Variation 4

2.44 ea.

Strawberries 454 g
FRAISES 454 g
Fraises 454 g
PRODUCT OF CANADA, CA, MEXICO, US, ecr

99¢ ea.

Seedless Cucumbers
CONCOMBRES SANS PEPINS, ecr
Concombres sans pepins
PRODUCT OF CANADA, CONCOMBRES, ecr

3.99 ea.

Assorted Colour Sweet Peppers 3 PK
POIVRONS DOUX DE COULEURS, 3 PK
Variété de poivrons de couleur 3 PK
PRODUCT OF CANADA, CA, MEXICO, ecr

3.99 ea.

Cored Pineapples
ANANAS
Ananas évidés
PRODUCT OF CANADA, ecr

Get 10% off produce*

when you spend $20 or more on fresh produce

available in store or online

*Offer available in participating stores only and regulating by provincial laws. Offer valid on fresh produce only. Not valid on organic or conventional cut fruit, including cut fruit, and pre-packaged fruit and vegetable trays. Not valid on pre-packaged or bagged nuts.

moi TERRE DE

10% off

Effective April - May 30 1

VERSION 4

metro
CANADIAN AND PROUD

FRESH CUT TULIPS
12.99 ea.
Grown in Canada, Imported from Holland, Product of Canada

Fresh Atlantic Salmon Fillets Value Pack
Saumon de l'Atlantique en filets
Smoked Sliced Salmon 375 g / 13.2 oz
Saumon fumé tranché
Fresh Atlantic Salmon Fillets or Fresh Red Shrimp
Filets de saumon de l'Atlantique ou crevettes rouges crues
Product of Canada
Produit du Canada
9.99 /lb or ea.

Beef Grill Steaks Round Bone or Value Pack Fresh
Steaks de bœuf à griller avec os rond ou format économique
1.36 kg
Steaks de bœuf à griller avec os rond ou format économique
Product of Canada
Produit du Canada
6.88 /lb

Cooked Chicken Breast Slices or Cooked Chicken Triple Cones Box 6 x 70 g
Tranches de poitrine de poulet cuit ou Boîte Cônes triples de poulet cuit
Product of Canada / Produit du Canada
Steak Cuts or Lifestyle 1 kg
Coupes à steak ou Mode de vie
Sausage or Burger Patties 1 kg
Saucisses ou galettes de hamburger
Product of Canada / Produit du Canada
40% OFF

Selection Bacon 375 g
Bacon Sélection
Bacon Selection 375 g
Bacon Sélection
2.88 ea.

Fresh Bread Bakery Assorted Cookies
Biscuits variés frais de la boulangerie
Biscuits assortis Fresh Sweet Bakery
Pack, 18 ct, 567 - 594 g / 20.0 - 21.0 oz
6.99 ea.

CUT BY OUR BUTCHER
BONELESS
Boneless Pork Loin Chops Value Pack Fresh
Côtes de longe de porc désossées
Product of Canada / Produit du Canada
1.36 kg
6.99 /lb
2.99 /lb

Philadelphia Cream Cheese, Cheez Whiz, Kraft Singles or Beer Cheese Spread
Fromage à la crème Philadelphia, Cheez Whiz, Tranches Kraft ou Fromage à tartiner à la bière
3.99 ea.

Activia Yogurt, Simply Juice or Nescafé Instant Coffee
Yogourt Activia, Jus Simply ou Café instantané Nescafé
125 value of $1
6.49 ea.

18 PACK
Selection Eggs
Oeufs Sélection
4.88 ea.

Breton Cookies, Cheez-It Crackers
Biscuits au chocolat Breton, Cheez-It
2.22 ea.

Lay's Potato Chips, Sun Chips or Tostitos Tortilla Chips
Croustilles Lay's, Sun Chips ou Tostitos
2.99 ea.

24 PACK
Eska Natural Spring Water 24 x 710 ml
Eau d'source naturelle Eska
Coca-Cola or Pepsi Cola or Pepsi 6 x 710 ml
Coca-Cola ou Pepsi Cola ou Pepsi
3.99 ea.

Cashmere Bathroom Tissue, Cashmere Facial Tissue, Scott Facial Tissue or Scott Bathroom Tissue
Papier hygiénique Cashmere, Mouchoirs Cashmere, Mouchoirs Scott ou Papier hygiénique Scott
125 value of $1
5.99 ea.

Häagen-Dazs Ice Cream or Sorbetto
Crème glacée ou Sorbetto Häagen-Dazs
4.99 ea.

Lactantia PurFiltre Milk
Lait Lactantia PurFiltre
3.99 ea.

Effective April - May 30 1 2 3 4 5 6 2026

ONLY 99¢ ea.

GREAT PRICE!

Irresistible Salt 113 g
Irresistible Vinegar 113 g
99¢ ea.

Michelina's Mac and Cheese 283 g
Michelina's Traditional Beef & Bacon Burrito 113 g
99¢ ea.

Ben's Original Fast & Fancy Vite & Bon 1 kg
Ben's Original Fast & Fancy Vite & Bon 1 kg
99¢ ea.

Montellier Sparkling Water, Fruit Tea or Fruit Punch 1 L
Powerade Sports Drink 710 ml
Co-products Bundles, Limited to stock on hand, Minute Maid Juice Not Available
99¢ ea.

Kit Kat 42 g
Caramilk 43 g
Reese's 42 g
99¢ ea.

Hershey, Reese's Cadbury Products
Not to be combined with Bundles
Selected in Hamilton, Niagara, Brantford and Cadbury

metro.ca

New Lower Prices

Dominion's White or Dark Meat Boneless Skinless Chicken Hamburger Patties
Product of Canada
2 kg
2 for 7.00 | 3.50 ea.

Pizza Dominion's Extra, Kid's Cuts or extra, Kid's Cuts Pizza
Product of Canada
Extra: 1.1 kg - 1.2 kg; Kid's Cuts: 1.1 kg - 1.3 kg
WHITE EXTRA KID'S CUTS
4.99 ea.

Maple Leaf Tiny Dogs or Tiny Dogs Cocktail Sausages Maple Pillow Pack
Product of Canada
Tiny Dogs: 300 g - 375 g; Tiny Dogs Cocktail: 300 g - 375 g; Maple Pillow Pack: 300 g - 375 g
MAPLE LEAF
6.99 ea.

Lactalis Bleuet or Lactalis Classic
Product of Canada
Bleuet: 175 g - 200 g; Classic: 175 g - 200 g
LACTALIS
6.99 ea.

Maple Leaf Family Pack Ingredients Blue Pouch
Product of Canada
Family Pack: 1.2 kg - 1.5 kg; Ingredients Blue Pouch: 1.2 kg - 1.5 kg
MAPLE LEAF
6.99 ea.

Maple Leaf Cooked Chicken Breast
Product of Canada
Regular: 1.0 kg - 1.2 kg; Organic: 1.0 kg - 1.2 kg
MAPLE LEAF
2.99 /100 g

Fresh Vegetable Platter or Fruit Crescent
Product of Canada
Vegetable Platter: 1.0 kg - 1.2 kg; Fruit Crescent: 1.0 kg - 1.2 kg
13.99 ea.

Vegetables Cauliflower or Cut Cauliflower Bulk
Product of Canada
Cauliflower: 1 kg - 1.5 kg; Cut Cauliflower: 1 kg - 1.5 kg
2 for 14.00 | 7.00 ea.

Kraft Cheese Original Cubes
Product of Canada
Original: 1.0 kg - 1.2 kg
5.99 ea.

Dairyland Original Cheese Slices
Product of Canada
Original: 1.0 kg - 1.2 kg
6.49 ea.

Sobeys Cheese Grated Cubes
Product of Canada
Cubes: 1.0 kg - 1.2 kg
10.99 ea.

Kellogg's Cereal or Tastings Pac
Product of Canada
Cereal: 350 g - 500 g; Tastings Pac: 300 g - 375 g
4.99 ea.

Cereales Kellogg's, Rice or Super Tastings
Product of Canada
Cereales: 350 g - 500 g; Rice: 300 g - 375 g; Super Tastings: 300 g - 375 g
4.99 ea.

Goldfish Crackers Cheddar Cracker Sticks
Product of Canada
Crackers: 200 g - 300 g; Sticks: 200 g - 300 g
2.99 ea.

Haribo Gummies Bears or Mini Bears Candy
Product of Canada
Bears: 200 g - 300 g; Mini Bears: 200 g - 300 g
2.99 ea.

Miss Vickie's Chips
Product of Canada
Regular: 200 g - 300 g
Crossfire Mini Pretzels
Product of Canada
Regular: 200 g - 300 g
4.49 ea.

Boxing Day Popcorn, Bacon Chips or Sweet Chipotle
Product of Canada
Popcorn: 100 g - 150 g; Bacon Chips: 100 g - 150 g; Sweet Chipotle: 100 g - 150 g
Mini-Jumbo Dance Mix, Jumbolino Bandido or Sweet Cookies
Product of Canada
Mini-Jumbo Dance Mix: 200 g - 300 g; Jumbolino Bandido: 200 g - 300 g; Sweet Cookies: 200 g - 300 g
3.49 ea.

Pizza Dr. Oetker Ristorante or Casa Di Mama
Product of Canada
Ristorante: 1.0 kg - 1.2 kg; Casa Di Mama: 1.0 kg - 1.2 kg
5.99 ea.

Heinz Ketchup or Mayonnaise
Product of Canada
Ketchup: 1.0 L - 1.2 L; Mayonnaise: 500 ml - 750 ml
5.99 ea.

Kraft Cheese Cracker Sandwiches
Product of Canada
Regular: 200 g - 300 g
2.49 ea.

Campbell's Condensed Soup or Broth
Product of Canada
Condensed Soup: 284 ml - 398 ml; Broth: 900 ml - 1.2 L
1.99 ea.

Old El Paso Components
Product of Canada
Tortillas: 300 g - 450 g; Taco Shells: 150 g - 200 g
3.49 ea.

I earn with moi rewards

125 moi rewards — 6.99 ea.
Nestea Iced Tea
Iced Tea Mix 270 g - 315 g
Nestea Tea Bags 20 x 1.8 g - 40 x 1.8 g
Nestea or Gold Blend 200 g - 300 g

90 moi rewards — 23.99 ea.
Tide or Gain Detergent, Downy Softener, Cascade Dishwasher or Bounty
Detergent: 1.0 L - 1.5 L; Tide or Gain: 1.0 L - 1.5 L; Downy: 1.0 L - 1.5 L; Cascade: 1.0 L - 1.5 L; Bounty: 1.0 L - 1.5 L

We reserve the right to limit quantities.
NOUS NE PRÉTEND PAS PRÉTENDRE À DES PAUSES.
Valid from Thursday 12 April 2022 to Wednesday 18 May 2022

Visit us at: SOBEYS.CA
Where you save money, you save more!
NEW $5 OFF on your next purchase!

Prices in effect from Thursday, April 14 to Wednesday, April 20, 2022 unless otherwise specified. Prices may vary in stores below this date. No rain checks. Offer valid while quantities last, unless otherwise specified. Quantities may be limited. Some items may not be available in all stores. Some items may be available only in some stores. Some items may be available only in stores offering the service. Prices and offers may differ in Quebec. Prices are for Canadian Dominion stores and do not include PST or GST. Prices in Canadian dollars unless otherwise specified. Prices are for purchase in Canadian stores only. Prices are for Customer Service

this week's deals:

Only until May 6, 2026, in-store or online

add your moi rewards coupons

NOW 2.99 ea.
SAVE UP TO $1.50

4.49* ea.
GREEN GIANT FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES

NOW 5.49 ea.
SAVE UP TO $1

6.49* ea.
HEINZ KETCHUP
750 ml - 1 L
SELECTED VARIETIES

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
GOLDFISH CRACKERS
SELECTED SIZES
SELECTED VARIETIES

NOW 6.99 ea.
SAVE UP TO $2

8.99* ea.
SANPELLEGRINO CIAO! SPARKLING WATER
6 x 330 ml
SELECTED VARIETIES

NOW 7.99 ea.
SAVE UP TO $2

9.99* ea.
LOU'S KITCHEN FULLY COOKED ENTRÉES OR PEAMEAL BACK BACON
375 - 454 g
SELECTED VARIETIES

NOW 4.99 ea.
SAVE UP TO $1.50

6.49* ea.
VIDALIA SWEET ONIONS
PRODUCT OF U.S.A.,
NO.1 GRADE
3 lb.

NEW

NOW 3.99 ea.
SAVE UP TO $6

9.99* ea.
DOWNY UNSTOPABLES SCENT BOOSTERS
303 g
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

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

FRESH GUARANTEE

metro

If you're not satisfied. We're not satisfied.

Receive a full refund PLUS an additional 10%.

Applicable to eligible fresh items purchased at Metro stores in Ontario or at metro.ca.
Requests must be made within 3 days with receipt. Conditions apply. See metro.ca/freshguarantee.

If you're not satisfied. We're not satisfied.

FRESH

1.99 /lb — Large Sweeter Mandarins 1.36kg; Sweeter mandarins 1.36kg; Mandarines plus sucrées 1.36kg

3.99 ea. — Raspberries 113 g; Blackberries 113 g; Strawberries 454 g; Pomelos 454 g; Blueberries 454 g; Mangoes 454 g

2.99 ea. — Baby Bella Whole or Cremini Mushrooms 227g; Whole or cremini mushrooms 227g; Champignons entiers Baby Bella ou cremini 227g

4.99 ea. — Sweet Corn on the Cob 5 pk; Sweet Corn on the Cob 5 pk; Maïs sucré en épi 5 pk

5 PK

4.99 ea. — Avocados 4 ct; Avocados 4 ct; Avocats 4 ct

1.99 /lb — Large Red Seedless Grapes 1.36kg; Large seedless red grapes 1.36kg; Raisins rouges sans pépins 1.36kg

4.99 ea. — Mini Cucumbers 454g; Mini cucumbers 454g; Mini concombres 454g

3.99 ea. — Mini Cucumbers 454g; Mini cucumbers 454g; Mini concombres 454g

2.49 /lb — Lemon or Yellow Squash; Courge jaune; Courgettes

1.99 ea. — Large Red or Honey Crisp Mangoes; Mangoes; Mangues

2.69 /lb — Large Vanilla Pears 1.36kg; Large vanilla pears 1.36kg; Poires vanille 1.36kg

3.49 ea. — Sweet Baby Carrots 454 g; Sweet baby carrots 454 g; Petites carottes sucrées 454 g

3.49 ea. — Baby Cream Kale or Curly Kale; Baby cream kale or curly kale; Petites à crêpe crespe ou frisée; Kale (frisée) 454g

5.49 ea. — Kiwi Berries; Kiwi berries; Baies de kiwi

2.99 /lb — Sweet Grape Tomatoes 454g; Sweet grape tomatoes 454g; Tomates grappe sucrées 454g

3.99 ea. — Russet Potatoes 5 lb; Russet potatoes 5 lb; Pommes de terre russet 5 lb

2.49 ea. — Sprinkles Lady Finger Tomatoes; Sprinkles lady finger tomatoes; Tomates Sprinkles doigt de dame

3.99 ea. — Goldenberries 340 g; Goldenberries 340 g; Cerises de terre 340 g

4.99 /lb — Cotton Candy Grapes; Cotton candy grapes; Raisins Cotton Candy 907g

7.99 ea. — Gusto Organic Sausage 454 g; Gusto organic sausage 454 g; Saucisses régulières Gusto 454 g

6.49 ea. — Tofutown Tofu 454 g; Tofutown tofu 454 g; Tofu Tofutown 454 g

Organic

Greenbrier Organic Pickled Beans 946 ml; Greenbrier Organic Lady Fingers Vodka Pickled Beans 946 ml; Haricots marinés Greenbrier Organic Lady Fingers à la vodka 946 ml

4.99 ea.

2.49 ea. — Organic Sweet Corn on the Cob 4 pk; Organic sweet corn on the cob 4 pk; Maïs sucré biologique en épi 4 pk

Organic Garlic 454 g; Organic garlic 454 g; Ail biologique 454 g

3.49 ea.

2.99 ea. — Life Extract Organic Plain Tofu 454 g; Life Extract organic plain tofu 454 g; Tofu nature biologique Life Extract 454 g

Sliced & Diced

2.99 ea. — Sterling Cage Salad 454 g; Salade de sterling cage 454 g; Salade Sterling Cage 454 g

1.49 /lb — Seedless Watermelon Quarters; Seedless watermelon quarters; Quartiers de melon d'eau sans pépins 1.36kg

5.99 ea. — Sliced Tuna Dip 340 g; Pesto sauce tuna 340 g

14.99 ea. — Party Size Indian Fruit Salad; Indian fruit salad; Plateau fruit de la saison de taille de fête 1.7 kg

PARTY SIZE

Fresh Blooms

12.99 ea. — Alstroemeria Bouquet; Alstroemeria bouquet; Bouquet d'alstroémérias

34.00 16.99 ea. — Hydrangea Bouquet; Hydrangea bouquet; Bouquet d'hydrangées

46.99 ea. — Indoor Garden Collection; Indoor garden collection; Jardin d'intérieur collection 1 ct

NEW

21.99 ea. — Delightful Orchid Plant; Delightful orchid plant; Enchantante orchidée 1 ct

metro.ca

Get 10% off produce*

when you spend $20 or more on fresh produce

moi rewards

available in storeor online

*Limit of one Moi Rewards bonus offer per account per day (April 9-May 6). This offer applies only to fresh fruits, vegetables and salad bar. Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Our Butcher's Finest

FAST FRY

3.99 /lb — Boneless Pork Loin Chops Fast Fry
Côtes de longe de porc désossées pour friture express
0.500 kg

8.99 /lb — Lb Cut Boneless Grass Fed Bavarian Inside Blade Roast
Rôti d'intérieur de ronde désossé de bœufs élevés au pâturage
Bavaria
10.224 kg

13.99 /lb — Boneless Chuck Steak
Steak de ronde
Canada
10.434 kg

4.99 /lb — Yorkshire Valley Farms Organic Fresh Chicken Drumstick Value Pack
Pilons de poulet biologiques Yorkshire Valley Farms en emballage économique
Organic
YORKSHIRE VALLEY Farms
0.900 kg

19.99 /lb — Premium AA AB Angus Strip Loin Steak
Contre-filet
Alberta
Bœuf de la vallée Elite Angus AA Premium
10.210 kg

10.99 ea. — Yorkshire Valley Farms Organic Chicken Wings
Ailes de poulet biologiques Yorkshire Valley Farms
Organic
YORKSHIRE VALLEY Farms
1 KG

6.99 ea. — Lb Cut Grass Fed Alberta Grass Finished Ground Beef Patties
Pattes de bœuf hachées élevées au pâturage et finies au pâturage
Alberta
0.454 kg

9.99 ea. — Fresh Beef Mini Meat Kabobs
Brochettes de viande fraîche préparées en magasin
FAST FRY
0.454 kg

Selection Irrésistible

1.99 ea. — Selection Chicken Wieners
Saucisses de poulet Selection
0.375 kg

5.99 /lb — Selection Premium Cut Bacon
Bacon de choix Selection
Canada
12.210 kg

4.99 ea. — Irrésistible Chicken Breast Bites
Bouchées de poitrine de poulet Irrésistible
0.500 kg

5.99 ea. — Irrésistible Artisan Smoked Bacon
Bacon fumé artisanal Irrésistible
0.375 kg

6.99 ea. — Selection Breaded Chicken Strips or Breaded Chicken Burgers
Lanières de poulet panées Selection ou Burgers de poulet panés Selection
0.900 kg / 0.675 kg

11.99 ea. — Selection Chicken Wings
Ailes de poulet Selection
0.907 kg

8.99 ea. — Irrésistible Veggie Burgers
Burgers végétariens Irrésistible
0.340 kg

17.99 ea. — Irrésistible Beef Burgers
Burgers de bœuf Irrésistible
0.680 kg

BBQ Favourites

50

3.99 ea. — Bulkwurst
Saucisses fumées de chalet Bulkwurst
0.454 kg

6.99 ea. — Prepared Pork Ribs or Prepared Pork Loin Back Ribs
Côtes levées de porc préparées ou Côtes levées de dos de porc préparées
Canada
0.907 kg

12.99 ea. — Irrésistible Cowboy Steaks
Bifteks Cowboy Irrésistible
0.454 kg

18.99 ea. — The Big Three Lb Beef Burgers
Trio de gros burgers de bœuf
Burgers The Big de 454 g chacun
Canada
0.454 kg

6.99 ea. — Smokehouse
Saucisses fumées
0.375 kg

6.99 ea. — Mini Angelic Sausages
Saucisses Mini Angelic
0.375 kg

8.99 ea. — Legacy Pork Chop Sandwiches
Côtelettes de porc Legacy
0.454 kg

14.99 ea. — Lamb Chopper or Montana Pure Black Bun
Agneau Chopper ou Montana Pure Black Bun
0.454 kg

If you're not satisfied. We're not satisfied.

FRESH

CINCO DE MAYO

CELEBRATE THE FLAVOURS

Birria Steak Taco

BEEF GRILL TIN TOP SIRLOIN
AA CANADA GRADE AA OR UPGRADE
SELECT GRADE OR HIGHER
IN HOME
11.99 lb.

NEAL BROTHERS TORTILLA CHIPS
200 g
5.49 ea.

QUESO FUNDIDO DIP & SERVE DIP
500 g
SELECTED VARIETIES
7.98 ea.

DON PANCHO STREET TACOS TORTILLAS
12 pk
SELECTED VARIETIES
3.99 ea.

CHOLULA HOT SAUCE
150 ml
SELECTED VARIETIES
4.99 ea.

LA COSTEÑA BEANS
540 - 796 ml
SELECTED VARIETIES
3.79 ea.

PICO DE GALLO
SALSA VERDE
5.99 ea.

PRINGLES CHIPS
158 - 165 g
SELECTED VARIETIES
2.49 ea.

SUMMER FRESH SALSA OR PICO DE GALLO
500 g
SELECTED VARIETIES
3.99 ea.

JARRITOS
355 ml
SELECTED VARIETIES
2.09 ea.

COCA-COLA
4 x 355 ml BOTTLES
SELECTED VARIETIES
8.99 ea.

TRES LECHES CAKE
12.99 ea.

Seafood

2.99 lb. — Fresh Rosa Fillets / Filets de pangasius surgelés

11.99 lb. — Fresh Mussels or Stuffed Salmon / Moules fraîches ou saumon rassisté au fond

2 FOR $10.00 — **5.99** ea. — Fresh Canadian Cove Crystal Mussels / Moules de Cove Canadiennes

3.99 ea. — Selection Cocktail Cut Lobster Tails / Queues de homard coupées

8.99 lb. — Cooked Cocktail Salad / Salade de fruits de mer cuite

907 g — **11.99** ea. — Frozen Whole Mackerel / Maquereaux entiers surgelés

4.49 ea. — Ocean Prime Clams / Palourdes Ocean Prime

125 — **4.99** ea. — Clear Ocean Cooked Cold Scallops / Pétoncles froids cuits Clear Ocean

6.99 lb. — Naturally Happy Farms Tilapia / Tilapia Naturally Happy Farms

BOX OF 24 — **13.99** ea. — Frozen Cooked Shrimp / Crevettes cuites surgelées

Irrésistible

8.99 ea. — Irrésistible Bang Bang Shrimp / Crevettes Bang Bang Irrésistible

8.99 ea. — Irrésistible Signature Shrimp Ring / Anneau de crevettes irrésistible de marque de l'épicerie

13.99 ea. — Irrésistible Atlantic Salmon in Lemon Butter Sauce / Saumon atlantique en sauce au citron et au beurre irrésistible

NOW **17.99** ea. — Irrésistible Salmon Wellington / Saumon Wellington irrésistible

Deli Favourites

3.49 100 g — Black Forest Ham / Jambon de la Forêt Noire

3.79 100 g — Fire Black Roast Beef / Rôti de bœuf Fire Black

3.99 100 g — Canadian Mature Cheddar Cheese / Fromage cheddar affiné canadien

5.99 100 g — Le Gruyère Swiss Cheese / Fromage suisse Le Gruyère

50 — **6.49** ea. — O'Hara's Sliced Deli Meat / Viandes froides tranchées O'Hara

8.79 ea. — Sant'Anneti Pepperoni Sliced Deli Meat / Pepperoni tranché Sant'Anneti

13.99 ea. — Irrésistible Pepperoni Regione 24 Months / Pepperoni Regione 24 mois

250 — **4.49** 100 g — Irrésistible Deli Meat Assortment / Assortiment de viandes froides

50 — **6.49** ea. — Olympic Sliced Deli Meat / Viandes froides tranchées Olympic

11.49 — 125 — VALUE OF 2.0 — Mini Angelo Calzones, Prosciutto, Pepperoni, Salami, Sweet Sausage, Ham / Petits Mini Angelo de salami saucisson, de prosciutto, Pepperoni et jambon

7.49 ea. — Bertolli Classic Bruschetta / Bruschetta Bertolli

7.99 ea. — Tzatziki Dip / Trempette Tzatziki

125 — VALUE OF 2.0

5.00 — Fresh 2 Go Buffalo Chicken or Bacon Cheeseburger Salad / Salade de poulet à la bufflo ou cheeseburger au bacon

5.99 ea. — Fresh 2 Go Chicken Spring Salad / Salade printanière au poulet

9.99 ea. — Fresh 2 Go Pizza Mini Pepperoni / Pizza mini au pepperoni

125 — VALUE OF 2.0

7.99 ea. — Fresh 2 Go Whole Chicken / Poulet entier

FRESH 2 GO

If you're not satisfied. We're not satisfied.

metro FRESH 2 GO
FRESH FOR SPRING
ASIAN FUSION
LIMITED TIME ONLY
30.00 EACH
Chili Chicken & Rice
Family Size, 1.2 kg
Serves 4
14.99 EACH
Korean Style BBQ Chicken, 900 g
450 Cals/Serving, Serves 4
8.00 EACH
Vegetable Samosas, 6 pk
Serves 2
12.00 EACH
Brisket Tacos with Kimchi, 4 pcs
470 Cals/Serving, Serves 2
10.00 EACH
Chicken Kimchi Panzerotti
1550 Cals
SAVOUR THE TASTE OF ASIA
WITH OUR INSPIRED MENU

Front Street Bakery
Our Absolute Purest

4.59 ea. — Front Street Bakery Apple Cinnamon Bread 454 g, Pain aux pommes Front Street Bakery 454 g

4.49 ea. — Front Street Bakery Pain de campagne 454 g, Pain de campagne Front Street Bakery 454 g

Bonus 1 FREE

4.49 ea. — Front Street Bakery Pain de seigle 454 g, Pain de seigle Front Street Bakery 454 g

4.49 ea. — Front Street Bakery Pain Country Bread 454 g, Pain campagnard Front Street Bakery 454 g

Bakery Cakes

22.99 ea. — Front Street Bakery Triple Fruit or Triple Strawberry Cake 1.5 kg, Gâteau Mousse aux trois fruits ou aux trois fraises Front Street Bakery 1.5 kg

31.99 ea. — Front Street Bakery Tiramisu Cake 1.5 kg, Gâteau tiramisu Front Street Bakery 1.5 kg

19.99 ea. — Front Street Bakery Lemon Bar Cake 1.5 kg, Gâteau barre au citron Front Street Bakery 1.5 kg

22.99 ea. — Front Street Bakery Chocolate Mousse Cake 1.5 kg, Gâteau Mousse au chocolat Front Street Bakery 1.5 kg

Bonus 1 FREE

3.99 ea. — Front Street Bakery 10 Bakery Large Croissants 454 g, Croissants géants Front Street Bakery 454 g

4.29 ea. — Front Street Bakery Pretzels Rolls 454 g, Petits pains pretzel Front Street Bakery 454 g

3.99 ea. — Delicious® or Tim Hortons® Coffee 1.1 - 1.4 kg, Café Delicious® ou Tim Hortons® 1.1 - 1.4 kg

4.99 ea. — Sun-Maid Raisins, Cranberries, Cinnamon Raisins, Strawberries or Blueberries 454 g, Raisins secs, Canneberges séchées, Raisins secs à la cannelle, Fraises séchées ou Bleuets séchés 454 g

6.99 ea. — Olivos Tortillas or Naan 454 g, Tortillas ou naan Olivos 454 g, Tortillas ou naan Olivos 454 g, Olivos Tortillas or Naan 454 g

7.99 ea. — Dempsey Gluten-Free Bread, Pita or English Muffins 454 - 454 g, Pain sans gluten, Pita ou muffins anglais Dempsey 454 - 454 g, Dempsey Gluten-Free English Muffins or Pita 454 - 454 g, Dempsey Gluten-Free Bread 454 g

3.49 ea. — Hostess Snack Cakes 283 - 312 g, Gâteaux Hostess 283 - 312 g, Hostess Twinkies 283 g, Hostess Snack Cakes 283 - 312 g

3.49 ea. — Selection 454 g, Fromage Selection 454 g, Fromage Selection Selection 454 g, Selection 454 g

Snacks & Beverages

2.99 ea. — Tortilla Chips 200 - 300 g, Croustilles de tortillas Tortilla Chips 200 - 300 g, Croustilles de tortillas Tortilla Chips 200 - 300 g

4.49 ea. — Lay's or Ruffles Potato Chips 200 - 235 g, Croustilles de pommes de terre Lay's ou Ruffles 200 - 235 g, Lay's or Ruffles Potato Chips 200 - 235 g

4.99 ea. — Hostess Cupcakes 283 - 312 g, Gâteaux Hostess 283 - 312 g, Hostess Cupcakes 283 - 312 g, Hostess Cupcakes 283 - 312 g

2.22 ea. — Bonne Source Ketchup, Condiment or White Condiment 1 L, Ketchup ou condiment blanc Bonne Source 1 L, Bonne Source Ketchup, Condiment or White Condiment 1 L

5.49 ea. — Healthy Choice or Smart Ones Frozen Meals 283 - 340 g, Repas surgelés Healthy Choice ou Smart Ones 283 - 340 g, Healthy Choice or Smart Ones Frozen Meals 283 - 340 g

7.99 ea. — Mini Cafe Pockets Pizza, Pizza Pockets or Mini Pizza 454 - 567 g, Pizza Pockets ou Mini Pizza 454 - 567 g, Mini Cafe Pockets Pizza, Pizza Pockets or Mini Pizza 454 - 567 g

7.99 ea. — Whittier's Chocolate 175 - 200 g, Chocolat de chez Whittier's 175 - 200 g, Whittier's Chocolate 175 - 200 g

6.49 ea. — Mars Family Pack Snacks 276 - 315 g, Twix Cookies 276 - 315 g, Chocolat Mars en emballage familial 276 - 315 g, Mars Family Pack Snacks 276 - 315 g

80 points

12.89 ea. — Athletic Brewing 6 x 473 ml, Bière sans alcool Athletic 6 x 473 ml, Athletic Brewing 6 x 473 ml

9.99 ea. — Bear Zero 6 x 473 ml, Bière sans alcool Bear Zero 6 x 473 ml, Bear Zero 6 x 473 ml

8.99 ea. — Molson Partner Sparkling Water 6 x 473 ml, Boisson gazéifiée Molson Partner 6 x 473 ml, Molson Partner Sparkling Water 6 x 473 ml

19.49 ea. — Red Bull Energy Drink 4 x 473 ml, Boisson énergisante Red Bull 4 x 473 ml, Red Bull Energy Drink 4 x 473 ml

1.99 ea. — Gatorade Thirst Quencher 591 ml, Boisson hydratante Gatorade 591 ml, Gatorade Thirst Quencher 591 ml

3.49 ea. — Nestlé Pure Life Water 1.5 L, Eau de source Nestlé Pure Life 1.5 L, Nestlé Pure Life Water 1.5 L

NEW

10.49 ea. — Smucker's Peanut Butter Spread 1.36 kg, Tartinade beurre de arachide Smucker's 1.36 kg, Smucker's Peanut Butter Spread 1.36 kg

NEW

20.49 ea. — Timothy's Coffee Capsules 12 - 24 ct, Café Timothy's Capsules 12 - 24 ct, Timothy's Coffee Capsules 12 - 24 ct

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4.99 ea. — Activia Yogurt Cups 12 x 100 g or Yogurt Drinks 6 x 93 ml or Yogurt Drinks 6 x 93 ml Selected varieties

9.49 — Billy Bee Honey 500 g or Mix 500 g Selected varieties

4.69 — Carbonite Mineral Water 24 x 355 ml or Coca-Cola Soft Drinks 24 x 355 ml Selected varieties

7.99 ea. — Starbucks Espresso Shots 3 x 75 ml Selected varieties

23.99 ea. — Lavazza Coffee Blends 1 x 250 g Selected varieties

4.79 ea. **50** — Stacks Chips 150 g Selected varieties

3.49 ea. **50** — Aylmer Tomato Sauce 125 ml or Tomato Sauce 125 ml Selected varieties

3.49 ea. **50** — Minute Rice Instant 250 g or Instant Minute Rice Selected varieties

6.99 ea. — Memphis Gourmet Dry Rub 200 g or Marinade 200 ml Selected varieties

2.99 ea. — Kraft Salad Dressing 475 ml or Vinaigrette Dressing 475 ml Selected varieties

4.99 ea. — Tazo Tea 20 x 1.8 g Selected varieties

5.99 ea. — Lay's Potato Chips 200 g or Ruffles Potato Chips 200 g Selected varieties

5.49 ea. — The Rub Seasoning 200 g or Steak Seasoning 200 g Selected varieties

10.99 ea. — Costco Kirkpatrick Pulled Beef 1.5 kg or Pulled Pork 1.5 kg Selected varieties

4.49 ea. — Green Giant Frozen Vegetables 750 g or Selected Stir-Fry Vegetables 750 g Selected varieties

30 **1.99** ea. — French's Mustard 100 ml or Mustards 100 ml Selected varieties

3.99 ea. — Aunt Millie's Frozen Sweet Potato Fries 1 kg or Potato Wedges Fries 1 kg or Grilled Potato Wedges 1 kg Selected varieties

4.99 ea. — Pierogies Pierogies 1 kg Selected varieties

5.99 ea. — Red Baron Pizza 400 g or Pizza Red Baron 400 g Selected varieties

125 MOI points when you buy any 2 Hellmann's Mayonnaise

5.99 — HELLMANN'S Mayonnaise 890 ml or Mayonnaise 890 ml Selected varieties

4.99 — HELLMANN'S Mayonnaise 445 ml or Mayonnaise 445 ml Selected varieties

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Go Wild with Nature

GoGo squeez Snack Pack 4 x 90 g or GoGo squeez Fruit Snacks 4 x 90 g Selected varieties

11.99 ea. — Lone Mountain Dry Dog Food 2 kg Selected varieties

Snack happy this spring

4.99 ea. — Tim Hortons Cold Cut Combo Cow Chaser 1 kg Selected varieties

5.99 ea. — Bartons Cheese Snacks 6 x 28 g Selected varieties

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Buy any 2 participating items and enter for chance* to win 125k MOI Points

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*No purchase necessary. Open to legal residents of Canada who are at the age of majority in their province of residence. Limited to one (1) entry per eligible person. Entry must be received by Sweepstakes Administrator by May 6, 2022. Random draw will take place on or about May 13, 2022 at 12:00 noon ET. Prizes: Grand Prize (1): $125,000 in MOI points. Approximate Retail Value (ARV) $125,000. Odds of winning depend on the number of eligible entries received. Sponsor: Canada Dental Care Plan Administrative Services Inc. Complete rules and details available online at www.moipoints.com/125kpoints. Contest is subject to all applicable laws. Void where prohibited.

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Discover our selection of gluten-free foods you can savour, safely.

4.49 ea. MADE GOOD GRANOLA BARS OR BITES VARIOUS VARIETIES SELECTED VARIETIES

5.99 ea. THE LIFE BITES VARIOUS VARIETIES SELECTED VARIETIES

5.49 ea. HAPPIE SNACKS CRACKERS VARIOUS VARIETIES SELECTED VARIETIES

ZEVIA SOFT DRINKS OR ENERGY DRINKS VARIOUS VARIETIES SELECTED VARIETIES

7.49 ea.

14.99 ea. NATURE'S NUTS ALMOND BUTTER VARIOUS VARIETIES SELECTED VARIETIES

1.79 ea. PÜR GUM VARIOUS VARIETIES SELECTED VARIETIES

Indulge in gluten-free goodies with a sweet crunch

WALKER'S SHORTBREAD COOKIES VARIOUS VARIETIES SELECTED VARIETIES

4.99 ea.

SCHÄR COOKIES 180 g

6.49 ea.

5.99 ea. TUTTI GOURMET BISCOTTI VARIOUS VARIETIES SELECTED VARIETIES

14.49 ea. ZIS BAKING GLUTEN FREE CAKE MIX 500 g

5.49 ea. MRS. CRIMBLE'S MINI PECAN PIES 180–200 g SELECTED VARIETIES

KIKKOMAN SOY SAUCE VARIOUS VARIETIES SELECTED VARIETIES

8.99 ea.

MUPHETTA HERBAL PICKLE VARIOUS VARIETIES SELECTED VARIETIES

7.49 ea.

Gluten-Free

3.99 ea. Lesserre Bakery 454 g Assorted Flavours 10 day, Gluten Free Cookies

7.49 ea. Halo Top 473 ml Assorted Flavour Gluten Free Ice Cream

2.99 ea. Veggie Straws 28 g Assorted Flavours Veggie Straws

Plant-Based

5.99 ea. Violife 200 g Assorted Flavours Violife Cheese

10.49 ea. Tofutti 473 ml Assorted Flavours Tofutti Frozen Dessert

6.49 ea. Seedwise 454 g Assorted Flavours Seedwise Clusters

8.49 ea. Lesserre Bakery 454 g Assorted Flavours Lesserre Bakery Plant Based Bread

Non-GMO

8.49 ea. Pacific Foods 946 ml Assorted Flavours Organic Pacific Foods Broth

10.99 ea. Frank's 946 ml Apple Cider Vinegar Frank's Red Hot Original Hot Sauce

5.49 ea. Dolcin 454 g Mac & Cheese Dolcin Macaroni and Fromage

5.99 ea. Dalya 454 g Assorted Flavours Dalya Cereal

26.49 ea. Zoing 24 x 355 ml Assorted Flavours Zoing Energy Drink

18.99 ea. Chosen Foods 946 ml Avocado Oil Mayonnaise Chosen Foods Mayonnaise

TASTE YOU CRAVE. GUT HEALTH YOU FEEL.

4.49 ea. Synergy 946 ml Assorted Flavours Synergy Kombucha

Household Helpers

23.99 boosted clean 1 L Cleaner Whitener Brightener Freshener Boosted Clean Laundry Booster

9.99 ea. Luxe Up Laundry Comfy Unstuffed Cube Bassoon

8.49 ea. Resolve Out Stain Remover 946 ml Detached On Stain Resolve

5.79 ea. Liquid Cleaners 946 ml Assorted Fragrances Multipurpose Liquid Cleaner Lysol

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1.89 ea. Glade Oil Air Freshener 17 ml

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JAMIESON VITAMIN B12
SELECTED SIZES
SELECTED VARIETIES
12.99 ea.

9.49 ea. JAMIESON IRON
90 un

11.99 ea. JAMIESON VITAMIN B12
45 - 900 un
SELECTED VARIETIES

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240 un
6.49 ea.

6.49 ea. JAMIESON VITAMIN C
SELECTED SIZES
SELECTED VARIETIES

13.99 ea. JAMIESON ZINC
100 - 200 un
SELECTED VARIETIES

Weight Loss Support

JAMIESON APPLE CIDER VINEGAR
120 un
12.99 ea.

7.49 ea. JAMIESON GINGER SUPPLEMENT
30 un

18.49 ea. JAMIESON PROBIOTIC 10 BILLION
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PLANT POWER
2X more protein*
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PROTEIN DRINK
1.42 L
SELECTED VARIETIES
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CHOCOLATE
50% LESS SUGAR*
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3.49 ea.
NUTMARS CANDY
200 – 270 g
SELECTED VARIETIES.

5.99 ea.
NUTMARS CANDY
300 – 350 g
SELECTED VARIETIES.

70 cents off

5.49 ea.
CHRISTIE FAMILY SIZE COOKIES OR MINI CAKESTERS
SELECTED SKUS
SELECTED VARIETIES

4.49 ea.
PICK PRICE
CHRISTIE
SELECTED SKUS
SELECTED VARIETIES

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BABY'S COOKIES
300 – 350 g
SELECTED SKUS
SELECTED VARIETIES

40 cents off

3.49 ea.
RITZ
CRACKERS
SELECTED SKUS
SELECTED VARIETIES

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3.49 ea.
TRISCUIT OR WHEAT THINS CRACKERS
SELECTED SKUS
SELECTED VARIETIES

70 cents off

5.49 ea.
CHRISTIE RITZ
CRISSCROSS CRACKERS
270 g
SELECTED VARIETIES

4.29 ea.
CRISPERS OR BITS & BITES SNACKS
SELECTED SKUS
SELECTED VARIETIES
WHILE QUANTITIES LAST

*NO PURCHASE NECESSARY. Five ways to win, each time [illegible] or no cash value. Ends Minimum of [illegible] and is valid to the [illegible]. Open to age of majority legal residents of Canada. To contest a prize draw, [illegible] ON M5H 2T6. Contest ends [illegible]. Contest [illegible] Sour Patch Kids Ultimate Festival Trips Contest. Each trip for four people includes [illegible] Escapade, VELD Music Festival and Funded by Park. Travel must be completed within [illegible] of the prize draw. Travel must be completed within [illegible] of the prize draw. Travel must be completed within [illegible] of the prize draw

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INTENSE
BUTTER SAUCE INTENSES
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DOUBLE ADOBO FLAVOUR
4.29 ea.
CRISPERS OR
BITS & BITES SNACKS
145 g
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SOUR PATCH Kids
SHARE SIZE
FORMAT À PARTAGER
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Sour Cherry BLASTERS
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SERIE LIMITÉE
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CANDY
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7.99 ea. MIRACLE WHIP 890 ml SELECTED VARIETIES

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4.49 ea. MIO 162ml ENHANCERS 10 oz. 48 ml SELECTED VARIETIES

4.49 ea. KOOL-AID JAMMERS FRUIT DRINKS 10 x 180 ml SELECTED VARIETIES

3.99 ea. PHILADELPHIA CREAM CHEESE 227 - 250 g SELECTED VARIETIES

5.49 ea. PURE 355 ml SELECTED VARIETIES

4.99 ea. CLASSICO PASTA SAUCE 650 - 700 ml SELECTED VARIETIES

2.69 ea. KRAFT HEINZ BEANS & PASTA SELECTED VARIETIES

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HEINZ MAYONNAISE-STYLE SAUCES

3.99 ea.

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4.49 ea. LIBERTÉ MEDITERRANÉE YOGOURT
500 g
SELECTED VARIETIES

LIBERTÉ
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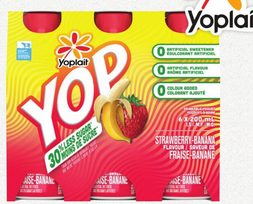
SELECTED VARIETIES

6.49 ea.

3.49 ea. LIBERTÉ YOGOURT
4 x 500 g
SELECTED VARIETIES



5.99 ea. YOPLAIT YOP DRINKABLE YOGOURT
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SELECTED VARIETIES

YOPLAIT MINIGO, TUBES OR SOURCE YOGOURT
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.

YOPLAIT YOP DRINKABLE YOGOURT
200 ml
SELECTED VARIETIES

1.00 ea.

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