VERSION 4

2.99 ea.

Strawberries
Product of Canada / Product of the USA
Fraises
Produit du Canada / Produit des États-Unis

Local Kiwiberries
Product of Canada
Kiwis-baies locaux
Produit du Canada

3.99 ea.

1.99 /lb

Large Blood Oranges or Cara Cara Navels
Product of Mexico
Grosses oranges sanguines ou Cara Cara navels
Produit du Mexique

2.49 ea.

Harvest Kale Slaw or Greens Plus Carrot
Product of Canada
Salade de chou frisé ou Greens Plus Carotte
Produit du Canada
Sweetomato ONE or Sweetomato
Product of Canada / Product of the Netherlands
Produit du Canada / Produit des Pays-Bas

moi rewards member price

875¢ per 100 g / PER LB

15.99 ea.

SPECIAL PRICE
19.99
for non-members

Cadbury Cadbury Chocolates
Product of Canada
Chocolats de Pâques Cadbury
Produit du Canada

Effective March 5 6 7 8 9 10

VERSION 4

CELEBRATE INTERNATIONAL
WOMEN'S DAY
MARCH 8

Bouquet Mixte
Mixed Bouquet
20.00 ea.
Valeur de 27.00
125 points
Valeur de 1.25

metro
CANADIAN AND PROUD

Fresh Atlantic Salmon Portion
Saumon de l'Atlantique frais
Frais Filet de saumon atlantique
3.99 ea.

GROUND IN STORE DAILY
EXTRA LEAN
Extra Lean Ground Beef Value Pack 1.5 kg - 2.25 kg
Bœuf haché extra maigre Grand Format 1,5 kg - 2,25 kg
Ground Chicken Breast Value Pack 1.5 kg - 2.25 kg
Poulet au doute Mega Size hachés extra maigre 1,5 kg - 2,25 kg
5.99 ea. or /lb

Assorted Deli Meats
Assortiment de viandes froides
Assorti de viandes froides
3.49 /100 g

Beaver Pork Loin Value Value Pack or Roast 1.0 kg - 2.0 kg
Rôti de Porc Mega Size Beaver 1,0 kg - 2,0 kg
Longe de porc grande taille Beaver 1,0 kg - 2,0 kg
Rôti de porc Beaver
Lomo de Cerdo Mega Size Beaver 1,0 kg - 2,0 kg
3.99 /lb

Assorted Muffins
Muffins assortis
Muffins surgelés
5.99 ea.

NEW
Wagyu Local Prime Ribeyed Without Spoilers Value Pack 1.0 kg
Longe de bœuf Wagyu Prime locale sans surprises 1,0 kg
Wagyu Local Prime Ribeyed Without Spoilers Value Pack 1.0 kg
Longe de bœuf Wagyu Prime locale sans surprises 1,0 kg
Wagyu Local Prime Ribeyed Without Spoilers Value Pack 1.0 kg
Longe de bœuf Wagyu Prime locale sans surprises 1,0 kg
125 points value of $1
9.99 ea.

Kellogg's Rice Krispies or Raisin Bran
Certain Kellogg's Cereals
Céréales Kellogg's
3.99 ea.

Assorted Frozen Fruit
Fruits surgelés variés
3.99 ea.

Lactantia Butter
Beurre Lactantia
4.99 ea.

Sun Chips or Lay's Chips
Sun Chips ou Lay's Chips
2.99 ea.

Philadelphia Cream Cheese
Fromage à la crème Philadelphia
3.99 ea.

Tex Mex Cheddar Cheese
Fromage Cheddar Tex Mex
4.88 ea.

Cashmere Bathroom Tissue, Sponge Towels or Kleenex Facial Tissues
Papier hygiénique Cashmere, essuie-tout Sponge Towels ou mouchoirs Kleenex
4.99 ea.

24 PACK
Coca-Cola Soft Drinks Value Pack
Coca-Cola, Coke Zero or Diet Coke Value Pack
Boissons gazeuses Coca-Cola, Coke Zero ou Diet Coke
Coca-Cola Value Pack
6 x 710 ml
3.99 ea.

