

Get Easter Ready

metro
CANADIAN AND PROUD

2⁴⁹ ea.

RASPBERRIES 1kg
BLACKBERRIES 1kg
PRODUCT OF MEXICO

1⁹⁹ /lb or ea.

HERBLOOM TOMATOES
PRODUCT OF MEXICO 1.5kg
BAPHA
PRODUCT OF U.S.A. 1.5kg

3⁹⁹ ea.

SWEET ONIONS 1kg
FOLIA LETTUCE 1kg
PRODUCT OF CANADA

\$5 PER TAIL

19⁹⁹ ea.

WILD-CAUGHT ROCK LOBSTER TAILS
PRODUCT OF CANADA

2⁴⁹ ea.

GREEN GIANT FROZEN VEGETABLES
GREEN GIANT CORN
PRODUCT OF CANADA

125 points value of \$1

4⁹⁹ ea.

HÄAGEN-DASZ ICE CREAM
VANILLA
CHOCOLATE
OPT. FOR MORE SAVINGS

12⁸⁸ /lb

RED GRILL CAP ON BUN STYLE
VALUE PACK
COUNTRY CHICKEN BREAST BONE IN 2x 250g

11⁸⁸ /lb

RED GRILL PORK BUN BOAST
CHEF STYLE
2x 250g

125 points value of \$1

5⁸⁸ /lb

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

FRESH LAMB LEGS SHORT CUT
NET 2.5kg

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 BUTTER
UNSALTED
454g

4⁸⁸ ea.

BLACK DIAMOND MARBLE - MARBRÉ
BLACK DIAMOND MARBLE - MARBRÉ
BLACK DIAMOND MARBLE - MARBRÉ
BLACK DIAMOND MARBLE - MARBRÉ

EASTER
ESSENTIALS

WHOLE OR HALF ONTARIO LAMB

Cut to your specifications by our in-store butchers. While supplies last.



7⁹⁹
/lb

FRESH ONTARIO WHOLE OR HALF LAMB
7.53kg



MARC ANGELO
EXTRA OLD
CHEDDAR
CHEESE
10.2kg
10.2kg

5⁹⁹
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
10.2kg

125
points
value of \$1
3⁹⁹
ea.



KICKING HORSE
COFFEE 454g
10.2kg

125
points
value of \$1
14⁹⁹
ea.



LACTANTIA CREAM
500ml
10.2kg

3⁴⁹
ea.



6⁹⁹
ea.

LINDT EASTER
BUNNY CHOCOLATE 100g
10.2kg

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

PHILLY'S
SHRIMP & CHICKEN
\$1.75/100g (10/100g)

9⁹⁹

PHILLY'S
SHRIMP & CHICKEN
\$1.75/100g (10/100g)

14⁹⁹

PHILLY'S
SHRIMP & CHICKEN
\$1.75/100g (10/100g)

7⁹⁹

PLANTERS NUTS,
POPCORN OR
MIXED NUTS
\$1.75/100g (10/100g)

5⁴⁹

PLANTERS NUTS,
POPCORN OR
MIXED NUTS
\$1.75/100g (10/100g)

5⁴⁹

PLANTERS NUTS,
POPCORN OR
MIXED NUTS
\$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

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 PRECISIONS AND RESTRICTIONS. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at metro.ca or call 1-800-387-6262 to 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
16⁹⁹
ea.
SAVE UP TO
\$6

22⁹⁹*
ea.
BUTTERBALL BONELESS
TURKEY BREAST ROAST
FROZEN, 1.2 kg
SELECTED VARIETIES



NOW
2⁹⁹
ea.
SAVE UP TO
\$1.80

4⁷⁹*
ea.
LECLERC
COOKIES
SELECTED SIZES
SELECTED VARIETIES



NOW
5⁹⁹
ea.
SAVE UP TO
\$2

7⁹⁹*
ea.
IRRESISTIBLE CHOCOLATE
COVERED ALMONDS
300 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$1

