

Get Easter Ready

metro
CANADIAN AND PROUD



2⁴⁹
ea.

RASPBERRIES 100g
BLACKBERRIES 100g
PRODUCT OF MEXICO



1⁹⁹
/lb
or ea.

HEIRLOOM TOMATOES
PRODUCT OF MEXICO 1.50kg
RAPINI
PRODUCT OF U.S.A. 1.50kg



3⁹⁹
ea.

SWEET ONIONS 1lb
FOLIA LETTUCE 100g
PRODUCT OF CANADA



\$5
PER TAIL

19⁹⁹
ea.

WILD-CAUGHT ROCK LOBSTER TAILS
PRODUCT OF CANADA



2⁴⁹
ea.

GREEN GIANT
FROZEN
VEGETABLES
SELECTED VARIETIES



125
points
value of \$1

4⁹⁹
ea.

HÄAGEN-DAZS
ICE CREAM
FLAVOURS: VANILLA, CHOCOLATE
OPT. FOR MORE SAVINGS



12⁸⁸
/lb

RED GRILL CAP
OR RIB STEAK
VALUE PACK
CUT BY OUR BUTCHER
20.50kg



11⁸⁸
/lb

RED GRILL
PORK RIB ROAST
CHEF STYLE
20.50kg



125
points
value of \$1

5⁸⁸
/lb

FRESH LAMB
100% Grass Fed
Free range
Raised without
antibiotics or
added hormones

FRESH LAMB LEE SHORT CUT
12.50kg



3⁹⁹
/lb

FRESH PORK BACK RIBS VALUE PACK OR
FRESH SPLIT CHICKEN BREAST BONE IN
8.25kg



3⁹⁹
ea.

FRESH CANADIAN
ATLANTIC SALMON PORTIONS
PRODUCT OF CANADA



4⁸⁸
ea.

LACTANTIA BUTTER
COUNTRY CHURNED
UNSALTED
CALLED



4⁸⁸
ea.

BLACK DIAMOND
BUTTER
MARBLE - MARBRÉ
OLD-FASHIONED
SHREDDED CHEESE
PRODUCT OF CANADA

EASTER
ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT &
BALDERSON
CHEESE
100%
CHEDDAR
EXTRA-PART
100%
CHEDDAR
EXTRA-PART

5⁹⁹
ea.



FRONT STREET BAKERY
HOT CROSS BUNS
12/12/19

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.



UNION EASTER
BUNNY CHOCOLATE 100%
QUILTED HARBORS
100% CACAO

6⁹⁹
ea.



FRESH CUT TULIPS
12/12/19

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 (10/10)

**2 for
7⁰⁰**

CASTELLO
BREADS
\$1.75/100g (10/10)

3⁹⁹

CASTELLO
BREADS
\$1.75/100g (10/10)

3⁴⁹

PHILLY'S
SMOKED HAM
\$1.75/100g (10/10)

9⁹⁹

STORE MADE
FRESH FRUIT
SALAD 1.5kg
\$1.75/100g (10/10)

14⁹⁹

MAPLE LEAF SCHMEDEL'S
FANTINO & MONTELLI DELI MEAT OR
BROSCHETTI'S PEPPERONI CHICK
\$1.75/100g (10/10)

7⁹⁹

CASTELLO
HAMBURGER GOURMET
\$1.75/100g (10/10)

7⁹⁹

PLANTERS NUTS,
POPCORN OR
MIS MEX'S CHIPS
\$1.75/100g (10/10)

5⁴⁹

YELLING'S OR
GENERAL MILLS
FAMILY TUNE CEREAL
\$1.75/100g (10/10)

5⁴⁹

CASTELLO
HAMBURGER GOURMET
\$1.75/100g (10/10)

7⁹⁹

BRETON
VINTA
\$1.75/100g (10/10)

3⁴⁹

CEGAR VALLEY
SALSA OR LA COSE
\$1.75/100g (10/10)

4⁹⁹

MEAL BROTHERS
SALSA OR LA COSE
\$1.75/100g (10/10)

5⁴⁹

SKITTLES
\$1.75/100g (10/10)

3⁴⁹

SAN PELLEGRINO
OR MASON
SPARKLING
WATER, CORONA
OR MICHELLO
NON-ALCOHOLIC
BEER
\$1.75/100g (10/10)

10⁹⁹

eska
\$1.75/100g (10/10)

5⁹⁹

GOLEFISH
\$1.75/100g (10/10)

2⁹⁹

CAMPBELL'S
BROTH OR SOUP
\$1.75/100g (10/10)

1⁹⁹

CHILI
\$1.75/100g (10/10)

99¢

CLUB HOUSE
SEASONING OR
SAUCE MIX
\$1.75/100g (10/10)

4⁴⁹

AXE, GARNIER,
L'ORÉAL, NIVEA OR
SOFOSOL
PERSONAL CARE
\$1.75/100g (10/10)

4⁹⁹

ALCAN
\$1.75/100g (10/10)

3⁹⁹

TIDE SIMPLY
ORIGINAL,
DOWNY
SOFTENER,
CASCADE,
CAPORELLI
OR BOUNTY
\$1.75/100g (10/10)

10⁹⁹

50
\$3⁹⁹

MINUTE MAID OR FRUITOPIA DRINKS
PEACH TEA OR PEACH ICE TEA TETRA PAKS
\$1.75/100g (10/10)

125
\$3⁹⁹

KRAFT SALAD
DRESSING 600g
\$1.75/100g (10/10)

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

We reserve the right to limit quantities.
DISCOUNTS ARE PRECISELY AS SHOWN.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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DISCOUNTS ARE PRECISELY AS SHOWN.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at metro.ca
or call 1-800-387-6262
to win \$5000 in groceries.

Facebook
Instagram
Twitter
YouTube

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



1⁹⁹
/lb
LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.39kg



4⁹⁹
ea.
ORGANIC
STRAWBERRIES 1/4 lb
PRODUCT OF MEXICO
No. 1 LARGE



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.39kg



2⁹⁹
ea.
LPC CREAMER
POTATOES 1/4 lb
PRODUCT OF CANADA
CANADA'S LARGEST
SELECTED WHITE FRIES



3⁹⁹
/lb
ORBI CLEMENTINES
STEM & LEAF
CLEMENTINES
PRODUCT OF SPAIN
8.80kg



1⁹⁹
/lb
LARGE RED PRINCE
APPLES
PRODUCT OF CANADA
CANADA'S LARGEST
4.39kg



4⁹⁹
ea.
FRENCH GIANT
ARTICHOQUES
PRODUCT OF MEXICO
4.39kg



3⁹⁹
/lb
LARGE RED
ORANGE OR YELLOW
SWEET POTATOES
PRODUCT OF MEXICO
8.80kg



4⁹⁹
ea.
BLACK MISSION FIGS
1/4 lb
PRODUCT OF MEXICO



5⁹⁹
/lb
COTTON CANDY
PRODUCT OF CHINA
13.21kg



99¢
/lb
GREEN CABBAGE
PRODUCT OF CANADA
CANADA'S LARGEST
2.70kg



3⁹⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO
8.80kg



3⁹⁹
ea.
GOLDENBERRIES 1/4 lb
PRODUCT OF CANADA
8.80kg



2⁴⁹
/lb
LARGE BARTLETT
PEARS
PRODUCT OF CANADA
CANADA'S LARGEST
4.39kg



3⁹⁹
ea.
MINI CUCUMBERS 1/4 lb
PRODUCT OF CANADA
CANADA'S LARGEST



2⁴⁹
/lb
GREEN ZUCCHINI
PRODUCT OF MEXICO
5.49kg



7⁹⁹
ea.
MEYER'S
CHOCOLATE
CARAMEL APPLE 1/4 lb
PRODUCT OF U.S.A.



3⁹⁹
ea.
SWEET BABY
BROCCOLI
PRODUCT OF U.S.A.



4⁹⁹
ea.
CURRY SWEET POTATOES,
MUSHAKA OR
BUTTERNUT
SQUASH 1/4 lb
PRODUCT OF CANADA



3⁷⁹
ea.
BELLE GROVE
MUSHROOMS
PRODUCT OF CANADA
CANADA'S LARGEST



5⁹⁹
ea.
WONDERFUL
IN SHELL PISTACHIOS
1/4 lb
PRODUCT OF U.S.A.



5⁹⁹
ea.
RENE'S
SALAD
DRESSINGS
1/4 lb
PRODUCT OF CANADA



2⁹⁹
ea.
UNBEATABLE
HERBS 1/4 lb
PRODUCT OF CANADA
CANADA'S LARGEST



2⁴⁹
ea.
ASSORTED COLOUR
CARROTS 1/4 lb
PRODUCT OF CANADA
CANADA'S LARGEST

Sliced & Diced



9⁹⁹
ea.
PUMPKIN CHEESECAKE TRAY WITH RUFFLES
STRAWBERRY PINEAPPLE SLICE
WITH CHOCOLATE DIP 1/4 lb
SMALL FRUIT TRAY 1/4 lb



14⁹⁹
ea.
RACHIO PLATTER 1/4 lb
FAMILY SIZE CHICKEN CAESAR SALAD 1/4 lb
SMALL BERRY VINNY TRAY 1/4 lb

Organic



2⁹⁹
/lb
ORGANIC SEEDLESS
ORANGES
PRODUCT OF U.S.A.
6.59kg



4⁹⁹
ea.
ORGANIC
AVOCADOS 1/4 lb
PRODUCT OF MEXICO



6⁹⁹
ea.
ORGANIC
SWEET POTATOES 1/4 lb
PRODUCT OF U.S.A.



5⁹⁹
ea.
ORGANIC
YELLOW POTATOES
PRODUCT OF CANADA
CANADA'S LARGEST



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

Our Butcher's Finest

BUTTERBALL

RED GRILL
EASY CARVE
PRIME ROAST
10.5kg
28.99/lb

100% CANADIAN AA
CARE FREE

12⁸⁸ /lb

125
points
value of \$2

2⁹⁹ /lb

FROZEN BUTTERBALL ON
GARLIC & TARRAGON
10.5kg (10.5kg)
6.59/kg

BONELESS

BONELESS PORK LOIN CHOPS
WALKER PACK ON BONE! (10.5kg)
12.79/kg

5⁹⁹ /lb

PLATINUM GRILL LAMBOS
BEEF TENDERLOIN
STEAK OR BONE
10.5kg (10.5kg)
34.99/kg

33⁹⁹ /lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH
WHOLE CHICKEN
12.5kg

5⁹⁹ /lb

PRIME
RECEIVED
YORKSHIRE VALLEY FARMS

YORKSHIRE VALLEY FARMS
ORGANIC FRESH
WHOLE CHICKEN
12.5kg

7⁹⁹ /lb

MAPLE LEAF PRIME BACON WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKENS
12.5kg

125
points
value of \$3

6⁸⁸ /lb

FRESH
BONELESS LAMB LOIN
CHOPS
10.5kg (10.5kg)
15.79/kg

125
points
value of \$3

6⁸⁸ /lb

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6⁸⁸ /lb

FRESH
BONELESS LAMB LOIN
CHOPS
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 SCHWIDEN'S BREAKFAST SANDWICHES IN EGG BITES 12.5 OZ. (354g) 5.99 125 ea. value of \$1	 HARRIS MEAT LOAF SAUSAGE MEAT MEAT LOAF 10.5 OZ. (298g) 6.99 80 ea. value of \$1	 LIPTON'S PEAMEAL BACON 10.5 OZ. (298g) 7.99 90 ea. value of \$1	 Irresistible IRRESISTIBLE SAUSAGE 10.5 OZ. (298g) 5.99 70 ea. value of \$1
 Fletcher's PORK COTTAGE ROLL 10.5 OZ. (298g) 4.99 125 1/lb value of \$1	 MONTANA'S MEATLOAF 10.5 OZ. (298g) 8.99 125 ea. value of \$1	 KELSEY'S ORIGINAL ROUNDHOUSE PORK DINNER 10.5 OZ. (298g) 12.99 125 ea. value of \$1	 NEW VALLEY FARMS ORGANIC CHICKEN MEATBALLS 10.5 OZ. (298g) 19.99 250 ea. value of \$2

5⁹⁹ ea. WISCONSIN RIDGE CHICKEN BALLS CHICKEN BALLS	5⁹⁹ ea. MARCO'S ULTIMATE CHICKEN NOODLES ZARINA KALLAL 100% 100% 100%	6⁹⁹ ea. JOHNSONVILLE SAUSAGES 100% 100% 100%	12⁹⁹ INCREDIBLE MINI SPRING ROLLS TWO EACH 200g
NEW 5⁹⁹ ea. PASTRY POPOVERS CHICKEN POULET CHICKEN POULET	NEW 5⁹⁹ ea. CHICKEN TENDERLOINS ON PEPPER AND LEMON HERB BUTTER CHICKEN TENDERLOINS	NEW 12⁹⁹ ea. ULTIMATE CURRY CHICKEN CURRY	15⁹⁹ ea. PRIME BUFFALO WINGS BUFFALO WINGS

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 (NOT FROZEN 2.21 100g)



12⁹⁹
/lb
FRESH RAINBOW TROUT FILLETS, VALUE PACK
100 g, 1.07 100g



4⁹⁹
ea.
7 SEAS SOLE
WITH STUFFING
FRESH (100g, 100g)



5⁹⁹
ea.
FRESH
CANADIAN CORE
ORGANIC MUSSELS
1.5 100g



6⁹⁹
/lb
FRESH
PASTA CLAMS
1.07 100g



8⁹⁹
/lb
STORE MADE
SEAFOOD SALAD
CHICKEN, CUCUMBER
MAYONNAISE, 1.07 100g



8⁹⁹
ea.
OCEAN PRIME
WHOLE CLEANED SQUID
1.07 100g



13⁹⁹
ea.
BACCALA
CHILESA BAKED
SAUTERED 1.07 100g



13⁹⁹
ea.
OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
1.07 100g



49⁹⁹
/lb
KING CRAB
1.07 100g

Irresistible



6⁹⁹
ea.
IRRESISTIBLE
UNCOOKED
SAUSAGE LINKS
1.07 100g



8⁹⁹
ea.
IRRESISTIBLE
COOKED PACIFIC
WHITE SHRIMP
1.07 100g



9⁹⁹
ea.
IRRESISTIBLE
SEAFOOD
MEDLEY
1.07 100g



10⁹⁹
ea.
IRRESISTIBLE
CRAB CAKES
1.07 100g

Deli Favourites



2⁹⁹
/100 g
MAPLE LOOSE
CHICKEN BREAST
1.07 100g



2⁹⁹
/100 g
SHORSHI
SANDWICH
1.07 100g



1⁹⁹
/100 g
KRIMOS
TRADITIONAL FETA CHEESE
1.07 100g



11⁴⁹
ea.
SANTITAS
BELLANANO CHEESE
1.07 100g



5⁴⁹
ea.
PIZZERIA
BELLITALIA
PIZZA TOPPINGS
1.07 100g



7⁴⁹
ea.
BRANDT
SAUSAGE CHUBS
1.07 100g



6⁹⁹
ea.
RICOTTA
CHEESE
1.07 100g



5⁹⁹
ea.
CELEBRITY
SHEEP'S MILK
CHEESE
1.07 100g



10⁹⁹
ea.
MARC ANGELO
CALABRESE
SALAMI
1.07 100g



11⁹⁹
ea.
MARC ANGELO
PROSCIUTTO OR
ANTIPASTO
QUATTRO TRAZ
1.07 100g



12⁹⁹
ea.
4 MINI
BURRATA
1.07 100g



4⁹⁹
ea.
NEW YORK
STYLE
BAGEL CRISPS
1.07 100g



3⁹⁹
ea.
SUMMER FRESH
HUMMUS OR DIPS
1.07 100g



7⁹⁹
ea.
SABATINI'S
FRESH MACARONI
1.07 100g



8⁹⁹
ea.
SWISS CHALET
CHICKEN POT PIE
1.07 100g



8⁰⁰
ea.
FRESH & HOT
FRESH PASTA
1.07 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

Courtesy of

Lasagna

Lasagne

Consigne

12x12

11⁹⁹

ea.

FRESH

WHOLE WHITING

10x100g

349

/lb

WHILE QUANTITIES LAST

SAN DANIELE

WHOLE PROSCIUTTO

1kg

79⁰⁰

ea.

CASTELLO

PARM. STAGIONECHIO

DELIC. PROSCIUTTO 10x100g

4⁹⁹

/100 g

ALMOND

PISTACCHIO CAKE

17x

31⁹⁹

ea.

PRIMO STREET BAKERY

LONG CHALIBRE

17x

4²⁹

ea.

COLUSSI

CAFFELATTE

12x12

2⁹⁹

ea.

DAVID ROCCO

POMODORO

8x8x100g

5⁹⁹

ea.

PERUGINA

BACI

CHOCOLATES

10x10

15⁹⁹

ea.

GIORGIA

SAVOIARDI

12x12

3⁴⁹

ea.

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
105g/200g
SELECTED VARIETIES

1799
ea.
INSEPARABLE
BRIE
500g

329
/100 g
BALDERSON
CHEDDAR
AGED 24 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
1099g
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 ARTISAN BREAD

WHOLE
1/2 LB CHESSE

FRONT STREET BAKERY
EXTRA CHEDDAR CHESSE BREAD
675-11

749
ea.

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

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 ARTISAN BREAD

WHOLE
1/2 LB CHESSE

FRONT STREET BAKERY
EXTRA CHEDDAR CHESSE BREAD
675-11

749
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FRONT STREET BAKERY
OUR ARTISAN BREAD

WHOLE
1/2 LB CHESSE

FRONT STREET BAKERY
EXTRA CHEDDAR CHESSE BREAD
675-11

749
ea.

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





Lemon Treats



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



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



FRONT STREET BAKERY
LEMON DANISH
10 1/2" dia.
21⁹⁹
ea.



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



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



MR KIPLING
LEMON SNACK
CAKES 10 1/2" dia.
3⁶⁹
ea.

Strawberry Delights



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



FRONT STREET BAKERY
STRAWBERRY
SHORTCAKE 10 1/2" dia.
31⁹⁹
ea.



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



FRONT STREET BAKERY
STRAWBERRY CHEESECAKE
10 1/2" dia.
22⁹⁹
ea.

Meal Essentials



BEN'S ORIGINAL
FAST & FANCY RICE 12 1/2" dia.
1⁹⁹
ea.



BEN'S ORIGINAL
FAST & FANCY RICE 12 1/2" dia.
1⁹⁹
ea.



FRENCH'S KETCHUP
100% TOMATO KETCHUP
5⁴⁹
ea.



KNORR SIDERICKS
SOUP ENVELOPES
10 1/2" dia.
2⁴⁹
ea.



KNORR'S MUSTARD
200 ml.
5⁹⁹
ea.



KNORR'S MUSTARD
200 ml.
5⁹⁹
ea.



IDAHOAN
ROASTED GARLIC
POTATOES 10 1/2" dia.
1⁹⁹
ea.



IDAHOAN
ROASTED GARLIC
POTATOES 10 1/2" dia.
1⁹⁹
ea.



SWISS CHAI TEA
EAST OSE HONEY'S OR
MONTANA'S
READY TO SERVE SOUP
10 1/2" dia.
2⁹⁹
ea.



SWISS CHAI TEA
EAST OSE HONEY'S OR
MONTANA'S
READY TO SERVE SOUP
10 1/2" dia.
2⁹⁹
ea.



KNORR SIDERICKS
SOUP ENVELOPES
10 1/2" dia.
1⁴⁹
ea.



KNORR SIDERICKS
SOUP ENVELOPES
10 1/2" dia.
1⁴⁹
ea.



CLOR HOUSE
SPICE OR
SEASONING BOTTLES
10 1/2" dia.
5⁴⁹
ea.



CLOR HOUSE
SPICE OR
SEASONING BOTTLES
10 1/2" dia.
5⁴⁹
ea.



RAO'S PASTA SAUCE
10 1/2" dia.
9⁹⁹
ea.



RAO'S PASTA SAUCE
10 1/2" dia.
9⁹⁹
ea.



EGGOS WAFFLES
10 1/2" dia.
3⁹⁹
ea.



EGGOS WAFFLES
10 1/2" dia.
3⁹⁹
ea.



PIZZA POPS
10 1/2" dia.
6⁹⁹
ea.



PIZZA POPS
10 1/2" dia.
6⁹⁹
ea.



INEVITABLE
PROTEIN MEALS
10 1/2" dia.
4⁹⁹
ea.



INEVITABLE
PROTEIN MEALS
10 1/2" dia.
4⁹⁹
ea.



Twistors
POTATO TWISTS
10 1/2" dia.
9⁹⁹
ea.



Twistors
POTATO TWISTS
10 1/2" dia.
9⁹⁹
ea.



MICHELINA'S
PROTEIN ENTRÉE
10 1/2" dia.
3⁹⁹
ea.



MICHELINA'S
PROTEIN ENTRÉE
10 1/2" dia.
3⁹⁹
ea.



PROTEIN MEAL
10 1/2" dia.
5⁹⁹
ea.



PROTEIN MEAL
10 1/2" dia.
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
600-700g
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
1.60
ORDER IN-STORE OR ONLINE

44⁹⁹
ea.

FRESH 2 GO
MINI BURRATA TEAR
& SHARE TRAY.
BAKE IT BAKE TRAY
OR VEGET-LOADING
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
GORGONZOLA WORLD
CHEESE PLANK
1.50kg

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 HAM
JAMBON FUME
DESSECHÉ
1.4kg
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
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
SOUP 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.
INVITATIONS
ALCOHOL-FREE
WINE
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. 100)



6⁴⁹
ea.
MCCAFÉ INSTANT COFFEE (ea. 100)



8⁹⁹
ea.
TETLEY TEA BAGS (ea. 100)



5⁹⁹
ea.
ST. BALFOUR WATER BOTTLES (ea. 100)



5⁶⁹
ea.
WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea. 100)



5⁴⁹
ea.
TROPICANA REUSABLE BOTTLES (ea. 100)



5⁴⁹ **30**
ea. points
INVISIBLE BISCUITS (ea. 100)



2⁹⁹ **15**
ea. points
INVISIBLE WATER CRACKERS (ea. 100)



1⁹⁹ **60**
ea. points
INVISIBLE CHIPS (ea. 100)



4⁹⁹
ea.
OCEAN SPRAY CRANBERRY JUICE (ea. 100)



6⁴⁹ **80**
ea. points
M&M'S OR MALTESERS (ea. 100)



11⁹⁹ **125**
ea. points
LINDT SWISS CLASSIC CHOCOLATE BAR (ea. 100)



11⁹⁹
ea.
ASAHI BEER (ea. 100)



12⁴⁹ **125**
ea. value of \$1
BUSCH BEER (ea. 100)



8⁹⁹
ea.
MUSKOKA BEER (ea. 100)



2⁹⁹
ea.
BARRY'S BEER (ea. 100)



4⁹⁹
ea.
SELECTION OF PEANUTS (ea. 100)



8⁹⁹
ea.
MAISON PERRIER SPARKLING WATER (ea. 100)



6⁹⁹
ea.
GENEROUS BY NATURE COFFEE (ea. 100)



5⁹⁹
ea.
GENEROUS BY NATURE CREAMER (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



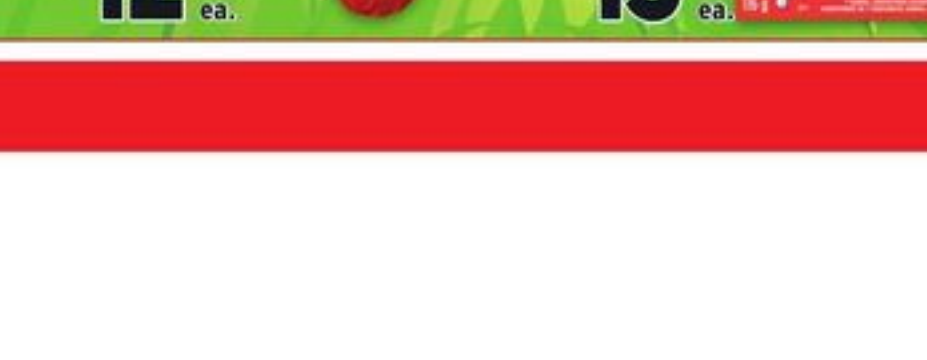
2⁹⁹
ea.
RITZ CRACKERS (ea. 100)



4⁹⁹
ea.
HELLMANN'S MAYONNAISE (ea. 100)



Free
11 Kinder Surprise Eggs (ea. 100)



6⁴⁹
ea.
KINDER SURPRISE EGGS (ea. 100)



12⁹⁹
ea.
KINDER SURPRISE EGGS (ea. 100)



13⁹⁹
ea.
KINDER SURPRISE EGGS (ea. 100)

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

20⁴⁹
ea.



Castello del Diabla
CABERNET SAUVIGNON
750 ml



Castello del Diabla
CABERNET SAUVIGNON
750 ml

14⁴⁹
ea.



Weyne Grotzky
DACO RED
750 ml



Weyne Grotzky
DACO RED
750 ml

17⁴⁹
ea.



HEINEKEN
ORIGINAL
PILSENER BEER
500 ml



HEINEKEN
ORIGINAL
PILSENER BEER
500 ml

21⁹⁹
ea.



SAPPORO
PREMIUM LAGER
500 ml



SAPPORO
PREMIUM LAGER
500 ml

19⁹⁹
ea.



STELLA ARTOIS



STELLA ARTOIS

59⁹⁹
ea.



Coors
SELTZER
SLUSHIE
FLAVOURS



Coors
SELTZER
SLUSHIE
FLAVOURS

31⁹⁹
ea.



Dillon's
GIN COCKTAILS
VARIETY PACK



Dillon's
GIN COCKTAILS
VARIETY PACK

33⁹⁹
ea.



COTTAGE SPRINGS
VODKA SODA
VARIETY PACK



COTTAGE SPRINGS
VODKA SODA
VARIETY PACK

21⁹⁹
ea.



NUTRIL
MIX PACK



NUTRIL
MIX PACK

21⁹⁹
ea.

Advertised prices are subject to change and exclude GST and deposit fees, which are added at checkout. Alcohol: terms are available at select stores. See menu.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.

LAKEWOOD JUICE

1 L

10⁹⁹

ea.



7⁴⁹

ea.



3⁴⁹

ea.

Fuel for the Whole Family



10⁹⁹

ea.



10⁹⁹

ea.

Non-GMO



16⁴⁹

ea.



3⁹⁹

ea.



5⁴⁹

ea.



3⁹⁹

ea.



3⁹⁹

ea.



5⁴⁹

ea.



21⁹⁹

ea.



7⁹⁹

ea.

Baby & Beauty



5⁹⁹

ea.



28⁹⁹

ea.



14⁹⁹

ea.



31⁹⁹

ea.



12⁹⁹

ea.



5⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.

Household Helpers



3⁹⁹

ea.



10⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.



12⁹⁹

ea.



8⁹⁹

ea.



8⁹⁹

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 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.

SEA DA MOON OR
ARJUN BASMATI RICE
500/550 g
SELECTED VARIETIES

13⁹⁹

ea.

BIJAL'S
GHEE
500 g

1²⁵

ea.

CEDAR
CANNED BEANS
200 ml
SELECTED VARIETIES

3⁴⁹

ea.

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

8⁹⁹

ea.

AMLANEER OR CEDAR
TAMAR OR
PRASHAD LEMON
500/500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIYA
HARE OR PRASHAD
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

HARE Dahi, PRASHAD
OR CEDAR PRASHAD
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

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

2⁴⁹

ea.

SURATI SNACKS
DIYA BAKED CHANA,
BUDJON OR
BUDJON CHICK
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

PARLE-KORMA
COOKING SAUCE
400 ml
SELECTED VARIETIES

1⁶⁷

ea.

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

3⁹⁹

ea.

CASARIKA
ORIGINAL DANISH BUTTER
COOKIES
45/4 g

99¢

ea.

DIYA
OMBA
100 g
SELECTED VARIETIES

99¢

ea.

PARLE-G OR L1
COOKIES
80/100 g
SELECTED VARIETIES

3⁴⁹

ea.

DIYA PICKLED
ONION OR L1
ONIONS
50/100 g
SELECTED VARIETIES

99¢

ea.

PARLE-G OR L1
COOKIES
80/100 g
SELECTED VARIETIES

99¢

ea.

PARLE-G OR L1
COOKIES
80/100 g
SELECTED VARIETIES

Item availability varies by store.



We take pride in sourcing locally from the
Northern Ontario Region.

**NORTH COUNTRY
PEPPERETTES**
454 g
SELECTED VARIETIES

8⁴⁹
ea.



**LEADBETTERS
WOOD FIRED BACON**
250 g
SELECTED VARIETIES

5⁹⁹
ea.



**HUBBERT'S
MAPLE SYRUP**
500 ml
SELECTED VARIETIES

10⁹⁹
ea.



**SAUGEEN COUNTRY
DAIRY**
908 g
SELECTED VARIETIES

5⁹⁹
ea.



**QUINTA
CANADIAN QUINOA**
400 g

6⁹⁹
ea.



**CRAZY GOOD
SPICES**
28 - 90 g
SELECTED VARIETIES

6⁹⁹
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