

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

\$5 PER TAIL

19⁹⁹ ea.

WILD-CAUGHT ROCK LOBSTER TAILS
PRODUCT OF CANADA

2⁴⁹ ea.

GREEN GIANT FROZEN VEGETABLES
GREEN GIANT CORN
PRODUCT OF CANADA

125 points value of \$1

4⁹⁹ ea.

Häagen-Dazs ICE CREAM
Häagen-Dazs ICE CREAM
OPT. FOR MORE SAVINGS

12⁸⁸ /lb

RED GRILL CAP ON BUN STYLE
VALUE PACK
COUNTRY CHICKEN BREAST BONE IN 2x 250g

11⁸⁸ /lb

RED GRILL PORK BONE ROAST
CHEF STYLE
2x 250g

125 points value of \$1

5⁸⁸ /lb

FRESH LAMB LEE SHORT CUT
12.5kg

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 BUTTER
UNSALTED

4⁸⁸ ea.

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

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

PEACHES, NECTARINES
OR BLACK PLUMS
PRODUCT OF CHILE
2 lb

3⁹⁹
ea.

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

99¢
/lb

AQUA STAR
CRISPY TORPEDO SHRIMP
FROZEN, 284 g

5⁹⁹
ea.



LIVING LETTUCES
PRODUCT OF ONTARIO
PKG OF 2

3⁹⁹
ea.



EASTER
ESSENTIALS

MARC ANGELO
ITALIAN DELI
MEAT & CHEESE
STORES
BALDERSON
EXTRA MILD
CHEDDAR
EXTRA-PURE
100% NATURAL
CHEESE
100% NATURAL
CHEESE
100% NATURAL
CHEESE

5⁹⁹
ea.



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



KICKING HORSE
COFFEE 100%
QUILTED HARBORS
125 points
value of \$1
14⁹⁹
ea.



LACTANTIA CREAM
100% NATURAL
QUILTED HARBORS
3⁴⁹
ea.



6⁹⁹
ea.



PICK ONTARIO
FRESH CUT TULIPS
12⁹⁹
ea.



Shop these and more in-store or online

899
ea.



599



599
ea.



1099



1099



\$ New Lower Prices



2 for \$7.00



\$3.99
110g ea



\$3.49
100g ea

800¢
PILLAR'S PINEAPPLE CHUNKS
800¢
ea.

1499¢
PARTY SIZE
1.5 lb
STORE MADE
FRESH FRUIT
MEDLEY
1499¢
ea.

799¢
MAPLE LEAF SAUSAGES, FARMHOUSE PAPERLESS MEAT OR CHICKEN, PEPPERONI STICKS
799¢
ea.

799¢
NEWMAN'S NATURAL CHEDDAR CHEESE
799¢
ea.

CASTLED
CASTLED CHEESE SAUCE
100% CHEDDAR CHEESE
100% CHEDDAR CHEESE
ea.

[illegible]

MADE WITH REAL EGGS AND CRACKERS Breton original CRACKER COOKIES 3.49 ea.	Bear Paws original CRACKER COOKIES 3.49 ea.	CEDAR VALLEY original CRACKER COOKIES 4.99 ea.	CRETORS original CRACKER COOKIES 5.49 ea.
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 3.49 ea SKRILLOS OR DARE CHILI CON QUESO CARNITAS	 10.99 ea CERVEZA ARTESANALES LAGER BEER	 5.99 ea RESTAURANTE PIZZA OR BEER	 2.99 ea GOLDFISH CRACKERS
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[illegible][illegible]

I earn with **moli rewards**

50¢ **3.99**

MINUTE MANGO OR PINEAPPLE DRINKS,
PEACH TEA OR PEACH ACID TEA TETRA PAKS

125¢
125¢/LITRE (3.38 US FL. OZ.)

3.99

KIBBET SALAD
DRESSING (1.5 L)
\$3.99

50¢ **3.99**

MINUTE MANGO OR PINEAPPLE DRINKS,
PEACH TEA OR PEACH ACID TEA TETRA PAKS

125¢
125¢/LITRE (3.38 US FL. OZ.)

3.99

KIBBET SALAD
DRESSING (1.5 L)
\$3.99

We reserve the right to limit quantities.
DESIGNATIONS 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
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
NAVEL ORANGES
PRODUCT OF U.S.A.
4.25kg



4.99
ea.
ORGANIC
STRAWBERRIES 1/4 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
1/4 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 1/4 lb
PRODUCT OF CANADA



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



3.99
ea.
MINI CUCUMBERS 1/4 lb
PRODUCT OF CANADA
CANADA No. 1 LARGE



2.49
/lb
GREEN ZUCCHINI
PRODUCT OF MEXICO
5.45kg



7.99
ea.
MEYER'S
CHOCOLATE
CARAMEL APPLE 1/4 lb
PRODUCT OF U.S.A.



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



4.99
ea.
CURRY SWEET POTATOES,
MUSKAHA OR
BUTTERNUT
SQUASH 1/4 lb
PRODUCT OF CANADA



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



5.99
ea.
WONDERFUL
IN SHELL PISTACHIOS
1/4 lb
PRODUCT OF U.S.A.



5.99
ea.
RENE'S
SALAD
DRESSINGS
1/4 lb
PRODUCT OF CANADA



2.99
ea.
UNBEATABLE
HERBS 1/4 lb
PRODUCT OF CANADA



2.49
ea.
ASSORTED COLOUR
CARROTS 1/4 lb
PRODUCT OF CANADA

Sliced & Diced



9.99
ea.
PUMPKIN CHEESECAKE TRAY WITH RUFFLES
STRAWBERRY PINEAPPLE SLICE
WITH CHOCOLATE DIP 1/4 lb
SMALL FRUIT TRAY 1/4 lb



14.99
ea.
RACHIO PLATTER 1/4 lb
FAMILY SIZE CHICKEN CAESAR SALAD 1/4 lb
SMALL BERRY VINNY TRAY 1/4 lb

Organic



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



4.99
ea.
ORGANIC
AVOCADOS 1/4 lb
PRODUCT OF MEXICO



6.99
ea.
ORGANIC
SWEET POTATOES 1/4 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.

NOVELTY
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



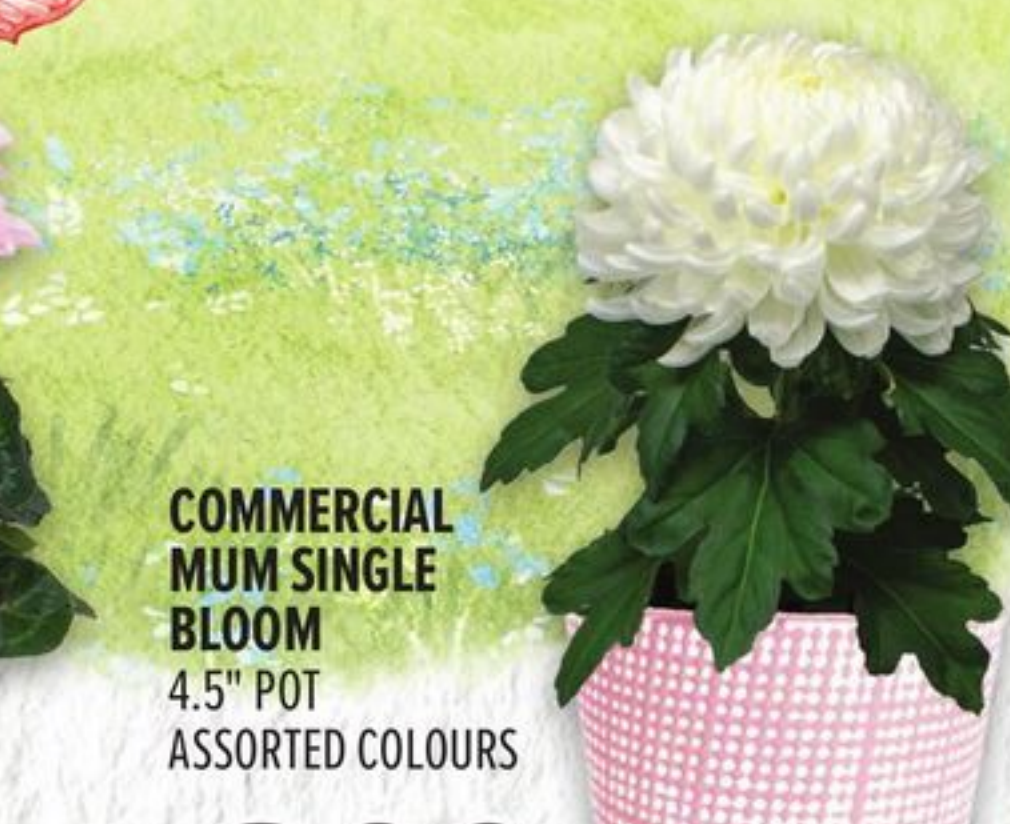
9⁹⁹
ea.

EASTER LILIES
6" POT



11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS



6⁹⁹
ea.

COMMERCIAL
MUM SINGLE
BLOOM
4.5" POT
ASSORTED COLOURS



9⁹⁹
ea.

EASTER LILIES
6" POT



16⁹⁹
ea.

ORCHID
3.5" POT
ASSORTED COLOURS



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

250 points
value of \$2

2⁹⁹
/lb



BUTTERBALL

RED GRILL
EASY CARVE
PRIME TURKEY
13.5kg (30lb)

12⁸⁸
/lb



100% CANADIAN AA
FREEZER BIRD

BONELESS

5⁹⁹
/lb



BONELESS PORK LOIN CHOPS
VALUE PACK OR ROAST
13.21kg

33⁹⁹
/lb



PLATINUM GRILL ANGUS
BEEF FENDER CUT
STEAK OR ROAST
78.50kg

7⁹⁹
/lb



PRIME
BUTCHER'S CHOICE
ANTHONY'S

MAPLE LEAF PRIME
ROASTED WITHOUT ANTIBIOTICS
FRESH SPICE CHICKEN WINGS
17.55kg

5⁹⁹
/lb



YORKSHIRE
VALLEY FARMS
ORGANIC FRESH
WHOLE CHICKEN
12.70kg

125 points
value of \$1

6⁸⁸
/lb



FRESH
BONELESS LAMB LEGS
16.51kg

7⁹⁹
/lb



FRESH LAMB SHOULDER
CHOPS VALUE PACK
11.55kg

12⁹⁹
/lb



FRESH LAMB LOIN CHOPS
18.54kg

19⁹⁹
/lb



FRESH FRENCHED
LAMB RACK
16.55kg

I earn with **moi** rewards



SCHMEIDERS
BREAKFAST
SANDWICHES OR
EGG BITES
100% REAL EGGS
SELECTED MEAT

5⁹⁹
ea.

125 points
value of \$1



MAPLE LEAF
SAUSAGE
MEAT
100% SW-5

6⁹⁹
ea.

80 points



LOBO'S
SAUSAGE
MEAT
100% SW-5

7⁹⁹
ea.

90 points



IRRESISTIBLE
SAUSAGE
MEAT
100% SW-5

5⁹⁹
ea.

70 points



FLETCHER'S
PORK COTTAGE
CHEESE BALLS
11.00kg

4⁹⁹
/lb

125 points
value of \$1



MONTANA'S
PULLED PORK
OR
CHICKEN & MEXICAN
10.5kg

8⁹⁹
ea.

125 points
value of \$1



KELSEY'S
PULLED PORK
OR
CHICKEN & MEXICAN
10.5kg

12⁹⁹
ea.

125 points
value of \$1



YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS
10.5kg

19⁹⁹
ea.

250 points
value of \$1

Entertaining Favourites



WATSON RIDGE
CHICKEN BALLS
10.5kg

5⁹⁹
ea.

80 points



MAPLE LODGE
ULTIMATE CHICKEN
10.5kg

5⁹⁹
ea.

80 points



JOHNSONVILLE
SAUSAGES
10.5kg

6⁹⁹
ea.

80 points



IRRESISTIBLE
MINI SPRING ROLLS
10.5kg

12⁹⁹
ea.

125 points



MAPLE LEAF PRIME
CHICKEN WINGS
10.5kg

9⁹⁹
ea.

125 points



MAPLE LEAF PRIME
CHICKEN WINGS
10.5kg

9⁹⁹
ea.

125 points



SCHMEIDERS
PASTY POPPERS
10.5kg

12⁹⁹
ea.

125 points



MAPLE LEAF PRIME
CHICKEN WINGS
10.5kg

15⁹⁹
ea.

125 points

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

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 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 Sockeye SALMON 1.5 lb/100g



13⁹⁹
ea.
BACCALA
CHILESA BONITO
SAUTED 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 VARIETIES

12x10x10

11⁹⁹

ea.

FRESH WHITE WHITING

10x100g

3⁴⁹

/lb

SAN DANIELE

WHOLE PROSCIUTTO

15cm x 10cm

79⁰⁰

ea.

CASTELLO

PARM. STAGIONECHIO

DELIC. PROSCIUTTO 10x10cm

4⁹⁹

/100 g

ALMOND PISTACCHIO CAKE

17cm

31⁹⁹

ea.

PRIMO STREET BAKERY

LONG CHALIBRE

17cm

4²⁹

ea.

Colussi

CAFFELATTE

100g

2⁹⁹

ea.

DAVID ROCCO

POMODORO & BASILICO

80g

5⁹⁹

ea.

PERUGINA

BACI

CHOCOLATES

100g

15⁹⁹

ea.

GIORGIA SAVOIRARDI

COOKIES

100g

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.
BOTTRELL
CHEESE
170 g
SELECTED VARIETIES



999
ea.
ZERIO
MOZZARELLA
250 g
SELECTED VARIETIES



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



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



1499
ea.
TRE STELLE
MASCARPONE CHEESE
475 g



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



1799
ea.
INESISTIBLE
BRIE
500 g



329
/100 g
BALDERSON
CHEDDAR
AGED 24 MONTHS
DELICIOUS. PRICES AS MARKED
5.29/100 g WHEN YOU BUY
LESS THAN 500 g
BUY MORE
SAVE MORE!



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



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



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



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

1099
ea.
OKA CHEESE
100 g
SELECTED VARIETIES

1099
ea.
OKA CHEESE
100 g
SELECTED VARIETIES

1099
ea.
OKA CHEESE
100 g
SELECTED VARIETIES

Lemon Treats



FRONT STREET BAKERY
LEMON MERINGUE PIE
12" x 10" x 4" H
6⁹⁹
ea.



LA ROCCA
LEMON MOUSSE
CAKE 10 1/2" x 10 1/2" x 4" H
21⁹⁹
ea.



INEVITABLE
LEMON POPPY SEED
COFFEE CAKE 10 1/2" x 10 1/2" x 4" H
10⁹⁹
ea.



FRONT STREET BAKERY
LEMON PUDDING TWISTS
12" x 10" x 4" H
5⁹⁹
ea.



FRONT STREET BAKERY
LEMON DANISH
12" x 10" x 4" H
7⁹⁹
ea.



SELECTION
LEMON DESSERT SQUARES
12" x 10" x 4" H
3⁶⁹
ea.

Strawberry Delights



FRONT STREET BAKERY
CHOCOLATE BOSTON
CAKE 10 1/2" x 10 1/2" x 4" H
22⁹⁹
ea.



FRONT STREET BAKERY
GOURMET
STRAWBERRY
SHORTCAKE 10 1/2" x 10 1/2" x 4" H
31⁹⁹
ea.



FRONT STREET BAKERY
TRIPLE STRAWBERRY
BOSTON CAKE 10 1/2" x 10 1/2" x 4" H
22⁹⁹
ea.



FRONT STREET BAKERY
STRAWBERRY CHEESECAKE
10 1/2" x 10 1/2" x 4" H
22⁹⁹
ea.

Meal Essentials



BEN'S ORIGINAL
FAST & FANCY RICE 12 1/2" x 10 1/2" x 4" H
1⁹⁹
ea.



GREEN GIANT
CANNED VEGETABLES
10 1/2" x 10 1/2" x 4" H
1⁹⁹
ea.



FRENCH'S KETCHUP
10 1/2" x 10 1/2" x 4" H
5⁴⁹
ea.



KNORR SOUPS
10 1/2" x 10 1/2" x 4" H
2⁴⁹
ea.



KNOX SIDES
10 1/2" x 10 1/2" x 4" H
5⁹⁹
ea.



IDAHOAN
MASHED POTATOES 10 1/2" x 10 1/2" x 4" H
1⁹⁹
ea.



MONTREAL
SOUP 10 1/2" x 10 1/2" x 4" H
2⁹⁹
ea.



SELECTION
CANNED MUSHROOMS
10 1/2" x 10 1/2" x 4" H
1⁴⁹
ea.



CLOROX WIPES
10 1/2" x 10 1/2" x 4" H
5⁴⁹
ea.



RAO'S PASTA SAUCE
10 1/2" x 10 1/2" x 4" H
9⁹⁹
ea.



EGGO WAFFLES
10 1/2" x 10 1/2" x 4" H
3⁹⁹
ea.



PILLSBURY PIZZA POPS
10 1/2" x 10 1/2" x 4" H
6⁹⁹
ea.



INEVITABLE
PROTEIN MEALS
10 1/2" x 10 1/2" x 4" H
4⁹⁹
ea.



KNOX
TURKEY TWISTS
10 1/2" x 10 1/2" x 4" H
9⁹⁹
ea.



MICHELLE'S
PROTEIN ENTRÉE
10 1/2" x 10 1/2" x 4" H
3⁹⁹
ea.



PROTEIN MEAL
10 1/2" x 10 1/2" x 4" H
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
1.6L
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
DESSEINÉ
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
1.5L
SELECTED VARIETIES



1.99 ea.
STOVE TOP
CHICKEN
POULET
1.5L
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED OYSTERS
1.5L
SELECTED VARIETIES



1.99 ea.
CLOVER LEAF
SMOKED MUSSELS
1.5L
SELECTED VARIETIES



99¢ ea.
CLUB HOUSE
BROWN GRAVY
1.5L
SELECTED VARIETIES



2.79 ea.
DOLE
CANNED PINEAPPLE
1.5L
SELECTED VARIETIES



6.49 ea.
BICK'S
PICKLES
1.5L
SELECTED VARIETIES



2.99 ea.
FRENCH
DIJON MUSTARD
1.5L
SELECTED VARIETIES



4.49 ea.
SARGOL
SARDINE OILS
1.5L
SELECTED VARIETIES



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



5.49 ea.
ON THE BORDER
IRRESISTIBLES
1.5L
SELECTED VARIETIES



4.99 ea.
PILLSBURY
PULLS APART
COOKIES
1.5L
WHOLE QUANTITIES LAST



2.99 ea.
PLANTERS
TRAIL MIX
1.5L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
ORIGINAL BLEND
1.5L
SELECTED VARIETIES



7.49 ea.
OCEAN SPRAY
SPARKLING CRANBERRY
1.5L
SELECTED VARIETIES



2.79 ea.
CLEARLY CANADIAN
SPARKLING WATER
1.5L
SELECTED VARIETIES



2.99 ea.
INVITATIONS
ALCOHOL-FREE
WINE
1.5L
SELECTED VARIETIES



14.99 ea.
TIM HORTONS
GROUND COFFEE
1.5L
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
1.5L
SELECTED VARIETIES



4.99 ea.
DAY LEA
WHIPPED CREAM
1.5L
SELECTED VARIETIES



3.99 ea.
ROBIN HOOD OR
PINE WOODS FLOUR
1.5L
SELECTED VARIETIES



2.99 ea.
REDPATH
BROWN SUGAR
1.5L
SELECTED VARIETIES



2.99 ea.
SELECTION
SHREDDED COCONUT
1.5L
SELECTED VARIETIES

More Great Savings



1999 ea.

TIMOTHY'S COFFEE CAPSULES (ea.)



649 ea.

McCafé INSTANT COFFEE (ea.)



899 ea.

TETLEY TEA BAGS (ea.)



599 ea.

ST. RAPHAEL'S COFFEE (ea.)



569 ea.

WHOLE EARTH PLANT BASED LIQUID SWEETENER (ea.)



549 ea.

TROPICANA REFRESHING DRINKS (ea.)



549 ea.

INVISIBLE BISCUITS (ea.)



299 ea.

INVISIBLE WATER CRACKERS (ea.)



199 ea.

INVISIBLE CHIPS (ea.)



499 ea.

OCEAN SPRAY CRANBERRY JUICE (ea.)



649 ea.

M&M'S OR MALTESERS (ea.)



1199 ea.

LINDT SWISS CLASSIC CHOCOLATE BAR (ea.)



1199 ea.

ASAHI BEER (ea.)



1249 ea.

BUSCH BEER (ea.)



899 ea.

MUSKOKA BREWERY BEER (ea.)



299 ea.

BARRY'S NON-ALCOHOLIC BEVERAGE (ea.)



499 ea.

SELECTION OF PEANUTS (ea.)



899 ea.

MAISON PERRIER SPARKLING WATER (ea.)



699 ea.

GENEROUS BY NATURE NATREL COFFEE (ea.)



599 ea.

GENEROUS BY NATURE NATREL FINE FILTERED MILK (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



299 ea.

RITZ CRACKERS (ea.)



499 ea.

HELLMANN'S MAYONNAISE (ea.)



399 ea.

RITZ CRACKERS (ea.)



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.)

Your one-hop shop

Metro has all your favourite Easter sweets & treats – hop to it!

WHILE QUANTITIES LAST



13⁹⁹ ea.
FERRERO ROCHER EASTER CHOCOLATES
142, 162.5 g
SELECTED VARIETIES



4⁹⁹ ea.
TERRY'S ORANGE EASTER CHOCOLATE
91 g
SELECTED VARIETIES



8⁴⁹ ea.
FERRERO PEEPS EASTER CANDY
125 g
SELECTED VARIETIES



2⁹⁹ ea.
SELECTION MILK CHOCOLATE RABBIT
100 g
SELECTED VARIETIES



5⁴⁹ ea.
REES'S CARROT EASTER CHOCOLATE
158 g
SELECTED VARIETIES



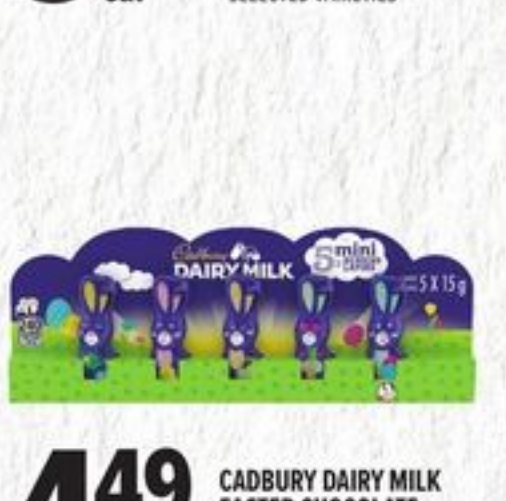
5⁴⁹ ea.
HERSHEY'S MINI EGGS
200, 220 g
SELECTED VARIETIES



4⁴⁹ ea.
IRRESISTIBLES MINI EGGS
200 g
SELECTED VARIETIES



4⁴⁹ ea.
M&M'S SOUR PATCH KIDS EASTER CANDY
275 g
SELECTED VARIETIES



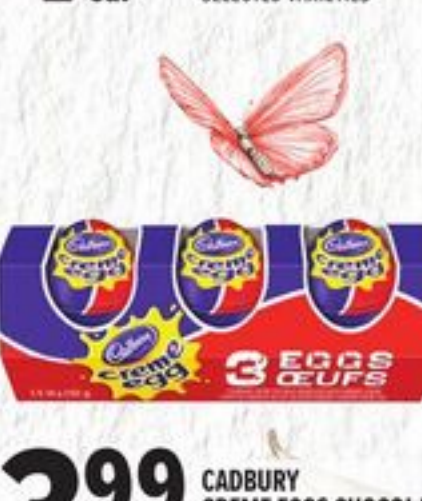
4⁴⁹ ea.
CADBURY DAIRY MILK EASTER CHOCOLATE
75 g
SELECTED VARIETIES



9⁹⁹ ea.
CABURRY MINI EGGS CHOCOLATE
400 g
SELECTED VARIETIES



6⁴⁹ ea.
CADBURY MINI EGGS ASSORTED OR CREME EGGS
154 g
SELECTED VARIETIES



3⁹⁹ ea.
CADBURY CREME EGGS CHOCOLATE
102 g
SELECTED VARIETIES



1²⁹ ea.
KIT KAT AERO OR KIT KAT EASTER CHOCOLATE
SELECTED VARIETIES



10⁹⁹ ea.
GHIRARDELLI BUNNIES LAPINS CARAMEL
110 g
SELECTED VARIETIES



6⁴⁹ ea.
FERRERO KINDER EASTER EGG CHOCOLATE
100 g
SELECTED VARIETIES



2⁹⁹ ea.
FERRERO KINDER EASTER CHOCOLATE
40 g
SELECTED VARIETIES



20⁹⁹ ea.
NESTLE HIDE ME EGGS EASTER CHOCOLATE
500 g
SELECTED VARIETIES



10⁴⁹ ea.
HERSHEY'S EASTER EGG HUNT CHOCOLATE
200 g
SELECTED VARIETIES



13⁹⁹ ea.
FERRERO EGG HUNT KIT OR PUZOS CHOCOLATE
116, 180 g
SELECTED VARIETIES

Spring into flavourful spirits

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

FOLONARI
PINOT GRIGIO
delle Venezie

15⁴⁹ ea.

[yellow tail]
SHIRAZ

15⁴⁹ ea.

BASK
SAUVIGNON WHITE WINE
750 ml

14⁴⁹ ea.

BASK
SAUVIGNON BLANC
750 ml

20⁴⁹ ea.

STONELEIGH
SAUVIGNON BLANC
750 ml

20⁴⁹ ea.

Castello del Diavolo
CABERNET SAUVIGNON
750 ml

14⁴⁹ ea.

WEYNE GROTZKY
DACO RED
750 ml

17⁴⁹ ea.

WEYNE GROTZKY
COTATAYES
750 ml

17⁴⁹ ea.

HEINEKEN
ORIGINAL
500 ml

21⁹⁹ ea.

SAPPORO
PREMIUM BEER
500 ml

19⁹⁹ ea.

STELLA ARTOIS
500 ml

59⁹⁹ ea.

Miller Lite
500 ml

28⁹⁹ ea.

COTTAGE SPRINGS
VODKA SODA
355 ml

21⁹⁹ ea.

COTTAGE BEVERAGES
ESSENTIALS MIXED PACK
8 x 355 mL

21⁹⁹ ea.

Coors Seltzer Slushie
FLAVOURS
355 ml

31⁹⁹ ea.

Dillon's
GIN COCKTAILS
VARIETY PACK
8 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.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.

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 GOLD BELL
BROWN BASMATI RICE
500 g
SELECTED VARIETIES

9⁹⁹

ea.

SAPPHIRE
VEGETABLE OIL
OR CANOLA OIL
1 L
SELECTED VARIETIES

16⁹⁹

ea.

SERBERA
BOUQUET
KASHMIRI COLOURS

7⁹⁹

ea.

SEDA MOOR OR
AARUN BASMATI RICE
500/550 g
SELECTED VARIETIES

13⁹⁹

ea.

BIJLA'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.

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

1⁹⁹

ea.

DIYA
HARE OR PRASHAD
200/400 g
SELECTED VARIETIES

2⁴⁹

ea.

HARI Dahi
PHOENIX
OR CEDAR PHOENIX
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 CHANA,
BUDZON OR
BUDZON CHIPS
200/400 g
SELECTED VARIETIES

3⁹⁹

ea.

PARLE'S
KORMA
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

PARLE'S
BUTTER CHICKEN
POULET AU BEURRE
400 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
ORIGINAL DANISH BUTTER
COOKIES
454 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
FRIED ONIONS
50/100 g
SELECTED VARIETIES

99¢

ea.

PARLE'S OR LU
COOKIES
50/100 g
SELECTED VARIETIES

99¢

ea.

PARLE'S
NATURAL
BISCUITS
50/100 g
SELECTED VARIETIES

Item availability varies by store.



We take pride in sourcing locally from the
Greater Toronto Region.

HALENDIA'S
PORK SAUSAGE
275 g
SELECTED VARIETIES

8⁹⁹
ea.



THE PIE COMMISSION
PIES
FROZEN, 290 - 330 g
SELECTED VARIETIES

9⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁹⁹
ea.



SHERNI'S
SAUCES
500 ml
SELECTED VARIETIES

4⁹⁹
ea.



BE SWEET
HONEY FLAVOURED
SPREAD
500 g

4⁹⁹
ea.



GOOD EATS ORGANIC
FLAX SEEDS, ARROWROOT
STARCH OR COCONUT
FLOUR
454 - 600 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

