

Get Easter Ready

CANADIAN AND PROUD



249

ea.

Blackberries 15 g, PRODUCT OF U.S.A. OR MEXICO

Raspberries 15 g, PRODUCT OF MEXICO

Raspberries 15 g, PRODUCT OF U.S.A. OR MEXICO

Mix 15 g, PRODUCT OF MEXICO



299

ea. or /lb

LTC Creamer Potatoes 10 lb

Product of Canada, Canada No. 1 Grade, 50-55% Moisture, 2-3/4" dia.

Large Bell, Orange or Yellow Sweet Peppers

Product of Canada or Mexico, 2-3/4" dia, 3-5/8" long

Assorted Colors, 2-3/4" dia, 3-5/8" long

Green potatoes, orange, yellow or white

Product of Canada or Mexico, 2-3/4" dia, 3-5/8" long



399

ea.

Sweet Onions 10 lb

Product of Canada

Onions 10 lb

Product of Canada

Folia 10 lb

Product of Canada



19.99

ea.

Wild Caught Rock Lobster Tails

Product of Canada

Onions 10 lb

Product of Canada



249

ea.

Green Giant Frozen Vegetables

Product of Canada

Green Giant Cream Veggies

Product of Canada



499

ea.

Häagen-Dazs Ice Cream

Product of Canada

Häagen-Dazs Ice Cream

Product of Canada



1288

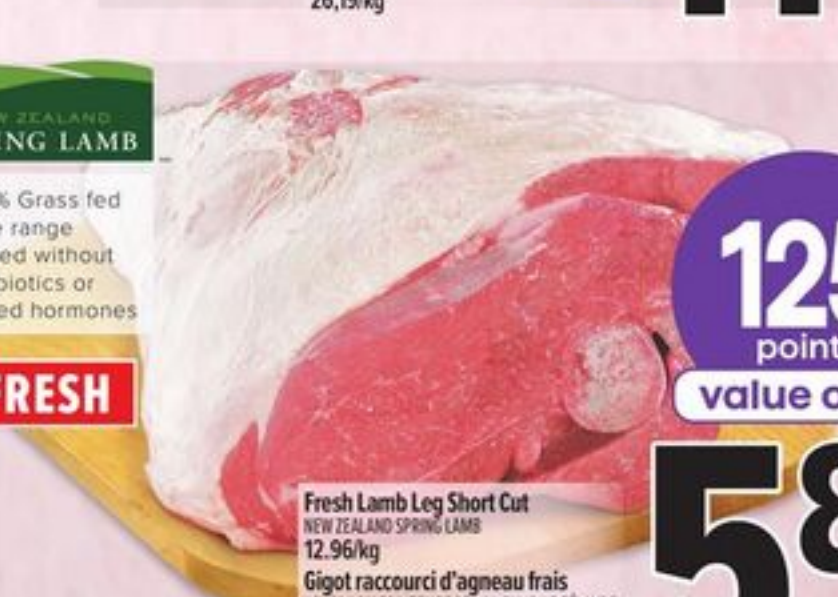
/lb

Red Gold Cap

Product of Canada

Red Gold Cap

Product of Canada



1188

/lb

Red Gold Prime

Product of Canada

Red Gold Prime

Product of Canada



588

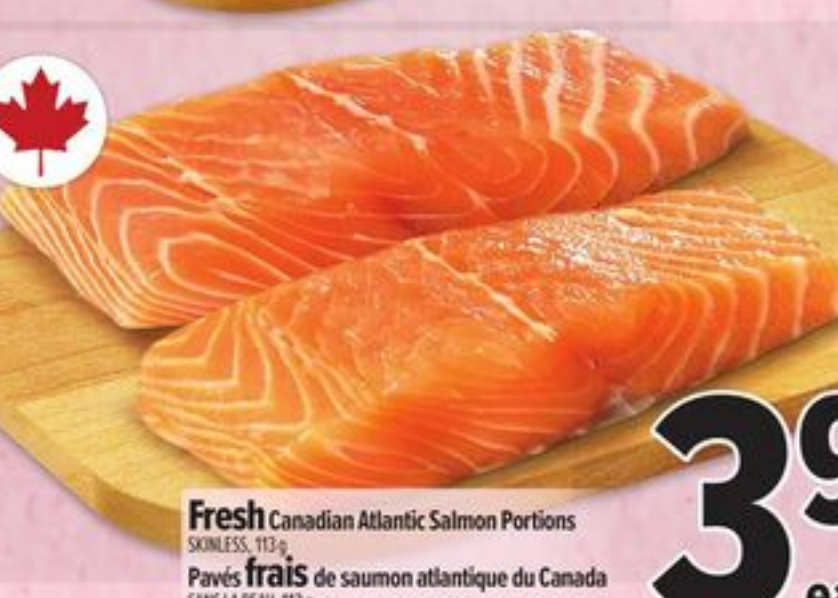
/lb

Spring Lamb

Product of Canada

Spring Lamb

Product of Canada



399

/lb

Fresh Pork Back

Product of Canada

Fresh Pork Back

Product of Canada



399

ea.

Fresh Canadian Atlantic Salmon

Product of Canada

Fresh Canadian Atlantic Salmon

Product of Canada



488

ea.

Lactantia Butter

Product of Canada

Lactantia Butter

Product of Canada



488

ea.

Black Diamond Bars

Product of Canada

Black Diamond Bars

Product of Canada

Effective March-April

26

27

28

29

30

31

1

