

VERSION 1

Happy Easter



CANADIAN AND PROUD

2-DAY SALE

APRIL 2ND & 4TH

BLUEBERRIES

1.5 L

PRODUCT OF MEXICO

100% NATURAL

2⁹⁹

ea.

RED GRILL

RED STEAK

VALUE PACK

100% CANADIAN

24.45 kg

12⁸⁸

/lb

RED GRILL

RED STEAK

VALUE PACK

100% CANADIAN

24.45 kg

11⁸⁸

/lb

EXTRA LARGE RED OR LARGE BLACK SEEDLESS GRAPES

5.25 kg

2⁴⁴

/lb

FRESH BUTTERBALL

ON GRAPE & TURKEY

5.25 kg

2⁴⁴

/lb

FRESH ATLANTIC SALMON FILETS VALUE PACK

100% CANADIAN

1.81 kg

8⁸⁸

/lb

SELECTION BACON

10% & SELECTION HAM

2.00 kg

2⁹⁹

ea.

IRRESISTIBLE

PIZZA

100% CANADIAN

1.81 kg

5⁹⁹

ea.

CHEEZ-IT

ORIGINAL

180 g

1⁸⁸

ea.

RITZ

ORIGINAL

180 g

4⁸⁸

ea.

TROPICANA

1.36 L

100% NATURAL

100% FRUIT

3⁴⁹

ea.

LACTANTIA

UNSALTED

1.81 kg

4⁸⁸

ea.

Effective April

2

3

4

5

6

7

8

2026

All stores open Saturday, April 4th, 2026 at 7 am.

*Most stores closed Friday, April 3rd and Sunday, April 5th, 2026.

SAVE ALL WEEK LONG

FIRST OF THE SEASON



FRESH WILD CAUGHT ONTARIO PICKERS FILLETS VALUE PACK
3 POUNDS



Foodland
MARKET

PRIME
NATURAL BUTTERFLY
CHICKENS



MAPLE LEAF PINE
BROSSE WITHOUT ANTIBIOTICS
OR ANIMAL HUE. FRESH
BONELESS SKINLESS
CHICKEN BREAST VALUE PACK
TOTAL 1.5LBS (680G) CHICKEN
ONLY 3.99/LB

14.99
lb

125
points
value of \$1

5.99
lb or ea.

[illegible]

OVER 5 LBS OF FRUIT

250 points
value of \$2

21.99 ea.

FRESH CUT MEDIUM TRAYS
over 2 lbs. (various 5 lbs)

2.99 ea.

LEMONS
10 LBS. (100% U.S.A.)
MINI CUCUMBERS
10 LBS. (100% U.S.A.)

ROMAINE HEARTS
10 LBS. (100% U.S.A.)

3.99 ea.

REAL DAIRY ICE CREAM OR DRUMSTICK
SUGAR FREE
MILK
4 ea.

4.99

Singles
Frozen Yogurt
Original
4 ea.

Beel
Original
Frozen Yogurt
125 points
value of \$1

3.99

ea.

PHILADELPHIA
ORIGINAL
CREAM CHEESE
16 OZ. 3 CUPS CHEESE OR
BUTTER MARGARINE
1 ea.

Purifit
Water Filter
2

3.99

ea.

Bear Brand
Water Filter
1

3.99

ea.

SCOTTIES
 Supreme
 12-24
 125 value of \$1
6.99

Cashmere
 6
 125 value of \$1
6.99

Sponge Towels
 6
 125 value of \$1
6.99

OIKOS
 50
 125 value of \$1
6.49

NESCAFÉ
 125 value of \$1
6.49

DE CECCO
 spaghetti - 12
 199

DE CECCO
 Penne - 12
 199

DECECCO PASTA
 199

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS & SCOTTIES FACIAL TISSUE
 OIKOS THROUGHT TUB & NESCAFÉ INSTANT COFFEE

EASTER
ESSENTIALS

boursin
CREAM CHEESE
150 g

4⁹⁹
ea.

Lindt
CHOCOLATE
SWISS MILK
CHOCOLATE TRUFFLE
CAKE
MADE WITH LINDT CHOCOLATE
1.7 kg

31⁹⁹
ea.

Exclusive
to metro

m
FRONT STREET BAKERY
CALABRESSE, COUNTRY RUSTIC OR BELGIAN BREADS
WITH 100 g
BUTTER/BEURRE

3⁹⁹
ea.

QUE PASA
Lay's
CLASSIC
CLASSIQUE
235 g

LAY'S
POTATO CHIPS OR
QUE PASA
DORITOS CHIPS
SELECTED VARIETIES

2⁹⁹
ea.

PEPSI
Coca-Cola
ORIGINAL TASTE
6 X 710 ML

3⁹⁹
ea.

COCA-COLA, CANADA DRY OR PEPSI SODA DRINKS
1 L PERAL/500 ML PER BOTTLE

PREMIUM
GLASS
BOTTLES
SANT'AMATEO
S.PELLEGRINO
CARBONATED NATURAL MINERAL WATER
12 X 750 mL

19⁹⁹
ea.

Irrésistible

Shop these and more in-store or online

IRRÉSISTIBLE
SPRING ROLLS
ROLLS (12 ROLLS)

5⁹⁹
ea.



IRRÉSISTIBLE
APPETIZERS
ROLLS (12 ROLLS)

5⁹⁹
ea.



IRRÉSISTIBLE
HOT SAUSAGE PACK
GOURMET SAUSAGE
PASTRY OR
CHICKEN BITES
ROLLS (12 ROLLS)

8⁹⁹
ea.



IRRÉSISTIBLE
TORPEDO SHRIMP
CHEVETTES
TORPILLES
ROLLS (12 ROLLS)

8⁹⁹
ea.



IRRÉSISTIBLE
SHRIMP RINGS
ROLLS (12 ROLLS)

10⁹⁹
ea.



IRRÉSISTIBLE
Jumbo Shrimp Ring
ROLLS (12 ROLLS)

19⁹⁹
ea.

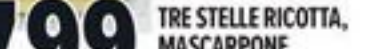


\$ New Lower Prices

Dempsters' Whole Grain Blend or Signature Blend
 Dempsters'® WHOLE GRAIN BLEND OR SIGNATURE BLEND
 500g (1.75 lb) bag

Matzo
 Matzo or Egg Matzo
 500g (1.75 lb) bag

Jovus Star
 Jovus Star
 500g (1.75 lb) bag

 3.99 CORED CORNDOGS PER DOZEN	 3.99 FONTAINE SAUCE OR SAUCE ON DIPPING BOARD OR DIPS (250g)	 7.99 THE STELLI BOUTA, MAGGIORANA LAGANOLLS (250g) (2)	 9.99 BBQ HOT WINGS
			IRRESISTIBLE PORK BACK RIBS OR SELECTION CHICKEN WINGS

BIUSeSPE
PEPPERONI
GARDEN SUPREME
PEPPERONI
12 INCH PIZZA

BIUSeSPE
TURKEY CHEDDAR
GARDEN SUPREME
TURKEY CHEDDAR
12 INCH PIZZA

BIUSeSPE
GARDEN SUPREME
PROVEN MEALS
12 INCH PIZZA

250
value of \$2

999
GARDEN SUPREME
PROVEN MEALS

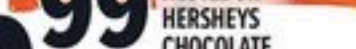
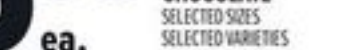
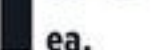
ea. SELECTED MEATS, SELECTED HARDWARE

OLD EL PASO
DINNER KIT
MILD & SOFT
100% REAL MEAT
100% REAL CHEESE
100% REAL BEANS

OLD EL PASO
SALSA
MILD & SOFT
100% REAL MEAT
100% REAL CHEESE
100% REAL BEANS

PICKLES
DILL PICKLES
100% REAL MEAT
100% REAL CHEESE
100% REAL BEANS

CAMPBELL'S
SOUP
100% REAL MEAT
100% REAL CHEESE
100% REAL BEANS

ea.	ea.	ea.
SELECTED BARS	SELECTED BARS	SELECTED BARS
 KitKat	 COCA-COLA OR CONQUERO SOFT DRINKS	 GATORADE SPORT DRINKS
 REESE'S PEANUT BUTTER CUPS	 60	 GATORADE SPORT DRINKS
 REESE'S PEANUT BUTTER CUPS	 60	 GATORADE SPORT DRINKS
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 REESE'S PEANUT BUTTER CUPS	 60	 GATORADE SPORT DRINKS

Learn with moi rewards

- 45¢** **149** Sun Chips, Gold of Gold, Munchies, or On the Border®
- 50¢** **149** Gain, Tide, or Downy

[illegible]

this week's deals:
Only until April 8, 2026, in-store or online

add your moi rewards coupons



NOW
249
ea.
SAVE UP TO
\$2.50

~~499~~
ea.
TETLEY
TEA
20 - 24 un
SELECTED VARIETIES



NOW
2299
ea.
SAVE UP TO
\$5

~~2799~~
ea.
SELECTION CASHEWS
OR MIXED NUTS
1.13 kg
SELECTED VARIETIES



NOW
399
ea.
SAVE UP TO
\$2.50

~~699~~
ea.
NATREL
COFFEE CREAMER
1 L
SELECTED VARIETIES



NOW
399
ea.
SAVE UP TO
\$3

~~699~~
ea.
CLOROX
BLEACH
2.4 L



NOW
299
ea.
SAVE UP TO
\$1.50

~~449~~
ea.
SOFTSOAP
HAND SOAP
332 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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 PRODUCT OF CALIFORNIA PROOFERS TEEKY TRY PRODUCT OF CALIFORNIA, U.S.A.	 1.99 /lb LARGE SEEDLESS WATERMELONS LARGE RED PRINCE APPLES PRODUCT OF CALIFORNIA, U.S.A. 4.39kg	 2.99 ea. EGG PLANT EGG GARLIC PRODUCT OF CALIFORNIA, U.S.A.	 1.99 /lb WHOLE WHITE OR CREAM TOMATOES PRODUCT OF CALIFORNIA, U.S.A.	 1.99 /lb SWEET POTATOES PRODUCT OF CALIFORNIA, U.S.A. 4.39kg
 4.99 /lb JUICY GREEN SEEDLESS GRAPES PRODUCT OF CALIFORNIA, U.S.A.	 3.99 ea. BLACKBERRIES PRODUCT OF CALIFORNIA, U.S.A.	 3.99 /lb BRUSSELS SPROUTS PRODUCT OF CALIFORNIA, U.S.A.	 5.99 ea. ASSORTED COLORED SWEET PEPPERS PRODUCT OF CALIFORNIA, U.S.A.	 4.99 ea. FRENCH CUT GREEN BEANS PRODUCT OF CALIFORNIA, U.S.A.
 3.99 /lb ORO CLEMENTINES PRODUCT OF CALIFORNIA, U.S.A.	 2.49 /lb LARGE SEEDLESS PEARS PRODUCT OF CALIFORNIA, U.S.A.	 2.99 /lb HEIRLOOM TOMATOES PRODUCT OF CALIFORNIA, U.S.A.	 4.99 ea. FLUFFY POTATOES PRODUCT OF CALIFORNIA, U.S.A.	 4.99 ea. GREEN FRENCH BEANS PRODUCT OF CALIFORNIA, U.S.A.
 4.99 ea. BLACK MISSION FIGS PRODUCT OF CALIFORNIA, U.S.A.	 5.99 ea. CANTALOUPE MELON PRODUCT OF CALIFORNIA, U.S.A.	 2.99 ea. BROCCOLI CROWNS PRODUCT OF CALIFORNIA, U.S.A.	 4.49 ea. LPC CHEDDAR POTATOES PRODUCT OF CALIFORNIA, U.S.A.	 4.99 ea. CUBED BUTTERNUT SQUASH PRODUCT OF CALIFORNIA, U.S.A.
 2.99 ea. INDESTRUCTIBLE FRESH HERBS PRODUCT OF CALIFORNIA, U.S.A.	 70 points 5.99 ea. FOLIA GREEN LEAF OR CRISP LETTUCE PRODUCT OF CALIFORNIA, U.S.A.	 99¢ /lb GREEN CABBAGE PRODUCT OF CALIFORNIA, U.S.A.	 3.99 ea. GARLIC PRODUCT OF CALIFORNIA, U.S.A.	 3.99 ea. GARLIC PRODUCT OF CALIFORNIA, U.S.A.
 5.99 ea. BENE'S VEGETABLE SOUP PRODUCT OF CALIFORNIA, U.S.A.	 4.99 ea. LETTUCE VEGETABLE SOUP PRODUCT OF CALIFORNIA, U.S.A.	 3.99 ea. BERBER-GARLIC SOUP PRODUCT OF CALIFORNIA, U.S.A.	 12.99 ea. WHOLE MEDIUM POTATOES PRODUCT OF CALIFORNIA, U.S.A.	 12.99 ea. SWEET POTATOES PRODUCT OF CALIFORNIA, U.S.A.

Sliced & Diced

FAMILY SIZE

9.99

ea.

FAMILY SALADS 8oz - 10oz, **DELUXE FRUIT SALAD** 7oz, **SMALL FRUIT TRAY** 3oz, **STRAWBERRY CHOCOLATE PINEAPPLE TRAY** 3oz, **PUMPERNICEL TRAY WITH DIP** 3oz

Organic

 5⁹⁹ ea. ORGANIC RED DELICIOUS APPLES / 1 lb Imported from Canada	 2⁹⁹ /lb ORGANIC SWEET LEMONS IMPORTED FROM U.S.A. 6.50kg
 5⁹⁹ ea. ORGANIC YELLOW FLEED ON HOOD POTATOES / 1 lb Imported from Canada	 6⁹⁹ ea. ORGANIC SWEET POTATOES IMPORTED FROM U.S.A.

metro.ca



**SHOP
NOW,
SAVE
LATER**

**GET
\$20 OFF
YOUR NEXT
ORDER**



when you spend
\$160 or more*



Shop Now

*Certain conditions apply. Details on metro.ca

Our Butcher's Finest

5⁹⁹
/lb

11⁹⁹
/lb

CUBED BY OUR BUTCHER

PLATINUM GRILL ANJUS TOP SIRLOIN STEAK VALUE PACK OR BOSTON BUTTERFLY BEEF
26.42kg

8⁹⁹
/lb

GROUND IN STORE DAILY

FRESH LAMB SHOULDER CHOPS VALLEY PACK 19.82kg

8⁹⁹
/lb

100% CANADIAN ANGUS NO GRASS FED

MEDIUM GROUND BEEF VALLEY PACK 19.82kg

4⁴⁹
/lb

100% Natural
No antibiotics or hormones added. No artificial preservatives. No added MSG. No added salt. No added sugar. No added fat. No added water. No added anything.

FRESH WHOLE CHICKEN 5.90kg

8⁹⁹
/lb

LIFE-BRANT NATURAL GRASS FED BONELESS PORK LOIN BLADE ROAST 19.82kg

22⁹⁹
e.a.

250 points
value of \$2

BUTTERBALL BONELESS TURKEY BREAST ROAST 11kg

5⁹⁹
/lb

Anchoitos ARTISAN

IRRESISTIBLES ARTISAN WILD SMOKE SMOKED HAM 13.24kg

Brunch Essentials

2.99 ea.

125¢ (value of \$1)

90¢

MARIC MARINO BURGERS & SAUSAGES

11.99 ea.

125¢ (value of \$1)

5.99 ea.

50¢ (value of \$1)

SCHNEIDER'S FULLY COOKED BACON STRIPS

14.99 ea.

125¢ (value of \$1)

Made In My Metro

5.99 /lb

15.25

6.99 /lb

15.40

6.49 /lb

14.39

8.99 /lb

19.82

Brunch Essentials

2.99 ea.

12.99 ea.

125¢ (value of \$1)

5.99 ea.

50¢ (value of \$1)

90¢ ea.

125¢ (value of \$1)

11.99 ea.

125¢ (value of \$1)

Made In My Metro

5.99 /lb

15.99 ea.

6.49 /lb

14.99 ea.

6.99 /lb

15.49 ea.

8.99 /lb

19.99 ea.

Easy entertaining

Make hosting simple with our variety of delicious apps, mains & desserts.










SELECTED 100% CANADIAN ANGUS BEEF

250 points value of \$2

33.99/lb

PLATINUM GRILL ANGUS BEEF
TENDERLOIN STEAK OR ROAST
CUT FROM CANADA-AAA GRADE
74.53%kg



6.99/lb

FRESH PORK TENDERLOIN
15.45%kg



FRESH

19.99/lb

FRESH SPRING LAMB
100% Grass fed
• Free range
• Raised without antibiotics or added hormones



24.99/ea.

FRESH 2 GO
SMOKED SALMON &
CREAM CHEESE PLANK
1 lb
ORDER IN-STORE OR ONLINE
REQUIRES 48 HOURS NOTICE



49.99/ea.

FRESH 2 GO
AROUND THE WORLD
CHEESE PLANK
1 lb



54.99/ea.

FRESH 2 GO
CHOCOLATE CHEESE TRAY
1 lb
ORDER IN-STORE OR ONLINE
REQUIRES 48 HOURS NOTICE



29.99/ea.

FRESH 2 GO
CURED & CRAFTED OR TASTE OF ITALY CHARCUTERIE TRAY
1 lb
ORDER IN-STORE OR ONLINE
REQUIRES 48 HOURS NOTICE



14.99/ea.

FRESH 2 GO
NACHO PLATTER
700 g



10.99/lb

FRESH 2 GO
SEAFOOD BOWL
FRESH, 2-4 PERSONS
CONTAINS SHRIMP,
LOBSTER, CLAMS
AND CRAB



15.99/ea.

PARTY SIZE
PARTY SIZE DELUXE FRUIT SALAD 1.5 kg
MELON TRAY 1.6 kg



22.99/ea.

FRONT STREET BAKERY
BREAKFAST PLATTER
700 g
SELECTED VARIETIES



9.99/ea.

FRONT STREET BAKERY
GOURMET COOKIE TRAY
600 g-700 g
SELECTED VARIETIES



28.99/ea.

SPRING INDOOR GARDEN
ASSORTED VARIETIES



30.00/ea.

SPRING BOUQUET
ASSORTED COLOURS
ASSORTED VARIETIES

Make hosting simple with our variety of delicious apps, mains & desserts.

250
points
value of \$2

3399
/lb

33⁹⁹ /lb
PLATINUM GRILL ANGUS BEEF
TENDERLOIN STEAK OR ROAST
CUT FROM CANADA AAA GRADE
74.93/kg

24⁹⁹
ea.

24⁹⁹ ea. **FRESH 2 GO**
SMOKED SALMON &
CREAM CHEESE PLANK
1 lb
ORDER IN-STORE OR ONLINE
REQUIRES 48 HOURS NOTICE

29⁹⁹
ea.

29⁹⁹
ea.

FRESH 2 GO
CURED & CRAFTED OR TASTE OF ITALY
1 unit
ORDER IN-STORE OR ONLINE
REQUIRES 48 HOURS NOTICE

999
/lb

76 • 30 size, 2.2/100 g

9.99
/lb



15⁹⁹ ea.

15⁹⁹
ea. PARTY SIZE DELUXE FRUIT SALAD 1.5
MELON TRAY 1.6 kg

28⁹⁹
ea.

ASSORTED VARIETIES

28⁹⁹
ea.



6⁹⁹
/lb

6⁹⁹
/lb

19.99 /lb

19.99 /lb



999
ea.

999
ea.



metro
FRESH
2 GO



*We have
your catering
covered.*

**Minimum of 48 hours notice on all orders.*



**Place Your Catering
Order Today**



Online
fresh2go.metro.ca



In Store
Visit Our Deli

Hop in for flavour

Complete your feast with baking basics & treats + savoury sides.



3⁹⁹
ea.

ROBIN HOOD OR FIVE ROSES FLOUR
2.5 kg
SELECTED VARIETIES

4⁹⁹
ea.

EAGLE BRAND
CONDENSED MILK
300 g
SELECTED VARIETIES

2⁹⁹
ea.

REDPATH
ICING SUGAR
1 kg
SELECTED VARIETIES

3⁹⁹
ea.

REDPATH
WHIPPED TOPPING
225 g
SELECTED VARIETIES

2⁹⁹
ea.

SELECTION
SHREDDED OR
FLAVORED COCONUT
200 g
SELECTED VARIETIES

5⁴⁹
ea.

HERSHEY'S KISSES
200 - 300 g
SELECTED VARIETIES

3⁹⁹
ea.

BETTY CROCKER
ANGEL FOOD CAKE MIXES
455 g
SELECTED VARIETIES

2⁴⁹
ea.

BETTY CROCKER
WHIPPED TOPPING
340 - 450 g
SELECTED VARIETIES

4⁹⁹
ea.

PILLSBURY
EASTER COOKIES
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

BETTY CROCKER
POUND CAKE
160 - 275 g
SELECTED VARIETIES

1⁹⁹
ea.

STOVE TOP
STOVE TOP STUFFING
100 g
SELECTED VARIETIES

99¢
ea.

CLUB HOUSE OR
FRANC'S GRAVY
100 - 250 g
SELECTED VARIETIES

1⁹⁹
ea.

CLOVER LEAF
SMOKED MUSSELS
OR OYSTERS
80 g
SELECTED VARIETIES

4⁴⁹
ea.

SARGOL
OLIVES
250 ml
SELECTED VARIETIES

7⁹⁹
ea.

MABLE
DIJON MUSTARD
250 ml
SELECTED VARIETIES

2⁷⁹
ea.

DOLE
PINEAPPLE
200 g
SELECTED VARIETIES

1⁹⁹
ea.

CADURBY
MINI EGGS CHOCOLATE
100 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

6⁹⁹
ea.

LINDT BUNNY
CHOCOLATE
100 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

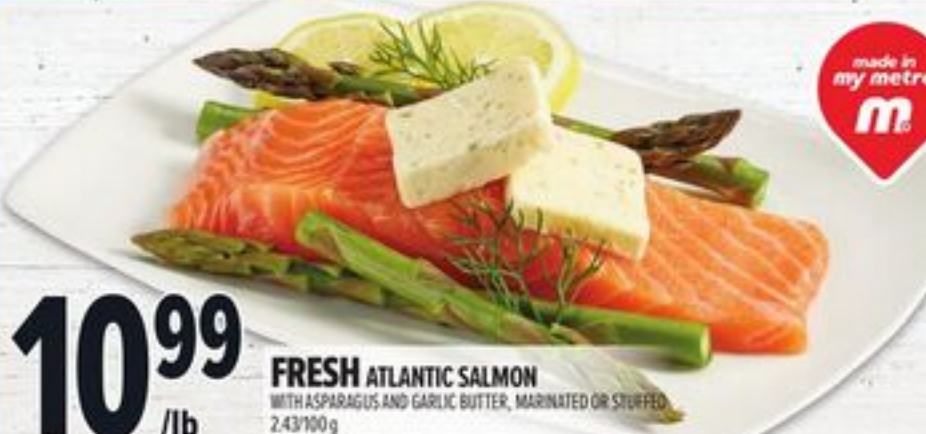
3⁹⁹
ea.

CADURBY
CREME EGG CHOCOLATE
100 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

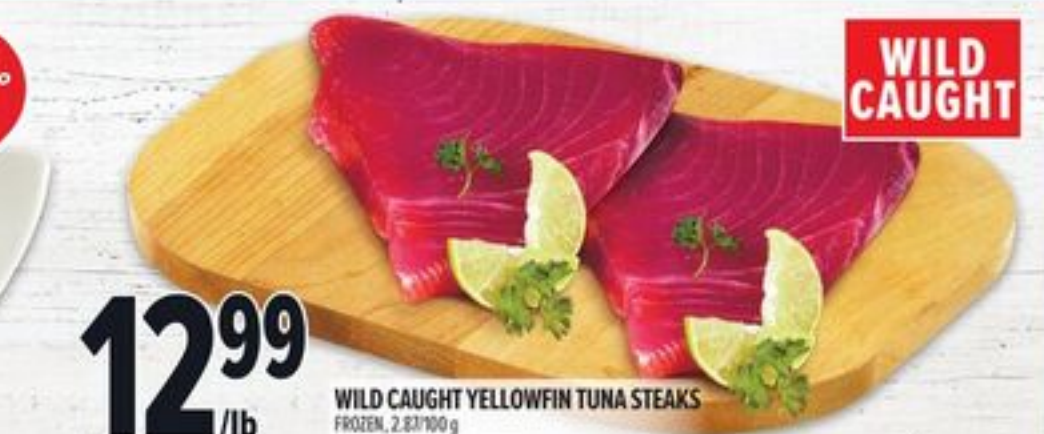
6⁴⁹
ea.

FERRERO KINDER
SURPRISE EASTER
100 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

Seafood



10⁹⁹
/lb
FRESH ATLANTIC SALMON
200% WILD CAUGHT, 100% FRESH, WILD CAUGHT
100% WILD CAUGHT



12⁹⁹
/lb
WILD CAUGHT YELLOWFIN TUNA STEAKS
100% WILD CAUGHT



3⁹⁹
ea.
SELECTION
MIXED CRAB
100% WILD CAUGHT



5⁹⁹
ea.
FRESH CANADIAN COVE
ORGANIC MUSSELS
2 lb. bag



6⁹⁹
ea.
FRESH ATLANTIC
SALMON PINWHEEL
100% WILD CAUGHT



7⁹⁹
ea.
HOT SMOKED WHISKEY
WILD PINK SALMON
NUGGETS
100% WILD CAUGHT



4⁹⁹
ea.
MINCED COOKED
LOBSTER MEAT
100% WILD CAUGHT



7⁹⁹
ea.
STORE MADE
MINI SEAFOOD PLATTER
100% WILD CAUGHT



9⁹⁹
/lb
BAY SCALLOPS
100% WILD CAUGHT



6⁴⁹
ea.
BLUE WATER
BREADED SHRIMP OR
FISH FILLETS
100% WILD CAUGHT

Irresistible



3⁹⁹
ea.
IRRESISTIBLE
SMOKED SALMON
SPREAD
100% WILD CAUGHT



7⁹⁹
ea.
IRRESISTIBLE
SHRIMP OYSTER ON
DUMPLING DUMPLINGS
100% WILD CAUGHT



9⁹⁹
ea.
IRRESISTIBLE
MARINATED MUSSELS
100% WILD CAUGHT



13⁹⁹
ea.
IRRESISTIBLE
SALMON WELLINGTON
100% WILD CAUGHT

Deli Favourites



3⁴⁹
/100 g
SAN DANIELE
PROSCIUTTO
100% WILD CAUGHT



7⁹⁹
ea.
MAPLE LEAF
NATURAL SELECTIONS
SLICED DELI MEAT
100% WILD CAUGHT



3⁹⁹
/100 g
SANTITAS
PICILLA CHILE
BELLANITOS
100% WILD CAUGHT



18⁹⁹
ea.
IRRESISTIBLE
2 CHEESE
PLATTER
100% WILD CAUGHT



11⁹⁹
ea.
MASTRO
SALAMI
CASALINGO
100% WILD CAUGHT



11⁴⁹
ea.
PILLER'S
PEPPERONI OR
PEPPERONI
SALAMI STICKS
100% WILD CAUGHT



4⁴⁹
ea.
LA BELLE
BRETAGNE
100% WILD CAUGHT



5⁹⁹
ea.
FONTAINE
SANTÉ
SALAD OR
BRUSCHETTA
100% WILD CAUGHT



7⁹⁹
ea.
SARDO
OLIVES
100% WILD CAUGHT



8²⁹
ea.
BUFFALO
GOLD LABEL
HEAD & SERVE
100% WILD CAUGHT



15⁰⁰
ea.
FRESH 2-oz SNACKS OR ANTIPASTO TRAY
100% WILD CAUGHT

BUY MORE SAVE MORE!
SHOP THESE AND MORE IN-STORE OR ONLINE



3²⁹
/100 g
PRESIDENT
FRESH CHEDDAR
100% WILD CAUGHT



3²⁹
/100 g
FROCH GOUDA CHEESE
100% WILD CAUGHT



3⁴⁹
/100 g
IRRESISTIBLE
GRAND PROANO
100% WILD CAUGHT



4¹⁹
/100 g
AGROUPS 5-YEAR AGED
100% WILD CAUGHT

Love cheese?

Cheese connoisseurs will enjoy our vast selection – tasty on their own or as part of charcuterie boards & party platters.

IRRESISTIBLES
ARTISAN
GOAT CHEESE
113 g
SELECTED VARIETIES

5⁹⁹
ea.

7⁴⁹
ea.

BORDEN'S
RED HOT CHILI PEPPER
PIMENT FORT
250 g
SELECTED VARIETIES

9⁹⁹
ea.

ZIERRO
MOZZARELLA
250 g
SELECTED VARIETIES

5⁴⁹
100 g

COOMBE CASTLE
CREAMERY
WERGYLE VALLEY
COLBY-CHEESE AS MARKED
24 MO/24

3⁵⁰
points

IRRESISTIBLES
BRIE
500 g

2⁹⁹
ea.

BURRATA
BELLITA CASARA
BURRATA CHEESE
250 g

11⁹⁹
ea.

TRE STELLE
MASCARPONE
475 g

6⁹⁹
ea.

**PRESIDENT
OR BALLANTINE**
SPREADABLE CHEESE
250 g
SELECTED VARIETIES

3⁵⁹
100 g

PARMIGIANO REGGIANO
AGED 24 MONTHS
250 g
SELECTED VARIETIES AS MARKED
5, 30/100 g WHEN YOU BUY
LESS THAN 500 g

4⁷⁹
100 g

**EXTRA
DOUBLE CREAM BRIE**
250 g
SELECTED VARIETIES AS MARKED
5, 30/100 g WHEN YOU BUY
LESS THAN 500 g

4⁹⁹
100 g

OKA
CHEESE
250 g
SELECTED VARIETIES AS MARKED
26, 50/250

10⁹⁹
ea.

OKA
CHEESE
750 g
SELECTED VARIETIES

Cheese connoisseurs will enjoy our vast selection – tasty on their own or as part of charcuterie boards & party platters.



INDIFFERENCE

59
ea.

100%

BOTWELL

MONTEREY JACK

RED HOT CHILI PEPPER

PIMENT FORT

Monterey Jack

Monterey, California

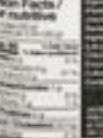
100%

NO ARTIFICIAL FLAVORS OR ADDED SUGAR. 100% MONTEREY JACK CHEESE. 100% MONTEREY JACK CHEESE. 100% MONTEREY JACK CHEESE.

25% OFF **42% OFF**

100% MONTEREY JACK CHEESE. 100% MONTEREY JACK CHEESE. 100% MONTEREY JACK CHEESE.

749 BOTHWELL
CHEESE
170 g
SELECTED VARIETIES



ZERTO
FROM
MOZZARELLA
ITALY
FRESH FRANK
250 g
9.99

ZERTO

COOMBE CASTLE
CRANBERRY
WENSLEYDALE
DELI CUT, PRICES AS MARKED
24.50/100g

COOMBE C.
CRANFORD

24.90/10
549
/100 g

22⁰⁰
or 14.99 ea. 250 g



1199
ea. TRE STELLE MASCARPONE CH 475 g

110



6⁹⁹
ea.

PR
OF
SA
10
SE



BALDERSON
2-YEAR AGED CHEDDAR
DELI CUT, PRICES AS MARKED
3.99/100 g WHEN YOU BUY
LESS THAN 500 g

**BUY MORE
SAVE MORE!**

JARLSBERG
CHEESE
Deli Cut, Prices As Marked
5.39/100 g WHEN YOU BUY
LESS THAN 500 g

**BUY MORE
SAVE MORE!**

459 /100 g

100

**L'EXTRA
DOUBLE CREME BRIE**
DELI CUT, PRICES AS MARKED
\$5.29/100 g WHEN YOU BUY
LESS THAN 500 g

**BUY MORE
SAVE MORE!**

BUY 1

179

A wooden cheese board featuring several types of cheese, including a wedge of brie, a block of cheddar, and some soft cheese. It is garnished with nuts and dried fruits. In the background, there are bowls of fruit and a small pot.



4.99
/100 g

OKA CHEESE
DELI CUT, PRICES AS M.
26.63/lb



10

6 for

14⁰⁰

FRONT STREET BAKERY
SINGLE SERV
DESSERTS
SELECTED VARIETIES

12⁹⁹

ea.

FRONT STREET BAKERY
MINI GOURMET CAKES
100g
SELECTED VARIETIES

32⁹⁹

ea.

FRONT STREET BAKERY
BLACK FOREST CAKE
100g

31⁹⁹

ea.

FRONT STREET BAKERY
MINI RASPBERRY
THESE CAKES 100g

7⁴⁹

ea.

EASTER CUPCAKES
SELECTED VARIETIES

6⁹⁹

ea.

FRONT STREET BAKERY
SPANGOLATTE
BAR CAKE 200g

21⁹⁹

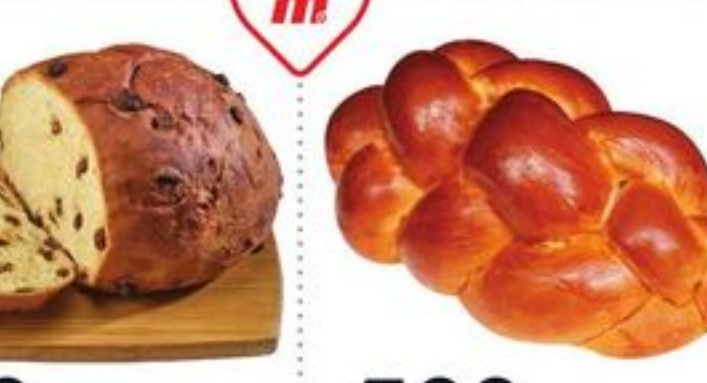
ea.

IRRESISTIBLE
TUXEDO CAKE 400g

12⁹⁹

ea.

IRRESISTIBLE
NEW YORK STYLE
CHEESECAKE 400g
SELECTED VARIETIES

FRONT STREET BAKERY HOT CROSS BUNS OR DINNER ROLLS REG. \$1.99 100g 3.99 ea. NEW  we baked this m	SUN MAID RAZIN BREAD REG. \$2.99 500g 4.99 ea. 	PROMISE GLUTEN FREE BREAD REG. \$2.99 500g 100% WHOLE GRAIN 7.99 ea. 
5.99 ea. FRONT STREET BAKERY PEKKA BREAD 500g 	KING'S HAMBURGER ROLLS 500g 100% WHOLE GRAIN 4.99 60 ea. pieces 	PROMISE GLUTEN FREE BREAD REG. \$2.99 500g 100% WHOLE GRAIN 4.99 ea. 

DOZEN ROSES
12 FLOWERS
12" POT
ASSORTED COLOURS
SAVE \$5.00
20⁰⁰
ea.

CALLA LILIES
12 FLOWERS
12" POT
ASSORTED COLOURS
19⁹⁹
ea.

PARADES
12" POT
ASSORTED VARIETIES
9⁹⁹
ea.

TRIP-COLOUR WHEAT
12 FLOWERS
12" POT
ASSORTED COLOURS
8⁹⁹
ea.

MEADOW & MOSS
DOZEN FLOWERS
12" POT
ASSORTED COLOURS
30⁰⁰
ea.

HYDRANGEAS
12" POT
ASSORTED COLOURS
12⁹⁹
ea.

BLOOMING PLANTS
12" POT
LARGE PLANTS
ASSORTED VARIETIES AND COLOURS
11⁹⁹
ea.

CHERRY ANTHEMUMS
12" POT
ASSORTED COLOURS
11⁹⁹
ea.

SPRING SERENITY
DOZEN FLOWERS
12" POT
ASSORTED COLOURS
25⁰⁰
ea.

HYDRANGEAS
12" POT
ASSORTED COLOURS
26⁹⁹
ea.

12 STEMS
21⁹⁹
ea.

FRESH CUT TULIPS
12 STEMS
12" POT
ASSORTED COLOURS
12⁹⁹
ea.

ORCHIDS
12" POT
ASSORTED COLOURS
26⁹⁹
ea.

pick Ontario

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

More Great Savings

 6⁴⁹ ea. KELLOGG'S FAMILY SIZE CEREAL SELECTED VARIETIES	 3⁴⁹ ea. NATURE VALLEY OATS & HONEY BARS SELECTED VARIETIES	 6⁴⁹ ea. TAYLOR'S TEA GREEN TEA SELECTED VARIETIES	 9⁹⁹ ea. STARBUCKS NESPRESCO COFFEE CAPSULES SELECTED VARIETIES
 5⁴⁹ ea. KASHI MEDJOOL DATES & WALNUTS CEREAL SELECTED VARIETIES	 10⁴⁹ ea. SPLENDA SWEETENER PACKETS OR GRANULATED SELECTED VARIETIES	 5⁹⁹ ea. COFFEE MALT COFFEE WHITENER SELECTED VARIETIES	 19⁹⁹ ea. MILKMAID ULTRA CHILLED MILK SELECTED VARIETIES
 5⁹⁹ ea. GAY LEA BUTTER SPREAD SELECTED VARIETIES	 4⁹⁹ ea. SELECTION COTTAGE CHEESE SELECTED VARIETIES	 2⁹⁹ ea. GAY LEA SOUR CREAM SELECTED VARIETIES	 7⁹⁹ ea. SPLENDA BROWN SUGAR BLEND SELECTED VARIETIES
 7⁹⁹ ea. MCCAIN PIZZA POKETS SELECTED VARIETIES	 6⁹⁹ ea. MCCAIN PROTEIN CAKE SELECTED VARIETIES	 5⁴⁹ ea. COOL WHIP WHIPPED TOPPING SELECTED VARIETIES	 3⁹⁹ ea. CRISCO SHORTENING SELECTED VARIETIES
 1⁹⁹ ea. MCCORMICK SAUCE OR GRAVY MIX SELECTED VARIETIES	 2⁴⁹ ea. KNORR SOUP ENVELOPES SELECTED VARIETIES	 2⁹⁹ ea. FRENCH'S MUSTARD SELECTED VARIETIES	 2⁹⁹ ea. ON THE BORDER WATER CRACKERS SELECTED VARIETIES
 3⁷⁹ ea. BEN'S ORIGINAL WHITE RICE SELECTED VARIETIES	 2⁷⁹ ea. BUSH'S BEST BEANS SELECTED VARIETIES	 5⁴⁹ ea. DOLE PINEAPPLE JUICE SELECTED VARIETIES	 4⁹⁹ ea. OCEAN SPRAY CRANBERRY JUICE OR COCKTAIL SELECTED VARIETIES
 2⁷⁹ ea. EQUATE PRIME OR ELECTROLYTE HYDRATION DRINK SELECTED VARIETIES	 11⁹⁹ ea. ATHLETIC BREWING NON-ALCOHOLIC BEER SELECTED VARIETIES	 11⁹⁹ ea. PERONI OR ASIAN NON-ALCOHOLIC BEER SELECTED VARIETIES	 6⁹⁹ ea. CLEARLY CANADIAN SPARKLING WATER SELECTED VARIETIES
 8⁴⁹ ea. INVITATIONS ALCOHOL FREE WINE SELECTED VARIETIES	 6⁹⁹ ea. PLANTERS NUTS SELECTED VARIETIES	 5⁹⁹ ea. BROOKSIDE CHOCOLATE SELECTED VARIETIES	 5⁴⁹ ea. BULL'S EYE SWISS CLASSIC CHOCOLATE SELECTED VARIETIES

TOP OFF BBQ SEASON

It's not a BBQ without saucy sidekicks,
savory toppings + ice cream must-haves.



4⁹⁹
ea.

FRENCH'S
WORCESTERSHIRE
SAUCE
250 mL



3⁹⁹
ea.

HELLMANN'S
MAYONNAISE
250 mL



3⁹⁹
ea.

HELLMANN'S
GARLIC & HERB
MAYONNAISE
250 mL



5⁹⁹
ea.

HEINZ
KETCHUP
LOW SODIUM
750 mL



5⁴⁹
ea.

BRINE
PICKLES
250 mL



5⁴⁹
ea.

MONTANA'S
BBQ SAUCE
250 mL



9⁹⁹
ea.

POIRIER'S
LOUISIANA
STYLE
HOT SAUCE
250 mL



2⁹⁹
ea.

SELECTION
RELISH
250 mL



5⁹⁹
ea.

KOZLIK'S
MUSTARD
250 mL



5⁴⁹
ea.

MONTANA'S
BBQ SAUCE
250 mL



9⁹⁹
ea.

POIRIER'S
LOUISIANA
STYLE
HOT SAUCE
250 mL



4⁹⁹
ea.

THE KEG
RANCH
DRESSING
475 mL



2⁹⁹
ea.

SKINNER'S
RASPBERRY
BALSMIC
DRESSING
237 mL



2⁹⁹
ea.

SKINNER'S
BALSMIC
DRESSING
237 mL



5⁴⁹
ea.

MATT & STEVE'S
PICKLED BEANS
500 mL



5⁹⁹
ea.

MIRACLE WHIP
DRESSING
650 mL



4⁹⁹
ea.

THE KEG
SALAD DRESSING
475 mL



4⁹⁹
ea.

IRRESISTIBLE
WAFFLE BOWL OR CONE
75 mL



3⁹⁹
ea.

IRRESISTIBLE
WAFFLE BOWL OR CONE
75 mL



6⁹⁹
ea.

TRACKLEMENTS
MINT SAUCE
150 g



5⁹⁹
ea.

MEZZETTA
GOLDEN GREEN
PEPERONCINI
275 g



2⁹⁹
ea.

TWINKLES
ICE CREAM TOPPER
65 mL



4⁹⁹
ea.

IRRESISTIBLE
WAFFLE BOWL OR CONE
75 mL



3⁹⁹
ea.

IRRESISTIBLE
SPICY BANDICELLA
375 mL



5⁹⁹
ea.

MEZZETTA
GOLDEN GREEN
PEPERONCINI
275 g

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

12⁹⁹
ea.

INDIA GATE BAZANNA,
QUILA PREMIUM
BASMATI RICE OR
CELANA PARBOILED RICE
4.54 lbs 2.05
SELECTED VARIETIES

19⁹⁹
ea.

TEGLESS CAKE
VANILLA OR
CHOCOLATE

12⁹
ea.

GARLIC
PRODUCTS OF CHINA
50g

15⁹⁹
ea.

SHER'S SHER
ATTA FLOUR
500g

9⁹⁹
ea.

PILLSBURY
CHAKKI FLOUR
500g

4⁹⁹
ea.

TEGLESS CAKE
ORGANIC VANILLA
100g
SELECTED VARIETIES

7⁹⁹
ea.

ALFA
PIES
200g BOX
SELECTED VARIETIES

5⁴⁹
ea.

MEERA OR SHER BESAN,
BESAN'S CORN FLOUR
1.07 kg
SELECTED VARIETIES

12⁹⁹
ea.

MEERA
GRAM FLOUR
1.07 kg
SELECTED VARIETIES

15⁰⁰
ea.

MIXED BOUQUET
ASSORTED COLOURS,
ASSORTED VARIETIES

12⁹⁹
ea.

NANAK
GHEE
100g
SELECTED VARIETIES

4⁹⁹
ea.

CEDAR
MARINADES
200 ml jar
SELECTED VARIETIES

1⁹⁹
ea.

PABLA EL AJONJOL OR
MILK RICES,
NATIONAL CUSTARD
200g jar
SELECTED VARIETIES

1⁹⁹
ea.

NATIONAL
RUSK
100g jar
SELECTED VARIETIES

2⁹⁹
ea.

LAFITA
SAMOSA
400g box
SELECTED VARIETIES

1⁶⁷
ea.

LAFITA
SPRING ROLL
400g box
SELECTED VARIETIES

6⁹⁹
ea.

CACALUNGA HONEY,
TIGER BRAND,
PREMIUM OR GOLD
400g jar
SELECTED VARIETIES

1⁹⁹
ea.

SHAN
SAMOSA
200g box
SELECTED VARIETIES

1⁶⁷
ea.

SHAN
SPRING ROLL
200g box
SELECTED VARIETIES

1⁶⁹
ea.

KARKARA
SAMOSA
200g box
SELECTED VARIETIES

3⁹⁹
ea.

SHAN
SAMOSA
200g box
SELECTED VARIETIES

3⁹⁹
ea.

SHAN
SPRING ROLL
200g box
SELECTED VARIETIES

3⁹⁹
ea.

KARKARA
SAMOSA
200g box
SELECTED VARIETIES

5²⁹
ea.

SHARWOOD'S
SAUCES
100g jar
SELECTED VARIETIES

6⁴⁹
ea.

SHARWOOD'S
SAUCES
100g jar
SELECTED VARIETIES

6⁴⁹
ea.

SHARWOOD'S
SAUCES
100g jar
SELECTED VARIETIES

6⁴⁹
ea.

DASTAK'S
KULI
100g jar
SELECTED VARIETIES

6⁴⁹
ea.

DASTAK'S
KULI
100g jar
SELECTED VARIETIES

6⁴⁹
ea.

DASTAK'S
KULI
100g jar
SELECTED VARIETIES

Item availability varies by store.

Gluten-Free



NATURE'S PATH
MAPLE SYRUP
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



SILK
BEVERAGE
UNSWEETENED
12 FL OZ (355 mL)
SELECTED VARIETIES

2⁹⁹
ea.



CHICKAPEA
PASTA
22.5 OZ (638 g)
SELECTED VARIETIES

5⁹⁹
ea.



NATURAL
CABANA
LIMEADE
12 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



RICE
KORMA CHAI
8 FL OZ (237 mL)
SELECTED VARIETIES

3⁹⁹
ea.



CHOSEN FOODS
MAYONNAISE
16 FL OZ (473 mL)
SELECTED VARIETIES

12⁴⁹
ea.



GOLD
SPAGHETTI
16.5 OZ (468 g)
SELECTED VARIETIES

4⁴⁹
ea.



KEEN
ENERGY
BITE MIX
12.35 FL OZ (355 mL)
SELECTED VARIETIES

8⁴⁹
ea.

Non-GMO



PACIFIC BROTH
12.35 FL OZ (355 mL)
SELECTED VARIETIES

7⁹⁹
ea.



PRANA
OVERNIGHT
OATS
12.35 FL OZ (355 mL)
SELECTED VARIETIES

6⁹⁹
ea.



GO BIO!
CHICKEN
POULET
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



PRANA
GRANOLA
12.35 FL OZ (355 mL)
SELECTED VARIETIES

7⁹⁹
ea.



GO BIO!
BOUILLON CUBES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



PRANA
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

7⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.

Baby & Beauty



GERBER BABY PUREE
12.35 FL OZ (355 mL)
SELECTED VARIETIES

1⁹⁹
ea.



PAMPERS BABY WIPES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LUBRIDERM
MOISTURIZER
12.35 FL OZ (355 mL)
SELECTED VARIETIES

125
value of \$1

9⁹⁹
ea.



THERABREATH
MOUTHWASH
12.35 FL OZ (355 mL)
SELECTED VARIETIES

125
value of \$1

11⁹⁹
ea.



HEAD & SHOULDERS
SHAMPOO
12.35 FL OZ (355 mL)
SELECTED VARIETIES

90
points

7⁴⁹
ea.



DOVE
BAR SOAP
12.35 FL OZ (355 mL)
SELECTED VARIETIES

10⁴⁹
ea.



DOVE MEN-CARE
DEODORANT
12.35 FL OZ (355 mL)
SELECTED VARIETIES

8⁹⁹
ea.



DOVE MEN-CARE
BODY WASH
12.35 FL OZ (355 mL)
SELECTED VARIETIES

8⁹⁹
ea.

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Plant-Based



NUTS TO YOU
PEANUT BUTTER
12.35 FL OZ (355 mL)
SELECTED VARIETIES

7⁴⁹
ea.



SIMPLY DELICIOUS
PUDDING
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.



LOVE
GOOD
PROTEIN
12.35 FL OZ (355 mL)
SELECTED VARIETIES

3⁹⁹
ea.

Household Helpers



SELECTION
CUPS
12.35 FL OZ (355 mL)
SELECTED VARIETIES

8⁴⁹
ea.



SELECTION
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



HANDI-PAK
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



SELECTION
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



SELECTION
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



SELECTION
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



SELECTION
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.



SELECTION
PAPER PLATES
12.35 FL OZ (355 mL)
SELECTED VARIETIES

5⁹⁹
ea.

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