Lactantia PurFiltre
Pur Filtre
3.99 ea.

Effective March 5 6 7 8 9 10 11 2026
my savings my metro

LOW PRICE EVERY DAY

100's of items at the same low price every day.

NOW 4.99 ea.

Irrésistible Ice Cream
Crème glacée Irrésistible
1 L (PRÉPARÉ ÉLECTRONIQUE)

NOW 4.99 ea.

Irrésistible Sparkling Water
Eau pétillante Irrésistible
6 x 355 ml (PRÉPARÉ ÉLECTRONIQUE)

Selection Cream
Crème Sélection
1 L (PRÉPARÉ ÉLECTRONIQUE)

NOW 3.99 ea.

Irrésistible Skyr
Skyr Irrésistible
175 g (PRÉPARÉ ÉLECTRONIQUE)

Yogurt Irrésistible Grec
Yogourt grec Irrésistible
175 g (PRÉPARÉ ÉLECTRONIQUE)

NOW 5.99 ea.

NOW 3.99 ea.

Irrésistible Cookies
Biscuits Irrésistible
300 g (PRÉPARÉ ÉLECTRONIQUE)

Biscuits Irrésistible
Biscuits Irrésistible
300 g (PRÉPARÉ ÉLECTRONIQUE)

Selection Pasta Sauce
Sauce pour pâtes Sélection
473 ml (PRÉPARÉ ÉLECTRONIQUE)

Sauce pour pâtes Sélection
473 ml (PRÉPARÉ ÉLECTRONIQUE)

NOW 3.99 ea.

metro.ca

New Lower Prices

2 for 7.00
Country Harvest Breads or Rudolph's Bavarian Rye Breads 500 - 600 g
SELECTED VARIETIES
OR 3.99 EA.
Pain Country Harvest ou pains de seigle bavarois Rudolph's 500 - 600 g
VARIÉTÉS SÉLECTIONNÉES
OU 3,99 CH.

30% OFF
Castello Tickler Cheddar 15.53/lb
Danish Fontina 17.43/lb
Danish Blue Cheese 14.26/lb
DELI CUT, PRICES AS MARKED
Cheddar Tickler Castello 15,53/lb
Fontina danois 17,43/lb
Fromage bleu danois 14,26/lb
COUPÉ AU COMPTOIR
PRIX TELS QU'INDIQUÉS

6.99 ea.
Janes Breaded Fish Fillets
FROZEN, 450 - 510 g
SELECTED VARIETIES
Filets de poisson panés Janes
SURGELÉS, 450 - 510 g
VARIÉTÉS SÉLECTIONNÉES

19.99 ea.
Cooked Shrimp 41 - 50, 908 g
Wild Argentinean Raw Shrimp 20/30, 800 g
Smoked Salmon 400 g, FROZEN
Crevettes cuites 41 - 50, 908 g
Crevettes sauvages de l'Argentine crues 20/30, 800 g
Saumon fumé 400 g, SURGELÉS

3.49 /lb
Fletcher's Pork Cottage Roll
SWEET PICKLED
7.69/kg
Soc roulé de porc Fletcher's
EN SAUMURE DOUCE
7,69/kg

11.99 ea.
Swiss Chalet or Montana's Pork Back Ribs
SELECTED VARIETIES
FULLY COOKED, 600 - 650 g
Côtes de dos de porc Swiss Chalet ou Montana's
VARIÉTÉS SÉLECTIONNÉES
ENTIÈREMENT CUITES
600 - 650 g

6.49 ea.
MarcAngelo Sliced Italian Deli Meat or Boursin Cheese
85 - 170 g, SELECTED VARIETIES
Charcuteries italiennes MarcAngelo en tranches ou fromage Boursin
85 - 170 g, VARIÉTÉS SÉLECTIONNÉES