2026

EASTER
ESSENTIALS

New! Single
Baked Soft Meat or
Bacon
Cheddar
Cheese 10-120g
Cavendish
New! Single or 2
Bacon Cheddar
Balderson
10-120g
100% CANADIAN

5⁹⁹
ea.



Front Street Bakery
Hot Cross Buns
10-12-120g
Bûches de Carottes
Front Street Bakery
10-12-120g

125
points
value of \$1

3⁹⁹
ea.



Kicking Horse
Coffee 100% Arabica
Cafe Kicking Horse
100g
100% SELECTED BEANS

125
points
value of \$1

14⁹⁹
ea.



Lactantia Cream
100% Full Cream
Crème Lactantia
100% Full Cream
100% SELECTED BEANS

3⁴⁹
ea.



Lindt Easter Bunny Chocolate
100% Swiss Milk Chocolate
100g (3.5oz) (100g)
100% SELECTED BEANS

6⁹⁹
ea.



pick Ontario
Fresh Cut Tulips
12-15 Stems, Assorted Colours
Tulipes Échoués assortis
12-15 tiges, assorties
12-15 tiges, assorties

12⁹⁹
ea.

12 STEM



Irresistible

Shop these and more in-store or online

Irresistible
Meatballs
600 g (21.25 oz)
NET WT 600 g (21.25 oz)
Boulettes de viande
600 g (21.25 oz)
NET WT 600 g (21.25 oz)

8⁹⁹
ea.



Irresistible Party Pack
Assorted Sausage
Party or Dinner Size
600 g (21.25 oz)
Assortés de saucisses
pour dîner ou pour la fête
600 g (21.25 oz)

8⁹⁹
ea.



Irresistible Batter'd
Cauliflower Bites
Sausage Roll 'n'
Loaded Potato Bites
600 g (21.25 oz)
Boulettes enrobées
de chou-fleur
en pâte, recouvertes
de saucisse ou de pommes
de terre parées
600 g (21.25 oz)

5⁹⁹
ea.



Irresistible
Cheese Sticks
600 g (21.25 oz)
Bâtonnets de fromage
600 g (21.25 oz)
NET WT 600 g (21.25 oz)

5⁹⁹
ea.



Irresistible
Coconut Shrimp
600 g (21.25 oz)
Crevettes à la
 noix de coco
Irresistible
Coconut Shrimp
600 g (21.25 oz)

10⁹⁹
ea.



Irresistible
Pacific Shrimp
String Ring
600 g (21.25 oz)
Crevettes
Irresistible
Pacific Shrimp
String Ring
600 g (21.25 oz)

10⁹⁹
ea.



