VERSION 1

GROUND IN-STORE DAILY

MEDIUM

4.88 /lb or ea.

MEDIUM GROUND BEEF VALUE PACK 454g, 6.76g/lb
MEDIUM BULK GROUND BEEF 454g, 6.60/lb

FRESH

3.99 /lb

FRESH PORK BACK RIBS VALUE PACK OR FRESH PORK TENDERLOIN VALUE PACK 1.4-2.4kg

6.99 /lb

RED GRILL BONELESS CUBING BEEF CUBES VALUE PACK 1.5-2kg

10.99 /lb or ea.

FRESH PLUMP FILLETS OR FROZEN COHO SALMON FILLETS 454g, 24.22/lb
FRESH, WHITE COOKED SHRIMP RING 454g, 19.84/lb, 907g

moi rewards member price

3.99 ea.

SPECIAL PRICE 4.99 for non-members

Effective April 23 24 2

VERSION 1

DOZEN ROSES
STANDARD
ASSORTED

SAVE $5.00
20.00 ea.

metro
CANADIAN AND PROUD

MAPLE LEAF BACON OR SCHWEIDERS BACON, JUICY JUMBOS, BRUNCH PORK OR CHICKEN SAUSAGES OR MAIN HALL CHICKEN NUGGETS
OR SELECTED VARIETIES

4.99 ea.

RASPBERRIES 454 g
PRODUCT OF U.S.A. OR MEXICO

1.99 ea.

SAN DANIELE PROSCIUTTO, MOZZTRO LEVONA MILLANO OR AMO, CAPICOLA PRIMA LUNA OR DELI CELLO MOZZARELLA
OR SELECTED VARIETIES

2.99 /100 g

MINI CUCUMBERS 454 g
PRODUCT OF CANADA OR MEXICO, CELLO, 340 GRAM, 170 G, 170 G, 170 G
LARGE RED, ORANGE OR YELLOW BELL PEPPER
PRODUCT OF CANADA OR MEXICO, 170 G, 170 g

1.99 ea. or /lb

PRIMO STREET BAKERY CHOCOLATE CHUNK OR BANANA CRUMBLE OR PUMPKIN TWISTS
OR SELECTED VARIETIES

5.99 ea.

BLACK OR RED PLUMS 454 g
PRODUCT OF U.S.A. OR CHILE
COTTON CANDY GRAPES
PRODUCT OF CHILE, 340 GRAM, 170 G, 170 G

3.99 ea. or /lb

KICKING HORSE, CAFÉ WILLIAM OR FOLGERS COFFEE
OR SELECTED VARIETIES

16.99 ea.

POST CEREAL OR SHREDDIES
OR SELECTED VARIETIES

125 value of $1

2.99 ea.

BLACK DIAMOND CHEESE
OR SELECTED VARIETIES

4.99 ea.

QUAKER OATS, NATURE VALLEY BARS OR FIBRE 1 CEREAL
OR SELECTED VARIETIES

2.99 ea.

REAL DAIRY ICE CREAM
OR SELECTED VARIETIES

125 value of $1

4.99 ea.

BRIDGESTONE FROZEN FRUIT
OR SELECTED VARIETIES

3.99 ea.

CASHMERE BATHROOM TISSUE OR SPONGE TOWNE TOWELS
OR SELECTED VARIETIES

3.99 ea.

RUFFLES CHIPS OR TOSTITOS TORTILLA CHIPS
OR SELECTED VARIETIES

125 value of $1

3.49 ea.

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
OR SELECTED VARIETIES

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

16" X-LARGE PEPPERONI & CHEESE PIZZA
NO SUBSTITUTIONS
NO CHANGE ALLOWED
NO DELIVERY OR PICKUP

HOT NIGHMARE™ BBQ CHICKEN

1 KG

15 PCS

12 PCS

12 HOT TENDERS, 15 CHICKEN WINGS OR 20 CHICKEN BITES

PARTY SIZE

PARTY SIZE DELUXE FRUIT SALAD

20 PCS

ASSORTED CALIFORNIA COMBO OR CALIFORNIA ROLL VARIETY PACK
NO SUBSTITUTIONS
NO CHANGE ALLOWED

FRONT STREET BAKERY MINI DESSERT CAKES
YOU WILL ALWAYS FIND IT

metro.ca

New Lower Prices

2 for 7.00
DEMPSTER'S SIGNATURE BUNS OR WHOLE GRAIN BREADS
VARIOUS VARIETIES AVAILABLE
EA. EACH

11.99 ea.
HIGH LINER SIGNATURE, PUR SUR OR CATCH OF THE DAY FISH FILLETS
FROZEN, 454 g – 1.13 kg, ASSORTED VARIETIES

16.99 ea. 125 value of $1
BONCHEF'S BEEF BURGERS
FROZEN, 1.13 kg
EACH

3.99 ea.
CHATEAUNEUF SAINT-OR CHAMPS HUNGRIES OR CHAMPIGNONS
ASSORTED, 284 – 398 g, ALL OTHER VARIETIES
EACH

2.99 /100 g
SELECTCHOP SWEET WHOLE PINEAPPLE
PRICE PER 100 g, 1.5 kg
EACH

SAVE $1
13.99 ea.
FRESH VEGETABLES OR FRUIT CASSEROLE
FROZEN, 1.5 kg
EACH

NESTLÉ'S CHUN, CHUC CORAL OR CHUNDERBAR BARCHA BAVARIAN SHORTBREAD
ASSORTED
60 ¢ off
4.99 ea.

NATREL FLAVOURED MILK 1 L
ASSORTED
5.79 ea.

6.99 ea.
SAN PELLEGRINO CHIC OR ARTESIA SPARKLING DRINKS OR CIAO! MOCKTAILS BREWERY NOW ALCOHOLIC BEER
ASSORTED VARIETIES

5.49 ea.
PLANTERS NUTS
ASSORTED VARIETIES

3.49 ea.
SAVE ONTARIO OR CROCKETT CRACKERS
ASSORTED VARIETIES

5.49 ea.
G.H. CRETORS POPCORN, NEAL BROTHERS SNACKS OR LA CROIX SPARKLING WATER
ASSORTED VARIETIES

CHEETOS OR DORITOS SNACKS
ASSORTED VARIETIES
BUY MORE SAVE MORE
2 for 9.00
EACH WHEN 2 ADD TO BAG

HEINZ KETCHUP OR BICK'S PICKLES
ASSORTED
4.99 ea.

3.33 ea.
BEN'S ORIGINAL RICE OR TASTY BITE SIDE DISH
OR 400 g, ASSORTED VARIETIES

20 % off
CERAVE, COSMINA, APPAREL, METHOD OR NEOSTRATA
ASSORTED VARIETIES

2.99 ea.
PALMOLIVE OR ALCAN DISHWASHER ALCAN PAIL, ALCAN WRAP OR ALCAN ALUMINUM PARCHMENT PAPER
ASSORTED VARIETIES

14.99 ea.
TIDE OR GAIN DETERGENT, DOWNY SOFTENERS, CASCADE OR DOWNY
ASSORTED VARIETIES

I earn with moi rewards

85 6.99 ea.
NESTEA ICED TEA
ASSORTED VARIETIES

75 5.99 ea.
DOMY ORANGE JUICE, APPLE JUICE, LEMONADE OR CRANBERRY JUICE
ASSORTED VARIETIES

We reserve the right to limit quantities.
NO DEALERS. PRICES EFFECTIVE UNTIL SUNDAY.
FLYER PERIOD: 21 April 2022 (8) until 27 April 2022 (14) 2022

Visit us at: metro.ca
Where you shop matters. Find out what's in our food at: WWW.DYLANSLIST.COM

We accept Visa, Mastercard, American Express and Interac Debit

Prices in effect from Thursday April 21 until Wednesday May 4, 2022 (inclusive) unless otherwise specified. Prices may vary in some territories and/or regions. Prices may vary in some stores and/or regions. No ID is required to buy alcohol or tobacco products. Quantities in stock are available for purchase at regular or sale prices, as permitted by law, in a quantity that reflects the normal demand for such products. Prices do not include taxes or deposits. Prices do not include any other fees or charges, such as those for delivery or pick-up. Prices do not include Ontario Electronic Stewardship Fees, Deposit Fees, Ontario Wine and Spirits Distribution Fees, Brewers Retail Fees, Recycle Fees, Propane Exchange Fees, Bottle Return Fees, Tire Stewardship Fees, Electronic Stewardship Fees, Ontario Tire Stewardship Fees, Ontario Used Oil Stewardship Fees, Ontario Used Vehicle Information Package Fees, Ontario Lottery and Gaming Corporation Fees, Ontario Retail Delivery Charge Fees, Ontario Hydrofluorocarbon Fees, Ontario Electronic Product Recycling Fees, Ontario Electronic Waste Recycling Fees, Ontario Mattress Recycling Fees, Ontario Tire Recycling Fees, Ontario Electronic Stewardship

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 — LARGE DEXTER'S SWEET ORANGES 2.39kg

4.99 ea. — STRAWBERRIES 454g; RASPBERRIES 454g; BLUEBERRIES 454g; BLACKBERRIES 454g; CRANBERRIES 454g; PRODUCE OF MEXICO

Reg. 2.99 ea. 1.99 ea. — SEEDLESS CUCUMBERS PRODUCE OF CANADA, ONTARIO, CANADA

99¢ /lb — GREEN CABBAGE PRODUCE OF CANADA 2.26kg

1.99 /lb — LARGE RED POTATOES (LPC) PRODUCE OF CANADA 2.26kg

3.99 ea. — BLACKBERRIES 454g PRODUCE OF MEXICO

1.99 /lb — GREEN ZUCCHINI PRODUCE OF CALIFORNIA 0.454kg

2.99 ea. — GREEN OR RED LEAF LETTUCE PRODUCE OF U.S.A.

3.99 /lb — SUN CLEMENTINES PRODUCE OF CHINA 0.907kg

3.99 /lb — MINI ITALIAN EGGPLANTS PRODUCE OF CANADA 0.454kg

5.99 ea. — SWEET CORN 6PK PRODUCE OF CANADA, U.S.A. 0.454kg

3.99 ea. — RUSSET POTATOES 5LB PRODUCE OF CANADA, ONTARIO, CANADA

1.99 /lb — JUMBO PAPAYAS PRODUCE OF MEXICO 0.454kg

1.99 ea. — COCONUT PRODUCE OF DOMINICAN REPUBLIC

Reg. 5.99 ea. 5.99 ea. — VIDALIA® SWEET ONIONS 2.27kg PRODUCE OF U.S.A.

3.99 ea. — WILD WONDERS TOMATOES 454g PRODUCE OF CANADA, MEXICO

4.99 ea. — CHEESELAYS FAVORITE CRACKERS 125-200g/pkg

9.99 ea. — SOUP WINSTEDS OR BOLDERN SOUPS 900ml

5.49 ea. — GUSTA GOURMET SAUCE 425-454g

6.49 ea. — SAUNE READY TO EAT SMOKED SIDE 454g

Organic

3.99 ea. — TONICA ORGANIC KOMBUCHA 946ml

4.99 ea. — ORGANIC MINI CUCUMBERS 454g PRODUCE OF CANADA, ONTARIO, CANADA, U.S.A., MEXICO, PERU, CHILE, ECUADOR, U.K., THAILAND

3.99 ea. — WILLO GARDEN ORGANIC LUCIUS WATER OR SPARKLING WATER 500ml

5.99 ea. — LPC ORGANIC LITTLE TELLERS 454g PRODUCE OF CANADA, ONTARIO, CANADA

Sliced & Diced

1.49 /lb — SEEDLESS WATERMELON SHAPES 2.26kg

5.99 ea. — READY TO COOK VEGETABLES 454g-907g PRODUCE OF CANADA

5.99 ea. — CORED PINEAPPLES PRODUCE OF CANADA

10.99 ea. — FAMILY SIZE FAMILY SIZE SALADS 1kg-1.81kg

Fresh Blooms

12.99 ea. — FRESH CUT TULIPS 10-20STEMS

11.99 ea. — ROSEBUSH 6.5CM-10.5CM

4.99 ea. — AFRICAN VIOLET 6CM-10.5CM

2 for 20.00 — April is Daffodil Month — DAFFODILS 15STEMS

metro.ca

Our Butcher's Finest

11.88 /lb — LEAN & FIRM INSPECTION
PROVIMI
BEEF PRIME RIB-EYE STEAK 12TH RIB CAP ON OR 13TH RIB CAP ON, BONE-IN OR BONELESS
(5.30kg)

12.88 /lb — 100% CANADIAN PRODUCT
BEEF LOIN
WHOLE BONELESS PRIME RIB ROAST
(5.40kg)

5.99 /lb — YORKSHIRE VALLEY FARMS
YORKSHIRE VALLEY FARMS ORGANIC FREE RANGE CHICKEN OR CHICKEN LEG QUARTERS
(1.36kg)

26.99 /lb — NATURALLY
LIFE SMART NATURALLY LEAN FILTER ALL NATURAL GROUND BEEF
90% LEAN 10% FAT
(1.36kg)
Never given or fed any antibiotics
Never given any hormones
Raised on a vegetarian diet
100% Canadian Pride & Heritage
Certified Humane Raised & Handled

6.99 /lb — FAST FRY
BONELESS PRIME LOIN CHOPS
(1.41kg)

7.99 ea. — NATURALLY
LIFE SMART NATURALLY PURE SAUSAGES
LOIN LEMONGRASS
Never given any antibiotics
Never given any hormones
100% Canadian Pride & Heritage
Certified Humane Raised & Handled

5.99 ea. — PROMAD
WHOLE LEAN PORK BACKS WITHOUT ANTIBIOTICS
EXTRA LEAN GROUND CHICKEN
(1.36kg)

13.99 /lb — FRESH
SPRING LAMB
FRESH LAMB LOIN CHOPS
(1.41kg)
Never given any antibiotics
Never given any hormones
Raised on a vegetarian diet
Certified Humane Raised & Handled

4.99 ea. — MAPLE LODGE UP SIERRA HALAL CHICKEN BACON (454g)

4.99 ea. — MARC ANGELO PORK MEATBALLS (454g)
GLUTEN FREE

4.99 ea. — GOLD LAKE CHICKEN OR PORK SMOKED SAUSAGES (454g)
GLUTEN FREE

5.99 ea. — OSTROL BREAKFAST SAUSAGES (454g)
GLUTEN FREE

5.99 ea. — IRRESISTIBLE
IRRESISTIBLE BREADED CHICKEN
(907g-1.13kg)
GLUTEN FREE

5.49 ea. — MARTIN HOUSE CHICKEN BALLS
(907g-1.13kg)

11.99 ea. — SWISS CHALET
SWISS CHALET QUARTER CHICKEN DINNER
(1.13kg)
GLUTEN FREE

13.99 ea. — NEW ZEALAND SPRINGBOX BEEF OR LAMB ROLLS
(454g-907g)

Organic

14.99 ea. — YORKSHIRE VALLEY FARMS ORGANIC CHICKEN FILLETS, BITES OR CHICKEN NUGGETS
(907g-1.36kg)

15.99 ea. — YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BURGERS
(907g-1.1kg)

17.99 ea. — YORKSHIRE VALLEY FARMS ORGANIC CHICKEN WHOLE WINGS
(907g-1.36kg)

8.99 ea. — ALBERTON ORGANIC BACON (454g)

Halal

10.99 ea. — AL SAFA HALAL BEEF BURGERS
(907g-1.36kg)

11.99 ea. — NEW — AL SAFA HALAL BEEF PATTIES
(907g-1.36kg)

14.99 ea. — ZABIHA HALAL CHICKEN WINGS
(907g-1.36kg)

8.99 ea. — ZABIHA HALAL BREADED CHICKEN
(907g-1.36kg)

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

Deli Favourites

metro.ca

FLAVOURS OF italy

JUMBO

Front Street Bakery
Our Absolutely Perfect

5.99 ea. — FRONT STREET BAKERY BUNS 12 PK. 454 G (1.00 KG/EACH)

4.99 ea. — FRONT STREET BAKERY CHICKEN WINGS 454 G (1.00 KG/EACH)

4.29 ea. — FRONT STREET BAKERY BAGELS 6 PK. 454 G

4.99 ea. — FRONT STREET BAKERY SCONES 454 G (1.00 KG/EACH)

Spring Desserts

22.99 ea. — FRONT STREET BAKERY TRIPLE STRAWBERRY OR TRIPLE FRUIT BUCKTON CAKE 1.4 KG

7.99 ea. — FRONT STREET BAKERY PRE-SLICED SAUSAGE 454 G

12.99 ea. — FRONT STREET BAKERY MINI GOURMET CAKES 454 G (1.00 KG/EACH)

4.49 ea. — FRONT STREET BAKERY ROLLS 12 PK. 454 G (1.00 KG/EACH) WHOLE WHEAT BREADED 454 G (1.00 KG/EACH)

3.99 ea. — PROMENADE MOISSON BAGUETTES 454 G (1.00 KG/EACH)

6.49 ea. — BONESTABLE MINI MUFFINS 454 G (1.00 KG/EACH)

6.99 ea. — BONESTABLE BUTTER TARTS 454 G (1.00 KG/EACH)

8.99 ea. — CARRINGHAT GLUTEN FREE BREAD LOAF 454 G (1.00 KG/EACH)

3.99 ea. — STONEFIRE PIZZA CRUST, FLATBREAD OR NAAN GOURMET OR SUPPER 340 - 400 G

4.99 ea. — DEMPSTER'S 10" TORTILLAS 454 G (1.00 KG/EACH)

3.99 ea. — D'ITALIANO BRIOCHE 454 G (1.00 KG/EACH)

Snacks & Beverages

3.49 ea. — NESTLÉ PURE LIFE NATURAL SPRING WATER 24 PK. 12 L

4.99 ea. — SMARTFOOD POPCORNS 255 G (0.20 KG/EACH)

3.69 ea. — CA ENERGY ENERGY DRINKS 473 ml (0.79 L/EACH)

6.99 ea. — CALIBURCHUTTY NON-ALCOHOLIC MIXED DRINKS 6 x 355 ml (2.13 L/EACH)

24.99 ea. — CORONA CERO NON-ALCOHOLIC BEER 6 x 355 ml

7.99 ea. — FUZE FUSION TEA 12 x 355 ml (0.28 L/EACH)

3.99 ea. — SNYDER'S PRETZEL SNACKS 300 - 350 G

5.79 ea. — TOSTITOS SALSA 650 - 710 ml (0.65 - 0.71 L/EACH)

8.29 ea. — DAIY'S COOKIES 454 G (0.45 KG/EACH)

4.99 ea. — TIM TAM COOKIES 200 G (0.25 KG/EACH)

5.49 ea. — SWEETLAND CANDY 70 PIECES 70 PIECES

4.49 ea. — EXCEL GUM 40 PIECES (0.02 KG/EACH)

3.99 ea. — KOZY SNACK PUDDING 454 G (0.45 KG/EACH)

10.99 ea. — SMUCKER'S UNCRUSTABLES 12 PK. 540 G (0.54 KG/EACH)

6.99 ea. — PILLSBURY PIZZA POPS 454 G (0.45 KG/EACH)

4.99 ea. — McCAIN FRIES 1.36 KG (1.36 KG/EACH)

FREE SAME-DAY PICKUP — SAME FLYER PRICES AND DEALS ONLINE

SCORE WITH FAN FAVES

Get ready for the big game with a winning line-up.

2.99 EA. PRIME HYDRATION SPORTS DRINKS 16.9 FL OZ SELECTED VARIETIES

1.99 EA. GATORADE SPORTS DRINKS 20 FL OZ SELECTED VARIETIES

2.99 EA. CELSIUS OR ALANI NU ENERGY DRINKS SELECTED VARIETIES

8.99 EA. FIJI NATURAL SPRING WATER 6 x 330 ml

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

SPLENDA WATER SWEETENER 50 CT SELECTED VARIETIES

4.49 EA.

Minute Maid
Minute Maid
Minute Maid

More Great Savings

2.99 ea. 40 points — BUCKERS CANNED MEAL 156–454 g

3.29 ea. DEL MONTE CANNED FRUITS 398 mL

6.49 70 points — NANCY'S PERIMAKE 227 g

5.49 ea. HELLMANN'S MAYONNAISE 890 mL

6.49 ea. SACK SEAL CHICKEN BREAST 500 g

3.19 ea. AYLMER CHICKEN 398 mL

4.49 ea. CLUB HOUSE or SEASONS OR LA FRUTA 50–100 g

6.29 ea. SUGAR TWIN 500 g

4.79 ea. 70 points — HARVEST CHOICE 454 g

4.99 ea. HARVEST BOYS 454–500 g

7.49 ea. 90 points — TAZO 50 g

10.49 ea. NUTELLA HAZELNUT SPREAD 725 g

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

8.49 ea. iögo 650 g

6.99 ea. HUNGRY-MAN FROZEN MEAL 255–340 g

9.00 2 ea. — SILK BEVERAGE 946 mL

Enjoy the great taste of dairy without discomfort.

6.69 L NATREL 1% ULTRA FINE MILK

6.99 L NATREL 35% ULTRA FINE BUTTER

6.49 L LIFE CHEESE 2% ULTRA FINE COLOURED CHEESE

9.99 ea. BASKIN-ROBBINS 946 mL

5.99 ea. Häagen-Dazs EXTRÄAZ 473 mL

BUY ANY 2 PARTICIPATING GENERAL MILLS PRODUCTS AND GET 400 moi POINTS

6.99 ea. CHEERIOS 280–350 g

BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO WIN CANADA SOCCER MERCH AND FREE GENERAL MILLS PRODUCTS FOR 1 YEAR

NO PURCHASE NECESSARY. OFFER ENDS: MAY 31, 2022. SEE PARTICIPATING PRODUCTS FOR DETAILS.

2.99 ea. NATURE VALLEY CRISPY 160 GO! BISCUITS CHOCOLATE TRIPLE DOUBLE 252 g

4.49 ea. BEAR FOOT SMOKED SALMON 85 g

*Optimum Loyalty Program Points are not available on Bear Foot Products. ®/MDe Metro Richelieu and Design inc. ®/MDe Metro Richelieu and Design inc. ®/MDe Metro Richelieu and Design inc. ®/MDe Metro Richelieu and Design inc. ®/MDe Metro Richelieu and Design inc.

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UP TO

$60

OFF

YOUR FIRST 3 ORDERS*

metro.ca

Shop Offer

*$20 off your first 3 online orders of $80 or more.
Certain conditions apply. Details on metro.ca

Gluten-Free

11.99 ea.
DAIYA PIZZA
Selected Varieties

6.49 ea.
SEEDY BAKERY
CRACKERS, CHIPS OR SOLDIERS SNACKS

8.49 ea.
COOL WAY
KETO BARS
Selected Varieties

4.49 ea.
THREE FARMERS
CHICKPEA SNACKS
Selected Varieties

Non-GMO

3.99 ea.
FINN CRISP
CRACKERS 200-300g
Selected Varieties

7.99 ea.
BOB'S RED MILL
SEEDS 454g
Selected Varieties

2.99 ea.
TROPICO BOBBING
COCONUT WATER
Selected Varieties

ALWAYS HYDRATING, NOW SPARKLING.

Organic

4.99 ea.
AMY'S SOUP
Selected Varieties

4.49 ea.
MADE GOOD
GRANOLA BITES OR CRUNCHY GRANOLA OR CHUNKS
Selected Varieties

6.99 ea.
CHOCXO
CHOCOLATE
200 g
Selected Varieties

15.49 ea.
NUTIVA
COCONUT OIL
Selected Varieties

7.99 ea.
AMY'S
FROZEN MEALS
Selected Varieties

6.99 ea.
LIFE SMART
PURE HONEY
Selected Varieties

6.49 ea.
CALIFIA FARMS
ALMOND BEVERAGE
Selected Varieties

Baby & Beauty

3.49 ea.
BABY GOURMET
BABY PUREE 100 ml
Selected Varieties

4.49 ea.
GERBER
BABY SNACKS
Selected Varieties

8.99 ea. 125 Value of $3
AVEENO
BABY CARE
Selected Varieties

31.99 ea.
HUGGIES
BABY WIPES
56-80 ct
Selected Varieties

6.99 ea.
SENSODYNE
TOOTHPASTE
Selected Varieties

10.49 ea.
DOVE
BAR SOAP
Selected Varieties

17.99 ea.
NEUTROGENA
SUNBLOCK
Selected Varieties

18.99 ea.
TENA ADULT
INCONTINENCE
Selected Varieties

Household Helpers

5.79 ea.
CITRUS
TRIGGER CLEANERS
750 ml
Selected Varieties

6.49 ea.
PINE-SOL
CLEANERS
Selected Varieties

9.99 ea.
ROYAL COMFORT
RUNS
Selected Varieties

7.49 ea.
TIDE PODS
Selected Varieties

11.99 ea.
ROYALE TISSUE
6 ct Selected Varieties

13.99 ea.
ROYALE
BATHROOM TISSUE
12 ct Selected Varieties

13.99 ea.
FINISH
DISHWASHER DETERGENT
Selected Varieties

24.99 ea.
FINISH
DISHWASHER DETERGENT
Selected Varieties

*Based on Finish Quantum Max Fresh Lemon vs. Finish Powerball Quantum Max Fresh Lemon

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

LOCALLY SOURCED ONTARIO

We take pride in sourcing locally from the **St. Lawrence Seaway Region.**

MAPLE DALE 5-YEAR-AGED CHEDDAR CHEESE
275 g

11.99 ea.

MAPLE DALE CHEDDAR
250 g
SELECTED VARIETIES

7.99 ea.

THE COUNTY BOUNTY SODA
355 ml
SELECTED VARIETIES

2 for 5.50

O'HARA SUGAR MAPLE SYRUP
500 ml
SELECTED VARIETIES

14.99 ea.

REID'S ICE CREAM
1.5 L
SELECTED VARIETIES

5.99 ea.

SPRAGUE BAKED BEANS
398 ml
SELECTED VARIETIES

2 for 4.00 or 2.39 ea.

Effective April 23 - May 20, 2026

GET THE CHANCE TO

WIN 2 TICKETS TO THE STANLEY CUP FINAL 2026

OR 1 OF 10 $300 NHLSHOP.CA GIFT CARDS

EARN 5X THE ENTRIES FOR EVERY P&G PRODUCT PURCHASED!

boosted clean

- ✓ cleaner
- ✓ brighter
- ✓ whiter
- ✓ fresher

Tide Total Care

Tide PODS 3 in 1 HE Laundry Detergent Pacs Spring Meadow 42

Tide Odor Rescue HE Liquid Laundry Detergent 90 oz

FOR LAUNDRY DETERGENT 90 OUNCES OR LARGER 14.99 EA. 6.99 EA.

Gain Fireworks Scent Laundry Detergent

NEW

Unlisted Collection SCENTS THAT LUXE UP LAUNDRY

Unlisted Collection Luxe Up Laundry Scent Boosters 300 g

NEW

SUNDAY SCENTSATIONS SCENT BOOSTERS 90 OUNCES 9.99 EA.

NEW

CASCADE AREA & LINEN SPRAY 7.99 EA.

Downy Fabric Softener Sheets

Downy Ultra Soft Liquid Fabric Softener

SUNDAY SCENTSATIONS FABRIC SOFTENER SHEETS 14.99 EA.

Tide Pods Tide Detergent

PODS PACKS TIDE DETERGENT 21.49 EA.

Glade Automatic Spray Refill Gadget Kit

SUNDAY SCENTSATIONS AUTOMATIC SPRAY REFILL 125 COUNTS 19.99 EA.

Febreze Air Freshener

FEBREZE AIR FRESHENERS 7.99 EA.

Scope Mouthwash

SCOPE MOUTHWASH 4.99 EA.

DRYER PAPER BUNDLE 125 COUNTS

36.99 EA. PAMPERS BABY DIAPERS 96 - 102 COUNTS SELECTED VARIETIES

Pampers Baby-Dry Size 5 Pampers Cruisers Size 5

Old Spice Hardcore Body Wash 355 - 384 ml

9.99 EA.

Old Spice Hardcore Body Wash 355 ml

6.99 EA.

HOW TO ENTER

1. SCAN THE QR CODE OR GO TO NHLSHOP.CA/PGSTANLEYFINAL TO SIGN UP
2. PROVIDE THE INFORMATION REQUESTED TO ENTER THE SWEEPSTAKES.
3. UPLOAD YOUR RECEIPT TO VALIDATE YOUR PURCHASES TO RECEIVE YOUR ADDITIONAL ENTRIES.

NO PURCHASE NECESSARY. Open to legal residents of Canada who have reached the age of majority in the province or territory of residence or who are the age of majority in the province or territory of residence and have reached the age of majority in the province or territory of residence. Void where prohibited or restricted by law. Sweepstakes ends on June 30, 2026. Sponsor: Procter & Gamble Inc. Official Rules and Prizes: Visit NHLSHOP.CA/PGSTANLEYFINAL for Official Rules, including eligibility, how to enter, and a complete description of all prizes. Approximate retail value of all prizes: $2,000 CAD. Odds of winning depend on the number of eligible entries received. Sponsor reserves the right to substitute prizes of equal or greater value. Sponsor is not responsible for any delays or lost or stolen entries or prizes.

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NEW
I'VE GOT THE
PLANT POWER
2X more protein*
7 49 ea.
SILK® PROTEIN DRINK 14Ct SELECTED VARIETIES
CHOCOLATE
50% LESS SUGAR* THAN DAIRY MILK
Silk
Protein
18 g PROTEIN
REGULAR
50% LESS SUGAR* THAN DAIRY MILK
Silk
Protein
18 g PROTEIN
TRY NOW

FOR EVERY BURGER

IT HAS TO BE

HEINZ

EST 1869

4.99 ea. HEINZ KETCHUP

4.99 ea. BULL'S-EYE BBQ SAUCE 425–510 ml OR DIPPER SAUCE 175 – 500 ml SELECTED VARIETIES

3.99 ea. KRAFT BBQ SAUCE 425 ml SELECTED VARIETIES

CRAVE FROZEN ENTREE, FROZEN GOURMET DELUXE FROZEN MEALS 300 – 400 g SELECTED VARIETIES

6.49 ea.

7.99 ea. MIRACLE WHIP DRESSING 890 ml SELECTED VARIETIES

4.29 ea. KRAFT SALAD DRESSINGS 355 ml SELECTED VARIETIES

4.49 ea. MIO LIQUID WATER ENHANCER 48 ml OR ENERGY DRINK MIX 50 ml SELECTED VARIETIES

BOLD FLAVOUR MEETS MAYO

NEW

HEINZ MAYONNAISE-STYLE SAUCES

3.99 ea.

HEINZ MAYONNAISE-STYLE SAUCES 355 ml SELECTED VARIETIES

HEINZ MAYONNAISE-STYLE SAUCES

3.49 ea.
MAYNARDS CANDY
200 g
SELECTED VARIETIES

5.99 ea.
MAYNARDS CANDY
1 kg
SELECTED VARIETIES

70

5.49 ea.
CHRISTIE FAMILY SIZE COOKIES OR OREO CAKESTERS
SELECTED VARIETIES
SELECTED VARIETIES

4.99 ea.
DUO® COOKIES
300 - 350 g
SELECTED VARIETIES

4.49 ea.
FRUIT FRIENDS FRUIT CAKE
300 - 350 g
SELECTED VARIETIES

40

3.49 ea.
RITZ CRACKERS
SELECTED VARIETIES
SELECTED VARIETIES

40

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

70

5.49 ea.
CHRISTIE RITZ CHEESEDILLA CRACKERS
270 g
SELECTED VARIETIES

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

THE PRICE WE DO THE RIGHT THING. Every day, we make 'the right price' a reality for our customers. The Michael Cut Group, Inc. (MCG), a Canadian-owned and operated company, is a family-owned business, and its mission is to provide the best value to its customers, its employees, its shareholders, its suppliers and its communities. Our stores are located in Ontario, Quebec, Nova Scotia, New Brunswick, Newfoundland and Labrador, Prince Edward Island and Nunavut