VERSION A

metro

mmm

11.88 /lb

Boneless Strip Loin Grain Fed Whole
Product of Canada
Canada No. 1
Without Boneless Rump Whole or with Rump in accordance with an intended use
Sold as a whole or in cut pieces
Sold by weight
Min. 4.5kg

3.99 /lb

Extra Black Forest Ham
Sliced lb.
Product of Canada
Canada No. 1
Sold as packaged or sliced to customer specification
Sold by weight
Min. 0.454kg

GREAT PRICE!

3.99 /lb

Fresh Pork Back Ribs Value Pack
Product of Canada
Canada No. 1
Sold by weight per package or sold as individual pieces to customer specification
Min. 0.454kg

2.99 ea.

Smoked Cooked Skin Apple Wood Flavoured Beef Franks
Product of Canada
Canada No. 1
Sold as packaged
Sold by weight
Min. 0.454kg

GREAT PRICE!

2.77 ea.

125 Loyalty points value of $1

Sliced Italian Cold Cuts Bonus Pack
Product of Canada
Canada No. 1
Sold as packaged
Sold by weight
Min. 0.454kg

Open Victoria

Effective May 14 15 16 17 18

VERSION A

metro

More freshness, more savings.

MMMAZING! days

Open Victoria Day

*Most stores and all Garden Centre locations open Monday, May 18th

Effective May Th 14 | Fr 15 | Sa 16 | Su 17 | Mo 18* | Tu 19 | We 20 **2026**

*Check metro.ca for your local store hours.

mmmAZING! days

Fresh Atlantic Salmon Fillets Value Pack
Filets de saumon atlantique frais Value Pack
Product of Canada. 10 - 20 g/100 G 10 Per Serving
Produit du Canada
Sold in the frozen seafood or refrigerated seafood section
Vendus dans le rayon des produits de la mer surgelés ou des produits de la mer réfrigérés

9.99 /lb or ea.

11.99 ea. or 26.37/lb

Fresh Cooked Lobster Tail, 2 - 3 lb
Homard cuit frais, 2 - 3 lb
Product of Canada
Homard **frais** cuit, 2 - 3 lb
Produit du Canada

Fresh Pork Meat Products
Produits de viande de porc frais
Product of Canada
Brochettes de viande hachée, Porc, Cajun, Chipotle et Jerk
Product of Canada
Sold in the meat section
Vendues dans le rayon de la viande

8.99 /lb

Beyond Meat Beyond Burger, 454 g
Product of United States
Sold in the frozen meat section
Beyond Meat Beyond Burger, 454 g
Produit des États-Unis
Vendu dans le rayon des produits de viande surgelés

18.99 ea.

4-DAY MEAL DEAL

MAY 14TH – MAY 17TH, 2026

YOUR CHOICE 11.99 ea.

X-LARGE

16" X-Large Pepperoni & Cheese Pizza
Pizza X-Large 16" pepperoni et fromage
Product of Canada
Sold in the frozen section
Vendue dans le rayon surgelés

1 KG

Hot Rotisserie BBQ Chicken
Product of United States

15 PCS

- 5 Hot Tenders
- 5 Hot Wings
- 5 Cream Bites or 5 Cheese Bites
- 5 Bites de poulet épicé
- 5 Ailes épicées
- 5 Bouchées de poulet

Party Size Deluxe Fruit Salad
Salade de fruits de luxe en format familial

Assorted California Cuttings
Assortiment de California Cuttings
Product of United States
Sold in the frozen section
Vendus dans le rayon des produits surgelés

metro.ca

mmmazing! days

SHOP NOW

General Mills

Open Victoria Day

***Most stores and all Garden Centre locations open Monday, May 18th**

mmmazing! days

SHOP NOW

Coca-Cola

Coca-Cola mini 4.99 ea.

Coca-Cola or Canada Dry Soft Drinks
Boissons gazeuses Coca-Cola ou Canada Dry
Limit 2 / Limite 2

2 6.50
Coca-Cola or Canada Dry Soft Drinks
Boissons gazeuses Coca-Cola ou Canada Dry
Limit 2 / Limite 2

fuze 7.49 ea.
Fruit or Plant Iced Tea
Thé glacé fruité ou à base de plantes
Limit 2 / Limite 2

Canada Dry mini 4.99 ea.
Coca-Cola or Canada Dry Soft Drinks
Boissons gazeuses Coca-Cola ou Canada Dry
Limit 2 / Limite 2

24's POWER ADE 20.99 ea.
Sports Drink
Boisson sportive
Rehydrate Replenish your sports
Réhydrate Reremplit votre sport