New Lower Prices

Village Italian Style Bread,
Buns or Wonder Bread®
12/17/18, 12/18/18, 12/19/18, 12/20/18

Pain, viennoiserie de style Italien
Painage au Wonder
12/17/18, 12/18/18, 12/19/18, 12/20/18

2 for \$7.00

Village CLASSICO
CRUSTINI

Village Wonder

3.99 /100 g

Breadables Artisan
Turkey Breast
Pâtisserie de dinde
Artisan Breadables
12/17/18, 12/18/18, 12/19/18, 12/20/18

3.49 /100 g

Castello Ticker Cheddar
Swiss Cheese, Swiss
Blue Cheese or Boursin®
12/17/18, 12/18/18, 12/19/18, 12/20/18

Fromage cheddar Ticker
Castello, Fontina danteo®,
Brie danois ou Boursin®
12/17/18, 12/18/18, 12/19/18, 12/20/18

9.99 ea.

Piller's Smoked Ham
12/17/18, 12/18/18, 12/19/18, 12/20/18

14.99 ea.

Sure Made
Cheese Fruit Salad 1.5 kg
Salade de fruits
à fromage
12/17/18, 12/18/18, 12/19/18, 12/20/18

5.49 ea.

Planters
Peanut Butter, Smooth
Caramelized or
Caramelized Peanut Butter
12/17/18, 12/18/18, 12/19/18, 12/20/18

4.99 ea.

CEDAR VALLEY
CRETORS
G. H. Cretors Popcorn
12/17/18, 12/18/18, 12/19/18, 12/20/18

5.49 ea.

Real Brothers
Salsa or La Crema
Sparkling Water
12/17/18, 12/18/18, 12/19/18, 12/20/18

3.49 ea.

Breton
Dane Cookies or Crackers
12/17/18, 12/18/18, 12/19/18, 12/20/18

3.49 ea.

Skittles
Skittles or Dane Candy
12/17/18, 12/18/18, 12/19/18, 12/20/18

6.99 ea.

ACTIVIA
Yogurt Activia
12/17/18, 12/18/18, 12/19/18, 12/20/18

5.99 ea.

Dr. Order
Purina
12/17/18, 12/18/18, 12/19/18, 12/20/18

10.99 ea.

Corona
Zero
12/17/18, 12/18/18, 12/19/18, 12/20/18

1.99 ea.

Campbell's
Soup
12/17/18, 12/18/18, 12/19/18, 12/20/18

99¢ ea.

Chili
Poutine
12/17/18, 12/18/18, 12/19/18, 12/20/18

4.49 ea.

Frank's
Hot Sauce
12/17/18, 12/18/18, 12/19/18, 12/20/18

4.99 ea.

REZE
12/17/18, 12/18/18, 12/19/18, 12/20/18

3.99 ea.

Handi-Pan
12/17/18, 12/18/18, 12/19/18, 12/20/18

10.99 ea.

Delonghi
12/17/18, 12/18/18, 12/19/18, 12/20/18

50¢ ea.

fuze
12/17/18, 12/18/18, 12/19/18, 12/20/18

125¢ ea.

fuze
12/17/18, 12/18/18, 12/19/18, 12/20/18

We reserve the right to limit quantities.
DISCOUNTS ARE PRECEDENCE OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **micro.ca**
or call 1-877-878-8787
to win \$5000 in groceries.

micro.ca

50¢ ea.

fuze
12/17/18, 12/18/18, 12/19/18, 12/20/18

125¢ ea.

fuze
12/17/18, 12/18/18, 12/19/18, 12/20/18

this week's deals:
Only until April 1, 2026, in-store or online

add your
moi rewards
coupons



375
points
value of \$3

NOW
16⁹⁹
ea.
SAVE UP TO
\$6

22⁹⁹*
ea.
BUTTERBALL BONELESS
TURKEY BREAST ROAST
FROZEN, 1.2 kg
SELECTED VARIETIES



NOW
2⁹⁹
ea.
SAVE UP TO
\$1.80

4⁷⁹*
ea.
LECLERC
COOKIES
SELECTED SIZES
SELECTED VARIETIES



NOW
5⁹⁹
ea.
SAVE UP TO
\$2

7⁹⁹*
ea.
IRRESISTIBLE CHOCOLATE
COVERED ALMONDS
300 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$1

