VERSION A

metro

mmm

11.88 /lb
BONELESS RIMPLOIN STEAK
VALUE PACK
AA CHOICE BEEF
AA CHOICE BEEF
AA CHOICE BEEF

VERSION 1

metro

More freshness, more savings.

MMMAZING! days

Open Victoria Day

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

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

*Check metro.ca for your local store hours.

mmmAZING! days

9.99 /lb or ea.

SEAFOOD STUDIO CANADA FILLETS VALUE PACK
OCEAN PRIDE COOKED 41-50 OR RAW 26 - 30 SIZE SHRIMP

11.99 ea. or 2/$19

FRESH COOKED LOBSTERS
FRESH SCALLOP MEDALLIONS

FRESH CUBAN MADE MEAT FARM PORK SKEWERS

8.99 /lb

18.99 ea.

THE KEG PREMIUM BEEF BURGERS
PURE BEEF BBQ
BEYOND PLANT BASED BURGERS

4-DAY MEAL DEAL

MAY 14TH – MAY 17TH, 2026

YOUR CHOICE 11.99 ea.

X-LARGE

16" X LARGE SUPREME CRUST PIZZA
Pizza Pizza

1 KG

ACE RANCHER FRESH CHICKEN

15 PCS

FRESH CHICKEN WINGS
FLAVOUR OPTIONS OR SO CHICKEN BITES

PARTY CUT FRUIT SALAD 1.7 kg

CALIFORNIA ROLL VARIETY PACK
Ready to Eat Sushi

metro.ca

mmmazing! days

SHOP NOW

General Mills

2.99 ea. NATURE VALLEY CRUNCHY BARS OR WITH CHEWS FRUIT SNACK

1.25 ea. BUTTS PIZZA BITES 200-240g

4.99 ea. BUTTS PIZZA BITES 312-360g

4.49 ea. GENERAL MILLS CEREAL 285-345g

3.49 ea. PILLSBURY POPS OR PILLSBURY POPS FROSTED FROSTED FROSTED BACK 312-350g

BIMBO

3.99 ea. DEMPSTER'S WHOLE GRAIN WRAPS 340-360g

3.99 ea. DEMPSTER'S 12 GRAIN BUNS 340-360g

2.99 ea. DEMPSTER'S FROZEN MUFFINS 300-360g

4.99 ea. DEMPSTER'S 10" TORTILLAS 340-360g

4.99 ea. SUN MAID DICEDS SPECIAL CUT FRUIT 2 PACKS OF MIXT 300-360g

Summer Fresh

2.99 ea. SUMMER FRESH HUMMUS OR DIPS 227g-300g

3.99 ea. SUMMER FRESH TZATZIKI HUMMUS 227g-300g

4.29 ea. SUMMER FRESH POKE BOWLS 400-450g

3.99 ea. SUMMER FRESH SALSA OR PICO DE GALLO 375g-454g

9.99 ea. SUMMER FRESH SALADS 454-500g

MORE MMMAZING SAVINGS IN STORE AND ONLINE SHOP NOW

Open Victoria Day

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

MMMAZING! days

SHOP NOW

Coca-Cola

2 6.50 COCA-COLA OR CANADA DRY SOFT DRINKS

4.99 ea. COCA-COLA OR CANADA DRY SOFT DRINKS

fuze

FUZE OR PERFECTLY FUZE

7.49 ea.

24's POWERADE SPORTS DRINKS

20.99 ea.

SCORE WHEY PROTEIN OR VEGGIES

4.44 ea.

Jamieson

30% off JAMIESON VITAMIN C OR D

30% off JAMIESON VITAMIN B OR CALCIUM

30% off JAMIESON OMEGA OR PROBIOTICS

30% off JAMIESON MULTIVITAMINS

30% off JAMIESON MAGNESIUM OR ZINC

Unilever

HELLMANN'S OR CHIPOTLE

3.99 ea. HELLMANN'S OR CHIPOTLE

Knorr

1.99 ea. KNORR SIDEKICKS PASTA OR SAUCE

2.49 ea. KNORR CUPS

5.99 ea. DOVE DEODORANT BODY WASH OR HAIR CARE

6.49 ea. DOVE BAR SOAP

MORE MMMAZING SAVINGS IN-STORE AND ONLINE SHOP NOW

metro.ca

mmmazing! days

LIMITED TIME OFFER

FREE DELIVERY

Enjoy the Offer

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

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

add your moi rewards coupons

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

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

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

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

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

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moi ID account. Limit of one coupon redemption with a moi ID account, unless expressly stated otherwise in the terms of the offer.
*Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details. *Price may vary at select locations.*

metro.ca

SHOP FASTER WITH CART GENIUS

Discover your AI-powered product recommendations

Shop Now

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

FRESH

1.99 /lb — LARGE ORANGES, SELECT VARIETIES 2 kg

4.99 ea. — LEMONS 2 kg / LIMES 454 g

4.99 /lb — ASPARAGUS 1 kg / BROCCOLI 454 g

1.99 /lb — SWEET POTATOES 2.27 kg

PINT

4.99 ea. — BLUEBERRIES 340 g / RASPBERRIES 340 g / ORGANIC BLUEBERRIES 340 g

7.99 /lb — ASSORTED CHERRIES 454 g / ORGANIC CHERRIES 454 g

4.99 ea. 2.99 ea. — MINI CUCUMBERS 454 g / ORGANIC MINI CUCUMBERS 454 g

3.99 ea. — LITTLE POTATOES CO. 1.36 kg / LITTLE POTATOES CO. ORGANIC 1.36 kg

6.99 /lb — PINEAPPLES 1 kg

4 for 5.00 — LARGE KIWI 454 g

3.99 ea. — MAGINE COOKIES 300 g / ORGANIC COOKIES 300 g

3.49 ea. 50 cents — DOLE SUNRISE BLACK OR COLOMBIA PINEAPPLE 1 kg / DOLE SUNRISE PINEAPPLE 1 kg

2.69 /lb — LARGE RUBELLE PEARS 1.36 kg / ORGANIC BOSCOCK PEARS 1.36 kg

1.99 /lb — JUMBO PAPAYA 1.36 kg / ORGANIC PAPAYA 1.36 kg

5.99 ea. — VIDALIA YELLOW ONIONS 2.27 kg / ORGANIC YELLOW ONIONS 2.27 kg

3.99 ea. 50 cents — TUNISIAN PARTY CUCUMBERS 454 g / ORGANIC PARTY CUCUMBERS 454 g

NEW

6.99 ea. — HOME FOOD SALAD DRESSING 355 ml / ORGANIC SALAD DRESSING 355 ml

4.99 ea. — SOYABOY TOFU BURGERS 454 g / ORGANIC TOFU BURGERS 454 g

6.49 ea. 80 cents — HENRY'S SOFT DRINK 2 L / ORGANIC SOFT DRINK 2 L

5.99 ea. — WONDERFUL PISTACHIOS PURCHASE 454 g / ORGANIC PISTACHIOS 454 g

Organic

5.99 ea. — ORGANIC BOSCOCK APPLES 1.36 kg / ORGANIC GALA APPLES 1.36 kg

2.99 ea. — ORGANIC SPAGHETTI CUCUMBERS 454 g / ORGANIC CUCUMBERS 454 g

6.99 — ORGANIC CRANBERRIES 340 g / ORGANIC CRANBERRIES 340 g

6.99 ea. 80 cents — GREENWOOD ORGANIC SOFT DRINK 2 L / ORGANIC SOFT DRINK 2 L

Sliced & Diced

Available in the Metro app

14.99 ea. — VIETNAM SUMMER SALAD 454 g / MEXICAN SUMMER SALAD 454 g / BEIJING STIR-FRY SALAD 454 g / ORGANIC BERRY BOWL 454 g / ORGANIC SUMMER SALAD 454 g

Fresh Blooms

30.00 ea. — GARDEN BOUQUET 454 g / ORGANIC BOUQUET 454 g

22.99 ea. — POLAND SUNSHINE BOUQUET 4 Pk / ORGANIC BOUQUET 4 Pk

Gift Ready

14.99 ea. — ORCHID 2.5" POT / ORGANIC ORCHID 2.5" POT

19.99 ea. — KALANCHOE BAMBA 4 Pk / ORGANIC KALANCHOE 4 Pk

All Garden Centre locations are OPEN on Victoria Day

get gardening

metro gardens

NOW OPEN

MOROCCAN SAHARA COLOUR CHANGING LILY
21.99 ea.

plant pops of colour

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

QUART HIBISCUS OR DIPLADENIA
CHOICE OF COLOURS
9.99 ea.

spruce up your space

2 FOR
34.00 ea. 17.00 ea.

ANNUAL HANGING BASKETS
CHOICE OF COLOURS AND VARIETIES

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

Selection

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

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

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

make your patio perfect

MAJESTY PALM OR KIMBERLY QUEEN FERN
24.99 ea.

PATIO PLANTERS
ASSORTED SIZES, VARIETIES
STARTING AT
29.99 ea.

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

get 375 points*

value of $3

when you spend $35 or more at the garden centre

moi rewards

available in store or online from may 7 - 20

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

Our Butcher's Finest

GRAIN FED

19.99 /lb. WHOLE BEEF TENDERLOIN VAC PACK
AAA GRADE, CHOICE OR PRIME
2.5-3.5kg

CANADIAN ANGUS

14.99 /lb. PLATTERS BEEF GROUND
CHOICE GRADE OR PRIME GRADE
TOP OF STEAK OR LOIN STEAKS
1.5-2kg

12.99 /lb. FRESH GRADE FOR CUTS
OR KEYCUBES & TIPS OR MEDITERRANEAN
OR PRIME
1.5-2kg

6.99 /lb. CHOICE FOR TENDERLOIN
OR PRIME
1.5-2kg

PRE-PUT SEASONING

7.99 /lb. MAPLE LEAF PRIME
PORK TENDERLOINS OR BONELESS BUTTERFLY PORK BONELESS
0.5kg

3.99 /lb. MAPLE LEAF PRIME
PORK CENTRE LOIN BONELESS
0.5kg

HERITAGE BREED

9.99 /lb. BEEF GRILLE BEEF BACK RIBS
FROM HERITAGE BREED BEEF, CHOICE OR PRIME
2.5-3.5kg

GREAT FOR SMOKING

7.99 /lb. BEEF GRILLE
BEEF BRISKET WHOLE VAC PACK
FROM HERITAGE BREED BEEF, CHOICE OR PRIME
5-6kg

BBQ Favourites

3.99 ea. BUTTERBALL TURKEY FRANKS 454g

5.99 ea. MINDEROOTS SMOKED SAUSAGES
ALL VARIETIES
454g

12.99 ea. MARC ANGELO KABOBS
FROM BRAZIL
1kg

900 g

16.99 ea. SCHNEIDERS SMOKED SAUSAGES
ALL VARIETIES
900g

6.99 ea. MARC ANGELO BURGERS
FROM BRAZIL
1kg

Halal

10.99 ea. AL SAFA HALAL BEEF BURGERS
FROZEN, 454g
(10 x 113g PATTIES)

10.99 ea. BUTTERBALL TURKEY BURGERS
FROZEN, 454g

16.99 ea. MONTANA'S BEEF BURGERS
FROZEN, 908g
(10 x 113g PATTIES)

2.99 ea. SELECTION BURGERS
FROZEN, 454g
(10 x 113g PATTIES)

9.99 ea. APE SMART CHICKEN BURGERS
FROZEN, 454g

9.99 ea. INNOVOCEBO VEGGIE BURGERS
FROZEN, 454g

15.99 ea. SELECTION BEEF BURGERS
FROZEN, 1.36kg

I earn with moi rewards

MAPLE LEAF ULTIMATE BONELESS SKINLESS BREAST OR CHICKEN HALVES OR CHICKEN BURGERS OR CHICKEN SAUSAGES
5.99 ea. 60 moi rewards

NEW COAST FRESH CANADIAN PORK BACK RIBS
11.99 ea. 80 moi rewards

NELSON'S FROZEN BEEF BACK RIBS
12.99 ea. 125 moi rewards
Maximum of 2 ea.

MARC ANGELO LAMB SPECIAL KEYCUBES
22.99 ea. 125 moi rewards
Maximum of 2 ea.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

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

value of $3

add your offer

moi rewards

available in store or online from may 14 - 20

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

Seafood

18.99 lb. — FRESH MEDITERRANEAN SEA BASS FILLETS

15.99 ea. — SOME OCEAN PLANKED SALMON

4.99 ea. — 5 CAYS SOLO MEDIA SEASONING

7.99 ea. — LA BOUCANIERE STOCKFISH SAUMON

8.99 ea. — SOME NOISE SEAFOOD SAMPLER WITH SAUCE

7.99 ea. — WILD PINK SALMON FILLETS

5.99 ea. — NORWEGIAN TIGER WHITE SHRIMP

6.99 ea. — CHILEAN SEA BASS SMOKED

11.99 ea. — PURDUE PEUVREL FILLETS

12.99 ea. — SPRINGDALE SMOKED TROUT FILLETS

Irrésistible

3.99 ea. — IRRÉSISTIBLE BRUSCHETTA TOMATO SPREAD

10.99 ea. — IRRÉSISTIBLE ATLANTIC SMOKED SALMON

9.99 ea. — IRRÉSISTIBLE MARINATED MUSSELS

10.99 ea. — IRRÉSISTIBLE GARLIC & HERB SUN SHRIMP

Deli Favourites

2.49 /100 g — LAN GRANDE MORTADELLA

2.99 /100 g — LAN CAP EXTRA LEAN COOKED HAM

4.49 /100 g — CASTELLE REGULAR MONTREAL SMOKED MEAT

4.59 /100 g — LION PECORINO ROMANO CHEESE

5.00 ea. — MAXI LABEL SLICED DELI MEAT

7.99 ea. — CAPITAL & MONTREALAIS SLICED DELI MEAT

12.99 ea. — CAPITAL LION PORK & CHEESE

250 value of 2.5

5.49 /100 g — MONTREALAIS SLICED SAUSAGES

PERFECT FOR GRILLING

8.99 ea. — CHICKEN SAUSAGES

11.99 ea. — MAXI LABEL SLICED DELI MEAT

7.99 ea. — THE STELLA MOZZARELLA BALL

8.49 ea. — IRRÉSISTIBLE FIGHTING BULL CHORIZO

125 value of 1.2

6.99 ea. — PK SALAD SPRING MIX

13.00 ea. — FRESH 2 KG FRIENDS CHICKEN (WHOLE CHICKENS)

