VERSION 6

9.99 /lb

NO LABEL TOP SIRLOIN STEAK VALUE PACK OR ROAST
11.11/kg

2.99 /lb

FRESH CHICKEN DRUMSTICKS OR THIGHS
6.59/kg

5.99 /lb

FRESH LAMB SHOULDER CHOPS VALUE PACK
NO LABEL 13.21/kg
13.21/kg

3.99 ea.

FRESH CANADIAN ATLANTIC SALMON PORTIONS
5.99/kg

moi rewards member price

1.99 ea.

SPECIAL PRICE
2.99
for non-members

Effective April 15 | 17 | 18

VERSION 6

SEASONAL MIXED BOUQUET

CONTAINER AND VASE

15.00 ea.

PERFECT ADMIN DAY GIFT!

metro

CANADIAN AND PROUD

CASTELLO FRENCH CHEESE 0.15 kg
CASTELLO FRENCH CHEESE 0.15 kg
DANISH BLUE CHEESE 0.15 kg
CASTELLO CREAMY BLUE CHEESE 0.15 kg
CASTELLO FRENCH CHEESE 0.15 kg

40% OFF

BLACKBERRIES 170 g
BLACKBERRIES 170 g
RASPBERRIES 170 g
STRAWBERRIES 454 g
PRODUCE LABEL

2.49 ea.

IN STORE BAKERY

FRONT STREET BAKERY
SOURDOUGH BAR LA BARRICE BREAD
700 g, BLUE DIE NAMES

3.99 ea.

CELERY PRODUCT OF CANADA, CLASS A, AL TAMIR
CELERY PRODUCT OF CANADA, CLASS A, AL TAMIR
GREEN ONIONS PRODUCT OF CANADA, CLASS A, AL TAMIR
GREEN ONIONS PRODUCT OF CANADA, CLASS A, AL TAMIR
GREEN ONIONS PRODUCT OF CANADA, CLASS A, AL TAMIR
GREEN ONIONS PRODUCT OF CANADA, CLASS A, AL TAMIR
GREEN ONIONS PRODUCT OF CANADA, CLASS A, AL TAMIR
GREEN ONIONS PRODUCT OF CANADA, CLASS A, AL TAMIR
PRODUCE LABEL

1.99 ea.

COSMIC CRISP

LARGE COSMIC CRISP APPLES
PRODUCE LABEL, COSMIC CRISP
0.200 kg

1.99 /lb

LONG SQUASH
PRODUCE LABEL, LONG SQUASH
2.500 kg

99¢ /lb

Sunripe

CAULIFLOWER
PRODUCE LABEL, CAULIFLOWER, AL TAMIR
MINI CUCUMBERS 454 g
PRODUCE LABEL, MINI CUCUMBERS

2.99 ea.

McCain
SMART Ones

McCAIN FREE AND EASY
McCAIN FREE AND EASY
McCAIN SMART Ones
McCAIN SMART Ones
McCAIN SMART Ones

Irrésistible

Shop these and more in-store or online

IRRÉSISTIBLE
PÂTES OU PAINS
FROIDS
SELECTED VARIETIES
VARIÉTÉS SÉLECTIONNÉES

8.99 ea.

8.99 ea.

IRRÉSISTIBLE SHRIMP OR
SCALLOPS APPETIZERS
FROZEN
SELECTED VARIETIES

IRRÉSISTIBLE
BACON OR BEEF
SELECTED VARIETIES
VARIÉTÉS SÉLECTIONNÉES

5.99 ea.

IRRÉSISTIBLE
NEW YORK STYLE
CHEESECAKE
SELECTED VARIETIES
VARIÉTÉS SÉLECTIONNÉES

12.99 ea.

IRRÉSISTIBLE FROZEN PIZZA
SELECTED VARIETIES
VARIÉTÉS SÉLECTIONNÉES

3.99 ea.

6 PACK

IRRÉSISTIBLE
SPARKLING SPRING WATER
SELECTED VARIETIES

4.99 ea.

metro.ca

New Lower Prices

VILLAGIO
ASSORTED BREADS, BUNS, SANDWICH BAGELS OR 7" TORTILLAS
ASSORTED VARIETIES
500 g–1 kg
2 Buy 7.00

12.99 ea.
JANES LUNCH MASTER OR SNACKS PORK FILLETS
ASSORTED VARIETIES
400 g–1.1 kg

2.99 /100 g
BRIANNY HUB BUFFALO STYLE, BBQ FLAVOR, HONEY OR CINNAMON GRAHAMBU OR CHICKEN CHUNKS
CHICKEN CHUNKS

8.99 ea.
JANES PORK STYLE BREADED CHICKEN OR WINGS
ASSORTED VARIETIES
400 g–1.1 kg

MAPLE LEAF OR SCHNEIDERS OR MAPLE LEAF PORK SAUSAGES
ASSORTED VARIETIES
375 g–1.1 kg
11.99 ea.

10.99 ea.
PRESIDENT'S CHOICE COMPOTES OR CONFITURES
ASSORTED VARIETIES
125 g–1.5 kg

BUY 1 GET 1 50% OFF
5.99 ea.
SMALL SALADS
ASSORTED VARIETIES
100 g–200 g

MAXWELL HOUSE OR NABOB GROUND COFFEE OR MAXWELL HOUSE INSTANT COFFEE OR NABOB INSTANT COFFEE
ASSORTED VARIETIES
300 g–1.36 kg
15.99 ea.

BUY 1 GET 1 50% OFF
6.99 ea.
IÖGO MAKES OR SIGGI'S YOGURT
ASSORTED VARIETIES
750 g–1.1 kg
OR
SIGGI'S YOGURT
ASSORTED VARIETIES
175 g–907 g

24 PACK
5.99 ea.
ESKA NATURAL SPRING WATER OR ESKA FLAVORED WATER VALUE SIZE SNACKS
ASSORTED VARIETIES

2.99 ea.
LUNDBERG PORTIONS, BETTER CHIP'S OR MARKET SNAPS SNACKS
ASSORTED VARIETIES

3.49 ea.
KELLOGG'S OR LACHANCE SELFSERVE BARS
ASSORTED VARIETIES

6.99 ea.
NESTEA READY TO DRINK OR CLEARLY CANADIAN SPARKLING WATER
ASSORTED VARIETIES
355 ml–1.75 L

5.49 ea.
BEN & JERRY'S OR HÄAGEN-DAZS MOUSSE BARS
ASSORTED VARIETIES
90 g–100 g

3.49 ea.
CHANGE CRISPY BERRY OR PRO CARBS CRISPY
ASSORTED VARIETIES
40 g–50 g

3.99 ea.
LECLERC CONFITS OR TOWN HOUSE CHICKEN
ASSORTED VARIETIES
125 g–250 g

5.99 ea.
LINDT EXCELLENCE CHOCOLATE OR MATINGO CANDY
ASSORTED VARIETIES
100 g–300 g

5.99 ea.
HILCAN FROZEN CAKE
ASSORTED VARIETIES
1.1 kg

CHAUDIÈRE MAGGIE OR ZATARAIN'S RICE OR PASTA MIXES OR CHICKEN BROTH
ASSORTED VARIETIES
90 g–1.4 kg
1.99 ea.

1.49 ea.
SELECTION FLAVORED OR SOLID TUNA
ASSORTED VARIETIES
85 g–170 g

4.99 ea.
LUMBER, MOTEL, SE TAIS OR LUNEA PERSONAL CARE
ASSORTED VARIETIES
100 g–150 g

13.99 ea.
PUREX OR SUN GLAD OR TIDE PODS
ASSORTED VARIETIES
PUREX 2.4 L–4.4 L, SUN GLAD 1.4 L–2.4 L OR TIDE PODS 13 CT–42 CT

9.99 ea.
CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWELS
ASSORTED VARIETIES
4 ROLL–6 ROLL

We reserve the right to limit quantities.
CELEBRATING 1 YEAR PRICE CHECK AND TRACKER.
FLYER PERIOD: 21 April 2022 (8) until 27 April 2022 (14) 2022

Visit us at: SUPERSTORE
Where you save money and live better
NEW STORE!