4⁹⁹*
ea.
TAKIS
198 - 260 g
SELECTED VARIETIES



NOW
12⁹⁹
ea.
SAVE UP TO
\$7

19⁹⁹*
ea.
IRRESISTIBLES
COFFEE CAPSULES
30 ml
SELECTED VARIETIES



NOW
4⁹⁹
ea.
SAVE UP TO
\$1.50

6⁹⁹*
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 Blood Oranges
4.39kg
Groses oranges sangre sans pépins
Produit du Mexique
4.39kg



4.99
ea.

Strawberries (ea.)
Produit du Canada
Fraisiers (ea.)
Produit du Canada



1.69
/lb

Sweet Potatoes
Produit du Canada
Patates douces
Produit du Canada



2.99
/lb

Heirloom Tomatoes
Produit du Canada
Tomates anciennes
Produit du Canada



3.99
/lb

Onion Chives
Produit du Canada
Oignons ciboules
Produit du Canada



1.99
/lb

Large Red Prince Apples
Produit du Canada
Grandes pommes rouges prince
Produit du Canada



4.99
ea.

French Beans (ea.)
Produit du Canada
Haricots verts (ea.)
Produit du Canada



3.49
ea.

Green Lettuce (ea.)
Produit du Canada
Laitue iceberg (ea.)
Produit du Canada



4.99
ea.

Black Mission Figs
Produit du Mexique
Figs Black Mission
Produit du Mexique



5.99
/lb

Cotton Candy Grapes
Produit du Canada
Raisins coton candy
Produit du Canada



99¢
/lb

Green Cabbage
Produit du Canada
Chou vert
Produit du Canada



3.99
/lb

Broccoli Sprouts
Produit du Canada
Choux de Bruxelles
Produit du Canada



3.99
ea.

Golden Wonder Potatoes
Produit du Canada
Café de bon
Produit du Canada



2.49
/lb

Large Bartlett Pears
Produit du Canada
Groses poires Bartlett
Produit du Canada



3.99
ea.

Mini Cucumbers (ea.)
Produit du Canada
Mini courcoubes (ea.)
Produit du Canada



2.49
/lb

Green Zucchini
Produit du Canada
Courgettes vertes
Produit du Canada



7.99
ea.

Meyer's Chocolate Caramel Apples (ea.)
Produit du Canada
Pommes Meyer chocolat caramel
Produit du Canada



3.99
ea.

Sweet Baby Broccoli
Produit du Canada
Brocoli
Produit du Canada



4.99
ea.

Cubed Sweet Potatoes
Produit du Canada
Patates douces, cubes
Produit du Canada



3.79
ea.

Belle Grove Maple Syrup
Produit du Canada
Sirop d'érable
Produit du Canada



5.99
ea.

Pistachios
Produit du Canada
Pistaches
Produit du Canada



5.99
ea.

Banana's Sweet Potato
Produit du Canada
Patates douces
Produit du Canada



2.99
ea.

Romaine Lettuce
Produit du Canada
Laitue romaine
Produit du Canada



2.49
ea.

Assorted Carrots
Produit du Canada
Carottes de couleur
Produit du Canada

Sliced & Diced



9.99
ea.

Pomegranate Tray (ea.)
Produit du Canada
Plateau de pomegranate
Produit du Canada



14.99
ea.

Strawberry Pomegranate Tray (ea.)
Produit du Canada
Plateau de fraises et pomegranate
Produit du Canada



14.99
ea.

Family Size Salad (ea.)
Produit du Canada
Salade César en format familial
Produit du Canada



2.49
ea.