12.99 ea.
Fresh Vegetable or Fruit Carousels
955 g - 1.4 kg
Carousel de légumes ou fruits frais
955 g - 1,4 kg

4.49 ea.
General Mills Cereal
300 - 430 g
SELECTED VARIETIES
Céréales General Mills
300 - 430 g
VARIÉTÉS SÉLECTIONNÉES

6.99 ea.
Simply Refrigerated Juice
1.54 L, SELECTED VARIETIES
Jus Simply réfrigérés
1,54 L, VARIÉTÉS SÉLECTIONNÉES

3.99 ea.
Minute Maid or Fruitopia Refrigerated Drinks or Fuze Iced Tea
SELECTED SIZES, SELECTED VARIETIES
Boissons Minute Maid ou Fruitopia réfrigérées ou thé glacé Fuze
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

5.49 ea.
Cracker Barrel or Black Diamond Sliced Cheese, Astro Multi or Olympic Yogourt
SELECTED SIZES, SELECTED VARIETIES
Fromage Cracker Barrel ou Black Diamond en tranches, yogourt Astro en emballage multi ou Olympic
FORMATS SÉLECTIONNÉS, VARIÉTÉS SÉLECTIONNÉES

3.49 ea.
Astro Yogourt Tubs
650 - 750 g, SELECTED VARIETIES
Yogourt Astro en bac
650 - 750 g, VARIÉTÉS SÉLECTIONNÉES

4.99 ea.
Bick's Pickles or French's Ketchup
SELECTED SIZES, SELECTED VARIETIES
Cornichons Bick's ou Ketchup French's
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

2.49 ea.
Pringles Chips, Fruité Drinks, Oasis or Allen's Juice or Cocktails, Del Monte Nectar or Arizona Iced Tea
SELECTED SIZES, SELECTED VARIETIES
Croustilles Pringles, boissons Fruité, jus ou cocktails Oasis ou Allen's, nectar Del Monte ou thé glacé Arizona
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

3.99 ea.
Minute Maid, Five Alive Juice or Drinks 8 - 10 X 200 ml
Mott's Clamato or Garden Cocktail
1.89 L, SELECTED VARIETIES
Jus ou boissons Minute Maid ou Déli-cinq
8 - 10 X 200 ml
Clamato Mott's ou Garden Cocktail 1,89 L
VARIÉTÉS SÉLECTIONNÉES

11.49 ea.
Corona Cero, Guinness or Michelob Ultra Non-Alcoholic Beer
4 X 440 ml, 6 X 330 - 355 ml
SELECTED VARIETIES
Bière désalcoolisée Cero Corona, Guinness ou Ultra Michelob
4 X 440 ml, 6 X 330 - 355 ml
VARIÉTÉS SÉLECTIONNÉES

5.99 ea.
Häagen-Dazs Ice Cream
SELECTED SIZES
SELECTED VARIETIES
Crème glacée Häagen-Dazs
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

3.49 ea.
Skinny Pop Popcorn, Hardbite Chips or Smart Sweets
SELECTED SIZES, SELECTED VARIETIES
Maïs soufflé Skinny Pop, croustilles Hardbite ou Smart Sweets
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

9.99 ea.
Lindt Lindor Chocolate 150 g
SELECTED VARIETIES
Chocolat Lindor Lindt 150 g
VARIÉTÉS SÉLECTIONNÉES

10.99 ea.
Tide Simply Detergent, Downy Softeners, Cascade or Swiffer
SELECTED SIZES, SELECTED VARIETIES
Détergent Simply Tide, assouplissants Downy, Cascade ou Swiffer
FORMATS SÉLECTIONNÉS, VARIÉTÉS SÉLECTIONNÉES

10.99 ea.
Charmin Bathroom Tissue or Bounty Paper Towels 4 - 9 un.
SELECTED VARIETIES
Papier hygiénique Charmin ou essuie-tout Bounty
4 - 9 un.
VARIÉTÉS SÉLECTIONNÉES

