

Effective March-April **TH 26** **FR 27** **SA 28** **SU 29** **MO 30** **TU 31** **WE 1** **2026**

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

PEACHES, NECTARINES
OR BLACK PLUMS
PRODUCT OF CHILE
2 lb

3⁹⁹
ea.

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

99¢
/lb

AQUA STAR
CRISPY TORPEDO SHRIMP
FROZEN, 284 g

5⁹⁹
ea.



LIVING LETTUCES
PRODUCT OF ONTARIO
PKG OF 2

3⁹⁹
ea.



EASTER
ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT &
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.



6⁹⁹
ea.



PICK ONTARIO
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 2.99 (150g)

**2 for
7⁰⁰**

3⁹⁹
/100 g

IRRESISTIBLES ARTISAN
BUNNY BUNDT
\$1.99 (100g)

3⁴⁹
/100 g

CASTELLO TICKLER
CHEDDAR, JALAPENO
FONTINA, BANGS BLUE
CHEESE OR HAVARTI
PREZIOSA MARZO, 16.83oz

9⁹⁹
ea.

PIZZER'S
SMOKED HAM
\$1.99 (100g)

14⁹⁹
ea.

STORE MADE
DELICIOUS FRUIT
SALAD 1.5kg

7⁹⁹
ea.

CASTELLO
HAVARTI OR GOURA CHEESE
16.83oz (480g)

5⁴⁹
ea.

PLANTERS NUTS,
SMUTTERED
POPCORN OR
MIX NUTS 100g

4⁹⁹
ea.

CEDAR VALLEY
S.M. CRETORS
POPCORN OR
PEANUT BUTTER
\$1.99 (100g)

5⁴⁹
ea.

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

3⁴⁹
ea.

DARE
COOKIES OR
CRACKERS
\$1.99 (100g)

3⁴⁹
ea.

SKITTLES OR DARE
CANDY
\$1.99 (100g)

6⁹⁹
ea.

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

5⁹⁹
ea.

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

10⁹⁹
ea.

SAN PELLEGRINO OR MASON PERIERE SPARKLING WATER,
CORONA OR MICHELLE NON ALCOHOLIC BEER
\$1.99 (100g)

2⁹⁹
ea.

GOLDFISH
CRACKERS
\$1.99 (100g)

1⁹⁹
ea.

CAMPBELL'S
BROTH 16.9oz
\$1.99 (100g)

99¢
ea.

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

4⁴⁹
ea.

STRIB'S PICKLES
\$1.99 (100g)

4⁹⁹
ea.

AXE, GARNIER,
LYNCEL, NIVEA OR
SOFASOL
PERSONAL CARE
\$1.99 (100g)

3⁹⁹
ea.

ALCAN
REPAIRMENT PAPER
\$1.99 (100g)

10⁹⁹
ea.

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

50
50¢

3⁹⁹
ea.

MINUTE MAID OR FRUITOPIA DRINKS,
PEACE TEA OR FUZZE 12.5oz 12.5oz

125
125¢

3⁹⁹
ea.

KRAFT SALAD
DRESSING 12.5oz

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

Visit us at **mcicro.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
ORANGE
4.39kg

2.99 ea.
STRAWBERRIES 40kg
PRODUCT OF U.S.A. & CANADA
4.39kg

1.99 /lb
SWEET POTATOES
4.39kg

2.99 /lb
HEIRLOOM TOMATOES
6.50kg

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

1.99 /lb
LARGE RED PRINCE
APPLES
PRODUCT OF CANADA
4.39kg

4.99 ea.
FRENCH BEANS 100g
PRODUCT OF MEXICO OR
CANADA

3.49 ea.
BOSTON LETTUCE 10kg

4.99 ea.
BLACK MISON PINE
APPLES
PRODUCT OF MEXICO

5.99 /lb
COTTON CANDY
GRAPES
PRODUCT OF CHINA
12.71kg

99¢ /lb
GREEN CABBAGE
PRODUCT OF CANADA
2.30kg

3.99 /lb
BRUSSELS SPROUTS
PRODUCT OF CANADA
8.50kg

3.99 ea.
GOLDENBERG'S 10kg
PRODUCT OF CANADA OR SPAIN

2.49 /lb
LARGE BARTLETT
PEARS
PRODUCT OF CANADA
4.49kg

3.99 ea.
MIMI CUCUMBERS 10kg
PRODUCT OF CANADA
4.39kg

2.49 /lb
GREEN ZUCCHINI
PRODUCT OF CANADA
5.49kg

7.99 ea.
MYOBS
CHOCOLATE
CARAMEL APPLE 100g

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

4.99 ea.
CURED
SWEET POTATOES,
BUTTERNUT OR
BUTTERNUT
SQUASH 10kg

3.79 ea.
BELLE GROVE
WASSERBOMMEL
CUCUMBER 10kg, 1000g 10kg
PRODUCT OF CANADA

5.99 ea.
WASSERBOMMEL
IN-SHELL POTATOES
10kg 10kg
PRODUCT OF CANADA

5.99 ea.
RONNIE'S
SALAD
DRESSINGS
100g 100g
PRODUCT OF CANADA

70 points
RONNIE'S
SALAD
DRESSINGS
100g 100g
PRODUCT OF CANADA

2.99 ea.
BRISSETTILE
HERBS 10kg
PRODUCT OF CANADA

2.49 ea.
ASSORTED COLOUR
CARROTS 10kg
PRODUCT OF CANADA

Sliced & Diced **Organic**



9.99
ea.

PUMPKINPIKES™ DIP WITH DIP-O-MATIC™
STRAWBERRY PINEAPPLE TRAY
WITH CHOCOLATE DIP 100g
SMALL (PURT TRAY) 100g



FAMILY SIZE

14.99
ea.

NACHO PLATTER 100g
FAMILY SIZE CHICKEN CAESAR SALAD
WITH CHOCOLATE DIP 100g
SMALL BERRY KONT TRAY 100g



2.99
/lb

ORGANIC SEEDLESS ORANGES
100% FRUIT OF U.S.A.
6.50/lb



4.99
ea.

ORGANIC AVOCADOS 100g
PRODUCE OF MEXICO



6.99
ea.

ORGANIC SWEET POTATOES 100g
PRODUCE OF U.S.A.



5.99
ea.

ORGANIC YELLOW PILECH OR POTATO POTATOES 100g
PRODUCE OF U.S.A.



3 PK

ORGANIC BELLFLOWER POTATOES 100g
PRODUCE OF U.S.A.

metro.ca

Organic



2⁹⁹
lb

**ORGANIC SEEDLESS
ORANGES**
IMPORTED FROM
CALIFORNIA
\$3.99/lb



3 PK

4⁹⁹
ea.

**ORGANIC
AVOCADOS** 11.5
IMPORTED FROM MEXICO



6⁹⁹
ea.

**ORGANIC
SWEET POTATOES** 14
IMPORTED FROM
CALIFORNIA



5⁹⁹
ea.

**ORGANIC
YELLOW PLESK OR
RUSSET POTATOES** 14
IMPORTED FROM
CALIFORNIA



22⁹⁹
ea.

HYDRANGEA
6.5" POT
ASSORTED COLOURS



14⁹⁹
ea.

FLEURETTES
8" POT
ASSORTED COLOURS



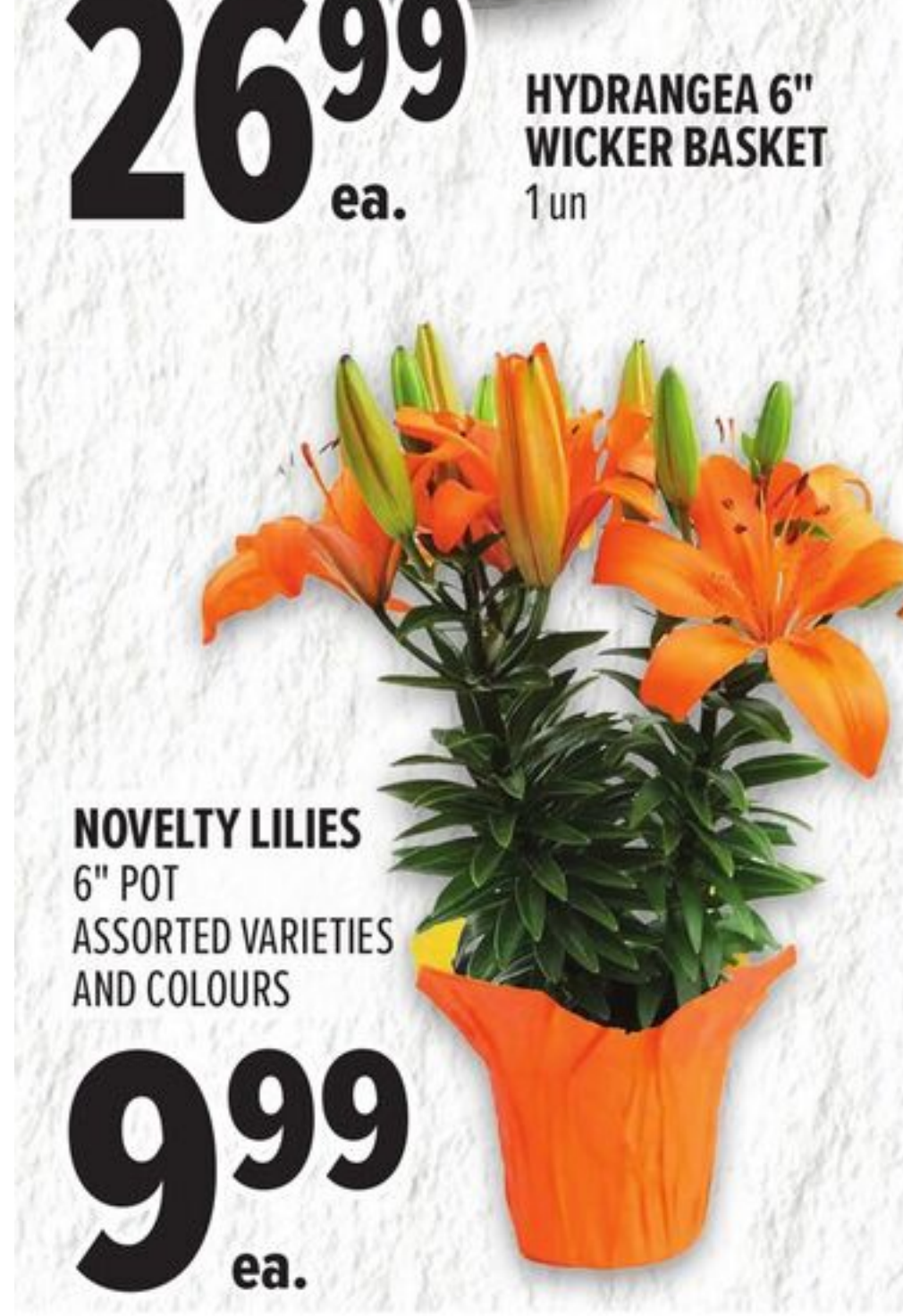
9⁹⁹
ea.

SPRING BULBS
6" POT
ASSORTED VARIETIES



26⁹⁹
ea.

HYDRANGEA 6"
WICKER BASKET
1 un



9⁹⁹
ea.

NOVELTY LILIES
6" POT
ASSORTED VARIETIES
AND COLOURS



9⁹⁹
ea.

SINGLE BLOOM
HYDRANGEA
4" POT
ASSORTED COLOURS



6⁹⁹
ea.

NOVELTY
CYCLAMEN
4" POT
ASSORTED COLOURS



11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS



16⁹⁹
ea.

ORCHID
3.5" POT
ASSORTED COLOURS



14⁹⁹
ea.

CALANDIVA
HILBERT BUNNY
2.5" POT



6⁹⁹
ea.

COMMERCIAL
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT

Beautiful blooms

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

pick Ontario

YOUR FIRST 3 ORDERS*

metro.ca

UP TO
\$60
OFF



Shop Offer



*\$20 off your first 3 online orders of \$80 or more.
Certain conditions apply. Details on metro.ca

Our Butcher's Finest

250 points
value of \$2

2⁹⁹
/lb

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

12⁸⁸
/lb

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

BONELESS
BONELESS PORK LOIN CHOPS
VALUE PACK OR ROAST
13.25kg

5⁹⁹
/lb

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

33⁹⁹
/lb

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

7⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FREE-
RANGE WHOLE CHICKEN
13.25kg

5⁹⁹
/lb

**125 points
value of \$1**
6⁸⁸
/lb

FRESH
BONELESS LAMB LEG
13.25kg
6.59kg

7⁹⁹
/lb

FRESH LAMB SHOULDER
CHOPS VALUE PACK
13.25kg
6.59kg

12⁹⁹
/lb

FRESH LAMB LOIN CHOPS
13.25kg
6.59kg

19⁹⁹
/lb

FRESH FRENCHED
LAMB RACK
13.25kg
6.59kg

I earn with moi rewards

SCHNEIDER'S
BREAKFAST
SNACKWICHES OR
EGG BITES
100% MEAT
12.5kg
6.25kg

5⁹⁹
ea.

**125 points
value of \$1**

MAPLE LEAF
SMOKED MEAT
12.5kg
6.25kg

6⁹⁹
ea.

80 points

LOU'S
PORK
12.5kg
6.25kg

7⁹⁹
ea.

90 points

IRRESISTIBLE
MINI SPRING ROLLS
12.5kg
6.25kg

5⁹⁹
ea.

70 points

Fletcher's
PORK
COTTAGE BOLL
12.5kg
6.25kg

4⁹⁹
/lb

**125 points
value of \$1**

MONTANA'S
PULLED PORK OR
CHICKEN & MEXICAN
12.5kg
6.25kg

8⁹⁹
ea.

**125 points
value of \$1**

KELSEY'S
ORIGINAL ROADHOUSE
PORK RACK
12.5kg
6.25kg

12⁹⁹
ea.

**125 points
value of \$1**

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

19⁹⁹
ea.

**250 points
value of \$2**

Entertaining Favourites

WATSON RIDGE
CHICKEN BALLS
12.5kg
6.25kg

5⁹⁹
ea.

ULTIMATE
CHICKEN
12.5kg
6.25kg

5⁹⁹
ea.

JOHNSONVILLE
SAUSAGES
12.5kg
6.25kg

6⁹⁹
ea.

IRRESISTIBLE
MINI SPRING ROLLS TWO
12.5kg
6.25kg

12⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
12.5kg
6.25kg

9⁹⁹
ea.

PASTRY POPPERS
CHICKEN
POULET
12.5kg
6.25kg

9⁹⁹
ea.

SCHNEIDER'S
APPETIZER
PASTRY POPPERS
12.5kg
6.25kg

12⁹⁹
ea.

MAPLE LEAF PRIME
ANGUS WITHOUT
ANTHONY'S
CHICKEN WINGS
12.5kg
6.25kg

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



Shop
these and
more in-store
or online

Seafood



9⁹⁹
/lb

WILD CAUGHT
ALASKAN COD FILLETS
FRESH OR FROZEN (20 FILLETS, 2.11 lb)



12⁹⁹
/lb

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



4⁹⁹
ea.

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



5⁹⁹
ea.

FRESH CANADIAN CORE
ORGANIC MUSSELS
1.5 lb



6⁹⁹
/lb

FRESH PASTA CLAMS
1.5 lb



8⁹⁹
/lb

STORE MADE
SEAFOOD SALAD
CHICKEN, CUCUMBER
MAYONNAISE, 1.5 lb



8⁹⁹
ea.

OCEAN PRIME
WHOLE CLEANED Sockeye SALMON



13⁹⁹
ea.

BACCALA
CHILEAN BONITO
SAUTÉ (100 g, 2.20 lb)



13⁹⁹
ea.

OCEAN JEWEL
WHOLE MEDITERRANEAN
SEA BASS (100 g, 2.20 lb)



49⁹⁹
/lb

KING CRAB
FRESH (100 g, 2.20 lb)

Irresistible



6⁹⁹
ea.

IRRESISTIBLE
UNCOOKED
SAUSAGE LINKS
FRESH (100 g, 2.20 lb)



8⁹⁹
ea.

IRRESISTIBLE
COOKED PACIFIC
WHITE SHRIMP
FRESH (100 g, 2.20 lb)



9⁹⁹
ea.

IRRESISTIBLE
SEAFOOD
MEDLEY
FRESH (100 g, 2.20 lb)



10⁹⁹
ea.

IRRESISTIBLE
CRAB CAKES
FRESH (100 g, 2.20 lb)

Deli Favourites



2⁹⁹
/100 g

MAPLE GLAZED
CHICKEN BREAST
FRESH (100 g, 2.20 lb)



2⁹⁹
/100 g

SHORSHI
SANDWICH
FRESH (100 g, 2.20 lb)



1⁹⁹
/100 g

KRIMOS
TRADITIONAL FETA CHEESE
FRESH (100 g, 2.20 lb)



11⁴⁹
ea.

SANTITAS
BELLANANO CHEESE
FRESH (100 g, 2.20 lb)



5⁴⁹
ea.

PIZZERIA
BELLITALIA
PIZZA TOPPINGS
FRESH (100 g, 2.20 lb)



7⁴⁹
ea.

BRANDT
SAUSAGE CHUBS
FRESH (100 g, 2.20 lb)



6⁹⁹
ea.

RICOTTA
CHEESE
FRESH (100 g, 2.20 lb)



5⁹⁹
ea.

CELEBRITY
SHEEP'S MILK
CHEESE
FRESH (100 g, 2.20 lb)



10⁹⁹
ea.

MARC ANGELO
CALABRESE
SALAMI
FRESH (100 g, 2.20 lb)



11⁹⁹
ea.

MARC ANGELO
PROSCIUTTO OR
ANTIPASTO
QUATTRO TRAZ
FRESH (100 g, 2.20 lb)



12⁹⁹
ea.

4 MINI
BURRATA
FRESH (100 g, 2.20 lb)



4⁹⁹
ea.

NEW YORK
STYLE
BAGEL CRISPS
FRESH (100 g, 2.20 lb)



3⁹⁹
ea.

SUMMER FRESH
HUMMUS OR DIPS
FRESH (100 g, 2.20 lb)



7⁹⁹
ea.

SABATINI'S
FRESH MACARONI
FRESH (100 g, 2.20 lb)



8⁹⁹
ea.

SWISS CHALET
CHICKEN
POT PIE
FRESH (100 g, 2.20 lb)



8⁰⁰
ea.

FRESH & GO
FRESH PASTA
FRESH (100 g, 2.20 lb)

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.
INRESISTIBLE
BRIE
500g

329
/100 g
BALDERSON
CHEDDAR
AGED 12 MONTHS
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

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

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

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

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

1099
ea.
OKA CHEESE
100g
SELECTED VARIETIES

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 ASSIETTE PILED

MADE WITH
1% LB. CHEESE

749
ea.

FRONT STREET BAKERY
EXTRA CHEDDAR
CHEESE BREAD
85g

749
ea.

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

FRONT STREET BAKERY
275g
SELECTED VARIETIES

399
ea.

FRONT STREET BAKERY
445g

469
ea.

FRONT STREET BAKERY
500g

459
ea.

FRONT STREET BAKERY
485g

469
ea.

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

1999
ea.

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

2499
ea.

FRESH 2 GO
LASAGNA
1.5kg
SERVES 4-6

2500
ea.

PREMEURE MOISSON
SOUPS
200ml
SELECTED VARIETIES

699
ea.

SUMMI
DUMPLINGS
OR SPRING ROLLS
250g
SELECTED VARIETIES

499
ea.

O'SOLE MIO
FRESH PASTA
250g
SELECTED VARIETIES

529
ea.

O'SOLE MIO
PASTA SAUCE
300ml
SELECTED VARIETIES

399
ea.

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

599
ea.

SUMMER FRESH
SALSA OR BEANS
387, 400g, 473ml
SELECTED VARIETIES

1099
ea.

FRESH 2 GO
TORTILLA CHIPS
400g
SELECTED VARIETIES

500
ea.

Lemon Treats



FRONT STREET BAKERY
LEMON MERINGUE PIE
10 1/2 LBS
6⁹⁹
ea.



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



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



FRONT STREET BAKERY
LEMON PUDDING TWISTS
10 1/2 LBS
5⁹⁹
ea.



FRONT STREET BAKERY
LEMON DANISH
10 1/2 LBS
7⁹⁹
ea.



SELECTION
LEMON DESSERT SQUARES
10 1/2 LBS
3⁶⁹
ea.

Strawberry Delights



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



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



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



FRONT STREET BAKERY
STRAWBERRY CHEESECAKE
10 1/2 LBS
4⁹⁹
ea.

Meal Essentials



BEN'S ORIGINAL
FAST & FANCY RICE 12 LBS
1⁹⁹
ea.



GREEN GIANT
CANNED VEGETABLES
10 1/2 LBS
1⁹⁹
ea.



FRENCH'S KETCHUP
10 1/2 LBS
5⁴⁹
ea.



KNORR SOUPS
10 1/2 LBS
2⁴⁹
ea.



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2 LBS
5⁹⁹
ea.



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2 LBS
5⁹⁹
ea.



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2 LBS
5⁹⁹
ea.



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2 LBS
5⁹⁹
ea.



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2 LBS
5⁹⁹
ea.



KNOX SIDERICKS
SOUP ENVELOPES
10 1/2 LBS
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 - 700 g
SELECTED VARIETIES

15⁰⁰
ea.

FAMILY
SIZE

FAMILY SIZE SALADS
400 - 480 g
SELECTED VARIETIES

10⁹⁹
ea.

SEAFOOD BOIL
FRESH, 2.43/1000 g

10⁹⁹
/lb

STORE MADE
DIPS
200 - 500 g

5⁹⁹
ea.

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

9⁹⁹
/lb

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

9⁹⁹
ea.

Catering tray orders require 48 hours notice.

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

44⁹⁹
ea.

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

29⁹⁹
ea.

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

29⁹⁹
ea.

FRESH 2 GO
SMOKED THE WORLD
CHEESE PLANK
1.5 kg

49⁹⁹
ea.

IRRESISTIBLES ARTISAN
HALF MOON
SMOKED HAM
12.24 kg

5⁹⁹
/lb

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

11⁹⁹
ea.

1.4 KG

SELECTION
BONELESS
SMOKED HRM
JAMBON FUME
DESSECHE
1.4 kg

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
1.5 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 OILS
1.5 L
SELECTED VARIETIES



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



5.49 ea.
RICE KRISPIES
CEREAL
1.5 L
WHOLE SUPPLIES LAST



4.99 ea.
PILLOWSY
EASTER COOKIES
1.5 L
WHOLE SUPPLIES LAST



2.99 ea.
PLANTERS
TRAIL MIX
1.5 L
SELECTED VARIETIES



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



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



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
1.5 L
SELECTED VARIETIES



2.99 ea.
SELECTION
SOUR CREAM
1.5 L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
GROUND COFFEE
1.5 L
SELECTED VARIETIES



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
1.5 L
SELECTED VARIETIES



8.49 ea.
SELECTION
SHREDDED COCONUT
1.5 L
SELECTED VARIETIES



3.99 ea.
ROBIN HOOD OR
PINE WOODS FLOUR
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



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. BALFOUR WATER BOTTLES (ea.)



569 ea.

WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea.)



549 ea.

TROPICANA REFRESHED DRINKS (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 NATREL COFFEE (ea.)



599 ea.

GENEROUS BY NATURE NATREL FINE FILTERED MILK (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



Free

KINDER SURPRISE EGGS (ea.)



649 ea.

KINDER MAXI CHOCOLATE (ea.)



1299 ea.

KINDER MAXI CHOCOLATE (ea.)



1399 ea.

KINDER MAXI CHOCOLATE (ea.)

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

BASK
SAUVIGNON WHITE WINE
750 ml

14⁴⁹
ea.



STONELEIGH
SAUVIGNON BLANC
750 ml



STONELEIGH
SAUVIGNON BLANC
750 ml

STONELEIGH
SAUVIGNON WHITE WINE
750 ml

20⁴⁹
ea.



Castello del Diavolo
CABERNET SAUVIGNON
750 ml



Castello del Diavolo
SHIRAZ
750 ml

CASTELLO DEL DIAVOLO
CABERNET SAUVIGNON
750 ml

14⁴⁹
ea.



WEYNE GROTZKY
SHIRAZ
750 ml



WEYNE GROTZKY
SHIRAZ
750 ml

WEYNE GROTZKY
SHIRAZ
750 ml

17⁴⁹
ea.



HEINEKEN ORIGINAL
PILSENER BEER
500 ml



SAPPORO
PREMIUM LAGER
500 ml

HEINEKEN
500 ml

21⁹⁹
ea.



Budweiser
PILSENER BEER
500 ml



Miller Lite
PILSENER BEER
500 ml

BUDWEISER
PILSENER BEER
500 ml

28⁹⁹
ea.



STELLA ARTOIS
PILSENER BEER
500 ml



Miller Lite
PILSENER BEER
500 ml

STELLA ARTOIS
PILSENER BEER
500 ml

59⁹⁹
ea.



VODKA SODA
8 x 355 mL



COTTAGE SPRINGS
VODKA SODA
8 x 355 mL

COTTAGE SPRINGS
VODKA SODA
8 x 355 mL

21⁹⁹
ea.



Coors Seltzer Slushie
8 x 355 mL



Coors Seltzer Slushie
8 x 355 mL

COORS SELTZER SLUSHIE
8 x 355 mL

31⁹⁹
ea.



Dillon's
GIN
500 ml



Dillon's
GIN
500 ml

DILLON'S
GIN
500 ml

33⁹⁹
ea.

Advertised prices are subject to change and exclude GST and deposit fees, which are added at checkout. Alcoholic items are available at select stores. See maps.cpf 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.

Organic



5⁹⁹

ea.



10⁹⁹

ea.



3⁴⁹

ea.

Fuel for the Whole Family



10⁹⁹

ea.



10⁹⁹

ea.



10⁹⁹

ea.

Non-GMO



16⁴⁹

ea.



3⁹⁹

ea.



5⁴⁹

ea.



3⁹⁹

ea.



5⁴⁹

ea.



21⁹⁹

ea.



7⁹⁹

ea.



7⁹⁹

ea.



7⁹⁹

ea.

Baby & Beauty



5⁹⁹

ea.



28⁹⁹

ea.



14⁹⁹

ea.



31⁹⁹

ea.



31⁹⁹

ea.



31⁹⁹

ea.



12⁹⁹

ea.



5⁹⁹

ea.



5⁹⁹

ea.

Household Helpers



3⁹⁹

ea.



3⁹⁹

ea.



3⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.

WIN 1 OF 3 \$10,000 VIP TRIPS



12⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.

WIN 1 OF 3 \$10,000 VIP TRIPS



12⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.

WIN 1 OF 3 \$10,000 VIP TRIPS



12⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](#)

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 OR LAL CHILLA
BROWN BASMATI RICE
500 g
SELECTED VARIETIES

9⁹⁹

ea.

SAPPHIRE
VEGETABLE OIL
OR CANOLA OIL
1 L
SELECTED VARIETIES

16⁹⁹

ea.

SERBERA
BOUQUET
FLOWER COLOURS

7⁹⁹

ea.

CELEDA MOON OR
ARJUN BASMATI RICE
500/550 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
100/125/150 g
SELECTED VARIETIES

8⁹⁹

ea.

AALUBHATTA OR CEDAR
TAKING OR
PHEENIA CHICK PEAS
500/500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIYA
MAKHANA OR PHARATHAS
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

HUMS Dahi, PHOENICIA
OR CEDAR PHOENICIA
400/500 g
SELECTED VARIETIES

3⁹⁹

ea.

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

2⁴⁹

ea.

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

3⁹⁹

ea.

PARLE-G
KORMA
400 g
SELECTED VARIETIES

3⁹⁹

ea.

PARLE-G
BUTTER CHICKEN
400 g
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
ORIGINAL DANISH BUTTER
COOKIES
400 g

99¢

ea.

DIYA
OMBA
100 g
SELECTED VARIETIES

1⁶⁷

ea.

NATIONAL
SPICE MIXES OR
CHICKEN MIXES
40/50 g
SELECTED VARIETIES

3⁴⁹

ea.

DIYA PICKLED
ONIONS OR LAL
ONIONS
500 g
SELECTED VARIETIES

99¢

ea.

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

99¢

ea.

PARLE-G
BISCUITS
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



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

2⁵⁹
/100g



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



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

5⁹⁹
/lb



CARMINE'S
BBQ SAUCE
355 ml
SELECTED VARIETIES

8⁹⁹
ea.



WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



Effective March 26 - April 22, 2026



BRING HOME THE BELL

NEW
FLAVOURS
OF DIPS AND SHELLS!



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5⁴⁹
ea.

TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES

3⁹⁹
ea.

TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES