>99</sup> ea.



20<sup>99</sup> ea.



10<sup>49</sup> ea.



13<sup>99</sup> ea.











FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

21<sup>99</sup>

ea.

LA ROCHE  
TORTLESS MANGO  
MOUSSE CAKE  
400 g

1<sup>99</sup>

ea.

HONEY BITES FRO  
MANGOES  
PRODUCT OF INDIA

3<sup>99</sup>

ea.

ROYAL DELIGHT  
SAMOSAS  
400/500 g  
SELECTED VARIETIES

9<sup>99</sup>

ea.

PARULMENT GOLD  
MOON GOLD BELL  
BROWN BASMATI RICE  
500 g  
SELECTED VARIETIES

9<sup>99</sup>

ea.

SAFFRON  
VEGETABLE OIL  
OR CANOLA OIL  
1 L  
SELECTED VARIETIES

16<sup>99</sup>

ea.

SERBERA  
BOUQUET  
FLOWER COLOURS

7<sup>99</sup>

ea.

ARJUN  
BASMATI RICE  
500 g  
SELECTED VARIETIES

13<sup>99</sup>

ea.

BIJAN'S  
GHEE  
500 g

1<sup>69</sup>

ea.

CEDAR  
CANNED BEANS  
200 ml  
SELECTED VARIETIES

3<sup>49</sup>

ea.

INDOMIE NOODLES  
OR MAGGI SAUCES  
100/125/150 g  
SELECTED VARIETIES

8<sup>99</sup>

ea.

AALUNDHAR OR CEDAR  
TAMARIND OR  
PUNJABI KACHA PAKET  
500/500 g  
SELECTED VARIETIES

1<sup>99</sup>

ea.

DIVYA  
MAKHANA OR PAKHANAS  
200/400 g  
SELECTED VARIETIES

2<sup>49</sup>

ea.

HUMS DAHI, PHOENIX  
OR CEDAR PHOENIX  
200/400 g  
SELECTED VARIETIES

3<sup>99</sup>

ea.

DIVYA LENTILS OR  
BLACK CHICK PEAS  
10/15/20 g  
SELECTED VARIETIES

2<sup>49</sup>

ea.

SURATI SNACKS  
DIVYA BAKED CHANA,  
BISCUIT OR  
BISCUIT CHIPS  
200/400 g  
SELECTED VARIETIES

3<sup>99</sup>

ea.

PARLE'S  
KORMA  
400 ml  
SELECTED VARIETIES

3<sup>99</sup>

ea.

BUTTER CHICKEN  
POULET AU BEURRE  
400 ml  
SELECTED VARIETIES

3<sup>99</sup>

ea.

CASABLANCA  
ORIGINAL DANISH BUTTER  
COOKIES  
454 g

99¢

ea.

DIVYA  
OMBA  
100 g  
SELECTED VARIETIES

1<sup>67</sup>

ea.

NATIONAL  
SPICE MIXES OR  
CHICKEN MIXES  
45/200 g  
SELECTED VARIETIES

3<sup>49</sup>

ea.

DIVYA PICKLED  
ONIONS OR FRIED ONIONS  
50/100 g  
SELECTED VARIETIES

99¢

ea.

PARLE-G OR LG  
COOKIES  
50/100 g  
SELECTED VARIETIES

99¢

ea.

PARLE-G  
BISCUITS  
50/100 g  
SELECTED VARIETIES

Item availability varies by store.





We take pride in sourcing locally from the  
**Greater Toronto Region.**

HALENDIA'S  
PORK SAUSAGE  
275 g  
SELECTED VARIETIES

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



THE PIE COMMISSION  
PIES  
FROZEN, 290 - 330 g  
SELECTED VARIETIES

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



HALENDIA'S  
KOBASSA SAUSAGE  
275 g  
SELECTED VARIETIES

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



SHERNI'S  
SAUCES  
500 ml  
SELECTED VARIETIES

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



BE SWEET  
HONEY FLAVOURED  
SPREAD  
500 g

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



GOOD EATS ORGANIC  
FLAX SEEDS, ARROWROOT  
STARCH OR COCONUT  
FLOUR  
454 - 600 g  
SELECTED VARIETIES

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



Effective March 26 - April 22, 2026





# BRING HOME THE BELL

NEW  
FLAVOURS  
OF DIPS AND SHELLS!



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

TACO BELL  
DIPS  
425 - 445 g  
SELECTED VARIETIES

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

TACO BELL  
SEASONED SHELLS  
137 g  
SELECTED VARIETIES