VERSION 1

Happy Easter

metro
CANADIAN AND PROUD

2-DAY SALE
APRIL 2ND & 4TH

BLUEBERRIES
PRODUCE OF MEXICO
OR PRODUCE OF CHILE
OR PRODUCE OF PERU
2.99 ea.

12.88 /lb
RED GRILL PRIME BIG ROAST
OR RED GRILL PRIME BIG ROAST VALUE PACK
CUT BY YOUR BUTCHER
11.88 /lb
RED GRILL PRIME BIG ROAST CHOP STYLE
CUT BY YOUR BUTCHER
(0.76 kg)
(0.76 kg)

2.44 /lb
EXTRA LARGE RED OR LARGE BLACK SEEDLESS GRAPES
PRODUCE OF CHILE OR PRODUCE OF PERU
(1.36 kg)

FRESH

2.44 /lb
FRESH BUTTERBALL
OR FRESH GRADE A TURKEY
(2.7 - 5.9 kg)
(2.7 - 5.9 kg)

FRESH

8.88 /lb
FRESH ATLANTIC SALMON FILLETS VALUE PACK
(0.76 kg - 1.13 kg)

2.99 ea. or /lb
SELECTION BACON (1.4 kg) OR SELECTION BACON, CHOP, OR LEGACY PEAMEAL CHOP (0.5 kg OR 0.6 kg - 0.8 kg)

125 value of $1

LARGE

6.99 ea.
OCEAN JEWEL LARGE COOKED OR RAW SHRIMP
(454 g - 680 g)

5.99 ea.
IRRESISTIBLE
FROZEN
(750 - 1 kg)

CHEEZ-IT, RITZ OR BRETON CRACKERS
(200 g - 300 g)
(200 g - 300 g)

1.88 ea.

125 value of $1

4.88 ea.
SELECTION EGGS
(12)

1.36 L

3.49 ea.
TROPICANA REFRIGERATED JUICE
(1.36 L)
(1.36 L)
ACTIVE FOR MORE ENERGY

4.88 ea.
LACTANTIA BUTTER
(454 g)
(454 g)

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.

VERSION 1

EASTER LILIES
9.99 ea.

metro
CANADIAN AND PROUD

SAVE ALL WEEK LONG

FIRST OF THE SEASON

FRESH WILD CAUGHT ONTARIO PICKEREL FILLETS VALUE PACK
14.99 /lb

PROVIMI NATURAL WITHOUT ANTIBIOTICS
MAPLE LEAF PROVIMI NATURAL WITHOUT ANTIBIOTICS OR HORMONES, FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK OR EXTRA LEAN GROUND CHICKEN
125 points value of $1
5.99 /lb or ea.

800 €
CONGELÉ SHRIMP 41-50 (800 g)
CONGELÉ CREVETTES 41-50 (800 g)
125 points value of $1
19.99 ea.

Inspirations
BRECKENRIDGE SPIRAL SLICED HONEY HICKORY SMOKED OR CLASSIC CORN BONELESS SMOKED HAM
4.99 kg
3.99 /lb

BRIANNE RICO BUCCA CAPICOLA FORT, MEDIT. CAPICOLA, HONEY MAPLE SMOKED OR PRUSSIAN HAM
2.99 /100 g

ORIGINAL OKA
REGULAR BRIE 60 g/ml
CRÈME BRIE 60 g/ml
TRIPLE CRÈME BRIE 60 g/ml
AUGUSTIN L'ERMITE BLEUE 60 g/ml
AUGUSTIN L'ERMITE CLASSIQUE 60 g/ml
L'ESTERAZ BRIE 60 g/ml
Excluts Mini et Gourmet
40% OFF

OVER 5 LBS OF FRUIT
FRESH CUT MEDIUM TRAYS
250 value of $2
21.99 ea.

LEMON
CONCOMBRES
MINI CONCOMBRES
2.99 ea.

ANDY BOY
ROMAINE HEARTS
3.99 ea.

DRUMSTICK
REAL DAIRY ICE CREAM CONE OR DRUMSTICK
4.99 ea.

Kraft Singles
PHILADELPHIA
PHILADELPHIA, CHEESEWORKS, KRAFT SINGLES SLICED CHEESE OR BECEL MARGARINE
125 points value of $1
3.99 ea.

Brita
PUR FILTRE
Beatrice
CHEMINS FUSILLI TRI OR BATONS CHEESE OR MILK
3.99 ea.

Scott
Cashmere
Sponge Bob
CASHMERE BATHROOM TISSUE, SPONGE BOB PAPER TOWELS OR SCOTTIES FACIAL TISSUE
125 points value of $1
6.99 ea.

Kraft
Heinz
OIKOS
ONIKS YOGHURT TUB OR MCCAFÉ OR HEINZ COFFEE
125 points value of $1
6.49 ea.

DE CECCO
DECECCO PASTA
1.99 ea.