4.49 ea.
Ziploc Food Bags, Selection Garbage Bags or Energizer Batteries
SELECTED SIZES
SELECTED VARIETIES
Sacs Ziploc pour aliments, sacs à ordures Selection ou piles Energizer
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

i earn with moi rewards

125 points value of $1 — 6.49 ea.
Amy's or Gardein Frozen Meals
SELECTED SIZES, SELECTED VARIETIES
Repas Amy's ou Gardein surgelés
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

125 points value of $1 — 4.49 ea.
Rold Gold Pretzels, Tostitos Tortilla Chips or Smartfood Popcorn
SELECTED SIZES, SELECTED VARIETIES
Bretzels Rold Gold, croustilles de tortillas Tostitos ou maïs soufflé Smartfood
FORMATS SÉLECTIONNÉS
VARIÉTÉS SÉLECTIONNÉES

125 points value of $1 — 3.99 ea.
Christie or Leclerc Cookies
SELECTED SIZES, SELECTED VARIETIES
Biscuits Christie ou Leclerc
FORMATS SÉLECTIONNÉS, VARIÉTÉS SÉLECTIONNÉES

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

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DMB8DMB8DMB8DMB8

moi rewards

SAVE BIG IN THE APP

Add your coupons in the Metro app today.

THIS WEEK'S DEALS:

Only until March 11, 2026, in-store or online

NOW 3.99 ea. SAVE UP TO $1.50 | 5.49* ea. OREO CAKESTERS 285 g SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $2.80 | 6.79* ea. NESTLE CARNATION HOT CHOCOLATE ENVELOPES 7 / 10 x 13 - 25 g SELECTED VARIETIES

NOW 4.99 ea. SAVE UP TO $2 | 6.99* ea. SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375 - 450 g SELECTED VARIETIES

NOW 5.99 ea. SAVE UP TO $1 | 6.99* ea. AQUASTAR BASA FILLETS FROZEN, 908 g

NOW 1.99 ea. SAVE UP TO $1.50 | 3.49* ea. CHEEMO PEROGIES SELECTED SIZES SELECTED VARIETIES

NOW 5.99 ea. SAVE UP TO $3 | 8.99* ea. CLEARLY CANADIAN SPARKLING WATER 6 x 355 ml SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $1.50 | 5.49* ea. CREST TOOTHPASTE OR ORAL-B ORAL CARE SELECTED SIZES SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moi10 account. Limit of one coupon redemption with a moi10 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.*

total of **20 million** points to be won

participate by purchasing two products from these brands

Selection | Irrésistible | Personnelle

5 prizes — **1,000,000 points** value of $8,000 each

30 prizes — **500,000 points** value of $4,000 each

*No purchase required. From February 12 to March 11, 2026. Contest rules at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

JUMBO
4.99 /lb — Seedless Green Grapes / Raisins verts sans pépins
1.99 ea. — Large Avocados / Grosses avocats
1.69 /lb — Sweet Potatoes / Patates douces
Bonus 3.49 — 2.99 ea. — Little Gem Green Whole or Cut Lettuce / Laitue verte entière ou coupée
2.49 /lb — Large Bartlett Pears / Grosses poires Bartlett
3.99 ea. — Blueberries / Bleuets
Bonus 3.49 — 2.49 ea. — Yellow Onions / Oignons jaunes
2.99 /lb — Extra Large Red Tomatoes / Très grosses tomates rouges
5.99 ea. — Ex Caesar or Sunny Citrus Melons / Melons Caesar ou Melons Caesar
3.99 /lb — Large Peaches / Grosses pêches
2.99 /lb — Parsnips / Panais
3.99 ea. — Little Potato Co. Red Potatoes / Pommes de terre rouges
3.99 /lb — Organic Pitaya/Pitaya Biologique / Dragonfruit/Fruit du dragon
Bonus 70 — 5.49 ea. — Fresh Figs / Figues fraîches
4.49 ea. — haven Cannabis Gummies
5.99 ea. — Leafy Greens / Verdures feuillues
4.99 ea. — Haagen-Dazs Ice Cream / Crème glacée
Chocolate Peanut Butter Cups / Tasses de beurre de cacahuète et chocolat
4.99 ea. — Bonus Sugar Bliss / Sucre Bliss
Tea Time Bites / Bouchées du thé
GUSTA Cookies
2.49 ea. — Tofu Cubes / Cubes de tofu
4.99 ea. — Dole Caesar Salad Kits / Trousses de salade César
Prepared Green Salad / Salade verte préparée

Organic

4.99 ea. — Organic Lemons / Citrons biologiques
2.99 /lb — Organic Red Bell Green Bell Mix / Mélange de poivrons rouges et verts biologiques
1.99 /lb — Organic Green Cabbage / Chou vert biologique
4.99 ea. — Grandeli Organic Eggs / Oeufs biologiques

Sliced & Diced

5.99 ea. — Berry Mix / Bol de baies
6.99 ea. — Small Salads / Petites salades
6.99 ea. — Large Watermelon or Whole Melon Chunks / Grande pastèque ou morceaux de melon
5.99 ea. — Ready To Cook Vegetables / Légumes prêts à cuisiner
Bonus 70 — 5.99 ea. — Assorted Kabobs / Assortiment de brochettes

WOMEN'S DAY MARCH 8

16.99 ea. — Assorted Flower Bouquet / Bouquet floral assorti
NEW — 39.99 ea. — Assorted Kalanchoe / Kalanchoe assorti
pick Ontario
12.99 ea. — Hydrangea / Hydrangée
14.99 ea. — Assorted Tulips / Tulipes assorties
SAVE $2.00

metro.ca

CELEBRATE INTERNATIONAL WOMEN'S DAY

march 8

#GIVETOGAIN

Let's **#GiveToGain** gender equality by supporting women owned and led businesses. Metro is proud to support the strength and resilience of these women in business – because when women thrive, we all rise.

Christine LeForest
CEO of Bel Canada Group

BOURSIN PLANT BASED
200 G
SELECTED VARIETIES

6.49 ea.

Margaret Cavers
Nuts For Cheese

NUTS FOR CHEESE SPREAD
125 G
SELECTED VARIETIES

10.99 ea.

Veronica Garza
Sunk Foods

SUNK
TORTILLA CHIPS
170 G
SELECTED VARIETIES

5.99 ea.

Tara, Megan & Laura Tomulka
Rawcology Founders

RAWCOLOGY
GRAIN FREE GRANOLA
400 G
SELECTED VARIETIES

7.49 ea.

Jennifer Boville
CEO & Co-Founder
Farm Girl

FARM GIRL
CEREAL
350 G
SELECTED VARIETIES

8.99 ea.

Margaret Hudson
Bundoran Farms

NATURES
EGG WAFFLES
300 G

5.99 ea.

Julie Bodnarski
Founder / CEO

HEALTHY CRUNCH
SEED BUTTER
250 G
SELECTED VARIETIES

8.49 ea.

Susan Niczowski
Founder and President
of Summer Fresh Salads Inc.

SUMMER FRESH
HUMMUS OR DIPS
250 G
SELECTED VARIETIES

4.49 ea.

Natasha and Elysia Vandenhurk
Three Farmers

THREE FARMERS
CHICK PEAS
540 G
SELECTED VARIETIES

4.49 ea.

Jessica Preskey
Owner of Black River

BLACK RIVER
JUICE
1 L
SELECTED VARIETIES

8.99 ea.

Gigi Gill
CEO of Zolfino
Chocolates

ZOLFINO
DRAGÉE
CHOCOLATE
BARS
50 - 70 G
SELECTED VARIETIES

3.99 ea.

Amelia Kirchoff and Jade Sunkin
GoMacro Founders

GOMACRO
BARS
65 - 70 G
SELECTED VARIETIES

3.99 ea.

Susan and Megan McElwain
Sassyeater

SASSYEAT
HOT SAUCE
250 ML

6.99 ea.

Corinne Chambers-Saint and Francine Chambers
DIVA ™ Founders

DIVA
DISH EXP
MENSTRUAL CUP
SELECTED VARIETIES

31.99 ea.

Zony Shamai
Founder & CEO

TONICA ORGANIC KOMBUCHA
355 ml
SELECTED VARIETIES
3.99 EA.

Kimberly Chamberlaind and Jasmine Bryce
CEO and COO

MIGHTY MUSHROOM BITES
SELECTED VARIETIES
6.99 EA.

Genevieve Brousseau Provencher
CEO & Co-Founder

DOSE
SELECTED VARIETIES
13.99 EA.

Mikki Tolski
Founder & CEO

oomé
Creeds
Créneque
274g

oomé
Maple Soy
Érable et Soya
274g

6.49 EA.

Jennifer Italiano
Co-Founder & Owner

live.
LIVE VEGETABLE SELECTIONS
473 ml
7.99 EA.

Natasa Karambelias
President

KOUKLA
SELECTED VARIETIES
8.99 EA.

Celebrate the women in your life

ARTISTICAL LITTLE GARDEN BASKETS
SELECTED VARIETIES
22.99 EA.

GENEROUS GRACE BOUQUET
SELECTED VARIETIES
25.00 EA.

PRINCESS BOUQUET OR ROSE BOUQUET OR FANCY PREMIUM ROSE
39.99 EA.

CELEBRATION BOUQUET
SELECTED COLOURS
20.00 EA.

ALOHAPINK
6" POT
22.99 EA.

INVITATIONS
CHILLAX RED WHITE
750 ml
SELECTED VARIETIES
8.49 EA.

ARRANGEMENT
SELECTED COLOURS AND STYLES
STARTING AT
44.99 EA.

PRESENTATION BOUQUET
SELECTED COLOURS AND STYLES
STARTING AT
39.99 EA.

metro FRESH 2 GO

GET TOGETHER FOR INTERNATIONAL WOMEN'S DAY

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

PLATINUM GRILL

Platinum Grill beef is 100% Canadian AAA Angus, aged for rich flavour, and expertly cut in store to Metro's highest standards.

Look for the Platinum Grill sticker in-store.

PLATINUM GRILL ANGUS

Platinum Grill Angus Beef Tenderloin Steak
Bœuf Angus Platinum Grill Filet mignon
35.99 /lb

Platinum Grill Angus Beef Ribeye Steak
Bœuf Angus Platinum Grill Côte levée
19.99 /lb

Platinum Grill Angus Beef Strip Steak
Bœuf Angus Platinum Grill Contre-filet
9.99 /lb

Platinum Grill Angus Beef Rump Steak
Bœuf Angus Platinum Grill Rond de gigue
9.99 /lb

Platinum Grill Angus Sandwiched Flip Steak Value Pack
Bœuf Angus Platinum Grill Bifteck de surlonge
8.99 /lb

Platinum Grill Angus Lean Ground Chuck
Bœuf Angus Platinum Grill Bœuf haché maigre
9.99 /lb

Platinum Grill Angus Top Sirloin Steak
Bœuf Angus Platinum Grill Bifteck de ronde
13.99 /lb

Easy Meal Ideas

Dunlop's Corned Beef Brisket
Bœuf salé de poitrine de Dunlop's
5.99 /lb

Mama Teresa's Lasagna
Lasagne de Mama Teresa
12.99 ea.

Schneiders Meal Kits
Trousses de repas de Schneiders
6.99 ea.

Frozen Bag Prime Rib Roast
Rôti de côte de bœuf en sac congelé
19.99 ea.

i earn with moi rewards

Maple Leaf Prosciutto Wrapped Chicken
Poulet enveloppé de prosciutto
Poitrine de poulet enveloppée de prosciutto
5.99 /lb
125 points
value of $1.9

Tandoori Spice Rubbed Pork Tenderloin
Tandoori épicé pour filet de porc
7.99 /lb
125 points
value of $1.9

Lightly Breaded Pork Tenderloin Strips
Lanières de filet de porc panées légèrement
7.99 ea.
125 points
value of $1.9

Dubreton Ready to Cook Salmon Burgers
Burgers de saumon prêts à cuire
8.99 ea.
125 points
value of $1.9

Schneiders Chicken Cordon Bleu
Cordon bleu de poulet de Schneiders
5.99 ea.

Schneiders Smokies Cocktail Sausages
Saucisses fumées Schneiders
6.99 ea.

Impossible Plant-Based Burgers or Ground or Nuggets
Burgers végétaux, viande végétale ou nuggets végétaux
7.99 ea.

Maple Leaf or Schneiders Bacon
Bacon de Maple Leaf ou de Schneiders
7.99 ea.
90 points

Lassiters Cocktail Meatballs
Boulettes de viande cocktail de Lassiters
8.99 ea.

Jamaican Jerk Chicken
Poulet à la jamaïcaine
11.99 ea.

Pilsner Sausage
Saucisse pilsner
14.99 ea.

Butterball Boneless Skinless Turkey Breast
Poitrine de dinde désossée et sans peau de Butterball
22.99 ea.
125 points
value of $1.9

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

Seafood

19.99 ea. Fresh Canadian Organic Chinook Salmon Fillets / Saumon chinook frais de saumon canadien biologique en filets

FAMILY PACK
Family Pack Signature Sushi Platter / Plateau signature de sushi pour famille
18.00 ea.

12.99 ea. Pacific White Shrimp Bouquets / Bouquets de crevettes blanches du Pacifique

2 LB
5.99 ea. Fresh Canadian Cove... Organic Mussels / Moules biologiques fraîches de la côte canadienne

9.99 /lb Rice Scallops / Pétoncles de riz

7.99 /lb Sous Vide Cooked Salads / Salades cuites sous vide

4.99 ea. Minced Cooked Lobster Meat / Chair de homard cuite hachée

8.99 ea. Ocean Prime Whole Cleaned Squid / Calmars entiers nettoyés Ocean Prime

9.99 ea. Cedar Bay Canadian Lobster Mac & Cheese / Macaroni Cedar Bay au homard canadien

WILD
16.99 ea. Japan Sea Wild Sockeye Salmon Fillet / Filet de saumon rouge sauvage de la mer du Japon

Irrésistible

5.99 ea. Irrésistible Smoked Atlantic Salmon / Saumon atlantique fumé

9.99 ea. Irrésistible Marinated Mussels / Moules marinées

9.99 ea. Irrésistible Pacific Wild Tuna / Thon sauvage du Pacifique

LIMITED TIME OFFER
17.99 ea. Irrésistible Atlantic Halibut Tuna Poke Bowl / Poke bowl à base de saumon atlantique ou de thon

Deli Favourities

LAUCHLAN'S
2.99 /100 g Classic Arrangement / Assortiment classique

2.99 /100 g Black Label Pastrami / Pastrami de qualité supérieure

BUY MORE SAVE MORE
3.29 /100 g when you buy 500 g or more

BUY MORE SAVE MORE
3.49 /100 g when you buy 500 g or more

3.99 /100 g Smoked Salmon / Saumon fumé

8.49 ea. Pâtés & Mousses / Pâtés / Mousses

9.99 ea. Tzatziki / Tzatziki

3.99 /100 g Atlantic Halibut / Flétan atlantique

8.79 ea. Smoked Salmon / Saumon fumé

12.99 ea. 50 grams

6.49 ea. 250 g

6.49 ea. 250 g

6.99 ea. Tomato Mousse / Mousse de tomate

13.00 ea. 4 PACK Fresh Cut Fruit / Fruits frais coupés

125 ea. 15.99 ea. Fresh Cut 16" Crossing Guard Pizza / Pizza de 16 po frais à 3 garnitures, coupe sur ligne de pizza

FRESH 2 GO

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Irrésistible

Irrésistible Roll Dragonfruit 375 g
Irrésistible Roll Dragonfruit
2.99 ea.

Irrésistible Brioche Buns 4 pk. 400 g
Wild Garlic Brioche Buns 4 pk. 400 g
6.49 ea.

NEW
Irrésistible Pumpkin Spice Pancakes 6 pk. 240 g
Irrésistible Pumpkin Spice Pancakes
7.99 ea.

Irrésistible Butter Tarts 6 pk. 420 g
Irrésistible Butter Tarts
6.99 ea.

Fruity Favourites

Fresh Cut Bakery Triple Fruit or Triple Strawberry Berries Cake 10 pk. 1.5 kg
Gâteau aux baies de fraises ou aux baies de fruits au Fresh Cut Bakery
22.99 ea.

Fresh Cut Bakery Fresh Tropical Fruit Cake 10 pk. 1.5 kg
Gâteau aux fruits tropicaux Fresh Cut Bakery

Fresh Cut Bakery Fresh Cut Bakery Strawberry Cheesecake 10 pk. 1.5 kg
Fresh Cut Bakery Gâteau au fromage aux fraises
11.99 ea.

Fresh Cut Bakery Assorted Fruit Topped Cheesecake 10 pk. 1.5 kg
Fresh Cut Bakery Assorted Fruit Topped Cheesecake
31.99 ea.

SOURDOUGH

Provisions Mexicaine Sourdough Baguette 400 g
Baguette au levain Provisions Mexicaine
4.49 ea.

Provisions Mexicaine Sourdough Bread Pack 400 g
Provisions Mexicaine Sourdough Bread Pack
3.99 ea.

Artisan or Francis Bread 400 g
Pain Italien ou Français
3.49 ea.

Fresh Cut Bakery Francis Bread
Fresh Cut Bakery Pain Français Fresh Cut Bakery
4.29 ea.

Silver Lake Ice Cream 1.5 L
Silver Lake Crème glacée
5.99 ea.

Taylor Ham Slices 454 g
Tranches de Taylor Ham
3.49 ea.

Primo Cheese Slices 454 g
Tranches de fromage Primo
7.49 ea.

Provisions Gluten Free Orange Ginger Muffins 340 g
Provisions Muffins à l'orange et au gingembre sans gluten
3.99 ea.

Meal Essentials

Tim Hortons Soup 540 ml
Soupe Tim Hortons
2.99 ea.

Tabasco Sauce 60 ml
Sauce piquante Tabasco
3.49 ea.

Nando's Sauce 125 ml
Sauce Nando's
5.99 ea.

Kraemer Dressing 473 ml
Vinaigrette Kraemer
6.99 ea.

Stefano Marinara 650 g
Stefano Fruits Pasta Sauce 650 g
Stefano Mary's Cure Soup 650 g
6.99 ea.
Authentically Italian Proudly Canadian

Dainty Rice 1 kg
Riz Dainty
Dainty Rice
9.99 ea.

Pesto Sauce 190 ml
Sauce au pesto
4.49 ea.

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1.99 EA. CEDAR COCONUT MILK, WHITE OR ORANGE 540 ml - 1.36 L SELECTED VARIETIES

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1.29 EA. CASABLANCA MAYA, DORMILA OR DORMILA CHIPS 200 g - 300 g SELECTED VARIETIES

4.99 EA. HEREFORD OR PRIDEMAX CORNED BEEF 340 g SELECTED VARIETIES

2.49 EA. HOME FOOD PRODUCTS OR CEDAR FRUITY DIP 500 ml SELECTED VARIETIES

7.99 EA. ALFA PIES 1.36 kg SELECTED VARIETIES

1.67 EA. NATURAL OATS MILKS OR 1% MILK 946 ml SELECTED VARIETIES

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1.99 EA. ALIA PARATHA OR NAAN 340 - 400 g SELECTED VARIETIES

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Selected Varieties
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Cookies Oreo
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Nuts To You
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Pâtes
Assorted Sizes
Pâtes Jovial
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Assorted Sizes
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