VERSION 1

Happy Mother's Day

25.00 ea.

PREMIUM

GIZEH ROSES
COLOURS VARY
STEMS 50 cm

10" POT

2 for

34.00 EACH
18.99 ea.

GERBERA & MARGUERITE DAISIES 10" POT
ASSORTED COLOURS AND VARIETIES
VARIES BY STORE LOCATION. CONTACT YOUR STORE FOR DETAILS.

125
value of $1

DOUBLE SPIKE

26.99 ea.

ORCHID
10" pot - assorted colours

30.00 ea.

PETUNIA & MINIATURE ROSEBUSH
COLOURS VARY
STEMS 50 cm
10" POT

pick Ontario

GIFT TULIPS
COLOURS VARY
STEMS 30 cm

12.99 ea.

Effective May 7 8 9 10

PRONT BOUQUET
ASSORTED COLOURS
CONTAINS 12 STEMS

25.00 ea.

ELEGANCE
ELEGANCE BOUQUET
ASSORTED COLOURS
CONTAINS 12 STEMS

35.00 ea.

HYDRANGEA 2 L CUP
ASSORTED COLOURS

22.99 ea.

STRAWBERRIES
WITH CHOCOLATE
500 g

12.88 ea.

22.99 ea.

FRONT STREET BAKERY SWISS CHOCOLATE HEART CAKE
454 g, 8 SERVINGS, FROZEN

8.99 ea.

LINDT LINDOR
CHOCOLATE BOX 600 g
ASSORTED VARIETIES

metro.ca

VERSION 6

metro

NEW! Exclusive to metro

3.99 ea. PEANUT SWEET BAGUET
RUSTIC CIABATTA
BRIOCHE 270 g

MAPLE LEAF BACON, CHICKEN CHIPOLATA OR SCHNEIDERS BACON, SPICY JUMBO OR SMOKED PORK SAUSAGES
VARIOUS SIZES AND VARIETIES

4.99 ea.

FIRST OF THE SEASON

100% CANADIAN

PER KG: PRIME RIB ROAST
CHOICE TRIMMED RIB STEAK, RIB EYE STEAK
2.26 kg

11.88 /lb

FRESH
SKINLESS SALMON FILLET OR TILAPIA FILLETS
FROZEN PEAS
FRESH WHITE CORNER CARROT
1 kg

9.99 /lb or 4.5 ea.

FIRST OF THE SEASON

SURF & TURF COMBO

LIVE EAST COAST LOBSTERS
1.5 POUNDS, MEDIUM FEMALE

11.88 /lb

PRIMO
BY MAPLE LEAF
WITHOUT ANTIBIOTICS
FROZEN BONELESS SKINLESS CHICKEN BREAST OR THIGHS VALUE PACK
1.5-2.0 kg

5.99 /lb

PINT

BLUEBERRIES
PRODUCE OF CANADA OR MEXICO
PRODUCE OF CHILE
PRODUCE OF PERU
VARIOUS SIZES

2.99 ea.

VEGALIE SWEET PARONO
OR PRODUCE OF CHILE OR PERU
GREEN FRENCH BEANS
454 g / PRODUCE OF MEXICO

3.99 ea.

MINI CUCUMBERS
PRODUCE OF CANADA, ISRAEL, MEXICO OR PERU
BUSSET PERSONES
454 g / PRODUCE OF CANADA, ISRAEL, MEXICO OR PERU

1.99 ea.

LARGE RED DELICIOUS APPLES
PRODUCE OF CHILE OR PERU
VARIOUS SIZES

1.49 /lb

BOURSIN CREAM CHEESE OR MAIRE ANGELO SLICED ITALIAN SALAMI
OR TRUFFLE
125 g / PRODUCE OF CANADA OR PERU

4.99 ea.

125 value of $1.

3.49 ea.

4 L

125 value of $1.

5.49 ea.

KAWARTHA ICE CREAM
VARIOUS SIZES AND VARIETIES

6.99 ea.

TOSTITOS OR TAKIS TORTILLA CHIPS
VARIOUS SIZES AND VARIETIES

2.99 ea.

TILDA BASMATI RICE
2 kg / PRODUCE OF INDIA

12.99 ea.

64 LOADS

TIDE OR GAIN DETERGENT, DOWNY FABRIC SOFTENER, CASCADE OR DISHETTE
VARIOUS SIZES AND VARIETIES

125 value of $1.

12.99 ea.

CLASSICO PASTA SAUCE
OR VARIOUS SIZES AND VARIETIES

2.99 ea.

MOLISANA PASTA OR PASTACTA
454 g / PRODUCE OF CANADA OR PERU

1.99 ea.

Effective May 7 8 9 10 11 12 13 2026

New Lower Prices

2 / 7.00 ea. — DAN HUMPHREY'S WHOLE GRAIN BREADS OR BAGELS
FROZEN FOOD, BAKERY/BAKING, BETTERFOOD

2.99 / 700 g — MAPLE LEAF PROSCIUTTO, BRITTANY OR BLACK FOREST HAM, SLICED OR SHAVED HAM, CHEESE OR SHAVED CHEESE, BRANDT VEAL SCALLOPINI, SAUSAGE COIL, MEDITERRANEAN OR SMOKED HAM
DELI/DELICATESSEN

5.99 ea. — HOMEMADE SAUSAGES
FROZEN FOOD, BREAKFAST

6.99 ea. — OCEAN STAR SEAFOOD PLATTERS OR CANADIAN LOBSTER TAIL
FROZEN FOOD, SEAFOOD

19.99 ea. — COOKED CRUSTACEAN SHELLS OR SHRIMP, CANADA GOOSE CHOCOLATE CHIP COOKIES OR BROWNIES, CALIFORNIA ALMONDS
FROZEN FOOD, SEAFOOD, BAKERY/BAKING, GROCERY, NUTS

16.99 ea. — MEDITERRANEAN WHOLE NATURAL ALMONDS, CASHEW OR PEANUT VALUES 4 PACKS ea.
GROCERY, NUTS

6.49 ea. — NUTRIEN LACTOSE FREE MILK
DAIRY/EGGS, MILK

2.49 ea. — BEATRICE CHOCOLATE MILK
DAIRY/EGGS, MILK

16.99 ea. — KICKING HORSE COFFEE BEANS
GROCERY, COFFEE

SELECTION CREAM
DAIRY/EGGS, BUTTER/MARGARINE
LOW PRICE 3.99 ea.

5.99 ea. — HÄAGEN-DAZS ICE CREAM
FROZEN FOOD, ICE CREAM/MILK

4.99 ea. — COCA-COLA OR CANADA DRY SOFT DRINKS
COOLER, BEVERAGES

BUY MORE SAVE MORE 2 / 9.00 — LAY'S OR RUFFLES CHIPS, DORITOS OR TOSTITOS SNACKS
SNACKS, CHIPS/POTATO CHIPS

4.49 ea. — ROLD GOLD OR MUNCHIES SNACKS
SNACKS, PRETZELS

5.49 ea. — REAL BREATHERS CHIPS, LA CROIX OR PERRIER SPARKLING WATER
BEVERAGES, WATER/SPARKLING

3.49 ea. — TWIZZLERS CANDY
CANDY

6.99 ea. — FEVER-TREE DRINKS
COOLER, BEVERAGES

6.49 ea. — BUBLY OR MONTELLIER SPARKLING WATER OR GATORADE SPORTS DRINKS
COOLER, BEVERAGES, WATER/SPARKLING

9.99 ea. — RAO'S PASTA SAUCE
PASTA, SAUCE

4.49 ea. — RIO MARE OR PRODUCE SOLUTIONS BOWLS
FISH, SEAFOOD, VEGETABLES

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

We reserve the right to limit quantities.
FOR SAFETY, THIS PRODUCT CAN'T FREEZE.
Prices effective 31 August 2021 (Ends 1 September 2021) unless otherwise specified.

Visit us at: metro.ca
Find your nearest Metro location
NEW STORE? Set your preferred Metro store

Metro Inc. Food Retailer
Metro Ontario Pharmacies

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this week's deals:

Only until May 13, 2026, in-store or online

add your moi rewards coupons

NOW 2.49 ea. SAVE UP TO $1.50 | 3.99* ea. BETTY CROCKER POTATOES 141 - 275 g SELECTED VARIETIES

NOW 11.99 ea. SAVE UP TO $2 | 13.99* IRRESISTIBLE PARMIGIANO REGGIANO 200 g

NOW 4.99 ea. SAVE UP TO $2 | 6.99* ea. BLUE WATER SEASONED FISH FILLETS FROZEN, 300 g SELECTED VARIETIES

NOW 2.49 ea. SAVE UP TO $1.50 | 3.99* ea. BOBBA BUBBLE TEA 355 ml SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $2.50 | 5.49* ea. LIFE SMART GLUTEN-FREE FROZEN WAFFLES 240 g

NOW 3.99 ea. SAVE UP TO $5 | 8.99* ea. DOWNY PURIFYING RINSE 1.08 L SELECTED VARIETIES

NOW 6.99 ea. SAVE UP TO $2 | 8.99* ea. SELECTION SALMON CAT FOOD 1.8 kg

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.

FRESH

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

4.99 ea. STRAWBERRIES 454 g, PRODUCT OF MEXICO, CALIFORNIA OR GUATEMALA, GREENHOUSE/ STRAWBERRIES 454 g, PRODUCT OF CANADA, ONTARIO, FRESH

1.99 ea. SUGARS CHOICE CUCUMBER, PRODUCT OF CANADA, ONTARIO, FRESH

7.99 ea. NESTLÉ CHOCOLATE CARAMEL APPLE

9.99 ea. HEART PACK RASPBERRIES 454 g, PRODUCT OF MEXICO

1.99 ea. HONEY DEWLOTS BANANAS, PRODUCT OF MEXICO

5.49 ea. KIWI BASKETS 340 g, PRODUCT OF CHILE, NEW ZEALAND

8.99 ea. SWEETEST BATCH STRAWBERRIES 454 g, PRODUCT OF MEXICO

7.99 ea. HEART PACK RASPBERRIES 454 g, PRODUCT OF MEXICO, SWEETEST BATCH BLACKBERRIES 454 g, PRODUCT OF MEXICO

4.99 ea. LEMONS, PRODUCT OF CHILE, CALIFORNIA

3.99 ea. BLACKBERRIES 170 g, PRODUCT OF MEXICO

2.99 ea. BELLE CHÈVRE CRUMBLE GOAT CHEESE OR FRUIT & NUT, PRODUCT OF FRANCE

5.99 ea. ASSORTED COLOUR SWEET PEPPERS, PRODUCT OF CANADA, ONTARIO

6.99 /lb RHUBARB, PRODUCT OF CANADA, ONTARIO, FRESH 454 g

3.99 ea. BLACKBERRIES 170 g, PRODUCT OF MEXICO, GREENHOUSE

3.49 /lb ROMA ITALIAN TOMATOES, PRODUCT OF CANADA, ONTARIO, GREENHOUSE 1.36 kg

1.99 /lb SWEET POTATOES 4.54 kg

6.49 ea. DANONE DANIO STYLE, DANIGO, BLUCO, OPHELIA OR ALCEO, PRODUCT OF CANADA, QUÉBEC, ONTARIO

NEW

9.99 ea. SALADS OR PASTA SALAD FROM COUNTRYSIDE 300 - 400 g

3.49 ea. GREENWOOD'S GREEN TEAM CLASSIC COLESLAW MIX 454 g, PRODUCT OF U.S.A.

5.99 ea. SUNGOLD FLAVOR BOMB TOMATOES, PRODUCT OF CANADA, ONTARIO, GREENHOUSE

Organic

6.99 ea. SWEET POTATOES 1.36 kg, PRODUCT OF U.S.A.

2.99 ea. ORGANIC ASIAN EGG CUCUMBERS, PRODUCT OF CANADA, ONTARIO, FRESH

6.49 ea. MOTHER RAW ORGANIC CHOCOLATE, 3 PK, 250 ml, PRODUCT OF CANADA

4.99 ea. 3 PK ORGANIC AVOCADOS, PRODUCT OF MEXICO

Sliced & Diced

14.99 ea. FRESH FRUIT OR VEGETABLE CARVINGS 340 g - 1 kg, FRUITY FUN SALAD FRUIT SALAD 1 kg, SMALL BERRY KIWI TRAY 454 g, NACHOS PLATTER 680 g, CAESAR CHICKEN SALAD 454 g

Say it with Blooms

18.99 ea. ORCHIDS, PRODUCT OF CANADA

12.99 ea. ROSE BOUQUET, PRODUCT OF CANADA

18.99 ea. MERMAIDWEED ROSE BOUQUET, PRODUCT OF CANADA

40.00 ea. NEW! FALL IN AMAZING BOUQUET, PRODUCT OF CANADA, ONTARIO

metro.ca

get gardening

metro gardens

NOW OPEN

plant pops of colour

HIBISCUSES
ASSORTED COLORS
(APPROX. 10" POT)

21.99 ea.

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

QUART HIBISCUS OR DIFFADENIA
(APPROX. 6" POT)

9.99 ea.

spruce up your space

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

2 for 34.00 (17.00 ea.)

ANNUAL HANGING BASKETS
(APPROX. 12")
SELECTED VARIETIES AND VARIETIES

Selection

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

SELECTION
GARDEN SOIL, TWIN PACK OR BLACK EARTH
(APPROX. 6 L)
AVAILABLE AT
METRO GARDENS
SELECTED VARIETIES

3.00 ea.

SELECTION
BLACK, BROWN OR RED MULCH
(APPROX. 50 L)
SELECTED VARIETIES

6.00 ea.

make your patio perfect

NILESTIT PALMS OR KIMBERLY QUEEN
(APPROX. 12" POT)

24.99 ea.

PATIO PLANTERS
(APPROX. 22L, 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 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 — BEEF TENDER LOIN VAC PACK
AVG 2.5kg

12.88 /lb — BEEF CROC
CROC CARVE PRIME RIB ROAST
AVG 4kg

Flyer Only Catalogue

9.99 /lb — FRESH STORE MADE BEEF FLAVOURED KEBABS
AVG 0.8kg

FLYER ONLY

21.99 /lb — FRESH SHORTCUT LAMB RACK
FROM CANADA AND AUSTRALIA
AVG 0.7kg

5.99 /lb — MAPLE LEAF PREMIUM RAISED WITHOUT ANTIBIOTICS BONELESS CHICKEN DRUMSTICKS
AVG 1.5kg

PREMIUM RAISED WITHOUT ANTIBIOTICS

5.99 /lb — BONELESS PORK LOIN CHOPS
BELLE PEAK
AVG 1.5kg

CUT BY OUR BUTCHER

BONELESS

7.99 /lb — MEDIUM GROUND BEEF
VALUE PACK
AVG 2.5kg

GROUND IN STORE DAILY

4.99 /lb — FRESH PORK LOIN RIBS
AVG 1.5kg

Breakfast Favourites

4.99 /lb — LEGACY
LEGACY PRAIRIE CHOP
FROM CANADA
AVG 0.8kg

8.99 ea. — LOBLAWS
LOBLAWS CHICKEN PROMISE, BACON OR SMOKED BONELESS PORK LOIN
AVG 1.4kg

12.99 ea. — 900 g
MARC ANGELO
MARC ANGELO BREAKFAST SAUSAGES
AVG 1.8kg

12.99 ea. — 1 kg
SELECTION
SELECTION BACON
AVG 1kg

5.99 ea. — BUTTERBALL
BUTTERBALL TURKEY BACON
FROM CANADA
CHICKEN BACON OR CHERRY HALAL
AVG 200-375g

6.99 ea. — SCHWARZ
SCHWARZ BREAKFAST SAUSAGES OR BACON
SELECTED VARIETIES
AVG 200-400g

7.99 ea. — Organic
GARRETTON
GARRETTON ORGANIC BACON
AVG 375g

7.99 ea. — Beyond Meat
BEYOND MEAT
BEYOND MEAT BREAKFAST SAUSAGE LINKS
AVG 293g

LOCKED DOWN PRICES MAY 7TH TO JUNE 3RD, 2026

4.99 ea. — ALPINE
ALPINE BREAKFAST SAUSAGES
SELECTED VARIETIES
AVG 0.4kg

4.99 ea. — ULTIMATE
MAPLE LEAF ULTIMATE CHICKEN DINNER OR BREAKFAST SAUSAGES
OR 'REAL' ALL-DAY BREAKFAST
AVG 0.4kg

5.99 ea. — CHICKEN BALLS
MATCH MAKER CHICKEN BALLS
FROZEN
AVG 1kg

9.99 ea. — CHALLEY
CHALLEY CHALLEY, SO HARVEST OR MUSHROOM & MELTS PIES
FROZEN
SELECTED VARIETIES
AVG 0.9-1.1kg

Organic

5.99 /lb — CORNERSTONE VALLEY FARMS
CORNERSTONE VALLEY FARMS ORGANIC FRESH CHICKEN BREAST OR LEG QUARTERS OR DRUMSTICKS
AVG 1.5-2.5kg

7.99 ea. — JAMES
JAMES FRESH VARIETIES
SELECTED VARIETIES
AVG 0.4-0.9kg

8.99 ea. — JAMES
JAMES PUB STYLE CHICKEN WINGS
SELECTED VARIETIES
AVG 0.9-1.1kg

13.99 ea. — WEBERS
WEBERS BEEF BURGERS
AVG 1.2kg

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

FRESH

mom

the best for the best!

Shell-ebrate Mother's Day with a delectable lobster dish • fresh veggies & creamy butter.

8.49 ea. SHUTTLEWORTH NON-ALCOHOLIC WINE 750 ml SELECTED VARIETIES

4.99 ea. SWEET CORN PRODUCE OF CANADA, CA, CANADA FCN, 4

JUMBO

9.99 ea. LARGE LOBSTER TAIL FROZEN, 6 oz

STORE MADE CANNELLONI PASTA PLATTER WITH SAUCE PROVIDED BY CHEF 2.5 kilogram

9.99 lb

4.88 ea. MELON CHUNKS 250 - 350 g CORED PINEAPPLE 900 g

7.99 ea. SAN PELLEGRINO CIAO! SPARKLING WATER 6 x 330 ml SELECTED VARIETIES

FRONT STREET BAKERY BAGUETTE 400 g SELECTED VARIETIES

3.99 ea.

4.99 ea. CANADA DRY SOFT DRINKS 6 x 222 ml SELECTED VARIETIES

4.49 ea. MATT & STEVE'S CAESAR COCKTAIL MIX 946 ml

MERCI CHOCOLATE 250 g SELECTED VARIETIES

8.99 ea.

Calming scents made for mom's me-time

18.99 ea. FRONT STREET BAKERY TRADITIONAL CAKE

8.99 ea. LIVE CLEAN BATH FOAM 500 ml SELECTED VARIETIES

8.99 ea. LIVE CLEAN BODY WASH 650 ml SELECTED VARIETIES

COLOURFUL
BUTTERFLY
ORCHID
PLANT
34.99 ea.

luv u a bunch,
mom

MAKE MOM'S DAY BEAUTIFUL
WITH HER FAVOURITE VARIETY
OF COLOURFUL BLOOMS.

GIFT BAG
INCLUDED

46.99 ea. INDOOR GARDEN
GIFT BASKET
ASSORTED COLOURS,
CONTAINERS STYLES

35.00 ea. FLORAL
ARRANGEMENT
IN VASE AND BAG
ASSORTED COLOURS,
VARIETIES AND STYLES

HYDRANGEA
POTTED
PLANT
ASSORTED COLOURS

56.99 ea.

RAINBOW CHARM
BOUQUET
ASSORTED COLOURS,
VARIETIES AND STYLES

20.00 ea.

40.00 ea.
LIVING ROSES
BOUQUET
ASSORTED COLOURS

STARTING AT
39.99 ea.
VASED ROSES
FLORAL ARRANGEMENT
ASSORTED COLOURS,
VARIETIES AND STYLES

59.99 ea. ROSES AND MORE
SHOW ORCHID GARDEN
ASSORTED COLOURS,
CONTAINERS AND STYLES

STARTING AT
30.00 ea. VASED FLOWER
BOUQUETS
ASSORTED COLOURS,
FLOWERS AND VARIETIES

45.00 ea. SUNNYCOM HAND TIED
VASE BOUQUET
ASSORTED COLOURS,
FOLIAGES AND STYLES

Open Victoria Day

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

Seafood

10.99 lb. — JUMBO SCALLOP MEDALLIONS 454 g

8.99 ea. — 125 minutes of 1:1 — OCEAN JEWEL FRESHLY COOKED SHRIMP 454 g

* Freshly Cooked
* Sweet, crisp bite

1.29 ea. — LIMIT 4 — CHOICE OYSTERS 454 g/12 oz. approx.

1.99 ea. — PACIFIC WHITE SHRIMP SKEWERS 454 g/16 oz. approx. Product may vary.

CLEAR OCEAN SHRIMP, BLACK TIGER SHRIMP, CRAB 454 g

SAVE $10.99 — BUY ONE GET ONE FREE

5.99 ea. — CHILEAN SEABASS 340 g

7.99 ea. — FRESH ATLANTIC SALMON PORTIONS OR FAMILY PACKS 454 g

6.99 ea. — FRESH ATLANTIC SALMON PROVIDORES 454 g

24.99 lb. — TEAM SMOKED ATLANTIC CANNED SALMON 213 g/7.5 oz. approx.

Irrésistible

8.99 ea. — IRRÉSISTIBLE CHICKEN TENDERS 454 g/16 oz. approx.

8.99 ea. — IRRÉSISTIBLE SCALLOP MEDALLIONS 454 g/16 oz. approx.

IRRÉSISTIBLE CHICKEN WITH CHEESE 454 g

10.99 ea.

10.99 ea. — IRRÉSISTIBLES SURFER BITES 454 g/16 oz. approx.

Deli Favourites

YOUR CHOICE **3.99** /100 g

IRRÉSISTIBLES ARTISAN MONTREAL SMOKED BEEF 100 g

IRRÉSISTIBLES ARTISAN SLICED ROAST BEEF 100 g

IRRÉSISTIBLES ARTISAN PASTRAMI OR CORNED BEEF 100 g

IRRÉSISTIBLES ARTISAN HICKORY SMOKED PORK LOIN 100 g

3.99 100 g — SAPUTO ROMANO CHEESE 100 g

10.99 ea. — BAUDERON CHICKEN 35–38 g

SMOKEHOUSE CHICKEN, SMOKEHOUSE TURKEY, CANADIAN CHEESE, CHEDDAR CHEESE, SWISS CHEESE, PROVOLONE 100 g

6.99 ea.

7.99 ea. — CASTELLO BLUE BRICK CHEESE 100 g

BAUDERON BRANDY MUSTARD SMOKED HAM, CHICKEN, PEPPERONI STICKS 100 g

7.99 ea.

CARVED — TURKEY BREAST, CHICKEN BREAST 100 g

12.49 ea. — CLEAN MEATBALLS CARVED TURKEY 454 g

11.49 ea. — SAPUTO BELLISSIMO CHEESE 454 g

BUY MORE SAVE MORE 2 — **22.00** — BELLISSIMO BURRATA CHEESE 454 g

ST-DALIE MILD FRESH FACILIN OR SMOKED SALMON 100 g

4.99 ea.

SIGNATURE — **7.99** ea. — SIGNATURE'S SMOKED TROUT 100 g

19.99 ea. — SIGNATURE CHICKEN MEAL DEAL 1 kg Rotisserie Chicken, Potato Salad, Coleslaw, Mac & Cheese, Homestyle Potatoes or Fries

PRICE #00

metro.ca

To check out the recipe for Shakshuka with President Feta, click here

125 POINTS EACH

6.99 EA.

PRESIDENT CRUMBLED FETA
150 g
(SELECT ROU VARIETIES)

CHEESE, ELEVATED

Whether you're hosting or simply treating yourself, savour our selection of premium cheeses – they're great on their own or a part of tasty recipes.

125 POINTS EACH

9.49 EA.

IMPECCABLES ARTISAN GOAT CHEESE, 125 g
(SELECT ROU VARIETIES)

5.99 /100 g

LE GRUYÈRE SWISS CHEESE
(SELLS AT: PRICES AS MARKED)
27.5 lb

6.99 /100 g

SLOKOTOV APPLEWOOD SMOKED CHEDDAR
(SELLS AT: PRICES AS MARKED)
25.7 lb

2.99 /100 g

SARTORI PRUSSILA CHILE BELLAVITANO
(SELLS AT: PRICES AS MARKED)
35 lb

BUY MORE SAVE MORE!

22.00 5 K 90 ea.

BELLA CIOANA SUMMER CHEESE
2 x 250 g

3.29 /100 g

FRICO MILD GOUDA
(SELLS AT: PRICES AS MARKED)
3.79 lb | WHEN YOU BUY 1 LTO TWO 400 g

4.59 /100 g

ARTISAN CHEESE
(SELLS AT: PRICES AS MARKED)
3.79 lb | WHEN YOU BUY 1 LTO TWO 400 g

3.59 /100 g

IMPECCABLE PARMIGIANO REGGIANO AGED 24 MONTHS
(SELLS AT: PRICES AS MARKED)
3.79 lb | WHEN YOU BUY 1 LTO TWO 400 g

To check out the recipe for Carbonara with Black Pepper Cheese, click here

250 POINTS EACH

17.99 EA.

IMPECCABLE ARTISAN BRIE
500 g

12.99 EA.

BALDERSON CRACKED PEPPER CHEDDAR
200 g

6.99 EA.

PRESIDENT DE BALDERSON
(SELLS AT: PRICES AS MARKED)
4 lb - 5 lb
(SELECT ROU VARIETIES)

3.99 /100 g

IMPECCABLE ARTISAN TRIPLE CREAM BRIE
500 g
(SELLS AT: PRICES AS MARKED)
4 lb

FLAVOURS OF italy

RAPINI
PRODUCE PLU 4 LB

2.99 ea.

FRESH FIGS
PRODUCE PLU 4 OZ

11.99 ea.

9.99 ea.

RIVA SAUSAGES
VARIOUS TYPES
SELECTED VARIETIES

CHELSEA
SALMON FILLACK

5.99 ea.

ALMOND PISTACHIO
CAKE 1 kg

31.99 ea.

Exclusive to Metro

3.99 ea.

FRONT STREET BAKERY
RUSTIC CIABATTA BREAD
454 g

4.99 ea.

MARC ANGELO
SELECTED VARIETIES
SELECTED VARIETIES 454 g

3 PACK

14.99 ea.

TIM STELLE
MOZZARELLA BALL
MOZZ 1 kg

2.99 ea.

RITA SARA GNOCCHI
454 g
SELECTED VARIETIES

3.49 ea.

GIONA SAVOIARDI
COOKIES
200 g
SELECTED VARIETIES

MOLISANA
ARBORIO RICE
1 kg
SELECTED VARIETIES

4.49 ea.

UNICO OLIVES
454 g
SELECTED VARIETIES

3.99 ea.

Apple Treats

Celebrate Apple Pie Day May 13th!

Inscriptable

BAKESTONE 8 PIE
Apple Cinnamon or Apple Blueberry
10.99 ea.

4.99 ea. FRONT STREET BAKERY APPLE FRUIT BITES 6 pk/Pack 300 g

save $1

5.99 FRONT STREET BAKERY APPLE BRAIDED STRUDEL 375 g

save $1

3.99 ea. FRONT STREET BAKERY CIN-APPLE OR SAUERKRAUT BREADS 454 g

A Sweet Celebration

22.99 ea. FRONT STREET BAKERY ASSORTED DESSERT CAKE 1.5 kg, assorted sweets

12.99 ea. FRONT STREET BAKERY MINI GOURMET CAKE 1.5 kg, assorted sweets

31.99 ea. MIX OR PINK VELVET CAKE 2.1 kg

mix match

6 **14.00** FRONT STREET BAKERY SINGLE SERVE DESSERTS 6 pk/Pack 510 g, assorted sweets

Bombolone

6.99 ea. SELECTION SPECIAL FOOD CAKE

NEW

11.99 ea. BOMBOLONI DONUTS 6 pk/Pack 420 g

3.99 ea. STAMPEDER'S CHARCOAL OR HICKORY BURNS 454 g

3.99 ea. STAMPEDER'S OR THE BRISA CHARCOAL OR HICKORY 2.1 kg/Bag or 2.27 kg/Bag

Gluten-Free

8.99 ea. SCHÄR GLUTEN-FREE BREAD OR ROLLS 454 g/Pack or 340 g/Pack

8.99 ea. LITTLE NORTHERN SANDWICHES WITH SLICED BREAD 340 g/Pack

More Great Savings

COLORADO BLONDE OR BLUE MOUNTAINS DRINK 6 pk/Can 355 ml

2.99 ea.

PRINGLES PARTY CHOICE OR MIXED MARGARITA SNACKS 160 g/Pack or 165 g/Pack

3.49 ea.

NEW

17.99 ea. PRIME HYDRATION DRINK VARIETY PACK 12 x 355 ml/Pack

9.99 ea. FIJI NATURAL ARTESIAN WATER 1.5 L

18.99 ea. COORS EDGE NON-ALCOHOLIC BEER 12 x 355 ml

9.99 ea. SNAPPY CLEAN ZERO NON-ALCOHOLIC SPARKLING BEVERAGES 12 x 355 ml/Pack

NEW

4.49 ea. COLOMBIAN COOKIES 200 g

18.99 ea. BALZAC'S COFFEE CAPSULES 30 x 5.5 g/Pack

21.99 ea. BAKESTONE'S COFFEE CAPSULES 30 x 5.5 g/Pack

9.99 ea. NESCAFÉ GOLD INSTANT COFFEE 200 g

2.79 ea. HERSHEY'S REESE'S CHOCOLATE BAR 42 g/Bar

5.99 ea. HERSHEY'S REESE'S CHOCOLATES 162 g/Pack or 170 g/Pack

HAPPY MOTHER'S DAY

20% OFF

$50 Indigo, $50 H&M and $25 Kobo gift cards

Offer valid May 7 - 18

WAKE UP TO SAVINGS

7.99 ea. PLANTIT BUTTER 1 kg

7.99 ea. CHICKEN LOAF 1.5 kg (CHICKEN ROLL)

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Prices and offers valid from May 7 to May 13, 2026 unless otherwise specified.

LIMITED TIME OFFER

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

A pretty pour for mom:
Mix up a sophisticated Rosé Bergide
to complement her lobster feast.

14.49 ea. GIRLS' NIGHT OUT ROSÉ 750ml

PELEE ISLAND LOLA SPARKLING 750ml
17.49 ea.

cheers to you, mom

WE HAVE MOM'S PICKS OF
RED & WHITE WINES + BUBBLY
READY-TO-DRINK VARIETIES

12.99 ea. DICKSON TRIOLO PINOT GRIGIO 750ml

14.49 ea. PELEE ISLAND CHARDONNAY 750ml

SANDHAGGER WATERMELON
3.29 ea.

SMIRNOFF BERRY BLAST 473ml
3.29 ea.

TWISTED TEA ORIGINAL 473ml
3.29 ea.

GEORGIAN BAY GIN SMASH 473ml
3.49 ea.

16.49 ea. THAT'S WHO THE BEAR CARRIES 750ml

25.99 ea. MASI CAMPOFORIN RED 750ml

OPEN MERLOT 750ml
14.49 ea.

COTTAGE BLOCK RIESLING 750ml
15.49 ea.

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Low Price Every Day 100's of items available in-store or online

NOW 5.99 — IRRESISTABLES YOGURT 750 g, SELECTIONS 650 g

NOW 3.49 — SELECTION CREAM CHEESE 250 g, SELECTIONS 250 g

NOW 4.99 — SELECTION JAM 500 g, SELECTIONS 500 g

NOW 4.99 — SELECTION PEANUT BUTTER 1 kg, SELECTIONS 1 kg

NOW 10.99 — IRRESISTABLES COFFEE 340 g, SELECTIONS 340 g

NOW 4.99 — SELECTION CHEESE 500 g, SELECTIONS 500 g

NOW 2.99 — SELECTION SOUR CREAM 500 ml, SELECTIONS 500 ml

NOW 1.25 — SELECTION SPRING WATER BOTTLED WATER 1 L, SELECTIONS 1 L

NOW 2.99 — SELECTION JUICE OR COCKTAILS 1 L, SELECTIONS 1 L

NOW 3.99 — IRRESISTABLES CHEESE SLICES OR CHEESE LOAF 400 g, SELECTIONS 400 g

NOW 2.99 — SELECTION DRINKS 1 L, SELECTIONS 1 L

NOW 5.99 — SELECTION SPARKLING WATER 1 L, SELECTIONS 1 L

NOW 3.49 — SELECTION TORTILLA CHIPS 300 g, SELECTIONS 300 g

NOW 1.49 — SELECTION SOUPS 540 ml, SELECTIONS 540 ml

NOW 1.49 — SELECTION SOFT DRINKS 2 L, SELECTIONS 2 L

NOW 4.99 — IRRESISTABLE SPARKLING WATER 1 L, SELECTIONS 1 L

NOW 4.49 — SELECTION SALSA 500 ml, SELECTIONS 500 ml

NOW 3.99 — IRRESISTABLE CLEANERS 500 ml, SELECTIONS 500 ml

NOW 3.99 — IRRESISTABLE PIZZA 445 - 495 g, SELECTIONS 445 - 495 g

NOW 4.99 — IRRESISTABLE ICE CREAM 1 L, SELECTIONS 1 L

NOW 2.49 — SELECTION PUDDING 90 g, SELECTIONS 90 g

NOW 4.99 — SELECTION PEANUTS 500 - 750 g, SELECTIONS 500 - 750 g

NOW 3.99 — SELECTION PICKLES 1 L, SELECTIONS 1 L

NOW 1.49 — SELECTION FROZEN MEALS 275 g, SELECTIONS 275 g

NOW 3.99 — SELECTION PASTA SAUCE 650 - 700 ml, SELECTIONS 650 - 700 ml

NOW 2.99 — SELECTION DRESSING 475 ml, SELECTIONS 475 ml

NOW 5.99 — SELECTION MARINADES 250 - 454 ml, SELECTIONS 250 - 454 ml

NOW 1.49 — SELECTION CANNED VEGETABLES 341 ml, SELECTIONS 341 ml

NOW 2.99 — IRRESISTABLES MELBA TOAST 100 g, SELECTIONS 100 g

NOW 2.99 — IRRESISTABLE PASTRY TWISTS 300 g, SELECTIONS 300 g

NOW 2.99 — SELECTION SANDWICH OR SANDWICH BAGS 20 - 100 ml, SELECTIONS 20 - 100 ml

NOW 3.99 — SELECTION COCKTAIL OR DINNER NAPKINS 50 - 60 ct, SELECTIONS 50 - 60 ct

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FLAVOURS OF South Asia
3.99 lb
FRESH OKRA
2.99 lb
BITTER MELON/KARELA
6.99 ea.
4.99 ea.
CHICKEN MACON POULET
4.49 ea.
NAMAK PARA
8.99 ea.
Tilda
12.99 ea.
2.49 ea.
2.49 ea.
2.99 ea.

Vegetarian

PIZZA CROSTA & BARRILI 454 g
11.49 ea.

Daiya
DAIYA 200 g - 280 g SELECTED VARIETIES
9.99 ea.

NATURAL BUTTER
MUNKY BUTTER ALMOND BUTTER 454 g
14.99 ea.

KIKKOMAN SOY SAUCE 500 ml
8.99 ea.

Non-GMO

THIRSTY BOTTLED COCONUT WATER 1 L
2.99 ea.

GREEN MAPLE FARMS MAPLE SYRUP 946 ml
13.99 ea.

EMPTY & ORGANIC ORIGANO 25 g
6.49

EMPTY & ORGANIC CHILI DE PAPRIKA 50 g
10.99

Gluten-Free

CoolKoy
KETO BARS 0.2
LOVE, NOT FOOD BARS 40 g - 50 g SELECTED VARIETIES
8.49 ea.

WALNUT'S
WALNUT'S SELECTED COOKIES 200 g SELECTED VARIETIES
4.99 ea.

TUTTI GOURMET
TUTTI GOURMET BISCUITS 200 g SELECTED VARIETIES
5.99 ea.

SCHÄR
SCHÄR CRACKERS 200 g SELECTED VARIETIES
8.49 ea.

ED
ED BAKING MIX 1 kg SELECTED VARIETIES
11.99 ea.

Crimbles
MRS CRIMBLE'S MAC&CHEESE 200 g SELECTED VARIETIES
5.49 ea.

CLIF
CLIF BAR ENERGY BARS 10 x 68 g SELECTED VARIETIES
11.99 ea.

Health & Wellness

JAMIESON VITAMINS D 90 ml
JAMIESON VITAMINS C 90 g
6.49 ea.

JAMIESON MELATONIN 30 ml
10.99 ea.

JAMIESON VITAMIN B12 90 ml SELECTED VARIETIES
12.99 ea.

JAMIESON Multi
JAMIESON Multi
17.49 ea.

JAMIESON ZINC 90 ml
JAMIESON CALCIUM MAGNESIUM 90 ml
13.99 ea.

JAMIESON Omega-3 Select
JAMIESON OMEGA-3 90 ml SELECTED VARIETIES
18.99 ea.

JAMIESON VITAMIN D3 & VITAMIN K2 90 ml
JAMIESON CALCIUM MAGNESIUM +D 90 ml SELECTED VARIETIES
19.99 ea.

NATURALLY SUPPLEMENTS SELECTED VARIETIES

Household Helpers

SELECTION LAUNDRY DETERGENT 1.47 L - 2.94 L SELECTED VARIETIES
NOW 2.49

SELECTION BLEACH 1 L
NOW 3.99

DOWNY ULTIME 1.47 L SELECTED VARIETIES
90 UP UP
9.99 ea.

SELECTION LAUNDRY DETERGENT 1.47 L SELECTED VARIETIES
NOW 3.99

SELECTION BATHROOM TISSUE 12 - 18 ROLLS
NOW 19.99

SELECTION FACIAL TISSUE 100 - 120 SHEETS
NOW 14.99

SMALL KITCHEN
SELECTION GARBAGE BAGS 40 - 50 SHEETS SELECTED VARIETIES
NOW 5.99

DISHSOFTABLES DISH TRIVETS 1 PACK SELECTED VARIETIES
NOW 6.99

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