Version 7

5.44 /lb or ea.

CLEAN GROUND BEEF VALUE PACK 2.27kg / 5.00kg
OR PACK 454g / 1kg
LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 454g / 1.361kg

2.99 /lb

FRESH PORK SIDE RIBS VALUE PACK
Product of Canada
BONELESS PORK SIRLOIN CHOPS VALUE PACK
1.36kg

8.99 /lb

BEEF GRILL TRI-TIP STEAK OR ROAST
Product of Canada, United States and Uruguay
0.227kg

9.99 /lb or ea.

FRESH FARMED TROUT OR PLAIN FILLETS
VALUE PACK 454g to 1.36kg
WESTERN MARKET SHRIMP 16 - 20 pcs, 340g / 680g

moi rewards member price

19.99 ea.

SPECIAL PRICE
21.99 for non-members

NABOB
GROUND COFFEE 400 gr
OR LATE
OR COFFEE CAPSULES 36 ea.
Product of Canada

Effective April Thu 9 | Fri 10 | Sat 11

VERSION 7

FRESH CUT TULIPS
CONTAINER
12.99 ea.

metro
CANADIAN AND PROUD

3.49 /100 g
SCHNEIDERS OR BUTTERCUP SUPREME BRAND OR CASTELLO BRAND

2.49 ea.
RASPBERRIES
PRODUCE OF MEXICO

7.99 ea.
FRESH FROZEN BAKERY ALL BUTTER CROISSANTS
125 g
125 value of $1

7.77 ea.
FRESH MANGOES
PRODUCE OF MEXICO

3.99 ea.
RED PRINCE APPLES
ORGANIC RED, AMELIA OR RED PEARL
PRODUCE OF U.S.A., ARGENTINA

1.49 ea. or /lb
YELLOW ONIONS
PRODUCE OF CANADA, PRODUCE OF MEXICO, U.S.A., GREEN BEANS
PRODUCE OF MEXICO, U.S.A., CHINA, 1.36 kg

1.99 ea.
BROCCOLI CROWNS OR BROCCOLI OR CAULIFLOWER
PRODUCE OF CANADA, PRODUCE OF U.S.A.
ROUGE LETTUCE SALAD OR COLORADO STAUTLAND
PRODUCE OF MEXICO, U.S.A., MEXICO

1.99 ea.
HABITANT OR CAMPBELL'S CHUNKY SOUP
355 - 454 ml
CHUNKY CLAM CHOWDER, ALASKAN TUNA
284 g

5.99 ea.
SMUCKER'S JAM
500 ml - 750 ml
SMUCKER'S REDUCE SUGAR OR SMUCKER'S WHOLESOME SWEETENERS
1 kg
SMUCKER'S SMOOTH PEANUT BUTTER
1.36 kg - 1.4 kg

4.99 ea.
SELECTION BABY OR CHRISTMAS CRACKERS
CRACKER BARREL OR CHRISTMAS CRACKERS OR CHEESE BLOCK SHAVINGS OR SLICES
TEX MEX
CRACKER BARREL
CHRISTMAS
CHEESE BLOCK SHAVINGS OR SLICES
Lactose intolerance can cause diarrhea.

3.49 ea.
ACTIVIA YOGURT, EARTH'S OWN BREAKFAST OR CHEERIOS CEREAL
ACTIVIA
OAT
Cheerios

2.99 ea.
CRAVE FROZEN ENTRÉE
CRAVE
125 value of $1

2.99 ea.
CLASSICO PASTA SAUCE
CLASSICO
ALFREDO
TOMATO & BASIL
125 value of $1

8.99 ea.
TOUCH OR CLEAN OR TOUCHES, CHUNKY SOFT TOWER OR BOUNTY
Bounty

3.49 ea.
DR. GETKEN PIZZA
Casa Mamma
Ristorante
125 value of $1

9.99 ea.
BERTOLLI OLIVE OIL
DELICATE
EXTRA VIRGIN
BERTOLLI

Effective April 9 | 10 | 11 | 12 | 13 | 14 | 15 2026

LOW PRICE EVERY DAY

100's of items at the same low price every day available in-store or online.

SELECTION CHIPS 200 g - 250 g
NOW 1.49 ea.

NOW 5.99 ea.

SELECTION SPARKLING WATER 355 ml - 473 ml
SELECTION WATER

NOW 2.99 ea.

SELECTION SOUR CREAM 500 - 750 ml
SELECTION SOUR CREAM

SELECTION CREAM 473 ml - 1 L
SELECTION CREAM

NOW 3.99 ea.

IRRÉSISTIBLE GOURMET COFFEE 340 g - 454 g

NOW 10.99 ea.

IRRÉSISTIBLE ICE CREAM 1 L - 2 L - 500 ml - 946 ml

NOW 4.99 ea.

metro.ca

New Lower Prices

2 for 7.00 — VILLAGGIO ITALIAN STYLE MEALS, BAKE, DUMPLINGS OU PORTIONS DE PAINS 1 - 2 kg (Selon le produit/Depending on product) — mix match — FLAVOURS

2.99 kg — SMOKED PORK HOCK OR SHANK PORTION 700 g (Selon le produit/Depending on product)

2 for 14.00 — VEGETARIAN, SPICY TUNA OR SPICY CALIFORNIA ROLLS 24 - 28 oz (Selon le produit/Depending on product)

BUY TWO GET ONE FREE — BAYWOOD 2 - 3 oz (Selon le produit/Depending on product)

7.99 ea. — MINUTE MAID PURE PREMIUM ORANGE JUICE OR MINUTE MAID PREMIUM MOCKTAILS 1.75 L (Selon le produit/Depending on product)

13.99 ea. — FRESH CUT CARROTS 454 g (Selon le produit/Depending on product)

3.99 ea. — GUMMIES FOR GUMMIES OR CHIPS 125 - 175 g (Selon le produit/Depending on product)

5.79 ea. — ULTRA PREMIUM PLANTED MILK 1 L (Selon le produit/Depending on product)

2.49 ea. — BEATRICE CHOCOLATE MILK 1 L (Selon le produit/Depending on product)

4.99 ea. — ACTIVIA YOGURT 750 g (Selon le produit/Depending on product)

5.99 ea. — HÄAGEN-DAZS ICE CREAM 946 ml (Selon le produit/Depending on product)

3.99 ea. — MINUTE MAID PREMIUM JUICE DRINKS OR FUZZE ICE TEA 1.75 L (Selon le produit/Depending on product)

7.49 ea. — LIBERTÉ YOGURT 650 g (Selon le produit/Depending on product)

3.99 ea. — LAY'S POTATO CHIPS OR TORTILLA CHIPS 235 - 275 g (Selon le produit/Depending on product)

3.99 ea. — ALLEN'S 100% MOUNTAIN APPLE JUICE 1.75 L OR SNACK PACK APPLE SAUCE 4 x 90 g OR GOLD SWEETS FRUIT SNACK 300 g (Selon le produit/Depending on product)

6.99 ea. 80 — BUBLY BUBBLY OR MINUTE MAID SPARKLING 355 ml - 1.75 L OR JUICE CUPS 5 x 200 ml (Selon le produit/Depending on product)

1.99 ea. — GARDEN CRISPY MINIS, TASTY CHEEZ, GOLDFISH OR CHEEZ-IT CRACKERS 200 - 355 g (Selon le produit/Depending on product)

1.99 ea. — GREEN GIANT VEGETABLES 341 - 398 ml (Selon le produit/Depending on product)

3.99 ea. — HELLMANN'S MAYONNAISE, HEINZ HOT DOG SALAD SWEETENER OR HEINZ TOMATO KETCHUP 340 - 1 L (Selon le produit/Depending on product)

10.99 ea. — PURE PROTEIN BARS 12 x 50 g (Selon le produit/Depending on product)

5.99 ea. — CREST, SENSODYNE, NEO-LIFE OR ORAL-B TOOTHPASTE OR COLGATE TOTAL CAPS (Selon le produit/Depending on product)

5.99 ea. — JOON & GOURMET CHICKEN OR FLEECY FOR DELICIOUS SOFTENER OR SOFTENER SHEETS 1.25 L - 1.5 L (Selon le produit/Depending on product)

I earn with moi rewards

Decker Cookies or Crackers 200 - 300 g (Selon le produit/Depending on product)

65 rewards points 3.67

250 rewards points 12.99 ea. — CASHMERE BATHROOM TISSUE, SCOTTIES FACIAL TISSUES OR LUX TOILETTE TISSUE 1 - 2 pk (Selon le produit/Depending on product)

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

We reserve the right to limit quantities.
WE'RE PROUD TO BE PART OF ONE LOCAL FAMILY.
FLYER PERIOD: 21 April 22 - 28 Avril 2026 (Valid/Valide Mon./Lun.)

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Where you shop matters. Your purchases support local jobs and local farmers.
WHY IT'S GOOD FOR YOU

*Prices in Canadian dollars. Unless otherwise specified, the sale prices in this flyer are valid from Mon. April 27, 2026 to Sun. May 2, 2026 inclusive. Please recycle or return leaflet recycle. ®/MD/TM/LICENCE Marks of Metro Ontario Inc. or its licensee or affiliated entity in Canada. Prices and offers are valid at participating Metro stores in Ontario, Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island, Manitoba and Saskatchewan. Please see the Customer Service desk at your Metro for full details. Prices in Canadian dollars. Prices in Canadian dollars. Prices are valid at participating Metro stores in Ontario, Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador, Prices and offers are valid at participating Metro stores in Ontario, Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island, Manitoba and Saskatchewan. Please see the Customer Service desk at your Metro for full details. Prices in Canadian dollars.

this week's deals:

Only until April 15, 2026, in-store or online

add your moi rewards coupons

NOW 3.99 ea. SAVE UP TO $2

5.99* ea.

LIVING LETTUCES
PRODUCT OF ONTARIO
2 pk, GREEN OR MIXED

NOW 3.49 ea. SAVE UP TO $2

5.49* ea.

PEARL MILLING PANCAKE MIX OR SYRUP
905 g, 710 ml
SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $2.80

5.79* ea.

IRRESISTIBLES ORGANICS GLUTEN FREE PASTA
300 g
SELECTED VARIETIES

NOW 3/$5 SAVE UP TO $3.97 ON 3

3/$8.97

SWANSON MEAT PIES
FROZEN, 200 g
SELECTED VARIETIES

NOW 6.99 ea. SAVE UP TO $2

8.99* ea.

McSWEENEY'S BEEF JERKY SNACKS
70 - 85 g
SELECTED VARIETIES

NOW 7.49 ea. SAVE UP TO $2

9.49* ea.

OONI FROZEN DOUGH
SELECTED SIZES
SELECTED VARIETIES

NOW 12.99 ea. SAVE UP TO $7

19.99* ea.

ARM & HAMMER KITTY LITTER
6.4 - 12.7 kg

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.*

Farm Fresh Produce

4.99 ea. — STRAWBERRIES 454 g, PRODUCE OF CANADA, CANADA No. 1 GRADE

4.99 ea. — 5 PK — BONCHOUX LAIT PRODUCE OF MEXICO

2.99 /lb — TOMATOES ON THE VINE PRODUCE OF CANADA, CANADA No. 1 GRADE 0.200 kg

1.99 ea. — SEEDLESS CUCUMBERS PRODUCE OF CANADA, CANADA No. 1 GRADE

1.99 /lb — LARGE SEEDLESS NAVEL ORANGES PRODUCE OF CHINA 0.200 kg

5.00 — 4 for — LARGE KIWIS PRODUCE OF CHILE

4.99 ea. — ASSORTED COLOR SWEET PEPPERS 454 g, MILD WONDERS SWEET PEPPERS 454 g, PRODUCE OF CANADA, CANADA No. 1 GRADE

2.49 /lb — GREEN ZUCCHINI PRODUCE OF CANADA 0.454 kg

3.99 ea. — BLACKBERRIES 454 g, PRODUCE OF MEXICO

1.99 ea. — HONEY LEMONS® MANDARIN PRODUCE OF MEXICO

1.69 ea. — GREEN ONIONS PRODUCE OF CANADA

3.99 ea. — 4.99 — PINK CACTUS PEARS® PRODUCE OF CHILE, PRODUCE OF MEXICO, PRODUCE OF CANADA, PRODUCE OF CHINA, No. 1 GRADE

5.99 /lb — Dorum Candy — DOTTOM CANDY GRAPES 454 g, No. 1 GRADE 0.200 kg

2.99 /lb — LARGE CARA CARA ORANGES PRODUCE OF CHINA 0.200 kg

4.79 ea. — BELLE GARDEN MUSHROOMS SHITAKE 113 g, BELLE GARDEN MUSHROOMS LION'S MANE 113 g, PRODUCE OF CANADA

3.99 ea. — SHIZAM! — FIST SHIZAM!® PEPPERS 454 g, PRODUCE OF MEXICO

Beverage Break

9.99 ea. — ASSORTED 2 PK — CLEAR PROTEIN ICE OR RECOVERY SHOTS 1 Bottle

6.99 ea. — PULP & PRESS ORGANIC COLD-PRESSED JUICE 1.75 L, ASSORTED

6.99 ea. — MALTHOUSE JUICES 1.75 L, ASSORTED

9.99 ea. — 1.1 L — TONICA ORGANIC KOMBUCHA

Organic

5.49 ea. — ORGANIC ORANGES 2 kg, ORGANIC ORANGE CARROTS 454 g, PRODUCE OF MEXICO, PRODUCE OF CANADA, No. 1 GRADE

2.49 ea. — ORGANIC AVOCADOS PRODUCE OF MEXICO

4.99 /lb — ORGANIC TOMATOES ON THE VINE PRODUCE OF CANADA, CANADA No. 1 GRADE 0.200 kg

3.99 ea. — FRESH ORGANIC GINGER 454 g, FRESH ORGANIC SHALLOTS 454 g, PRODUCE OF CANADA, No. 1 GRADE

Sliced & Diced

4.99 ea. — MELON CHUNKS 500 g, YOGURT PARFAITS 454 g, MINI SALADS 454 g — Sold at Metro Plus

5.99 ea. — BERRY MIXES 454 g, DELUXE FRUIT SALAD 454 g

Fresh Blooms

20.00 /ea. — PREMIUM GARDEN MIXED BOUQUET PRODUCE OF CANADA

16.99 ea. — LIVE TRAVEL ORCHID 12 cm, ASSORTED — NEW

16.99 ea. — COLLAGE PLANTS PRODUCE OF CANADA

April is Daffodil Month

2 for 20.00 ea. 15.00 — DAFFODILS PRODUCE OF CANADA, PRODUCE OF CHINA

metro.ca

Our Butcher's Finest

Irresistible

LOCKED DOWN PRICES UNTIL MAY 6TH, 2026

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

Seafood

2.99 /lb. — BASA FILLETS
Product of Vietnam, Farmed, Frozen, 907 g

10.99 — FRESH STUFFED ATLANTIC SALMON TRUITE BRAISÉE
Product of Canada, Farmed, 1 kg

3.99 ea. — FROM THE MAINE LOBSTER CRAB CAKES
Product of Canada, Frozen, 170 g

7.99 ea. — LA BOUCHERIE SMOKED ATLANTIC SALMON
Product of Canada, Farmed, 100 g

7.99 ea. — STORE MADE MINI SEAFOOD PLATTER
Product of Canada, 1 kg

907 g

11.99 ea. — FROZEN WHOLE MACKEREL
Product of Canada, 907 g

5.99 ea. — NORWEGIAN COLD WATER SHRIMP
Product of Canada, Frozen, 200 g

NEW

7.99 ea. — DUANE'S CLAM CHOWDER WITH LOBSTER MEAT
Product of Canada, 1 kg

7.99 ea. — CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
Product of Canada, 500 g

9.99 ea. — FROZEN BREADED SEAFOOD SNACKS
Product of Canada, Frozen, 1 kg

BOX OF 24

13.99 ea. — KOREAN BRAISED SEAFOOD SNACKS
Product of Canada, 1 kg

Irrésistible

NEW

5.99 ea. — IRRÉSISTIBLE CHICKEN WINGS SAUCE
Product of Canada, 1 kg

8.99 ea. — IRRÉSISTIBLE CHICKEN SAUCE
Product of Canada, 1 kg

8.99 ea. — IRRÉSISTIBLE CHICKEN SAUCE
Product of Canada, 1 kg

NEW

JUMBO

9.99 ea. — IRRÉSISTIBLE CHICKEN PACIFIC WAFFE SAUCE
Product of Canada, 1 kg

Deli Favourites

YOUR CHOICE

3.99 /100 g

IRRÉSISTIBLE ARTISAN SMOKE ROAST BEEF
Product of Canada, 100 g

IRRÉSISTIBLE ARTISAN SMOKE ROAST BEEF OR PASTRAMI
Product of Canada, 100 g

IRRÉSISTIBLE ARTISAN BLACK FOREST HAM
Product of Canada, 100 g

IRRÉSISTIBLE ARTISAN SMOKED PORK LOIN
Product of Canada, 100 g

BUY MORE SAVE MORE

3.29 when you buy 100 g or more — IRRÉSISTIBLE ARTISAN SMOKE ROAST BEEF OR PASTRAMI
Product of Canada, 100 g

4.49 /100 g — IRRÉSISTIBLE CHEDDAR CHEESE
Product of Canada, 100 g

7.49 ea. — CAPELLO BLUE CHEESE
Product of Canada, 175 g

9.99 ea. — CAMPOSELLO DUBLIN MILD, CHEDDAR OR BLUE CHEESE OR FOUR AGED CHEDDAR OR NOTRE DAME BRIE
Product of Canada, 175 g

NEW

7.49 ea. — MONKEY SAUSAGE CHEESE
Product of Canada, 175 g

NEW

7.99 ea. — CAMPOS & MONICA'S OR VILLAGE DELI ARTISAN SALAMI OR ARTISAN PEPPERONI CHICKS
Product of Canada, 175 g

8.99 ea. — THE STELLA GRATED CHEESE 50 g
Product of Canada, 50 g

9.99 ea. — THE STELLA FETA 200 g
Product of Canada, 200 g

9.99 ea. — RANA PASTA KITS
Product of Canada, 500 g

6.99 ea. — PROMESSE MEXICAN SOUPS
Product of Canada, 473 ml

earn more with moi rewards

250 when you buy 250 pts or more in a single transaction

17.99 — FROZEN 2 LB BONELESS WINGS
Product of Canada, 2 lb

6.99 ea. — FROZEN 2 LB BREADED CHICKEN MEDALLIONS
Product of Canada, 2 lb

metro.ca

UP TO

$60

OFF

YOUR FIRST 3 ORDERS*

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Shop Offer

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

FLAVOURS OF italy

JUMBO

JUMBO CANTALOUPE
PER KG/PER LB
PRODUCE (PRODUCE)

4.99 ea.

2.99 ea.

RED OR GREEN SWISS CHARD OR BROCCOLI RABE BUNCHES OR BABY BUNCHES
PER BUNCH
PRODUCE (PRODUCE)

3.99 ea.

MARCANGELO SLICED MORTADELLA 90 g
SLICED MEATS

9.99 ea.

ZEPPOLI
PER MOZZARELLA
DAIRY (DAIRY)

9.99 ea.

RIO
SAUSAGES
PER KG/PER LB
FROZEN (FROZEN)

5.99 ea.

DAITWILLOCK
FILLETS BAKED
FROZEN (FROZEN)

31.99 ea.

ITALIAN BURN CAKE
PER KG/PER LB
BAKERY (BAKERY)

4.99 ea.

ROSS
PIZZELLE
PER KG/PER LB
BAKERY (BAKERY)

3.99 ea.

UNICO OLIVES
PER KG/PER LB
GROCERY (GROCERY)

8.99 ea.

CARBONE
PASTA SAUCE
PER KG/PER LB
GROCERY (GROCERY)

3.49 ea.

RIONADE MEDITERRANEAN TUNA SALAD
90 g, 100 TO 400 G

4.99 ea.

UNICO
ARTICHOKES
PER KG/PER LB
GROCERY (GROCERY)

Cheesy Delights

FRONT STREET BAKERY CHEESE BRIOCHE 7.49 ea.

WHAT'S MY MATCH

6.99 ea. FRONT STREET BAKERY PIZZA BUNS

5.99 ea. FRONT STREET BAKERY CHEESE BURGER OR CHEESE BUNS (CHOICE OF 2)

FRONT STREET BAKERY
OUR ABSOLUTE FOREVER

22.99 ea. FRONT STREET BAKERY CHOCOLATE RASPBERRY CAKE 1.4 kg (CHOICE OF 2)

16.99 ea. FRONT STREET BAKERY MILK TARTS 454 g (CHOICE OF 2)

2.99 ea. FRONT STREET BAKERY CARTOPIECES 1 pk

4.49 ea. FRONT STREET BAKERY CAKE SLICES 1 pk (CHOICE OF 2)

mix match

BEST SERVED WARM

5.99 ea. FRONT STREET BAKERY CINNAMON BUNS 454 g OR 12 pk

7.99 ea. SELECTION BISCUITS/COOKIES 200 g–454 g (CHOICE OF 2)

5.99 ea. SELECTION BISCUITS/COOKIES 200 g (CHOICE OF 2)

Snacks & Beverages

STARBUCKS GROUND COFFEE 340–396 g (CHOICE OF 2)

13.49 ea.

14.99 ea. TIM HORTONS COFFEE CAPSULES 10–12 pk (CHOICE OF 2)

4.79 ea. HARVEST CRUNCH CEREAL 300–370 g (CHOICE OF 2)

5.49 ea. HARMONIC HERBAL TEA BAGS 20 pk (CHOICE OF 2)

2.49 ea. ZOA ENERGY DRINKS 355 ml (CHOICE OF 2)

24.99 ea. CORONA NON-ALCOHOLIC BEER 24 pk (CHOICE OF 2)

3.99 ea. SUNRYPE SLIM JUICE 1 kg (CHOICE OF 2)

5.79 ea. OSTERIA SALSA 341–425 g (CHOICE OF 2)

1.67 ea. GREGGS/BELLA CHIPS 184 g (CHOICE OF 2)

3.99 ea. MOTHER MUNG CANDIES OR SNACKS 150–170 g (CHOICE OF 2)

3.49 ea. MOUNTAIN ENERGY DRINKS 473 ml (CHOICE OF 2)

4.49 ea. MUST & STEFF'S CAESAR MIX 1 l (CHOICE OF 2)

3.49 ea. DARK CHOCOLATE WAFFLE CANDIES OR CRACKERS 150–175 g (CHOICE OF 2)

6.49 ea. DARK CHOCOLATE COATED PEANUTS 454 g (CHOICE OF 2)

11.99 ea. LINDT SWISS CLASSIC CHOCOLATE BAR 300 g (CHOICE OF 2)

125 value of $1.5

3.49 ea. NERDS CANDIES 142 g (CHOICE OF 2)

40 CANDIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

DEL MONTE JUICE
1 L
SELECTED VARIETIES

2.99 ea.

NESTEA ICED TEA MIX
650 g
SELECTED VARIETIES

7.69 ea.

O'SOLE MIO FRESH PASTA OR SAUCE
255 g, 300 ml
SELECTED VARIETIES

2 for
10.00

125 points
value of $1 when you buy 2

SARDO OLIVES
375 ml
SELECTED VARIETIES

4.49 ea.

New options.
New flavours.
New reasons to shop Metro for new & trusted brands.

DISCOVER NEW

STRUB'S PICKLES
500 ml
SELECTED VARIETIES

4.49 ea.

WINDSOR SEASONING SALT
124 - 147 g
SELECTED VARIETIES

4.99 ea.

MEZZETTA PICKLES
375 ml
SELECTED VARIETIES

5.99 ea.

STRUB'S PICKLES
1 L
SELECTED VARIETIES

5.49 ea.

More Great Savings

BECK'S PRIZELES 355 ml 5.49 ea.	CHEF BERNARDIN CLASSIC SALSA 125 ml 2.99 ea.	MR. NOODLES INSTANT NOODLES 85 g 69¢ ea.	DONATO INSTANT MEALS 300 g 3.49 ea.
MOGLE MUSTARD 250 ml 6.99 ea.	ORGANICS SALAD DRESSING 250 ml 6.99 ea.	MUTTI PEELED TOMATOES 400 g 4.99 ea.	DAINTY RICE 907 g 9.99 ea.
STARBUCKS BLACK COFFEE 340 ml 8.99 ea.	SMUCKER'S UNCRUSTABLES SANDWICH 1.36 kg 10.99 ea.	HEALTHY CHOICE FROZEN MEALS 340 g 5.99 ea.	BAKING POWDER 454 g 6.99 ea.
STARBUCKS COFFEE CREAMER 946 ml 7.49 ea.	VIENNA SAUSAGES 398 ml 3.99 ea.	BILLY BEE HONEY 375 g 8.99 ea.	DELLONA'S JUMBO CEREAL 1.36 kg 9.99 ea.

Lactantia — Delicious & Easy to Digest

LACTANTIA LACTOSE FREE MILK 2 L 5.79 ea.	LACTANTIA LACTOSE FREE MILK 1 L 6.59 ea.
LACTANTIA LACTOSE FREE MILK 1 L 11.29 ea.	

FOR EVERY BURGER — HEINZ

NEW HEINZ MAYONNAISE STYLE SAUCE 410 ml 3.99 ea.	NEW MIX EGG TEA POWDER MIX 396 g 6.99 ea.
HEINZ KETCHUP OR WILD ROOT BBQUE SAUCE COLLECTIVE BARGAINING 400 ml 5.99 ea.	HEINZ SAUCE OR BBQ SAUCE OR DIPPING SAUCE 341 - 500 ml 4.99 ea.

I earn with moi rewards

JOJO MINI CINNAMOLLS 2 pk 3.99 ea. 125 moi	PITA POPS PULLEDPORK PITA POPS 6.99 ea. 50 moi	DOLE FRUIT CUPS 4 pk 3.99 ea. 100 moi	DR. OETKER CHEESE PIZZA 2.49 ea. 60 moi
MASTERFOODS BBQ CHIPS 5.49 ea. 60 moi	WERTHER'S ORIGINAL 5.49 ea. 70 moi	INSECTICIDES ROUND TUNA 2.49 ea. 30 moi	SOY ALMONDMILK 3.99 ea. 50 moi

metro.ca

4.99 ea.
QUEST BARS
10 ct.
SELECTED VARIETIES

3.99 ea.
GO MACRO BARS
10 ct.
SELECTED VARIETIES

FUEL YOUR RUN

Run, jog, walk – power up with our variety of protein-packed snacks & drinks that also taste great.

2.99 ea.
BARRIELLE
PROTEIN BARS
SELECTED VARIETIES

2.49 ea.
MIGHTY PROTEIN
CHICKEN STICKS
10 ct.
SELECTED VARIETIES

6.99 ea.
BUFF BUCKS
SNACK STICKS
10 ct.
SELECTED VARIETIES

10.99 ea.
WAGYU JERKY
10 ct.
SELECTED VARIETIES

4.99 ea.
CORE POWER ELITE
PROTEIN BEVERAGE
14 oz.

5.99 ea.
SIMPLY PROTEIN
SUPER BARS
5 ct.
SELECTED VARIETIES

5.99 ea.
TASTE OF NATURE
BARS
20 ct.
SELECTED VARIETIES

9.49 ea.
CLIF BARS
12 ct.
SELECTED VARIETIES

9.49 ea.
KIND
SNACKS BARS
12 ct.
SELECTED VARIETIES

3.99 ea.
ZERAW
CHOCOLATE
BARS
10 ct.
SELECTED VARIETIES

2.99 ea.
PROBAR BARS
10 ct.
SELECTED VARIETIES

1.99 ea.
KIND
GRANOLA BARS
10 ct.
SELECTED VARIETIES

2.99 ea.
PERFECT BARS
10 - 12 ct.
SELECTED VARIETIES

2.99 ea.
LOVE GOOD FATS
BARS
12 ct.
SELECTED VARIETIES

Non-GMO

NEW

CHOCXO CHOCOLATE CHIPS 175 g
6.99 ea.

STELLA ICE GREEN TEA 1.75 L
2.49 ea.

KOOPS MUSTARD 250 ml
3.99 ea.

ELMHURST BEVERAGES 946 ml
8.49 ea.

PATH PASTA 340–700 g
11.99 ea.

PRANA CHIPS 200–300 g
6.99 ea.

NUTS TO YOU PLUS NUT BUTTER 454 g
9.99 ea.

MIO SOFT SQUARES 300 g
7.99 ea.

Plant-Based

BOB'S RED MILL FLOUR 454 g
8.49 ea.

YOGGUT YOGURT 750 g
7.99 ea.

ARTISO PEANUT BUTTER 340 g
6.99 ea.

Organic

PELLETTE PASTA 340 g
3.49 ea.

HUMBLE POTATO CHIPS 150 g
4.49 ea.

CAFÉ WILLIAM COFFEE 340 g
15.99 ea.

Household Helpers

ENERGIZER BATTERIES 8–12 ct
16.99 ea.

ECO-BOOK SUPPLY 12 ct
2.99 ea.

BOUNTY ON DETAILS NAPKINS 240–280 ct
5.99 ea.

LYSOL DISINFECTING WIPES 35–70 ct
6.99 ea.

CHARMIN BATHROOM TISSUE 12 ct
8.99 ea.

DOWNY FABRIC SOFTENERS 1.8–2.4 L
8.99 ea.

DOWNY RINSE 1.8–2.4 L
8.99 ea.

BOUNCE SHEETS 80–120 ct
8.99 ea.

Pet

NEW

TEMPTATIONS CAT TREATS 85 g
2.99 ea.

BOOST! CAT TREATS 85 g
3.99 ea.

MILK-BONE DOG TREATS 1.36–2.27 kg
11.49 ea.

MILK-BONE BRUSHING CHEWS 10 ct
12.49 ea.

TRUE LIFE NATURA LITTER 7.73 kg
14.49 ea.

PROMIDOG WET DOG FOOD 370 g
3.79 ea.

PURINA ONE DRY CAT FOOD 1.36–2.27 kg
14.49 ea.

CARE DAY DOG FOOD 2.27–2.72 kg
19.99 ea.

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

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

19.99 ea. — JOHNSTON CAKE MIX OR CAKE CONCOCTION 500 g

1.99 lb. — LONG EGGPLANT PRODUCT OF UNITED STATES 1.75 kg

3.99 ea. — SAYOL TOFU HOT SAUCE 340 g/400 g SELECTED VARIETIES

9.99 ea. — MEADOWBROOK GOLD, MOOR OR LA GOLLA, ORIGINAL OR BROWN BASMATI RICE 4.54 kg SELECTED VARIETIES

9.99 ea. — SAFFORITO VEGETABLE OR CANOLA OIL 2 L

6.99 lb. — GOLDEN MANGOES PRODUCT OF COLOMBIA 1.36 kg

28.00 ea. 3 lb. — INTERNATIONAL BOUQUET 3-STEM BUNCH SELECTED COLOUR

7.99 ea. — GOLDEN MOOR OR LA GOLLA GOURMET RICE 2 kg SELECTED VARIETIES

13.99 ea. — DAIAN'S GHEE 500 g

1.69 ea. — CEDAR CANNED BEANS 540 ml SELECTED VARIETIES

3.49 ea. — INSTANT NOODLES OR MAGGI SAUCES 70 g/85 g/100 g SELECTED VARIETIES

8.99 ea. — ALA CARTE OR CEDAR TAHINI OR CEDAR HONEY 250 - 500 g SELECTED VARIETIES

1.99 ea. — SAVEN SELECTED PARATHAS 340 - 450 g SELECTED VARIETIES

2.49 ea. — HAMS DAIRY, PROVINCIAL OR CEDAR YOGURT 750 g SELECTED VARIETIES

3.99 ea. — SAYOL CHIPS 2.5 OR SAYOL CHIPS 1.5 OR SAYOL SLICE 1.5 L SELECTED VARIETIES

2.49 ea. — CHOICE SNACKS, SAYOL ROASTED CHANA, CHORLIAN OR CHORLIAN MIXES 225 - 400 g SELECTED VARIETIES

3.99 ea. — PATNA 5 LB BASMATI RICE 2.25 - 400 g SELECTED VARIETIES

3.99 ea. — CASABLANCA SHORTBREAD BUTTER COOKIES 454 g

1.67 ea. — NATIONAL SPICE MIXES OR SAUCE MIXES 75 - 200 g

3.49 ea. — SAYOL PICKLES CONDIMENTS OR SAUCE 250 - 1 L SELECTED VARIETIES

99¢ ea. — SAYOL MASALA 200 g SELECTED VARIETIES

99¢ — PARLE-G OR LU COOKIES 200 - 800 g SELECTED VARIETIES

Best availability earlier in store

metro pharmacy

AMY WONG
Pharmacy Manager

Better health starts from within. Make gut health a priority and give your digestive system the care it deserves. Connect with our pharmacist for expert advice and trusted recommendations.

ALIGN PROBIOTIC
21.99 ea.

METAMUCIL LAXATIVE FIBER
23.99 ea.

KEEP YOUR COMMUNITY SAFE

Return unused medication to our pharmacy for safe disposal.

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DulcoLax
16.99 ea. CHOCOLATE LAXATIVE

probiotic
39.99 ea. ADULTS • GENUINE HEALTH DAILY PROBIOTIC 50 BILLION CFU

NARCOTONT Allergy 24HR
15.99 ea. ALLERGY MEDICATION

REACTINE
25.99 ea. REACTINE ALLERGY MEDICATION

Vitamin D3 2500 IU
Tea Tree Oil Huile de Thé
25.00 off WOMEN NATURALS OR HOLISTIC

Alive! Complete Multi WOMEN 50+
ONE PER DAY
Over 50 Essential Nutrients
Probiotic 30 Billion
DIGESTION
8 Probiotic Strains Microorganisms Qualities Complete Intestinal Health
Vegetarian Capsule
ANDREW LESSMAN

BENYLIN
9.99 ea. DRY/FIR COUGH & COUGH SYRUP

TYLENOL COLD
10.49 ea. TYLENOL COLD MEDICATION

DayQuil NyQuil
14.99 ea. FLU & COLD MEDICATION

VapoRub
15.99 ea. COLD & CONGESTION RELIEF 125 value of 1.5

Icy Hot
8.99 ea. ICY HOT MUSCLE PAIN CREAM

Polysporin
11.99 ea. POLYSPORIN OINTMENT

Advil
12.99 ea. ADVIL IBUPROFEN

TYLENOL
16.99 ea. TYLENOL ARTHRITIS PAIN

PROBIOTIC GUMMIES
13.99 ea. NATURE'S BOUNTY PROBIOTIC GUMMIES

B 12
12.99 ea. ADVANCED VITAMIN B12

Omega-3 Select
17.49 ea. ADVANCED OMEGA

Multi
19.99 ea. ADVANCED MULTIVITAMIN

VEGA
44.99 ea. VEGA ONE NUTRITIONAL SHAKE

Ener-C
14.99 ea. ENER-C MULTIVITAMIN EFFER-VESC

Summer's Eve
4.99 ea. SUMMER'S EVE FEMININE CARE

OLAY
10.00 off DAILY SKIN CARE

PRICES ARE IN EFFECT UNTIL WEDNESDAY APRIL 29TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY

metro.ca/pharmacy

Baby Care

3.49 ea. — BABY GOURMET BABY PUREE 113 g

3.99 ea. — ONCE UPON A FARM ORGANIC BABY PUREE 113 g — BUY 1 GET 1 FREE

5.49 ea. — SQUOOSH FRUIT SNACKS 113 g

4.49 ea. — GERBER BABY SNACKS 6 – 7.5 g

7.49 ea. — LIVE CLEAN BABY CARE 90 washes

8.99 ea. — AVEENO BABY CARE 125 washes — BUY 1 GET 1 FREE

4.49 ea. — HUGGIES BABY WIPES 56 – 80 wipes

21.99 ea. — PEMATON DIAPER RASH CREAM 454 g

Health & Beauty

2.99 ea. — GUM & HUMMER TOOTHPICKS 50 ct

4.99 ea. — G.U.M MOUSSERS 50 – 75 ml

8.49 ea. — OLD SPICE DEODORANT 76 – 85 g

8.99 ea. — HELLO DEODORANT 75 g

4.49 ea. — HERBAL ESSENCE BODY WASH 355 ml

7.99 ea. — LIVE CLEAN HAIR CARE 90 washes

5.99 ea. — CAPRINA BAR SOAP 3 x 90 g

6.49 ea. — IRISH SPRING BAR SOAP 3 x 90 g

9.49 ea. — VASELINE BODY CREAM 125 washes — BUY 1 GET 1 FREE

10.99 ea. — JERGENS MOISTURIZING LOTION 414 ml

4.99 ea. — SOFTSOAP SHOWER GEL 355 ml

9.99 ea. — OLD SPICE BODY WASH 473 – 532 ml

3.79 ea. — SYNO OR SHORTHAIRS DEODORANT 75 g

9.99 ea. — GILLETTE SENSITIVE RAZOR 4 ct

11.49 ea. — AVEEO FACE CREAM 50 ml

17.99 ea. — NEUTROGENA SUNBLOCK 100 – 147 ml

32.99 ea. — DIVA MENSTRUAL CUP 1 ct

9.49 ea. — CAREFREE SANITARY NAPKINS 20 ct

9.49 ea. — O.B. OR PLAYTEX SPORT SANITARY NAPKINS 36 – 40 ct

19.49 ea. — DEPEND ADULT INCONTINENCE 30 – 36 ct

PRICES ARE IN EFFECT UNTIL WEDNESDAY APRIL 29TH, 2026
INCLUDES ALL METRO PHARMACY LOCATIONS ONLY

metro cdj pharmacy

FROZEN FAVOURITES

Make mealtime quick, easy & delicious with our variety of frozen meals

GREEN GIANT FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES
3.99 ea.

5.49 ea.
SMUCKER'S UNCRUSTABLES
SELECTED SIZES
SELECTED VARIETIES

7.49 ea.
DR. OETKER PICCOLISSIMA
SELECTED SIZES
SELECTED VARIETIES

7.49 ea.
DR. OETKER SUPREMA PIZZA
SELECTED SIZES
SELECTED VARIETIES

RUSTICA PIZZA
SELECTED SIZES
SELECTED VARIETIES
7.99 ea.

6.99 ea.
STEFANO PIZZA
SELECTED SIZES
SELECTED VARIETIES

RUSTICA PIZZA
SELECTED SIZES
SELECTED VARIETIES
7.99 ea.

McCAIN FRIES
SELECTED SIZES
SELECTED VARIETIES
4.49 ea.

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HIGH PROTEIN
YOGURT OF THE NHL®

OÎKOS SNACK TO WIN

YOU COULD **WIN*** **A TRIP FOR 2** TO THE **STANLEY CUP® FINAL**

$25,000 IN TOTAL PRIZES

SCAN NOW

3.49 ea. OIKOS® PRO™ DRINKS 300 ml SELECTED VARIETIES

6.49 ea. OIKOS® AND OIKOS® PRO™ 650 - 750 g SELECTED VARIETIES

3 for 11.00 OIKOS® YOGURT 4 x 95 g , 4 x 100 g SELECTED VARIETIES

* NO PURCHASE NECESSARY. BEGINS 03/23/26 AT 12:00:01 AM ET & ENDS 05/26/26 AT 11:59:59 PM ET. DRAW 05/25/26 AT 3PM ET. ONE (1) GRAND PRIZE: TRIP FOR 2 TO A 2026 STANLEY CUP® FINAL GAME (ARV $9,000 CAD) AND 100 INSTANT WIN PRIZES. A $100 CAD DIGITAL PREPAID CARD (100 TOTAL), OR A $5 CAD PHYSICAL DANONE ONOS® COUPON (100 TOTAL). MATHEMATICAL SKILL TESTING QUESTION REQUIRED. FULL CONTEST RULES: WWW.DANONEONOS.CA. ONOS® USED UNDER L.C. © 2026, DANONE US, LLC. ALL RIGHTS RESERVED. ONOS® PRO™ USED UNDER L.C. © 2026, DANONE US, LLC. ALL RIGHTS RESERVED.

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CONAGRA BRANDS

POGO BREADED WIENERS
FROZEN, 600 - 750 g
SELECTED VARIETIES

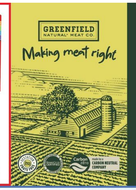
12.99 ea.

125 points value of $1

POGO BREADED WIENERS
FROZEN, 960 g - 1.5 kg
SELECTED VARIETIES

16.99 ea.

125 points value of $1



80 points

8.99 ea.

GREENFIELD BACON OR WIENERS
375 g
SELECTED VARIETIES

BlueWater SEAFOODS

13.99 ea.

BLUEWATER BREADED FISH FILLETS
FROZEN, 480 - 725 g
SELECTED VARIETIES

4.99 ea.

BLUEWATER LEMON PEPPER OR TRADITIONAL FISH FILLETS
FROZEN, 300 g

BLUEWATER SHRIMP OR FISH FILLETS
FROZEN, 255 - 600 g
SELECTED VARIETIES

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CADBURY CHOCOLATE BARS
80 - 100 g
SELECTED VARIETIES

3.99 ea.

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CADBURY CHOCOLATES
300 - 342 g
SELECTED VARIETIES

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