SCORE WINE 26 oz 4.44 ea.
Cold Press Sauvignon Blanc or Cabernet Merlot
Pressé à froid Sauvignon blanc ou Cabernet Merlot
Limit 2 / Limite 2

Jamieson

Jamieson Vitamin D3 1,000 IU 30% off
Jamieson Vitamin C 500 mg 30% off
Limit 2 / Limite 2

Jamieson Vitamin B12 or Calcium 30% off
Vitamin B12 ou Calcium
Limit 2 / Limite 2

Jamieson Omega-3 or Probiotic 10 Billion 30% off
Limit 2 / Limite 2

Jamieson Multivitamins 30% off
Multivitamines Jamieson
Limit 2 / Limite 2

Jamieson Magnesium or Zinc 30% off
Magnésium ou Zinc Jamieson
Limit 2 / Limite 2

Unilever

Hellmann's or Chipotle 3.99 ea.
Hellmann's Mayonnaise
Mayonnaise Hellmann's
Limit 2 / Limite 2

Knorr Side Dishes 1.99 ea.
Knorr Side Dishes
Plats d'accompagnement Knorr
Limit 2 / Limite 2

Knorr Pasta Sides 2.49 ea.
Knorr Pasta Sides
Plats d'accompagnement de pâtes Knorr
Limit 2 / Limite 2

Dove Shampoo or Conditioner 5.99 ea.
Dove Shampoo or Conditioner
Limit 2 / Limite 2

Dove Deodorant 6.49 ea.
Dove Deodorant
Limit 2 / Limite 2

MORE MMMAZING SAVINGS IN-STORE AND ONLINE SHOP NOW

metro.ca

mmmazing! days

LIMITED TIME OFFER

FREE DELIVERY

Enjoy the Offer

*Certain conditions apply. Offer valid for Standard and Express delivery services. Flash and MPriority services are excluded from this promotion. Details on metro.ca

this week's deals:
Only until May 20, 2026, in-store or online

add your moi rewards coupons

NOW 3.49 ea.
SAVE UP TO $2
5.49* ea.
PEARL MILLING PANCAKE MIX 905 g OR SYRUP 710 ml
SELECTED VARIETIES

NOW 11.49 ea.
SAVE UP TO $2
13.49* ea.
GRUVI NON-ALCOHOLIC BEER 6 x 355 ml
SELECTED VARIETIES

NOW 1.99 ea.
SAVE UP TO $1
2.99* ea.
CHRISTIE KIDS COOKIES 150 - 200 g
SELECTED VARIETIES

NOW 4.49 ea.
SAVE UP TO $5
9.49* ea.
PERSONELLE BABY DIAPERS 16 - 32 un
SELECTED VARIETIES

NOW 12.00 ea.
SAVE UP TO $3
15.00* ea.
SEASONAL MIXED BOUQUETS ASSORTED COLOURS AND FLOWERS

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moi ID account. Limit of one coupon redemption with a moi ID 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.*

metro.ca

SHOP FASTER WITH CART GENIUS

Discover your AI-powered product recommendations

Shop Now

FRESH

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

1.99 /lb — Fresh Cauliflower / Chou-fleur frais, Product of Canada, 1.25kg

4.99 ea. — Lemons / Citrons, Product of Mexico, 3 ea. or 907g

4.99 /lb — Asparagus / Asperges, Product of Canada, 1.36kg

1.99 /lb — Sweet Potatoes / Patates douces, Product of Canada, 4.25kg

PINT

4.99 ea. — Blueberries / Bleuets, Product of Canada, 1.75L (Pint)

7.99 /lb — Assorted Sweet Peppers / Poivrons variés, Product of Canada, 1.36kg

2.99 ea. — Fresh Cucumbers / Concombres frais, Product of Canada, 1.36kg; Mini cucumbers / Mini-concombres, Product of Canada, 1.36kg

3.99 ea. — LC Acadia Little Potatoes / Petites pommes de terre, Product of Canada, 2.27kg

6.99 /lb — Nectarines / Nectarines, Product of U.S.A., No. 1 Grade, 907g; Peaches / Pêches, Product of U.S.A., No. 1 Grade, 907g

4 for

5.00 — Kiwi Fruit / Kiwis, Product of Mexico, 4 ea.

3.99 ea. — Golden Bantam Sweet Corn / Maïs doré, Product of Canada, 1.36kg; Fresh Cut Corn / Maïs frais coupé, Product of Canada, 1.36kg

50 cents

3.49 ea. — Dole Salad or Coleslaw / Salade de jardin ou salade de chou, 454 g – 907 g; Dole Fruit Bowl / Salade de fruits, 454 g – 1.36 kg

2.69 /lb — Large Fuerte Pears / Poires Fuerte grosses, Product of Mexico, 1.63kg; Anjou Pears / Poires d'Anjou, Product of U.S.A., 1.63kg

1.99 /lb — Jumbo Papaya / Papaye géante, Product of Mexico, 1.36kg; Papaya pieces / Morceaux de papaye, Product of Mexico, 1.36kg

5.99 ea. — Ready to Eat Cantaloupe / Cantaloupe prêt à manger, Product of Mexico, 1.36kg; Ready to Eat Honeydew Melon / Melon miel prêt à manger, Product of Mexico, 1.36kg

50 cents

3.99 ea. — Sweet Mini Cucumbers / Concombres mini sucrés, Product of Canada, 1.36kg; Cucumbers / Concombres, Product of Canada, 1.36kg

NEW

6.99 ea. — Beyond Meat Beyond Sausage Spicy Italian Style Plant-Based Sausage / Saucisse épicée à l'italienne végétale, 454 g

TOFU

4.99 ea. — Organic Tofu / Tofu biologique, 454 g; Organic Tofu Burgers / Burgers de tofu biologiques, 454 g

6.49 ea. — Bonne's Organic Tofu / Tofu biologique, 454 g; Hodgepodge Organic Tofu / Tofu biologique, 454 g

80 cents

5.99 ea. — Boulevard Plant-Based Pulled Pieces / Morceaux végétaux effilochés, 454 g

Organic

5.99 ea. — Organic Red Bell Peppers / Poivrons rouges biologiques, Product of Mexico, 1.36kg; Organic Yellow Bell Peppers / Poivrons jaunes biologiques, Product of Mexico, 1.36kg

2.99 ea. — Organic Zucchini / Courgettes biologiques, Product of Mexico, 1.36kg; Organic Long Eggplant / Aubergines biologiques longues, Product of Mexico, 1.36kg

6.99 ea. — Organic Strawberries / Fraises biologiques, 454 g, Product of U.S.A. or Mexico; Organic Blueberries / Bleuets biologiques, 454 g, Product of U.S.A.

6.99 ea. — Greenhouse Organic Tomatoes / Tomates biologiques de serre, 454 g; Smoothies Organic Strawberry Banana / Smoothies biologiques fraise-banane, 454 g

80 cents

Sliced & Diced

Serves 2 to 3 people

14.99 ea. — Chicken Caesar Salad / Salade César au poulet, 454 g; Sesame Sesame Bowl or Nicoise Tray / Bol Sesame Sesame ou plateau niçoise, 454 g; Potato Cover ou pesto / Pommes de terre, 454 g; Plateau de crudités, de fruits et de fromage de chèvre / Plateau de crudités, de fruits et de fromage de chèvre, 454 g – 907 g

Fresh Blooms

30.00 ea. — Garden Bouquet / Bouquet de jardin, Product of Canada, 1.36kg; Compact Garden / Jardin compact, Product of Canada, 1.36kg

22.99 ea. — Antique Vintage Hanging Bucket / Seau vintage suspendu, Product of Canada, 1.36kg; Plants pots on pedestals suspender / Plantes en pots sur piédestaux suspendus, Product of Canada, 1.36kg

GIFT IDEA

14.99 ea. — Potted / En pot, Product of Canada, 1.36kg; Orchidea / Orchidée, Product of Canada, 1.36kg

PLANT CHRISTMAS

19.99 ea. — Kalanchoe Bantha / Kalanchoe Bantha, Product of Canada, 1.36kg; Kalanchoe Bantha / Kalanchoe Bantha, Product of Canada, 1.36kg

metro.ca

All Garden Centre locations are OPEN on Victoria Day

get gardening

metro gardens

NOW OPEN

MOROCCAN SAHARA COLOUR CHANGING LILY
21.99 ea.

plant pops of colour

TIP: Keep your blooms looking their best by regularly removing any petals that are dead or fading.

QUART HIBISCUS OR DIPLADENIA
CHOICE OF COLOURS
9.99 ea.

spruce up your space

2 FOR
34.00 ea. 17.00 ea.

ANNUAL HANGING BASKETS
CHOICE OF COLOURS AND VARIETIES

Click here to view our **Garden Centre Publication** for even more tips, tricks & gardening essentials.

Selection

Creating a healthy flower garden starts with soil – providing optimal plant growth, a healthy root system, pest prevention & more.

SELECTION
BLACK, BROWN OR RED MULCH
ASSORTED SIZES
SELECTED VARIETIES
3.00 ea.

SELECTION
BLACK, BROWN OR RED MULCH
ASSORTED SIZES
SELECTED VARIETIES
6.00 ea.

make your patio perfect

MAJESTY PALM OR KIMBERLY QUEEN FERN
24.99 ea.

PATIO PLANTERS
ASSORTED SIZES, VARIETIES
STARTING AT
29.99 ea.

TIP: Check that your planter is draining freely during each watering.

get 375 points*

value of $3

when you spend $35 or more at the garden centre

moi rewards

available in store or online from may 7 - 20

*Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Our Butcher's Finest

GRAIN FED

19.99 /lb.
Whole Beef Tenderloin Cut Part
Filet de bœuf entier
0.5 kg
Filet entier de bœuf et ensemble sous vide
0.5 kg

14.99 /lb.
Canadian Beef Angus Top Sirloin Medallions
Medaillons de bœuf Angus
0.5 kg
Médaillons de bœuf de contrefilet
0.5 kg

12.99 /lb.
Prime Lamb Loin Chops or Boneless Chops Grade
Côtelettes d'agneau de premier choix
0.5 kg
Côtelettes d'agneau
0.5 kg
Boneless Pork or Chicken
Porc désossé ou poulet
0.5 kg

6.99 /lb.
Fresh Pork Tenderloin
Filet de porc
0.5 kg
Fresh Pork Tenderloin
Filet de porc frais
0.5 kg

PRE-PAID

7.99 /lb.
Marinated Pork Pre-Pack
Porc mariné préemballé
0.5 kg
Pâte alimentaire fraîche au poulet
Pâte alimentaire fraîche au poulet
0.5 kg

3.99 /lb.
Fresh Chicken Leg Quarters
0.5 kg
Cuisses de poulet frais
0.5 kg

BEEF BRISKET

9.99 /lb.
Beef Grill Beef Back Ribs
Côtes levées de bœuf grillées
0.5 kg
Côtes levées de bœuf à la grille
0.5 kg

GREAT FOR SMOKING

7.99 /lb.
Beef Grill Whole Beef Brisket Bar Pack
Poitrine de bœuf entière à la grille
0.5 kg
Poitrine de bœuf entière de bœuf Grill mega-emballe
0.5 kg

BBQ Favourites

3.99 ea.
Bakerhill Pizzette Bites
Bouchées Pizzette de Bakerhill
0.75 g

5.99 ea.
Schneiders Smoked Sausages
Saucisses fumées Schneiders
0.375 g

12.99 ea.
Schneiders Mexican Angels
Anges mexicains de Schneiders
0.375 g

900 g
16.99 ea.
Schneiders Smokies
Saucisses Schneiders
0.900 g

6.99 ea.
Mac Angelo Sausage
Saucisses Mac Angelo
0.375 g

Halal

10.99 ea.
Beef Burgers
Burgers de bœuf
0.454 g

10.99 ea.
Bakerhill Turkey Burgers
Burgers de dinde de Bakerhill
0.340 g

16.99 ea.
Montana's Beef Burgers
Burgers de bœuf Montana's
0.454 g

2.99 ea.
Selection Wieners
Saucisses fumées Selection
0.375 g

9.99 ea.
Fully Cooked Chicken Burgers
Burgers de poulet Whole Chef
0.454 g

9.99 ea.
Incredible Veggie Burgers
Burgers végétariens Incredible
0.340 g

15.99 ea.
Bakerhill Beef Burgers
Burgers de bœuf Bakerhill
0.340 g

Earn with moi rewards

5.99 ea. 60
Mac Lodge Ultra-Lite Frozen Dinners or Lodge Beef Lasagna or Chicken Lasagna
Repas congelés Ultra-Lite de Mac Lodge ou lasagne au bœuf ou lasagne au poulet
0.340 g – 0.454 g

11.99 ea. 80
Kids Cuisine Pizza Snackers
Pizza-collations de Kids Cuisine
0.184 g

12.99 ea. 125
Nelson's Pack Bars Bites
Barres Pack Bars Bites
0.184 g

22.99 ea. 125
Mac Angelo Frozen Dinners or Mac Angelo Pizza
Repas congelés de Mac Angelo ou pizza de Mac Angelo
0.340 g – 0.454 g

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Get 375 points* when you spend $30 or more on meat

value of $3

add your offer

moi rewards

available in store or online from may 14 - 20

*Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Seafood

PAN FRY IN LESS THAN 10 MINUTES

18.99 lb. — Atlantic Mediterranean Sea Bass Fillets. Filets de bar commun méditerranéen frais. Farm Raised.

BBQ READY

15.99 ea. — Lake Cuisine Premium Salmon. Saumon Premium Cuisine à la plancha. Farm Raised.

4.99 ea. — 2 Sous Sous with Stuffing Lobster Tail. Queue de homard farcie. Wild Caught.

7.99 ea. — La Boucanerie Smoked Salmon Slices. Saumon fumé en tranches. La Boucanerie.

8.99 ea. — Sous Mode Seafood Stuffed Lobster Tail. Queue de homard farcie. Grandes de Pêche. Wild Caught.

7.99 ea. — Wild Pink Salmon Fillet. Filet de saumon sauvage rose. Wild Caught.

5.99 ea. — Monogram Lobster Dinner. Souper de homard. Monogram.

6.99 ea. — Clothing Calamari Rings. Anneaux de calmar. Calamari.

Equivalent — Premium Frozen Shrimp. Crevettes congelées premium. Premium Frozen.

11.99 ea. — Premium Frozen Shrimp. Crevettes congelées premium. Premium Frozen. Package may vary / Format peut varier. Wild Caught.

Equivalent — Scallops Bonnes Bouchées. Pétoncles bouchées. Wild Caught.

12.99 ea.

Irrésistible

3.99 ea. — Irrésistible Smoked Salmon Spread. Tartinade de saumon fumé. Irrésistible. Kosher Symbol.

10.99 ea. — Irrésistible Wild Atlantic Smoked Salmon. Saumon fumé sauvage. Irrésistible. Kosher Symbol.

9.99 lb. — Irrésistible Marinated Mussels. Moules marinées. Irrésistible. Kosher Symbol.

10.99 lb. — Irrésistible Garlic & Herb Butter Mussels. Moules au beurre d'ail et fines herbes. Irrésistible. Kosher Symbol.

Deli Favourites

2.49 /100 g — Premium Beef Roast. Rôti de bœuf premium. Premium Beef.

2.99 /100 g — Lyndon Farms Lean Ground Beef. Bœuf haché maigre. Lyndon Farms.

4.49 /100 g — Lyndon Farms Boneless Chicken Breast. Poitrine de poulet désossée. Lyndon Farms.

4.59 /100 g — Lyse Porcelina Genoese Cheese. Fromage Genoese. Lyse Porcelina.

5.00 ea. — Gluten Free Meal. Repas sans gluten. Gluten Free Meals and Lean Cuisine Grill and on Sandwiches. Repas sans gluten et Lean Cuisine Grill et sur sandwiches.

7.99 ea. — Lyndon Farms Bacon. Bacon. Lyndon Farms. Lyndon Farms Bacon Slices or Lyndon Farms Bacon Slices Thick Cut. Bacon en tranches ou Bacon en tranches épaisses.

12.99 ea. — Lyndon Farms Premium Mac'n'Cheese. Macaroni au fromage. Lyndon Farms. 250 value of 2.5

5.49 /100 g — Lyndon Farms Cheese Variety. Fromages variés. Lyndon Farms. Lyndon Farms Cheese Variety or Lyndon Farms Cheese Variety Thick Cut. Fromages variés ou Fromages variés épais.

PERFECT FOR GRILLING

8.99 ea. — Lyndon Farms Premium Sausages. Saucisses. Lyndon Farms. Lyndon Farms Sausages or Lyndon Farms Sausages Thick Cut. Saucisses ou Saucisses épaisses.

11.99 ea. — Maestro Cavatappi, Lasagna or Lasagna Lasagna. Cavatappi, lasagne ou lasagne lasagne. Maestro. Lasagna Lasagna or Lasagna Lasagna Thick Cut. Lasagne lasagne ou lasagne lasagne épaisses.

7.99 ea. — Tre Stelle Mozzarella Ball. Boule de mozzarella. Tre Stelle. Kosher Symbol.

8.49 ea. — Irrésistible Cocktail Meatballs. Boulettes cocktail. Irrésistible. Kosher Symbol. 125 value of 1.5

6.99 ea. — Pre-Cooked Spiral Cut Ham. Jambon spiral cuit. Lakeside. Lakeside PC or Lakeside PC Thick Cut. Lakeside PC ou Lakeside PC épaisses.

13.00 ea. — Whole Frozen Turkey. Dinde congelée entière. Frozen Turkey. Turkey Breast or Turkey Breast Thick Cut. Poitrine de dinde ou Poitrine de dinde épaisse.

6.99 ea. — Bake & Serve Large Potato Wedges. Quartiers de pommes de terre à cuire et à servir. Bake & Serve. Bake & Serve Large Potato Wedges or Bake & Serve Large Potato Wedges Thick Cut. Quartiers de pommes de terre à cuire et à servir ou Quartiers de pommes de terre à cuire et à servir épais.

CHICKEN 4.99

16.00 ea. — Breaded Chicken Chicken. Poulet pané. Breaded Chicken Chicken or Breaded Chicken Chicken Thick Cut. Poulet pané ou Poulet pané épais.

metro.ca

Front Street Bakery
Our Absolute Pleasure

Front Street Bakery Pan Dulce
4.49 ea.

Pastry de angel Front Street Bakery
4.49 ea.

Front Street Bakery Homemade Milano or Chocolate Chip Cookies Or Front Street Brownies
Pick 12pc or more to fill order
Pick 6pc or more in-store
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

Now Found in Your Store at

Front Street Bakery Asiago Rolls
4.29 ea.

Front Street Bakery Cheddar Rolls
4.29 ea.

Front Street Bakery Homemade, Dirty Rice or Sausage Rolls
Or Front Street Bakery Cheddar Rolls
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

Front Street Bakery Cheddar Rolls
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

Spring Cakes

Orange Passion Cake
Citron Passion Cake
Or Orange
(1.1kg)
31.99 ea.

Peaches & Cream Cake
Or Lemon
Lilac and Lime & Cream Cake
(1.1kg)
31.99 ea.

Front Street Bakery
Or Vanilla
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)
16.99 ea.

Front Street Bakery
Or Vanilla
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)
11.99 ea.

Front Street Bakery
Or Vanilla
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

4.99 ea. Front Street Bakery Scones
Square, Blueberry, Or Cranberry Orange
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

Irresistible
9.99 ea. Irresistible Fruit Pies
Or Irresistible Tarts
Tarts are Made Irresistible
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

Irresistible
10.99 ea. Irresistible Coffee Cake
Or Irresistible Cake
Cakes are Made with Irresistible
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

7.99 ea. Irresistible Dessert Squares
Lemon, Or Chocolate Chip
Squares Are Made Irresistible
(1.1 - 1.5kg/12pc) (1.1 - 1.5kg/6pc)

3.99 ea. Bonnie Plant Farm Tomato Plants Or Bonnie or Plantmark Herbs
Cuttle & plate Bonnie, Plantmark or Lemon Lavender Herbs
(28 - 40g)

Furlani
Furlani Texas Garlic Bread Or Mini Garlic Bread Or Garlic Bread Sticks
Or Garlic Bread
(28 - 454g)
Pure gold, 10 of Canada's Best Schnitzels or Pure Gold Schnitzel or Pure Gold Chicken Breast
(28 - 454g)
4.99 ea. 50

Gluten-Free

Olivier Tortillas or Wraps
Or Olivier Pizza Crust
(28 - 454g)
Tortillas or pizza crust are made with Olivier
(28 - 454g)
6.99 ea.

Udi's Gluten Free Hot Dog, Brioche or Burger Buns
Or Udi's Gluten Free Bagels
Bagels are Made with Udi's
(28 - 454g)
5.99 ea.

More Great Savings

Barilla
Barilla Pasta Sauce
(28 - 454g)
Barilla Pasta
Barilla Pasta Sauce
Barilla Pasta
2.29 ea. BARILLA PASTA
Barilla Pasta Or Barilla Pasta Sauce
(28 - 454g)

Prime Hydration Drink
(28 - 454g)
Bodyarmor Sports Drink
(28 - 454g)
PRIME
PRIME
2.99 ea.

CRAFT
CRAFT
10.49 ea. CRAFT Beer Alcoholic Beverages
(28 - 454g)
Coors CRAFT Alcoholic Beverages Or Coors Light
(28 - 454g)

Let's Plant

Bee Humanity
Save the Bees with Every Purchase

RAW & CRU
HONEY
RAW & CRU
HONEY
HONEY MILL
OATCRAFT LOVE HONEY
(28 - 454g)
8.99 ea.

FOR EVERY BURGER

IT'S HARD TO BE HEINZ

6.99 ea. HEINZ Ketchup Or Tomato Sauce
(28 - 454g)

NEW
HEINZ Mayonnaise Or Dressing Sauces
(28 - 454g)
3.99 ea.

MIRACLE WHIP DRESSING
(28 - 454g)
4.99 ea.

NEW
BULL'S EYE Original Or Hickory Sweet Grilling Sauces
(28 - 454g)
4.49 ea.

Salad Dressings
(28 - 454g)
4.19 ea. KRAFT SALAD DRESSINGS
(28 - 454g)

Kraft Cheese Or Kraft Cheese Slices
(28 - 454g)
5.99 ea. KRAFT SINGLES, EXTRA OR SHARPER SLICED CHEESE OR SHARPER SHREDDED CHEESE
(28 - 454g)

PHILADELPHIA DIPS
(28 - 454g)
5.49 ea. PHILADELPHIA DIPS
(28 - 454g)

Pasta Salad Or Salad Kits
(28 - 454g)
2.99 ea. KRAFT PASTA SALAD
(28 - 454g)

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

4.99 ea. BURGER TOPPINGS TRAY 600 g

thrills on the GRILL

Get ready for the long weekend with a delicious mix of BBQ favourities, fresh toppings + refreshing beverages.

FRONT STREET BAKERY HOT DOG OR HAMBURGER BUNS 6 PK., 8 PK. OR 10 PK. 400 g

4.29 ea.

100% CANADIAN

9.99 /lb PLATINUM GRILL ANGUS LEAN GROUND CHUCK BURGERS 2.25 kg

COOL BREWS

Enjoy a cold one with our selection of your favourite beers and ready-to-drink varieties.

2.79 ea. LAKER ICE 473 ml

4.49 ea. FLYING MONKEY 473 ml

3.29 ea. HAPPY DAD OR DEATH ROW CRAFT CANS 473 ml

4.29 ea. COLLECTIVE ARTS 473 ml

GRAB A CASE

18.49 ea. BUD LIGHT 6 x 473 ml

11.99 ea. OLD MILWAUKEE ICE 6 x 473 ml

29.99 ea. TWISTED TEA PARTY PACK

34.49 ea. COORS ORIGINAL 12 x 355 ml

22.49 ea. CRAFTY ICE PREMIUM MIX PACK 8 x 355 ml

Advertised prices are subject to change and exclude GST and deposit fees, which are added at checkout. Alcohol items are sold at a select stores. See menu or for availability.

Gluten-Free

Dubai Protein Bar 55 g
Barre protéinée Dubai
2.69 ea.

Chickapea Pasta 227 g
Pâtes de pois chiches
6.49 ea.

Nature's Path Granola 454 g
Granola
5.99 ea.

CoolWhip 140 g
6.99 ea.

Vegetarian

Burrito Vegetarian 454 g
5.99 ea.

Sam Sorgio Cocktail Rolls 454 g
Cocktail Rolls
3.99 ea.

Eco Bonfruit 250 g
6.99 ea. FIGUE, HONEY'S CHILI SAUCE

Eco Bonfruit 250 g
7.49 ea. FIGUE, HONEY'S MUSTARD SAUCE

Organic

Kingston Bulk Beans 1 kg
5.99 ea.

Kingston Bulk Sunflower Kernels 1 kg
7.49 ea.

Colonial Dental Floss 50 m
Soie dentaire Colonial
5.49 ea.

Yogurt Window Organic Plain Yogurt 750 g
Yogourt nature biologique Window
6.49 ea.

Crank Coffee 340 g
Café Crank
16.49 ea.

Crank Coffee 340 g
Café Crank

Nature's Path Granola 454 g
Granola
5.99 ea.

Eat Wholesome Cereal Vegetables 227 g
Légumes céréaliers Eat Wholesome
4.49 ea.

Baby & Beauty

Kids Concepts Bring Home 1 ea.
Ensemble Bring Home Kids Concepts
2.49 ea.

Huggies Diapers 31 ea.
Couches Huggies
31.99 ea.

Sensodyne Toothpaste 75 ml
Dentifrice Sensodyne
6.99 ea.

Live Clean Body Wash 473 ml
Savon à mains Live Clean
5.99 ea.

Bic Flex4 Disposable Razor 1 ea.
Rasoir jetable Bic Flex4
8.49 ea.

Tena Overnight Pads 19 ea.
Serviettes Tena Overnight
19.49 ea.

Household Helpers

Ziploc Bags Pack 1 ea.
Sac à congélation Ziploc
12.99 ea.

Trash Starter Kits 1 ea.
Sac-poubelle Starter
4.99 ea.

Scrubbing Bubbles Bathroom Cleaner 946 ml
Nettoyant de salle de bain Scrubbing Bubbles
4.99 ea.

Scrubbing Bubbles Cleaners 946 ml
Nettoyants Scrubbing Bubbles
3.99 ea.

Clorox Bleach 946 ml
Javellisant Clorox
4.99 ea.

Glad Garbage Bags 30 ea.
Sac à ordures Glad
12.99 ea.

Febreze Fabric Refresher 1 ea.
Rafraîchisseur de tissus Febreze
10.99 ea.

Swiffer Sweeper Pad or Dusters 1 ea.
Tampons ou plumeau Swiffer
15.99 ea.

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+1 moi pt‡ on $2 spent

Min. purchase required.

avionrewards.com/moi

‡Terms and conditions apply. Minimum spend required.
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AVION REWARDS™ | moi rewards

New Lower Prices

Grand Sweet Bakery Croissons ou Sweetbaugh Brioch.
Pain Frais Grand Sweet Bakery
Croissons ou pains brioches
12 ct.
4.59 ea.
Limited Time / Temps limité

Grandmotherbaugh Bonbons Fourrés Assortis ou Bonbons Aux Fruits
Assorted Filled Candies or Fruit Candies
1.36 kg / 1.36 kg
BUY MORE SAVE MORE
3.49 /1.93 g
Prices in effect Thursday, August 28 to Wednesday, September 3 / Prix en vigueur du jeudi 28 août au mercredi 3 septembre

Sunnydale Bonbons Assortis ou Bonbons Aux Fruits
Assorted or Fruit Candies
1.36 kg / 1.36 kg
2.99 /100 g

JANA Haddock Fillets or Cod Fillets
Filets d'aiglefin ou filets de morue
Frozen / Congelés
12.99 ea.

Kellogg's Toppings or Crumble Blueberry
Garnitures ou Crumble Bleuets
Frozen / Congelés
6.99 ea.

Pillsbury Pizza Pizza or Sandwiches
Pizza Pizza ou sandwiches
Frozen / Congelés
10.99 ea.

Fresh Fruit or Vegetable Carousels
Carrousels de fruits ou de légumes frais
13.99 ea.

Activia Yogurt or Silk Protein Beverage
Yogourt Activia ou boisson protéinée Silk
5.99 ea.

Starbucks Ground Coffee or Coffee Capsules
Café moulu ou capsules de café Starbucks
11.99 ea.

nutella Hazelnut Chocolate Spread
Tartinade noisettes-cacao nutella
725 g
9.99 ea.

Lea & Perrins Worcestershire Sauce
Sauce Worcestershire
4.49 ea.

Pillsbury Pizza Pops or Sunny Toast Frozen Snacks
Pizza Pops ou Sunny Toast congelés
3.49 ea.

Extra Sparkling Spring Water
Eau de source pétillante Extra
6.99 80 ea.

Simply Sparkling Juice
Jus pétillant Simply
5.99 ea.

Wheat Thins Crackers or Ritz Crackers or Triscuit Crackers
Crackers Wheat Thins ou Ritz ou Triscuit
3.49 ea.

Sugar's Popcorn or Puffs
Maïs soufflé ou Puffs de Sugar's
3.99 ea.

PRIMO Pasta
Pâtes PRIMO
2.49 ea.

Lay's Potato Chips or Smartfood Popcorn
Croustilles Lay's ou maïs soufflé Smartfood
2.99 ea.

Scotties Facial Tissue or Puffs Facial Tissue or Puffs Ultra Soft Sponge Towels or Scotties Sponge Towels or Kleenex Sponge Towels
Mouchoirs Scotties ou Puffs ou Puffs Ultra Soft ou essuie-tout éponge Scotties ou essuie-tout éponge Kleenex
8.99 ea.

Downy Fabric Softener or Downy Laundry Detergent, Downy Softener or Downy Concentrated Laundry Detergent
Assouplissant ou lessive Downy ou assouplissant ou lessive Downy concentrés
10.99 ea.

We reserve the right to limit quantities.
NO SALES TO DEALERS OR RESELLERS.
Prices in effect Thursday August 28 to Wednesday, September 3

Visit us at: **loblaw.ca/ads**
Where we serve Sunday hours, our stores will open from **NOW - 31 DEC** for grocery shopping.

Prices in effect Thursday, August 28 to Wednesday, September 3 / Prix en vigueur du jeudi 28 août au mercredi 3 septembre

Nous nous réservons le droit de limiter les quantités. / We reserve the right to limit quantities. / Nous ne vendons pas aux revendeurs. / No sales to dealers or resellers

Kellogg's® Cereal

KELLOGG'S
FAMILY CEREAL
450 - 650 g
SELECTED VARIETIES

5.99 ea.

Buy 2 specially marked boxes of Kellogg's® Family Size cereal and get a

FREE SOCCER BALL†

Estimated retail value $30

†Exclusions apply. Both qualifying cereal boxes must be purchased within one transaction by July 15, 2026.
See specially marked packages or **www.FreeSoccerBall.ca** for details and soccer ball quantities. Soccer ball air pump and needle not included.
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