Prices in effect from Wednesday April 20 to Tuesday April 26, 2022 (unless otherwise indicated). We do not sell to dealers. Prices may vary in stores before and after the flyer period. Prices may vary in stores in Alberta and Saskatchewan. Prices may vary in stores in Quebec. Prices may vary in stores in Manitoba. Prices may vary in stores in Ontario. Prices may vary in stores in British Columbia. Prices may vary in stores in Nova Scotia. Prices may vary in stores in New Brunswick. Prices may vary in stores in Newfoundland and Labrador. Prices may vary in stores in Prince Edward Island. Prices may vary in stores in Yukon. Prices may vary in stores in Northwest Territories. Prices may vary in stores in Nunavut

this week's deals:

Only until April 22, 2026, in-store or online

add your moi rewards coupons

NOW 3.99 ea. SAVE UP TO $2.50 | 6.49* ea. TASTIEZ SNACK SELECTED SIZES SELECTED VARIETIES

NOW 3.49 ea. SAVE UP TO $3.50 | 6.99* ea. BICK'S PICKLES 500 ml SELECTED VARIETIES

NOW 15.49 ea. SAVE UP TO $5.50 | 20.99* ea. FRITO LAY CLASSIC MIX MEGA SIZE CHIPS 1.18 kg SELECTED VARIETIES

NOW 13.99 ea. SAVE UP TO $3.50 | 17.49* ea. JAMIESON OMEGA-3 200 ui SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $2 | 4.99* ea. ZIPLOC SANDWICH BAGS 10 - 50 ui SELECTED VARIETIES

NOW 9.99 ea. SAVE UP TO $3 | 12.99* ea. JANES ULTIMATES FISH FILLETS FROZEN, 450 - 540 g SELECTED VARIETIES

NOW 11.00 ea. SAVE UP TO $2 | 13.00* ea. FRESH 2 GO PANINI SANDWICHES 4 ui 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

3.99 ea. STRAWBERRIES 454 g PRODUCT OF CANADA, U.S.A., CHILE

2.99 1.99 ea. EGGPLANT PRODUCT OF MEXICO, CANADA, CHINA

3.99 /lb LARGE RED, ORANGE OR YELLOW OR ALDENS SWEET PEPPERS PRODUCT OF MEXICO 0.80 kg

2.49 /lb TOMATOES ON THE VINE PRODUCT OF MEXICO 0.400 kg

1.99 ea. LARGE RED OR YELLOW ONIONS PRODUCT OF CHILE

5 PK 4.99 ea. AVOCADOS 2 PK PRODUCT OF MEXICO, CHINA

6.99 /lb FLAT BEANS PRODUCT OF MEXICO 0.454 kg

2.49 /lb GREEN ZUCCHINI PRODUCT OF MEXICO 0.400 kg

4.99 ea. GRAPES 454 g PRODUCT OF CHILE OR SOUTH AFRICA

3.99 /lb LARGE BLACK PLUMS PRODUCT OF CHINA, U.S.A., CHILE 0.908 kg

3.49 2.99 ea. BELLE GROVE BRUSSELS SPROUTS OR BRUSSELS SPROUTS WITH BACON 227 g PRODUCT OF MEXICO

WILD WONDERS 3.99 ea. SWEET WILD WONDERS PRODUCT OF CANADA, MEXICO

3.99 /lb STEM & LEAF CLEMENTINES PRODUCT OF CHINA 0.908 kg

Cotton Candy 4.99 /lb COTTON CANDY GRAPES PRODUCT OF CHILE, U.S.A., CHINA 70.000 kg

2.49 ea. BUNCH SPINACH PRODUCT OF MEXICO, U.S.A., CHINA

2.99 /lb FRESH GINGER PRODUCT OF CHINA 0.226 kg

GUSTA 5.49 ea. GUSTA VEGGIE SLICES 454 g PRODUCT OF CANADA

HALF-PRICE 2.99 ea. SUMMER FRESH SMOOTHIES 946 mL

haven 4.49 ea. HAVEN LETTUCES 170 g PRODUCT OF CANADA, U.S.A., MEXICO, PRODUCT OF MEXICO

RUSSET 5% OFF 3.99 ea. RUSSET POTATOES 2.27 kg PRODUCT OF CANADA, U.S.A., CHINA

Organic

5.99 ea. ORGANIC SWEET PAPRIKAS 454 g PRODUCT OF MEXICO, U.S.A., CANADA

3 lb bag 5.99 ea. ORGANIC RED DELICIOUS APPLES 3 lb PRODUCT OF CHINA, U.S.A., CANADA OR CHILE

5.49 ea. ATTITUDE ORGANIC SOUP OR SALAD 170 g PRODUCT OF CHINA, U.S.A., CANADA

Attitude 70 mg

1.26 l 29.99 ea. GREENWOOD ORGANIC FRESH APPLE JUICE 1.26 l

Every Gingerale 250 mL 4 FOR $5

Sliced & Diced

Metro

14.99 ea. FRESH PINEAPPLES OR FRUIT CARDINALS 1.5 kg

5.99 ea. CORED PINEAPPLES 454 g FRUIT SERVATORIES 340 g

6.99 ea. LARGE MIXED MELON OR WATERMELON CHUNKS 1.5 kg

Fresh Blooms

39.99 ea. PREMIUM HARVESTED ROSES 60 cm PRODUCT OF COLOMBIA, ECUADOR OR KENYA

NEW 19.99 ea. BIRDS OF PARADISE

pick Canada

19.99 ea. EUCALYPTUS ANCHORS PRODUCT OF CANADA, U.S.A., COLOMBIA, ECUADOR

12.99 ea. FRESH CUT TULIPS 10 STEMS PRODUCT OF COLOMBIA, ECUADOR

metro.ca

APRIL 22
ADMINISTRATIVE PROFESSIONALS DAY

FLOWER FEATURE OF THE MONTH

FLOWER ARRANGEMENT
BLU ROSE ON POT
ASSORTED COLORS
AND STYLES

STARTING AT
44.99 ea.

Just for you, for all you do!

Celebrate your awesome admin with our brilliant variety of florals – or create a personalized arrangement by our team of talented designers.

PRESERVATION BOUQUETS
ASSORTED STYLES
FLOWERS AND TREES

STARTING AT
39.99 ea.

BLOOMING
HOUSEPLANTS
6" SQUIRT MUG

12.99 ea.

NEW

20.00 ea.
CELEBRATION
BOUQUET
Fall

HYDRANGEA
6" SPRING CURE

21.99 ea.

ORCHID
2 CT.

SAVE $2

24.99 ea.

DOUBLE SPIKE

NEW

MONEY TREE
IN DECORATIVE
GLASS

32.99 ea.

16.99 ea.
AIR THINGS
BRACES ROOTS
Fall

Our Butcher's Finest

11.99 /lb — BEEF CUBES / BOEUF CHAUDRON MORCELLÉ OR CUBE STEAK
Sale Price 8.99/kg

19.99 /lb — LIFE SMART NUTRITIONAL BENEFITS OF GRASS FED BEEF / BÉNÉFICES NUTRITIFS DU BŒUF À L'HERBE OR CLUB OR T-BONE OR STRIP LOIN STEAK
Sale Price 44.09/kg

BONELESS

6.99 /lb — BONELESS PORK LOIN CHOPS / MAIGRE PORC DE DOS DÉSOSSÉ
Sale Price 15.40/kg

SAVE $1 WITH MOI REWARDS UNTIL OCT 29

4.49 /lb — PORK SHOULDER CHOPS SINGLE PACK
Sale Price 9.90/kg

6.99 /lb — SPICED CRUST CHICKEN WINGS
Sale Price 15.40/kg

4.99 /lb — LEAN GROUND PORK / MAIGRE PORC HACHÉ
Sale Price 11.00/kg

SAVE $1 WITH MOI REWARDS UNTIL OCT 29

125 COUPONS OF $1

5.44 /lb — MAPLE LEAF PRIME BONELESS INTERIOR PORK LOIN ROAST / RÔTI DE LONGE DE PORC DÉSOSSÉ
Sale Price 11.99/kg

10.99 ea. — FRESH GROUND LAMB / AGNEAU HACHÉ
Sale Price 24.20/kg

4.99 /lb — FLETCHER'S PORK COCTAIL WEIN
Sale Price 10.99/kg

4.99 ea. — STONE'S PICKLES
Sale Price 10.99/kg

8.99 ea. — MAPLE LEAF PREMIUM CHICKEN PANNÉ SANDWICH
Sale Price 19.80/kg

15.99 ea. — ALEX STREET PREFLEVORED BEEF POT ROAST
Sale Price 15.99/kg

NEW

8.99 ea. — PANNÉ PANNÉ BUTTER CHICKEN / BEURRE DE POULET
Sale Price 19.80/kg

NEW

8.99 ea. — PANNÉ PANNÉ PANNÉ BURGERS
Sale Price 19.80/kg

NEW

8.99 ea. — PANNÉ PANNÉ NUGGETS
Sale Price 19.80/kg

11.99 ea. — MONA VOLLMER'S LASAGNA
Sale Price 8.99/kg

14.99 ea. — MONTANA'S SWISS CHEESE & ONION BEEF BURGERS
Sale Price 14.99/kg

I earn with moi rewards

6.99 ea. **60** moi — SCHWOOD BRAMBLY OR SAUSAGES OR SAUSAGES
Sale Price 14.99/kg

8.99 ea. **80** moi — MONTANA'S POULET PORK OR BEEF BURGERS OR BBQ OR BLACK BEAN
Sale Price 19.80/kg

9.99 ea. **80** moi — ALBERTON ORGANIC PORK SAUSAGES OR ORGANIC CHICKEN SAUSAGES OR PORK
Sale Price 19.80/kg

14.99 ea. **125** moi — MAPLE LEAF 100 SCHNEIDER OR SAUSAGES OR SAUSAGES
Sale Price 14.99/kg

6.99 ea. **60** moi — DL DAYS FRESH BREAKFAST SAUSAGES
Sale Price 14.99/kg

9.99 ea. **80** moi — BEYOND PLANT BASED CHICKEN OR CHICKEN STRIP STRIPS
Sale Price 19.80/kg

NEW

9.99 ea. **80** moi — MARC ANGELO APPETIZERS
Sale Price 19.80/kg

11.99 ea. **125** moi — ST HUBERT MOZZARELLA CHEESE STICKS
Sale Price 11.99/kg

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

FRESH GUARANTEED

Seafood

PAN FRY IN LESS THAN 10 MIN

18.99 lb. FRESH MEDITERRANEAN SEA BASS FILLETS

FAMILY PACK

BENTO SUSHI ASSORTED FAMILY PACK 32 Pieces

18.00 ea.

4.99 ea. 8 PIECES FRIED WONTON WITH SEASONING 90 g

8.99 lb. STONE MEAT SMOKED SALMON 454 g

19.99 ea. WILDER MEDITERRANEAN CRAB MEAT 454 g

14.99 ea. TRUE NORTH SMOKED SALMON 454 g

6.99 ea. SEAFOOD SALAD 500 g

8.99 ea. OCEAN PRIDE WHOLE CLEANED SQUID 454 g

11.99 ea. PURDYS SMOKED FILLETS 454 g

7.99 ea. FISH LAND SMOKED FISH SLICES 90 g

Irrésistible

6.99 ea. IRRÉSISTIBLE CHICKEN CORDON BLEU 2 x 150 g

7.99 ea. IRRÉSISTIBLE FRIED FISH TIME 454 g

NEW

7.99 ea. IRRÉSISTIBLE ATLANTIC SALMON BURGERS 2 x 113 g

10.99 ea. IRRÉSISTIBLE MARYLAND CRYSTAL CRAB CAKES 2 x 113 g

Deli Favourites

2.99 100 g IRRÉSISTIBLE CHICKEN BREAST

2.99 100 g LOUPAC CHICKEN HAM

3.99 100 g IRRÉSISTIBLE AFRICAN CHICKEN

NEW FLAVOUR

7.99 ea. MAPLE LEAF SLICED DELI CHEESE 175 g

5.00 ea. FAN FAVORITES ORIGINALS 454 g

6.99 ea. PILLER'S PEPERONI 454 g

8.99 ea. MAPLE LEAF SMOKED SAUSAGE OR CANADIAN BACON DELI MEAT 175 g

11.99 ea. GASTRO CASA RUSTICA SALAMI, SPICY SALAMI OR PEPPERCORN SALAMI 175 g

GARDEN PROVENCE MEDITERRANEAN

7.99 ea. 125 Value of 2.99

SWISS CHALET

8.99 ea. 125 Value of 2.99

FRESH 2 GO

FRESH 2 GO SUNNY PANELS 454 g

STARTING AT

20.00 ea. 250 Value of 8.00

BUY MORE | SAVE MORE!

SHOP THESE AND MORE IN-STORE OR ONLINE

3.29 when you buy 500 g or more BERGERON 2% FINE GRATED CHEESE OR FINE GRATED CHEESE WITH PARMESAN

3.49 when you buy 500 g or more IRRÉSISTIBLE ORIGINAL PULLAPART CHICKEN BREAD OR BEAUFORT BAGUETTE PRESSED PREPARED CHICKEN BREAST 454 g

4.59 750 g when you buy 500 g or more JEAN BRENA CHEESE 2% FILLED PRESSED WHEEL CHEESE WITH PARMESAN

4.79 750 g when you buy 500 g or more LOUPAC DOUBLE CRÈME BRIE DOUBLE PRESSURIZED CHEESE WITH CREAM OR CHEESE WITH CREAM

FRESH 2 GO

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

metro FRESH 2 GO

SKIP

WHAT'S FOR DINNER?

PICK UP IN STORE OR FREE DELIVERY

on all orders of **$20 or more**

Skip the Dishes offers available at select stores only.

ORDER NOW

FRESH 2 GO PIZZA

1 un

SELECTED VARIETIES

SAVE UP TO $5

11.99 ea.

FLAVOURS OF
italy
2.99 ea.
2.99 /lb
10.99 ea.
4.99 /100 g
PORK
VEAL
BEEF
7.99 /lb
2 LB BAG
9.99 ea.
31.99 ea.
4.99 ea.
1.25 ea.
2.99 ea.
brio
9.99 ea.
1.49 ea.

Sweet Apple Treats

4.99 ea. — FRONT STREET BAKERY APPLE FRUIT BITES 10 x 1.5 oz / 15 g

5.99 ea. — FRONT STREET BAKERY APPLE DANISH 10 x 1.4 oz / 40 g

FRONT STREET BAKERY

5.99 ea. — FRONT STREET BAKERY APPLE CINNAMON 10 x 1.4 oz / 40 g

5.99 ea. — FRONT STREET BAKERY APPLE CHEESE TWISTS 10 x 1.4 oz / 40 g

Irresistible

9.99 ea. — IRRESISTIBLE BEEF PIE 425 g

10.99 ea. — IRRESISTIBLE TURKEY CHICKEN PIE 425 g

6.49 ea. — IRRESISTIBLE BRIOCHE BUNS MINI 6 PK 300 g

4.99 ea. — IRRESISTIBLE SAVOURY CHIANTA BUNS 10 PK 500 g

Half price rotisserie and deli items

3.49 ea. — ITALIAN OR FRENCH BREADS 475 g / 454 g (EXCLUDES BAKERY)

3.99 ea. — FRONT STREET BAKERY BAGUETTES 454 g (EXCLUDES BAKERY)

8.99 ea. — SELECTION SPREADS 400 g

5.99 ea. — SELECTION LUXE DELI CARE 175 g (EXCLUDES BAKERY)

4.99 ea. — SUN MAID RAISIN BRIOCHE 10 x 1.4 oz / 40 g

3.99 ea. — EASTERN SHORE SEAFOOD PRODUCT CRAWFISH 340 / 454 g

4.49 ea. — SAMPLEWOOD RYE BREAD 454 g (EXCLUDES BAKERY)

2.99 ea. — EASTERN SHORE BAKER BREAD 454 g (EXCLUDES BAKERY)

siggi's skyr yogurt

high in protein made with simple ingredients

4.49 ea. — SIGGI'S SKYR YOGURT 4 x 90 g / 4 x 100 g (EXCLUDES VARIETY PACK)

TRY OUR CHIPS AND ALL YOUR FRY FAVOURITES

EASTERN FRIES 454 g (EXCLUDES VARIETY PACK)

4.99 ea.

BITE INTO CANADA'S FAVOURITE BREAKFAST

SAVE $3 when you buy any

1 Dempster's® Bagels or Bread

+

1 Kraft Philadelphia® Cream Cheese Product 227 - 142 g or Kraft Peanut Butter Spread 170 g - 1 kg

Limited time offer. Valid from Thursday, October 26 to Wednesday, November 8, 2023 at participating Loblaws, Zehrs, Fortinos, Independent, Atlantic Superstore and Superstore stores. While supplies last.

6.99 ea. — KRAFT PEANUT BUTTER 1 kg

BUY ANY 2 PARTICIPATING GENERAL MILLS PRODUCTS AND GET

400 moi POINTS

5.49 ea. — GENERAL MILLS CEREAL 300 - 350 g (EXCLUDES VARIETY PACK)

3.49 ea. — NATURE VALLEY CRISPY BARS 6 PK 252 g (EXCLUDES VARIETY PACK)

3.49 ea. — NATURE VALLEY CRISPY BARS 6 PK 252 g (EXCLUDES VARIETY PACK)

4.49 ea. — OLD EL PASO MEXICAN MIX OR TACO SEASONING 35 g (EXCLUDES VARIETY PACK)

BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO

WIN

CANADA SOCCER MERCH AND PREMIUM GENERAL MILLS PRODUCTS

NON-COLLECTOR'S ITEMS. OFFER ENDS OCT 31, 2023. PARTICIPATING PRODUCTS SUBJECT TO SUPPLY.

*Optimum Card Offer: Valid only at participating Loblaws, Zehrs, Fortinos, Independent, Atlantic Superstore and Superstore stores. While supplies last. Limit one offer per Optimum Card. Offer ends on Tuesday, November 7, 2023.

FREE SAME-DAY PICKUP | **SAME FLYER PRICES AND DEALS ONLINE**

More Great Savings

6.49 ea. — KREMA MEXICAN VARIANT 500 g

4.99 ea. — I CAN't BELIEVE IT'S BUTTER 454 g

4.49 ea. — TETLEY TEA 60 — 60 ea.

12.99 ea. — LAVAZZA COFFEE 250 g

2.99 ea. — MOTHERSOME APPLESAUCE 4 x 90 g

4.49 ea. — GREEN GIANT VEGETABLE MIXES 454 g

4.79 ea. — IMMORTABLE COOKED BEANS 540 ml

4.49 ea. — STONE'S THROW 500 ml

4.99 ea. — FRANK'S ORIGINAL SAUCE 60 — 60 ea.

6.99 ea. — BRAMMAS CONDIMENT 500 g; WHOLE GRAIN MUSTARD 250 g

6.79 ea. — ANCESTRAL APPLE CIDER VINEGAR 1 L

4.99 ea. — MEL SHOP SEASONING 75 g

3.79 ea. — LEGUME TRADITION COOKIES 200 g

7.99 ea. — FIBRE COOKIES 300 g

4.49 ea. — LA CROIX TORTILLA CHIPS 425 g

17.99 ea. — PRINGLES SNACK CRACKERS CHIPS 1.36 kg — 55 ea.

1.79 ea. — EXCEL GUM 60 g

6.49 ea. — MARS CHOCOLATES 184 – 396 g — 80 ea.

3.49 ea. — ADNEC WATER 1.5 kg

2.44 ea. — CROOKERS OR STELLA ROSA TRICKS 375 – 750 ml — 125 Crooners

3.19 ea. — NON-ALCOHOLIC BEER CLAMPERDOWN 500 ml; CLEVER MOCKTAILS 355 ml

9.99 ea. — HEAR ZERO NON-ALCOHOLIC BEER 24 x 355 ml

19.49 ea. — RED BULL ENERGY DRINKS 24 x 355 ml

3.49 ea. — FOCUS FACTOR ENERGY DRINKS 355 ml

5.99 ea. — RED ROSE ORANGE PEKOE TEA 70 — 70 ea.

1.69 ea. — HEINZ PORK LEANED BEANS 398 ml

1.99 ea. — OCEAN'S TUNA 170 g

5.99 ea. — HEALTHY CHOICE FROZEN MEAL 340 – 400 g

7.49 ea. — DR. OETKER SUPREMA OR GIUSEPPE PIZZAS 340 – 425 g

6.99 ea. — DR. OETKER RISTORANTE OR RISTORANTINO GOURMET PIZZA 340 – 425 g

7.49 ea. — DR. OETKER EASY PIZZA 340 – 425 g

Dr. Oetker family

PIZZAS TO ENJOY

metro.ca

FLAVOURS OF South Asia
FRESH QUINCE MINT
1.29 ea.
6.99 /lb.
SUGAR MANGOES
5.49 kg
Tre Stelle
PANEER
4.99 ea.
TRE STELLE PANEER
Tre Stelle
PANEER
Butter Chicken Poulet au beurre
Pineer Nuggets
8.99 ea.
MEGAFIB BURGER, BITES OR NUGGETS
5.49 ea.
CLEARS AND A MOTHING
5.99 ea.
SAFFINITI VEGETABLE OIL
6.99 ea.
EATTA SESAME OR MUSTARD OIL
3.99 ea.
TATA SAMPANN
TATA SAMPANN
TATA SPICES
1.99 ea.
Nafana
Nafana
NATIVAL PICKLES
3.99 ea.

ONLINE EXCLUSIVE

metro.ca

FREE

IRRÉSISTIBLE FROZEN MEAT LASAGNA 1.13KG

WHEN YOU SPEND $150 OR MORE*

$8.99 VALUE

PROMO CODE

FREEMEAL

Enjoy the Offer

*Certain conditions apply.
Details on metro.ca

Plant-Based

HELLMANN'S MAYONNAISE 500 mL 5.49 ea.

BARTHES CHEESE 5.99 ea.

GREEN BOWL SOY DRINK 5.49 ea.

GLUTINO PRETZELS 8.99 ea.

HELLMANN'S VEGAN CEREAL 5.99 ea.

CAULIPOWER PIZZA CRUSTS 10.49 ea.

GARDEN FROZEN MEALS 10.49 ea.

Non-GMO

CASCADIAN FARM GRANOLA CEREALS 6.99 ea.

BARNEY BUTTER ALMOND BUTTER 8.99 ea.

SILK BEVERAGES 2.99 ea.

PACIFIC FOODS SOUP 8.49 ea.

ICE MILK 8.49 ea.

HALO TOP FROZEN DESSERT 7.99 ea.

49 PARALLEL COFFEE ROASTERS

Exceptional Specialty Coffee

Small Batch Roasted in Canada, Fresh Fresh.

JOHN PARALLEL COFFEE BEANS 18.99 ea.

Baby & Beauty

GERBER BABY FOOD 1.99 ea.

CERELAC BABY CEREAL 9.99 ea.

DOVE BABY WASH 6.49 ea.

HUGGIES BABY WIPES 21.49 ea.

EVERY MAN JACK DEODORANT 7.49 ea.

TRESSEMÉ HAIR COLOUR 7.99 ea.

POLIGRIP ADHESIVE CLEANSER 9.49 ea.

LISTERINE MOUTHWASH 10.99 ea.

Household Helpers

ZIPLOC 4.99 ea.

LYSOL WIPES 6.99 ea.

DUTTON'S LAUNDRY DETERGENT 13.99 ea.

NATURE CLEAN CLEANERS 4.49 ea.

BOTTLE MADE OF 100% recovered coastal plastic

Doing our part to help keep seas clean.

6.99 ea. SPRAYER PLUS CLEANERS OR REFILLS

Cascade MAX BELIEVE IT.

NOW GIVES YOU MORE

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

BRING HOME THE BELL

SAUCY, CHEESY, CRUNCHY, SPICY

© 2020 Taco Bell Corp. TACO BELL, the Bell logo, and other marks are trademarks of Taco Bell Corp. All other marks are property of their owners and used under license.

3.99 ea. TACO BELL SEASONED SHELLS
157 g
SELECTED VARIETIES

VOTED PRODUCT OF THE YEAR CANADA 2020 Winner Quick Meal Solutions category. Survey of 4,000 people by Kantar.

7.99 ea. TACO BELL SUPREME CRUNCHY OR CHEESY DOUBLE TACO KIT
401 - 642 g
SELECTED VARIETIES

2.99 ea. TACO BELL SAUCES
207 ml
SELECTED VARIETIES

5.49 ea. TACO BELL DIPS
425 - 445 g
SELECTED VARIETIES

4.99 ea. TACO BELL CORE KITS
370 - 420 g
SELECTED VARIETIES

4.99 ea. TACO BELL CREAMY SAUCES
354 ml
SELECTED VARIETIES

TACO BELL SEASONING
28 g
SELECTED VARIETIES

1.25 ea.