Effective April 2 3 4 5 6 7 8 2026

*All stores open Saturday, April 4th, 2026 at 7 a.m.
*most stores closed Friday, April 3rd and Sunday, April 5th, 2026.

EASTER ESSENTIALS

4.99 ea.

BOURSIN
CREAM CHEESE
VARIOUS VARIETIES
SELECTED VARIETIES

Exclusive to metro

LINDT MILK
CHOCOLATE TRUFFLE
CAKE
1.5 KG
SELECTED VARIETIES

31.99 ea.

FRESH BAKED IN STORE

3.99 ea.

FRONT STREET BAKERY
CIABATTA, COUNTRY RUSTIC OR BELGIAN BREADS
SELECTED VARIETIES

LAY'S
POTATO CHIPS OR
QUE PASA
TORTILLA CHIPS
200 G - 300 G
SELECTED VARIETIES

2.99 ea.

3.99 ea.

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

PREMIUM GLASS BOTTLES

SAN PELLEGRINO
SPARKLING WATER
6 X 750 ml

19.99 ea.

Irrésistible

Shop these and more in-store or online

IRRÉSISTIBLE VEGETABLE SPRING ROLLS 454 g

5.99 ea.

IRRÉSISTIBLE BOKER SPRING ROLLS 454 g

5.99 ea.

IRRÉSISTIBLE PORK PULLED PACK PACKET DE PORC EFFILOCHÉ CHEVREUX 1.36 kg

8.99 ea.

IRRÉSISTIBLE TEMPURA CRUNCHY SHRIMP 454 g

8.99 ea.

IRRÉSISTIBLE COCONUT SHRIMP 454 g

10.99 ea.

IRRÉSISTIBLE CHICKEN SHRIMP RING 454 g

19.99 ea.

New Lower Prices

2 / 7.00 DEMPSTER'S WHOLE GRAIN BREAD OR SENSATION BUNS 675 G–700 G EACH, SELECTED VARIETIES

5.99 ea. / 50 NESTLE OR SAN GABRIEL FRESH GROUND BEEF 1 kg

2 FOR 6.99 Keep Your Cool Free Ice Pack Offer Valid Thursday, Friday, Saturday, Sunday, Monday, Tuesday, Wednesday,

this week's deals:

Only until April 8, 2026, in-store or online

add your moi rewards coupons

NOW 2.49 ea.
SAVE UP TO $2.50

4.99* ea.
TETLEY TEA
20 - 24 un
SELECTED VARIETIES

NOW 22.99 ea.
SAVE UP TO $5

27.99* ea.
SELECTION CASHEWS OR MIXED NUTS
133 g
SELECTED VARIETIES

NOW 3.99 ea.
SAVE UP TO $2.50

6.49* ea.
NATREL COFFEE CREAMER
1 L
SELECTED VARIETIES

NOW 3.99 ea.
SAVE UP TO $3

6.99* ea.
CLOROX BLEACH
2.41 L

NOW 2.99 ea.
SAVE UP TO $1.50

4.49* ea.
SOFTSOAP HAND SOAP
332 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.*

Farm Fresh Produce

4.99 ea. CRANBERRIES 340 g
PRODUCT OF USA OR CANADA
No Name
CRANBERRY TERRY TRAY CRANBERRIES 340 g
PRODUCT OF CANADA OR USA

1.99 /lb LARGE RUBY RED NAVEL ORANGES
PRODUCT OF USA
LARGE RED PRINCE APPLES
PRODUCT OF CANADA
Selection varies by location. Prices may vary.
4.39 kg

3.49 ea. Lettuce Wraps
2.99 ea. WHOLE WHITE OR CRIMINI MUSHROOMS
227 g PRODUCT OF CANADA

1.99 /lb SWEET POTATOES
PRODUCT OF CANADA
4.39 kg

4.99 /lb SEEDLESS GREEN GRAPES
PRODUCT OF CHILE
No Name
PRODUCT OF CHINA
10.99 kg

3.99 ea. BLACKBERRIES
PRODUCT OF MEXICO
RASPBERRIES
PRODUCT OF CHILE
BLUEBERRIES
PRODUCT OF CANADA

3.99 /lb BRUSSELS SPROUTS
PRODUCT OF CANADA
8.80 kg

5.99 ea. ASSORTED COLOUR SWEET PEPPERS
PRODUCT OF CANADA
CANADA NO. 1

3.99 /lb SUNKISS CLEMENTINES
PRODUCT OF CHINA
8.80 kg

2.49 /lb LARGE BARTLETT PEARS
PRODUCT OF USA OR CANADA
5.49 kg

2.99 /lb HEIRLOOM TOMATOES
PRODUCT OF USA OR CANADA
6.59 kg

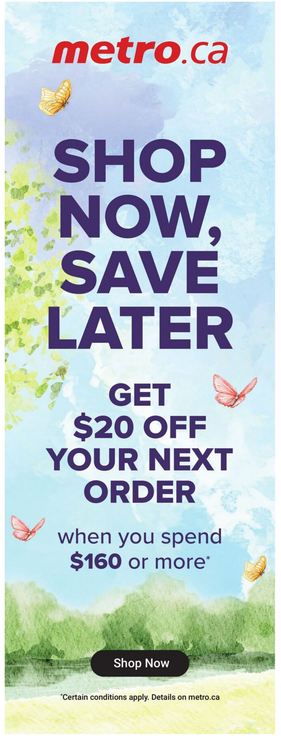
4.99 ea. GREEN FRENCH BEANS
PRODUCT OF CANADA
CANADA NO. 1

4.99 ea. BLACK MISSION FIGS
227 g PRODUCT OF ITALY

5.99 ea. CANARY MELON
PRODUCT OF CHINA

2.99 ea. BROCCOLI CROWNS
PRODUCT OF USA

4.49 ea. LITTLE POTATOES
60 OUNCES
LITTLE POTATOES
PRODUCT OF CANADA
CANADA NO. 1


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

Brunch Essentials

Made In My Metro

Entertaining Favourites

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

Easy entertaining

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

250 g value of $2

33.99 lb.

PLATINUM GRILL ANGUS BEEF TENDERLOIN STEAK OR ROAST
CUT FROM CANADA AAA GRADE
14.25 kg

6.99 lb.

FRESH
FARM TENDERLOIN
15.40 kg

SPRING LAMB

- 100% Grass fed
- Free range
- Raised without antibiotics or artificial hormones

FRESH

19.99 lb.

FRESH
SPRINGBOX LAMB RACK
NEW ZEALAND SPRING LAMB
44.07 kg

24.99 ea.

FRESH 2 OZ
CHEESE CHICKEN & BACON CHEESE PLANK
CHEESE
CHICKEN IN STORE ON ONLINE
REQUIRES 48 HOURS NOTICE

49.99 ea.

FRESH 2 OZ
AROUND THE WORLD CHEESE PLANK
CHEESE

54.99 ea.

FRESH 2 OZ
CHOCOLATE CHEESE TRAY
CHEESE
CHEESE IN STORE ON ONLINE
REQUIRES 48 HOURS NOTICE

29.99 ea.

FRESH 2 OZ
CURED & CRAFTED ON TASTE OF ITALY CHARCUTERIE TRAY
CHEESE
CHEESE IN STORE ON ONLINE
REQUIRES 48 HOURS NOTICE

14.99 ea.

NACHO PLATTER
WITH BEAN & CORN TRAY
800 g

9.99 lb.

STONE MASS
GRILLED SHRIMP
WITH SAUCE
FROZEN, 2 LB BAG
26 - 30 CTS, 2.27 kg

10.99 lb.

SEAFOOD BOIL
FROZEN, 2 X 907 g
CONTAINS CRAWFISH, CRAB LEGS, SHRIMP AND CORN

PARTY SIZE

15.99 ea.

PARTY SIZE DELUXE FRUIT SALAD 1.5 kg
MELON TRAY 2.0 kg

22.99 ea.

FRONT STREET BAKERY
BREAKFAST PLATTER
1.0 kg
SERVES FOUR-SIX PEOPLE

9.99 ea.

FRONT STREET BAKERY
GOURMET COOKIE TRAY
1.0 kg
SELECTED VARIETIES

28.99 ea.

SPRING INDOOR GARDEN
SELECTED VARIETIES

30.00 ea.

SPRING BOUQUET
SELECTED VARIETIES
COMPLIMENTARY VASE

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.

Seafood

10.99 FRESH ATLANTIC SALMON
FARMED, PRODUCED IN CHILE, BRANDED FISH

12.99 kg 7lb WILD CAUGHT YELLOWFIN TUNA STEAKS
WILD CAUGHT

3.99 ea. SELECTION SHRIMP COOKED 250 g

5.99 ea. 2 LB FRESH CANADIAN COVE ORGANIC MUSSELS
1 kg (2 lb)

6.99 ea. FRESH ATLANTIC SALMON PINWHEELS 454 g

7.99 ea. HOT SMOKED WHISKEY SALMON BITES 454 g

4.99 ea. WINCKLES COOKED CURLED WHELK

7.99 ea. STORE MADE MINI SEAFOOD PLATTER
PRODUCED IN CANADA

9.99 lb BAY SCALLOPS
FROZEN, 2-3 lb/kg

6.49 ea. 40 points BLUE WATER SHRIMP COCKTAIL OR HIGH RIDGE SHRIMP
PRODUCED IN CANADA

Irrésistible

3.99 ea. IRRÉSISTIBLE CHEESECAKE SPREAD 454 g

7.99 ea. IRRÉSISTIBLE ORGANIC GRIDDLE OR CHAR SIGN SHAPE FRIES
FROZEN, 1 kg

9.99 ea. IRRÉSISTIBLE MARINATED MUSSELS
1 kg

13.99 ea. NEW IRRÉSISTIBLE SALMON WELLINGTON
FROZEN, 1 kg

Deli Favourites

3.49 /100 g IRRÉSISTIBLE ROASTING SAUCE OR GLAZE FOR SALMON
PRODUCED IN CANADA

7.99 ea. 90 points MAPLE LEAF NATURAL SELECTIONS SLICED HAM PACK 454 g
PRODUCED IN CANADA

3.99 /100 g 1 LITER MARCO POLO CHEESE BELLAVITANO
PRODUCED IN CANADA, BRANDED FISH

18.99 ea. 375 points IRRÉSISTIBLE CHEESECAKE PLATER 1 kg
IRRÉSISTIBLE

11.99 ea. 125 points MASTRO SALAMI CHARCUTERIE OR CAPICOLLO DI SUPPRESSATA 454 g
PRODUCED IN CANADA
limited of 2 lb

11.49 ea. 125 points PILLER'S PEPPERONI OR SPICY SALAMI CHICKS 454 g
limited of 2 lb

4.49 ea. 60 points LA BELLA ITALIANA PIZZA 454 g
PRODUCED IN CANADA

5.99 ea. 70 points CONTADINA SANTA SALAD OR BRUSCHETTA 454 g
PRODUCED IN CANADA

7.99 ea. 90 points SAMPLE SALAD 454 g
PRODUCED IN CANADA

8.29 ea. NEW PRICE DROP! MILLE & ÉPICE DIPS 454 g
PRODUCED IN CANADA

15.00 ea. 125 points
limited of 2 lb

FRESH & GO
FRESH & GO SNACK OR ANTIPASTO TRAY
454 g, PRODUCED IN CANADA

BUY MORE | SAVE MORE!

SHOP THESE AND MORE IN-STORE OR ONLINE

3.29 ea. PRICE DROP! PRINCE OF WAMPANOS
PRODUCED IN CANADA, BRANDED FISH
EXCLUDE PRICE MATCH ORDERS
EXCLUDE WALMART, COSTCO, SAMS CLUB, BULK BARN
EXTENDED HOURS
when you buy 500 g or more

3.29 ea. 1 LITER PRINCE OF WAMPANOS
PRODUCED IN CANADA, BRANDED FISH
EXCLUDE PRICE MATCH ORDERS
EXCLUDE WALMART, COSTCO, SAMS CLUB, BULK BARN
EXTENDED HOURS
when you buy 500 g or more

3.49 ea. 1 LITER PRINCE OF WAMPANOS
PRODUCED IN CANADA, BRANDED FISH
EXCLUDE PRICE MATCH ORDERS
EXCLUDE WALMART, COSTCO, SAMS CLUB, BULK BARN
EXTENDED HOURS
when you buy 500 g or more

4.19 /100 g SEAFOOD TO FLOUR BASED COOKED CHICKEN
PRODUCED IN CANADA, BRANDED FISH
EXCLUDE PRICE MATCH ORDERS
EXCLUDE WALMART, COSTCO, SAMS CLUB, BULK BARN
EXTENDED HOURS
when you buy 500 g or more

Love cheese?

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

MEDITERRANEAN ARTISAN SHARE CHEESE
PRICE PER KG
5.99 EA.

7.49 EA. BOYDELL CHEESE
VARIOUS SELECTION VARIETIES

ZIGO MOZZARELLA
PRICE PER KG
9.99 EA.

CRANBERRY CASTLE CRANBERRY
BISCUITS & CHEESE
PRICE PER KG
5.49 200 g

2 FOR
22.00 16.50 ea. BELLA CIGANA BURRATA CHEESE
200 g

11.99 EA. TRE STELLE MASCARPONE CHEESE
454 g

6.99 EA. PRESIDENT OR BOURSIN GOURMANDISE CHEESE
VARIOUS SELECTED VARIETIES

17.99 EA. ARGOSTINELLE BRIE
500 g

BALDERSON
OLD CLASSIC CHEDDAR
PRICE PER KG
BUY 1 GET 1 FREE (LOWER PRICED) ON VARIOUS SELECTED VARIETIES
1.18/100 g WHEN YOU BUY
2.22/100 g Retail 500 g

BUY MORE SAVE MORE!
3.29 /100 g

PARMIGIANO REGGIANO
PRICE PER KG
BUY 1 GET 1 FREE (LOWER PRICED) ON VARIOUS SELECTED VARIETIES
1.18/100 g WHEN YOU BUY
2.22/100 g Retail 500 g

BUY MORE SAVE MORE!
3.59 /100 g

JOHN DERING
CHEESE
PRICE PER KG
BUY 1 GET 1 FREE (LOWER PRICED) ON VARIOUS SELECTED VARIETIES
1.18/100 g WHEN YOU BUY
2.22/100 g Retail 500 g

BUY MORE SAVE MORE!
4.59 /100 g

L'ETOILE
DOUBLE CREME BRIE
PRICE PER KG
BUY 1 GET 1 FREE (LOWER PRICED) ON VARIOUS SELECTED VARIETIES
1.18/100 g WHEN YOU BUY
2.22/100 g Retail 500 g

BUY MORE SAVE MORE!
4.79 /100 g

OKA

4.99 /100 g OKA CHEESE
VARIOUS SELECTED VARIETIES

10.99 EA. OKA CHEESE
VARIOUS SELECTED VARIETIES

Easter Desserts

mix & match

14.00 ea. — FRONT STREET BAKERY SINGLE SERVE DESSERTS 90-100 g

12.99 ea. — FRONT STREET BAKERY MINI GOURMET CAKES 500-550 g

NEW

32.99 ea. — BLACK FOREST CAKE 1.5 kg

31.99 ea. — FRONT STREET BAKERY CHOCOLATE MELLOW CAKE 1.5 kg

7.49 ea. — EASTER CUPCAKES 6 pk 270-300 g

6.99 ea. — FRONT STREET BAKERY MINI CHOCOLATE BAR CAKE 270 g

21.99 ea. — INNOCENTS/LES TUXEDO CAKE 900 g

12.99 ea. — INNOCENTS/LE NEW YORK STYLE CHOCOLATE CHEESECAKE 900 g

Invisible

3.99 ea. — FRONT STREET BAKERY HOT CROSS BUNS OR SPARKLE BUNS 6 pk 360-420 g

5.99 ea. — FRONT STREET BAKERY PEANA BREAD 500 g

NEW

4.99 ea. — FRONT STREET BAKERY CHALLAH BREAD 500-550 g

SAVE $1.00 /ea

4.99 ea. — TUN HAUS BUBBAHOLIC 355 ml

7.99 ea. — FRANCE CHOCOLATE BREAD 12 pk 720-750 g

4.99 ea. — KING'S HUNGARIAN ROLLS 12 pk 600 g

60 days

4.99 ea. — LA PETITE BRETONNE CHOCOLATE CROISSANT OR PAIN CHOCOLAT 60 g

Easter Blooms

SPRING IS IN THE AIR!

9.99 ea. — PANSIES 6 pk 10.16 cm

EASTER BASKET 12 STEMS 12 pk 30-35 cm

SAVE $5.00

20.00 ea.

COLA BASKET 12 pk 30-35 cm

19.99 ea.

NEW

30.00 ea. — MEADOW & MOSS BASKET 12 pk 30-35 cm

12.99 ea. — HYDRANGEAS 1 pk 30-35 cm

BLOOMING PLANTS 1 pk 10.16 cm 1 pk 12.7 cm 1 pk 15.24 cm

NEW

11.99 ea.

NEW

TRI-COLOUR MUM IN WICKER BASKET 1 pk 30-35 cm

SAVE $1.00

8.99 ea.

11.99 ea. — CHRYSANTHEMUM 1 pk 30-35 cm

25.00 ea. — SPRING EVERYDAY BASKET 12 pk 30-35 cm

12 STEMS

26.99 ea. — ORCHID 1 pk 10.16 cm

21.99 ea. — HYDRANGEAS 1 pk 30-35 cm

12.99 ea. — PRINCESS TULIPS 12 pk 30-35 cm

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Scan for Flyer Deals

More Great Savings

6.49 ea. — KELLOGG'S FAMILY SIZE CEREAL 500 g–1.1 kg (EXCLUDES VECTOR)

3.49 ea. — NATURAL VALLEY OR BETTY CROCKER SNACKS 175 g–184 g (EXCLUDES MULTI-PACKS)

6.49 ea. — TAYLORS TEA 20–25 ct (EXCLUDES TAYLORS PREMIUM)

9.99 ea. — STARBUCKS NESPRESSO COFFEE CAPSULES 10 ct (EXCLUDES VIA)

5.49 ea. — SUNMAID RAISINS 500 g–2 kg

10.49 ea. — SPLENDA SWEETENER OR SPLENDA GRANULATED 1.36 kg–2.04 kg (EXCLUDES SPLENDA PACKETS)

5.99 ea. — COFFEE MATE CREAMER OR SUGAR 473 ml–1.36 kg (EXCLUDES FLAVOURED)

19.99 ea. — FRIGIDAIRE PURE AIR FILTER 1 ct (EXCLUDES PARTS)

5.99 ea. — EAT LESS BUTTER SPREAD 454 g–1.36 kg (EXCLUDES FLAVOURED)

4.99 ea. — SELECTION COTTAGE CHEESE 500 g (EXCLUDES FLAVOURED)

2.99 ea. — EAT LESS SOUR CREAM 454 g (EXCLUDES FLAVOURED)

7.99 ea. — SPLENDA BROWN SUGAR BLEND 454 g–1.36 kg (EXCLUDES FLAVOURED)

7.99 ea. — BACON POCKETS 454 g (EXCLUDES FLAVOURED)

6.99 ea. — BLUEBERRY MUFFIN CAKE 454 g (EXCLUDES FLAVOURED)

5.49 ea. — COOL WHIP WHIPPED TOPPING 454 g–1 kg (EXCLUDES FLAVOURED)

3.99 ea. — CHEUX CHEESE SPREADS 454 g (EXCLUDES FLAVOURED)

1.99 ea. — BUTTERMUCK CHICKEN OR GRAVY MIX 142 g–170 g (EXCLUDES ALFREDO) 50 ¢ OFF

2.49 ea. — KNORR SOUP DEVELOPED 1 kg–1.36 kg (EXCLUDES FLAVOURED)

2.99 ea. — FRENCH'S MUSTARD 454 g (EXCLUDES FLAVOURED)

2.99 ea. — ARROWTOWN WATER CRACKERS 175 g (EXCLUDES FLAVOURED)

3.79 ea. — BEN'S ORIGINAL RICE 907 g–1 kg (EXCLUDES FLAVOURED)

2.79 ea. — BUSH'S BEST BEANS 398 ml–540 ml (EXCLUDES FLAVOURED)

5.49 ea. — DOLE PINEAPPLE JUICE 1.75 L 70 ¢ OFF

4.99 ea. — SOBEYS CLEAR SODA OR DIET CLEAR SODA 2 L (EXCLUDES FLAVOURED)

2.79 ea. — POWER ON ELECTROLYTE HYDRATION DRINKS 473 ml–591 ml (EXCLUDES FLAVOURED)

11.99 ea. — ATHLETIC ORIGINAL NON-ALCOHOLIC BEER 6 x 355 ml (EXCLUDES FLAVOURED)

11.99 ea. — PRIDE ON ICE AND NON-ALCOHOLIC BEER 6 x 355 ml (EXCLUDES FLAVOURED)

6.99 ea. — CELEBRITY CANADIAN SPARKLING WATER 1.5 L (EXCLUDES FLAVOURED)

8.49 ea. — MATCHING ALCOHOL FREE WINE 750 ml (EXCLUDES FLAVOURED)

6.99 ea. — PLANTERS NUTS 454 g–1.36 kg (EXCLUDES FLAVOURED)

5.99 ea. — BROOKSIDE CHOCOLATE 270 g–907 g (EXCLUDES FLAVOURED)

5.49 ea. — LINDT SWISS CLASSIC CHOCOLATE 100 g–150 g (EXCLUDES FLAVOURED)

TOP OFF BBQ SEASON

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

HEINZ KETCHUP LOW SODIUM
SELECTED VARIETIES
5.99 EA.

HEINZ KETCHUP STYLE SAUCE

4.99 EA. HEINZ'S BARBECUE SAUCE 375 ml

3.99 EA. HELLMANN'S MAYONNAISE 340 - 445 ml
SELECTED VARIETIES

2.99 EA. SELECTION RELISH 500 ml

5.99 EA. KOZLIK'S MUSTARD 250 ml
SELECTED VARIETIES

5.49 EA. MONTGOMERY BBQ SAUCE 500 ml OR BRINE CO. PICKLES
SELECTED VARIETIES

9.99 EA. SOUPERSAUCE HOT SAUCE 150 ml
SELECTED VARIETIES

2.99 EA. SOUPERSAUCE DRESSING 250 ml
SELECTED VARIETIES

5.49 EA. MATT & STEVE'S PICKLED BEANS 500 - 750 ml
SELECTED VARIETIES

5.99 EA. MIRACLE WHIP DRESSING 500 ml
SELECTED VARIETIES

4.99 EA. THE KEG SALAD DRESSING 473 ml
SELECTED VARIETIES

6.99 EA. TRACTLEMONTS BBQ SAUCE 946 ml

2.99 EA. TOPPING ICE CREAM TOPPER 400 ml - 500 g
SELECTED VARIETIES

NOW **4.99** EA. INNOSUCHABLE WAFFLE BOWL OR CONE
SELECTED VARIETIES

3.99 EA. MEZZETTA GREEN OLIVES STUFFED WITH GARLIC MINCED 295 ml

5.99 EA. MEZZETTA PEPPERONCINI 295 ml
SELECTED VARIETIES

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

15.99 EA. BABY'S CHEESE AFTER FLOUR 20 KG

12.99 EA. BROWN GATE BASMATI, JASMINE, SEASONED RICE OR COOKING, PARBOILED RICE 2 KG (SELECTED VARIETIES)

9.99 EA. FULL CREAM CANNED BLOOM 1 KG

19.99 EA. SNACKER CAKE VARIOUS FLAVOURS 500 G

4.99 EA. TERRA CRYSTAL ORGANIC WATER 500 G (SELECTED VARIETIES)

1.29 EA. GARLIC PRODUCT OF CHINA 1 PK

15.00 EA. GREEN BOUGHT ASSORTED COLOURS, ASSORTED VARIETIES

7.99 EA. ALFA PIES 1 KG (SELECTED VARIETIES)

5.49 EA. MEDIA OR CHICK PEA FLOUR OR 1 CANNED BLOOM 1 KG (SELECTED VARIETIES)

12.99 EA. NANAK GHEE 500 G (SELECTED VARIETIES)

4.99 EA. CEDAR MARMADES 700 ML (SELECTED VARIETIES)

1.99 EA. PAULS CLASSIC OR NATURAL FLAVOURED 2 L 500 ML (SELECTED VARIETIES)

2.99 EA. CASERO SPRING ROLLS OR SAMOSAS 400 G (SELECTED VARIETIES)

1.67 EA. CASERO FROZEN VEGETABLES 1 KG (SELECTED VARIETIES)

6.99 EA. CASERO AMCA HONEY, GOLD TEA BLOOM, PREMIUM OR GOLD 1 KG (SELECTED VARIETIES)

1.99 EA. CASERO MEDIUM OR SPICY OR CHEESE OR GARLIC TOAST 400 G (SELECTED VARIETIES)

6.49 EA. DEBBY'S SAMOSAS 1 KG (SELECTED VARIETIES)

1.69 EA. KELLOGG'S CHIPS 125 G (SELECTED VARIETIES)

39¢ EA. MAGGI NOODLES 70 G (SELECTED VARIETIES)

5.29 EA. SHANWOOD'S CHUTNEY 340 G (SELECTED VARIETIES)

6.49 EA. DELICIOUS RELISH 500 G (SELECTED VARIETIES)

Item availability varies by store

Gluten-Free

NATURE'S PATH WAFFLES 2 x 35 g
5.99 ea.

SILK BEVERAGE 946 mL
2.99 ea.

CHICKAPEA CHICKPEA PASTA 227 g
5.99 ea.

NATURAL CHOICE LIMEADE 355 mL
3.99 ea.

BEE HONEYCOMB 340 g
3.99 ea.

CHOSEN FOODS MAYONNAISE 355 mL
12.49 ea.

GOOD SUNDAY PASTA 375 g
4.49 ea.

KEEN ENERGY BAR 50 g
8.49 ea.

Non-GMO

PACIFIC BROTH 946 mL
7.99 ea.

FRANK CHOCOLATE 300 g
6.99 ea.

OH BIO! CHICKEN POULET 1 kg
3.99 ea.

NEW
FRANK GRANO LOVE COOKIES 200 g
7.99 ea.

Plant-Based

NUTS TO YOU PEANUT BUTTER 170 g
7.49 ea.

KETO PUDDING 113 g
3.99 ea.

Fuel your passion.

LOVE BAR 50 g
LOVE BITES 40 g
3.99 ea.

Baby & Beauty

GERBER BABY PUREE 4 x 128 mL
1.99 ea.

PAMPERS BABY WIPES 64 - 80 ct
3.99 ea.

LUBRIDERM MOISTURIZER 473 mL
9.99 ea.

THERABREATH MOUTHWASH 473 mL
11.99 ea.

head & shoulders
90 ct
7.49 ea.

DOVE BAR CARE OR BODY WASH 90 g
10.49 ea.

WIN TICKETS TO THE FIFA World Cup 26
OFFICIAL SPONSOR
Visit Dove Facebook page for details. Ends July 31, 2026.
*Terms and conditions apply.

DOVE MEN+CARE DEODORANT OR BODY WASH 150 g
8.99 ea.

Household Helpers

SELECTION DIPS 500 g
8.49 ea.

SELECTION CUPS 50 ct
5.99 ea.

FRESH FOOD FAMILY 1 kg
5.99 ea.

SELECTION SUPREME 6 x 355 mL
3.99 ea.

SELECTION PARCHMENT PAPER 50 ct
3.79 ea.

SELECTION SUPREME 6 x 355 mL
4.99 ea.

Royale
TRUSTED QUALITY. CARBON NEUTRAL.
9.99 ea.

ROYALE COMMERCIAL TISSUE 6 x 400 ct
7.99 ea.

*Royal™ 2026 Brands, LLC. Unauthorized by Irving Consumer Products Limited and Irving Consumer Products, Inc., which are not affiliated with Royal™ 2026 Brands, LLC. Royal™ 2026 Brands, LLC is a Canadian company and is not affiliated with Royal Bank of Canada or any other Royal entity. Royal™ 2026 Brands, LLC, Suite 1000, 1055 West Georgia St., Vancouver, BC V6E 3P3, Canada.

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

THE OFFICIAL
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

2026

SCAN NOW

3.49 EA.
OIKOS® PRO® DRINKS
330 ml
SELECTED VARIETIES

6.49 EA.
OIKOS® AND ONE® PRO®
1000 - 750 g
SELECTED VARIETIES

3 for 11.00
OIKOS® YOGURT
4 x 90 g - 4 x 100 g
SELECTED VARIETIES

* NO PURCHASE NECESSARY. BEGINS 05/15/26 AT 12:00:01 AM ET & ENDS 05/24/26 AT 11:59:59 PM ET. DRAWN 05/25/26 AT 2PM ET. ONE (1) GRAND PRIZE: TRIP FOR 2 TO A 2026 STANLEY CUP® FINAL GAME (VAR $10,000 CAD) AND $20 INSTANT WIN PRIZES: A $500 CAD DIGITAL PREPAID CARD (CSD TOTAL), OR A $25 CAD PHYSICAL DANONE ONE® COUPON (DOC TOTAL). INSTANT PICK UP, SHELF-ESTIMA CAD $10 NON-REQUIRED. FULL CONTEST RULES: WWW.SNACKTOWINCA. ONE®, OÎKOS®, DOC®, ONE® PRO®, ONE® PRO®, DANONE, DANONE UK, LLC. ALL RIGHTS RESERVED. ONE®, ONE® PRO®, OÎKOS® DANONE UK, LLC. ALL RIGHTS RESERVED.

© 2026, DANONE UK, LLC. ALL RIGHTS RESERVED.

NHL, THE NHL SHIELD, THE WORD MARK AND IMAGE OF THE STANLEY CUP AND THE STANLEY CUP FINAL LOGO ARE REGISTERED TRADEMARKS OF THE NATIONAL HOCKEY LEAGUE. NHL AND NHL SCAN MARKS ARE THE PROPERTY OF THE NHL AND ITS TEAMS. © 2026 NHL. ALL RIGHTS RESERVED.

Coca-Cola
OFFICIAL PARTNER
125
Without Gift Cards
COCA-COLA, DIET COKE, COCA-COLA ZERO SUGAR, SPRITE, FANTA, FUZE TEA, DASANI, POWERADE, MINUTE MAID, SOURCE, COCA-COLA SOFT DRINKS 2L
OR FUZE TEA, DASANI, POWERADE, MINUTE MAID, SOURCE 500 ml
SELECTED VARIETIES
J&PB TRY IT FOR THE FIRST TIME.
ONLY WITH
JIF PEANUT BUTTER 1.36 kg
SELECTED VARIETIES
4.99 ea.
SMUCKER'S JAM 500 ml
SELECTED VARIETIES
6.99 ea.
Folgers
OWN THE DAY
FOLGERS COFFEE CAPSULES 30 ea.
SELECTED VARIETIES
22.99 ea.
FOLGERS GROUND COFFEE 340 - 850 g
SELECTED VARIETIES
22.99 ea.
LIBERTÉ
NEW
LIBERTÉ MEDITERRANEO YOGURT 500 g
SELECTED VARIETIES
4.49 ea.
6.99 ea. LIBERTÉ GREEK YOGURT 650 - 750 g
SELECTED VARIETIES
3.99 ea. LIBERTÉ GREEK YOGURT 500 g
SELECTED VARIETIES
Yoplait
TOP LAIT TOP DRINKABLE YOGURT 250 ml
SELECTED VARIETIES
99¢ ea.
YOP DRINKABLE YOGURT 6 x 200 ml
SELECTED VARIETIES
5.99 ea.
TOPLAIT TUBES YOGURT
OR
TOPLAIT MINIGO YOGURT
SELECTED VARIETIES
NEW
2.99 ea.
MADE IN CANADA
NEW FLAVOURS
Try a snack filled with goodness
Del Monte
DEL MONTE CANNED VEGETABLES 398 - 796 ml
SELECTED VARIETIES
2.33 ea.
DEL MONTE FRUIT CUPS 4 x 113 g
SELECTED VARIETIES
17.99 ea.
MULTI-USE OR SUSHI ONLY SAUCE 296 - 500 ml
SELECTED VARIETIES
4.49 ea.
NEW
BOLD FLAVOUR MEETS MAYO
HEINZ MAYONNAISE STYLE SAUCES 340 ml
SELECTED VARIETIES
3.99 ea.
Hershey's
Your Philly. Now Chocolate.
Proudly prepared in Canada, perfectly delicious!
Cranberry
Shreddies
NEW
POST CEREAL 283 - 525 g
SELECTED VARIETIES
3.99 ea.
BONUS $10
Indigo eGift card
with the purchase of a $50 or more Indigo gift card
Indigo
Offer valid April 2 - 8
claim your Bonus at participating locations or online
$5 OFF
$50 Uber gift cards.
Offer valid April 2 - 8