VERSION 7

CUT BY OUR BUTCHERS

6.88 /lb

BEEF LOIN L. MUSCLE ROUNDS ROAST OR VALUE PACK STEAK
BŒUF DE LOMBO ÉTAGE ÉTAGE RÔTI OU PAQUET À VALEUR
0.15kg

2.88 ea.

MAPLE LEAF
BACON 375 g
BACON ÉRABLE

CUT BY OUR BUTCHERS

BONELESS

2.99 /lb

BONELESS PORK LOIN CHOPS VALUE PACK OR GRILL
0.15kg

9.99 /lb or ea.

FRESH ATLANTIC SALMON FILLETS VALUE PACK
SAUMON ATLANTIQUE FRAIS EN FILETS PAQUET À VALEUR
SHRIMP PRIME WILD JUMBO ARGENTINA RED SHRIMP
CREVETTE PRIME WILD JUMBO ARGENTINE ROUGE
0.15kg PER LB/KG

moi rewards member price

9.99 ea.

SPECIAL PRICE
1.99
for non-members

Effective April - May 30 1

VERSION 1

FRESH CUT TULIPS
1 CLUSTER
ASSORTED COLOURS
pick Ontario
12.99 ea.

metro
CANADIAN AND PROUD

CORED PINEAPPLES
Fully
3.99 ea.

STRAWBERRIES 454 G
PRODUCE OF CANADA, MEXICO OR PERU
Fresh
2.44 ea.

CREDIT CAP ULTIMATE TURKEY 1.1 KG
ORIGINAL ENZA 1.1 KG
CREDIT CAP ULTIMATE CRÈME BRÛ 1.1 KG
CREDIT CAP ULTIMATE FRUIT AND HONEY CHEESECAKE 1.1 KG
VARIOUS OR SPECIAL PRICES AVAILABLE
40% OFF

BONELESS CUCUMBERS
PRODUCE OF MEXICO, CANADA, CHINA
99¢ ea.

FRONT STREET BAKERY
BLUEBERRY CRUMB
OR APPLE CRUMB
VARIOUS OR SPECIAL PRICES AVAILABLE
6.99 ea.

ASSORTED COLOUR
SWEET PEPPERS 454 G
PRODUCE OF MEXICO OR PERU
3.99 ea.

PHILADELPHIA CREAM CHEESE,
CHEEZ WHIZ, ALLIGATOR CHEESE OR BRIE
VARIOUS OR SPECIAL PRICES AVAILABLE
3.99 ea.

ACTIVIA FRAGRANT, CRISPY JUICE OR
NESCAFÉ INSTANT COFFEE
VARIOUS OR SPECIAL PRICES AVAILABLE
125 value of $1
6.49 ea.

18 PACK
SELECTION EGGS
VARIOUS OR SPECIAL PRICES AVAILABLE
4.88 ea.

HÄAGEN-DAZS ICE CREAM OR DRUMSTICK
VARIOUS OR SPECIAL PRICES AVAILABLE
4.99 ea.

LAY'S PRESSED CHIPS,
SUN VALLEY CHIPS OR
SUNCHIPS OR TORTILLAS
VARIOUS OR SPECIAL PRICES AVAILABLE
2.99 ea.

2.6 PACK
6 x 710 ML
ESKA NATURAL SPRING WATER
OR COCA-COLA, DIET COKE OR
COCA-COLA ZERO SUGAR SOFT DRINKS
VARIOUS OR SPECIAL PRICES AVAILABLE
3.99 ea.

11-24 ROLL
CASHMERE
ULTRA SOFT TOILET
PAPER, SPRING WATER
TOWELS OR
TOILET TISSUE
VARIOUS OR SPECIAL PRICES AVAILABLE
125 value of $1
5.99 ea.

3 L
UNICO
SUNFLOWER OIL
Quantities limited
9.99 ea.

LACTANTIA
PURIFIER
VARIOUS OR SPECIAL PRICES AVAILABLE
3.99 ea.

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

ONLY 99¢ ea.

GREAT PRICE!

IRRESISTIBLE CHIPS 125 g-150 g VARIETIES

99¢ ea.

MICHELINA'S FROZEN MEALS 227 g-340 g VARIETIES OR BURRITOS 156 g-170 g VARIETIES

99¢ ea.

BEN'S ORIGINAL RICE 1 LIVRE / RICE 454 g VARIETIES

99¢ ea.

MONTELLIER SPARKLING WATER, POWER ICE ENERGY DRINK, ORIGINAL ICED TEA, PEACHES & GREEN TEA 355 ml-591 ml VARIETIES

99¢ ea.

HERSHEY, REESE'S OR CADBURY CHOCOLATE BARS 41 g-50 g VARIETIES

99¢ ea.

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New Lower Prices

2 for 7.00 — CAMPBELL'S SOUPS, VEGETABLE BEEF, MINESTRONE, TOMATO, WHITE BEAN & HAM, CHICKEN NOODLE, CHICKEN & STARS, CHICKEN & RICE, BONE BROTH 284 mL–1.36 L

2.99 ea. — MAPLE LEAF CHICKEN BREAKFAST SANDWICHES 700 g

13.99 lb. — HIGH VISCOSITY EN FRUIT CARROTS 1 lb / 454 g

4.99 ea. — MAPLE LEAF TOP CHOICE OR SCHNEIDERS RED HOTS OR FRYERS BACK PACK 454–1.36 kg

6.99 ea. — BATTLEGROUND CHEESTIES OR GOURMA CHEESE 454–1.36 kg

6.99 ea. — MAPLE LEAF FAMILY PACKS 1.1–1.36 kg, BONE IN CHICKEN OR BONE IN HAM OR SHRIMP 1.36–1.81 kg

2 for 14.00 — VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS 2 x 340 g

5.99 ea. — ALL ORIGINAL CLASSIC WHITE OR SEMI-SOFT MARGARINE 454 g

6.49 ea. — NATREL FRUIT FLAVOURED MILK 2 L

10.99 lb. — SOCIAL HOUR GROUND COFFEE 340 g

4.99 ea. — KELLOGG'S CEREAL OR THERMACARE 350–1.12 kg

2.99 ea. — GRAPTOR CRACKERS 300–350 g

2.99 ea. — HARIBO GOLDBAREN OR HARIBO CHOCOLATE BARS 200 g

4.49 ea. — MISS VICKIE'S CHIPS 200–235 g

2.22 ea. — CHEEZ IT BAKE COUNTER, CRACKER OR PEANUT 200–450 g

3.49 ea. — SKINNY POP POPCORN, HARVEST CHIPS 100–142 g

5.99 ea. — DR. OETKER RISTORANTE OR CASA DI MAMMA PIZZA 340–425 g

5.99 ea. — FRANK'S SAUCE 354 mL OR MAYONNAISE 325–500 g

2.49 ea. — PRINGLES 156–200 g

KNORR BOUILLON CUBES, CHICKEN, CAMPBELL'S CONSOMMÉ 66–84 g

1.99 ea. — CAMPBELL'S 284 mL

3.49 ea. — OLD EL PASO COMPONENTS TORTILLAS, TACO SHELLS, TACO SEASONING 300–454 g

I earn with moi rewards

125 moi points — 6.99 ea. — NESTLÉ ICE TEA 1.75 L OR CLUB PACK 8 x 355 mL

90 moi points — 23.99 ea. — TIDE 100 LOAD HE PODS, DISINFECT SOFTWASH, LIQUID, CASCADE OR DISHWASH 1.06–1.8 L

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

We reserve the right to limit quantities.
NO SALE OF TOBACCO PRODUCTS AND PAPERS.
Flyer Valid: Thursday 21 April 09:00 until Wednesday 27 April 2026

Visit us at: metro.ca
Store opening hours: Monday to Friday 8:00 AM – 9:00 PM
Saturday 9:00 AM – 9:00 PM
Sunday 10:00 AM – 6:00 PM

Find us on Facebook, Instagram and TikTok

Prices in Canadian dollars unless otherwise indicated. Prices include vendor rebates and taxes. Prices may vary in some territories. No 25¢ (CAD) or 10¢ (Que.) deposit on bottles. Prices and quantities may vary in some stores. Unless otherwise specified, quantities are for sale while supplies last. Some products may be not available in some stores. Product photos may differ from actual product. Some Metro Express Delivery, Metro Plus, Metro and Independent Flyer Pickup services. Please see the Customer Service desk at your Metro for full details. Prices in effect starting Thursday. Flyer valid only in the

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 SUNSWEET PLUMS 454g

3.99 ea. — RASPBERRIES 170g / BLACKBERRIES 170g

2.99 ea. — BELLA CRIMINI MUSHROOMS OR CRAZY MUSHROOMS 227g

4.99 ea. — SWEET CORN 5 PK

4.99 ea. — AVOCADOS 5 PK

1.99 /lb — LARGE RED PRINCE APPLES

4.99 ea. — 3.99 ea. — MINI CUCUMBERS 227g

2.49 /lb — GREEN OR YELLOW BANANAS

1.99 ea. — LARGE RED OR HONEY CRISPIN MANGOES

2.69 /lb — LARGE FORELLE PEARS

3.49 ea. — SWEET MINITES CARROTS 454g

3.49 ea. — KALE OR GREEN LEAFY CHARD OR SWISS CHARD

5.49 ea. — KIWI BASKETS 907g

2.99 /lb — CRISP & JUICY CLEMENTINES

3.99 ea. — RUSSET POTATOES 5 lb

2.49 ea. — SPRINKLES SWEET TANGERINES

3.99 ea. — GOLDENBERRIES 453

4.99 /lb — COTTON CANDY GRAPES

7.99 ea. — GUSTA VEGAN GARLANDS 340

6.49 ea. — VEGENAISE MAYONNAISE

Organic

GREENWISE ORGANIC PROTEIN SHAKES 414 mL — 4.99 ea.

2.49 ea. — ORGANIC SEEDLESS CUCUMBERS

ORGANIC GARLIC 454g — 3.49 ea.

2.99 ea. — LIFE SPAN ORGANIC PLAIN FIRM TOFU 454g

Sliced & Diced

2.99 ea. — DIP-CONNO CUPS

1.49 /lb — SEEDLESS WATERMELON QUARTERS

5.99 ea. — SMALL TACO DIP

14.99 ea. — PARTY SIZE GREEK FRUIT SALAD

Fresh Blooms

12.99 ea. — 2 PK 34.00 ea. 18.99 ea. — EUROPEAN GARDENS BUCKETS

46.99 ea. — INDOOR GARDEN ASSORTMENT

21.99 ea. — 2ND CLOSEUP ORCHID

metro.ca

Our Butcher's Finest

FAST FRY

3.99 /lb BONELESS PORK LOIN CHOPS 0.5 kg/ea. Extra 2.00 /ea.

125 Minimum 1.5 kg

8.99 /lb LIFE SMART NATURAL® GRAIN FED BONELESS FRESH AL JUS ROAST 1.0 kg/ea. Extra 10.00 /ea.

13.99 /lb BEEF LOIN CHOPS 0.5 kg/ea. Extra 7.00 /ea.

Organic

125 Minimum 1.5 kg

YORKSHIRE VALLEY® Farms

4.99 /lb YORKSHIRE VALLEY® FARMS ORGANIC FRESH CHICKEN DRUMSTICKS VALUE PACK 1.0 kg/ea. Extra 10.00 /ea.

19.99 /lb PLATINUM GRILL ANGUS STRIP LOIN STEAK 0.5 kg/ea. Extra 10.00 /ea.

Selection Canadian Angus

1 KG

Organic

YORKSHIRE VALLEY® Farms

10.99 ea. YORKSHIRE VALLEY® FARMS ORGANIC FRESH CHICKEN WINGS 1.0 kg/ea. Extra 11.00 /ea.

6.99 ea. LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 454 g/ea. Extra 3.00 /ea.

Fresh Cut

FAST FRY

9.99 /lb FRESH STORE MADE MEAT KABOBS 0.5 kg/ea. Extra 5.00 /ea.

Selection Irrésistible

1.99 ea. SELECTION CHICKEN WIENERS 454 g

5.99 /lb SELECTION PEANUTS, STYLE BACON 1.0 kg/ea. Extra 2.00 /ea.

4.99 ea. IRRESISTIBLES CHICKEN BREAKFAST STRIPS 454 g/ea. Extra 2.00 /ea.

5.99 ea. IRRESISTIBLES LAMYSAN DRY CURED BACON 375 g/ea. Extra 3.00 /ea.

6.99 ea. SELECTION BREADED CHICKEN 454 g/ea. Extra 2.00 /ea.

11.99 ea. SELECTION CHICKEN WINGS 907 g/ea. Extra 3.00 /ea.

8.99 ea. IRRESISTIBLE PORCHETTA 454 g/ea. Extra 2.00 /ea.

17.99 ea. IRRESISTIBLE BEEF BURGERS 907 g/ea. Extra 3.00 /ea.

BBQ Favourites

50 Extra Value

3.99 ea. BUTTERBALL® TURKEY FRIANDS 454 g

125 Minimum 1.5 kg

6.99 ea. MAPLE LEAF® FRESH BREADED CHICKEN SCHNITZEL OR CORDON BLEU 907 g

125 Minimum 1.5 kg

12.99 ea. SUNNYSIDE COWBOY STEAKS 750 g

125 Minimum 1.5 kg

18.99 ea. THE BIG BURGER BRAND BEEF BURGERS 907 g/ea. Extra 3.00 /ea.

6.99 ea. JOHNSONVILLE® SMOKED SAUSAGE 375 g/ea. Extra 2.00 /ea.

6.99 ea. MAPLE LEAF® FRESH BREAKFAST SAUSAGES 454 g/ea. Extra 2.00 /ea.

8.99 ea. LEGACY® PORK CHOPS 0.5 kg/ea. Extra 5.00 /ea. PORK TENDERLOIN 454 g/ea. Extra 2.00 /ea.

14.99 ea. BURTON'S® CHARCUTER PORK BELLY, PORK SLICE & BONE, SMOKED SAUSAGE 907 g/ea. Extra 3.00 /ea.

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. FROZEN BASA FILLETS

11.99 /lb. FRESH MARINATED OR STUFFED SALMON

2 FOR $10.00 — **5.99** ea. FRESH CANADIAN CHOC. ONGING MUSSELS

3.99 SELECTION MOUSSEUSE FROM

8.99 /lb. CLUB HOUSE CRAB & SHRIMP SALAD OR CRAB SALAD

907¢ — **11.99** ea. FROZEN WHOLE ANCHOVIES

4.49 ea. OCEAN PRIME CLAMS

4.99 ea. CLUB HOUSE SCALLOPS — 125 VARIETIES OF EP

6.99 ea. NATURELLE SLAPPA FILLETS

13.99 ea. BOX OF 24 — KIRKIN BREADED SEAWEED SNACKS

Irrésistible

8.99 ea. IRRÉSISTIBLE BABY BUBBA CHICKEN

8.99 ea. IRRÉSISTIBLE GRAPEFRUIT CHERRY PIPING

13.99 ea. IRRÉSISTIBLE MILLEFEUTRE CHOCOLATE MILLEFEUTRE

NOW **17.99** — IRRÉSISTIBLES CHICKEN CLUB OR VILLAGER VEGETABLE PASTA PIPING

Deli Favourites

3.49 /100 g. BLACK FOREST HAM

3.79 /100 g. THE WHOLE ROAST BEEF

3.99 /100 g. LEGENDARY CITY WATER CHEDDAR CHEESE

5.99 /100 g. DE LAVEYE SWISS CHEESE

50 — **6.49** ea. PRIME 3 SLICED MELANGE

8.79 ea. SAN AMETTI — BRUSCHETTA BOCCONCINI OR GRILLED LABEL PEPPERONI

IRRÉSISTIBLE BONELESS PERSIANO OR MENTHOL

13.99 ea. — 250 VARIETIES OF EP

4.49 /100 g. BRAUNSCHWEIGER WITH CHERVIL

50 — **6.49** ea. OLYMPIC SLICED DELI MELAT

11.49 ea. — 125 VARIETIES OF EP — MAPLE ANGUS PULLED PORK, PANKO CALAMARI OR CHICKEN QUARTERS TRAY

7.49 ea. BAZAAR DIP — MUSHROOMS, CHEESE OR BAZAAR DIP

7.99 ea. — 125 VARIETIES OF EP — THE STELLA STILTON CHEESE

5.00 ea. FRESH 2 OR 3 BOTTLE SAMPLER OR SAMPLER WITH SOUVENIR GLASS

5.99 ea. — SUPERIOR SAINT SALAMI OR BRUSCHETTA

9.99 ea. FRESH CUT PICKLED BEET — 125 VARIETIES OF EP

7.99 ea. — FRESH & GO — FRESH CHOC CHIP HALF CHICKEN

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

FRESH FOOD FOR EVERYONE

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 Fudge!

4.59 ea. — FRONT STREET BAKERY CHOCOLATE BREAD 454 g

4.49 ea. — FRONT STREET BAKERY BLUEBERRY BUTTERMILK 454 g

Bake in 5!

4.49 ea. — FRONT STREET BAKERY SOUR BREAD 454 g

4.49 ea. — FRONT STREET BAKERY CINNAMON RAISIN BREAD 454 g

Bakery Cakes

22.99 ea. — FRONT STREET BAKERY TRIPLE FRUIT OR CHOCOLATE CHERRY BUTTER CAKE 1.8 kg

31.99 ea. — FRONT STREET BAKERY GOURMET SACHER TORTE 1.8 kg

19.99 ea. — FRONT STREET BAKERY CREAM BAR CAKES 1.8 kg

22.99 ea. — FRONT STREET BAKERY CHOCOLATE BUTTON CHERRY OR CINNAMONBUN 1.8 kg

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Bake in 5!

3.99 ea. — FRONT STREET BAKERY CHOCOLATE CHUNK COOKIES 454 g, 18 ct

4.29 ea. — FRONT STREET BAKERY PANINI ROLLS 454 g, 12 ct

3.99 ea. — SNAPPER'S OR SUN-MAID 2" SUNMAIDS 1.36 kg, 60/70 ct

4.99 ea. — SUN-MAID RAISIN SNAPPER'S OR SUNMAID CINNAMON OR BRAZIL CREAM 1.36 kg

6.99 ea. — DIPSY CHOCOLATE OR MAXI 1.36 kg

7.99 ea. — PRIMROSE GLUTEN FREE BREAD, BUNS OR ROLLS 454 g, 454 g, 6/8 ct

3.49 ea. — HOSTESS SNACK CAKES 283/298 g

3.49 ea. — LELCTION DESSERT SHELLS 45 g

Snacks & Beverages

2.99 ea. — TAKIS TORTILLA CHIPS 92/99 g

4.49 ea. — QUESTBARS CHOCOLATE CHIP COOKIE DOUGH 50 g, 12/16 ct

4.99 ea. — LEFLERC COOKIES 300/350 g

2.22 ea. — BLUE FUNKY ACTIVE COOKIES OR VINITA CRACKERS 150/175 g

5.49 ea. — HEALTHY CHOICE OR MARGHERITA PIZZA 300/360 g

7.99 ea. — DELIGHT FROZEN POCKETS 340 - 360 g

7.99 ea. — WHITTAKER'S CHOCOLATE BAR 250 g

6.49 ea. — MARS CANDY PACK CHOCOLATE 180/200 g

Bake in 80 seconds

12.89 ea. — ATHLETIC BREWING NON-ALCOHOLIC BEER 6 x 355 ml

9.99 ea. — BLUE DEER NON-ALCOHOLIC BEER 6 x 355 ml

8.99 ea. — DAUCON PREMIER SPARKLING WATER 6 x 355 ml

19.49 ea. — RED BULL ENERGY DRINKS 6 x 355 ml

1.99 ea. — GATORADE SPORTS DRINKS 591 ml

3.49 ea. — EVIAN WATER 1.5 L

NEW!

10.49 ea. — NUTELLA HAZELNUT SPREAD 725 g

NEW!

20.49 ea. — TIMOTHY'S GOURMET COFFEES 312 g

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Scan to download our app

FLAVOURS OF
italy
ANISE FENNEL
1.99 /lb
SUPER
2.99 ea.
MARC ANGELO
CACCIATORE SALAMI
12.99 ea.
Signature
MASCARPONE
12.99 ea.
SAPUTO
MASCARPONE
4.99 ea.
MARC ANGELO
PORK MEATBALLS
OCEAN PRIME
MARINATED SALMON
SILK MILD FILLETS
11.99 ea.
31.99 ea.
TIRAMISU CAKE
SUPER VALUE
4.69 ea.
FRONT STREET BAKERY
ASIAGO PARMESAN BREAD
DAVID ROCCO
PASTA SAUCE
5.99 ea.
ARRABBIATA
POMODORO & BASILICO
BUCCI
CROISSANTS
3.49 ea.
Bucci
CHOCOLATE
Bucci
VANILLA
MEDITERRANEAN
CORNICHONS
GREEN OLIVES
5.49 ea.
DAVID ROCCO
PASTA
2.99 ea.
ORECCHIETTE
STRUZZAPRETI

UP TO
25%
OFF
YOUR FIRST 3 ORDERS*

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Enjoy the Offer

*Certain conditions apply.
Details on metro.ca

More Great Savings

4.99 ea. — ACTIVIA YOGHURT TUBE 650 g/ea. (650 g/ea.)

9.49 — BILLY BEE HONEY 500 g (500 g)

4.69 ea. — LACTANTIA MARGARINE 454 g/ea. (454 g/ea.)

7.99 ea. — STARBUCKS COFFEE CREAMER 946 ml/ea. (946 ml/ea.)

23.99 ea. — LAVAZZA COFFEE BEANS 1 kg/ea. (1 kg/ea.)

4.79 ea. 50 — STACC CHILI 398 ml/ea. (398 ml/ea.)

3.49 ea. 50 — AYLMER BEANS 796 ml/ea. (796 ml/ea.)

3.49 ea. 50 — MINUTE RICE INSTANT 907 g/ea. (907 g/ea.)

6.99 ea. — INDIANDRA SAUCE 397 ml/ea. (397 ml/ea.)

2.99 ea. — SKINNY GIRL DRESSING 473 ml/ea. (473 ml/ea.)

4.99 ea. — TAZO TEA Bags 20 ct/ea. (20 ct/ea.)

5.99 ea. — SUN MAID DRIED FRUIT CRANBERRY BLEND 454 g/ea. (454 g/ea.)

5.49 ea. — THE BOSS SEASONING 454 g/ea. (454 g/ea.)

10.99 ea. — CEDAR PATINA OR PANNEQUIN BRIE 125 g/ea. (125 g/ea.)

4.49 ea. — GREEN GIANT FROZEN VEGETABLES 900 g/ea. (900 g/ea.)

30 — FRENCH'S MUSTARD 1 L

1.99 ea.

3.99 ea. — AMERICANDALES FROZEN SNACK PIZZAS FROZEN PIES 454 g/ea. (454 g/ea.)

4.99 ea. — PELMEN PEROGIES 454 g/ea. (454 g/ea.)

5.99 ea. — RED BARON PIZZA 454 g/ea. (454 g/ea.)

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

5.99 — HELLMANN'S MAYONNAISE 750 ml/ea. (750 ml/ea.)

4.99 — HELLMANN'S MAYONNAISE 500 ml/ea. (500 ml/ea.)

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11.99 ea. — GOGO SQUEEZ 12 x 90 g/ea. (1.08 kg/ea.)

Snack happy this spring

4.99 ea. — THE SEASONING SOUR CREAM & ONION 454 g/ea. (454 g/ea.)

5.99 ea. — BARTON CHEESE 400 g/ea. (400 g/ea.)

TACO BELL ONLY

Win 125,000 points

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

*Available until May 6**

metro.ca

MAY IS

CELIAC AWARENESS MONTH

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

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Gluten-Free

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SINGLES PORTIONS SNACKS 25 - 75 g 2.99 ea.

Plant-Based

VEGAN PLANT BASED 5.99 ea.

GARDEN FROZEN MEALS 10.49 ea.

SEEDWISE CLUSTERS 6.49 ea.

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26.49 ea.

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REAL SALMON #1 INGREDIENT

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health

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GENUINE HEALTH

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SALE PRICE **$71.28**

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Magic Scoop
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All-in-one greens formula with vitamins, minerals, and superfoods to support daily energy and wellness

fitness

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Complete plant-based protein with BCAAs to support muscle recovery and performance

health

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Vegan omega-3 with DHA and EPA to support heart and brain health

expert

LIMITED TIME

CYTO•MATRIX The Science of Wellbeing

Exclusive Price in Store

Prenatal Formula

Complete prenatal support with bioavailable nutrients for maternal health and fetal development

health

ENTIRE BRAND UP TO
20% OFF

Smart Solutions
Menosmart+
Homeopathic formula designed to relieve sneezing, nasal congestion, runny nose, and itchy eyes associated with seasonal allergies.

fitness

goodprotein®

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HP Shake
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High-protein shake with great taste to support daily nutrition, energy, and satiety

expert

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20% OFF

Metagenics
Estrovera
Clinically studied menopause relief to help reduce hot flashes and support hormonal balance

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15% OFF

Mediherb
Chaste Tree
Traditional herbal support to help relieve PMS symptoms and support hormone balance

ENTIRE BRAND UP TO
20% OFF

Bioclinic
Women's Health Probiotic
Targeted probiotic support for women's vaginal, urinary, and digestive health

health

SALE PRICE
$29.28

Renew Life
CleanseMORE
Herbal cleanse formula designed to support digestive regularity and gentle detoxification

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15% OFF

Pure Lab
UTI Pure
Targeted formula to support urinary tract health and help maintain a healthy bladder environment

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10% OFF

Natural Calm
Magnesium Orange
Highly absorbable magnesium citrate to support relaxation, muscle function, and stress management

ENTIRE BRAND UP TO
15% OFF

St. Francis
Black Cohosh
Traditionally used herbal extract to help relieve menopausal symptoms such as hot flashes and night sweats

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29% OFF

New Chapter
Every Woman's One Daily
Whole-food-based multivitamin formulated to support women's overall health, energy, and hormonal balance

ENTIRE BRAND
15% OFF

Allkidz
Probiotic Gummies
Great-tasting probiotic gummies for kids to support digestive and immune health

ENTIRE BRAND UP TO
20% OFF

Living Alchemy
Your Flora
Multi-strain probiotic with fermented whole food nutrients to support digestive and immune health for the whole family

ENTIRE BRAND UP TO
15% OFF

Flora
Immediate Relief Enzymes
Enzyme blend designed to support digestion and help relieve occasional bloating and discomfort

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20% OFF

Megafood
Blood Builder
Iron supplement formulated to support healthy red blood cell production without common digestive side effects

fitness

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LIMITED TIME — ENTIRE BRAND 10% Off

NMN Pro Complex

Advanced formula featuring NMN to support cellular energy, healthy aging, and vitality

ENTIRE BRAND 20% OFF — NEW ARRIVAL

O Hydration
Vitamin Water Elderberry &

Vitamin-infused hydration drink formulated to support recovery and daily wellness

ENTIRE BRAND 15% OFF

Niyama
Glow & Flow Collagen Booster Berry

Collagen-supporting blend with antioxidants and nutrients to promote healthy skin, hair, and overall glow

Garden of Life

LIMITED TIME — ENTIRE BRAND 20% Off

Sport Plant Protein

Plant-based protein designed to support muscle recovery, performance, and post-workout nutrition

SALE PRICE $4.28 — NEW ARRIVAL

Vegain Surge
Clear Vegan Protein Mango Pineapple

Clear plant-based protein drink to support hydration, recovery, and muscle maintenance

SALE PRICE $51.28

Iron Vegan
Athlete's Blend Vanilla

Plant-based protein formulated to support muscle recovery, strength, and athletic performance

ENTIRE BRAND 20% OFF — NEW ARRIVAL

WakeWater
Electrolytes Fruit Punch

Electrolyte blend to support hydration, endurance, and recovery during physical activity

health

platinum naturals

LIMITED TIME — SALE PRICE $76.28

Platinum Super Easymulti Women 45+

Comprehensive women's multivitamin with essential nutrients and healthy fats for enhanced absorption

SALE PRICE $34.28

Subi
Greens Pineapple Mango

Great-tasting greens blend with superfoods and probiotics to support energy and digestive health

beauty

ENTIRE BRAND 15% OFF

Naturtint
5N Light Chestnut Brown 165ml

Permanent hair colour formulated with plant-based ingredients for natural-looking, long-lasting results

ESSENTIAL OILS 25% OFF

NOW
Eucalyptus Oil

Pure essential oil traditionally used to support respiratory health and invigorating aromatherapy

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Maiga
Cocoa Butter

Nourishing cocoa butter to help hydrate and protect dry skin for a smooth, healthy feel

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Sukin
Deep Cleanse Shampoo

ENTIRE BRAND 15% OFF

Philip Adams
Shampoo Orange Vanilla

beauty

HAIR/CURL PRODUCTS
15% OFF

Giovanna
Smoothing
Castor Oil Shampoo
Nourishing shampoo with castor oil to help strengthen, smooth, and hydrate hair

ENTIRE BRAND
20% OFF

Everyone
Hand Soap Lavender Coconut
Gentle plant-based hand soap to cleanse and refresh skin with a light natural scent

VITAMIN C
15% OFF

Derma-E
Vitamin C Concentrated Serum

ENTIRE BRAND
15% OFF

Bathorium
Midnight Superbloom Crush

SELECT ITEMS
15% OFF

Urban Spa
Body Brush-Stimulating

ENTIRE BRAND
10% OFF

Earth Mama
Organic Diaper Balm

grocery

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LIMITED TIME
SELECT ITEMS
15% Off

Kids Suncreen SPF50+
Mineral-based sunscreen formulated to help protect kids' skin from UVA and UVB exposure

SALE PRICE
$2.28

Say it Aint Soda
Citrusy Symphony
Refreshing low-sugar soda alternative with natural flavours for a better-for-you beverage option

SALE PRICE
$2.28

Hornby Bars
Osnack Chocolate Chip Banana
Soft-baked oat snack made with simple ingredients for a convenient, on-the-go option

ORGANIC HEMP HEARTS 340G (DISPLAYER SPECIAL)
$17.28

Manitoba Harvest
Organic Hemp Hearts
Plant-based source of protein and healthy fats to support heart health and daily nutrition

FIBRE FLOW
20% OFF
NEW ARRIVAL

Organic Tradition
Fibre Flow Yuzu Lime
Fibre-rich blend with prebiotics to support digestive health in a convenient single-serve format

ENTIRE BRAND
20% OFF
NEW ARRIVAL

Green Press
CP Juice Mean Greens
Instant herbal coffee alternative crafted with roasted botanicals to deliver a rich, coffee-like flavour without caffeine.

ENTIRE BRAND
20% OFF
NEW ARRIVAL

Cure Superfood
Sea Moss Gel Mango

ENTIRE BRAND
20% OFF

Cooler Co
Yerba Mate Mighty Mint

ENTIRE BRAND
10% OFF

Stoked Oats
Oat Blend
Mountain
Hearty oat blend with natural ingredients to support sustained energy and a nutritious start to your day

ENTIRE BRAND
10% OFF
NEW ARRIVAL

Smart Sweets
Mini Sweet Fish
Low-sugar candy alternative made with plant-based ingredients for a better-for-you treat

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20% OFF

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Organic Matcha
Latte Mix Vanilla
Organic matcha latte blend providing clean energy and antioxidants in a smooth vanilla flavour

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60 un
10.99 ea.

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70 un

13.99 ea. JAMIESON ASHWAGANDHA
60 un

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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

Immunity

JAMIESON VITAMIN D3
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

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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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2X more protein*
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CHOCOLATE
50% LESS SUGAR*
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18 g PROTEIN†
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50% LESS SUGAR*
THAN DAIRY MILK
Silk
Protein
18 g PROTEIN†
TRY NOW
* Than 1% M.F. chocolate dairy milk for Silk Protein chocolate / Than 2% M.F. dairy milk for Silk Protein regular.
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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

4.99 ea.
BABY'S COOKIES
300 – 350 g
SELECTED SKUS
SELECTED VARIETIES

40 cents off

3.49 ea.
RITZ
CRACKERS
SELECTED SKUS
SELECTED VARIETIES

40 cents off

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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Christie
Bits & Bites Méli-Mélo
Crispers
ORIGINAL
Crispers
DOUBLE ADOBO
Double Adobo
Dubbing Adobo
LIMITED EDITION LIMITÉE
INTENSE
BUTTER SAUCE INTENSES
Crispers
DOUBLE ADOBO FLAVOUR
4.29 ea.
CRISPERS OR
BITS & BITES SNACKS
145 g
SELECTED VARIETIES

SHARE SIZE
FORMAT À PARTAGER
SOUR PATCH Kids
SHARE SIZE
FORMAT À PARTAGER
maynards
Fuzzy Peach
SOUR PATCH Kids
Sour Cherry BLASTERS
LIMITED EDITION
SERIE LIMITÉE
SOUR PATCH Kids
ICE POP
Bâtonnet GLACÉ
5.99 ea.
MAYNARDS
CANDY
308 - 379 g
SELECTED VARIETIES
3.49 ea.
MAYNARDS
CANDY
135 - 154 g
SELECTED VARIETIES

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IT HAS TO BE HEINZ

ESTD 1869

6.49 ea. HEINZ KETCHUP 750 ml SELECTED VARIETIES

4.99 ea. BULL'S EYE ORIGINAL BBQ SAUCE 355 - 510ml SELECTED VARIETIES

7.99 ea. MIRACLE WHIP 890 ml SELECTED VARIETIES

3.99 ea. KRAFT BBQ SAUCE 355 ml SELECTED VARIETIES

4.29 ea. KRAFT SALAD DRESSING 355 ml SELECTED VARIETIES

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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500 moi rewards $4 Value points

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4.49 ea. LIBERTÉ MEDITERRANÉE YOGOURT
500 g
SELECTED VARIETIES

LIBERTÉ
KÉFIR
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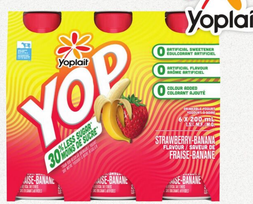
SELECTED VARIETIES

6.49 ea.

3.49 ea. LIBERTÉ YOGOURT
4 x 500 g
SELECTED VARIETIES



5.99 ea. YOPLAIT YOP DRINKABLE YOGOURT
6 x 200 ml
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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