VERSION 1

Happy Mother's Day

25.00 ea.

PREMIUM

SUCCEN ROSES
ASSORTED COLORS
CHOOSE YOUR OWN

10" POT

2 for **34.00** EACH 18.99 ea.

GERBERA & MARGUERITE DAISIES 10" POT
ASSORTED COLORS AND SIZES VARY
DETAILS AT PICK'S OFFICE, CHECKOUT AND ONLINE

125
value of $1

DOUBLE SPIKE

26.99 ea.

ORCHID
12" 2 - 3 SPIKES CLEAR

30.00 ea.

PETALS & PRETTY BOUQUET
ASSORTED COLORS
CHOOSE YOUR OWN

pick Ontario

GIFT SLIPS
CHOOSE YOUR OWN
AMOUNT

12.99 ea.

Effective May 7 | 8 | 9 | 10

PEONY BOUQUET
ASSORTED COLOUR
CONTAINS 10 STEMS

25.00 ea.

LUXURY
EXQUISITE BOUQUET
ASSORTED COLOUR
CONTAINS 10 STEMS

35.00 ea.

HYDRANGEA 2 L CP
ASSORTED COLOUR

22.99 ea.

STRAWBERRIES
WITH CHOCOLATE
500 G

12.88 ea.

22.99 ea.

FRONT STREET BAKERY SWISS CHOCOLATE HEART CAKE
ALL NEW WITH LINDOR

moi rewards member price

8.99 ea.

SPECIAL PRICE
9.99
for non-members

LINDT LINDOR
CHOCOLATE BAR 100 g
ASSORTED

metro.ca

VERSION 1

metro

NEW! Exclusive to metro

3.99 ea.

PEANUT SWEET BAKED
RUSTIC CIABATTA
BREAD 454 g

MAPLE LEAF BACON, CHICKEN SAUSAGES OR SCRAMBLED BACON, JOY JUMBOS OR SAVOUR PORK SAUSAGES
VARIOUS SIZES AVAILABLE

Grillmaster JUMBOS

4.99 ea.

CANADIAN

11.88 /lb

RED GRILL PRIME RIB ROAST
CHOICE TASTE OR VALUE PRIME RIB STEAK
2.5 kg

FRESH
MAPLE LEAF WHOLE HADDOCK FILLETS OR TILAPIA FILLETS
FROZEN PEAS
CHOICE OF SIDES OR CHOICE OF SIDES
VARIOUS SIZES AVAILABLE

9.99 /lb or 6.7 ea.

FIRST OF THE SEASON

SURF & TURF

11.88 /lb

LIVE EAST COAST LOBSTERS
1.5 POUNDS, MEDIUM TO LARGE

PRIMO
BY MAPLE LEAF
WITHOUT
ANTIBIOTICS
EXTRA
BONELESS
SKINLESS
CHICKEN
BREAST
6 X 1 KG

5.99 /lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH BONELESS SKINLESS CHICKEN BREAST OR THIGHS VALUE PACK
1.5-2.7 kg

PINT

BLUEBERRIES
PRODUCE OF CHILE, MEXICO OR PERU
VARIOUS SIZES AVAILABLE

2.99 ea.

VERSALIS SWEET SNOWIES
OR PRODUCE BOUQUET OR SWEET GREEN FRENCH BEANS
VARIOUS SIZES AVAILABLE

3.99 ea.

Nature's Pride

MINI CUCUMBERS
PRODUCE OF CANADA, CHILE, TURKEY
PICKLED CUCUMBERS
PRODUCE OF CANADA, CHINA, TURKEY

1.99 ea.

LARGE RED PRINCE APPLES
PRODUCE OF CHILE
2.27 kg

1.49 /lb

boursin

BOURSIN CREAM CHEESE OR MAIN' ANGUS SLICED ENGLISH MUFFINS
OR TRULY EXCEPTIONAL

4.99 ea.

TOSTITOS

Takis

TOSTITOS OR TAKIS TORTILLA CHIPS
VARIOUS SIZES AVAILABLE

2.99 ea.

Springfield

4 L

125 PC.
value of $1

5.49 ea.

Signature

ACCORD HORSE
COFFEE BEANS
VARIOUS SIZES AVAILABLE

16.99 ea.

KAWARTHA ICE CREAM
VARIOUS SIZES AVAILABLE

6.99 ea.

Cheerios

Cinnamon Toast Crunch

125 PC.
value of $1

GENERAL MILLS CEREAL
VARIOUS SIZES AVAILABLE

3.49 ea.

64 LOADS

Tide

Downy

125 PC.
value of $1

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

12.99 ea.

MONTCLAIR

bubly

BUBLY OR MONTCLAIR SPARKLING WATER
VARIOUS SIZES AVAILABLE

GATORADE SPORTS DRINKS
VARIOUS SIZES AVAILABLE

6.49 ea.

CLASSICO

TOMATO & BASIL
TOMATO & HERB
400 mL

CLASSICO PASTA SAUCE
OR VARIOUS PASTA SAUCES

2.99 ea.

Effective May 7 8 9 10 11 12 13 2026

New Lower Prices

2 for 7.00 ea. — DAN HUMPHREY'S WHOLE GRAIN BREADS OR BAGELS
PRODUCTS, SELECTIONS OR VARIETIES

2.99 /100 g — MASCOTTE/LES ARTISAN BLACK FOREST HAM, SUPER ON OVENBURG CHEESE, BRUNET BOLOGNA, SAUSAGE COIL, MEDITERRANEAN SAUSAGE, MEDITERRANEAN SMOKED HAM
PRE-PACKAGED OR SLICED

5.99 ea. — MONOPOLY SANDWICHES
ASSORTED, 300 g

6.99 ea. — MOWI STAR SEAFOOD FILLETS
CANADIAN SUMMER TRIO, 454 g

19.99 ea. — COOKED CRUSTACEAN SHRIMP
GARLIC & HERB OR PARMESAN, 454 g
SMOKED SALMON
PRODUCTS OF CANADA

6.49 ea. — NATREL LACTOSE-FREE MILK
2L, 2% MILKFAT

2.49 ea. — BEAVER CHOCOLATE MILK
1L, 1% MILKFAT

16.99 ea. — MOSCUTI BELLA WHOLE NATURAL MOZZARELLA BALLS OR MINI BALLS
6 PIECES, 510 g

3.99 ea. — SELECTION CREAM
10% MILKFAT
LIMIT 2 PLEASE

5.99 ea. — HÄAGEN-DAZS ICE CREAM
PINT OR 473 ml, ASSORTED VARIETIES

4.99 ea. — COCA-COLA OR CANADA DRY SOFT DRINKS
12 CANS OR 222 ml CANS

BUY MORE SAVE MORE
2 for 9.00 ea. — DOLITOS & RUFFLES CHIPS, DORITOS OR CHEESE SNACKS
ASSORTED, 200 g

4.49 ea. — ROLED GOLD OR MUNCHIES SNACKS
ASSORTED, 200 g

5.49 ea. — REAL BROTHERS CHIPS, LA CROIX OR NESTEA SPARKLING WATER
ASSORTEDS, 355 ml CANS

3.49 ea. — TWIZZLERS CANDY
ASSORTED, 454 g

6.99 ea. — FEVER-TREE DRINKS
ASSORTED, 500 ml

9.99 ea. — RAO'S PASTA SAUCE
ASSORTED, 680 ml

4.49 ea. — RIO MARE MEAL-STYLE TUNA BOWLS
ASSORTED, 160 g

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

We reserve the right to limit quantities.
NO DEALERS OR RESELLERS PLEASE.
Prices effective 12 April 2022 (EXCLUDES BULK ITEMS)

Visit us at: metro.ca
Where we serve Metro stores, we accept Metro Mastercard, Visa and Debit.

We accept Metro Mastercard, Visa and Debit. Metro Mastercard is issued by National Bank of Canada.

Products pictured are not to scale and may be substituted. Right to limit. Please review in-store before buying. ®/MC/©/™/© Metro Ontario Inc. Prices in Canadian dollars. Not responsible for typo. Not responsible for errors or omissions in pricing or in the flyer. Prices and quantities may vary in Quebec. Prices in Quebec are in Canadian dollars. Not responsible for typo. Not responsible for errors or omissions in pricing or in the flyer

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

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

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.

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

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

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.

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

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.

Advertised prices are subject to change and exclude HST and deposit fees, which are added at checkout.
Products, items are available at select stores. Our menu is for reference only.

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metro.ca

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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

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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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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