

Get Easter Ready

metro
CANADIAN AND PROUD



2⁴⁹ ea.

RASPBERRIES 100g
BLACKBERRIES 100g
PRODUCT OF MEXICO



1⁹⁹ /lb
or ea.

HEIRLOOM TOMATOES
PRODUCT OF MEXICO 1.50kg
RAPINI
PRODUCT OF U.S.A. 1.50kg



3⁹⁹ ea.

SWEET ONIONS 1lb
FOLIA LETTUCE 100g
PRODUCT OF CANADA



\$5 PER TAIL
19⁹⁹ ea.

WILD-CAUGHT ROCK LOBSTER TAILS
PRODUCT OF CANADA



2⁴⁹ ea.

GREEN GIANT
FROZEN
VEGETABLES
SELECTED VARIETIES



125 points
value of \$1
4⁹⁹ ea.

HÄAGEN-DAZS
ICE CREAM
SELECTED FLAVORS



12⁸⁸ /lb

RED GRILL CAP
ON RED STEAK
VALUE PACK
COUNTRY CHICKEN BREAST BONE IN
8.25kg



11⁸⁸ /lb

RED GRILL
PORK RIB ROAST
CHEF STYLE
20.50kg



125 points
value of \$1
5⁸⁸ /lb

SPRING LAMB
• 100% Grass Fed
• Free range
• Raised without
antibiotics or
added hormones



3⁹⁹ /lb

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



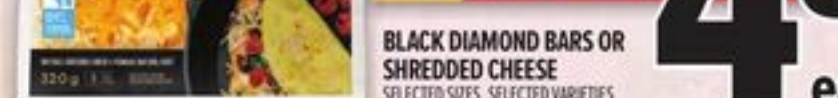
3⁹⁹ ea.

FRESH CANADIAN
ATLANTIC SALMON PORTIONS
PRODUCT OF CANADA



4⁸⁸ ea.

LACTANTIA BUTTER
COUNTRY CHURNED
UNSALTED



4⁸⁸ ea.

BLACK DIAMOND
BUTTER
MARBLE - MARBRÉ
OLD-FASHIONED

Effective March-April

TH	FR	SA	SU	MO	TU	WE
26	27	28	29	30	31	1

 2026

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

PEACHES, NECTARINES
OR BLACK PLUMS
PRODUCT OF CHILE
2 lb

3⁹⁹
ea.

LARGE ANJOU PEARS
PRODUCT OF U.S.A.
EXTRA FANCY GRADE
2.161kg

99¢
/lb

AQUA STAR
CRISPY TORPEDO SHRIMP
FROZEN, 284 g

5⁹⁹
ea.



LIVING LETTUCES
PRODUCT OF ONTARIO
PKG OF 2

3⁹⁹
ea.



EASTER ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT & CHEESE
BALDERSON
EXTRA SHARP
CHEDDAR
EXTRA-PART
5⁹⁹
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
125
points
value of \$1
3⁹⁹
ea.



KICKING HORSE
COFFEE 100g
125
points
value of \$1
14⁹⁹
ea.



LACTANTIA CREAM
3.5% MILK FAT
3⁴⁹
ea.



6⁹⁹
ea.



PICK ONTARIO
FRESH CUT TULIPS
12⁹⁹
ea.



Shop these and more in-store or online

899
ea.



599



599
ea.



1099



1099



New Lower Prices

VILLAGGIO
ITALIAN STYLE
BREADS, BUNS OR
MINI BREADS
\$1.75/100g (10/100g)

**2 for
7⁰⁰**

CASTELLO
BREADS
\$1.75/100g (10/100g)

3⁹⁹

CASTELLO
BREADS
\$1.75/100g (10/100g)

3⁴⁹

PHILLER'S
SHRIMP
\$1.75/100g (10/100g)

9⁹⁹

PHILLER'S
SHRIMP
\$1.75/100g (10/100g)

14⁹⁹

PHILLER'S
SHRIMP
\$1.75/100g (10/100g)

7⁹⁹

PLANTERS NUTS,
POPCORN OR
MIS VINEY'S CHIPS
\$1.75/100g (10/100g)

5⁴⁹

PLANTERS NUTS,
POPCORN OR
MIS VINEY'S CHIPS
\$1.75/100g (10/100g)

5⁴⁹

PLANTERS NUTS,
POPCORN OR
MIS VINEY'S CHIPS
\$1.75/100g (10/100g)

5⁴⁹

BRETON
\$1.75/100g (10/100g)

3⁴⁹

BRETON
\$1.75/100g (10/100g)

4⁹⁹

BRETON
\$1.75/100g (10/100g)

5⁴⁹

SKITTLES
\$1.75/100g (10/100g)

3⁴⁹

SKITTLES
\$1.75/100g (10/100g)

10⁹⁹

SKITTLES
\$1.75/100g (10/100g)

5⁹⁹

CAMPBELL'S
BROTH
\$1.75/100g (10/100g)

1⁹⁹

CAMPBELL'S
BROTH
\$1.75/100g (10/100g)

99¢

CAMPBELL'S
BROTH
\$1.75/100g (10/100g)

4⁴⁹

AXE
\$1.75/100g (10/100g)

4⁹⁹

AXE
\$1.75/100g (10/100g)

3⁹⁹

AXE
\$1.75/100g (10/100g)

10⁹⁹

50
\$1.75/100g (10/100g)

3⁹⁹

125
\$1.75/100g (10/100g)

3⁹⁹

125
\$1.75/100g (10/100g)

3⁹⁹

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

We reserve the right to limit quantities. SEE STORE FOR PRODUCT LIMITS. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at metro.ca or call 1-877-467-6273. WIN \$5000 in groceries.

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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

6.99*
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



1.99
/lb
LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.23kg



4.99
ea.
ORGANIC
STRAWBERRIES 1/4 lb
PRODUCT OF MEXICO
No. 1 LARGE



1.99
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.23kg



2.99
ea.
LITTLE
POTATO
CO.
LPC CREAMER
POTATOES 1 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE
SELECTED VARIETIES



3.99
/lb
ORBI CLEMENTINES
STEM & LEAF
CLEMENTINES
PRODUCT OF SPAIN
8.80kg



1.99
/lb
LARGE RED PRINCE
APPLES
PRODUCT OF CANADA
CANADA ORGANIC VARIETY RANGE
4.23kg



4.99
ea.
FRENCH GIANT
ARTICHOQUES
PRODUCT OF MEXICO
4.23kg



3.99
/lb
LARGE RED,
ORANGE OR YELLOW
SWEET POTATOES
PRODUCT OF MEXICO
8.80kg



4.99
ea.
BLACK MISSION FIGS
1/4 lb
PRODUCT OF MEXICO



5.99
/lb
COTTON CANDY
PRODUCT OF CHINA
No. 1 LARGE
13.21kg



99¢
/lb
GREEN CABBAGE
PRODUCT OF CANADA
CANADA No. 1 LARGE
2.27kg



3.99
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO
8.80kg



3.99
ea.
GOLDENBERRIES 1/4 lb
PRODUCT OF CANADA



2.49
/lb
LARGE BARTLETT
PEARS
PRODUCT OF CANADA
CANADA ORGANIC VARIETY RANGE
4.23kg



3.99
ea.
MINI CUCUMBERS 1/4 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE



2.49
/lb
GREEN ZUCCHINI
PRODUCT OF MEXICO
5.45kg



7.99
ea.
MEYER'S
CHOCOLATE
CARAMEL APPLE 1/4 lb
PRODUCT OF U.S.A.



3.99
ea.
SWEET BABY
BROCCOLI
PRODUCT OF U.S.A.



4.99
ea.
CURRY SWEET POTATOES,
MUSKATA OR
BUTTERNUT
SQUASH 1/4 lb
PRODUCT OF CANADA



3.79
ea.
BELLE GROVE
MUSHROOMS
PRODUCT OF CANADA
CANADA No. 1 LARGE



5.99
ea.
WONDERFUL
IN SHELL PISTACHIOS
1/4 lb
PRODUCT OF U.S.A.



5.99
ea.
RENE'S
SALAD
DRESSINGS
1/4 lb
PRODUCT OF CANADA



2.99
ea.
UNBEATABLE
HERBS 1/4 lb
PRODUCT OF CANADA



2.49
ea.
ASSORTED COLOUR
CARROTS 1/4 lb
PRODUCT OF CANADA

Sliced & Diced



9.99
ea.
PUMPKIN CHEESECAKE TRAY WITH RUFFLES
STRAWBERRY PINEAPPLE TOP
WITH CHOCOLATE DIP 1/4 lb
SMALL FRUIT TRAY 1/4 lb



14.99
ea.
RACHIO PLATTER 1/4 lb
FAMILY SIZE CHICKEN CAESAR SALAD 1/4 lb
SMALL BERRY VINNY TRAY 1/4 lb

Organic



2.99
/lb
ORGANIC SEEDLESS
ORANGES
PRODUCT OF U.S.A.
6.59kg



4.99
ea.
ORGANIC
AVOCADOS 1/4 lb
PRODUCT OF MEXICO



6.99
ea.
ORGANIC
SWEET POTATOES 1/4 lb
PRODUCT OF U.S.A.



5.99
ea.
ORGANIC
YELLOW POTATOES
PRODUCT OF CANADA
CANADA No. 1 LARGE



22⁹⁹
ea.

HYDRANGEA
6.5" POT
ASSORTED COLOURS



14⁹⁹
ea.

FLEURETTES
8" POT
ASSORTED COLOURS



9⁹⁹
ea.

SPRING BULBS
6" POT
ASSORTED VARIETIES



26⁹⁹
ea.

HYDRANGEA 6"
WICKER BASKET
1 un



9⁹⁹
ea.

NOVELTY LILIES
6" POT
ASSORTED VARIETIES
AND COLOURS



9⁹⁹
ea.

SINGLE BLOOM
HYDRANGEA
4" POT
ASSORTED COLOURS



6⁹⁹
ea.

NOVELTY
CYCLAMEN
4" POT
ASSORTED COLOURS



11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS



16⁹⁹
ea.

ORCHID
3.5" POT
ASSORTED COLOURS



6⁹⁹
ea.

COMMERCIAL
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT



14⁹⁹
ea.

CALANDIVA
HILBERT BUNNY
2.5" 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

2⁹⁹
/lb

BUTTERBALL
ROAST
FRESH BUTTERBALL OR
GRADE A TURKEY
13.25kg
6.59kg

12⁸⁸
/lb

BUTTERBALL
RED GRILL
EASY CARVE
PRIME BRISK ROAST
13.25kg
6.59kg

BONELESS
BONELESS PORK LOIN CHOPS
VALUE PACK OR ROAST
13.25kg

5⁹⁹
/lb

PLATINUM GRILL ANJOU
BEEF FENDER CUT
STEAK OR ROAST
78.50kg
39.25kg

33⁹⁹
/lb

PRIME
YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
13.25kg

7⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
13.25kg

5⁹⁹
/lb

**125 points
value of \$1**
6⁸⁸
/lb

FRESH
BONELESS LAMB LEG
13.25kg
6.59kg

7⁹⁹
/lb

FRESH LAMB SHOULDER
CHOPS VALUE PACK
13.25kg
6.59kg

12⁹⁹
/lb

FRESH LAMB LOIN CHOPS
13.25kg
6.59kg

19⁹⁹
/lb

FRESH FRENCHED
LAMB RACK
13.25kg
6.59kg

I earn with **moi** rewards

SCHNEIDER'S
BREAKFAST
SNACKWICHES OR
EGG BITES
100g
50g

5⁹⁹
ea.

**125 points
value of \$1**

MAPLE LEAF
SMOKED MEAT
100g
50g

6⁹⁹
ea.

80 points

LOU'S
PINEAPPLE
100g
50g

7⁹⁹
ea.

90 points

IRRESISTIBLE
MINI SPRING ROLLS
100g
50g

5⁹⁹
ea.

70 points

Fletcher's
PORK
COTTAGE CHEESE
100g
50g

4⁹⁹
/lb

**125 points
value of \$1**

MONTANA'S
PULLED PORK OR
CHICKEN & MEXICAN
100g
50g

8⁹⁹
ea.

**125 points
value of \$1**

KELSEY'S
ORIGINAL ROADHOUSE
PULLED PORK OR
CHICKEN & MEXICAN
100g
50g

12⁹⁹
ea.

**125 points
value of \$1**

YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
13.25kg
6.59kg

19⁹⁹
ea.

**250 points
value of \$2**

Entertaining Favourites

WATSON
ROSE
CHICKEN BALLS
100g
50g

5⁹⁹
ea.

ULTIMATE
CHICKEN
100g
50g

5⁹⁹
ea.

JOHNSONVILLE
SAUSAGES
100g
50g

6⁹⁹
ea.

IRRESISTIBLE
MINI SPRING ROLLS
100g
50g

12⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
100g
50g

9⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
100g
50g

9⁹⁹
ea.

SCHNEIDER'S
APPETIZER
PASTRY POPPERS
100g
50g

12⁹⁹
ea.

MAPLE LEAF PRIME
ROASTED WITHOUT
ANTIBIOTICS
CHICKEN WINGS
100g
50g

15⁹⁹
ea.

Shrimply the best

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



IRRESISTIBLE
BACON-WRAPPED
SCALLOP
MEDALLION
FROZEN, 200 g
8⁹⁹
ea.



IRRESISTIBLE
SHRIMP BURRITOS
FROZEN, 240 g
7⁹⁹
ea.



IRRESISTIBLE
BANG BANG SHRIMP
FROZEN, 340 g
8⁹⁹
ea.



IRRESISTIBLE
TORPEDO SHRIMP
FROZEN, 284 g
8⁹⁹
ea.



7⁹⁹
ea. IRRESISTIBLE
PACIFIC WHITE
SHRIMP RING
FROZEN, 284 g



8⁹⁹
ea. IRRESISTIBLE
WILD ARGENTINIAN
SHRIMP RING
FROZEN, 250 g



19⁹⁹
ea. IRRESISTIBLE
PACIFIC WHITE JUMBO
COOKED SHRIMP
WITH SAUCE
FROZEN, 600 g



Shop
these and
more in-store
or online

Seafood



9⁹⁹
/lb

WILD CAUGHT
ALASKAN COD FILLETS
FRESH OR FROZEN (20 FILLETS, 2.17 lb)



12⁹⁹
/lb

FRESH RAINBOW TROUT FILLETS, VALUE PACK
100 g, 2.20 lb



4⁹⁹
ea.

7 SEAS SOLE
WITH STUFFING
FRESH (100 g, 2.20 lb)



5⁹⁹
ea.

FRESH CANADIAN CORE
ORGANIC MUSSELS
1.5 lb



6⁹⁹
/lb

FRESH PASTA CLAMS
1.5 lb



8⁹⁹
/lb

STORE MADE
SEAFOOD SALAD
CHICKEN, CUCUMBER
MAYONNAISE, 1.5 lb



8⁹⁹
ea.

WHOLE SQUID
CALAMARI
1.5 lb



13⁹⁹
ea.

BACCALA
CHILEAN BONITO
SAUTÉ (100 g, 2.20 lb)



13⁹⁹
ea.

OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
1.5 lb



49⁹⁹
/lb

KING CRAB
1.5 lb

Irresistible



6⁹⁹
ea.

IRRESISTIBLE
UNCOOKED
SHRIMP
1.5 lb



8⁹⁹
ea.

IRRESISTIBLE
COOKED PACIFIC
WHITE SHRIMP
1.5 lb



9⁹⁹
ea.

IRRESISTIBLE
SEAFOOD
MEDLEY
1.5 lb



10⁹⁹
ea.

IRRESISTIBLE
CRAB CAKES
1.5 lb

Deli Favourites



2⁹⁹
/100 g

MAPLE GLAZED
CHICKEN BREAST
100 g



2⁹⁹
/100 g

SHORSHI
SANDWICH
100 g



1⁹⁹
/100 g

KRIMOS
TRADITIONAL FETA CHEESE
100 g



11⁴⁹
ea.

SANTITAS
BELLANANO CHEESE
1.5 lb



5⁴⁹
ea.

PIZZERIA
BELLITALIA
PIZZA TOPPINGS
1.5 lb



7⁴⁹
ea.

BRANDT
SAUSAGE CHUBS
1.5 lb



6⁹⁹
ea.

RICOTTA
CHEESE
1.5 lb



5⁹⁹
ea.

CELEBRITY
SHEEP'S MILK
CHEESE
1.5 lb



10⁹⁹
ea.

MARC ANGELO
CALABRESE
SALAMI
1.5 lb



11⁹⁹
ea.

MARC ANGELO
PROSCIUTTO OR
ANTIPASTO
QUATTRO TRAZ
1.5 lb



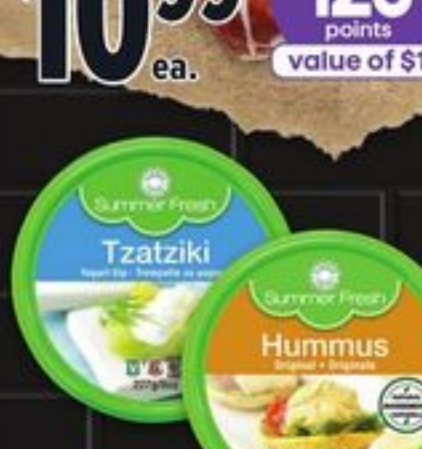
12⁹⁹
ea.

4 MINI
BURRATA
1.5 lb



4⁹⁹
ea.

NEW YORK
STYLE
BAGEL CRISPS
1.5 lb



3⁹⁹
ea.

SUMMER FRESH
HUMMUS OR DIPS
1.5 lb



7⁹⁹
ea.

SABATINI'S
FRESH MACARONI
1.5 lb



8⁹⁹
ea.

SWISS CHALET
CHICKEN
POT PIE
1.5 lb



8⁰⁰
ea.

FRESH & HOT
FRESH PASTA
1.5 lb

FLAVOURS OF

italy

ANISE-FENNEL

PRODUCE OF U.S.A.

4.3kg

1⁹⁹

/lb

FRESH FIGS

PRODUCE OF U.S.A.

1.5kg

11⁹⁹

ea.

MAIA TOLAND'S LASAGNA

MAIA TOLAND'S

SELECTED LASAGNES

Courtesy of

Lasagna

Lasagne

Consigne

12 kg

11⁹⁹

ea.

FRESH

WHOLE WHITING

7500 g

3⁴⁹

/lb

WHILE QUANTITIES LAST

SAN DANIELE

WHOLE PROSCUITO

1kg

79⁰⁰

ea.

CASTELLO

PARM. STAGIONECHIO

DELIZIOSE PRODUZIONI 100% GRAS

4⁹⁹

/100 g

ALMOND

PISTACCHIO CAKE

175g

31⁹⁹

ea.

PRIMO STREET BAKERY

LONG CHALIBRE

175g

4²⁹

ea.

Colussi

CAFFELATTE

COLOSSO COOKIES

200g

2⁹⁹

ea.

DAVID ROCCO

PASTA SAUCE

500g

5⁹⁹

ea.

PACI

PERUGINA BACI

CHOCOLATES

100g

15⁹⁹

ea.

GIORGIA SAVOIRARDI

COOKIES with

120g

3⁴⁹

ea.

Love cheese?

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



749
ea.
BOTHWELL
CHEESE
170g
SELECTED VARIETIES

999
ea.
ZERITO
MOZZARELLA
250g
SELECTED VARIETIES

549
/100 g
COOMBE CASTLE
CRANBERRY
WENSLEYDALE
DELICIOUS. PRICES AS MARKED
240g

2200
ea.
Bella Casara
BURRATA CHEESE
250g
OR 14.99 ea. 250g

1499
ea.
TRE STELLE
MASCARPONE CHEESE
475g

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

1799
ea.
INSEPARABLE
BRIE
500g

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

359
/100 g
PARMIGIANO REGGIANO
AGED 24 MONTHS
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

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

479
/100 g
L'EXTRA
DOUBLE CHEDDAR
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

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

1099
ea.
OKA CHEESE
100g
SELECTED VARIETIES

Lemon Treats



FRONT STREET BAKERY
LEMON MERINGUE PIE
12" x 10" x 4" ea.

6⁹⁹



LA ROCCA
LEMON MOUSSE
CAKE 10 1/2" x 10 1/2" x 4" ea.

21⁹⁹



INEVITABLE
LEMON POPPY SEED
COFFEE CAKE 10 1/2" x 10 1/2" x 4" ea.

10⁹⁹



FRONT STREET BAKERY
LEMON PASHAAN TWISTS
12" x 12" x 1" ea.

5⁹⁹



FRONT STREET BAKERY
LEMON DANISH
12" x 12" x 1" ea.

7⁹⁹



SELECTION
LEMON DESSERT SQUARES
12" x 12" x 1" ea.

3⁶⁹

Strawberry Delights



FRONT STREET BAKERY
CHOCOLATE BOSTON
CAKE 10 1/2" x 10 1/2" x 4" ea.

22⁹⁹



FRONT STREET BAKERY
GOURMET
STRAWBERRY
SHORTCAKE 10 1/2" x 10 1/2" x 4" ea.

31⁹⁹



FRONT STREET BAKERY
TRIPLE STRAWBERRY
BOSTON CAKE 10 1/2" x 10 1/2" x 4" ea.

22⁹⁹



FRONT STREET BAKERY
STRAWBERRY CHEESECAKE
10 1/2" x 10 1/2" x 4" ea.

22⁹⁹

Meal Essentials



BEN'S ORIGINAL
FAST & FANCY RICE 12 1/2" x 12 1/2" x 4" ea.

1⁹⁹



GREEN GIANT
CANNED VEGETABLES
10 1/2" x 10 1/2" x 4" ea.

1⁹⁹



FRENCH'S KETCHUP
10 1/2" x 10 1/2" x 4" ea.

5⁴⁹



KNORR SOUPS
10 1/2" x 10 1/2" x 4" ea.

2⁴⁹



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2" x 10 1/2" x 4" ea.

1⁴⁹



SWISS CHAI TEA
10 1/2" x 10 1/2" x 4" ea.

2⁹⁹



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2" x 10 1/2" x 4" ea.

1⁴⁹



SWISS CHAI TEA
10 1/2" x 10 1/2" x 4" ea.

2⁹⁹



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2" x 10 1/2" x 4" ea.

1⁴⁹



SWISS CHAI TEA
10 1/2" x 10 1/2" x 4" ea.

2⁹⁹

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

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

15⁰⁰
ea.

FAMILY
SIZE

FAMILY SIZE SALADS
400-480g
SELECTED VARIETIES

10⁹⁹
ea.

SEAFOOD BOIL
FRESH, 2.43/1000g

10⁹⁹
/lb

STORE-MADE
DIPS
200-500g

5⁹⁹
ea.

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

9⁹⁹
/lb

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

9⁹⁹
ea.

Catering tray orders require 48 hours notice.

FRESH 2 GO SMOKED PLANK.
BURRATA PLATTER ON ARTISANAL MEAT PLATTER
1.60
ORDER IN-STORE OR ONLINE

44⁹⁹
ea.

FRESH 2 GO
MINI BURRATA TEAR
& SHARE TRAY.
BAKE IT BAKE TRAY
OR VEGET-LOADING
CHARCUTERIE
1.60
ORDER IN-STORE OR ONLINE

29⁹⁹
ea.

FRESH 2 GO
MINI CHARCUTERIE TRAYS
1.60
ORDER IN-STORE OR ONLINE

29⁹⁹
ea.

FRESH 2 GO
SMOKED THE WORLD
CHEESE PLANK
1.50kg

49⁹⁹
ea.

IRRESISTIBLES ARTISAN
HALF MOON
SMOKED HAM
12.24kg

5⁹⁹
/lb

MAPLE LEAF OR
SCHNEIDERS
SMOKED HAM
600-700g
SELECTED VARIETIES

11⁹⁹
ea.

1.4 KG

SELECTION
BONELESS
SMOKED HRM
JAMBON FUME
DESSECHE
1.4kg

13⁹⁹
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
DINDIE
1.5L
SELECTED VARIETIES



1.99 ea.
STOVE TOP
CHICKEN
POULET
1.5L
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED OYSTERS
1.5L
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED MUSSELS
1.5L
SELECTED VARIETIES



99¢ ea.
CLUB HOUSE
BROWN GRAVY
1.5L
SELECTED VARIETIES



2.79 ea.
DOLE
CANNED PINEAPPLE
1.5L
SELECTED VARIETIES



6.49 ea.
BICK'S
PICKLES
1.5L
SELECTED VARIETIES



2.99 ea.
FRENCH
DIJON MUSTARD
1.5L
SELECTED VARIETIES



4.49 ea.
SARGOL
SARDINE OILS
1.5L
SELECTED VARIETIES



4.99 ea.
KELLOGG'S
RICE KRISPIES
CEREAL
1.5L
WHOLE SUPPLIES LAST



5.49 ea.
RICE KRISPIES
CEREAL
1.5L
WHOLE SUPPLIES LAST



4.99 ea.
PILLOWSY
EASTER COOKIES
1.5L
WHOLE SUPPLIES LAST



2.99 ea.
PLANTERS
TRAIL MIX
1.5L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
ORIGINAL BLEND
MELANGE
1.5L
SELECTED VARIETIES



7.49 ea.
OCEAN SPRAY
SPARKLING CRANBERRY
DRINK
1.5L
SELECTED VARIETIES



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
1.5L
SELECTED VARIETIES



2.99 ea.
SELECTION
SOUR CREAM
600-800 ml
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
GROUND COFFEE
1.5L
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
1.5L
SELECTED VARIETIES



3.99 ea.
ROBIN HOOD OR
PINE WOODS FLOUR
1.5L
SELECTED VARIETIES



4.99 ea.
DAY LEA
WHIPPED CREAM
1.5L
SELECTED VARIETIES



2.99 ea.
SELECTION
SHREDDED COCONUT
1.5L
SELECTED VARIETIES

More Great Savings



1999 ea.

TIMOTHY'S COFFEE CAPSULES (ea.)



649 ea.

McCafé INSTANT COFFEE (ea.)



899 ea.

TETLEY TEA BAGS (ea.)



599 ea.

STARBUCK FOUR SEASONAL FLAVORS (ea.)



569 ea.

WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea.)



549 ea.

TROPICANA REFRESHING DRINKS (ea.)



549 ea.

INVINCIBLE BISCUITS (ea.)



299 ea.

INVINCIBLE WATER CRACKERS (ea.)



199 ea.

INVINCIBLE CHIPS (ea.)



499 ea.

OCEAN SPRAY CRANBERRY JUICE (ea.)



649 ea.

M&M'S OR MALTESERS (ea.)



1199 ea.

LINDT SWISS CLASSIC CHOCOLATE BAR (ea.)



1199 ea.

ASAHI BEER (ea.)



1249 ea.

BUSCH BEER (ea.)



899 ea.

MUSKOKA BEER (ea.)



299 ea.

BARRY'S NON-ALCOHOLIC BEVERAGE (ea.)



499 ea.

SELECTION OF PEANUTS (ea.)



899 ea.

MAISON PERRIER SPARKLING WATER (ea.)



699 ea.

GENEROUS BY NATURE NATREL COFFEE (ea.)



599 ea.

GENEROUS BY NATURE NATREL FINE FILTERED MILK (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



399 ea.

HELLMANN'S MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



399 ea.

HELLMANN'S MAYONNAISE (ea.)



Free

KINDER SURPRISE EGGS (ea.)



649 ea.

KINDER MAXI CHOCOLATE (ea.)



1299 ea.

KINDER MAXI CHOCOLATE (ea.)

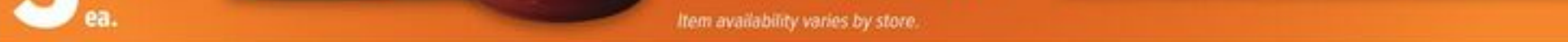


1399 ea.

KINDER MAXI CHOCOLATE (ea.)

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL





We take pride in sourcing locally from the
Southwestern Ontario Region.

BEAU'S
ABBEY STYLE CHEESE
27.17/lb

5⁹⁹
/100g



GRAND TRUNK
FIRM CHEESE
27.17/lb

5⁹⁹
/100g



NOSTRA GOURMET
FOODS ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



GOLDEN ACRES
SLICED PEACHES
OR PEARS
452 g

6⁹⁹
ea.



SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES

6⁹⁹
ea.



THE KETONUT
CHOCOLATES
200 - 240 g
SELECTED VARIETIES

9⁹⁹
ea.



Effective March 26 - April 22, 2026



BRING HOME THE BELL

NEW
FLAVOURS
OF DIPS AND SHELLS!



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5⁴⁹
ea.

TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES



3⁹⁹
ea.

TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES