VERSION 3

CUT BY OUR BUTCHERS

6.88 /lb

BEEF LOIN L. MUSCLE ROUNDS ROAST OR VALUE PACK STEAK
BŒUF DE LOMBO ÉTAGE ÉTAGE RÔTI OU PAQUET À VALEUR
0.15kg

2.88 ea.

BACON
BACON
BACON CANADA

CUT BY OUR BUTCHERS

BONELESS

2.99 /lb

BONELESS PORK LOIN CHOPS VALUE PACK OR GRAB'
0.15kg

9.99 /lb or ea.

FRESH ATLANTIC SALMON FILLETS VALUE PACK
SAUMON ATLANTIQUE FRAIS EN FILETS PAQUET À VALEUR
SALMON PRIME WILD JUMBO ARGENTINE RED SHRIMP
SAUMON PRIME WILD JUMBO ARGENTINE ROUGE
0.15kg

moi rewards member price

9.99 ea.

SPECIAL PRICE
1.99
for non-members

Effective April - May 30 1

VERSION 3

FRESH CUT TULIPS
grown in Ontario
12 STEMS
ASSORTED COLOURS
12.99 ea.

metro
CANADIAN AND PROUD

CORED PINEAPPLES
PER KG
3.99 ea.

STRAWBERRIES 454 G
PRODUCT OF MEXICO, CALIFORNIA, FLORIDA
2.44 ea.

ORIGINAL OKA
CHEDDAR OKA 1.1 KG
ORIGINAL OKA 1.1 KG
CHEDDAR OKA 1.1 KG
ORIGINAL OKA 1.1 KG
CHEDDAR & FINE HERB OKA 1.1 KG
CHEDDAR & FINE HERB OKA 1.1 KG
CHEDDAR & FRUIT AND NUTS OKA 1.1 KG
CHEDDAR & FRUIT AND NUTS OKA 1.1 KG
40% OFF

FRESHWAY
SEEDLESS CUCUMBERS
PRODUCT OF MEXICO, CANADA, FLORIDA
99¢ ea.

FRESHWAY
FRONT STREET BAKERY BLUEBERRY CRUMB MUFFINS 6 PACK
PRODUCT OF CANADA
6.99 ea.

ASSORTED COLOUR SWEET PEPPERS 454 G
PRODUCT OF MEXICO, CANADA
3.99 ea.

Becel Original
PHILADELPHIA
PHILADELPHIA CREAM CHEESE, CHEESE WHIZ, ROBERT CHEESE OR BECEL
3.99 ea.

NESCAFÉ
ACTIVIA
ACTIVIA YOGHURT, CRAFTY JUICE OR NESCAFÉ INSTANT COFFEE
125 value of $1
6.49 ea.

18 PACK
SELECTION EGGS
PRODUCT OF CANADA
4.88 ea.

Häagen-Dazs
HÄAGEN-DAZS ICE CREAM
4.99 ea.

Lay's
Sun Snacks
LAY'S PRESSED CHIPS, SUN SNACKS CHIPS OR SUN SNACKS
2.99 ea.

2.4 PACK
eska
Coca-Cola
6 x 710 ML
ESKA NATURAL SPRING WATER 6 x 710 ml OR COCA-COLA, DIET COKE OR DIET COKE CAFFEINE FREE SOFT DRINKS 6 x 710 ml
3.99 ea.

11-24 ROLL
Cashmere
CASHMERE BATHROOM TISSUE, SPRING WATER TOWELS OR SPRING WATER TOILET TISSUE 12 x 125 SHEETS
125 value of $1
5.99 ea.

3 L
Unico
UNICO SUNFLOWER OIL
QUEBEC GRADE
9.99 ea.

Lactantia PurFiltre
LACTANTIA PURFILTRE MILK 2 L
3.99 ea.

Effective April - May 30 1 2 3 4 5 6 **2026**

ONLY 99¢ ea.

GREAT PRICE!

IRRESISTIBLE CHIPS 125 g-150 g VARIETIES

99¢ ea.

MICHELINA'S FROZEN MEALS 227 g-340 g VARIETIES OR BURRITOS 156 g-170 g VARIETIES

99¢ ea.

BEN'S ORIGINAL RICE 1 LIVRE / RICE 454 g VARIETIES

99¢ ea.

MONTELLIER SPARKLING WATER, POWER ICE ENERGY DRINK, ORIGINAL ICED TEA, PEACHES & GREEN TEA 355 ml-591 ml VARIETIES

99¢ ea.

HERSHEY, REESE'S OR CADBURY CHOCOLATE BARS 41 g-50 g VARIETIES

99¢ ea.

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New Lower Prices

2 for 7.00 — SHOPPER'S BRAND 100% WHOLE WHEAT BREAD, WHITE BREAD OR HAMBURGER BUN 675 g–700 g / 675 g–700 g / 675 g–700 g, 2 for 7.00 (0.58/100 g)

2.99 — MAPLE LEAF CHICKEN BREAST 700 g, 2.99 (0.43/100 g)

13.99 ea. — FRESH PREPARED FRUIT CARROUSELS 750 g–1 kg

4.99 ea. — MAPLE LEAF TOP CHOICE OR SCHNEIDERS RED HOTS OR FRY-PAK BACON 500 g–1 kg

6.99 ea. — BUTTERLUX CROISSANTS OR BRIOCHE CHEESE 300 g–375 g

6.99 ea. — MAPLE LEAF SMART PACK 1 – 454 g, 6.99 (1.54/100 g) OR SMART PACK 2 – 454 g, 6.99 (1.54/100 g) OR BOW SHRIMP 454 g–500 g

2 for 14.00 — VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS 1.2 kg–1.4 kg

5.99 ea. — ALLIANCE ORIGINAL 1 – 454 g, 5.99 (1.32/100 g) OR KREMA 1 – 454 g, 5.99 (1.32/100 g)

6.49 ea. — NESTLÉ PURE LIFE WATER 1 – 6 L, 6.49 (0.11/100 mL)

10.99 ea. — EQUINOX, ROOTS OR GROUND COFFEE 340 g, 10.99 (3.23/100 g)

4.99 ea. — KELLOGG'S CEREAL OR THE RAISIN BRAN 500 g–675 g / 500 g–675 g, 4.99 (0.74/100 g)

2.99 ea. — GRAPTOR CRACKERS 300 g–350 g, 2.99 (0.85/100 g)

2.99 ea. — HARIBO GOLDBEARS 175 g–200 g, 2.99 (1.49/100 g)

4.49 ea. — MISS VICKIE'S CHIPS 200 g–225 g, 4.49 (2.00/100 g)

2.22 ea. — SUNBITE CRACKERS, CHEEZ-IT OR CHEEZ-IT 200 g–300 g, 2.22 (0.74/100 g)

3.49 ea. — SKINNY POP POPCORN, HARVEST CHIPS 100 g–142 g, 3.49 (2.46/100 g)

5.99 ea. — DR. OETKER RESTAURANTE OR CASA DI MAMA PIZZA 350 g–425 g, 5.99 (1.41/100 g)

5.99 ea. — FRANK'S SAUCE 354 mL OR MAYONNAISE 1 L, 5.99 (0.60/100 mL)

2.49 ea. — PRINGLES 156 g–169 g, 2.49 (1.47/100 g)

KNORR BOUILLON CUBES, CAMPBELL'S SOUP 48 g–64 g / 284 mL–310 mL, 1.99 (4.16/100 g)

1.99 ea.

3.49 ea. — OLD EL PASO COMPONENTS TORTILLAS, TACO SHELLS OR TACO SEASONING 300 g–454 g, 3.49 (0.77/100 g)

earn with moi rewards

125 moi rewards — 6.99 ea. — NESTLÉ ICED TEA 1.75 L OR CLUB TEA 1.75 L

90 moi rewards — 23.99 ea. — TIDE 100 LOAD AUTO DELICATE, SHINY SUITS HAIR, LIFE CARE, CASCADE OR BRIGHTY 1.92 L–2.16 L, 23.99 (1.11/100 mL)

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.
NO SALE OF TOBACCO, FIREARMS OR AMMUNITION.
Flyer Valid: Thursday 11 August 2022 (8) until Wednesday 17 August 2022 (8) inclusive.

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this week's deals:

Only until May 6, 2026, in-store or online

add your moi rewards coupons

NOW 2.99 ea.
SAVE UP TO $1.50

4.49* ea.
GREEN GIANT FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES

NOW 5.49 ea.
SAVE UP TO $1

6.49* ea.
HEINZ KETCHUP
750 ml - 1 L
SELECTED VARIETIES

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
GOLDFISH CRACKERS
SELECTED SIZES
SELECTED VARIETIES

NOW 6.99 ea.
SAVE UP TO $2

8.99* ea.
SANPELLEGRINO CIAO! SPARKLING WATER
6 x 330 ml
SELECTED VARIETIES

NOW 7.99 ea.
SAVE UP TO $2

9.99* ea.
LOU'S KITCHEN FULLY COOKED ENTRÉES OR PEAMEAL BACK BACON
375 - 454 g
SELECTED VARIETIES

NOW 4.99 ea.
SAVE UP TO $1.50

6.49* ea.
VIDALIA SWEET ONIONS
PRODUCT OF U.S.A.,
NO.1 GRADE
3 lb.

NEW

NOW 3.99 ea.
SAVE UP TO $6

9.99* ea.
DOWNY UNSTOPABLES SCENT BOOSTERS
303 g
SELECTED VARIETIES

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.*

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

1.99 /lb — LARGE SUNSWEET PLUMS 454g

3.99 ea. — RASPBERRIES 170g / BLACKBERRIES 170g

2.99 ea. — BELLA CRIMINI MUSHROOMS OR CRAZY MUSHROOMS 227g

4.99 ea. — SWEET CORN 5 PK

4.99 ea. — AVOCADOS 5 PK

1.99 /lb — LARGE RED PRINCE APPLES

4.99 ea. — 3.99 ea. — MINI CUCUMBERS 227g

2.49 /lb — GREEN OR YELLOW BANANAS

1.99 ea. — LARGE RED OR HONEY CRISPIN MANGOES

2.69 /lb — LARGE FORELLE PEARS

3.49 ea. — SWEET MINITES CARROTS 454g

3.49 ea. — KALE OR GREEN LEAFY CHARD OR SWISS CHARD

5.49 ea. — KIWI BASKETS 907g

2.99 /lb — CRISP & JUICY CLEMENTINES

3.99 ea. — RUSSET POTATOES 5 lb

2.49 ea. — SPRINKLES SWEET TANGERINES

3.99 ea. — GOLDENBERRIES 453

4.99 /lb — COTTON CANDY GRAPES

7.99 ea. — GUSTA VEGAN GARLANDS 340

6.49 ea. — VEGENAISE MAYONNAISE

Organic

GREENWISE ORGANIC PROTEIN SHAKES 414 mL — 4.99 ea.

2.49 ea. — ORGANIC SEEDLESS CUCUMBERS

ORGANIC GARLIC 454g — 3.49 ea.

2.99 ea. — LIFE SPAN ORGANIC PLAIN FIRM TOFU 454g

Sliced & Diced

2.99 ea. — DIP-CONNO CUPS

1.49 /lb — SEEDLESS WATERMELON QUARTERS

5.99 ea. — SMALL TACO DIP

14.99 ea. — PARTY SIZE GREEK FRUIT SALAD

Fresh Blooms

12.99 ea. — 2 PK 34.00 ea. 18.99 ea. — EUROPEAN GARDENS BUCKETS

46.99 ea. — INDOOR GARDEN ASSORTMENT

21.99 ea. — 2ND CLOSEUP ORCHID

metro.ca

Our Butcher's Finest

FAST FRY

3.99 /lb BONELESS PORK LOIN CHOPS 0.5 kg/ea. Extra 2.00 /ea.

125 Minimum 1.5 kg

8.99 /lb LIFE SMART NATURAL® GRAIN FED BONELESS FRESH AL JUS ROAST 1.0 kg/ea. Extra 10.00 /ea.

13.99 /lb BEEF LOIN CHOPS 0.5 kg/ea. Extra 7.00 /ea.

Organic

125 Minimum 1.5 kg

YORKSHIRE VALLEY® Farms

4.99 /lb YORKSHIRE VALLEY® FARMS ORGANIC FRESH CHICKEN DRUMSTICKS VALUE PACK 1.0 kg/ea. Extra 10.00 /ea.

19.99 /lb PLATINUM GRILL ANGUS STRIP LOIN STEAK 0.5 kg/ea. Extra 10.00 /ea.

Selection Canadian Angus

1 KG

Organic

YORKSHIRE VALLEY® Farms

10.99 ea. YORKSHIRE VALLEY® FARMS ORGANIC FRESH CHICKEN WINGS 1.0 kg/ea. Extra 11.00 /ea.

6.99 ea. LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 454 g/ea. Extra 3.00 /ea.

Fresh Cut

FAST FRY

9.99 /lb FRESH STORE MADE MEAT KABOBS 0.5 kg/ea. Extra 5.00 /ea.

Selection Irrésistible

1.99 ea. SELECTION CHICKEN WIENERS 454 g

5.99 /lb SELECTION PEANUTS, STYLE BACON 1.0 kg/ea. Extra 2.00 /ea.

4.99 ea. IRRESISTIBLES CHICKEN BREAKFAST STRIPS 454 g/ea. Extra 2.00 /ea.

5.99 ea. IRRESISTIBLES LAMYSAN DRY CURED BACON 375 g/ea. Extra 3.00 /ea.

6.99 ea. SELECTION BREADED CHICKEN 454 g/ea. Extra 2.00 /ea.

11.99 ea. SELECTION CHICKEN WINGS 907 g/ea. Extra 3.00 /ea.

8.99 ea. IRRESISTIBLE PORCHETTA 454 g/ea. Extra 2.00 /ea.

17.99 ea. IRRESISTIBLE BEEF BURGERS 907 g/ea. Extra 3.00 /ea.

BBQ Favourites

50 Extra Value

3.99 ea. BUTTERBALL® TURKEY FRIANDS 454 g

125 Minimum 1.5 kg

6.99 ea. MAPLE LEAF® FRESH BREADED CHICKEN SCHNITZEL OR CORDON BLEU 907 g

125 Minimum 1.5 kg

12.99 ea. SUNNYSIDE COWBOY STEAKS 750 g

125 Minimum 1.5 kg

18.99 ea. THE BIG BURGER BRAND BEEF BURGERS 907 g/ea. Extra 3.00 /ea.

6.99 ea. JOHNSONVILLE® SMOKED SAUSAGE 375 g/ea. Extra 2.00 /ea.

6.99 ea. MAPLE LEAF® FRESH BREAKFAST SAUSAGES 454 g/ea. Extra 2.00 /ea.

8.99 ea. LEGACY® PORK CHOPS 0.5 kg/ea. Extra 5.00 /ea. PORK TENDERLOIN 454 g/ea. Extra 2.00 /ea.

14.99 ea. BURTON'S® CHARCUTER PORK BELLY, PORK SLICE & BONE, SMOKED SAUSAGE 907 g/ea. Extra 3.00 /ea.

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

FRESH

CINCO DE MAYO

CELEBRATE THE FLAVOURS

Birria Steak Taco

BEEF GRILL TIN TOP SIRLOIN
AA CANADA GRADE AA OR UPGRADE
SELECT GRADE OR HIGHER
IN HOME
11.99 lb.

NEAL BROTHERS TORTILLA CHIPS
200 g
5.49 ea.

QUESO FUNDIDO DIP & SERVE DIP
500 g
SELECTED VARIETIES
7.98 ea.

DON PANCHO STREET TACOS TORTILLAS
12 pk
SELECTED VARIETIES
3.99 ea.

CHOLULA HOT SAUCE
150 ml
SELECTED VARIETIES
4.99 ea.

LA COSTEÑA BEANS
540 - 796 ml
SELECTED VARIETIES
3.79 ea.

PICO DE GALLO
SALSA VERDE
5.99 ea.

PRINGLES CHIPS
158 - 165 g
SELECTED VARIETIES
2.49 ea.

SUMMER FRESH SALSA OR PICO DE GALLO
500 g
SELECTED VARIETIES
3.99 ea.

JARRITOS
355 ml
SELECTED VARIETIES
2.09 ea.

COCA-COLA
4 x 355 ml BOTTLES
SELECTED VARIETIES
8.99 ea.

TRES LECHES CAKE
12.99 ea.

Seafood

2.99 /lb. FROZEN BASA FILLETS

11.99 /lb. FRESH MARINATED OR STUFFED SALMON

2 FOR $10.00 — **5.99** ea. FRESH CANADIAN CHOC. ONGING MUSSELS

3.99 SELECTION MOUSSEUSE FROM

8.99 /lb. CLUB HOUSE CRAB & SHRIMP SALAD OR CRAB SALAD

907¢ — **11.99** ea. FROZEN WHOLE ANCHOVIES

4.49 ea. OCEAN PRIME CLAMS

4.99 ea. CLUB HOUSE SCALLOPS — 125 VARIETIES OF EP

6.99 ea. NATURELLE SLAPPA FILLETS

13.99 ea. BOX OF 24 — KIRKIN BREADED SEAWEED SNACKS

Irrésistible

8.99 ea. IRRÉSISTIBLE BABY BUBBA CHICKEN

8.99 ea. IRRÉSISTIBLE GRAPEFRUIT CHERRY PIPING

13.99 ea. IRRÉSISTIBLE MILLEFEUTRE CHOCOLATE MILLEFEUTRE

NOW **17.99** — IRRÉSISTIBLES CHICKEN CLUB OR VILLAGER VEGETABLE PASTA PIPING

Deli Favourites

3.49 /100 g. BLACK FOREST HAM

3.79 /100 g. THE WHOLE ROAST BEEF

3.99 /100 g. LEGENDARY CITY WATER CHEDDAR CHEESE

5.99 /100 g. DE LAVEYE SWISS CHEESE

50 — **6.49** ea. PRIME 3 SLICED MELANGE

8.79 ea. SAN AMETTI — BRUSCHETTA BOCCONCINI OR GRILLED LABEL PEPPERONI

IRRÉSISTIBLE BONELESS PERSIANO OR MENTHOL

13.99 ea. — 250 VARIETIES OF EP

4.49 /100 g. BRAUNSCHWEIGER WITH CHERVIL

50 — **6.49** ea. OLYMPIC SLICED DELI MELAT

11.49 ea. — 125 VARIETIES OF EP — MAPLE ANGUS PULLED PORK, PANKO CALAMARI OR CHICKEN QUARTERS TRAY

7.49 ea. BAZAAR DIP — MUSHROOMS, CHEESE OR BAZAAR DIP

7.99 ea. — 125 VARIETIES OF EP — THE STELLA STILTON CHEESE

5.00 ea. FRESH 2 OR 3 BOTTLE SAMPLER OR SAMPLER WITH SOUVENIR GLASS

5.99 ea. — SUPERIOR SAINT SALAMI OR BRUSCHETTA

9.99 ea. FRESH CUT PICKLED BEET — 125 VARIETIES OF EP

7.99 ea. — FRESH & GO — FRESH CHOC CHIP HALF CHICKEN

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

FRESH FOOD FOR EVERYONE

metro FRESH 2 GO
FRESH FOR SPRING
ASIAN FUSION
LIMITED TIME ONLY
30.00 EACH
Chili Chicken & Rice
Family Size, 1.2 kg
Serves 4
14.99 EACH
Korean Style BBQ Chicken, 900 g
450 Cals/Serving, Serves 4
8.00 EACH
Vegetable Samosas, 6 pk
Serves 2
12.00 EACH
Brisket Tacos with Kimchi, 4 pcs
470 Cals/Serving, Serves 2
10.00 EACH
Chicken Kimchi Panzerotti
1550 Cals
SAVOUR THE TASTE OF ASIA
WITH OUR INSPIRED MENU

Front Street Bakery
Our Absolute Fudge!

4.59 ea. — FRONT STREET BAKERY CHOCOLATE BREAD 454 g

4.49 ea. — FRONT STREET BAKERY BUTTER TARTS 454 g

Available in 🇨🇦

4.49 ea. — FRONT STREET BAKERY SUGAR BREAD 454 g

4.49 ea. — FRONT STREET BAKERY BLUEBERRY BREAD 454 g

Bakery Cakes

22.99 ea. — FRONT STREET BAKERY TRIPLE FRUIT OR CHOCOLATE CHERRY BUTTER CAKE 1.8 kg

31.99 ea. — FRONT STREET BAKERY GOURMET SACHER TORTE 1.8 kg

19.99 ea. — FRONT STREET BAKERY CREAM BAR CAKES 1.8 kg

22.99 ea. — FRONT STREET BAKERY CHOCOLATE BUTTER CAKE WITH CINNAMONBUNS 1.8 kg

3.99 ea. — FRONT STREET BAKERY CHOCOLATE CHUNK COOKIES 454 g, 18 ct

Available in 🇨🇦

4.29 ea. — FRONT STREET BAKERY PANNI ROLLS 454 g, 12 ct

3.99 ea. — DAMPTON'S SIR WINSTON 2" SAUSAGE 454 - 540 g, 24 ct/454 g

4.99 ea. — SLIM-WADE-RAISIN DAMPTON'S SIR WINSTON CINNAMON OR MAPLE CREAM 454 g

6.99 ea. — DYNO-ROD CLASSIC OR MAPLE 454 - 512 g

7.99 ea. — PRIMROSE GLUTEN FREE BREAD, WHITE OR MULTI-GRAIN 454 - 454 g

3.49 ea. — HOSTESS SNACK CAKES 283 - 312 g

3.49 ea. — SELECTION DESSERT SHELLS 85 g

Snacks & Beverages

2.99 ea. — OLD EL PASO TORTILLA CHIPS 200 - 300 g

4.49 ea. — SELECTION CHEESE OR CHEESE & BACON 200 - 300 g

4.99 ea. — LEVLAND COOKIES 300 - 350 g

2.22 ea. — BLUE POINT ACTIVE COOKIES OR VINTA CRACKERS 100 - 300 g

5.49 ea. — HEALTHY CHOICE OR MARGUERITE FROZEN MEALS 320 - 360 g

7.99 ea. — OLD EL PASO POCKETS 240 - 320 g

7.99 ea. — WHITTAKER'S CHOCOLATE BAR 250 g

6.49 ea. — MARS CANDY PACK CHOCOLATE 180 - 200 g

80 points

12.89 ea. — ATHLETIC BREWING NON-ALCOHOLIC BEER 6 x 355 ml

9.99 ea. — BLUE DEER NON-ALCOHOLIC BEER 6 x 355 ml

8.99 ea. — BOUCHON PREMIER SPARKLING WATER 750 ml

19.49 ea. — RED BULL ENERGY DRINKS 6 x 355 ml

1.99 ea. — GATORADE SPORTS DRINKS 591 ml

3.49 ea. — DASANI WATER 1.5 L

NEW

10.49 ea. — NUTELLA PEANUT BUTTER OR PEANUT SPREAD 750 - 780 g

NEW

20.49 ea. — TIMOTHY'S SELECTED CAPSULES 24 ct

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12.99 ea.
Signature
MASCARPONE
12.99 ea.
SAPUTO
MASCARPONE
4.99 ea.
MARC ANGELO
PORK MEATBALLS
OCEAN PRIME
MARINATED SALMON
SILK MILD FILLETS
11.99 ea.
31.99 ea.
TIRAMISU CAKE
SUPER VALUE
4.69 ea.
FRONT STREET BAKERY
ASIAGO PARMESAN BREAD
DAVID ROCCO
PASTA SAUCE
5.99 ea.
ARRABBIATA
POMODORO & BASILICO
BUCCI
CROISSANTS
3.49 ea.
Bucci
CHOCOLATE
Bucci
VANILLA
MEDITERRANEAN
CORNICHONS
GREEN OLIVES
5.49 ea.
DAVID ROCCO
PASTA
2.99 ea.
ORECCHIETTE
STRUZZAPRETI

UP TO
25%
OFF
YOUR FIRST 3 ORDERS*

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Enjoy the Offer

*Certain conditions apply.
Details on metro.ca

More Great Savings

4.99 ea. — ACTIVIA YOGHURT TUBE 650 g/ea. (650 g/ea.)

9.49 — BILLY BEE HONEY 500 g (500 g)

4.69 ea. — LACTANTIA MARGARINE 454 g/ea. (454 g/ea.)

7.99 ea. — STARBUCKS COFFEE CREAMER 946 ml/ea. (946 ml/ea.)

23.99 ea. — LAVAZZA COFFEE BEANS 1 kg/ea. (1 kg/ea.)

4.79 ea. 50 — STACC CHILI 398 ml/ea. (398 ml/ea.)

3.49 ea. 50 — AYLMER BEANS 796 ml/ea. (796 ml/ea.)

3.49 ea. 50 — MINUTE RICE INSTANT 907 g/ea. (907 g/ea.)

6.99 ea. — INDIANDRA SAUCE 397 ml/ea. (397 ml/ea.)

2.99 ea. — SKINNY GIRL DRESSING 473 ml/ea. (473 ml/ea.)

4.99 ea. — TAZO TEA Bags 20 ct/ea. (20 ct/ea.)

5.99 ea. — SUN MAID DRIED FRUIT CRANBERRY BLEND 454 g/ea. (454 g/ea.)

5.49 ea. — THE BOSS SEASONING 454 g/ea. (454 g/ea.)

10.99 ea. — CEDAR PATINA OR PANNEQUIN BRIE 125 g/ea. (125 g/ea.)

4.49 ea. — GREEN GIANT FROZEN VEGETABLES 900 g/ea. (900 g/ea.)

30 — FRENCH'S MUSTARD 1 L

1.99 ea.

3.99 ea. — AMERICANDALES FROZEN SNACK PIZZAS FROZEN PIES 454 g/ea. (454 g/ea.)

4.99 ea. — PELMEN PEROGIES 454 g/ea. (454 g/ea.)

5.99 ea. — RED BARON PIZZA 454 g/ea. (454 g/ea.)

125 MOI points when you buy any 2 Hellmann's Mayonnaise

5.99 — HELLMANN'S MAYONNAISE 750 ml/ea. (750 ml/ea.)

4.99 — HELLMANN'S MAYONNAISE 500 ml/ea. (500 ml/ea.)

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11.99 ea. — GOGO SQUEEZ 12 x 90 g/ea. (1.08 kg/ea.)

Snack happy this spring

4.99 ea. — THE SEASONING SOUR CREAM & ONION 454 g/ea. (454 g/ea.)

5.99 ea. — BARTON CHEESE 400 g/ea. (400 g/ea.)

TACO BELL ONLY

Win 125,000 points

Buy any 2 participating items and enter for chance* to win 125k MOI Points

*Available until May 6**

metro.ca

MAY IS

CELIAC AWARENESS MONTH

Discover our selection of gluten-free foods you can savour, safely.

4.49 ea. MADE GOOD GRANOLA BARS OR BITES VARIOUS VARIETIES SELECTED VARIETIES

5.99 ea. THE LIFE BITES VARIOUS VARIETIES SELECTED VARIETIES

5.49 ea. HAPPIE SNACKS CRACKERS VARIOUS VARIETIES SELECTED VARIETIES

ZEVIA SOFT DRINKS OR ENERGY DRINKS VARIOUS VARIETIES SELECTED VARIETIES

7.49 ea.

14.99 ea. NATURE'S NUTS ALMOND BUTTER VARIOUS VARIETIES SELECTED VARIETIES

1.79 ea. PÜR GUM VARIOUS VARIETIES SELECTED VARIETIES

Indulge in gluten-free goodies with a sweet crunch

WALKER'S SHORTBREAD COOKIES VARIOUS VARIETIES SELECTED VARIETIES

4.99 ea.

SCHÄR COOKIES 180 g

6.49 ea.

5.99 ea. TUTTI GOURMET BISCOTTI VARIOUS VARIETIES SELECTED VARIETIES

14.49 ea. ZIS BAKING GLUTEN FREE CAKE MIX 500 g

5.49 ea. MRS. CRIMBLE'S MINI PECAN PIES 180–200 g SELECTED VARIETIES

KIKKOMAN SOY SAUCE VARIOUS VARIETIES SELECTED VARIETIES

8.99 ea.

MUPHETTA HERBAL PICKLE VARIOUS VARIETIES SELECTED VARIETIES

7.49 ea.

Gluten-Free

GONUTS! 3.99 ea.

HALO TOP FROZEN DESSERT 473 ml 7.49 ea.

SINGLES PORTIONS SNACKS 25 - 75 g 2.99 ea.

Plant-Based

VEGAN PLANT BASED 5.99 ea.

GARDEN FROZEN MEALS 10.49 ea.

SEEDWISE CLUSTERS 6.49 ea.

SOUP BASED SOTHING SNACKS 10.49 ea.

Non-GMO

PACIFIC FOODS SOUP 8.49 ea.

BRAND SPECIFIC VINEGAR 10.99 ea.

TASTE MAKE A CHOICE 5.49 ea.

ORGANIC MEADOW SOUR CREAM 5.99 ea.

26.49 ea.

CHICKEN FOODS MAYONNAISE 18.99 ea.

TASTE YOU CRAVE. GUT HEALTH YOU FEEL.

GIFT ELIGIBLE 4.49 ea.

Household Helpers

boosted clean

LUXE UP LAUNDRY

23.99 9.99 COMFY UNSCENTED LOAD BOOSTER 24 ea.

DEGREASE ONE SOAP DISPENSER 8.49 ea.

LIVING CLEANSER 5.79 ea.

WIN 2 TICKETS

HOW TO ENTER

NEW Glade® Oil Air Freshener

BUGS HATE Raid

1.89 7.99 ea.

50% MORE ABSORBENT Bounty 23.99

More Absorbent Charmin 23.99

OFFICIAL PARTNERS OF THE TORONTO BLUE JAYS

NEW MILK-BONE REAL SALMON SALMON VEGETABLE

REAL SALMON #1 INGREDIENT

MILK-BONE 4.99 ea.

SAVE $4* when you buy any 3 Carlton Cards

*with greeting card coupon

carlton cards

HAPPY MOTHER'S DAY

Buy a $50 lululemon gift card, get a FREE $10 Metro gift card

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Jamieson

Sleep & Stress

JAMIESON MELATONIN
60 un
10.99 ea.

11.99 ea. JAMIESON MAGNESIUM BISGLYCINATE
70 un

13.99 ea. JAMIESON ASHWAGANDHA
60 un

Energy

JAMIESON VITAMIN B12
SELECTED SIZES
SELECTED VARIETIES
12.99 ea.

9.49 ea. JAMIESON IRON
90 un

11.99 ea. JAMIESON VITAMIN B12
45 - 900 un
SELECTED VARIETIES

Immunity

JAMIESON VITAMIN D3
240 un
6.49 ea.

6.49 ea. JAMIESON VITAMIN C
SELECTED SIZES
SELECTED VARIETIES

13.99 ea. JAMIESON ZINC
100 - 200 un
SELECTED VARIETIES

Weight Loss Support

JAMIESON APPLE CIDER VINEGAR
120 un
12.99 ea.

7.49 ea. JAMIESON GINGER SUPPLEMENT
30 un

18.49 ea. JAMIESON PROBIOTIC 10 BILLION
60 un

NEW
I'VE GOT THE
PLANT POWER
2X more protein*
SILK®
PROTEIN DRINK
1.42 L
SELECTED VARIETIES
6.49 ea.
CHOCOLATE
50% LESS SUGAR*
THAN DAIRY MILK
Silk
Protein
18 g PROTEIN†
REGULAR
50% LESS SUGAR*
THAN DAIRY MILK
Silk
Protein
18 g PROTEIN†
TRY NOW
* Than 1% M.F. chocolate dairy milk for Silk Protein chocolate / Than 2% M.F. dairy milk for Silk Protein regular.
† Per 250 mL serving. Silk®. © 2025 WhiteWave Services, Inc. All rights reserved.

3.49 ea.
NUTMARS CANDY
200 – 270 g
SELECTED VARIETIES.

5.99 ea.
NUTMARS CANDY
300 – 350 g
SELECTED VARIETIES.

70 cents off

5.49 ea.
CHRISTIE FAMILY SIZE COOKIES OR MINI CAKESTERS
SELECTED SKUS
SELECTED VARIETIES

4.49 ea.
PICK PRICE
CHRISTIE
SELECTED SKUS
SELECTED VARIETIES

4.99 ea.
BABY'S COOKIES
300 – 350 g
SELECTED SKUS
SELECTED VARIETIES

40 cents off

3.49 ea.
RITZ
CRACKERS
SELECTED SKUS
SELECTED VARIETIES

40 cents off

3.49 ea.
TRISCUIT OR WHEAT THINS CRACKERS
SELECTED SKUS
SELECTED VARIETIES

70 cents off

5.49 ea.
CHRISTIE RITZ
CRISSCROSS CRACKERS
270 g
SELECTED VARIETIES

4.29 ea.
CRISPERS OR BITS & BITES SNACKS
SELECTED SKUS
SELECTED VARIETIES
WHILE QUANTITIES LAST

*NO PURCHASE NECESSARY. Five ways to win, each time [illegible] or no cash value. Ends Minimum of [illegible] and is valid to the [illegible]. Open to age of majority legal residents of Canada. To contest a prize draw, [illegible] ON M5H 2T6. Contest ends [illegible]. Contest [illegible] Sour Patch Kids Ultimate Festival Trips Contest. Each trip for four people includes [illegible] Escapade, VELD Music Festival and Funded by Park. Travel must be completed within [illegible] of the prize draw. Travel must be completed within [illegible] of the prize draw. Travel must be completed within [illegible] of the prize draw

TRY THE NEW LIMITED EDITION
Christie
Bits & Bites Méli-Mélo
Crispers
ORIGINAL
Crispers
DOUBLE ADOBO
Double Adobo
Dubbing Adobo
LIMITED EDITION LIMITÉE
INTENSE
BUTTER SAUCE INTENSES
Crispers
DOUBLE ADOBO FLAVOUR
4.29 ea.
CRISPERS OR
BITS & BITES SNACKS
145 g
SELECTED VARIETIES

SHARE SIZE
FORMAT À PARTAGER
SOUR PATCH Kids
SHARE SIZE
FORMAT À PARTAGER
maynards
Fuzzy Peach
SOUR PATCH Kids
Sour Cherry BLASTERS
LIMITED EDITION
SERIE LIMITÉE
SOUR PATCH Kids
ICE POP
Bâtonnet GLACÉ
5.99 ea.
MAYNARDS
CANDY
308 - 379 g
SELECTED VARIETIES
3.49 ea.
MAYNARDS
CANDY
135 - 154 g
SELECTED VARIETIES

FOR EVERY BURGER

IT HAS TO BE HEINZ

ESTD 1869

6.49 ea. HEINZ KETCHUP 750 ml SELECTED VARIETIES

4.99 ea. BULL'S EYE ORIGINAL BBQ SAUCE 355 - 510ml SELECTED VARIETIES

7.99 ea. MIRACLE WHIP 890 ml SELECTED VARIETIES

3.99 ea. KRAFT BBQ SAUCE 355 ml SELECTED VARIETIES

4.29 ea. KRAFT SALAD DRESSING 355 ml SELECTED VARIETIES

4.49 ea. MIO 162ml ENHANCERS 10 oz. 48 ml SELECTED VARIETIES

4.49 ea. KOOL-AID JAMMERS FRUIT DRINKS 10 x 180 ml SELECTED VARIETIES

3.99 ea. PHILADELPHIA CREAM CHEESE 227 - 250 g SELECTED VARIETIES

5.49 ea. PURE 355 ml SELECTED VARIETIES

4.99 ea. CLASSICO PASTA SAUCE 650 - 700 ml SELECTED VARIETIES

2.69 ea. KRAFT HEINZ BEANS & PASTA SELECTED VARIETIES

BOLD FLAVOUR MEETS MAYO

HEINZ MAYONNAISE-STYLE SAUCES

3.99 ea.

Kraft Heinz

moi

Spend $20 on participating Kraft Heinz Summer Items,

Get 500 moi points

500 moi rewards $4 Value points

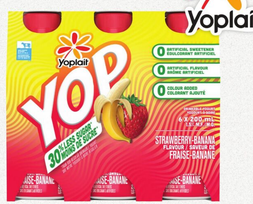
LIBERTÉ

4.49 ea. LIBERTÉ MEDITERRANÉE YOGOURT
500 g
SELECTED VARIETIES

LIBERTÉ
KÉFIR
1 L
SELECTED VARIETIES

6.49 ea.

3.49 ea. LIBERTÉ YOGOURT
4 x 500 g
SELECTED VARIETIES



5.99 ea. YOPLAIT YOP DRINKABLE YOGOURT
6 x 200 ml
SELECTED VARIETIES

YOPLAIT MINIGO, TUBES OR SOURCE YOGOURT
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.

YOPLAIT YOP DRINKABLE YOGOURT
200 ml
SELECTED VARIETIES

1.00 ea.

MADE IN CANADA

TRADEMARKS OF LIBERTÉ MARQUES S.N.C. USED UNDER LICENSE / TRADEMARKS OF YOPLAIT MARQUES S.N.C. (FRANCE) USED UNDER LICENSE / MADE IN CANADA FROM DOMESTIC AND IMPORTED INGREDIENTS.

KICK IT WITH ALPHONSO.

SEND A CHEER

CHANCE TO WIN*

ALPHONSO DAVIES

*No purch. nec. Canada only (age of majority). Enter 4/27-6/30/26. 1 Grand Prize (ARV $3,000 based on a Toronto dep) and 4 Secondary Prizes (ARV $100 each). Odds depend on number/calibre of entries. Skill-testing question req'd. Enter/Full Rules: Redbull.ca/alphonso

RED BULL GIVES YOU WIINGS.

2 for 6.50

RED BULL ENERGY DRINKS
250 ml
SELECTED VARIETIES