

Get Easter Ready

metro
CANADIAN AND PROUD

2⁴⁹ ea.

RASPBERRIES 1kg
BLACKBERRIES 1kg
PRODUCT OF MEXICO

1⁹⁹ /lb or ea.

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

3⁹⁹ ea.

SWEET ONIONS 1kg
FOLIA LETTUCE 1kg
PRODUCT OF CANADA

\$5 PER TAIL

19⁹⁹ ea.

WILD-CAUGHT ROCK LOBSTER TAILS
PRODUCT OF CANADA

2⁴⁹ ea.

GREEN GIANT FROZEN VEGETABLES
COUNTRY CHURNED BUTTER
PRODUCT OF CANADA

125 points value of \$1

4⁹⁹ ea.

Häagen-Dazs ICE CREAM
PRODUCT OF CANADA

12⁸⁸ /lb

RED GRILL CAP ON RIB STYLE VALUE PACK
COUNTRY CHURNED BUTTER 25.5kg

11⁸⁸ /lb

RED GRILL PORK RIB ROAST CHEF STYLE
COUNTRY CHURNED BUTTER 25.5kg

125 points value of \$1

5⁸⁸ /lb

FRESH LAMB LEE SHORT CUT
PRODUCT OF CANADA 12.5kg

3⁹⁹ /lb

FRESH PORK BACK RIBS VALUE PACK OR FRESH SPLIT CHICKEN BREAST BONE IN 8.5kg

3⁹⁹ ea.

FRESH CANADIAN ATLANTIC SALMON PORTIONS
PRODUCT OF CANADA

4⁸⁸ ea.

Lactantia BUTTER
COUNTRY CHURNED BUTTER UNSALTED
PRODUCT OF CANADA

4⁸⁸ ea.

Black Diamond MARBLE - MARBRE
BLACK DIAMOND BARS ON SHREDDED CHEESE
PRODUCT OF CANADA

EASTER
ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT &
BALDERSON
CHEESE
CHEDDAR
EXTRA PASTA
EXTRA PASTA
5⁹⁹
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
125
points
value of \$1
3⁹⁹
ea.



KICKING HORSE
COFFEE 100g
125
points
value of \$1
14⁹⁹
ea.



LACTANTIA CREAM
WHIP 1L
3⁴⁹
ea.



6⁹⁹
ea.



PICK ONTARIO
FRESH CUT TULIPS
12⁹⁹
ea.



Shop these and more in-store or online

899
ea.



REGISTRATION NO. 002-4682

099



599



5⁹⁹
ea.



10⁹⁹



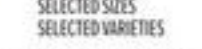
10⁹⁹
ea.

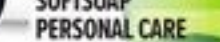


\$ New Lower Prices

WILLIAMS ITALIAN STYLE BREADS, BUNS OR ROLLS 12/12 (100g) 2 for \$7.00 <i>Villaggio</i> TRUSTFUND CLASSICO <i>WonderBread</i>	399 /100 g IRRESISTIBLE ARTISAN TURKEY BREASTS	349 /100 g CASTELLO DELUXE CORNED BEEF PASTA, CARNESE LIA CORNED BEEF PASTA, CARNESE LIA
--	---	---

 800¢ 99¢ ea. PILLARS® SMOKED HAM SELECTED PORK HAM 5.5 LBS. (100% PORK)	PARTY SIZE 1.5 KG  1499¢ ea. STORE MADE DELICIOUS FRESH SALAD 1 1/2 LBS	 799¢ ea. NATURAL MEATBALLS, FARMFRESH & HOSPITALITY BLEND OF MEAT OR IRRESISTIBLE PEPPERONI STICKS	 799¢ ea. CASTELLO HAM AND CHEESE CORDON ROUGE
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 3.49 ea. SKITTLES OF DARK CANDY SWEETLY SWEET TASTE	 10.99 ea. SA PELLEGRINO DI NAZIONALE FRANKLIN'S WATER, CORDON ROUGE NO ALCOHOL, NO SUGAR, NO ARTIFICIAL SWEETENERS	 5.99 ea. DR. DETOXE PUSH ON ESKA WATER SWEETLY SWEET TASTE	 2.99 ea. GOLDFISH CRACKERS NO SALT, NO MSG, NO ARTIFICIAL FLAVORS, NO PRESERVATIVES
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4.99
ea.

LIFE-GUARDED
• CORAL, IVORY OR
SPECIAL PERSONAL CARE
FORMULAS
• SELECTED HARDWARE



3.99
ea.

ALCAN
ALL PURPOSE
CLEANER
FSC

**MARQUETTES, PAPER,
ALCAN POLYOL OR
RETROLYDS
PARCHMENT PAPER**
• GLASS
• CERAMIC
• METAL



10.99
ea.

**THE SIMPLEST
DETERGENT,
POWERFUL
SOFTENER,
CHAMBER
OR
BOONITY**
• DISH SOAP
• DETERGENT
• DETERGENT
• DETERGENT



3.99
ea.

Charmin
TOILET PAPER
• 30 ROLLS
• 30 ROLLS
• 30 ROLLS

Learn with mol rewards

50
POINTS

3.99
ea.

**MINUTE MANGO OR PINEAPPLE DRINKS,
PASTA, TEA OR HOT CHOCOLATE
DRINKS**



125
POINTS

3.99
ea.

**KRAFT SALAD
DRESSING (4-
OZ.)**



Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.
 DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
 SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We accept Visa, MasterCard and American Express at most stores.

Visit us at: **metro.ca**
 Give us your opinion for a chance to
 WIN \$1,000 in groceries

[illegible]

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.
4.25kg



4.99
ea.
ORGANIC
STRAWBERRIES 1/2 lb
PRODUCT OF MEXICO
No. 1 LARGE



1.99
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.25kg



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



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



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



4.99
ea.
FRENCH GIANT
ARTICHOQUES
PRODUCT OF MEXICO
4.25kg



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



4.99
ea.
BLACK MISSION FIGS
1/2 lb
PRODUCT OF MEXICO



5.99
/lb
COTTON CANDY
PRODUCT OF CHINA
13.25kg



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



3.99
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO
8.50kg



3.99
ea.
GOLDENBERRIES 1/2 lb
PRODUCT OF CANADA



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



3.99
ea.
MINI CUCUMBERS 1/2 lb
PRODUCT OF MEXICO
CANADA No. 1 LARGE



2.49
/lb
GREEN ZUCCHINI
PRODUCT OF MEXICO
5.45kg



7.99
ea.
MEYER'S
CHOCOLATE
CARAMEL APPLE 1/2 lb
PRODUCT OF U.S.A.



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



4.99
ea.
CURRY SWEET POTATOES,
MUSKATA OR
BUTTERNUT
SQUASH 1/2 lb
PRODUCT OF MEXICO



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



5.99
ea.
WONDERFUL
IN SHELL PISTACHIOS
1/2 lb
PRODUCT OF U.S.A.



5.99
ea.
RENE'S
SALAD
DRESSINGS
1/2 lb
PRODUCT OF U.S.A.



2.99
ea.
UNBEATABLE
HERBS 1/2 lb
PRODUCT OF U.S.A.



2.49
ea.
ASSORTED COLOUR
CARROTS 1/2 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE

Sliced & Diced



9.99
ea.
PUMPKIN CHEESECAKE TRAY WITH RUFFLES
STRAWBERRY PINEAPPLE SLICE
WITH CHOCOLATE DIP 1/2 lb
SMALL FRUIT TRAY 1/2 lb



14.99
ea.
RACHIO PLATTER 1/2 lb
FAMILY SIZE CHICKEN CAESAR SALAD 1/2 lb
SMALL BERRY VINNY TRAY 1/2 lb

Organic



2.99
/lb
ORGANIC SEEDLESS
ORANGES
PRODUCT OF U.S.A.
6.50kg



4.99
ea.
ORGANIC
AVOCADOS 1/2 lb
PRODUCT OF MEXICO



6.99
ea.
ORGANIC
SWEET POTATOES 1/2 lb
PRODUCT OF U.S.A.



5.99
ea.
ORGANIC
YELLOW POTATOES
PRODUCT OF CANADA
CANADA No. 1 LARGE



22⁹⁹
ea.

HYDRANGEA
6.5" POT
ASSORTED COLOURS



14⁹⁹
ea.

FLEURETTES
8" POT
ASSORTED COLOURS



9⁹⁹
ea.

SPRING BULBS
6" POT
ASSORTED VARIETIES



26⁹⁹
ea.

HYDRANGEA 6"
WICKER BASKET
1 un



9⁹⁹
ea.

NOVELTY LILIES
6" POT
ASSORTED VARIETIES
AND COLOURS



9⁹⁹
ea.

SINGLE BLOOM
HYDRANGEA
4" POT
ASSORTED COLOURS



6⁹⁹
ea.

NOVELTY
CYCLAMEN
4" POT
ASSORTED COLOURS



16⁹⁹
ea.

ORCHID
3.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT



14⁹⁹
ea.

CALANDIVA
HILBERT BUNNY
2.5" POT



6⁹⁹
ea.

COMMERCIAL
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS

pick Ontario

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



BUTTERBALL

RED GRILL
EASY CARVE
PRIME ROAST
10.5kg
28.99/lb



100% CANADIAN AA
CURED

PRIME RIB
28.99/lb

250
points
value of \$2

2.99
/lb

BONELESS

BONELESS PORK LOIN CHOPS
WALLEY BACK ON HOAGS (100g)
12.71kg



12.88
/lb

PRIME
RECOMMENDED
BY THE CANADIAN
FOOD INSPECTOR

5.99
/lb

PLATINUM GRILL-AMONG
BEEF TENDERLOIN
STEAK OR ROAST
10.5kg
33.99/lb



100% CANADIAN
CURED



7.99
/lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH
WHOLE CHICKEN
12.71kg



5.99
/lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH
WHOLE CHICKEN
12.71kg



125
points
value of \$3

6.88
/lb

FRESH BONELESS LAMB LOIN CHOPS
15.71kg



12.99
/lb

FRESH LAMB LOIN CHOPS
28.64kg
40.61kg



7.99
/lb

FRESH LAMB SHOULDER
CHOPS 15.71kg
12.71kg



19.99
/lb

FRESH FRENCHED LAMB LOIN CHOPS
12.71kg



125
points
value of \$3

6.88
/lb

FRESH BONELESS LAMB LOIN CHOPS
15.71kg



12.99
/lb

FRESH LAMB LOIN CHOPS
28.64kg
40.61kg



7.99
/lb

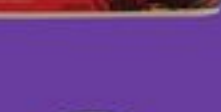
FRESH LAMB SHOULDER
CHOPS 15.71kg
12.71kg



19.99
/lb

FRESH FRENCHED LAMB LOIN CHOPS
12.71kg

Learn with **moi** rewards

 SCHNEIDERS SANDWICHES OR WRAPS ANY SIZE ANY FILLING 5.99 ea. 125 value of \$1	 HORMEL NATURAL BALANCE HAM ANY SIZE 6.99 ea. 80 value of \$1	 LOR'S PREAMBLES ANY SIZE 7.99 ea. 90 value of \$1	 IRRESISTIBLE PORK LOIN ANY SIZE 5.99 ea. 70 value of \$1
 FLETCHER'S PORK COTTAGE 1.00lb 4.99 /lb 125 value of \$1	 MONTANA'S MEAT MARKET ANY SIZE 8.99 ea. 125 value of \$1	 KELLEY'S ORIGINAL WOODHOUSE PORK CHOPS ANY SIZE 12.99 ea. 125 value of \$1	 YONKERS VALLEY FARMS MEATBALLS 1.00lb 19.99 ea. 250 value of \$1

Entertaining Favourites

- CHICKEN BALLS** (WISCONSIN BROS.) - \$5.99 ea.
- MAPLE LODGE ULTIMATE CHICKEN TENDERLOINS** (200g) - \$5.99 ea.
- JOHNSONVILLE SAUSAGES** (750g) - \$6.99 ea.
- IRRESISTIBLE MINI SPRING ROLLS** (200g) - \$12.99 ea.
- PRIME BUFFALO WINGS** (100g) - \$15.99 ea.
- MARK ANGELO APPETIZERS** (PACED PORTOBELLO MUSHROOMS) - \$9.99 ea.
- MARK ANGELO PORT PACED PORK TENDERLOIN ROAST** (1.5kg) - \$9.99 ea.
- SCANDINAVIAN PORK** (1.5kg) - \$12.99 ea.
- MARK ANGELO APPETIZERS** (PACED PORTOBELLO MUSHROOMS) - \$9.99 ea.
- MARK ANGELO APPETIZERS** (PACED PORTOBELLO MUSHROOMS) - \$9.99 ea.
- MARK ANGELO APPETIZERS** (PACED PORTOBELLO MUSHROOMS) - \$9.99 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.



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, 1.27 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 SQUID
1.5 lb/100g



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



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



49⁹⁹
/lb
KING CRAB
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
1.5 lb/100g



2⁹⁹
/100 g
SHORSHI
SANDWICH
1.5 lb/100g



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



11⁴⁹
ea.
SANTITAS
BELLANANO CHEESE
1.5 lb/100g



5⁴⁹
ea.
PIZZERIA
BELLITALIA
PIZZA TOPPINGS
1.5 lb/100g



7⁴⁹
ea.
BRANDT
SAUSAGE CHUBS
1.5 lb/100g



6⁹⁹
ea.
RICOTTA
CHEESE
1.5 lb/100g



5⁹⁹
ea.
CELEBRITY
SHEEP'S MILK
CHEESE
1.5 lb/100g



10⁹⁹
ea.
MARC ANGELO
CALABRESE
SALAMI
1.5 lb/100g



11⁹⁹
ea.
MARC ANGELO
PROSCIUTTO OR
ANTIPASTO
QUATTRO TRAZ
1.5 lb/100g



12⁹⁹
ea.
4 MINI
BURRATA
1.5 lb/100g



4⁹⁹
ea.
NEW YORK
STYLE
BAGEL CRISPS
1.5 lb/100g



3⁹⁹
ea.
SUMMER FRESH
HUMMUS OR DIPS
1.5 lb/100g



7⁹⁹
ea.
SABATINI'S
FRESH MACARONI
1.5 lb/100g



8⁹⁹
ea.
SWISS CHALET
CHICKEN POT PIE
1.5 lb/100g



8⁰⁰
ea.
FRESH & HOT
FRESH PASTA
1.5 lb/100g

FLAVOURS OF

italy

ANISE-FENNEL

PRODUCE OF U.S.A.

4.3kg

1⁹⁹

/lb

FRESH FIGS

PRODUCE OF U.S.A.

1.5kg

11⁹⁹

ea.

MAIA TOLAND'S LASAGNA

MAIA TOLAND'S

SELECTED LASAGNES

11⁹⁹

ea.

FRESH MERLUZZO

WHOLE WHITING

750/800 g

3⁴⁹

/lb

SAN DANIELE

WHOLE PROSCIUTTO

1kg

79⁰⁰

ea.

CASTELLO

PARM. STAMBECCO

DELIC. PROSCIUTTO 100/100 g

4⁹⁹

/100 g

ALMOND PISTACCHIO CAKE

175g

31⁹⁹

ea.

PRIMO STREET BAKERY

LONG CHALIBRE

175g

4²⁹

ea.

COLUSSI

CAFFELATTE

COLOSSAL COOKIES

100/100g

2⁹⁹

ea.

DAVID ROCCO

POMODORO & BASILICO

400/400g

5⁹⁹

ea.

PERUGINA

BACI

CHOCOLATES

100/100g

15⁹⁹

ea.

GIORGIA

SAVOIARDI

COOKIES

100/100g

3⁴⁹

ea.

Love cheese?

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



IRRESISTIBLES
ARTISAN
GOAT CHEESE
11.5 g
SELECTED VARIETIES
5⁹⁹
ea.



7⁴⁹
ea.
BOTTERWELL
CHEESE
170 g
SELECTED VARIETIES



9⁹⁹
ea.
ZERIO
MOZZARELLA
250 g
SELECTED VARIETIES



5⁴⁹
/100 g
COMBE CASTLE
CRANBERRY
WENSLEYDALE
DELICIOUS. PRICES AS MARKED
24.90%



2²⁰⁰
ea.
BELLA CASARA
BURRATA CHEESE
250 g
OR 14.99 ea. 250 g



14⁹⁹
ea.
TRE STELLE
MASCARPONE CHEESE
475 g



6⁹⁹
ea.
PRESCUMBI
OR BALDERSON
SPREADABLE CHEESE
185 - 200 g
SELECTED VARIETIES



17⁹⁹
ea.
IRRESISTIBLE
BRIE
500 g



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



3⁵⁹
/100 g
PARMIGIANO REGGIANO
AGED 24 MONTHS
DELICIOUS. PRICES AS MARKED
5.35/100 g WHEN YOU BUY
LESS THAN 500 g



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



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



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



10⁹⁹
ea.
OKA CHEESE
100 g
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 PUDDING TWISTS
12 1/2" ea.

5⁹⁹



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

5⁹⁹



SELECTION
LEMON DESSERT SQUARES
10 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 SOUP ENVELOPES
10 1/2" ea.

2⁴⁹



KOSHER'S MUSTARD
10 1/2" ea.

5⁹⁹



IDAHOAN
MACARONI POTATOES 10 1/2" ea.

1⁹⁹



EGGOS WAFFLES
10 1/2" ea.

3⁹⁹



PILLSBURY PIZZA POPS
10 1/2" ea.

6⁹⁹



INEVITABLE
PROTEIN MEALS
10 1/2" ea.

4⁹⁹



KIWIES
PALLET TWISTS
10 1/2" ea.

9⁹⁹

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
1.00
ORDER IN STORE OR ONLINE

44⁹⁹
ea.

FRESH 2 GO
MINI BURRATA TEAR
& SHARE TRAY.
BAKE IT BAKE TRAY
OR VEGET GARDEN
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 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
DESSEDE
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
600 ml
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



3.99 ea.
ROBIN HOOD OR
PINE WOODS FLOUR
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.

STARBUCK FOUR SEASONAL FLAVORS (ea.)



569 ea.

WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea.)



549 ea.

TROPICANA REFRESHING 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.

BARFLY BEER (ea.)



499 ea.

SELECTION OF PEANUTS (ea.)



899 ea.

MAISON PERRIER SPARKLING WATER (ea.)



699 ea.

GENEROUS BY NATURE COFFEE (ea.)



599 ea.

GENEROUS BY NATURE CREAMER (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



399 ea.

HELLMANN'S MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



399 ea.

HELLMANN'S MAYONNAISE (ea.)



Free

KINDER SURPRISE EGGS (ea.)



649 ea.

KINDER MAXI CHOCOLATE (ea.)



1299 ea.

KINDER MAXI CHOCOLATE (ea.)



1399 ea.

KINDER MAXI CHOCOLATE (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 Diabla
CABERNET SAUVIGNON
750 ml
CONCEPCIÓN Y FERRER



Weyne Grotzky
DACO RED
750 ml
W. EYNE & CO. COTACAYES

CASTELLO DEL DIABLO
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



Miller Lite

STELLA ARTOIS
24 x 330 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

31⁹⁹
ea.



Coors Seltzer Slushie
VARIETY PACK
12 x 355 mL



Coors Seltzer Slushie
VARIETY PACK
12 x 355 mL

COORS
SELTZER SLUSHIE
12 x 355 mL

31⁹⁹
ea.



Dillon's Gin Cocktails
VARIETY PACK
12 x 355 mL



Dillon's Gin Cocktails
VARIETY PACK
12 x 355 mL

DILLON'S
GIN COCKTAIL
VARIETY PACK
12 x 355 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 stores for availability.

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

BASK
SAUVIGNON WHITE WINE
750 ml
14⁴⁹
ea.

CASILLERO DEL DIABLO
CABERNET SAUVIGNON
750 ml
14⁴⁹
ea.

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

750 ml
2049
ea.

750 ml
1749
ea.

6 x 500 ml
2199
ea.

SELECTED VARIETIES:

289

19

59⁹⁹
ea.

319

21⁹⁹
ea.

33⁹⁹
ea.

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

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

21⁹⁹

ea.

LA ROCHE
TORTLESS MANGO
MOUSSE CAKE
400 g

1⁹⁹

ea.

HONEY KEMUR F&F
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
BOOQUEET
KASHMIRI 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
200 ml
SELECTED VARIETIES

3⁴⁹

ea.

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

8⁹⁹

ea.

AMLENDER OR CEDAR
TAMAR OIL
OR PHENOLIC VINEGAR
500/500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIYA
MAKHANA OR PHENOLIC
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

HUMS Dahi, PHENOLIC
OR CEDAR PHENOLIC
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

DIYA LENTILS OR
BLACK CHICK PEAS
10/15/20 g
SELECTED VARIETIES

2⁴⁹

ea.

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

3⁹⁹

ea.

PARLE-G
COOKING SAUCE
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

KORMA
BUTTER CHICKEN
POULET AU BEURRE
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
ORIGINAL DANISH BUTTER
COOKIES
450 g

99¢

ea.

DIYA
OMBA
100 g
SELECTED VARIETIES

1⁶⁷

ea.

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

3⁴⁹

ea.

DIYA PICKLED
ONIONS OR L&L
COOKIES
50/100 g
SELECTED VARIETIES

99¢

ea.

PARLE-G OR L&L
COOKIES
50/100 g
SELECTED VARIETIES

99¢

ea.

PARLE-G OR L&L
COOKIES
50/100 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!



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5⁴⁹
ea.

TACO BELL
DIPS
425 - 445 g
SELECTED VARIETIES

3⁹⁹
ea.

TACO BELL
SEASONED SHELLS
137 g
SELECTED VARIETIES

