

Get Easter Ready

CANADIAN AND PROUD



249 ea.

RASPBERRIES 1kg
BLACKBERRIES 1kg
PRODUCT OF MEXICO



299 ea. or /lb

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



399 ea.

SWEET ONIONS 1kg
FOLIA LETTUCE 1kg
PRODUCT OF CANADA



19.99 PER TAIL

WILD CAUGHT ROCK LOBSTER TAILS
PRODUCT OF CANADA



249 ea.

GREEN GIANT FROZEN VEGETABLES
COUNTRY CHURNED BUTTER
PRODUCT OF CANADA



125 points value of \$1
499 ea.

HÄAGEN-DAZS ICE CREAM
VANILLA FLAVOUR
OPT. FOR MORE SAVINGS



488 ea.

LACTANTIA BUTTER
COUNTRY CHURNED BUTTER
UNSALTED



488 ea.

BLACK DIAMOND BUTTER
MARBLE - MARBRÉ
OLD-FASHIONED



1288 /lb
1188 /lb

RED GRILL CAP OR RIB STEAK VALUE PACK
COUNTRY CHURNED BUTTER
25.5kg (56.5lb)
RED GRILL PORK RIB ROAST CHEF STYLE
25.5kg (56.5lb)



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
12.5kg (27.5lb)



399 /lb

FRESH PORK BACK RIBS VALUE PACK OR FRESH SPLIT CHICKEN BREAST BONE IN
8.25kg (18.2lb)



399 ea.

FRESH CANADIAN ATLANTIC SALMON PORTIONS
PRODUCT OF CANADA

EASTER ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT & CHEESE
BALDERSON
EXTRA OLD CHEDDAR
EXTRA-PURE
100% NATURAL
5.99
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
125
points
value of \$1
3.99
ea.



KICKING HORSE
COFFEE 100%
QUILTED HARBORS
125
points
value of \$1
14.99
ea.



LACTANTIA CREAM
100% PURE
QUILTED HARBORS
3.49
ea.



UNION EASTER
BUNNY CHOCOLATE 100%
MILK CHOCOLATE
125
points
value of \$1
6.99
ea.



PICK ONTARIO
FRESH CUT TULIPS
12.99
ea.



Shop these and more in-store or online

899
ea.



099



599



5.99



10⁹⁹



10⁹⁹
ea.



New Lower Prices

VILLAGGIO
ITALIAN STYLE
BREADS, BUNS OR
MINI BREADS
SELECTED BRANDS
OR 2.99 EA.

**2 for
7⁰⁰**



3⁹⁹
/100 g

INCREDIBLES ARTISAN
BUNNY BUNDT
BREADS, 10 BUNS



3⁴⁹
/100 g

CASTELLO TICKLER
CHEDDAR, JACOB
FONTELA, DANISH BLUE
CHEESE OR HAVARTI
PREZIOSA MARZO, 10 BUNS



9⁹⁹
ea.

PIZZER'S
SMOKED HAM
SELECTED BRANDS



14⁹⁹
ea.

STORE MADE
DELICIOUS FRUIT
SALAD 1 kg



7⁹⁹
ea.

CASTELLO
HAVARTI OR GOURA CHEESE
10 BUNS, 10 BUNS



5⁴⁹
ea.

PLANTERS NUTS,
SMOOTHED
POPCORN OR
MIXED NUTS
SELECTED BRANDS



4⁹⁹
ea.

CEDAR VALLEY
CRETORS
S.M. CRETORS
POPCORN OR
CEDAR VALLEY
POPCORN, 270g



5⁴⁹
ea.

NEAL BROTHERS
SALSA OR LA COCOA
SPARKLING WATER
SELECTED BRANDS



3⁴⁹
ea.

DARE
COOKIES OR
CRACKERS
SELECTED BRANDS



3⁴⁹
ea.

SKITTLES ON DARE
CANDY
SELECTED BRANDS



6⁹⁹
ea.

ACTIVA MULTI OR
DRINKABLE
YOGURT
SELECTED BRANDS



5⁹⁹
ea.

DR. PEPPER
PEZZA OR
ESKA BEER
SELECTED BRANDS



10⁹⁹
ea.

SAN PELLEGRINO OR MASON PERIERE SPARKLING WATER,
CORONA OR MICHELON NON ALCOHOLIC BEER
SELECTED BRANDS



2⁹⁹
ea.

GOLDFISH
CRACKERS
SELECTED BRANDS



1⁹⁹
ea.

CAMPBELL'S
BROTH, 10 LBS
SELECTED BRANDS



99¢
ea.

CLUB HOUSE
SEASONING OR
SAUCE MIX
SELECTED BRANDS



4⁴⁹
ea.

STRIB'S PICKLES OR
FRANK'S HOTHOT
SAUCE OR
SELECTED BRANDS



4⁹⁹
ea.

AXE, GARNIER,
LYNCEL, NIVEA OR
SOFASOL
PERSONAL CARE
SELECTED BRANDS



3⁹⁹
ea.

ALCAN
REPAIRMENT PAPER
SELECTED BRANDS



10⁹⁹
ea.

TIDE EMERY
DISHWASH
DISHWASH
CASCADE,
CHAMBER
BOUNTY
SELECTED BRANDS



**50
3⁹⁹**
ea.

MINUTE NUGGET OR FRUITOPIA DRINKS,
PICK 100, 100, 100, 100, 100



**125
3⁹⁹**
ea.

KRAFT SALAD
DRESSING, 100g



We reserve the right to limit quantities.
DISCOUNTS MAY PRECEDE OTHER PROMOTIONS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **mcEro.co**
to see all the products and to win \$5000 in groceries.

McEro is a registered trademark of McEro Inc. All other trademarks are the property of their respective owners. © 2019 McEro Inc. All rights reserved.

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 UN
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



1⁹⁹
/lb
LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.29kg



4⁹⁹
ea.
STRAWBERRIES 1/4 lb
PRODUCT OF U.S.A. OR CANADA
No. 1 GRADE



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.29kg



2⁹⁹
/lb
HEIRLOOM TOMATOES
PRODUCT OF MEXICO
6.59kg



3⁹⁹
/lb
ORBI CLEMENTINES
STEM & LEAF
CLEMENTINES
PRODUCT OF SPAIN
8.59kg



1⁹⁹
/lb
LARGE RED PRINCE
APPLES
PRODUCT OF CANADA
CANADA GROWN & PACKED
4.29kg



4⁹⁹
ea.
FRENCH BEANS
PRODUCT OF MEXICO OR
CANADA



3⁴⁹
ea.
BOSTON LETTUCE 1/4 lb
PRODUCT OF CANADA



4⁹⁹
ea.
BLACK MISSION FIGS
1/4 lb
PRODUCT OF MEXICO



5⁹⁹
/lb
COTTON CANDY
PRODUCT OF CHINA
No. 1 GRADE
13.21kg



99¢
/lb
GREEN CABBAGE
PRODUCT OF CANADA
CANADA GROWN
2.76kg



3⁹⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO
8.59kg



3⁹⁹
ea.
GOLDENBERRIES 1/4 lb
PRODUCT OF CANADA OR SPAIN



2⁴⁹
/lb
LARGE BARTLETT
PEARS
PRODUCT OF U.S.A. OR CANADA
5.49kg



3⁹⁹
ea.
MINI CUCUMBERS 1/4 lb
PRODUCT OF CANADA
CANADA GROWN



2⁴⁹
/lb
GREEN ZUCCHINI
PRODUCT OF MEXICO
5.49kg



7⁹⁹
ea.
MEYER'S
CHOCOLATE
CARAMEL APPLE 1/4 lb



3⁹⁹
ea.
SWEET BABY
BROCCOLI
PRODUCT OF U.S.A.



4⁹⁹
ea.
CUBED SWEET POTATOES,
BUTTERNUT OR
BUTTERNUT SQUASH 1/4 lb



3⁷⁹
ea.
BELLE GROVE
MUSHROOMS
PRODUCT OF MEXICO OR U.S.A.
PRODUCT OF CANADA



5⁹⁹
ea.
WONDERFUL
IN SHELL PISTACHIOS
100% PISTACHIOS
100% PISTACHIOS



5⁹⁹
ea.
BENET'S
SALAD
DRESSINGS
100% PISTACHIOS
100% PISTACHIOS



2⁹⁹
ea.
UNBEATABLE
HERBS 1/4 lb
PRODUCT OF CANADA
CANADA GROWN



2⁴⁹
ea.
ASSORTED COLOUR
CARROTS 1/4 lb
PRODUCT OF CANADA
CANADA GROWN

Sliced & Diced



9⁹⁹
ea.
PUMPKIN CHEESECAKE TRAY WITH RUFFLES
STRAWBERRY PHILADELPHIA CHEESE
WITH CHOCOLATE DIP 1/4 lb
SMALL FRUIT TRAY 1/4 lb



14⁹⁹
ea.
MACARONI PLATTER 1/4 lb
FAMILY SIZE CHICKEN CAESAR SALAD 1/4 lb
SMALL BERRY VINNY TRAY 1/4 lb



2⁹⁹
/lb
ORGANIC SEEDLESS
ORANGES
PRODUCT OF U.S.A.
6.59kg



4⁹⁹
ea.
ORGANIC
AVOCADOS 1/4 lb
PRODUCT OF MEXICO



6⁹⁹
ea.
ORGANIC
SWEET POTATOES 1/4 lb
PRODUCT OF U.S.A.



5⁹⁹
ea.
ORGANIC
YELLOW FLESH OR
RUSSET POTATOES 1/4 lb
PRODUCT OF CANADA
CANADA GROWN



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.

COMMERCIAL
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



**Beautiful
blooms**

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

DISCOVER
NEW





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
11.5kg (25.5lb)
\$29.99

FROZEN BUTTERBALL OR
GRADE A TURKEY

11.5kg (25.5lb)
\$5.99/kg

BONELESS

BONELESS PORK LOIN CHOPS
VALUE PACK OR ROAST
13.21kg
\$5.99/lb

PLATINUM GRILL ANJOU

DEEP TENDERLOIN
STEAK OR ROAST
76.50kg
\$33.99/lb

PRIME

YORKSHIRE VALLEY FARM
ORGANIC FRESH
WHOLE CHICKEN
12.70kg
\$7.99/lb

YORKSHIRE VALLEY FARM

YORKSHIRE VALLEY FARM
ORGANIC FRESH
WHOLE CHICKEN
12.70kg
\$5.99/lb

125 points

value of \$1

6⁸⁸

/lb

SPRING LAMB

FRESH LAMB SHOULDER
CHOPS VALUE PACK
11.5kg (25.5lb)
\$7.99/lb

SPRING LAMB

FRESH LAMB SHOULDER
CHOPS VALUE PACK
11.5kg (25.5lb)
\$12.99/lb

SPRING LAMB

FRESH LAMB SHOULDER
CHOPS VALUE PACK
11.5kg (25.5lb)
\$19.99/lb

I earn with **moi** rewards

SCHMEIDERS
BREAKFAST
SANDWICHES OR
EGG BITES
100% MEAT
12.5kg (27.5lb)
\$5.99/lb

MAPLE LEAF

MAPLE LEAF
SAUSAGE MEAT
100% MEAT
\$6.99/lb

LOU'S

LOU'S
SAUSAGE MEAT
100% MEAT
\$7.99/lb

IRRESISTIBLE

IRRESISTIBLE
SAUSAGE MEAT
100% MEAT
\$5.99/lb

FLETCHER'S
PORK COTTAGE CHEESE BALLS
11.5kg (25.5lb)
\$4.99/lb

MONTANA'S

MONTANA'S
PULLED PORK OR
CHICKEN & MEXICAN BEANS
IN SALSA
11.5kg (25.5lb)
\$8.99/lb

KELSEY'S

KELSEY'S
ORIGINAL ROADHOUSE
PULLED PORK
11.5kg (25.5lb)
\$12.99/lb

YORKSHIRE VALLEY FARM

YORKSHIRE VALLEY FARM
ORGANIC FRESH
WHOLE CHICKEN
12.70kg
\$19.99/lb

Entertaining Favourites

WATSON RIDGE
CHICKEN BALLS
100% MEAT
\$5.99/lb

ULTIMATE

ULTIMATE
CHICKEN WINGS
100% MEAT
\$5.99/lb

JOHNSONVILLE

JOHNSONVILLE
SAUSAGES
100% MEAT
\$6.99/lb

IRRESISTIBLE

IRRESISTIBLE
MINI SPRING ROLLS TWO
100% MEAT
\$12.99/lb

MAPLE LEAF PRIME
ROASTED CHICKEN WINGS
100% MEAT
\$9.99/lb

MAPLE LEAF PRIME
ROASTED CHICKEN WINGS
100% MEAT
\$9.99/lb

SCHMEIDERS
APPETIZERS
100% MEAT
\$12.99/lb

MAPLE LEAF PRIME
ROASTED CHICKEN WINGS
100% MEAT
\$15.99/lb

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 (FROZEN 2.21 lb/1kg)



12⁹⁹
/lb
FRESH RAINBOW TROUT FILLETS, VALUE PACK
100% FRESH, 1.27 lb/585g



4⁹⁹
ea.
7 SEAS SOLE
WITH STUFFING
PREPARED (FROZEN 2.21 lb/1kg)



5⁹⁹
ea.
FRESH
CANADIAN CORE
ORGANIC MUSSELS
1.5 lb/680g



6⁹⁹
/lb
FRESH
PASTA CLAMS
1.5 lb/680g



8⁹⁹
/lb
STORE MADE
SEAFOOD SALAD
CHICKEN, CUCUMBER
MAYONNAISE, 1.57 lb/707g



8⁹⁹
ea.
OCEAN PRIME
WHOLE CLEANED SQUID
1.5 lb/680g



13⁹⁹
ea.
BACCALA
CHILESA BONITO
SAUTERED, 1.5 lb/680g



13⁹⁹
ea.
OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
1.5 lb/680g



49⁹⁹
/lb
KING CRAB
FROZEN, 1.57 lb/707g

Irresistible



6⁹⁹
ea.
IRRESISTIBLE
UNCOOKED
SAUSAGE LINKS
1.5 lb/680g



8⁹⁹
ea.
IRRESISTIBLE
COOKED PACIFIC
WHITE SHRIMP
1.5 lb/680g



9⁹⁹
ea.
IRRESISTIBLE
SEAFOOD
MEDLEY
1.5 lb/680g



10⁹⁹
ea.
IRRESISTIBLE
CRAB CAKES
1.5 lb/680g

Deli Favourites



2⁹⁹
/100 g
MAPLE GLAZED
CHICKEN BREAST
1.5 lb/680g



2⁹⁹
/100 g
SHORSHI
SANDWICHES
1.5 lb/680g



1⁹⁹
/100 g
KRIMOS
TRADITIONAL FETA CHEESE
1.5 lb/680g



11⁴⁹
ea.
SANTITAS
BELLANANO CHEESE
1.5 lb/680g



5⁴⁹
ea.
PIZZERIA
BELLITALIA
PIZZA TOPPINGS
1.5 lb/680g



7⁴⁹
ea.
BRANDT
SAUSAGE CHUBS
1.5 lb/680g



6⁹⁹
ea.
RICOTTA
CHEESE
1.5 lb/680g



5⁹⁹
ea.
CELEBRITY
SHEEP'S MILK
CHEESE
1.5 lb/680g



10⁹⁹
ea.
MARC ANGELO
CALABRESE
SALAMI
1.5 lb/680g



11⁹⁹
ea.
MARC ANGELO
PROSCIUTTO OR
ANTIPASTO
QUATTRO TRAZ
1.5 lb/680g



12⁹⁹
ea.
4 MINI
BURRATA
1.5 lb/680g



4⁹⁹
ea.
NEW YORK
STYLE
BAGEL CRISPS
1.5 lb/680g



3⁹⁹
ea.
SUMMER FRESH
HUMMUS OR DIPS
1.5 lb/680g



7⁹⁹
ea.
SABATINI'S
FRESH MACARONI
1.5 lb/680g



8⁹⁹
ea.
SWISS CHALET
CHICKEN POT PIE
1.5 lb/680g



8⁰⁰
ea.
FRESH & HOT
FRESH PASTA
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.
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.
INESISTIBLE
BRIE
500g



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



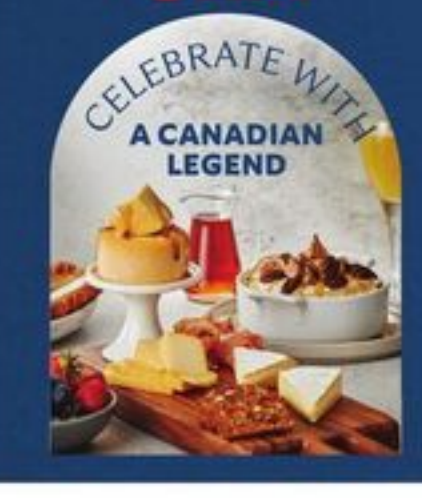
359
/100 g
PARMIGIANO REGGIANO
AGED 24 MONTHS
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g
BUY MORE
SAVE MORE!



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



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



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



1099
ea.
OKA CHEESE
100g
SELECTED VARIETIES

Elevate your plate

Take your Easter table to the next flavour level with a mix of gourmet breads, sides, starters & main dishes.

FRONT STREET BAKERY
OUR ARTISANAL PURES

MADE WITH
100% REAL CHEESE



FRONT STREET BAKERY
EXTRA CHEDDAR
CHEESE BREAD
855 g

749
ea.

Choose from a fine selection of
Artisanal breads *baked in my metro.*

FRONT STREET BAKERY
275 g
SELECTED VARIETIES



399
ea.

FRONT STREET BAKERY
445 g



469
ea.

FRONT STREET BAKERY
500 g



459
ea.

FRONT STREET BAKERY
485 g



469
ea.



FRESH 2 GO
BLACK FOREST HAM WITH PARISienne POTATOES
800 g
100% SERVED, SERVED HOT

1999
ea.



FRESH 2 GO
ROASTED PORCHETTA WITH MIXED PEPPERS
1 kg
100% SERVED, SERVED HOT

2499
ea.



FRESH 2 GO
LASAGNA
1.5 kg
SERVES 4-6

2500
ea.



PREMIERE MOISSON
SOUPS
200 ml
SELECTED VARIETIES

699
ea.



SUMMI
DUMPLINGS
OR SPRING ROLLS
250 g
SELECTED VARIETIES

499
ea.



O'SOLE MIO
FRESH PASTA
250 g
SELECTED VARIETIES

529
ea.



O'SOLE MIO
PASTA SAUCE
300 ml
SELECTED VARIETIES

399
ea.



SABOR GUACAMOLE
CLASSICO OR SPICY
150 g

499
ea.



GARDEN FRESH
TORTILLA CHIPS, SALSA
OR FRESH
MASHED POTATOES
387, 400 g, 473 ml
SELECTED VARIETIES

599
ea.



SUMMER FRESH
S-LAYER DIP
400 g
SELECTED VARIETIES

1099
ea.



FRESH 2 GO
TORTILLA CHIPS
1 kg
SELECTED VARIETIES

500
ea.

Lemon Treats

FRONT STREET BAKERY

LEMON MERINGUE PIE

12" x 14"

6⁹⁹

ea.

FRONT STREET BAKERY

LEMON PARMESAN TWISTS

10.5 oz. (300g)

5⁹⁹

ea.

FRONT STREET BAKERY

LEMON DANISH

10.5 oz. (300g)

5⁹⁹

ea.

LA ROCHE

LEMON MOUSSE CAKE

10.5 oz. (300g)

21⁹⁹

ea.

SELECTION

LEMON DESSERT SQUARES

10.5 oz. (300g)

7⁹⁹

ea.

MR KIPLING

LEMON SNACK CAKES

10.5 oz. (300g)

3⁶⁹

ea.

INDESISTIBLE

LEMON POPPY SEED COFFEE CAKE

10.5 oz. (300g)

10⁹⁹

ea.

MR KIPLING

LEMON SNACK CAKES

10.5 oz. (300g)

3⁶⁹

ea.

Strawberry Delights

FRONT STREET BAKERY

CHOCOLATE BOSTON CAKE

10.5 oz. (300g)

22⁹⁹

ea.

FRONT STREET BAKERY

STRAWBERRY SHORTCAKE

10.5 oz. (300g)

31⁹⁹

ea.

FRONT STREET BAKERY

TRIPLE STRAWBERRY BOSTON CAKE

10.5 oz. (300g)

22⁹⁹

ea.

FRONT STREET BAKERY

STRAWBERRY CHEESECAKE

10.5 oz. (300g)

22⁹⁹

ea.

CARBONAUT

BREAD

10.5 oz. (300g)

8⁴⁹

ea.

NEW

PROTEIN

10.5 oz. (300g)

5⁹⁹

ea.

STONEMILL

BREAD

10.5 oz. (300g)

4⁹⁹

ea.

LA FOURMÉE DORÉE

BREAD

10.5 oz. (300g)

5⁹⁹

ea.

Meal Essentials

BEN'S ORIGINAL

FAST & FANCY RICE

10.5 oz. (300g)

1⁹⁹

ea.

BEN'S ORIGINAL

FAST & FANCY RICE

10.5 oz. (300g)

1⁹⁹

ea.

GREEN GIANT

CANNED VEGETABLES

10.5 oz. (300g)

1⁹⁹

ea.

FRENCH'S KETCHUP

10.5 oz. (300g)

5⁴⁹

ea.

KNOX'S SOUP ENVELOPES

10.5 oz. (300g)

2⁴⁹

ea.

IDAHOAN

ROASTED GARLIC POTATOES

10.5 oz. (300g)

1⁹⁹

ea.

IDAHOAN

ROASTED GARLIC POTATOES

10.5 oz. (300g)

1⁹⁹

ea.

SWISS CHALLET

EAST OSE MANDY'S OR MONTANA'S READY TO SERVE SOUP

10.5 oz. (300g)

2⁹⁹

ea.

35

SOUP ENVELOPES

10.5 oz. (300g)

1⁴⁹

ea.

CLUB HOUSE

SPICE OR SEASONING BOTTLES

10.5 oz. (300g)

5⁴⁹

ea.

RAO'S

PASTA SAUCE

10.5 oz. (300g)

9⁹⁹

ea.

EGGO

WAFFLES

10.5 oz. (300g)

3⁹⁹

ea.

PIZZA POPS

10.5 oz. (300g)

6⁹⁹

ea.

INDESISTIBLE

PROTEIN MEALS

10.5 oz. (300g)

4⁹⁹

ea.

Twistors

10.5 oz. (300g)

9⁹⁹

ea.

MICHELLE'S

PROTEIN ENTREES

10.5 oz. (300g)

3⁹⁹

ea.

PROTEIN MEAL

10.5 oz. (300g)

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
LUNCH CHIMP
WITH SAUCE
PREVIOUSLY FROZEN
28-30 PIE, 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
1.00
ORDER IN-STORE OR ONLINE

44⁹⁹
ea.

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

29⁹⁹
ea.

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

29⁹⁹
ea.

FRESH 2 GO
SMOKED THE WORLD
CHEESE PLANK
1.00

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
DESSEDE
1.4kg
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.
ON THE BORDER
IRRESISTIBLES
1.5L
SELECTED VARIETIES



4.99 ea.
PILLSBURY
PULLS APART
COOKIES
1.5L
WHOLE QUANTITIES LAST



2.99 ea.
PLANTERS
TRAIL MIX
1.5L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
ORIGINAL BLEND
1.5L
SELECTED VARIETIES



7.49 ea.
OCEAN SPRAY
SPARKLING CRANBERRY
1.5L
SELECTED VARIETIES



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
1.5L
SELECTED VARIETIES



2.99 ea.
INVITATIONS
ALCOHOL-FREE
WINE
1.5L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
GROUND COFFEE
1.5L
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
1.5L
SELECTED VARIETIES



4.99 ea.
DAY LEA
WHIPPED CREAM
1.5L
SELECTED VARIETIES



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



2.99 ea.
REDPATH
BAKING POWDER
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 REFRESHED 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 BEER (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.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



499 ea.

HELLMANN'S REAL MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



399 ea.

RITZ CRACKERS (ea.)



699 ea.

HELLMANN'S MAYONNAISE (ea.)



699 ea.

HELLMANN'S REAL 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.)



Free

KINDER SURPRISE EGGS (ea.)



649 ea.

KINDER SURPRISE EGGS (ea.)



1299 ea.

KINDER SURPRISE EGGS (ea.)



1399 ea.

KINDER SURPRISE EGGS (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



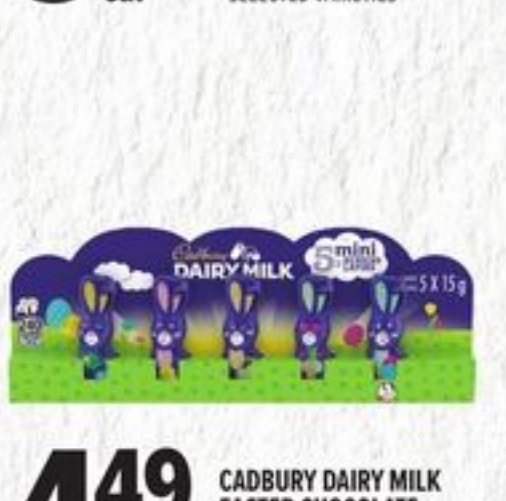
5⁴⁹ ea.
HERSHEY'S EASTER CHOCOLATE
200, 220 g
SELECTED VARIETIES



4⁴⁹ ea.
IRRESISTIBLES MINI EGGS
200 g
SELECTED VARIETIES



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



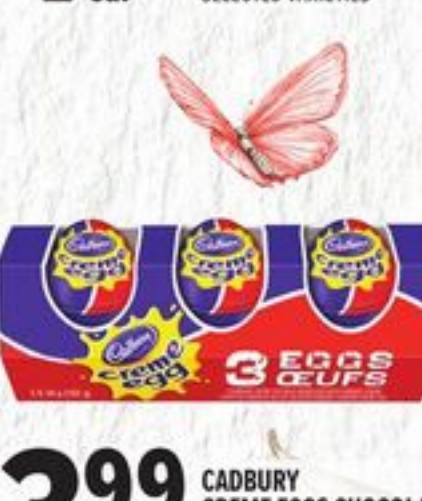
4⁴⁹ ea.
CADBURY DAIRY MILK EASTER CHOCOLATE
75 g
SELECTED VARIETIES



9⁹⁹ ea.
CABURRY MINI EGGS CHOCOLATE
400 g
SELECTED VARIETIES



6⁴⁹ ea.
CABURRY MINI ASSORTED OR CREME EGGS
154 g
SELECTED VARIETIES



3⁹⁹ ea.
CABURRY CREME EGGS CHOCOLATE
102 g
SELECTED VARIETIES



1²⁹ ea.
KIT KAT AERO OR KIT KAT EASTER CHOCOLATE
SELECTED VARIETIES



10⁹⁹ ea.
GHIRARDELLI BUNNIES LAPINA CARAMEL
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 PUZOS CHOCOLATE
116, 180 g
SELECTED VARIETIES

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

21⁹⁹

LA ROCHE
TORTLESS MANGO
MOUSSE CAKE
400 g

1⁹⁹

HONEY KEMUR PO
MANGOES
PRODUCT OF INDIA

3⁹⁹

ROYAL DELIGHT
SAMOSAS
400/500 g
SELECTED VARIETIES

9⁹⁹

PARULMENT GOLD
MOON OR LA BELLA
BROWN BASMATI RICE
500 g
SELECTED VARIETIES

9⁹⁹

SAPPHIRE
VEGETABLE OIL
OR CANOLA OIL
1 L
SELECTED VARIETIES

16⁹⁹

SERBERA
BOUQUET
KASHMIRI COLOURS

7⁹⁹

CELEDA MOON OR
ARJUN BASMATI RICE
500/550 g
SELECTED VARIETIES

13⁹⁹

BIJAN'S
GHEE
500 g

1⁶⁹

CEDAR
CANNED BEANS
400 g
SELECTED VARIETIES

3⁴⁹

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

8⁹⁹

AMLENDER OR CEDAR
TAMAR OR
PRINCELY VARIETIES
500/500 g
SELECTED VARIETIES

1⁹⁹

DIYA
HARE OR PIRATHAS
200/400 g
SELECTED VARIETIES

2⁴⁹

HARE Dahi, PRINCELY
OR CEDAR PRINCELY
200/400 g
SELECTED VARIETIES

3⁹⁹

DIYA LENTILS OR
BLACK CHICK PEAS
100/150/200 g
SELECTED VARIETIES

2⁴⁹

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

3⁹⁹

PARLE-G
COOKING SAUCE
400 ml
SELECTED VARIETIES

3⁹⁹

KORMA
BUTTER CHICKEN
POULET AU BEURRE
400 ml
SELECTED VARIETIES

3⁹⁹

CASABLANCA
ORIGINAL DANISH BUTTER
COOKIES
450 g

99¢

DIYA
OR
SELECTED VARIETIES

1⁶⁷

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

3⁴⁹

DIYA PICKLED
ONIONS OR
FRIED ONIONS
500/500 g
SELECTED VARIETIES

99¢

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

99¢

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

Item availability varies by store



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!



© 2026 Taco Bell Corp. TACO BELL, the Bell logo, and other marks are trademarks of Taco Bell Corp. All other marks are property of their owners and used under license.



5⁴⁹
ea.



3⁹⁹
ea.





TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES



TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES