

Get Easter Ready

metro
CANADIAN AND PROUD

2⁴⁹ ea.

RASPBERRIES 1kg
PRODUCT OF CANADA

BLACKBERRIES 1kg
PRODUCT OF MEXICO

2⁹⁹ ea. or /lb

LITTLE POTATO CO.
LITTLE POTATOES
100% POTATOES
NO MSG
NO PRESERVATIVES
NO ARTIFICIAL FLAVORS

LPC CREAMER POTATOES 1kg
2 Lbs. 100% POTATOES
NO MSG
NO PRESERVATIVES
NO ARTIFICIAL FLAVORS

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

3⁹⁹ ea.

SWEET ONIONS 1kg
PRODUCT OF CANADA

FOLIA LETTUCE 1kg
PRODUCT OF CANADA

\$5 PER TAIL

19⁹⁹ ea.

WILD-CATCHED ROCK LOBSTER TAILS
PRODUCT OF CANADA

2⁴⁹ 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

4⁹⁹ ea.

Häagen-Dazs Ice Cream
Vanilla
Vanilla Caramel

OPEN FOR MORE SAVINGS

12⁸⁸ /lb

RED GRILL CAP ON BUN STYLE VALUE PACK
COUNTRY CHICKEN BREAST BONE IN 2.5kg (5.5lb)

11⁸⁸ /lb

RED GRILL PORK BUN BOAST CHEF STYLE
2.5kg (5.5lb)

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
2.5kg (5.5lb)

3⁹⁹ ea.

FRESH CANADIAN ATLANTIC SALMON PORTIONS
PRODUCT OF CANADA

4⁸⁸ ea.

Lactantia Butter
Country Churned Butter
Unsalted

4⁸⁸ ea.

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

EASTER
ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT &
BALDERSON
CHEESE
CHEESE
100%
CHEDDAR
EXTRA-PART
EXTRA-PART

5⁹⁹
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
12/12/12

125
points
value of \$1

3⁹⁹
ea.



KICKING HORSE
COFFEE 100%
QUILTED HARBORS

125
points
value of \$1

14⁹⁹
ea.



LACTANTIA CREAM
100% MILK
QUILTED HARBORS

3⁴⁹
ea.



UNION EASTER
BUNNY CHOCOLATE 100%
QUILTED HARBORS

6⁹⁹
ea.



FRESH CUT TULIPS
12/12/12

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)
OR 1.99 (150g)

**2 for
7⁰⁰**

3⁹⁹
/100 g

IRRESISTIBLES ARTISAN
BUNNY BUNDT
BREADS, 10 BUNS

3⁴⁹
/100 g

CASTELLO TICKLER
CHEDDAR, JALAPENO
FONTINA, BANGS BLUE
CHEESE OR HAVARTI
PREZIOSA MARZO, 10 BUNS

9⁹⁹
ea.

PIZZER'S
SMOKED HAM
100g

14⁹⁹
ea.

STORE MADE
DELICIOUS FRUIT
SALAD 1kg

7⁹⁹
ea.

CASTELLO
HAWARTI OR GOURA CHEESE
100g, 100g (100g)

5⁴⁹
ea.

PLANTERS NUTS,
SMOOTHED
POPCORN OR
MIX NUTS & CHIPS
\$1.75 (100g)
OR 1.99 (150g)

4⁹⁹
ea.

CEDAR VALLEY
SALSA OR LA CROIX
SPARKLING WATER
\$1.75 (100g)
OR 1.99 (150g)

5⁴⁹
ea.

NEAL BROTHERS
SALSA OR LA CROIX
SPARKLING WATER
\$1.75 (100g)
OR 1.99 (150g)

3⁴⁹
ea.

DARE
COOKIES OR
CRACKERS
\$1.75 (100g)
OR 1.99 (150g)

3⁴⁹
ea.

SKITTLES ON DARE
CANDY
\$1.75 (100g)
OR 1.99 (150g)

6⁹⁹
ea.

ACTIVA MULTI OR
DRINKABLE
YOGURT
\$1.75 (100g)
OR 1.99 (150g)

5⁹⁹
ea.

DR. PEPPER
PEZZA OR
ESKA WATER
\$1.75 (100g)
OR 1.99 (150g)

10⁹⁹
ea.

SAN PELLEGRINO OR MASON PERSEER SPARKLING WATER,
CORONA OR MICHELON NON ALCOHOLIC BEER
\$1.75 (100g)
OR 1.99 (150g)

2⁹⁹
ea.

GOLDFISH
CRACKERS
\$1.75 (100g)
OR 1.99 (150g)

1⁹⁹
ea.

CAMPBELL'S
BROTH, 100g
\$1.75 (100g)
OR 1.99 (150g)

99¢
ea.

CLUB HOUSE
SEASONING OR
SAUCE MIX
\$1.75 (100g)
OR 1.99 (150g)

4⁴⁹
ea.

STRIB'S PICKLES
\$1.75 (100g)
OR 1.99 (150g)

4⁹⁹
ea.

AXE, GARNIER,
LYNCEL, NIVEA OR
SOFYAL
PERSONAL CARE
\$1.75 (100g)
OR 1.99 (150g)

3⁹⁹
ea.

ALCAN
REPAIRMENT PAPER
\$1.75 (100g)
OR 1.99 (150g)

10⁹⁹
ea.

TIDE EMERY
DOWNY
SCENTED
CASCADIA
CHANDLER
BOUNTY
\$1.75 (100g)
OR 1.99 (150g)

50
50¢

3⁹⁹
ea.

MINUTE MAID OR FRUITOPIA DRINKS,
PEACE TEA OR FRUITOPIA TEAS
\$1.75 (100g)
OR 1.99 (150g)

125
125¢

3⁹⁹
ea.

KRAFT SALAD
\$1.75 (100g)
OR 1.99 (150g)

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

Visit us at **mcgro.co**
to see all the products and 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
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.
4.39kg

5.99
ea.

STRAWBERRIES 654g
PRODUCT OF U.S.A.
No. 1 Grade

1.99
/lb

SWEET POTATOES
PRODUCT OF DENMARK
4.39kg

2.99
/lb

HEIRLOOM TOMATOES
PRODUCT OF DENMARK
5.5kg

3.99
/lb

ORBI CLEMENTINES
PRODUCT OF SPAIN
3.83kg

1.99
/lb

**LARGE RED PRINCE
APPLES**
PRODUCT OF CANADA
4.39kg

4.99
ea.

FRENCH BEANS 400g
PRODUCT OF MEXICO

3.49
ea.

BOSTON LETTUCE 144g
PRODUCT OF CANADA

4.99
ea.

BLACK MISSION FIGS
PRODUCT OF MEXICO

5.99
/lb

**COTTON CANDY
GRAPE**
PRODUCT OF CHINA
13.2kg

99c
/lb

GREEN CABBAGE
PRODUCT OF DENMARK
1.10kg

3.99
/lb

BRUSSELS SPROUTS
PRODUCT OF DENMARK
8.30kg

3.99
ea.

GOLDENBERRIES 200g
PRODUCT OF COLOMBIA (MEXICO)

2.49
/lb

**LARGE BARTLETT
PEARS**
PRODUCT OF CANADA
5.49kg

3.99
ea.

MINI CUCUMBERS 500g
PRODUCT OF CANADA
No. 1 Grade

2.49
/lb

GREEN ZUCCHINI
PRODUCT OF CANADA
5.49kg

7.99
ea.

**SWEET BABY
BROCCOLI**
PRODUCT OF U.S.A.

4.99
ea.

**CURD SWEET POTATOES,
BUTTERNUT &
BUTTERNUT SQUASH** 400g

3.79
ea.

**BELLE GROVE
MUSHROOMS**
PRODUCT OF CANADA 270g

7.99
ea.

**MIYOKO'S
CHOCOLATE CARAMEL APPLE** 270g

5.99
ea.

**RONI'S
SALAD DRESSINGS**
100g
SELECTED VARIETIES

2.99
ea.

**BROSILLETTE
HERBS** 70g
PRODUCT OF CANADA

2.49
ea.

**ASSORTED COLOUR
CARROTS** 100g
PRODUCT OF CANADA

Sliced & Diced

9.99
ea.

PUMPERNICKEL TOAST WITH DIP & STRAWBERRY PUMPERNICKEL TOAST WITH CHOCOLATE DIP
SMALL FRUIT TRAY

14.99
ea.

NACHO PLATTER
FAMILY SIZE CHICKEN CAESAR SALAD
SMALL BERRY FRUIT TRAY

FAMILY SIZE

Organic



2⁹⁹
ea.

ORGANIC SEEDLESS ORANGES
PRODUCE OF U.S.A.
6.5kg



4⁹⁹
ea.

ORGANIC AVOCADOS
PRODUCE OF MEXICO



6⁹⁹
ea.

ORGANIC SWEET POTATOES
PRODUCE OF U.S.A.



5⁹⁹
ea.

ORGANIC YELLOW FLESH OR POTATO POTATOES
PRODUCE OF CANADA
QUEBEC





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



11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS



*Beautiful
blooms*

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







Our Butcher's Finest

250 points
value of \$2

2⁹⁹
/lb

BUTTERBALL
ROAST
FRESH BUTTERBALL OR
GRADE A TURKEY
12.5kg
6.59kg

12⁸⁸
/lb

BUTTERBALL
RED GRILL
EASY CARVE
PRIME BRISK ROAST
11.5kg
5.25kg

BONELESS
BONELESS PORK LOIN CHOPS
VALUE PACK OR ROAST
13.21kg

5⁹⁹
/lb

PLATINUM GRILL MASTERS
BEEF FENDER CUT
STEAK OR ROAST
76.50kg
34.70kg

33⁹⁹
/lb

PRIME
YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
12.70kg

7⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
12.70kg

5⁹⁹
/lb

**125 points
value of \$1**
6⁸⁸
/lb

FRESH
BONELESS LAMB LEG
11.5kg
5.19kg

**7⁹⁹
/lb**

FRESH LAMB SHOULDER
CHOPS VALUE PACK
11.5kg
5.19kg

**12⁹⁹
/lb**

FRESH LAMB LOIN CHOPS
11.5kg
5.19kg

**19⁹⁹
/lb**

FRESH FRENCHED
LAMB RACK
11.5kg
5.19kg

I earn with **moi** rewards

SCHNEIDER'S
BREAKFAST
SNACKWICHES OR
EGG BITES
100g
5.50kg

5⁹⁹
ea.

**125 points
value of \$1**

MAPLE LEAF
SMOKED MEAT
100g
5.50kg

6⁹⁹
ea.

80 points

LOU'S
PORK
100g
5.50kg

7⁹⁹
ea.

90 points

IRRESISTIBLE
MINI SPRING ROLLS
100g
5.50kg

5⁹⁹
ea.

70 points

Fletcher's
PORK
COTTAGE CHEESE
100g
5.50kg

4⁹⁹
/lb

**125 points
value of \$1**

MONTANA'S
PULLED PORK OR
CHICKEN & MEXICAN
100g
5.50kg

8⁹⁹
ea.

**125 points
value of \$1**

KELSEY'S
ORIGINAL ROADHOUSE
PULLED PORK
100g
5.50kg

12⁹⁹
ea.

**125 points
value of \$1**

YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
12.70kg

19⁹⁹
ea.

**250 points
value of \$2**

Entertaining Favourites

WATSON
ROSE
CHICKEN BALLS
100g
5.50kg

5⁹⁹
ea.

ULTIMATE
CHICKEN
100g
5.50kg

5⁹⁹
ea.

JOHNSONVILLE
SAUSAGES
100g
5.50kg

6⁹⁹
ea.

IRRESISTIBLE
MINI SPRING ROLLS
100g
5.50kg

12⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
100g
5.50kg

9⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
100g
5.50kg

9⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
100g
5.50kg

12⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
100g
5.50kg

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, 21 - 25 SIZE
600 g



DISCOVER
NEW

IRRESISTIBLE
PACIFIC WHITE JUMBO
COOKED SHRIMP
WITH SAUCE
FROZEN, 21 - 25 SIZE
600 g

19⁹⁹
ea.

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.

OCEAN PRIME
WHOLE CLEANED Sockeye SALMON 1.5 lb/100g



13⁹⁹
ea.

BACCALA
CHILEAN BONITO
SAUTÉ 1.5 lb/100g



13⁹⁹
ea.

OCEAN JEWEL
WHOLE MEDITERRANEAN
SEA BASS 1.5 lb/100g



49⁹⁹
/lb

KING CRAB
PASTA 1.5 lb/100g

Irresistible



6⁹⁹
ea.

IRRESISTIBLE
UNCOOKED
SAUSAGE LINKS
1.5 lb/100g



8⁹⁹
ea.

IRRESISTIBLE
COOKED PACIFIC
WHITE SHRIMP
1.5 lb/100g



9⁹⁹
ea.

IRRESISTIBLE
SEAFOOD
MEDLEY
1.5 lb/100g



10⁹⁹
ea.

IRRESISTIBLE
CRAB CAKES
1.5 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
QUESO
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



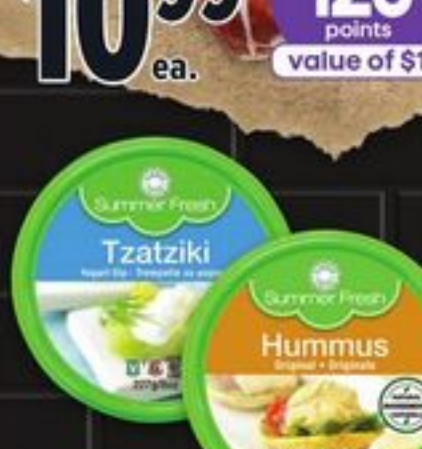
12⁹⁹
ea.

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

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
2 for 22.00
or 14.99 ea.

1499
ea.
TRE STELLE
MASCARPONE CHEESE
475g

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

1799
ea.
INESISTIBLE
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" ea.

6⁹⁹



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

21⁹⁹



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

10⁹⁹



FRONT STREET BAKERY
LEMON PASHAAN TWISTS
12 1/2" ea.

5⁹⁹



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

5⁹⁹



SELECTION
LEMON DESSERT SQUARES
12 1/2" ea.

7⁹⁹



MR KIPLING
LEMON SNACK
CAKES 10 1/2" ea.

3⁶⁹

Strawberry Delights



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

22⁹⁹



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

31⁹⁹



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

22⁹⁹



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

22⁹⁹

Meal Essentials



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

1⁹⁹



GREEN GIANT
CANNED VEGETABLES
10 1/2" ea.

1⁹⁹



FRENCH'S KETCHUP
10 1/2" ea.

5⁴⁹



KNORR SOUPS
10 1/2" ea.

2⁴⁹



KNOX SIDES
10 1/2" ea.

5⁹⁹



IDAHOAN
MASHED POTATOES 10 1/2" ea.

1⁹⁹



SWISS CHAI TEA
10 1/2" ea.

2⁹⁹



MONTANA
SOUP 10 1/2" ea.

1⁴⁹



EGGOS WAFFLES
10 1/2" ea.

3⁹⁹



PIZZA POPS
10 1/2" ea.

6⁹⁹

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
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
DINDE
1.5 L
SELECTED VARIETIES



1.99 ea.
STOVE TOP
CHICKEN
POULET
1.5 L
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED OYSTERS
1.5 L
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED MUSSELS
1.5 L
SELECTED VARIETIES



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



2.79 ea.
DOLE
CANNED PINEAPPLE
1.5 L
SELECTED VARIETIES



6.49 ea.
BICK'S
PICKLES
1.5 L
SELECTED VARIETIES



2.99 ea.
FRENCH
DIJON MUSTARD
1.5 L
SELECTED VARIETIES



4.49 ea.
SARGOL
SARDINE OVALS
1.5 L
SELECTED VARIETIES



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



5.49 ea.
ON THE BORDER
IRRESISTIBLES
1.5 L
SELECTED VARIETIES



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



2.99 ea.
PLANTERS
TRAIL MIX
1.5 L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
ORIGINAL BLEND
1.5 L
SELECTED VARIETIES



7.49 ea.
OCEAN SPRAY
SPARKLING CRANBERRY
1.5 L
SELECTED VARIETIES



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
1.5 L
SELECTED VARIETIES



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



14.99 ea.
TIM HORTONS
GROUND COFFEE
1.5 L
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
1.5 L
SELECTED VARIETIES



4.99 ea.
DAY LEA
WHIPPED CREAM
1.5 L
SELECTED VARIETIES



3.99 ea.
ROBIN HOOD OR
FIVE ROSES FLOUR
1.5 L
SELECTED VARIETIES



2.99 ea.
REDPATH
BAKING POWDER
1.5 L
SELECTED VARIETIES



2.99 ea.
SELECTION
SHREDDED COCONUT
1.5 L
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. ST-BASILE SYRUPS (ea.)
 569 ea. WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea.)	 549 ea. TROPICANA REFRESHED DRINKS (ea.)	 549 ea. 30 points INVINCIBLE BISCUITS (ea.)	 299 ea. 15 points INVINCIBLE WATER CRACKERS (ea.)
 199 ea. 60 points INVINCIBLE CHIPS (ea.)	 499 ea. OCEAN SPRAY CRANBERRY JUICE (ea.)	 649 ea. 80 points M&M'S OR MALTESERS (ea.)	 1199 ea. 125 points LINDT SWISS CLASSIC CHOCOLATE BAR (ea.)
 1199 ea. ASAHI BEER (ea.)	 1249 ea. 125 points BUSCH BEER (ea.)	 899 ea. MUSKOKA BREWERY 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.)	
 299 ea. RITZ CRACKERS (ea.)		 499 ea. HELLMANN'S MAYONNAISE (ea.)	
 399 ea. BIX-BITES CRISPS (ea.)		 399 ea. HELLMANN'S DAIRY MILK CHOCOLATE BARS (ea.)	
 Free 11 Kinder Surprise Eggs with the purchase of any 24 pack Easter Bunny			

Your one-hop shop

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

WHILE QUANTITIES LAST



13⁹⁹ ea.



4⁹⁹ ea.



8⁴⁹ ea.



2⁹⁹ ea.



1⁷⁹ ea.



5⁴⁹ ea.



5⁴⁹ ea.



4⁴⁹ ea.



4⁴⁹ ea.



4⁴⁹ ea.



9⁹⁹ ea.



6⁴⁹ ea.



3⁹⁹ ea.



1²⁹ ea.



10⁹⁹ ea.



6⁴⁹ ea.



2⁹⁹ ea.



20⁹⁹ ea.



10⁴⁹ ea.



13⁹⁹ ea.

Spring into flavourful spirits

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



FOLONARI
PINOT GRIGIO
delle Venezie



[yellow tail]
SHIRAZ

FOLONARI
PINOT GRIGIO OR
YELLOW TAIL SHIRAZ
750 ml
SELECTED VINTAGES

15⁴⁹
ea.



BASK
SAUVIGNON BLANC
750 ml



BASK
YELLOW TAIL
SHIRAZ
750 ml

STONELEIGH
SAUVIGNON BLANC
750 ml

20⁴⁹
ea.



Castello del Diavolo
CABERNET SAUVIGNON
750 ml
CONCELA & FERRI



WEYNE GROTZKY
DACO RED
750 ml
WEYNE GROTZKY & CO

CASTELLO DEL DIAVOLO
CABERNET SAUVIGNON
750 ml

17⁴⁹
ea.



HEINEKEN ORIGINAL
PILSENER BEER
500 ml



SAPPORO
PREMIUM LAGER
500 ml

HEINEKEN
500 ml

12⁹⁹
ea.



Budweiser
12 PACK
500 ml



Miller Lite
12 PACK
500 ml

MILLER LITE
OR BUDWEISER
12 x 500 ml
SELECTED VINTAGES

28⁹⁹
ea.



STELLA ARTOIS



SAPPORO
PREMIUM LAGER
500 ml

12⁹⁹
ea.



VODKA SODA
12 PACK
355 ml



COTTAGE SPRINGS
VODKA SODA
12 x 355 ml

12⁹⁹
ea.



Coors Seltzer Slushie
12 PACK
355 ml



COORS
SELTZER SLUSHIE
12 x 355 ml

12⁹⁹
ea.



Dillon's
GIN COCKTAILS
VARIETY PACK
12 x 355 ml



Dillon's
GIN COCKTAILS
VARIETY PACK
12 x 355 ml

12⁹⁹
ea.



NUTRIL
MIX PACK
8 x 355 ml

12⁹⁹
ea.



Dillon's
GIN COCKTAILS
VARIETY PACK
12 x 355 ml

12⁹⁹
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 menu or 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 BITES FRO
MANGOES
PRODUCT OF INDIA

3⁹⁹

ea.

ROYAL DELIGHT
SAMOSAS
400/500 g
SELECTED VARIETIES

9⁹⁹

ea.

PARULMENT GOLD
MOON GOLD BELL
BROWN BASMATI RICE
1 kg
SELECTED VARIETIES

9⁹⁹

ea.

SAFFRON
VEGETABLE OIL
OR CANOLA OIL
1 L
SELECTED VARIETIES

16⁹⁹

ea.

SERRERA
BOUQUET
FLOWER COLOURS

7⁹⁹

ea.

ARJUN
BASMATI RICE
1 kg
SELECTED VARIETIES

13⁹⁹

ea.

BIJAN'S
GHEE
800 g

1⁶⁹

ea.

CEDAR
CANNED BEANS
200 ml
SELECTED VARIETIES

3⁴⁹

ea.

INDOMIE NOODLES
OR MAGGI SAUCES
1.8/2.5/3.6/5.1 kg
SELECTED VARIETIES

8⁹⁹

ea.

AALOO BHAJIA OR CEDAR
TAKING OR
PHEENIA VARIETY
500/500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIYA
MAKHANA OR PHARATHAS
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

HUMS Dahi, PHOENIX
OR CEDAR PHOENIX
800/700 g
SELECTED VARIETIES

3⁹⁹

ea.

DIYA LENTILS OR
BLACK CHICK PEAS
1.8/1.8/1.8/1.8
SELECTED VARIETIES

2⁴⁹

ea.

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

3⁹⁹

ea.

PARLE-KORMA
COOKING SAUCE
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

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

1⁶⁷

ea.

PARLE-DOSAI
ORIGINAL DANISH BUTTER
COOKIES
45/4 g

3⁴⁹

ea.

DIYA PICKLED
ONIONS OR FRIED ONIONS
50/50 g
SELECTED VARIETIES

9⁹⁹

ea.

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

9⁹⁹

ea.

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

Item availability varies by store



We take pride in sourcing locally from the
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR CHEESE CURDS
200 g
SELECTED VARIETIES

5⁴⁹
ea.



SPRAGUE
ORGANIC BEANS
398 ml
SELECTED VARIETIES

1⁹⁹
ea.



SPRAGUE ORGANIC
LEGUMES OR CHILI
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.



O'HARA SUGAR
MAPLE SYRUP
250 ml
SELECTED VARIETIES

9⁴⁹
ea.



COUNTY FARE
SPREADS OR SAUCES
229 - 350 ml
SELECTED VARIETIES

6⁹⁹
ea.



Effective March 26 - April 22, 2026



BRING HOME THE BELL



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BRING HOME THE BELL



5⁴⁹
ea.

TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES

3⁹⁹
ea.

TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES