VERSION 4

metro

NEW

Exclusive to metro

3.99 ea.
Fresh Sweet Baking Buns
Bun à la cannelle
Pain Galette rustique
Fresh Sweet Baking Buns

Maple Leaf Natural, Christie or Schneiders Bacon
Bacon naturel de Maple Leaf, Christie ou Schneiders
1 kg
Bacon naturel de marque Maple Leaf, Christie ou Schneiders
4.99 ea.

Fresh Jumbo Lobster Tails
Queues de homard géantes fraîches
Product of Canada
Produit du Canada
11.88 /lb

Red Gold Prime Rib Roast Chef Cut
Rôti de côte de première classe de Red Gold
Product of Canada
Produit du Canada
Rôti de côte de première classe de Red Gold de style chef ou baffleuse de côte
Product of Canada / Produit du Canada
2.5 kg
11.88 /lb

FIRST OF THE SEASON

SURF & TURF

Fresh Sockeye Trout Fillets or Atlantic Salmon Value Pack
Truites fraîches Sockeye ou saumons Atlantic Value Pack
Product of Canada
Produit du Canada
9.99 /kg
4.49 ea.

Live East Coast Lobsters
Homards vivants de la côte est
Product of Canada
Produit du Canada
PRICE/LB = 11.88 lb
PRIX/LIVRE Maximum: 11.88 lb
11.88 /lb

PRIMO
BY MAPLE LEAF
WITHOUT
Maple Leaf Prime Boneless Skinless Chicken Breast or Thighs Value Pack
Poitrines ou hauts de cuisses de poulet désossés sans la peau de première de Maple Leaf Value Pack
5.99 /lb

PINT
Blueberries
Bleuets
Product of U.S.A.
Produit des E.U.
2.99 ea.

Mushroom Cheese or Mac Argela Sliced Italian Deli Meat
Fromage à la crème Boursin ou Mac Argela des délicatesses italiennes
Product of Canada
Produit du Canada
3.99 ea.

Mini Cucumbers
Mini concombres
Product of Mexico
Produit du Mexique
1.99 ea.

Large Red Prime Apples
Pommes rouges de première grosseur
Product of Canada
Produit du Canada
Pommes rouges de première grosseur
1.49 /lb

Mexican Cheese or Boursin
Fromage mexicain ou Boursin
4.99 ea.

Tostitos or Taki Tortilla Chips
Tortillas Tostitos ou Taki
Product of Canada
Produit du Canada
2.99 ea.

Lactantia Purfloss Milk
Lait Purfloss Lactantia
4 L
Bonus Bucks
125 Bonus Bucks value of $1
5.49 ea.

Kicking Horse Coffee Beans
Grains de café Kicking Horse
Product of Canada
Produit du Canada
16.99 ea.

Kawartha Ice Cream
Crème glacée Kawartha
Product of Canada
Produit du Canada
6.99 ea.

Cheetos or Cinnamon Toast Crunch
Bonus Bucks
125 Bonus Bucks value of $1
3.49 ea.

64 LOADS
Tide Liquid Detergent, Downy Fabric Softener, Cascade or Bounty
Détergent liquide Tide, Assouplissant de tissu Downy, Cascade ou Bounty
Product of U.S.A.
Produit des E.U.
Bonus Bucks
125 Bonus Bucks value of $1
12.99 ea.

Bubly or Moonshiner
Bubly ou Moonshiner
Product of Canada
Produit du Canada
6.49 ea.

Classico Pasta Sauce
Sauce Classico pour pâtes
Product of Canada
Produit du Canada
2.99 ea.

Effective May 7 8 9 10 11 12 13 2026

VERSION A

Happy Mother's Day

25.00 ea.

PREMIUM

Assorted Roses
Approx. 12 stems
Assorted colours
Approx. 18 in. tall
Approx. 2 in. diameter
CHECK CLOSELY

10" POT

2 for

34.00 or **18.99 ea.**

Pseudo Hanging Basket, 10" Pot
Assorted colours and designs
CHECK CLOSELY FOR COLOUR, DESIGN VARIETY.
Pseudo Hanging Basket of Pseudolis or pot in 10 pot
Assorted colours and designs
CHECK CLOSELY FOR COLOUR, DESIGN VARIETY.
SEE NEW CLEARANCE

125
value of $1

DOUBLE SPIKE

26.99 ea.

Orchid
7 IN. CHAMPER CERAMIC
Assorted colours
PLEASE CHECK CLOSELY FOR COLOUR.

30.00 ea.

Mixed & Potted Bouquet
Assorted colours and designs
Approx. 8 stems and 1 potted
Approx. 7 inches tall and Potted
CHECK CLOSELY

pick Ontario

Cut Tulips
10 STEMS, ASSORTED COLOURS
Assorted colours
Indoor or outdoor
CHECK CLOSELY

12.99 ea.

Effective May 7 (TU) 8 (WE) 9 (TH) 10 (FR) 11 (SA)

Peony Bouquet
Bouquet de pivoines
CANADA #1
Bouquet de pivoines
CANADA #1
Limit 2 / Limite 2

25.00 ea.

Floral Organizer Bouquet
Bouquet floral Organizer
Bouquet Floral Organizer
Bouquet floral Organizer
Limit 2 / Limite 2 ea. plus

35.00 ea.

Hydrangea 1 L
Hydrangée 1 L
Limit 2 / Limite 2

22.99 ea.

Strawberries with Chocolate Dip 454 g
Fraises avec trempette au chocolat 454 g

12.88 ea.

22.99 ea.

Frost Street Bakery Cherry Chocolate Heart Cake
Gâteau cœur Frost Street Bakery cerise-chocolat
Gâteau en cœur Frost Street Bakery au chocolat noisettes
Min. 10 ea. / Min. 10 ea.

moi rewards member price

8.99 ea.

SPECIAL PRICE
9.99
for non-members

Lindt Lindor Chocolate Box
Boîte de chocolat Lindor Lindt
Min. 4 ea. / Min. 4 ea.

metro.ca

New Lower Prices

2 for 7.00

Weight Watchers® Whole Grain Bagels or Bagels
Bagels de céréales entières Weight Watchers®
Pain Dempster's de blé entier ou bagels
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

2.99 ea. / 100 g

Revitalizing Extra Black Forest Ham, Swiss or Shaptonsh Cheeses, Smoked Cabbage or Coleslaw Salad or Tomato Salad
Jambon Extra noir de la Forêt-Noire, fromages suisse ou Shaptonsh, chou fumé ou salade de chou ou salade de tomates
Revitalizing Extra Black Forest Ham, Swiss or Shaptonsh Cheeses, Smoked Cabbage or Coleslaw Salad or Tomato Salad
Jambon Extra noir de la Forêt-Noire, fromages suisse ou Shaptonsh, chou fumé ou salade de chou ou salade de tomates
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

5.99 ea.

Lassonde Tonique or Vitamin Water Drinks
Boissons Lassonde Tonique ou Vitamin Water
Lassonde Tonique or Vitamin Water Drinks
Boissons Lassonde Tonique ou Vitamin Water
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

6.99 ea.

Yogurt Tree Mango Pitaya or Lychee
Yogurt Tree mangue-pitaya ou litchi
Yogurt Tree Mango Pitaya or Lychee
Yogurt Tree mangue-pitaya ou litchi
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

19.99 ea.

Cardinal 28/30 Shrimp
Crevettes Bardot Shrimp
Smoked Salmon
Saumon fumé
Tempelton Lobster or Crab
Homard ou crabe de Tempelton
Cavarlis Caviar
Caviar Cavarlis
Cavarlis 3.5 Ounce Sockeye Salmon Roe
Caviar de saumon rouge Cavarlis 3.5 oz
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

6.49 ea.

Natrel Lactose Free Milk
Lait Natrel sans lactose
Lait Natrel sans lactose
Natrel Lactose Free Milk
Lait Natrel sans lactose
Lait Natrel sans lactose
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

2.49 ea.

Beatrice Chocolate Milk
Lait au chocolat Beatrice
Lait Beatrice au chocolat
Beatrice Chocolate Milk
Lait au chocolat Beatrice
Lait Beatrice au chocolat
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

1 kg

16.99 kg

Secondo Saturday Smoothies White Chocolate Raspberry or Mango Kahlua & Cream
Smoothies samedis Secondo Chocolat blanc-framboise ou mangue-Kahlua et crème
Secondo Saturday Smoothies White Chocolate Raspberry or Mango Kahlua & Cream
Smoothies samedis Secondo Chocolat blanc-framboise ou mangue-Kahlua et crème
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

Selection Cocoa
Kakao Selection
Cocoa Selection
Kakao Selection
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

LIMITED TIME OFFER
3.99 ea.

5.99 ea.

Häagen-Dazs Ice Cream
Crème glacée Häagen-Dazs
Häagen-Dazs Ice Cream
Crème glacée Häagen-Dazs
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

4.99 ea.

Coca-Cola Fridge Pack Mini Cans
Boîtes Coca-Cola Cola mini
Coca-Cola or Canada Dry Soft Drinks
Boissons gazéifiées Coca-Cola ou Canada Dry
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

BUY MORE SAVE MORE

2 for 9.00

Ruffles Chips, Doritos or Cheetos Chips
Croustilles Ruffles, Doritos ou Cheetos
Ruffles Chips, Doritos or Cheetos Chips
Croustilles Ruffles, Doritos ou Cheetos
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

4.49 ea.

Rold Gold Products or Munchies Snacks
Produits Rold Gold ou collation Munchies
Rold Gold Products or Munchies Snacks
Produits Rold Gold ou collation Munchies
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

5.49 ea.

Red Brothers Chips, Salsa or Grilled Sparkling Water
Croustilles, salsa Red Brothers ou eau pétillante à l'orge
Red Brothers Chips, Salsa or Grilled Sparkling Water
Croustilles, salsa Red Brothers ou eau pétillante à l'orge
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

Twizzlers Candy
Bonbons Twizzlers
Twizzlers Candy
Bonbons Twizzlers
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

3.49 ea.

Fever-Tree Mixers
Mélangeurs Fever-Tree
Fever-Tree Mixers
Mélangeurs Fever-Tree
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

6.99 ea.

Rao's
Pasta Sauce
Sauce pour pâtes
Rao's
Pasta Sauce
Sauce pour pâtes
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

9.99 ea.

4.49 ea.

Rio Mare Insalatissime Ready Meals
Rio Mare Insalatissime Ready Meals
FRANCE DELOMME, MARTIN GAUTHIER ET LOYOLA

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. PRICES REDUCED WHILE STOCKS LASTS.
Flyer Valid: Thursday 31 April 09 - Wednesday 06 May, 2026

Visit us at: metro.ca
Find your nearest Metro at metro.ca/stores
Now on your mobile! Download our app!

Metro Inc. Recycle and Recycling Information Hotline 1-877-MRI-RECYCLE

Prices in effect at participating Metro stores in Quebec and Ontario, unless otherwise indicated. Metro reserves the right to limit quantities. Not responsible for typographical or other errors or omissions. Prices in effect from Thursday, April 09 to Wednesday, April 15, 2026 inclusive, unless otherwise indicated. Prices are in Canadian dollars. Prices are in effect at participating Metro stores in Quebec and Ontario. Prices are in effect at participating Metro stores in Quebec and Ontario. Prices are in effect at participating Metro stores in Quebec and Ontario

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.

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

FRESH

4.99 ea. — Strawberries 454 g / Framboises 170 g / Gooseberries / Groseilles / Blueberries 284 g / Bleuets 170 g / Raspberries 170 g / Framboises 170 g / Product of Canada / Produit du Canada

1.99 ea. — Sunrise Cucumbers / Concombres sunrise — Product of Canada / Produit du Canada

7.99 ea. — Mystery Chocolate Caramel Apple 340 g / Pommes Mystère chocolat caramel 340 g — Product of USA / Produit des États-Unis

9.99 ea. — Fresh Pack Bell Peppers 454 g / Poivrons Frais 454 g — Product of Canada / Produit du Canada

1.99 ea. — Honey Crisp® Mangoes and Snack Mangoes — Product of Peru / Produit du Pérou

5.49 ea. — Red Beets 454 g / Betteraves rouges 454 g — Product of Canada / Produit du Canada

8.99 ea. — Seedless Black Grapes 454 g / Raisins noirs sans pépins 454 g — Product of Chile / Produit du Chili

7.99 ea. — Fresh Pack Mixed Peppers 454 g / Poivrons mixtes Frais 454 g — Product of Canada / Produit du Canada

4.99 ea. — Lemons 454 g / Citrons 454 g — Limes 454 g / Limes 454 g — Product of Mexico / Produit du Mexique

3.99 ea. — Blueberries 454 g / Bleuets 454 g — Product of Canada / Produit du Canada

2.99 ea. — Bella Sereni Mini Bella Cremini Mushrooms 227 g / Champignons Mini Bella Cremini Bella Sereni 227 g — Product of Canada / Produit du Canada

5.99 ea. — Assorted Colour Sweet Peppers 454 g / Poivrons sucrés assortis 454 g — Product of Canada / Produit du Canada

6.99 /lb — Shallots / Échalotes — Product of Canada / Produit du Canada 454 g — Pineapple / Ananas — Product of Costa Rica / Produit du Costa Rica 454 g

3.99 ea. — Cherry Tomatoes / Tomates cerises — Product of Canada / Produit du Canada — Grilled Mushrooms / Champignons grillés — Product of Canada / Produit du Canada

3.49 /lb — Roma Italian Tomatoes / Tomates Roma italiennes 1.36 kg — Roma Italian Tomatoes / Tomates Roma italiennes 1.36 kg — Product of Canada / Produit du Canada

1.99 /lb — Sweet Potatoes / Patates douces — Product of Canada / Produit du Canada — Russet Potatoes / Patates Russet — Product of Canada / Produit du Canada

6.49 ea. — Dairyla Cream Cheese Dip / Trempette au fromage à la crème — Dairyla Cream Cheese Dip / Trempette au fromage à la crème — Capsicum, Mint, Pomegranate Seeds or Style Sausage Bites / Poivron, menthe, grenade ou Bouchées de style saucisse — Product of Canada / Produit du Canada

NEW

9.99 ea. — Fresh Pack Assorted Coloured Carrots 454 g / Carottes de couleurs variées Frais 454 g — Product of Canada / Produit du Canada

3.49 ea. — Cutting Board Classic Cheese Board / Planche à fromage classique — Product of Canada / Produit du Canada

5.99 ea. — Assorted Flavour Cheese Sticks / Bâtonnets de fromage variés — Product of Canada / Produit du Canada — Sweet Potato Bundle / Botte de patates douces — Product of Canada / Produit du Canada

Organic

6.99 ea. — Sweet Potatoes / Patates douces — Product of Canada / Produit du Canada

2.99 ea. — Organic Sunrise Cucumbers / Concombres sunrise biologiques — Product of Canada / Produit du Canada — Cucumbers Sunrise / Concombres sunrise — Product of Canada / Produit du Canada

6.49 — Mother Earth Organic Extra Virgin Olive Oil / Huile d'olive extra vierge biologique Mother Earth 500 mL — Organic Extra Virgin Olive Oil / Huile d'olive extra vierge biologique — Product of Italy / Produit de l'Italie

3 PK

4.99 ea. — Organic Avocados / Avocats biologiques — Product of Mexico / Produit du Mexique — Organic Avocados / Avocats biologiques — Product of Mexico / Produit du Mexique

Sliced & Diced

Sold at the deli counter / Vendu au comptoir de la charcuterie

14.99 ea. — Fruit Fruit or Vegetable Carousel / Carrousel de fruits ou légumes — Product of Canada / Produit du Canada — Fruit Bowl Mini Pear Tray / Plateau de petites poires — Product of Canada / Produit du Canada — Caesar Chicken Salad / Salade de poulet César — Product of Canada / Produit du Canada — Salade de fruits de base en bouteille / Product of Canada / Produit du Canada — Petit plateau de fruits et légumes / Product of Canada / Produit du Canada — Fruit Cup / Coupe de fruits — Product of Canada / Produit du Canada

Say it with Blooms

18.99 ea. — Hydrangea / Hydrangée — Product of Colombia / Produit de la Colombie — Mariposa / Mariposa — Product of Colombia / Produit de la Colombie — Intermediate Roses / Roses intermédiaires — Product of Colombia / Produit de la Colombie — Roses intermediaires / Roses intermédiaires — Product of Colombia / Produit de la Colombie

12.99 ea. — Product of Colombia / Produit de la Colombie

18.99 ea. — Lily / Lis — Product of Colombia / Produit de la Colombie — Lily or Mini Carnation / Lis ou mini œillet — Product of Colombia / Produit de la Colombie — Feuillets pétillés en gerbe — Product of Colombia / Produit de la Colombie

NEW

40.00 ea. — Spring Arrangement / Arrangement printanier — Product of Colombia / Produit de la Colombie — Bouquet Tea Time Bouquet — Product of Colombia / Produit de la Colombie

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 Tenderloin Tip Pack
Bœuf Tournedos à mijoter
15.44/kg
Tournedos à mijoter en emballage sous vide
Tournedos de bœuf
15.44/kg

Butcher's Choice Catalogue

12.88 /lb Butcher's Choice Carne Prime Rib Roast
Rôti de bœuf Carne Prime Butcher's Choice
12.88/kg
Rôti de côte de première qualité Carne Prime Butcher's Choice
Rôti de bœuf Carne Prime
12.88/kg

HOT BUY

9.99 /lb Beef Sizzle Kabob Mini Kebobs
10.99/kg
Brochettes de steaks à cuire préparées au marinade
Brochettes de bœuf
10.99/kg

STRONG LAKE

Frozen Frenched Lamb Rack
Carré d'agneau frais
Carré d'agneau frais-congelé
Carré d'agneau frais-congelé
21.99/kg
Carré d'agneau
21.99/kg

21.99 /lb

PRIMAL

5.99 /lb Whole Local Prairie Raised without Antibiotics Fresh Chicken Drumsticks
Pilons frais de poulet Prairie Maple Leaf élevé sans antibiotiques
13.21/kg

CUT BY OUR BUTCHER

BONELESS

5.99 /lb Boneless Pork Loin Chops Value Pack
Côtes de longe de porc désossées
Côtes de longe de porc désossées en emballage économique
13.21/kg

GROUND IN STORE DAILY

7.99 /lb Medium Ground Beef Value Pack
Bœuf haché
Bœuf haché moyen en emballage économique
17.60/kg

Boneless Pork Side Ribs
Côtes levées de porc
Côtes levées de porc
15.00/kg

4.99 /lb

Breakfast Favourites

LEGACY

4.99 /lb Legacy Rosemary Cured Pork Loin Roast
Rôti de longe de porc à la saumure au romarin
Rôti de longe de porc
15.00/kg

8.99 ea. Lowes Sliced Processed Bacon or Smoked Bacon Bacon tranché
Bacon de dos fumé ou bacon fumé tranché
Bacon tranché
Bacon tranché (1 - 375 g)

9.99 EA

12.99 ea. Maple Breakfast Sausages or Maple Breakfast Sausages Mini Saucisses déjeuner érable
Mini Saucisses déjeuner érable
Mini Saucisses déjeuner érable
(1 - 375 g)

1 kg

12.99 ea. Selection Bacon
Bacon Sélection

5.99 ea. Bacheart Country Bacon Bacon de campagne
Maple Cedar Chicken Bacon Bacon de poulet érable-cèdre
Bacon
Bacon de dinde fumé
Bacon de dinde fumé érable-cèdre
Bacon de poulet
Bacon de poulet
Dinde fumée
Dinde fumée
(1 - 375 g)

6.99 ea. Schneiders Breakfast Sandwiches Egg Bites
Sandwichs déjeuner aux œufs SCHNEIDERS
Sandwichs déjeuner aux œufs Schneiders
Sandwichs déjeuner aux œufs SCHNEIDERS
(1 - 375 g)

Organic

7.99 ea. Applewood Organic Bacon
Bacon biologique de pommier
(1 - 375 g)

Bacon

7.99 ea. Bacon Wrapped Maple Infused Breakfast Sausage Links
Saucisses à déjeuner bacon et sirop d'érable
Saucisses à déjeuner bacon et sirop d'érable
(1 - 375 g)

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

4.99 ea. Maple Breakfast Sausages
Saucisses à déjeuner érable
Saucisses à déjeuner Olympia
(1 - 400 G) (1 - 375 G)

4.99 ea. Maple Breakfast Sausages or Maple Breakfast Sausages
Saucisses de poulet Olympia
Saucisses de poulet Olympia
Saucisses à déjeuner au sirop d'érable
Saucisses à déjeuner au sirop d'érable
(1 - 400 G) (1 - 375 G)

CHICKEN BALLS

5.99 ea. Maple Chicken Balls
Boules de poulet
Boules de poulet érable
Boules de poulet
(1 - 400 G)

LAMPLY CHALET

9.99 ea. Lamply Chalet - Or Baked or Rotisserie Bacon Plus Maple Cheddar
Bacon Chalet - Or Rôti ou Rôtisserie Bacon Plus Cheddar érable
Bacon Chalet - Or Rôti ou Rôtisserie Bacon Plus Cheddar érable
(1 - 375 G)

Organic

Boneless Skinless Chicken Breast
Poitrine de poulet désossée sans peau
Poitrine de poulet désossée sans peau
(1 - 1 kg)

5.99 /lb

7.99 ea. Wing Bling Sriracha
Aile bling Sriracha
Aile bling Sriracha
(1 - 400 G)

Wing Bling Wing Bling Sriracha
Aile bling Sriracha
Aile bling Sriracha
(1 - 400 G)

JANE'S

8.99 ea. Jane's Wicked Wings Chicken Wings
Ailes de poulet Jane's Wicked Wings
Ailes de poulet Jane's Wicked Wings
(1 - 1 kg)

WEBER'S

13.99 ea. Webers Beef Burgers
Bœuf Webers
Burgers de bœuf Webers
(1 - 1 kg)

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. — Fresh Lobster Medallions
Medaillons de homard frais
Product of Canada

8.99 ea. — 125 Reward Points — Ocean Jewel Freshly Cooked Shrimp
Crevettes Bonne Journée fraîchement cuites
* Freshly Cooked
* Sweet, crisp bite

1.29 ea. — Limit 2 — Fresh Atlantic Cleaned Mackerel
Maquereau de l'Atlantique frais nettoyé

1.99 ea. — Fresh White Shrimp Skewers
Brochettes de crevettes blanches
Product of Ecuador

Clear Ocean Scallops
Pétoncles Clear Ocean
Product of Peru
Clear Ocean Mussels
Moules Clear Ocean
Product of Canada
SAVE $10.99 — BUY ONE GET ONE FREE

5.99 ea. — Cooked Alaskan Snacky Crabs
Crabes Alaskan Snacky cuits
Capacity/Poids: 454 g

7.99 ea. — Fresh Wild Pacific Salmon Fillets
Filets de saumon sauvage du Pacifique frais
Product of Canada

6.99 ea. — French Frozen Seafood Platter 454 g
Assortment de fruits de mer surgelés français 454 g

24.99 lb. — Clear Smoked Atlantic Cooked Salmon
Saumon de l'Atlantique fumé transparent cuit
Product of Canada

Irrésistible

8.99 ea. — Irrésistible Shrimp Appetizers
Bouchées de crevettes Irrésistible
Product of Canada
Mario d'Canaan Irrésistible Lobster Crocodiles
Crocodiles de homard Irrésistible
Product of Canada

8.99 ea. — Irrésistible Lobster Medallions
Medaillons de homard Irrésistible
Product of Canada

10.99 ea. — Irrésistible Pacific White Shrimp Ring
Anneau de crevettes blanches du Pacifique
Product of Canada
Irrésistible Pacific White Shrimp Ring
Anneau de crevettes blanches du Pacifique
Product of Canada

10.99 ea. — Irrésistible Lobster Bites
Bouchées de homard Irrésistible
Product of Canada

Deli Favourites

Irrésistible Artisan Pastrami Smoked Beef
Pastrami au bœuf salé fumé Irrésistible
Product of Canada

Irrésistible Artisan Smoked Corned Beef
Bœuf salé fumé Irrésistible
Product of Canada

YOUR CHOICE 3.99 /100 g

Irrésistible Artisan Angus Roast Beef
Rôti de bœuf Angus Irrésistible
Product of Canada

Irrésistible Artisan Roast Beef
Rôti de bœuf Irrésistible
Product of Canada

3.99 /100 g — Classic Antipasto Charcuterie
Charcuterie antipasto classique
Product of Canada
Antipasto Legacy Capicola
Capicola antipasto
Product of Canada

10.99 ea. — Baldersons Cheddar
Cheddar Baldersons
Product of Canada
Baldersons Cheddar
Cheddar Baldersons
Product of Canada

Maestro Cucina Antipasto Mix 454 g
Assortiment d'antipasto Maestro Cucina 454 g
Product of Canada
Maestro Cucina Deluxe Antipasto Mix 454 g
Assortiment d'antipasto Maestro Cucina de luxe 454 g
Product of Canada

6.99 ea.

Provolone
Provolone
Product of Canada
Provolone Cheese
Fromage provolone
Product of Canada

7.99 ea. — Grand Cheese
Fromage Grand Cheese
Fromage Grand Cheese en tranches 454 g
Product of Canada

Grand Cantinge Salami
Salami Grand Cantinge
Product of Canada
Irrésistible Artisan Pepperoni
Pepperoni Irrésistible Artisan
Product of Canada

7.99 ea.

CARVED — Frozen Medium Roast Beef
Rôti de bœuf moyen surgelé
Product of Canada

12.49 ea. — Clear Nylonite Boneless Ham Steak
Jambon désossé Clear Nylonite
Product of Canada
Clear Nylonite Boneless Ham Steak
Jambon désossé Clear Nylonite
Product of Canada

11.49 ea. — Spread Buffalo Blue
Tartinade Buffalo Blue
Product of Canada
Spread Buffalo Blue
Tartinade Buffalo Blue
Product of Canada

BUY MORE SAVE MORE 2 22.00 — Bocconcini Bocconcini
Bocconcini Bocconcini
Product of Canada
Bocconcini Bocconcini
Product of Canada

4.99 ea. — O'Cale Mix Fruit Bowl or Pitter Bowl
Bol de fruits O'Cale Mix ou bol avec pitons
Product of Canada
Ready to Eat Pitter Bowl
Bol avec pitons prêt à manger
Product of Canada

7.99 ea. — Salad of Lentils
Salade de lentilles
Product of Canada
Salad of Lentils
Salade de lentilles
Product of Canada

19.99 ea. — Rotisserie Chicken Mixed Meal
Repas mixte de poulet rôtissoire
Product of Canada
Special recipe by Jamie Kennedy
Recette spéciale de Jamie Kennedy
Product of Canada

FREE #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

Apple Treats

Limited-time Apple Pie Bar May 7-20

Inscriptable Pie Apple Cinnamon 1 kg

10.99 ea.

Every Inscriptable Pie purchased helps a child in need. Learn more at Inscriptable.com

Fresh Street Bakery Apple Fruit Bites 6 x 90 g

4.99 ea.

Fresh Street Bakery Apple Cinnamon Fruit Street Bakery 6 x 90 g

5.99 ea.

Fresh Street Bakery Blueberry Fruit Street Bakery 6 x 90 g

Fresh Street Bakery Blueberry Cinnamon Fruit Street Bakery 6 x 90 g

Fresh Street Bakery Cinnamon Fruit Street Bakery 6 x 90 g

Fresh Street Bakery Cinnamon Fruit Street Bakery 6 x 90 g

3.99 ea.

Fresh Street Bakery Cinnamon or Sourdough Breads 675 g

Fresh Fruit Street Bakery cinnamon or sourdough breads

A Sweet Celebration

Fresh Street Bakery Pumpkin Chip Cake 1.5 kg

22.99 ea.

Fresh Street Bakery Pumpkin Cheesecake 1.5 kg

12.99 ea.

Fresh Street Bakery Pumpkin Chip Cake or Pumpkin Cheesecake 1.5 kg

Wild Lightness Assorted Cake 1.5 kg

31.99 ea.

Fresh Street Bakery Pecan Pint Baked Cake 1.5 kg

Fresh Street Bakery Pecan Pie Baked Cake 1.5 kg

mix & match

6 ea.

14.00 ea.

Fresh Street Bakery Single Serve Desserts 6 x 90 g

Fresh Street Bakery Pumpkin Fruit Street Bakery 6 x 90 g

Fresh Street Bakery Pumpkin Fruit Street Bakery 6 x 90 g

6.99 ea.

Summer Impressions Cake 1.5 kg

Summer Impressions Chocolate Cake 1.5 kg

NEW

Bombolone Shop BOMBOLONI

Bombolone Shop Bomboloni 10 x 75 g

11.99 ea.

Bombolone Shop Bomboloni 10 x 75 g

Organic Bombolone Shop Bomboloni 10 x 75 g

3.99 ea.

Pure Canadian Maple Syrup 250 ml

3.99 ea.

Dempster's Low Tia Rosa Tortillas 10 x 340 g

Dempster's Low Tia Rosa Tortillas 10 x 340 g

Gluten-Free

Schär Gluten Free Bread 300 g

8.99 ea.

Udi's Gluten Free Whole Grain Bread 454 g

Udi's Gluten Free Bread 454 g

8.99 ea.

More Great Savings

Celsius or Sisu Big Energy Drinks 355 ml

2.99 ea.

Pringles Pop'd Stack Chips 160 g

3.49 ea.

Cinnamon Toast Crunch or Chicken Minis 300 g

NEW

PRIME Hydration Drink Variety Pack 6 x 355 ml

17.99 ea.

Prime Hydration Drink Variety Pack 6 x 355 ml

Nutrition Prime Hydration Antioxidant 6 x 355 ml

FIJI

9.99 ea.

FIJI Natural Artesian Water 6 x 1.5 L

Coors Edge Beer 12 x 355 ml

18.99 ea.

Coors Edge Beer 12 x 355 ml

Coors Edge Coors Light Alcoholic Beer 12 x 355 ml

9.99 ea.

Wine-Line Dry Sparkling Sauvignon Blanc

Wine-Line Dry Sparkling Sauvignon Blanc 750 ml

Wine-Line Dry Sparkling Sauvignon Blanc 750 ml

NEW

Cinnamon Toast Crunch Cinnamon Cookies

4.49 ea.

Cinnamon Toast Crunch Cinnamon Cookies 184 g

Bicycle Collection Bicycle Collection 52 x 104 g

MALAGA

18.99 ea.

Balzac's Coffee Capsules

Balzac's Coffee Capsules 10 x 5 g

Café Balzac Café Balzac 10 capsules 4 x 5 g

100% COLOMBIAN

21.99 ea.

Cinnamon Toast Crunch Cinnamon Cookies 184 g

Nescafé Gold Instant Coffee 100 g

9.99 ea.

Reese's Assorted Chocolate Bars

2.79 ea.

HERSHEY'S CHOCOLATE BAR 43 g

5.99 ea.

HERSHEY'S CHOCOLATE 36 x 34 g

HAPPY MOTHER'S DAY

20% OFF

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

Offer valid May 7 - 10

Indigo

H&M

Kobo

WAKE UP TO SAVINGS

1 kg

7.99 ea.

PEANUT BUTTER

7.99 ea.

CHICKEN LEGS

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

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.

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

Irresistible Yogurt Selection
500 g (CAD $1.99/kg)
NOW 5.99

Selection Cream Cheese
250 g - 375 g (CAD $2.67/kg - CAD $1.60/kg)
Fromage à la crème Selection
Sur étage ou à la crème Selection

Selection Jam
500 ml (CAD $0.99/100 ml)
Confiture Selection
500 ml (CAD $0.99/100 ml)
NOW 4.99

Selection Peanut Butter
750 g (CAD $0.67/100 g)
Beurre d'arachide Selection
750 g (CAD $0.67/100 g)
NOW 4.99

Irresistible Roasted Coffee
454 g (CAD $2.20/100 g)
Café torréfié Irrésistible
454 g (CAD $2.20/100 g)
NOW 10.99

Selection Sliced Cheese
Fromage tranché Selection
Fromage Selection sur un bâton
Cheese Stick Selection
NOW 4.99

Selection Sour Cream
Crème sure Selection
Crème sure Selection
NOW 2.99

Sparkling Water Selection
Eau pétillante Selection
Eau pétillante Selection
NOW 1.25

Selection Juice or Cocktails
Jus ou cocktails Selection
Jus ou cocktails Selection
NOW 2.99

Irresistible
Jus Irrésistible
Jus Irrésistible
NOW 3.99

Selection Drinks
Selection Boissons
Boissons Selection
NOW 2.99

Selection Sparkling Water
Eau pétillante Selection
Eau pétillante Selection
NOW 5.99

Selection Burrito Mix
Selection Mélange Tortilla
Mélange Tortilla Selection
NOW 3.49

Selection Chips
Selection Croustilles
Croustilles Selection
NOW 1.49

Selection Soft Drinks
Selection Boissons gazeuses
Boissons gazeuses Selection
NOW 1.49

Irresistible Sparkling Water
Eau pétillante Irrésistible
Eau pétillante Irrésistible
NOW 4.99

Selection Salsa
Selection Salsa
Salsa Selection
NOW 4.49

Irresistible Cookies
Irresistible Cookies
Biscuits Irrésistible
NOW 3.99

Irresistible Pizza
Irresistible Pizza
Pizza Irrésistible
NOW 3.99

Irresistible Ice Cream
Irresistible Ice Cream
Crème glacée Irrésistible
NOW 4.99

Selection Pudding
Selection Pudding
Pudding Selection
NOW 2.49

Irresistible Dessert Topping
Irresistible Dessert Topping
Garniture à dessert Irrésistible
NOW 4.99

Selection Pickles
Selection Cornichons
Cornichons Selection
NOW 3.99

Selection Rice
Selection Rice
Riz Selection
NOW 1.49

Selection Sauce
Selection Sauce
Sauce pour pâtes Selection
NOW 3.99

Selection Dressing
Selection Sauce Salade
Sauce Salade Selection
NOW 2.99

Selection Mayonnaise
Selection Mayonnaise
Mayonnaise Selection
NOW 5.99

Selection Corn
Selection Maïs
Maïs Selection
NOW 1.49

Irresistible Media Toast
Irresistible Media Toast
Rôties Irrésistible
NOW 2.99

Irresistible Pasta Sauce
Irresistible Pasta Sauce
Sauces Irrésistibles
NOW 2.99

Sandwich or Frozen Bags
Sandwich ou sacs congelés
Sac à sandwich ou congélation Selection
Sandwich Selection
NOW 2.99

Selection Vegetables Mixture
Selection Légumes à mélanger
Légumes à mélanger Selection
NOW 3.99

metro.ca

Vegetarian

Pasta Zanetti Rotelle or Fusilli 454 g
Barilla Pesto Classico 190 g
11.49 ea.

Daliya Masala Oats 500 g
9.99 ea.

Kraft Natural Peanut Butter 1.36 kg
14.99 ea.

Kikkoman Soy Sauce or Teriyaki Sauce 500 ml
8.99 ea.

Non-GMO

Thirsty Buddha Organic Coconut Water 330 ml
2.99 ea.

Shady Maple Farms Pure Maple Syrup 946 ml
13.99 ea.

Empty Organic Oregano 10 g
6.49

Empty Organic Lemon or Paprika 9 g
10.99

Gluten-Free

CoolKiwi Keto Bars 8 x 32 g
8.49 ea.

Walker's Shortbread Cookies 175 g
4.99 ea.

Tutti Frutti Bakery Soft Gourmet Biscuit 500 g
5.99 ea.

Schär Crackers 175 g, Crispettes 100 g, Soft 150 g
8.49 ea.

Betty Crocker GF Baking Mix 340 - 370 g, Chocolate Fudge GF Baking Mix 340 g
11.99 ea.

Mrs. Cavender's Marjoram Seasoned Croutons 142 g, Rosemary Mix, Crumbles 142 g
5.49 ea.

CLIF Bar Energy Bars 12 x 68 g, Kids Organic Bars 8 x 28 g
11.99 ea.

Health & Wellness

Jamieson Vitamins C or D 6.49 ea.

Jamieson Melatonin 10.99 ea.

Jamieson Vitamin B12 12.99 ea.

Jamieson Multi 17.49 ea.

Jamieson Zinc 13.99 ea.

Jamieson Omega-3 Select 18.99 ea.

19.99 ea.

Household Helpers

Selection Laundry Detergent 2.21 - 2.34 L, Detergent Selection 2.21 - 2.34 L, Pods 24 - 32 ea.
NOW 2.49

Selection Bleach or Disinfectant Spray 946 ml
NOW 3.99

Downy Scent Boosters 210 g, Refreshment Or Garden Bouquet 210 g
9.99 ea.

Selection Laundry Detergent 1.47 - 2.34 L, Detergent Selection 1.47 - 2.34 L, Pods 24 - 32 ea.
NOW 3.99

Selection Bathroom Tissue 12 - 18 ea., Paper Towel Selection 6 - 8 ea.
NOW 19.99

Selection Facial Tissue 90 ea., Puppies Handkerchief Selection 60 ea.
NOW 14.99

Selection Garbage Bags 40 - 50 ea.
NOW 5.99

Assorted Dog Treats 1 kg, Kitty Treat Selection 454 g, Selection Assortment 1 kg, Selection Assortment 454 g
NOW 6.99

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