Assorted Carrots (ea.)
Produit du Canada
Carottes de couleur
Produit du Canada



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

pick Ontario

Beautiful blooms

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

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

[illegible]

Learn with **moi** rewards

Schweiden's Breakfast Sausage, Eggs and Potatoes Sausage and Eggs Sausage and Potatoes Sausage and Potatoes Sausage and Potatoes Sausage and Potatoes 5.99 125 ea. value of \$1	Martin's Mediterranean Meatballs Meatballs Meatballs Meatballs Meatballs Meatballs 6.99 80 ea. value of \$1	Levi's Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter 7.99 90 ea. value of \$1	Invincible Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter Peanut Butter 5.99 70 ea. value of \$1
Hatchers Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks 4.99 125 1lb value of \$1	MONTANA'S Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks 8.99 125 ea. value of \$1	KELSEY'S Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks 12.99 125 ea. value of \$1	Yukon Valley Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks Pork Chunks 19.99 250 ea. value of \$2

Shrimply the best

Get appy with our **Irresistible** selection of shrimp.



IRRESISTIBLE
BACON-WRAPPED
SCALLOP
MEDALLION
FROZEN, 200 g

8⁹⁹
ea.



IRRESISTIBLE
SHRIMP BURRITOS
FROZEN, 240 g

7⁹⁹
ea.



IRRESISTIBLE
BANG BANG SHRIMP
FROZEN, 340 g

8⁹⁹
ea.



IRRESISTIBLE
TORPEDO SHRIMP
FROZEN, 284 g

8⁹⁹
ea.



7⁹⁹
ea.

IRRESISTIBLE
PACIFIC WHITE
SHRIMP RING
FROZEN, 284 g



8⁹⁹
ea.

IRRESISTIBLE
WILD ARGENTINIAN
SHRIMP RING
FROZEN, 250 g



19⁹⁹
ea.

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



DISCOVER
NEW

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

19⁹⁹
ea.

Shop
these and
more in-store
or online

Seafood

9⁹⁹
/lb

Wild Caught Atlantic Cod Fillet
Poisson d'Atlantique Fillet, 2.2 lb (1 kg)
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

12⁹⁹
/lb

Fresh Inland Trout Fillet Value Pack
Poisson d'eau douce, 2.2 lb (1 kg)
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

4⁹⁹
ea.

3 Seas Sole with Stuffing
Sole 3 Seas avec farce
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

5⁹⁹
ea.

Fresh Canadian Cove Organic Herring
Hering biologique
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

6⁹⁹
/lb

Fresh Pasta Clams
Pâtes fraîches pour pâtes
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

8⁹⁹
/lb

Store Made Seafood Salad
Salade de fruits de mer
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

8⁹⁹
ea.

Oyster Prime White Clamlet Spiral
Cahors Oyster Prime
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

13⁹⁹
ea.

BACCALA Calamari Entier
Calamari entier
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

13⁹⁹
ea.

Oyster Jumbo White Mediterranean Seafood
Cahors Oyster Jumbo
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

49⁹⁹
/lb

King Crab
Cahors King Crab
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

6⁹⁹
ea.

Invisibile Uncooked Spiral Rings
Boudin de porc
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

8⁹⁹
ea.

Invisibile Cooked Pacific White Shrimp
Crevettes blanches
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

9⁹⁹
ea.

Invisibile Seafood Medley
Mélange de fruits de mer
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

10⁹⁹
ea.

Invisibile Crab Cake Casserole
Casserole de crabe
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

Deli Favourites

2⁹⁹
/100 g

Maple Lodge Chicken Breast
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

2⁹⁹
/100 g

Shawarma Chicken or Grilled Ham
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

1⁹⁹
/100 g

Krimos Traditional Feta Cheese
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

1¹⁹
ea.

Spartan Softened Cheese
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

5⁴⁹
ea.

Pizzeria Belladonna Pizzas
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

7⁴⁹
ea.

Boudin de porc ou Grand-père Shredded
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

6⁹⁹
ea.

Ricotta Cheese
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

5⁹⁹
ea.

Celebrity Cheesecake
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

10⁹⁹
ea.

Marzengo Prosciutto or Antipasto Quiche Tray
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

11⁹⁹
ea.

Marzengo Prosciutto or Antipasto Quiche Tray
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

12⁹⁹
ea.

4 Mini Burrata
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

4⁹⁹
ea.

New York Style Bagel Crisps
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

3⁹⁹
ea.

Tzatziki Hummus or Dip
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

7⁹⁹
ea.

Sabbatini's Quiche Tranche
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

8⁹⁹
ea.

Swiss Chalet Chicken Pot Pie
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

8⁰⁰
ea.

Fresh 2 Go Fresh Pasta
Date de péage: Vancouver, B.C. 2.2 lb (1 kg)

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

1499
ea.
TRE STELLE
MASCARPONE CHEESE
475g

699
ea.
PECORINO
OR BALDERSON
SPREADABLE CHEESE
185g
SELECTED VARIETIES

1799
ea.
INRESISTIBLE
BRIE
500g

329
/100 g
BALDERSON
CHEDDAR
300g
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

359
/100 g
PARMIGIANO REGGIANO
300g
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

459
/100 g
JARLSBERG
CHEESE
300g
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

479
/100 g
L'EXTRA
DOUBLE CHEDDAR
300g
DELICIOUS. PRICES AS MARKED
5.29/100g WHEN YOU BUY
LESS THAN 500g

499
/100 g
OKA CHEESE
300g
DELICIOUS. PRICES AS MARKED
26.63/100g

1099
ea.
OKA CHEESE
100g
SELECTED VARIETIES

Lemon Treats



Frost Street Bakery
Lemon Meringue Pie
12 1/2"
Tarte Frost Street Bakery
au citron meringue
12 1/2"



Frost Street Bakery
Lemon Danish
10 1/2"
Danishes Frost Street Bakery au citron
10 1/2"



Frost Street Bakery
Lemon Snack Cakes
10 1/2"
Petits gâteaux Mr Kipling
au citron 10 1/2"



Frost Street Bakery
Lemon Tarts
10 1/2"
Tartelettes parliennes
Frost Street Bakery au citron
10 1/2"



Frost Street Bakery
Lemon Danish
10 1/2"
Danishes Frost Street Bakery au citron
10 1/2"



Mr Kipling
Lemon Snack Cakes
10 1/2"
Petits gâteaux Mr Kipling
au citron 10 1/2"

Strawberry Delights



Frost Street Bakery
Strawberry Cheesecake
12 1/2"
Gâteau Cheesecake
Frost Street Bakery
au fromage 12 1/2"



Frost Street Bakery
Strawberry Cheesecake
12 1/2"
Gâteau Cheesecake
Frost Street Bakery
au fromage 12 1/2"



Frost Street Bakery
Strawberry Cheesecake
12 1/2"
Gâteau Cheesecake
Frost Street Bakery
au fromage 12 1/2"



Frost Street Bakery
Strawberry Cheesecake
12 1/2"
Gâteau Cheesecake
Frost Street Bakery
au fromage 12 1/2"



Carbonaut
Bread
10 1/2"
Pain Carbonaut
10 1/2"



Stonemill
Bread
10 1/2"
Pain Stonemill
10 1/2"



La Fourmi Dorée
Bread
10 1/2"
Pain Blanche
La Fourmi dorée
10 1/2"

Meal Essentials



Ben's Original
Peanut Butter
10 1/2"
Beurre d'arachide Ben's Original
10 1/2"



Ben's Original
Peanut Butter
10 1/2"
Beurre d'arachide Ben's Original
10 1/2"



Green Giant
Corned Vegetables
10 1/2"
Légumes écorés froids
en conserve 10 1/2"



Green Giant
Corned Vegetables
10 1/2"
Légumes écorés froids
en conserve 10 1/2"



French's Ketchup
250 mL
Ketchup French's
250 mL



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250 mL
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250 mL



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Ketchup French's
250 mL

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
600-700g
SELECTED VARIETIES

15⁰⁰
ea.

FAMILY
SIZE

FAMILY SIZE SALADS
400-480g
SELECTED VARIETIES

10⁹⁹
ea.

SEAFOOD BOIL
FRESH, 2.43/1000g

10⁹⁹
/lb

STORE-MADE
DIPS
200-500g

5⁹⁹
ea.

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

9⁹⁹
/lb

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

9⁹⁹
ea.

Catering tray orders require 48 hours notice.

FRESH 2 GO SMOKED PLANK.
BURRATA PLATTER ON ARTISANAL MEAT PLATTER
1.6L
ORDER IN-STORE OR ONLINE

44⁹⁹
ea.

FRESH 2 GO
MINI BURRATA TEAR
& SHARE TRAY.
BAKE IT BAKE TRAY
OR VEGET-LOADING
CHARCUTERIE
1.6L
ORDER IN-STORE OR ONLINE

29⁹⁹
ea.

FRESH 2 GO
MINI CHARCUTERIE TRAYS
1.6L
ORDER IN-STORE OR ONLINE

29⁹⁹
ea.

FRESH 2 GO
SMOKED THE WORLD
CHEESE PLANK
1.5kg

49⁹⁹
ea.

IRRESISTIBLES ARTISAN
HALF MOON
SMOKED HAM
12.24kg

5⁹⁹
/lb

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

11⁹⁹
ea.

1.4 KG

SELECTION
BONELESS
SMOKED HRM
JAMBON FUME
DESSECHE
1.4kg

13⁹⁹
ea.



metro
FRESH
2 GO



*We have
your catering
covered.*

**Minimum of 48 hours notice on all orders.*



**Place Your Catering
Order Today**



Online
fresh2go.metro.ca



In Store
Visit Our Deli

All the essentials

Complete your Easter menu with our selection of tasty must-haves.



1.99 ea. STOVE TOP TURKEY or CHICKEN
SELECTED VARIETIES



99¢ ea. CLUB HOUSE BROWN GRAVY
1.5L (50.7 FL OZ) ea.
2.79 ea. DOLE PINEAPPLE SLICES
200 g (7.1 oz) ea.
6.49 ea. BICK'S PICKLES
750 ml (1 L) ea.
2.99 ea. FRENCH DIJON MUSTARD
275 ml ea.



4.49 ea. SARGOL Doves
375 ml ea.
4.99 ea. KELLOGG'S RICE KRISPIES CEREAL
300 g ea.
5.49 ea. IRRESISTIBLES CRISP COCAKES
150 g ea.
4.99 ea. PULL-APART EASTER COOKIES
SELECTED VARIETIES
WHILE QUANTITIES LAST



2.99 ea. PLANTERS TRAIL MIX
80 g ea.
14.99 ea. TIM HORTONS GROUND COFFEE
200 g ea.



2.99 ea. SELECTION SOUR CREAM
400-500 ml ea.
3.99 ea. ROBIN WOOD OR PINE WOODS FLOUR
2.5 kg ea.



2.99 ea. REDPATH BROWN SUGAR
1 kg ea.
4.99 ea. DAY LEA WHIPPED CREAM
225 g ea.



2.99 ea. SELECTION SHREDDED COCONUT
200 g ea.

More Great Savings



Timothy's
Coffee Capsules 100 ea.



McCafé Instant
Coffee 100 ea.



Tetley Tea Bags
100 ea.



Dallmann's
Coffee Capsules 100 ea.



Whole Earth
Plant Based Protein
569 ea.



Tropicana
Juices 549 ea.



Invisibile
Assortment Crackers 299 ea.



Invisibile
Crackers 199 ea.



Diet Soda
499 ea.



M&M's
649 ea.



Asahi Beer
1199 ea.



Busch Beer
1249 ea.



V8 Juice
899 ea.



Maison Penitence
899 ea.



Natrel Coffee
699 ea.



Natrel Creamer
599 ea.



Ritz Crackers
299 ea.



Hellmann's Mayo
499 ea.



WIN 100 points



Kinder Surprise Eggs
649 ea.



Kinder Maxi Chocolate
1299 ea.



Kinder Easter Plus Chocolate
1399 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.

Shop these and more in-store or online.



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

BASK
SAUVIGNON WHITE WINE
750 ml

14⁴⁹
ea.



BASK
SAUVIGNON BLANC
750 ml

20⁴⁹
ea.



CASTELLO DEL DIAVOLO
CABERNET SAUVIGNON
750 ml

14⁴⁹
ea.



Castello del Diavolo
MERLOT
750 ml

17⁴⁹
ea.

FOLONARI
PINOT GRIGIO OR
YELLOW TAIL SHIRAZ
750 ml
SELECTED VARIETIES

15⁴⁹
ea.



HEINEKEN
ORIGINAL
BEER

21⁹⁹
ea.



SAPPORO
PREMIUM LAGER

19⁹⁹
ea.



STELLA ARTOIS

59⁹⁹
ea.



Miller Lite

28⁹⁹
ea.



VODKA SODA

21⁹⁹
ea.



ESSENTIALS MIXED PACK

21⁹⁹
ea.



Coors Seltzer Slushie

31⁹⁹
ea.



Dillon's Gin Cocktails

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.

SAUVIGNON BLANC
750 ml
2049
ea.

BACO RED
750 ml
1749
ea.

6 x 500 ml

21⁹⁹
ea.

289

19

59⁹⁹

319

2199

33⁹⁹ DILLON'S GIN COGNAC VARIETY 17 - SEE

Advertised prices are subject to change and exclude HST and deposit fees, which are added at checkout.

[illegible]

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

21⁹⁹

ea.

LA ROCHE
TORTLESS MANGO
MOUSSE CAKE
400 g

1⁹⁹

ea.

HONEY BITES P9
MANGOES
PRODUCT OF INDIA

3⁹⁹

ea.

ROYAL DELIGHT
SAMOSAS
400/500 g
SELECTED VARIETIES

9⁹⁹

ea.

PARULMENT GOLD
MOON OR LA BELLA
BROWN BASMATI RICE
500 g
SELECTED VARIETIES

9⁹⁹

ea.

SAFFRON
VEGETABLE OIL
OR CANOLA OIL
1 L
SELECTED VARIETIES

16⁹⁹

ea.

SERBERA
BOUQUET
FLOWER COLOURS

7⁹⁹

ea.

CELEDA MOON OR
ARJUN BASMATI RICE
500 g
SELECTED VARIETIES

13⁹⁹

ea.

BIJLA'S
GHEE
500 g

1⁶⁹

ea.

CEDAR
CANNED BEANS
500 ml
SELECTED VARIETIES

3⁴⁹

ea.

INDOMIE NOODLES
OR MAGGI SAUCES
50/75/100 g
SELECTED VARIETIES

8⁹⁹

ea.

AALANKAR OR CEDAR
TAMARIND OR
PRASHAD CARAMEL
500/500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIVYA
MAKHANA OR PAKHANAS
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

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

3⁹⁹

ea.

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

2⁴⁹

ea.

SURATI SNACKS
DIVYA BAKED CHANA,
BISCUIT OR
BISCUIT CHIPS
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

PARLE'S
KORMA
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

BUTTER CHICKEN
POULET AU BEURRE
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
ORIGINAL DANISH BUTTER
COOKIES
450 g

99¢

ea.

DIVYA
OMBA
100 g
SELECTED VARIETIES

1⁶⁷

ea.

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

3⁴⁹

ea.

DIVYA PICKLED
ONIONS OR
FRIED ONIONS
50/100 g
SELECTED VARIETIES

99¢

ea.

PARLE-G OR LG
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
Eastern Ontario Region.

RINAG
SAMOSAS
185 - 255 g
SELECTED VARIETIES

5⁹⁹
ea.



L'ORIGINAL HAM
13.21 /kg
SELECTED VARIETIES

5⁹⁹
/lb



ST. ALBERT
CHEESE CURDS
200 g
SELECTED VARIETIES

6⁴⁹
ea.



NANNY HUDSON
KETCHUP OR RELISH
375 ml

6⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



LAVIOLETTE
EGGS
18 PACK

5⁹⁹
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