VERSION 1

Get Easter Ready

metro
CANADIAN AND PROUD

2.49 ea.
RASPBERRIES
BLACKBERRIES

12.88 /lb
CUT BY YOUR BUTCHER
MEDI-GRILL PORK TOP LOIN ROAST VALUE PACK
Product of Canada
25.40 kg

11.88 /lb

2.99 ea. or /lb
LPC CRUSHER POTATOES
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
Product of Canada/Mexico

125 points value of $1

5.88 /lb
FRESH LAMB LEG SHANK CUT
Product of Canada
5.20 kg

3.99 ea.
SWEET ONIONS
FOLIA LETTUCE

3.99 /lb
FRESH PORK BACK RIBS VALUE PACK OR FRESH STUFF CHICKEN BREAST BONE IN
Product of Canada

19.99 ea.
MEDI-GRILLED BACK LOBSTER TAILS
PRODUCT OF CANADA

3.99 ea.
FRESH CANADIAN COLDWATER SALMON PORTIONS
SERVING SIZE 113 g

GREEN GIANT FROZEN VEGETABLES
VARIOUS SIZES

2.49 ea.

4.88 ea.
LACTANTIA BUTTER
454 g

125 points value of $1

4.99 ea.
HÄAGEN-DAZS ICE CREAM
SELECT VARIETIES
SELECT FLAVOURS
SELECT FLAVOURS
SELECT FLAVOURS

4.88 ea.
BLACK DIAMOND BOBS OR BLOCK CHEESE
SELECTED VARIETIES

Effective March-April

26	27	28	29	30	31	1	2026
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	

VERSION 5

Scavenger Hunt

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

metro
CANADIAN AND PROUD

125 points value of $1
12.99 ea.
FRESH PINEAPPLE OR FRESH CANADIAN MELON

3.99 /lb
INNOVATIVES SPIRAL SLICED HONEY BARB OR CARAMELIZED CORN BONELESS SMOKED HAM 1.5 kg

1 KG
11.99 ea.
FRESH 2 KG HOT BBQ MARINATED CHICKEN 1% kg

4.99 ea.
SCHNEIDERS OR MAPLE LEAF BACON OR SPONGHOLLE BREAKFAST SAUSAGES 375 - 454 g

2.99 /100 g
INNOVATIVES ARTISAN SMOKED HAM OR ARTISAN SMOKEHOUSE OR SWISS CHEESE 175 - 200 g

125 points value of $1
19.99 ea.
INNOVATIVES CHOICE OR BARB SHRIMP 340 g OR SMOKED SALMON 340 g

6.99 ea.
FRONT STREET BAKERY HONEY OR CARAMELIZED CRONICES 454 g

9.99 ea.
MAPLE LEAF SIGNATURE, PAN-SEAR OR CATCH OF THE DAY HADDOCK 454 g

9.99 ea.
CAMPBELL'S SOUP 284 - 540 ml

125 points value of $1
3.49 ea.
TOSTITOS TORTILLA CHIPS 175 - 300 g

3.49 ea.
SILK OR OIKOS 946 ml OR SANDWICH OIKOS YOGURT 4 x 85 g

10 KG
11.97 ea.
ROGER HOOD OR FIVE ROSES ALL PURPOSE FLOUR 10 kg

125 points value of $1
7.49 ea.
COCA-COLA, CANADA DRY OR PEPSI 12 x 355 ml

1.25 ea.
CEDAR BEANS 540 ml

Effective March-April 26 27 28 29 30 31 1 2026

EASTER ESSENTIALS

BIGGER AMOUNT PROSCIUTTO, BALDERSON MILD OR CHEDDAR CHEESE 125 g

5.99 ea.

FRESHLY BAKED BAKERY HOT CROSS BUNS 454 g, 6 ea.

125 value of $1

3.99 ea.

KICKING HORSE COFFEE 340 g

125 value of $1

14.99 ea.

LACTANTIA CREAM 473 ml, 473 ml Duo

3.49 ea.

6.99 ea.

LINDT GOLD BUNNY MILK CHOCOLATE 100 g, DARK CHOCOLATE 100 g, WHITE CHOCOLATE 100 g

FRESH CUT TULIPS 12 stem, 12 ea.

12.99 ea.

Irrésistible

Shop these and more in-store or online

IRRÉSISTIBLE MEATBALLS 680 g

8.99 ea.

IRRÉSISTIBLE PARTY PACK GOURMET SNACKS PACKS OF COCKTAIL-STYLE SAUSAGES 1.36 kg

8.99 ea.

IRRÉSISTIBLE NATURAL CHICKEN WINGS, SMOKED WELLO OR SMOKED PORK RIBS 1.36 kg

5.99 ea.

IRRÉSISTIBLE CHEESE STICKS 454 g – 680 g

5.99 ea.