4⁹⁹*
ea.
TAKIS
198 - 260 g
SELECTED VARIETIES



NOW
12⁹⁹
ea.
SAVE UP TO
\$7

19⁹⁹*
ea.
IRRESISTIBLES
COFFEE CAPSULES
30 ml
SELECTED VARIETIES



NOW
4⁹⁹
ea.
SAVE UP TO
\$1.50

6⁹⁹*
ea.
EARTH'S OWN
CREAM
946 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD 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.
4.25kg



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



1.99
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.25kg



2.99
ea.
LITTLE
POTATO
CO.
LPC CREAMER
POTATOES 1/4 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE
SELECTED VARIETIES



3.99
/lb
ORBI CLEMENTINES
STEM & LEAF
CLEMENTINES
PRODUCT OF SPAIN
8.50kg



1.99
/lb
LARGE RED PRINCE
APPLES
PRODUCT OF CANADA
CANADA ORGANIC VARIETY RANGE
4.25kg



4.99
ea.
FRENCH
GIANTS
ARTICHOQUES
FRANÇAIS
PRODUCT OF MEXICO
4.25kg



3.99
/lb
LARGE RED,
ORANGE OR YELLOW
SWEET POTATOES
PRODUCT OF MEXICO
8.50kg



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



5.99
/lb
COTTON CANDY
PRODUCT OF CHINA
13.25kg



99¢
/lb
GREEN CABBAGE
PRODUCT OF CANADA
CANADA No. 1 LARGE
2.50kg



3.99
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO
8.50kg



3.99
ea.
GOLDENBERRIES 1/4 lb
PRODUCT OF CANADA (SPAIN)



2.49
/lb
LARGE BARTLETT
PEARS
PRODUCT OF CANADA
CANADA ORGANIC VARIETY RANGE
4.25kg



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 MEXICO



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



5.99
ea.
WONDERFUL
IN SHELL PISTACHIOS
1/4 lb (250g) (NET WT.)



5.99
ea.
BENET'S
SALAD
DRESSINGS
1/4 lb (250g) (NET WT.)



2.99
ea.
UNBEATABLE
HERBS 1/4 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE



2.49
ea.
ASSORTED COLOUR
CARROTS 1/4 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE

Sliced & Diced



9.99
ea.
PUMPKIN CHEESECAKE TRAY WITH RUFFLES
STRAWBERRY PINEAPPLE SLICE
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.
6.50kg



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



16⁹⁹
ea.

ORCHID
3.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT



14⁹⁹
ea.

CALANDIVA
HILBERT BUNNY
2.5" POT



6⁹⁹
ea.

NOVELTY
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT



11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS



6⁹⁹
ea.

COMMERCIAL
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT



16⁹⁹
ea.

ORCHID
3.5" POT
ASSORTED COLOURS



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

RED GRILL
EASY CARVE
PRIME BUTTERBALL
11.5 lb (5.2 kg)
\$29.99

BONELESS

BONELESS PORK LOIN CHOPS
VALUE PACK (OR ROAST)
13.2 lb (6.0 kg)
\$5.99

PRIME

YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
12.7 lb (5.8 kg)
\$5.99

100% CANADIAN AA

12⁸⁸

/lb

100% CANADIAN

33⁹⁹

/lb

PRIME

7⁹⁹

/lb

125 points

value of \$1

6⁸⁸

/lb

PRIME

7⁹⁹

/lb

125 points

value of \$1

12⁹⁹

/lb

PRIME

19⁹⁹

/lb

I earn with **moi** rewards

5⁹⁹

125 points

value of \$1

6⁹⁹

80 points

value of \$1

7⁹⁹

90 points

value of \$1

5⁹⁹

70 points

value of \$1

4⁹⁹

125 points

value of \$1

8⁹⁹

125 points

value of \$1

12⁹⁹

125 points

value of \$1

19⁹⁹

250 points

value of \$1

Entertaining Favourites

5⁹⁹

ea.

5⁹⁹

ea.

6⁹⁹

ea.

12⁹⁹

ea.

9⁹⁹

ea.

9⁹⁹

ea.

12⁹⁹

ea.

15⁹⁹

ea.

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

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, 21 - 25 SIZE
600 g



Shop
these and
more in-store
or online

Seafood



9⁹⁹
/lb
WILD CAUGHT
ALASKAN COD FILLETS
FRESH OR PREPARED PASTA 2.21 lb/100g



12⁹⁹
/lb
FRESH RAINBOW TROUT FILLETS, VALUE PACK
100 g, 2.21 lb/100g



4⁹⁹
ea.
7 SEAS SOLE
WITH STUFFING
PREPARED PASTA 2.21 lb/100g



5⁹⁹
ea.
FRESH
CANADIAN CORE
ORGANIC MUSSELS
1.5 lb/100g



6⁹⁹
/lb
FRESH
PASTA CLAMS
1.5 lb/100g



8⁹⁹
/lb
STORE MADE
SEAFOOD SALAD
CHICKEN, CUCUMBER
MAYONNAISE 1.5 lb/100g



8⁹⁹
ea.
WHOLE SOURD
CALAMARI ENTREE
PREPARED PASTA 2.21 lb/100g



13⁹⁹
ea.
BACCALA
CHILESA BONITO
SAUTERED 1.5 lb/100g



13⁹⁹
ea.
OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
1.5 lb/100g



49⁹⁹
/lb
KING CRAB
PREPARED PASTA 2.21 lb/100g

Irresistible



6⁹⁹
ea.
IRRESISTIBLE
UNCOOKED
SAUSAGE LINKS
PREPARED PASTA 2.21 lb/100g



8⁹⁹
ea.
IRRESISTIBLE
COOKED PACIFIC
WHITE SHRIMP
PREPARED PASTA 2.21 lb/100g



9⁹⁹
ea.
IRRESISTIBLE
SEAFOOD
MEDLEY
PREPARED PASTA 2.21 lb/100g



10⁹⁹
ea.
IRRESISTIBLE
CRAB CAKES
PREPARED PASTA 2.21 lb/100g

Deli Favourites



2⁹⁹
/100 g
MAPLE GLAZED
CHICKEN BREAST
PREPARED PASTA 2.21 lb/100g



2⁹⁹
/100 g
SHORSHI
SANDWICH
PREPARED PASTA 2.21 lb/100g



1⁹⁹
/100 g
KRIMOS
TRADITIONAL FETA CHEESE
PREPARED PASTA 2.21 lb/100g



11⁴⁹
ea.
SANTITAS
BELLANANO CHEESE
PREPARED PASTA 2.21 lb/100g



5⁴⁹
ea.
PIZZERIA
BELLITALIA
PIZZA TOPPINGS
PREPARED PASTA 2.21 lb/100g



7⁴⁹
ea.
BRANDT
SAUSAGE CHUBS
PREPARED PASTA 2.21 lb/100g



6⁹⁹
ea.
RICOTTA
CHEESE
PREPARED PASTA 2.21 lb/100g



5⁹⁹
ea.
CELEBRITY
SHEEP'S MILK
CHEESE
PREPARED PASTA 2.21 lb/100g



10⁹⁹
ea.
MARC ANGELO
CALABRESE
SALAMI
PREPARED PASTA 2.21 lb/100g



11⁹⁹
ea.
MARC ANGELO
PROSCIUTTO OR
ANTIPASTO
QUATTRO TRAZ
PREPARED PASTA 2.21 lb/100g



12⁹⁹
ea.
4 MINI
BURRATA
PREPARED PASTA 2.21 lb/100g



4⁹⁹
ea.
NEW YORK
STYLE
BAGEL CRISPS
PREPARED PASTA 2.21 lb/100g



3⁹⁹
ea.
SUMMER FRESH
HUMMUS OR DIPS
PREPARED PASTA 2.21 lb/100g



7⁹⁹
ea.
SABATINI'S
FRESH MACARONI
PREPARED PASTA 2.21 lb/100g



8⁹⁹
ea.
SWISS CHALET
CHICKEN
POT PIE
PREPARED PASTA 2.21 lb/100g



8⁰⁰
ea.
FRESH & HOT
FRESH PASTA
PREPARED PASTA 2.21 lb/100g

FLAVOURS OF

italy

ANISE-FENNEL

PRODUCE OF U.S.A.

4.3kg

1

99

/lb

FRESH FIGS

PRODUCE OF U.S.A.

1.5kg

1

99

ea.

MAIA TOLAND'S LASAGNA

MAIA TOLAND'S

SELECTED LASAGNES

1

99

ea.

FRESH

WHOLE WHITING

750/100 g

3

49

/lb

WHILE QUANTITIES LAST

SAN DANIELE

WHOLE PROSCIUTTO

1kg

7

900

ea.

CASTELLO

PARMA STAGIONECHIO

DELICIOUS PROSCIUTTO HAM, 100/100 g

4

99

/100 g

ALMOND

PISTACCHIO CAKE

175g

3

199

ea.

PRIMO STREET BAKERY

LONG CHALIBRECE

175g

4

29

ea.

COLUSSI

CAFFELATTE

COLOSSAL COOKIES

100/100g

2

99

ea.

DAVID ROCCO

PASTA SAUCE

500/500g

5

99

ea.

PERUGINA

BACI

CHOCOLATES

100/100g

1

599

ea.

GIORGIA

SAVOIARDI

COOKIES

100/100g

3

49

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.
TRE STELLE
BURRATA CHEESE
475g
OR 14.99 ea. 250g

1499
ea.
TRE STELLE
MASCARPONE CHEESE
475g

699
ea.
PRESIDENT
OR BALDERSON
SPREADABLE CHEESE
105g x 200g
SELECTED VARIETIES

1799
ea.
INSEPARABLE
BRIE
500g

329
/100 g
BALDERSON
CHEDDAR
AGED 24 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
1099g
SELECTED VARIETIES

Lemon Treats



FRONT STREET BAKERY
LEMON MERINGUE PIE
12" x 10"
6⁹⁹
ea.



LA ROCCA
LEMON MOUSSE
CAKE 10 1/2"
21⁹⁹
ea.



INEVITABLE
LEMON POPPY SEED
COFFEE CAKE 10 1/2"
10⁹⁹
ea.



FRONT STREET BAKERY
LEMON PUDDING TWISTS
12 1/2" x 10"
5⁹⁹
ea.



FRONT STREET BAKERY
LEMON DANISH
12 1/2" x 10"
7⁹⁹
ea.



SELECTION
LEMON DESSERT SQUARES
12 1/2" x 10"
3⁶⁹
ea.

Strawberry Delights



FRONT STREET BAKERY
CHOCOLATE BOSTON
CAKE 10 1/2"
22⁹⁹
ea.



FRONT STREET BAKERY
GOURMET
STRAWBERRY
SHORTCAKE 10 1/2"
31⁹⁹
ea.



FRONT STREET BAKERY
TRIPLE STRAWBERRY
BOSTON CAKE 10 1/2"
22⁹⁹
ea.



FRONT STREET BAKERY
STRAWBERRY CHEESECAKE
10 1/2"
22⁹⁹
ea.

Meal Essentials



BEN'S ORIGINAL
FAST & FANCY RICE 12 1/2"
1⁹⁹
ea.



GREEN GIANT
CANNED VEGETABLES
10 1/2" x 10"
1⁹⁹
ea.



FRENCH'S KETCHUP
10 1/2" x 10"
5⁴⁹
ea.



KNORR SIDERICKS
SOUP ENVELOPES
10 1/2" x 10"
2⁴⁹
ea.



KOSHER'S MUSTARD
10 1/2" x 10"
5⁹⁹
ea.



IDAHOAN
ROASTED GARLIC
POTATOES 10 1/2"
1⁹⁹
ea.



MONTREAL'S
SWISS CHAI
10 1/2" x 10"
2⁹⁹
ea.



SELECTION
CANNED MUSHROOMS
10 1/2" x 10"
1⁴⁹
ea.



CLAY HOUSE
SPICE OR
SEASONING BOTTLES
10 1/2" x 10"
5⁴⁹
ea.



RAO'S PASTA SAUCE
10 1/2" x 10"
9⁹⁹
ea.



EGGOS
WAFFLES
10 1/2" x 10"
3⁹⁹
ea.



PILLSBURY PIZZA POPS
10 1/2" x 10"
6⁹⁹
ea.



INEVITABLE
PROTEIN MEALS
10 1/2" x 10"
4⁹⁹
ea.



KIWOS
PALLET TWISTS
10 1/2" x 10"
9⁹⁹
ea.



MICHELLE'S
PROTEIN ENTREE
10 1/2" x 10"
3⁹⁹
ea.



PROSTON MARKET
PROTEIN MEAL
10 1/2" x 10"
5⁹⁹
ea.

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 SIZE, 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
1.6L
ORDER IN-STORE OR ONLINE

44⁹⁹
ea.

FRESH 2 GO
MINI BURRATA TEAR
& SHARE TRAY.
BAKE IT BAKE TRAY
OR VEGET-LOADING
CHARCUTERIE
1.6L
ORDER IN-STORE OR ONLINE

29⁹⁹
ea.

FRESH 2 GO
MINI CHARCUTERIE TRAYS
1.6L
ORDER IN-STORE OR ONLINE

29⁹⁹
ea.

FRESH 2 GO
SMOKED THE WORLD
CHEESE PLANK
1.5kg

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 HAM
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
SELECTED VARIETIES



1.99 ea.
STOVE TOP
CHICKEN
POULET
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED OYSTERS
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED MUSSELS
SELECTED VARIETIES



99¢ ea.
CLUB HOUSE
BROWN GRAVY
SELECTED VARIETIES



2.79 ea.
DOLE
CANNED PINEAPPLE
SELECTED VARIETIES



6.49 ea.
BICK'S
PICKLES
SELECTED VARIETIES



2.99 ea.
FRENCH
DIJON MUSTARD
SELECTED VARIETIES



4.49 ea.
SARGOL
SARDINE OILS
SELECTED VARIETIES



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



5.49 ea.
ON THE BORDER
IRRESISTIBLES
SELECTED VARIETIES



4.99 ea.
PILLSBURY
PULLS APART COOKIES
SELECTED VARIETIES
WHILE QUANTITIES LAST



2.99 ea.
PLANTERS
TRAIL MIX
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
ORIGINAL BLEND
SELECTED VARIETIES



7.49 ea.
OCEAN SPRAY
SPARKLING CRANBERRY
SELECTED VARIETIES



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
SELECTED VARIETIES



2.99 ea.
INVITATIONS
ALCOHOL-FREE
WINE
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
GROUND COFFEE
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
SELECTED VARIETIES



4.99 ea.
DAY LEA
WHIPPED CREAM
SELECTED VARIETIES



3.99 ea.
ROBIN HOOD OR
FIVE ROSES FLOUR
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
SELECTED VARIETIES



2.99 ea.
SELECTION
SHREDDED COCONUT
SELECTED VARIETIES

More Great Savings



1999 ea.

TIMOTHY'S COFFEE CAPSULES (ea.)



649 ea.

McCAFE INSTANT COFFEE (ea.)



899 ea.

TETLEY TEA BAGS (ea.)



599 ea.

ST. RAPHAEL'S SYRUP (ea.)



569 ea.

WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea.)



549 ea.

TROPICANA REUSABLE BOTTLES (ea.)



549 ea.

INVISIBLE BISCUITS (ea.)



299 ea.

INVISIBLE WATER CRACKERS (ea.)



199 ea.

INVISIBLE 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 BEER (ea.)



499 ea.

SELECTION OF PEANUTS (ea.)



899 ea.

MAISON PERRIER SPARKLING WATER (ea.)



699 ea.

GENEROUS BY NATURE COFFEE (ea.)



599 ea.

GENEROUS BY NATURE CREAMER (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 SURPRISE EGGS (ea.)



1299 ea.

KINDER SURPRISE EGGS (ea.)



1399 ea.

KINDER SURPRISE EGGS (ea.)

Your one-hop shop

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

WHILE QUANTITIES LAST



13⁹⁹ ea.

FERRERO ROCHER
EASTER CHOCOLATES
142, 162.5 g
SELECTED VARIETIES



4⁹⁹ ea.

TERRY'S ORANGE
EASTER CHOCOLATE
91 g
SELECTED VARIETIES



8⁴⁹ ea.

FERRERO
EASTER CHOCOLATE
175 g
SELECTED VARIETIES



2⁹⁹ ea.

PEEPS
EASTER CANDY
15 g
SELECTED VARIETIES



1⁷⁹ ea.

SELECTION
MILK CHOCOLATE RABBIT
100 g
SELECTED VARIETIES



5⁴⁹ ea.

REESE'S
CARROT EASTER
CHOCOLATE
158 g
SELECTED VARIETIES



5⁴⁹ ea.

HERSHEY'S
EASTER CHOCOLATE
200, 220 g
SELECTED VARIETIES



4⁴⁹ ea.

IRRESISTIBLES
MINI EGGS
200 g
SELECTED VARIETIES



4⁴⁹ ea.

M&M'S
SOUR PATCH KIDS
EASTER CANDY
275 g
SELECTED VARIETIES



4⁴⁹ ea.

CADBURY DAIRY MILK
EASTER CHOCOLATE
75 g
SELECTED VARIETIES



9⁹⁹ ea.

CADBURY
MINI EGGS CHOCOLATE
400 g
SELECTED VARIETIES



6⁴⁹ ea.

CADBURY MINI
ASSORTED OR CREME EGGS
CHOCOLATE
154 g
SELECTED VARIETIES



3⁹⁹ ea.

CADBURY
CREME EGGS CHOCOLATE
102 g
SELECTED VARIETIES



1²⁹ ea.

KIT KAT
EASTER CHOCOLATE
SELECTED VARIETIES



10⁹⁹ ea.

GHIRARDELLI
EASTER CHOCOLATE
110 g
SELECTED VARIETIES



6⁴⁹ ea.

FERRERO KINDER
EASTER EGG CHOCOLATE
100 g
SELECTED VARIETIES



2⁹⁹ ea.

FERRERO KINDER
EASTER CHOCOLATE
40 g
SELECTED VARIETIES



20⁹⁹ ea.

NESTLE
HIDE ME EGGS
EASTER CHOCOLATE
500 g
SELECTED VARIETIES



10⁴⁹ ea.

HERSHEY'S
EASTER EGG HUNT
CHOCOLATE
200 g
SELECTED VARIETIES



13⁹⁹ ea.

FERRERO
EGG HUNT KIT OR
PUZZLE CHOCOLATE
116, 180 g
SELECTED VARIETIES

Spring into flavourful spirits

Complement your feast with favourite red & white wines, cold brews & cocktails.

FOLONARI
PINOT GRIGIO
delle Venezie

15⁴⁹ ea.

[yellow tail]
SHIRAZ

15⁴⁹ ea.

BASK
SAUVIGNON WHITE WINE
750 ml

14⁴⁹ ea.

BASK
SAUVIGNON BLANC
750 ml

20⁴⁹ ea.

Castello del Diavolo
CABERNET SAUVIGNON
750 ml

14⁴⁹ ea.

Castello del Diavolo
MERLOT
750 ml

17⁴⁹ ea.

HEINEKEN
ORIGINAL BEER
330 ml

21⁹⁹ ea.

SAPPORO
PREMIUM BEER
330 ml

19⁹⁹ ea.

STELLA ARTOIS
BEER
330 ml

59⁹⁹ ea.

MILLER LITE
BEER
330 ml

28⁹⁹ ea.

COTTAGE SPRINGS
VODKA SODA
330 ml

21⁹⁹ ea.

COTTAGE SPRINGS
MIXED PACK
330 ml

21⁹⁹ ea.

Coors
SELTZER SLUSHIE
330 ml

31⁹⁹ ea.

Dillon's
GIN COCKTAILS
VARIETY PACK
330 ml

33⁹⁹ ea.

Advertised prices are subject to change and exclude GST and deposit fees, which are added at checkout. Alcohol: terms are available at select stores. See metro.ca for availability.

Complement your feast with favourite red & white wines, cold brews & cocktails.

BASK
SAUVIGNON WHITE WINE
750 ml
14⁴⁹
ea.

CASILLERO DEL DIABLO
CABERNET SAUVIGNON
750 ml
14⁴⁹
ea.

FOLONARI
PINOT GRIGIO OR
YELLOW TAIL SHIRAZ
750 ml
SELECTED VARIETIES
15⁴⁹
ea.

750 ml
2049
ea.

750 ml
1749
ea.

6 x 500 ml
2199
ea.

SELECTED VARIETIES:

289

19

59⁹⁹
ea.



319

2199
ea.

33⁹⁹
ea.

Advertised prices are subject to change and exclude HST and deposit fees, which are added at checkout. Alcoholic items are available at select stores. See metro.ca for availability.

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

21⁹⁹

ea.

LA ROCHE
TORTLESS MANGO
MOUSSE CAKE
400 g

1⁹⁹

ea.

HONEY KEMUR FQ
MANGOES
PRODUCT OF INDIA

3⁹⁹

ea.

ROYAL DELIGHT
SAMOSAS
400/500 g
SELECTED VARIETIES

9⁹⁹

ea.

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

9⁹⁹

ea.

SAPPHIRE
VEGETABLE OIL
OR CANOLA OIL
1 L
SELECTED VARIETIES

16⁹⁹

ea.

SERBERA
BOUQUET
KASHMIRI COLOURS

7⁹⁹

ea.

CELEDA MOON OR
ARJUN BASMATI RICE
500 g
SELECTED VARIETIES

13⁹⁹

ea.

BIJAN'S
GHEE
500 g

1⁶⁹

ea.

CEDAR
CANNED BEANS
400 g
SELECTED VARIETIES

3⁴⁹

ea.

INDOMIE NOODLES
OR MAGGI SAUCES
100 g
SELECTED VARIETIES

8⁹⁹

ea.

AMLENDER OR CEDAR
TAMAR OR
PRUNELLA FRUIT
500/500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIYA
HARI OR PHARATHAS
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

HARI Dahi, PHARATHA
OR CEDAR PHARATHA
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

DIYA LENTILS OR
BLACK CHICK PEAS
100/150 g
SELECTED VARIETIES

2⁴⁹

ea.

SURATI SNACKS
DIYA BAKED CHANA,
BUTTER OR
BUTTER CHICKEN
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

PARLE-G
COOKING SAUCE
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

KORMA
OR BUTTER CHICKEN
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
ORIGINAL DANISH BUTTER
COOKIES
450 g

99¢

ea.

DIYA
OR
SELECTED VARIETIES

1⁶⁷

ea.

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

3⁴⁹

ea.

DIYA PICKLED
ONIONS OR
FRIED ONIONS
500 g
SELECTED VARIETIES

99¢

ea.

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

99¢

ea.

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

Item availability varies by store.



We take pride in sourcing locally from the
Escarpment Region.

JENSEN
CHEDDAR CHEESE
11.75/lb

2⁵⁹
/100g



HALEDA'S
MINI SMOKED HAM,
BACK BACON OR
PORK CHOP
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



UNIOPOL
ROLLED CHICKEN
WITH GARLIC,
DILL OR JALAPEÑO
11.75/lb

2⁵⁹
/100g



CARMINE'S
BBQ SAUCE
355 ml
SELECTED VARIETIES

8⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



Effective March 26 - April 22, 2026



BRING HOME THE BELL



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NEW
FLAVOURS
OF DIPS AND SHELLS!



5⁴⁹
ea.

TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES

3⁹⁹
ea.

TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES