

metro

THIS WEEK ONLY

APRIL 30TH - MAY 6TH, 2026

SHAVUOT חג שמחה



NATURE'S BEST OR ZAVAT SLICED CHEESE 150 - 170 g SELECTED VARIETIES

4.99 ea.



3.99 ea.

KEDEM GRAPE JUICE OR SPARKLING 650 ml - 1.89 L SELECTED VARIETIES

GOLDEN BLINTZES, PIEROGIES OR PANCAKES 301 - 454 g SELECTED VARIETIES

4.49 ea.



3.49 ea.

GALIL OR WISSOTZKY TEA 16 - 25'S SELECTED VARIETIES



OSEM BAMBA SNACK 25 g SELECTED VARIETIES

99¢ ea.



4.99 ea.

GALIL PRESERVES 300 g SELECTED VARIETIES



2.99 ea.

MOTOLA PICKLES 670 g SELECTED VARIETIES



9.99 ea.

YEHUDA OR KEDEM GEFILTE FISH 680 g SELECTED VARIETIES



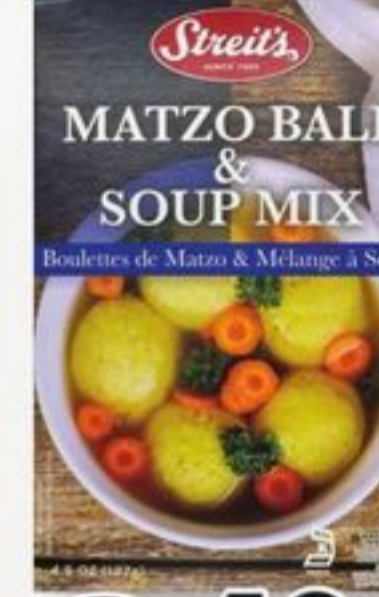
5.99 ea.

MANISCHEWITZ TAM TAMS CRACKERS 272 g SELECTED VARIETIES



1.99 ea.

CROWN OR GEFEN LIGHT TUNA 170 g SELECTED VARIETIES



2.49 ea.

STREIT'S MATZO BALL OR SOUP MIX 127 g SELECTED VARIETIES



3.99 ea.

BUNCH BEETS PRODUCT OF U.S.A. OR MEXICO



15.99 /lb

SHEFA PICKLED BEEF BRISKET 35.25/kg



NANUK SMOKED COHO SALMON FROZEN, 140 g

10.99 ea.

COHO SALMON SAUMON COHO 140 g

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CROWN, TZALI,
ARIEL OR TA'AMTI
BOREKAS
600 - 800 g
SELECTED VARIETIES



6.49
ea.



7.49
ea.
MEHADRIN
COTTAGE CHEESE
500 g
SELECTED VARIETIES



5.99
ea.
GIVAT CREAM CHEESE
227 g
SELECTED VARIETIES



1.69
ea.
TUSCANINI
POUCH OLIVES
30 g
SELECTED VARIETIES



GEFEN PASTA OR
PIZZA SAUCE
680 - 737 g
SELECTED VARIETIES

4.49
ea.



BAKED IN
BROOKLYN
PITA CHIPS
170 g
SELECTED VARIETIES

3.49
ea.



5.99
ea.
B'GAN APPLE JUICE
1.89 L
SELECTED VARIETIES



WACKY MAC
156 g
SELECTED VARIETIES

1.99
ea.



FRUIT A PEEL FRUIT
SNACKS 28 g
SELECTED VARIETIES

3.99
ea.



GENÈVE
CHOCOLATE BAR
100 g
SELECTED VARIETIES

4.99
ea.



KLIYAT GAT
SUNFLOWER SEEDS
200 g
SELECTED VARIETIES

2.99
ea.



DECOR GLAMOUR
GOLD CUTLERY
20 PK
SELECTED VARIETIES

4.99
ea.



CROWN CUPS
100 CT
SELECTED VARIETIES

1.99
ea.



DECOR
COMBO BOWLS
32 PK
SELECTED VARIETIES

12.99
ea.



CROWN DELUXE
ALUMINUM ROASTERS
2-4 PK
SELECTED VARIETIES

3.99
ea.

**CROWN
HEARTS OF PALM
CUTS** 400 ml
SELECTED VARIETIES

1.99
ea.



1.99
ea.

TA'AMBONNE DIPS
200 g
SELECTED VARIETIES



19.99
ea.

**NATURE'S BEST SHREDDED CHEESE OR
HAOLAM FAMILY PACK STRING CHEESE**
509 - 800 g, SELECTED VARIETIES



3.99
ea.

**DRIZZILICIOUS
RICE CAKE**
113 g
SELECTED VARIETIES



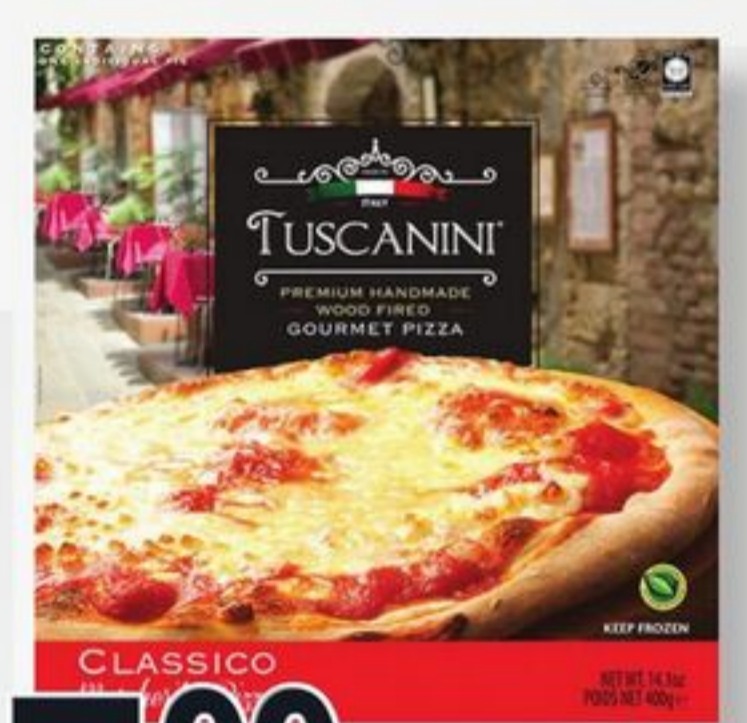
**CROWN
RUGALACH OR BABKA**
454 - 500 g
SELECTED VARIETIES

5.99
ea.



7.99
ea.

**PARADES FARMS
FROZEN VEGETABLES**
453 - 680 g
SELECTED VARIETIES



5.99
ea.

TUSCANINI PIZZA
400 - 425 g
SELECTED VARIETIES



**USHIA RICE
NOODLES,
SAUCE OR
VINEGAR**
400 g, 300 ml
SELECTED VARIETIES

2.49
ea.



**ZETA
FLAVOURED
OLIVE OIL**
250 ml
SELECTED VARIETIES

6.99
ea.



2.49
ea.

GRAB1 NUTRI BARS
47 g
SELECTED VARIETIES



2.79
ea.

BERMAN COOKIES
200 g
SELECTED VARIETIES



99¢
ea.

USHIA EGG NOODLES
200 g
SELECTED VARIETIES



**GEFEN
ALMOND MILK**
1L
SELECTED VARIETIES

3.99
ea.



3.99
ea.

**BLOOM'S
SNACK SHOTS**
216 g
SELECTED VARIETIES



4.29
ea.

ACHVA MINI HALVA
150 - 216 g
SELECTED VARIETIES

**ALL PRICES & ITEMS ARE EFFECTIVE THURSDAY, APRIL 30TH UNTIL WEDNESDAY, MAY 6TH, 2026
AT THE FOLLOWING METRO LOCATIONS ONLY:**

- 1030 ADELAIDE ST. N., LONDON • 250 GREENBANK RD., NEPEAN • 16640 YONGE ST., NEWMARKET • 1 HENDERSON DR., AURORA
- 11729 TECUMSEH RD. E., WINDSOR • 6509 JEANNE D'ARC BLVD., ORLEANS • 291 YORK MILLS RD. • 3090 BATHURST ST. • 6201 BATHURST ST.
- 600 SHEPPARD AVE. W. • 20 CHURCH AVE., NORTH YORK • 15 ELLESMERE RD., SCARBOROUGH • 656 EGLINTON AVE. E. • 2300 YONGE STREET
- 735 COLLEGE ST. • 425 BLOOR ST. WEST, TORONTO

ITEM AVAILABILITY VARIES BY STORE

We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Prices are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit metro.ca, where you can create an account (or sign into your account) and select your preferred location. Some seafood, bakery and floral items may not be available in all stores. Commercial resale of our products is prohibited.