IRRÉSISTIBLE COCONUT SHRIMP BREADED CALIBRATED 454 g – 680 g

10.99 ea.

IRRÉSISTIBLE FRESH WHITE SHRIMP RING 454 g

10.99 ea.

New Lower Prices

VILLAGGIO PANINI OU PAINS À HOT DOGS, BURGER OU WONDER BREADS 675 g - 750 g
2 POUR 7.00

3.99 /100 g — BRACIOLES À L'ARTISAN SANS NITRITES OU NITRATES AJOUTÉS

3.49 /100 g — CASTELLO VIEILLISSEMENT CAPITAL, BANDE DE CHÈVRE OU BANARD 150 g - 200 g

800 g
9.99 ea. — PILLSBURY CINNABON KOOP 475 g

PARTY SIZE 1.5 kg
14.99 ea. — STORE MADE COLLEGE FRUIT 54.40 100 g

MAPLE LEAF, SCHNEIDERS, SMITHFIELD OU MONTREAL ORO-PAQUET OU ORO-BELLE PROSCIUTTO CRUDO 175 g - 200 g
7.99 ea. — CASTELLO SANDWICH CHEESE SLICES 150 g - 200 g, SELECTIONNÉS

PLANTERS NUTS, SMARTFOOD POPCORN OU MOLLY'S CHIPS 142 g - 300 g
5.49 ea. — MAPLE LEAF CHUNK LIGHT TUNA 170 g

4.99 ea. — C.B. CRÈME OU CRÈME DE CEDAR VALLEY PRÉLUDE 175 g - 200 g

5.49 ea. — REAL MAGIC SALSA OR LA CROIX SPARKLING WATER 355 ml

DARE COOKIES OR CRACKERS 200 g - 300 g
3.49 ea. — Breton, Vinta, Bear Paws

3.49 ea. — SUPERIOR OR DARE CHIPS 142 g - 300 g

6.99 ea. — ACTIVIA MULTI OR ACTIVIA GREEK YOGURT 750 g - 900 g, SÉLECTIONNÉS

5.99 ea. — DR. OETKER PIZZA 350 g - 500 g, SÉLECTIONNÉS

24 PACK
10.99 ea. — SAN PELLEGRINO OR RAGGIO PÉPÉRON SPARKLING WATER, CORONA OR MICHELOB ULTRA ALCOHOLIC BEER 355 ml - 473 ml

2.99 ea. — CELEBRITY CRACKERS 200 g - 300 g, SÉLECTIONNÉS

CAMPBELL'S SOUPS 284 ml - 540 ml
1.99 ea.

99¢ ea. — CLUB HOUSE CHUNKY SALSA 540 ml

4.49 ea. — CLOSE'S PICKLES OR SUNNY SUNDAE SAUCE 500 ml - 750 ml, SÉLECTIONNÉS

4.99 ea. — DOVE, GARNIER, L'ORÉAL MARILLA OU SOFTSOAP PERSONAL CARE 355 ml - 473 ml, SÉLECTIONNÉS

3.99 ea. — SUNSHINE FARM ALCANTRA OR ALCANTRA PARCHMENT PAPER 30 - 40 ft², SÉLECTIONNÉS

10.99 ea. — FEBREZE SMART DETERGENT, CLOROX OR CAPTAIN COOKER, CHARMIN OR BOUNTY 12 - 18 rouleaux, SÉLECTIONNÉS

I earn with moi rewards

50 moi points
3.99 — WHITE MAID OR TROPICANA DRINKS, PACKS TÉLÉ OR FRÉS 473 ml TÉLÉ TÉTRA 1.75 - 2.4 l, SÉLECTIONNÉS

125 moi points
3.99 — HEINZ SALAD DRESSING 473 ml - 1.4 l, SÉLECTIONNÉS

We reserve the right to limit quantities.
NO DEALERS, PLEASE. PRICES MAY VARY IN SOME PROVINCES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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Where we serve food, we care about your health.
WIN $1,000 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 un
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 moiID account. Limit of one coupon redemption with a moiID 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 SWEET ORANGES 6.35kg

5.99 Organic — **4.99** ea. — STRAWBERRIES 454g PRODUCE OF CANADA OR MEXICO

1.99 /lb — SWEET POTATOES 2.268kg PRODUCE OF CANADA

2.99 /lb — HEIRLOOM TOMATOES 454g PRODUCE OF CANADA

3.99 /lb — DARK CLEMENTINES OR STEM & LEAF CLEMENTINES 2.268kg PRODUCE OF CANADA

1.99 /lb — LARGE RED PRINCE APPLES 2.268kg PRODUCE OF CANADA OR UNITED STATES

4.99 ea. — FRENCH BEANS 454g PRODUCE OF CANADA OR GUATEMALA

3.49 ea. — BOSTON LETTUCE 454g PRODUCE OF CANADA

4.99 ea. — BLACK MISSION FIGS 454g PRODUCE OF MEXICO

5.99 /lb — COTTON CANDY GRAPES 1.134kg PRODUCE OF CHILE

99¢ /lb — GREEN CABBAGE PRODUCE OF CANADA OR UNITED STATES 2.721kg

3.99 /lb — BRUSSELS SPROUTS PRODUCE OF CANADA 0.454kg

3.99 ea. — GOLDENBERRIES 454g PRODUCE OF COLOMBIA OR PERU

2.49 /lb — LARGE BARTLETT PEARS 2.268kg PRODUCE OF UNITED STATES 0.454kg

3.99 ea. — MINI CUCUMBERS 454g PRODUCE OF MEXICO, CANADA OR CHILE

2.49 /lb — GREEN ZUCCHINI PRODUCE OF CANADA 0.454kg

7.99 ea. — MOVIDO CHOCOLATE CARAMEL APPLE 454g

SWEET BABY BROCCOLI PRODUCE OF CANADA

3.99 ea.

4.99 ea. — CUBED PINEAPPLE, WATERMELON OR BUTTERNUT SQUASH 454g

3.79 ea. — BELLE GRAPE 454g PRODUCE OF CANADA, UNITED STATES, PERU OR CHILE

5.99 ea. — MONDOFUN, DE MIELI PEANUTS 454g PRODUCE OF CANADA

5.99 ea. — HOUSE'S SALAD 454g PRODUCE OF CANADA

70 REWARDS

2.99 ea. — IMPECCABLE AVOCADO PRODUCE OF MEXICO

2.49 ea. — ASSORTED COLOUR CARROTS 1.134kg PRODUCE OF CANADA, CHINA OR MEXICO

Sliced & Diced

Made in Our Kitchens

9.99 ea. — PINEAPPLE/CHEESE, TRAY WITH GRAPES, STRAWBERRY-PINEAPPLE TRAY 454g, SMALL FRUIT TRAY 454g, SMALL FRUIT TRAY 454g

FAMILY SIZE

14.99 ea. — MUNCHIE PLATTER 454g, FAMILY SIZE CHICKEN CAESAR SALAD 454g, SMALL BRUNCH FRUIT TRAY 454g

Organic

2.99 lb — ORGANIC SEEDLESS ORANGES 6.350kg PRODUCE OF CHILE

3 PK — **4.99** ea. — ORGANIC AVOCADOS 454g PRODUCE OF MEXICO

6.99 ea. — ORGANIC PRODUCE PRODUCE OF CHILE

ORGANIC POTATOES — **5.99** ea. — ORGANIC YELLOW FLESH OR RUSSET POTATOES 1.36kg PRODUCE OF CANADA, CHINA OR CHILE

22.99 ea. HYDRANGEA 6.5" POT ASSORTED COLOURS
14.99 ea. FLEURETTES 8" POT ASSORTED COLOURS
DISCOVER NEW
Beautiful blooms
pick Ontario
Add beauty to your Easter celebration with our fresh, colourful array of flowers, bulbs & more.
9.99 ea. SPRING BULBS 6" POT ASSORTED VARIETIES
14.99 ea. CALANDIVA HILBERT BUNNY 2.5" POT
26.99 ea. HYDRANGEA 6" WICKER BASKET 1 un
11.99 ea. CHRYSANTHEMUMS 6" POT ASSORTED COLOURS
NOVELTY CYCLAMEN 4" POT ASSORTED COLOURS
6.99 ea.
COMMERCIAL MUM SINGLE BLOOM 4.5" POT ASSORTED COLOURS
6.99 ea.
NOVELTY LILIES 6" POT ASSORTED VARIETIES AND COLOURS
9.99 ea.
9.99 ea. SINGLE BLOOM HYDRANGEA 4" POT ASSORTED COLOURS
ORCHID 3.5" POT ASSORTED COLOURS
16.99 ea.
EASTER LILIES 6" POT
9.99 ea.

UP TO

$60

OFF

YOUR FIRST 3 ORDERS*

metro.ca

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 Value of 0.5

2.99 /lb — CHICKEN BUTTERBALL 1 OR 2 LEGS & THIGHS 0.5 kg

BUTTERBALL

12.88 /lb — BEEF AGED BLACK LABEL PRIME RIB ROAST 2 RIBS 2.5 kg

100% CANADIAN AA

BONELESS

5.99 /lb — BONELESS PORK LOIN CHOPS OR TILLOT PEAK OR ROAST 1.4 kg

33.99 /lb — PLATINUM GRILL READY BONELESS BEEF STRIP LOIN OR RIBEYE 1.4 kg

100% CANADIAN

PRIME

7.99 /lb — MAPLE LEAF PRIME, BACON WRAPPED, UNFORMED, BACON OR CHICKEN WINGS 0.5 kg

YORKSHIRE VALLEY FARMS

Organic

5.99 /lb — YORKSHIRE VALLEY FARMS ORGANIC WHOLE CHICKEN 1.6 kg

125 Value of 0.5

6.88 /lb — FRESH BUTTERFLY LAMB LEG 0.5 kg

7.99 /lb — FRESH LAMB SHOULDER CHOP OR BONELESS PICK 0.5 kg

12.99 /lb — FRESH LAMB LOIN CHOPS 0.5 kg

19.99 /lb — FRESH FRENCHED LAMB RACK 0.5 kg

I earn with moi rewards

5.99 ea. (125 Value of 0.5) — SCHWEIGER & SCHWEIGER UNFORMED OR BITE SIZE BACON 0.5 kg

6.99 ea. (80) — MAPLE LEAF SMOKED MEAT 0.5 kg

7.99 ea. (90) — LOUIS PORRIDA 0.5 kg

5.99 ea. (70) — INDECESTIBLE FROZEN PIZZA 0.5 kg

4.99 /lb (125 Value of 0.5) — BUCHART'S PORK CUT FRIES 0.5 kg

8.99 ea. (125 Value of 0.5) — MONTANA'S MEXICAN OR CHICKEN & VEGETABLES 30 SELECT 0.5 kg

12.99 ea. (125 Value of 0.5) — VELLETI'S FRESH OR MARINATED CHICKEN 0.5 kg

NEW — **19.99** ea. (250 Value of 0.5) — YORKSHIRE VALLEY FARMS ORGANIC CHICKEN TRAY 1.6 kg

Entertaining Favourites

5.99 ea. — MATCH MAKER CHICKEN BALLS 1.0 kg

5.99 ea. — MAPLE LEAF ULTIMATE CHICKEN BITES OR CHIRPA FILLS 1.0 kg

6.99 ea. — SCHWEIGER & SCHWEIGER SAUSAGES 1.0 kg

12.99 ea. — INDECESTIBLE MINI SPRING ROLLS TRIO 1.0 kg

NEW — **9.99** ea. — MARC ANGELO APPETIZER FROZEN PUPPIES 1.0 kg

NEW — **9.99** ea. — MARC ANGELO FLUF FROZEN PARS 1.0 kg

NEW — **12.99** ea. — SCHWEIGERS GIFT 1.0 kg

15.99 ea. — MAPLE LEAF PRIME UNFORMED BACON OR BUFFALO CHICKEN WINGS 1.0 kg

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

Shrimply the best

Get appy with our Irrésistible selection of shrimp.

IRRESISTIBLE BACON-WRAPPED SCALLOP MEDALLION
FROZEN, 200 g

8.99 ea.

IRRESISTIBLE SHRIMP BURRITOS
FROZEN, 240 g

7.99 ea.

Shop these and more in-store or online

IRRESISTIBLE BANG BANG SHRIMP
FROZEN, 340 g

8.99 ea.

IRRESISTIBLE TORPEDO SHRIMP
FROZEN, 284 g

8.99 ea.

7.99 ea. **IRRESISTIBLES PACIFIC WHITE SHRIMP RING**
FROZEN, 284 g

8.99 ea. **IRRESISTIBLE WILD ARGENTINIAN SHRIMP RING**
FROZEN, 250 g

19.99 ea. **IRRESISTIBLES PACIFIC WHITE JUMBO COOKED SHRIMP WITH SAUCE**
FROZEN, 21 - 25 SIZE
600 g

Seafood

Deli Favourites

metro.ca

Love cheese?

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

MONSTERBRIE ARTISAN SOFT CHEESE 125 g
5.99 ea.

7.49 ea. BOIS-NOIR® CHEESE 200 g
SELECTED VARIETIES

9.99 ea. ZIGNO MOZZARELLA 125 g
SELECTED VARIETIES

CHAMBÉ CASTLE CRANBERRY BOUCHÉE BRIE
BELLE DE FROMAGES CANADA
5.49 700 g

2 for
22.00 16.50 ea. BELLA CIOARA BURRATA CHEESE 250 g

14.99 ea. TRE STELLE MASCARPONE CHEESE 454 g

6.99 ea. PROSCIUTTO OR BALSAMICOS BRUSCHETTA CHEESE 100 g SELECTED VARIETIES

17.99 ea. MONSTERBRIE BRIE 500 g

BALSAMICOS CHEESEAU
BELLE DE FROMAGES
SELECTED VARIETIES
5 OR FEWER & UNDER FOR BUY
LESS THAN 500 g

BUY MORE SAVE MORE!
3.29 /100 g

PARMIGIANO REGGIANO
BELLE DE FROMAGES
5, 10 OR 15 g UNDER FOR BUY
LESS THAN 500 g

BUY MORE SAVE MORE!
3.59 /100 g

JUBI CHEDDAR CHEESE
BELLE DE FROMAGES
SELECTED VARIETIES
5 OR FEWER & UNDER FOR BUY
LESS THAN 500 g

BUY MORE SAVE MORE!
4.59 /100 g

L'EXTRA DOUBLE CRÈME BRIE
BELLE DE FROMAGES
SELECTED VARIETIES
5 OR FEWER & UNDER FOR BUY
LESS THAN 500 g

BUY MORE SAVE MORE!
4.79 /100 g

OKA

4.99 /100 g OKA CHEESE
SELECTED VARIETIES
OR 10.99

10.99 ea. OKA CHEESE
SELECTED VARIETIES
OR 4.99 /100 g

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

MADE WITH 15 LB CHEESE

FRONT STREET BAKERY EXTRA CHEDDAR CHEESE BREAD 500 g

7.49 EA.

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

FRONT STREET BAKERY BAGUETTES 400 g

SELECTED VARIETIES

3.99 EA.

FRONT STREET BAKERY ITALIAN/AMERICAN BREAD 400 g

4.69 EA.

AVAILABLE AT MY METRO

FRONT STREET BAKERY COLLAMBER BREAD 500 g

4.59 EA.

FRONT STREET BAKERY GARLIC LOAF 400 g

4.69 EA.

BAKED FRESH & GO

FRESH 2 LB BAKED FRENCH HAM WITH PARISIENNE POTATOES

19.99 EA.

FRESH 2 LB ROASTED PORCHETTA WITH MIXED PEPPERS

1 kg

DELI SERVED, SERVED HOT

24.99 EA.

FRESH 2 LB LASAGNA

1 kg

SERVED HOT

25.00 EA.

PREMIERE MOISSON SOUPS 500 ml

SELECTED VARIETIES

6.99 EA.

SUMMER SUMMER MINI CR SPRING ROLLS 200 g / 8 pcs

SELECTED VARIETIES

4.99 EA.

70 CENTS OFF

D'STELLE MIXE FRESH PASTA 500 g

SELECTED VARIETIES

5.29 EA.

50 CENTS OFF

D'STELLE MIXE PASTA SAUCE 500 ml

SELECTED VARIETIES

3.99 EA.

SAIRE GUACAMOLE CLASSIC OR SPICY 180 g

4.99 EA.

GARDEN FRESH TORTILLA CHIPS, SALSA OR DIPS OR CHIPS & POTATOES 397-400 g / 473 ml

SELECTED VARIETIES

5.99 EA.

SUMMER FRESH CLASSIC DIP 454 g

SELECTED VARIETIES

10.99 EA.

FRESH 2 LB TORTILLA CHIPS 1 kg

SELECTED VARIETIES

5.00 EA.

Lemon Treats

FRONT STREET BAKERY LEMON MERINGUE PIE
6.99 ea.

21.99 ea. LA MOISSON LEMON CHEESECAKE CAKE 1.4 kg

10.99 ea. ANNIETTEBAKE LEMON CHEESE DANISH COFFEE CAKE 1.1 kg

FRONT STREET BAKERY LEMON PARMESAN TWISTS 454 g
5.99 ea.

FRONT STREET BAKERY LEMON DANISH 454 g
7.99 ea.

SELECTION LEMON DECADENT SQUARES 454 g
3.69 ea.

HIB UPLIFTING LEMON SNACK CAKES 340 g
3.69 ea.

Strawberry Delights

22.99 ea. FRONT STREET BAKERY STRAWBERRY BUTTER CAKE 1.4 kg

31.99 ea. FRONT STREET BAKERY GOURMET STRAWBERRY SHORTCAKE 1.4 kg

22.99 ea. FRONT STREET BAKERY STRAWBERRY BUTTERCAKE 1.4 kg

22.99 ea. FRONT STREET BAKERY STRAWBERRY CHEESCAKE 1.4 kg

NEW

CAPERNAUM BRIGHT 500 g
8.49 ea.

5.99 ea. HEMPSTON'S PROTEIN BOWLS OR TORTILLAS 200 g

CAPERNAUM BRIGHT 500 g
4.99 ea.

LA FOURMIS BONES BROCCOLI SALADS 400 g
5.99 ea.

Meal Essentials

1.99 ea. BEN'S ORIGINAL RICE & CONE'S RICE 454 g

1.99 ea. GREEN GIANT CANNED VEGETABLES 341 ml

5.49 ea. HEINZ KETCHUP 1.36 kg

2.49 ea. FRANKS SANDWICHES 340 g OR SOUP CONVERSIONS 1.1 kg

5.99 ea. KOZLIK'S MUSTARD 250 ml

1.99 ea. GRANDMA BAGGED POTATOES 2.27 kg

2.99 ea. SWISS CHALET CHICKEN BROTH'S OR MUSTARD'S READY TO SERVE SOUP 540 ml

1.49 ea. SELECTION CANNED MUSHROOMS 284 ml

5.49 ea. CLUB HOUSE SPICE OR DRESSING BOTTLES 475 ml

9.99 ea. RAO'S PASTA SAUCE 680 g

3.99 ea. EGGO WAFFLES 280 g OR 300 g

6.99 ea. PILLSBURY PIZZA POPS 454 g

4.99 ea. INNOCENTE FROZEN MEALS 454 g

9.99 ea. FRANKS PIZZA BITES 454 g OR 680 g

3.99 ea. MICHELINA'S FROZEN ENTREES 340 g

5.99 ea. GREEN GIANT FROZEN MEAL SIDES 454 g

FREE SAME-DAY PICKUP | SAME FLYER PRICES AND DEALS ONLINE | Scan to download our app

Prep for your feast

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

FRESH 2 GO
FRUIT & CHEESE ANTIPASTO TRAY
400 - 700 g
SELECTED MARKETS

15.00 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 STUFFING 100 g SELECTION VARIETIES

1.99 ea. CLOVER LEAF SMOKED MUSSELS OR OYSTERS 85 g SELECTION VARIETIES

99¢ ea. CLUB HOUSE OR FRANCE'S GARLIC BREAD 340 g – 425 g SELECTION VARIETIES

2.79 ea. DOLE CANNED PINEAPPLE 227 g SELECTION VARIETIES

6.49 ea. BICK'S PICKLES 1 L SELECTION VARIETIES

2.99 ea. FRENCH'S DIJON MUSTARD 325 ml SELECTION VARIETIES

4.49 ea. SARDO OLIVES 375 ml SELECTION VARIETIES

4.99 ea. KELLOGG'S RICE KRISPIES CEREAL 340 g WHILE QUANTITIES LAST

5.49 ea. UNBISCUITRUS ORANGE CRACKERS 300 g SELECTION VARIETIES

4.99 ea. MOMMY COOKIES GLUTEN CONTROL 300 g SELECTION VARIETIES WHILE QUANTITIES LAST

2.99 ea. PLANTERS TRAIL MIX 181 g SELECTION VARIETIES

14.99 ea. TIM HORTONS GROUND COFFEE 1.36 kg SELECTION VARIETIES

7.49 ea. OCEAN SPRAY SUNSWEET CRANBERRY DRINKS 6 x 200 ml SELECTION VARIETIES

8.49 ea. INVITATIONS ALCOHOL-FREE WINE 750 ml SELECTION VARIETIES

2.99 ea. SELECTION SOUR CREAM 500 ml SELECTION VARIETIES

2.79 ea. CLEARLY CONVENIENT SPARKLING WATER 375 ml SELECTION VARIETIES

3.99 ea. ROLLS BUTTER OR ALL PURPOSE FLOUR 2 kg SELECTION VARIETIES

2.99 ea. REDPATH BROWN SUGAR 2 kg SELECTION VARIETIES

4.99 ea. LAIT GRAS WHIPPED TOPPING 454 g SELECTION VARIETIES

2.99 ea. SELECTION SHREDDED COCONUT 340 g SELECTION VARIETIES

More Great Savings

19.99 ea. — TIMOTHY'S CHOCOLATE CHIPPER COOKIES 312 g

6.49 ea. — McCAFÉ PREMIUM INSTANT COFFEE 200 g

8.99 — TETLEY TEA BAGS 40 – 80 ct. Selected varieties

5.99 ea. — ST DALFOUR SPREAD 213 – 250 ml Selected varieties

5.69 ea. — WHOLE EARTH PLANT-BASED CREAM SWEETENER 250 g

5.49 ea. — TROPICANA REFRIGERATED JUICE 1.75 L Selected varieties

5.49 30 ea. — INGREDIENT ACCOUNTANT CRACKERS 150 g

2.99 15 ea. — UNEEDA WAFER CRACKERS 312 g

1.99 60 ea. — INGREDIENT ACCOUNTANT CHIPS 150 g

4.99 ea. — ACCLAIM SPICY SAUCE OR SWEET CHILI SAUCE 250 ml – 1 L Selected varieties

6.49 80 ea. — MORE MORE FOR MORE PEOPLE 300 – 350 g Selected varieties

11.99 125 ea. — LINDT SWISS CLASSIC CHOCOLATE BAR 100 g Selected varieties

11.99 ea. — HEINEKEN 0.0 GLUTEN REDUCED/LIGHT BEER 6 × 330 ml Selected varieties

12.49 125 ea. (value of $1.) — BUSCH BUSCH GLUTEN-ALCOHOLIC BEER 0.4 % 24 × 355 ml Selected varieties

8.99 ea. — MOOSEHEAD BREWERY LIMITED NON-ALCOHOLIC BEER 0.5 % 6 × 355 ml Selected varieties

2.99 ea. — MARKET PRODUCE PURE COLD PRESSED JUICE 250 ml Selected varieties

4.99 ea. — SELECTION PEANUTS 500 g Selected varieties

8.99 ea. — MAGGIE PREMIER STARBLAND WATER 2 L Selected varieties

Generous by nature — Natrel

6.99 ea. — NATREL COFFEE CREAMER 946 ml Selected varieties

5.99 ea. — NATREL PURE FILTERED MILK 2 L Selected varieties

MAKE HOSTING Delicious

2.99 ea. — RITZ RITZ CRACKERS 200 – 300 g Selected varieties

3.99 ea. — CHIPMAN OR BELLERO BISCUITS 200 – 300 g Selected varieties

3.99 ea. — CADBURY CHOCOLATE BARS 80 – 90 g Selected varieties

4.99 ea. — BELLWOOD'S MAYONNAISE 500 ml Selected varieties

6.99 ea. — BELLWOOD'S MAYONNAISE 1 L Selected varieties

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Kinder Free — Kinder Surprise Black Friday Gift Set Assortment 4 pack, 8 ct Value: $19.99

6.49 ea. — KINDER CHOCOLATE BUENO 43 g Selected varieties

12.99 ea. — KINDER BUENO Bunny 43 g

13.99 ea. — KINDER SURPRISE EASTER CHOCOLATE 100 g Selected varieties

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10 - 16.7 g
SELECTED VARIETIES

4.99 ea. TERRY'S ORANGE EASTER CHOCOLATE
200 g
SELECTED VARIETIES

8.49 ea. FERRERO EASTER CHOCOLATES
100 g
SELECTED VARIETIES

2.99 ea. PEEPS EASTER CANDY
142 g
SELECTED VARIETIES

1.79 ea. SELECTION MILK CHOCOLATE RABBIT
100 g
SELECTED VARIETIES

5.49 ea. REESE'S CARROT EASTER CHOCOLATE
170 g
SELECTED VARIETIES

5.49 ea. HERSHEY'S EASTER CHOCOLATE
200 g
SELECTED VARIETIES

4.49 ea. MINI CHOCOLATES MINI EGGS
100 g
SELECTED VARIETIES

4.49 ea. HERSHEY'S SOUR PATCH KIDS EASTER CANDY
142 g
SELECTED VARIETIES

4.49 ea. CADBURY DAIRY MILK EASTER CHOCOLATE
90 g
SELECTED VARIETIES

9.99 ea. CADBURY MINI EGGS CHOCOLATE
400 g
SELECTED VARIETIES

6.49 ea. CADBURY MINI CHOCOLATE MEME EGGS CHOCOLATE
90 g
SELECTED VARIETIES

3.99 ea. CADBURY CREME EGGS CHOCOLATE
50 g
SELECTED VARIETIES

1.29 ea. AERO OR KIT KAT EASTER CHOCOLATE
SELECTED VARIETIES

10.99 ea. GHIRARDELLI EASTER CHOCOLATE
170 g
SELECTED VARIETIES

6.49 ea. FERRERO KINDER EASTER EGG CHOCOLATE
100 g
SELECTED VARIETIES

2.99 ea. FERRERO KINDER EASTER CHOCOLATE
100 g
SELECTED VARIETIES

20.99 ea. NESTLÉ MINI MIX EGGS EASTER CHOCOLATE
1 kg
SELECTED VARIETIES

10.49 ea. HERSHEY'S EASTER EGG HUNT CHOCOLATE
204 g
SELECTED VARIETIES

13.99 ea. FERRERO EASTER SET OR PLUSH CHOCOLATE
70 - 90 g
SELECTED VARIETIES

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

FOLONARI PINOT GRIGIO OR YELLOW TAIL SHIRAZ
750 ml | 1 bottle
15.49 ea.

BASK SAUVIGNON WHITE WINE
750 ml
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CASILLERO DEL DIABLO CABERNET SAUVIGNON
750 ml
14.49 ea.

STONELEIGH SAUVIGNON BLANC
750 ml
20.49 ea.

WAYNE GRETZKY RED/WHITE
750 ml
17.49 ea.

HEINEKEN
6 x 355 ml
21.99 ea.

MILLER LITE OR BUDWEISER
12 x 355 ml
28.99 ea.

SAPPORO
6 x 355 ml
19.99 ea.

STELLA ARTOIS
24 x 355 ml
59.99 ea.

COLLAGE VODKA SODA
8 x 355 ml
21.99 ea.

COORS SELTZER SUGARVE
24 x 355 ml
31.99 ea.

NUTRI-METRIX
8 x 355 ml
21.99 ea.

DILLON'S GIN COCKTAIL VARIETY PACK
12 x 355 ml
33.99 ea.

Advertised prices are subject to change and include MT and deposit fees, which are shown at checkout. Alcoholic items are available at select stores. See restrictions for availability.

Organic

Kashi HOT CEREAL PACKAGE
KOSHER CEREAL 454-510 g
5.99 ea.

LACHANCE JAM 250 ml
10.99 ea.

Fuel for the Whole Family
Flourish BLUEBERRY PANCAKE OR WAFFLE MIX 454-510 g
10.99 ea.
FRIDAY CANADIAN

Gluten Free

LA TORTILLA FACTORY TORTILLAS 340-454 g
7.49 ea.

HARVEST SNAPS GREEN PEA SNACK 85-113 g
3.49 ea.

NUTRIBAS PAT'S ORIGINAL VINEGAR 355 ml
8.49 ea.

SUNRISE CHOCOLATE CHIP COOKIES 300 g
8.49 ea.

Non-GMO

CRANE COFFEE 340 g
16.49 ea.

ANGIE'S POPCORN 85-113 g
3.99 ea.

LITE SWEET MAPLE SYRUP 500 ml
5.49 ea.

MADE GOOD GRANOLA BARS 24-30 g
3.99 ea.

ZEVIA ENERGY DRINKS 355 ml
3.99 ea.

GET LY SOFT BEVERAGES 355 ml
5.49 ea.

SIMPLY ORGANIC VANILLA EXTRACT 118 ml
21.99 ea.

SIMPLY ORGANIC CINNAMON 76-88 g
7.99 ea.

Baby & Beauty

HERBER BABY CEREAL 227-454 g
5.99 ea.

70 COUPONS

NESTLÉ NIDO SHIFT MILK 1.5 L
28.99 ea.

Pampers SENSITIVE BABY WIPES 672 ct
14.99 ea.

HUGGIES BABY DIAPERS 56-76 ct
31.99 ea.

AVEENO BODY LOTION 354 ml
12.99 ea.

TAMPAX PEARL TAMPONS 36 ct
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LEVEL UP YOUR TICKET FOR ONLY AN EXTRA $1

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10.99 ea.

GLAD GARBAGE BAGS 30-40 ct
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GLAD BLACK BAGS 30-40 ct

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OR
SCOTT TOWELS OR PACK TISSUE
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Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

9.99 ea. — MAHARAJAH GOLD, MOON OR LA GOLLA BASMATI RICE, 2 kg, MOON SELECTION RICE 4.54 kg, SELECTED VARIETIES

21.99 ea. — LA ROSCA MANGO MANGO MOUSSE CAKE 600 g

1.99 ea. — MONET LEMONS MANGOES PRODUCE OF MEXICO

3.99 ea. — SANSOM SPICES, SPICE SALT SELECTED VARIETIES

9.99 ea. — SUNFLOWER VEGETABLE OR CANOLA OIL 2 L

16.99 ea. — GERBERA BOUQUET ASSORTED COLOURS

7.99 ea. — GALLO MOOR OR GOLDEN BASMATI RICE 2 kg, SELECTED VARIETIES

13.99 ea. — DIAMOND GHEE 1 kg

1.25 ea. — CEDAR CANNED BEANS SELECTED VARIETIES

3.49 ea. — MAGGIE® MARVELOUS OR MAGGI SAUCES 200 ml - 250 ml, SELECTED VARIETIES

8.99 ea. — ALA GARDEN OR CEDAR TAHINI OR CEDAR PURE HONEY 250 - 500 g, SELECTED VARIETIES

1.99 ea. — DELTA PREMIUM PARATHAS 400 - 450 g, SELECTED VARIETIES

2.49 ea. — DANIS DIPS, PROVINCIAL OR CEDAR YOGURT 500 ml, SELECTED VARIETIES

3.99 ea. — DIVYA CURRIES OR BASMATI RICE 454 g, SELECTED VARIETIES

2.49 ea. — CEDAR BRANDS, DIVYA ROASTED CHANA, DURBAN OR MANGO 200 - 400 g, SELECTED VARIETIES

3.99 ea. — PATAK'S CLASSIC SAUCE 450 ml, SELECTED VARIETIES

3.99 ea. — CASABLANCA COOKIES, DANISH BUTTER COOKIES 454 g

99¢ ea. — DAVIS GRAM 454 g, SELECTED VARIETIES

1.67 ea. — NATIONAL SPICE MIXES OR SAUCE 50 - 100 g

3.49 ea. — DIVYA PICKLES, CONDIMENTS OR CHOC-CHANA 300 - 454 g, SELECTED VARIETIES

99¢ ea. — PARLE-G OR LU COOKIES 200 - 400 g, SELECTED VARIETIES

Item availability varies by store

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ONTARIO

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

HALENDA'S PORK SAUSAGE
275 g
SELECTED VARIETIES

8.99 ea.

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

9.99 ea.

HALENDA'S KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6.99 ea.

SHERNI'S SAUCES
500 ml
SELECTED VARIETIES

4.99 ea.

BE SWEET HONEY FLAVOURED SPREAD
500 g

4.99 ea.

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

6.99 ea.

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TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES

3.99 ea.
TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES