VERSION 4

1.99 ea.

Raspberries 12oz
Regular price $4.49
Framboises 12oz
Prix régulier $4.49

1.99 ea. or /lb

Mini Cucumbers 300g
Regular price $3.49 ea. or $6.97 /lb
Mini concombres 300g
Prix régulier $3.49 ea. ou $6.97 /lb
Sweet Peppers, Orange or Yellow Combo Peppers
Regular price $3.49 ea. or $6.97 /lb
Mini poivrons 300g
Prix régulier $3.49 ea. ou $6.97 /lb
Sweet potatoes/Yellow potatoes
Regular price $3.49 ea. or $6.97 /lb

Dates & Red Seedless Grapes
Regular price $7.99 ea. or $15.98 /lb
Dates and Red Seedless Grapes 454g
Prix régulier $7.99 ea. ou $15.98 /lb
Dattes et raisins rouges sans pépins 454g
Regular price $7.99 ea. or $15.98 /lb
Dattes et raisins rouges 454g
Prix régulier $7.99 ea. ou $15.98 /lb

3.99 ea. or /lb

99¢ ea.

Green Onions
Regular price $1.49 ea.
Oignons verts
Prix régulier $1.49 ea.

Get 10% off produce*

moi FRESH CO

when you spend $20 or more on fresh produce

available in store or online

*Valid on purchases of fresh produce without accompanying purchase of other products. Not valid on purchases of gift cards, supplemental health products, tobacco products, alcohol, lottery, prepaid cards, bottle deposits, taxes, or any other fees or charges. Limit one coupon per customer.

Effective April 18 23 | 19 24 | 20 2

Valid Thursday Friday Saturday

VERSION 4

DOZEN ROSES
Assorted colours
Assorted sizes
Each (1) 20.00 ea.
Bouquet de douze roses
Assorted colours
Assorted sizes
Chacune (1) 20.00 ea.

metro
CANADIAN AND PROUD

Fresh Coquina Atlantic or Tassen Coho Salmon Fillets
Fraîche Filets de saumon coho coquina Atlantique ou Tassen
Pacific White Leopard Shrimp Ring
Anneau de crevettes blanches du Pacifique
Fine de Claire Oysters Huîtres Fines de Claire de saumon coho congelés
Or Frozen Wild Atlantic Cod Or Wild Pacific Cod
Morue sauvage de l'Atlantique congelée ou Morue sauvage du Pacifique congelée
10.99 /lb or ea.

GROUND IN-STORE DAILY
MEDIUM
Medium Ground Beef Value Pack Lean 85% 1.36kg/4
Bœuf haché moyen format économique 85% maigre
Beef Patties or Lean or Medium Ground Beef Lean 85% 1.2kg/2
Bœuf haché en galettes ou maigre ou moyen haché Maigre 85% 1.2kg/2
4.88 /lb or ea.

Lean Smoked Mackerel Fillets, Marina Series Salmon or Mahi-Mahi Fillets Filets de maquereau fumé maigre, Filets de saumon Marina ou de Mahi-Mahi
Jumbo Marina Shrimp Tempura Cocktail Kit Trousse de cocktail de crevettes tempura Marina Jumbo
2.99 /100 g

FRESH
Fresh Pork Back Ribs Value Pack or Fresh Pork Tenderloin Value Pack Côtes de dos de porc fraîches ou filet de porc frais de présentation économique 0.85kg
3.99 /lb

Fresh Pork Back Ribs Côtes de dos de porc fraîches
4.99 ea.

Beef Grill Sensations Sizzling Beef Cubes Cubes de bœuf 10 x 0.9kg
Lean Beef Cubes Cubes de bœuf maigre
6.99 /lb

Folgers Classic Roast Ground or Whole Bean Coffee Café moulu ou en grains Folgers Classique
Kicking Horse, Café Willem or Folgers Coffee Café Kicking Horse, Café Willem ou Folgers
16.99 ea.

Post Cereal or Eggo Céréales Post ou Eggo
Shreddies 125 value of $1
2.99 ea.

Black Diamond Cheese Fromage Black Diamond
Marble Cheddar Cheddar marbré
4.99 ea.

Quaker Oats, Nature Valley Sweet or Granola Bars Avoine Quaker, Barres Nut Nature ou Barres granola
Jordan Quakes, Barres Nut Nature or Nature Valley Bars Tremblements Jordan, Barres Nut Nature ou Barres Nature Valley
2.99 ea.

Real Dairy Icecream or Sherbets Crème glacée ou sorbets Le Grand Crème Réel Dairy
Drumsticks 125 value of $1
4.99 ea.

Incredibles Frozen Fruit Fruits surgelés Incredibles
Mixed Berries Mélange de baies
3.99 ea.

Cashmere Bathroom Tissue or Sponge Paper Towels Papier hygiénique Cashmere ou Essuie-tout Sponge Towels
3.99 ea.

Ruffles Chips or Tostitos Tortilla Chips Croustilles Ruffles ou Croustilles tortillas Tostitos
Tostitos 125 value of $1
3.49 ea.

Coca-Cola, Canada Dry or Pepsi Soft Drinks Boissons gazeuses Coca-Cola, Canada Dry ou Pepsi
Coca-Cola, Canada Dry or Pepsi 12 x 355 ml
125 value of $1
7.99 ea.

Effective April 23 24 25 26 27 28 29 2026

4-DAY MEAL DEAL

APRIL 23RD – APRIL 26TH, 2026

YOUR CHOICE 11.99 ea.

X-LARGE

30" X-Large Pepperoni & Cheese Pizza
Pizza extra-large de 30 po au pepperoni & fromage
[illegible]

Hot Mammoth Wings Chicken, 1 kg
Ailes de poulet géant chaud 1 kg

1 KG

15 PCS

12 PCS

10 Hot Tenders,
10 Chicken Wings or
10 Chicken Bites
10 Tendres chaudes,
10 ailes de poulet ou
10 bouchées de poulet

PARTY SIZE

Party Size Deluxe Fruit Salad 2 kg
Salade de fruits de luxe format embouteillage Recall 2 kg

20 PCS

Assorted California Combo or Spicy Tuna Roll Party Pack
Variété Combo California ou Spicy Tuna Roll
Combo: offre valable seulement dans les régions de Montréal et de Québec

Front Street Bakery Mini Dessert Cakes
[illegible]

Mini gâteaux Front Street Bakery
[illegible]

metro.ca

New Lower Prices

7.00 — Buy 2
Dempster's Signature Buns or Whole Grain Bread
Pains signature de Dempster's ou Pain à grains entiers
Michelina's Spring Rolls or Whole Grains Dempster's
Rouleaux de printemps de Michelina's ou Pain à grains entiers de Dempster's
Selected Varieties and Sizes, Limit of 2 Offers at Regular Price
Variétés et formats sélectionnés, Limite de 2 offres au prix régulier

11.99 ea.
Maximum Purchase Limit of Six Regular Offers
Maximum de six offres au prix régulier
High Liner Haddock, Pollock or Cod Fish Bites
Pépites de haddock, de lieu jaune ou de morue de High Liner
Selected Varieties and Sizes, Limit of 2 Offers
Variétés et formats sélectionnés, Limite de 2 offres

16.99 ea. — 125 value of $1
Irresistible Beef Burgers
Burgers irrésistibles de bœuf
Selected Varieties and Sizes
Variétés et formats sélectionnés

3.99 ea.
Carrefour Garlic or Butter Croutons or Boutiques Flair Salad Toppings
Croûtons à l'ail ou au beurre Carrefour ou garnitures à salade Boutiques Flair
Selected Varieties and Sizes
Variétés et formats sélectionnés

2.99 (100 g)
Selection Turkey Breast
Poitrine de dinde Selection
Selected Varieties
Variétés sélectionnées

13.99 ea. — Save $9
Fresh Bangalore or Fruit Cocktail
Melon Bangalore ou Cocktail de fruits
Selected Sizes
Formats sélectionnés

Robert Coffee, Chum Concoctions or Gold Ice Bean Barista Beverages
Boissons Barista Robert Coffee, Chum ou Gold Ice Bean
Celestial Seasonings Assorted Varieties and Sizes
Variétés et formats assortis Celestial Seasonings

4.99 ea. — 60
Lactantia Butter Pecan, Chocolate Hazelnut or Cookies and Cream Ice Cream
Crème glacée au beurre de noix de pacane, au chocolat et aux noisettes ou biscuits et crème de Lactantia
Chex Mix Snack Mix
Mélange collation Chex Mix

5.79 ea.
Natrel Fine Filtered Milk
Lait filtré Natrel
Lactantia Fine Filtered Milk
Lait filtré de Lactantia
Selected Sizes
Formats sélectionnés

6.99 ea.
Nestlé Ciao! Snack Sticks
Bâtonnets Ciao! de Nestlé
Nestlé Coffee Mate Liquid Creamer Sticks or Nestlé Coffee Mate Liquid Creamer
Bâtonnets de crème liquide Nestlé Coffee Mate ou de crème liquide Nestlé Coffee Mate
Nestlé Nesquik Drinkable Chocolate Milk or Nestlé Nesquik Drinkable Chocolate Milk Mini
Boisson au chocolat prêt à boire Nestlé Nesquik ou Boisson au chocolat prêt à boire Nestlé Nesquik Mini
Selected Varieties and Sizes
Variétés et formats sélectionnés

5.49 ea.
Planters Nuts
Noix de Planters
Nuts Planters Mix
Mélange de noix de Planters
Selected Varieties and Sizes
Variétés et formats sélectionnés

3.49 ea.
Dare Cookies or Crackers
Biscuits ou crackers Dare
Selected Varieties
Variétés sélectionnées

5.49 ea.
Cretors Popcorn, Maple Bacon Bites or La Crème Sparkling Water
Maïs soufflé, Bouchées bacon à l'érable ou La Crème pétillante
Selected Varieties and Sizes
Variétés et formats sélectionnés

BUY MORE SAVE MORE — Buy 2
9.00 each when you buy 2 or more
Cadbury Chocolate Bars
Barres chocolatées de Cadbury
Selected Varieties and Sizes
Variétés et formats sélectionnés

Heinz Ketchup or Relish Products
Produits de ketchup ou de relish Heinz
Bushtons Pickles or Cornichons Bick's
Selected Varieties and Sizes
Variétés et formats sélectionnés

4.99 ea.

3.33 ea.
Ben's Original Rice or Ready Rice Side Dish
Riz ou riz prêt à servir Ben's Original
Ben's Original Rice or Ready Rice Side Dish
Riz ou riz prêt à servir Ben's Original
Selected Varieties and Sizes
Variétés et formats sélectionnés

20% off
Carefree or Kotex Feminine Hygiene Products
Produits d'hygiène féminine Carefree ou Kotex
Selected Varieties and Sizes
Variétés et formats sélectionnés
Colgate, Colgate2, Alliance, Reflexion or Rolser Toothbrushes
Brosses à dents Colgate, Colgate2, Alliance, Reflexion ou Rolser
Selected Varieties
Variétés sélectionnées
Palmolive or Ajax Dishwashing Liquid, Dish Wipes or Scrubbers
Liquide vaisselle ou Ajax Dishwashing Liquid, Dish Wipes or Scrubbers
Selected Varieties and Sizes
Variétés et formats sélectionnés
Colgate Palmolive Dishwasher Products or Palmolive Dishwasher Products
Produits de lave-vaisselle Colgate Palmolive ou Produits de lave-vaisselle Palmolive
Selected Varieties and Sizes
Variétés et formats sélectionnés

2.99 ea.

14.99 ea.
Tide or Gain Detergent, Downy Softener, Cascade or Bounty
Détergent Tide ou Gain, assouplissant Downy, Cascade ou Bounty
Selected Sizes
Formats sélectionnés

I earn with moi rewards

6.99 ea. — 85
Nestea Iced Tea
Thé glacé Nestea
Tea Iced Nestea
Thé glacé Nestea
Selected Varieties and Sizes
Variétés et formats sélectionnés

5.99 ea. — 75
Simply Orange Juice
Jus Simply Orange
Simply Orange Juice
Jus Simply Orange
Selected Varieties and Sizes
Variétés et formats sélectionnés

We reserve the right to limit quantities.
NO SALE TO DEALERS OR RESELLERS.
Valid Thursday 11 August 2022 (Week 1) to Wednesday 17 August 2022 (Week 2)

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Recommandations de restaurants Metro inc.

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this week's deals:

Only until April 29, 2026, in-store or online

add your moi rewards coupons

NOW 2.49 ea. SAVE UP TO $1

3.49* ea.

SOBER CARPENTER NON-ALCOHOLIC BEER OR CLEVER MOCKTAILS

355 - 473 ml

SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $1.30

4.29* ea.

KRAFT SALAD DRESSING

425 ml

SELECTED VARIETIES

NOW 12.99 ea. SAVE UP TO $4

16.99* ea.

GERBERA BOUQUET

ASSORTED VARIETIES AND COLOURS

NOW 3.99 ea. SAVE UP TO $1

4.99* ea.

PELMEN PEROGIES

500 g

SELECTED VARIETIES

NOW 7.49 ea. SAVE UP TO $2.30

9.79* ea.

LINDT LINDOR CHOCOLATES

150 g

SELECTED VARIETIES

NOW 6.99 ea. SAVE UP TO $1

7.99* ea.

KRAFT MIRACLE WHIP DRESSING

890 ml

SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moiID account. Limit of one coupon redemption with a moiID 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 — Sunset Seedless Table Grapes / Raisins de table Sunset sans pépins — Product of Chile / Produit du Chili — 1.99kg

4.99 ea. — Strawberries 454g / Fraises 454g — Product of Canada / Produit du Canada — Strawberries 454g / Fraises 454g — Product of Canada / Produit du Canada — Raspberries 170g / Framboises 170g — Product of Canada / Produit du Canada — Nature Or carrot 340g / Carotte Nature Or 340g — Product of Canada / Produit du Canada

2.99 ea. 1.99 — Seedless Cucumber / Concombre sans pépins — Product of Canada / Produit du Canada

99¢ /lb — Green Cabbage / Chou vert — Product of Canada / Produit du Canada — 1.98kg — Chou vert — Product of Canada / Produit du Canada — 1.98kg

1.99 /lb — Large Red Prince Apples / Pommes Prince rouges — Product of Canada / Produit du Canada — 1.36kg — Pommes gravenstein — Product of Canada / Produit du Canada — 1.36kg

3.99 ea. — Blueberries 170g / Bleuets 170g — Product of Canada / Produit du Canada — Mango 170g / Mangue 170g — Product of Mexico / Produit du Mexique

1.99 /lb — Green Zucchini / Courgette verte — Product of Canada / Produit du Canada — Cucumber variety / Concombre variété — Product of Canada / Produit du Canada — 1.36kg

2.99 ea. — Romaine Hearts / Cœurs de romaine — Product of Canada / Produit du Canada — Iceberg Lettuce / Laitue iceberg — Product of Canada / Produit du Canada

3.99 /lb — Red Clementine / Clémentine rouge — Product of Spain / Produit de l'Espagne — Clementine Red / Clémentine rouge — Product of Spain / Produit de l'Espagne — 1.361kg

3.99 /lb — Mini Italian Eggplants / Aubergines italiennes miniature — Product of Canada / Produit du Canada — 0.454kg

5.99 ea. — Sweet Corn / Maïs sucré — Product of Canada, U.S.A. / Produit du Canada, E.U. — Sweet Corn / Maïs sucré — Product of Canada, U.S.A. / Produit du Canada, E.U.

3.99 ea. — Russet Potatoes / Pommes de terre Russet — Product of Canada / Produit du Canada — 5lb / 2.27kg

1.99 /lb — Jumbo Papayas / Papayes géantes — Product of Mexico / Produit du Mexique — 0.907kg

1.99 ea. — Whole Coconut / Noix de coco entière — Product of Mexico / Produit du Mexique

5.99 ea. 4.99 — Dates / Dattes — Product of Israel, Iran, Tunisia / Produit d'Israël, Iran, Tunisie — Organic Dates Medjool / Dattes Medjool biologiques — Product of Israel / Produit d'Israël

3.99 ea. — Wild Wonders Mandarins / Mandarines Wild Wonders — Product of Spain / Produit de l'Espagne — Wild Wonders Mandarins / Mandarines Wild Wonders — Product of Spain / Produit de l'Espagne

4.99 ea. — Chocolate Fawnies Fudge 1.5L / Fudge Chocolat Fawnies 1.5L — Chocolate Fawnies Fudge 1.5L / Fudge Chocolat Fawnies 1.5L

9.99 ea. — Sour Variety / Variété sour — Product of Canada / Produit du Canada — Sour Antioxidant / Sour Antioxidant — Product of Canada / Produit du Canada — Sour Gummies Frozen Treats / Gummies sour Frozen Treats — Product of Canada / Produit du Canada

5.49 ea. — Gusta Regular Mixed Nuts / Noix mélangées régulières Gusta — Product of Canada / Produit du Canada — Gusta Regular Mixed Nuts / Noix mélangées régulières Gusta — Product of Canada / Produit du Canada — Trail Mix Gusta / Mélange de randonnée Gusta — Product of Canada / Produit du Canada

6.49 ea. — Oomé Ready to Eat Smoked Salmon / Saumon fumé prêt à manger — Product of Canada / Produit du Canada — Oomé Spicy Smoked Salmon / Saumon fumé épicé — Product of Canada / Produit du Canada

Organic

3.99 ea. — Organic Kombucha / Kombucha biologique — Product of Canada / Produit du Canada

4.99 ea. — Organic Mini Cucumbers / Mini concombres biologiques — Product of Mexico / Produit du Mexique

3.99 ea. — Organic Mini Sweet Peppers / Mini poivrons doux biologiques — Product of Mexico / Produit du Mexique — Organic Sweet Peppers / Poivrons doux biologiques — Product of Mexico / Produit du Mexique

5.99 ea. — 70 — Little Leaf Farms — Organic Mixed Greens / Mélange de verdures biologiques — Product of Canada / Produit du Canada — Organic Baby Greens / Jeunes pousses biologiques — Product of Canada / Produit du Canada

Sliced & Diced

1.49 /lb — Seedless Watermelon Quarters / Quartier de melon d'eau sans pépins — Product of Canada / Produit du Canada — 2.268kg

5.99 ea. — Ready to use Vegetables / Légumes prêts à utiliser — Product of Canada / Produit du Canada — Julienne Veggies / Légumes prêts à cuire en julienne — Product of Canada / Produit du Canada

5.99 ea. — Canned Pineapples / Ananas en boîtes — Product of Mexico / Produit du Mexique

10.99 ea. — FAMILY SIZE — Family Size Salads / Salades en format familial — Product of Canada / Produit du Canada

Fresh Blooms

12.99 ea. — Fresh Sunflowers / Tournesols frais — Product of Canada / Produit du Canada

11.99 ea. — Kalanchoe — Product of Canada / Produit du Canada — Rose — Product of Canada / Produit du Canada

4.99 ea. — African Violet — Product of Canada / Produit du Canada — Violette africaine — Product of Canada / Produit du Canada

April is Buffalo Month — 2 — 20.00 — Buffalo — Product of Canada / Produit du Canada — Gerbera — Product of Canada / Produit du Canada

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

11.88 /lb — Beef Grill Pitmaster Rib Roast/Côte Pitmaster Grill Rôti Prime Grade Angus Beef
Alberta Beef Grill Pitmaster Rib Roast/Côte Pitmaster Grill Rôti Prime Grade Angus Beef
Côte de bœuf de pitmaster, choix, B.C./Alberta ou AB/SK grillé, rôti ou à rôtir
Côte de bœuf de pitmaster, de l'Alberta ou de la C.-B./AB/SK, qualité Prime, Angus

12.88 /lb — 100% Canadian Angus Beef — Beef Grill Crazy Canuck Rubbed Rib Roast
Beef Grill Crazy Canuck Rubbed Rib Roast
Côte de bœuf du premier choix B.C./Alberta frottée à désvoyer
Côte de bœuf du premier choix B.C./Alberta, qualité Canuck

5.99 /lb — Yorkshire Valley Farms Organic Fresh Whole Free Range Chicken
Yorkshire Valley Farms Poulet Entier Biologique Frais Élevé en Liberté
Poulet biologique frais Yorkshire Valley Farms entier en liberté, qualité biologique
1.32 kg

26.99 /lb — Alberta Beef Grill Rump Steak Pitmaster Grill
Alberta Beef Grill Rump Steak Pitmaster Grill
Rôtissoire de l'Est de bœuf Alberta Pitmaster Grill
Rôtissoire de l'Est de bœuf Alberta, qualité Pitmaster Grill
1.32 kg

6.99 ea. — FAST FRY — Boneless Pork Loin Chops
Boneless Pork Loin Chops
Côtelettes de longe de porc désossées
Côtelettes de longe de porc désossées
0.454 kg

7.99 ea. — Alberta Beef Grill Rump Steak Pitmaster Grill
Alberta Beef Grill Rump Steak Pitmaster Grill
Rôtissoire de l'Est de bœuf Alberta Pitmaster Grill
Rôtissoire de l'Est de bœuf Alberta, qualité Pitmaster Grill
1.32 kg

5.99 ea. — PRIMAL — Regular Lean Ground Beef
Regular Lean Ground Beef
Bœuf haché régulier maigre
Bœuf haché régulier maigre
0.454 kg

13.99 /lb — FRESH — French Lamb Loin Chops
French Lamb Loin Chops
Côtelettes françaises
Côtelettes françaises
0.454 kg

4.99 ea. — Maple Leaf Chicken Kabob
Maple Leaf Chicken Kabob
Brochette de poulet
Brochette de poulet Maple Leaf

4.99 ea. — Mini Angus Pub Meatballs
Mini Angus Pub Meatballs
Boulettes de viande Mini Angus

4.99 ea. — Smoke Chief Smoked Sausages
Smoke Chief Smoked Sausages
Saucisses fumées Smoke Chief
Saucisses fumées Smoke Chief

5.99 ea. — Breakfast Sausages
Breakfast Sausages
Saucisses à déjeuner
Saucisses à déjeuner

5.99 ea. — Irresistible — Irresistible Appetizers
Irresistible Appetizers
Délices irrésistibles
Délices irrésistibles

5.49 ea. — Maple Ridge Chicken Balls
Maple Ridge Chicken Balls
Boulettes de poulet Maple Ridge

11.99 ea. — SWISS CHALET — Swiss Chalet, St-Hubert or Montreal Steak Fries
Swiss Chalet, St-Hubert or Montreal Steak Fries
Frites de steak Swiss Chalet, St-Hubert ou Montreal

13.99 ea. — Bone Declined Springbuck Beef Loin Grills
Bone Declined Springbuck Beef Loin Grills
Grillades de longe de springbuck de bœuf sans os
Grillades de longe de springbuck de bœuf sans os, Canada/Namibia

Organic

14.99 ea. — ORGANIC — Yorkshire Valley Farms Organic Chicken Burgers
Yorkshire Valley Farms Organic Chicken Burgers
Burgers de poulet biologique Yorkshire Valley Farms
Burgers de poulet biologique Yorkshire Valley Farms, 340 g

15.99 ea. — ORGANIC — Yorkshire Valley Farms Organic Chicken Burgers
Yorkshire Valley Farms Organic Chicken Burgers
Burgers de poulet biologique Yorkshire Valley Farms
Burgers de poulet biologique Yorkshire Valley Farms, 340 g

17.99 ea. — Yorkshire Valley Farms Organic Chicken Meatballs
Yorkshire Valley Farms Organic Chicken Meatballs
Boulettes de poulet biologique Yorkshire Valley Farms
Boulettes de poulet biologique Yorkshire Valley Farms, 340 g

8.99 ea. — LUBECO — Lubeco Organic Bacon
Lubeco Organic Bacon
Bacon biologique Lubeco
Bacon biologique Lubeco, 340 g

Halal

10.99 ea. — Halal — Beef Burgers
Halal Beef Burgers
Burgers de bœuf Halal
Burgers de bœuf Halal, 454 g

11.99 ea. — NEW — Halal Beef Patties
Halal Beef Patties
Galettes de bœuf Halal
Galettes de bœuf Halal, 454 g

14.99 ea. — Halal Fresh Chicken Wings
Halal Fresh Chicken Wings
Ailes de poulet Halal
Ailes de poulet Halal, 1.36 kg

8.99 ea. — Halal Fresh Chicken Breast
Halal Fresh Chicken Breast
Poitrine de poulet Halal
Poitrine de poulet Halal, 1.36 kg

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

FRESH

THRILL YOUR GRILL

12 x 355 ml bottles

DISTINGUISH YOUR GRILL

34.99 plus deposit

Meat & seafood lovers will enjoy our variety of kabobs, burgers & more.

7.99 kg SEASONED BEEF SLIDERS BURGERS 1.25kg

7.99 kg STORE MADE SEASONED BEEF BURGERS 1.50kg Item 20 (MARTIN)

11.99 kg RED GRILL BEEF SHORT RIBS 1.5 kg Item 1 (Valid 04-08-2018) (EXCLUDES GRADE SELECT)

7.99 kg FRESH BONELESS SKINLESS CHICKEN THIGHS 1.50kg

5.99 kg BONELESS PORK LOIN CHOPS HIGH RIDGE, CENTRE CUT 1.5 kg

6.99 ea. TRE STELLE HALLOUMI CHEESE 250 g

9.99 ea. CHICKEN GRILLING SAUSAGE 375 g

9.99 kg FRESH STORE MADE BEEF KABOBS OR PORK 1.25 kg Item 1 (Valid 04-08-2018) (EXCLUDES GRADE SELECT)

5.99 kg STORE MADE SAUSAGES 1.25 kg Item 20 (MARTIN) (EXCLUDES GRADE SELECT)

3.99 ea. ROCK LOBSTER TAIL 340 g Item 1 (Valid 04-08-2018) (EXCLUDES FROZEN, 10 g)

3.99 ea. BACON WRAPPED SCALLOP MEDALLION SKEWER 340 g (EXCLUDES FROZEN, 10 g)

3.99 ea. FRESH STORE MADE SALMON KABOBS 180 g Item 1 (Valid 04-08-2018)

1.29 ea. PACIFIC WHITE SHRIMP SKEWERS FROZEN 2 x 90 g (EXCLUDES FROZEN, 10 g)

Seafood

Irrésistible

Deli Favourites

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FLAVOURS OF italy

JUMBO

Front Street Bakery
Our Absolute Fabrics

Front Street Bakery

5.99 ea. Front Street Bakery Donuts 6 or 12 ct. 360 g – 720 g. Assorted Front Street Bakery 36.0 g – 54.0 g. ONTARIO DELIVERABLE

Front Street Bakery

4.99 ea. Front Street Bakery Blueberry or Almond Muffins 6 ct. 360 g. Cake Cup 6 ct. 540 g. ONTARIO DELIVERABLE

4.29 ea. Front Street Bakery Bagels 6 ct. 510 – 612 g. Front Street Bakery Buns 6 ct. 510 – 540 g.

4.99 ea. Front Street Bakery Scones 4 ct. 360 g. Front Street Bakery Loaves 1 ct. 450 – 540 g. ONTARIO DELIVERABLE

Spring Desserts

22.99 ea. Front Street Bakery Triple Strawberry or Triple Fruit Bunter Cake 1 ct. Citrus Bunter Front Street Bakery quartr triple fruitcake or Irish Coffee 1 ct.

7.99 ea. Front Street Bakery Strawberry Cheesecake Pie 1 ct. 1.0 kg. Tarte à la crème pâtissière Front Street Bakery quarter de fraises 1 ct.

12.99 ea. Front Street Bakery Strawberry Cake 1 ct. 1.0 kg. ONTARIO DELIVERABLE Front Street Bakery Tiramisu 1 ct. 1.0 kg. ONTARIO DELIVERABLE

4.49 ea. Front Street Bakery Cinnamon Bun, Wild Blueberry Bun or Pecan Bun 4 ct. Pain Front Street Bakery Cinnamon Bun or Pecan Bun 4 ct. 360 g. ONTARIO DELIVERABLE

3.99 ea. Premium Mexican Baguettes, Cuban Baguettes, Baguettes Premium Mexicaines 270 g. ONTARIO DELIVERABLE

6.49 ea. Versailles Mini Muffins 24 g. Mini-muffins Versailles 24 g. ONTARIO DELIVERABLE

6.99 ea. Versailles Butter Tarts 50 g. ONTARIO DELIVERABLE Tartelettes au beurre Versailles 50 g. ONTARIO DELIVERABLE

8.99 ea. Cathedral Bakehouse Bread 454 g. Pain Cathedral sans gluten 454 g. ONTARIO DELIVERABLE

3.99 ea. Stonefire Mini Naan Rounds or Dippers 90 – 95 g. Pains ronds Stonefire mini naan ronds ou dippers 90 – 95 g.

4.99 ea. Dempster's 10" Tortillas 10 ct. 340 g. Tortillas Dempster's 10 po 10 ct. 340 g. ONTARIO DELIVERABLE

3.99 ea. D'Italiano Breads 454 g. Pains D'Italiano 454 g. ONTARIO DELIVERABLE

Snacks & Beverages

3.49 ea. 24 PACK Saturday Sparkling Water 355 ml. Eau de source naturelle Saturday 355 ml. ONTARIO DELIVERABLE

4.99 ea. Stacy's Pita Chips 184 g – 255 g. Croustilles de pita Stacy's 184 g – 255 g. ONTARIO DELIVERABLE

3.69 ea. 2 ct Energy Drink 473 ml. Boisson énergisante 473 ml. ONTARIO DELIVERABLE

6.99 ea. Assorted Sparkwater 355 ml. Assorts Sparkwater sans alcool 355 ml. ONTARIO DELIVERABLE

24.99 ea. Corona Cero 12 ct. Bière de malt Bière Corona Cero 12 ct. ONTARIO DELIVERABLE

7.99 ea. 125 mg Caffeine 12 ct. Fuze Iced Tea 1.75 L. The glacé Fuze 1.75 L. ONTARIO DELIVERABLE

3.99 ea. Snyder's Pretzel Snacks 200 – 250 g. Bouchées de bretzels Snyder's 200 – 250 g. ONTARIO DELIVERABLE

5.79 ea. Tostitos Salsa 415 ml. Salsa Tostitos 415 ml. ONTARIO DELIVERABLE

8.29 ea. Ritz Crackers 200 – 300 g. Biscuits Ritz 200 – 300 g. ONTARIO DELIVERABLE

4.99 ea. Tim Tam Cookies 200 – 300 g. Biscuits Tim Tam 200 – 300 g. ONTARIO DELIVERABLE

5.49 ea. 70 ¢ OFF Ritz or Thins Crackers 200 – 300 g. Biscuits Ritz ou Thins 200 – 300 g. Ritz Bits Sandwiches 300 g. ONTARIO DELIVERABLE

4.49 ea. Excel Gum 40 ct. Gomme Excel 40 ct. ONTARIO DELIVERABLE

3.99 ea. Mountain Dairy Rice Pudding 425 – 500 g. Pouding au riz Mountain Dairy 425 – 500 g. ONTARIO DELIVERABLE

10.99 ea. Smucker's Uncrustables Sandwiches 10 ct. 907 g. Uncrustables Smucker's 10 ct. 907 g. ONTARIO DELIVERABLE

6.99 ea. Pirate's Pizza Pops 6 ct. 300 g. Pops de pizza Pirate's 6 ct. 300 g. ONTARIO DELIVERABLE

4.99 ea. Mac & Cheese 200 – 250 g. Macaroni au fromage 200 – 250 g. ONTARIO DELIVERABLE

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4.99 EA. ESKA NATURAL SPRING WATER 24 x 330 ml, 12 x 330 ml SELECTED VARIETIES

SPLENDA WATER SWEETENER 50 CT SELECTED VARIETIES

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Bonne Maman Jam Spread 250 mL/ 8.5 fl oz
Bonne Maman Jelly 250 mL/ 8.5 fl oz
2.99 ea. | 40 POINTS

Del Monte Fruit Cocktail 398 mL/ 14 fl oz
Fruits Del Monte Mandarin Orange 398 mL/ 14 fl oz
3.29 ea.

Mazola Cholesterol Free Margarine 454 g/ 16 oz
Mazola Unsalted Margarine 454 g/ 16 oz
6.49 ea. | 70 POINTS

Kellogg's Rice Krispies 900 g/ 31.8 oz
Kellogg's Rice Krispies Multigrain 900 g/ 31.8 oz
5.49 ea.

Gold Seal Sockeye Salmon 213 g/ 7.5 oz
Gold Seal Sockeye Salmon or Lemon and Herb Seasoned Sockeye Salmon 213 g/ 7.5 oz
6.49 ea.

Aylmer Condensed Tomato Soup 284 mL/ 10 fl oz
Aylmer Condensed Tomato Soup 284 mL/ 10 fl oz
3.19 ea.

Cock-a-doodle Signature or Cock-a-doodle Homestyle Pancakes 454 g/ 16 oz
Cock-a-doodle Fruit Bowl Signature or Cock-a-doodle Homestyle Pancakes 454 g/ 16 oz
4.49 ea.

Twin Sugar Sweetener 1 kg/ 35.2 oz
Twin Sugar Sweetener Enhanced Sugar Twin 1 kg/ 35.2 oz
6.29 ea.

Harvest Snaps Lentil Snack 113 g/ 4 oz
Harvest Snaps Pea Snack 113 g/ 4 oz
4.79 ea. | 70 POINTS

Ready Soup 540 mL/ 18 fl oz
Ready Soup Lentil Soup 540 mL/ 18 fl oz
4.99 ea.

Tazo Tea 20 g/ 0.7 oz
Tazo Tea 20 g/ 0.7 oz
90 POINTS
7.49 ea.

Nutella Hazelnut Spread 725 g/ 25.5 oz
Nutella Hazelnut Spread 725 g/ 25.5 oz
10.49 ea.

MADE WITH REAL FRUIT. THAT'S SO NOT BORING.

iögo Nappy Cow Yogurt 650 g/ 22.9 oz
8.49 ea.

Hungry-Man Frozen Meal 280 g/ 9.9 oz
Hungry-Man Frozen Meal 280 g/ 9.9 oz
6.99 ea.

Silk Beverage 946 mL/ 32 fl oz
Silk Beverage 946 mL/ 32 fl oz
2 ea. 9.00

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Natrel Milk 1 L/ 33.8 fl oz
6.69 ea.

Natrel Butter 454 g/ 16 oz
6.99 ea.

Natrel Lactose Free Cheddar Cheese 200 g/ 7 oz
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BASKIN-ROBBINS Ice Cream 1.5 L/ 48 fl oz
9.99 ea.

Häagen-Dazs EXTRÄAZ Ice Cream 473 mL/ 16 fl oz
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Cheerios Multigrain Cereal 1 L/ 33.8 fl oz
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Betty Crocker Potato Mix 1 L/ 33.8 fl oz

Nature Valley Granola Bars 1 L/ 33.8 fl oz
2.99 ea.

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**Minimum 2 Cheerios Multigrain Cereal, Betty Crocker Potato Mix, Nature Valley Granola Bars, Old Fashioned Oatmeal, Quaker Oatmeal Squares, Quaker Oatmeal Bars, Quaker Oatmeal Cookies, Quaker Chewy Granola Bars, Quaker Chewy Dipps, Quaker Rice Cakes, Quaker Popcorn Cakes, Quaker Mini Rice Cakes, Quaker Popcorn Chips, Quaker Chips, Quaker Pancake Mix, Quaker Pancake Syrup, Quaker Grits, Quaker Instant Oatmeal, Quaker Instant Grits, Quaker Instant Cream of Wheat, Quaker Instant Farina, Quaker Instant Cream of Rice, Quaker Instant Cream of Buckwheat, Quaker Instant Cream of Quinoa, Quaker Instant Cream of Multigrain, Quaker Instant Cream of Oat Bran, Quaker Instant Cream of Barley, Quaker Instant Cream of Rye, Quaker Instant Cream of Spelt, Quaker Instant Cream of Kamut, Quaker Instant Cream of Teff, Quaker Instant Cream of Millet, Quaker Instant Cream of Sorghum, Quaker Instant Cream of Amaranth, Quaker Instant Cream of Wild Rice, Quaker Instant Cream of Brown Rice, Quaker Instant Cream of Red Rice, Quaker Instant Cream of Black Rice, Quaker Instant Cream of Quinoa, Quaker Instant Cream of Buckwheat

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