6.99 ea. — FRESH 2 KG CHICKEN (WHOLE CHICKEN MEDLEY)

16.00 ea. — FRESH 2 KG CHICKEN (FRIED CHICKEN)

metro.ca

metro FRESH 2 GO

SKIP

WHAT'S FOR DINNER?

PICK UP IN STORE OR FREE DELIVERY

on all orders of **$20 or more**

Skip the Dishes offers available at select stores only.

ORDER NOW

FRESH 2 GO PIZZA

1 un

SELECTED VARIETIES

SAVE UP TO $5

11.99 ea.

FLAVOURS OF
italy
1.99 /lb
LARGE ANJOU PEARS
2.99 /lb
ROMA ITALIAN TOMATOES
10.99 ea.
MASTRO
SALAMETTI
9.99 ea.
MOZZARELLA
50 COUNT
39.99 ea.
LANE SPIEDIS
SPIEDINI A L'AGNEAU
7.99 ea.
Irresistible
31.99 ea.
TIRAMISU CAKE
4.59 ea.
FRONT STREET
BAKERY
CIABATTA
BREAD
IL GRANTURCHESE
2.99 ea.
COLUSSI
CAFFÈ LATTE
3.49 ea.
PANKO
BREAD CRUMBS
CHAPELURE
2.49 ea.
UNICO
5.99 ea.
SAN MELLEGRINO
SPARKLING WATER

Front Street Bakery
Our Absolute Pleasure

FRONT STREET BAKERY BUN BREADS
4.49 ea.

FRONT STREET BAKERY BAGUETTE, ITALIAN BREAD, WHOLE WHEAT BREAD 750 g, 454 g, 454 g, 454 g
4.49 ea.

Buy 2 Get 2 Free Buy 1 Get 1 Free

FRONT STREET BAKERY KAISER ROLLS 6 pk, 12 pk, 12 pk, 12 pk
4.29 ea.

FRONT STREET BAKERY SUBMARINE, HOT DOG OR HAMBURGER ROLLS 6 pk, 8 pk, 8 pk, 8 pk
4.29 ea.

Spring Cakes

MANGO PASSION CAKE 1.4 kg
31.99 ea.

PEACHES & CREAM CAKE 1.4 kg
31.99 ea.

FRONT STREET BAKERY HALF CAKES 1.4 kg, 1.4 kg, 1.4 kg, 1.4 kg
16.99 ea.

FRONT STREET BAKERY 10" CAKES 1.4 kg, 1.4 kg, 1.4 kg, 1.4 kg
11.99 ea.

Buy 2 Get 2 Free

FRONT STREET BAKERY 4 pk, 6 pk, 6 pk, 6 pk
4.99 ea.

Irresistible
CHRISTOPHE'S FRUIT PITCH 1.4 kg, 1.4 kg, 1.4 kg, 1.4 kg
9.99 ea.

Auchan
SUPERFOODS CHOCOLATE 1.4 kg, 1.4 kg, 1.4 kg, 1.4 kg
10.99 ea.

SELECTION MINI CHOCOLATE BRIOCHES 1.4 kg, 1.4 kg, 1.4 kg, 1.4 kg
7.99 ea.

Sunset
O'SOLEMIO PIZZA CANCS, CHEESE, PEPPERONI, ROASTED OR SUPREME 340 g, 340 g, 340 g, 340 g
3.99 ea.

Furlani
FURLANI TOSCO GARLIC TOASTS, MINI GARLIC TOASTS OR GARLIC SHORTS 454 g, 454 g, 454 g, 454 g
4.99 ea.

50

Gluten-Free

BONIS TORTILLAS OR WRAPS 454 g, 454 g, 454 g, 454 g
6.99 ea.

O'SOLEMIO GLUTEN-FREE BUNS, HOT DOG OR ENGLISH MUFFINS 454 g, 454 g, 454 g, 454 g
5.99 ea.

More Great Savings

Barilla
BARILLA PASTA 454 g, 454 g, 454 g, 454 g
2.29 ea.

PRIME HYDRATION DRINK 500 ml
2.99 ea.

CRAFT NON-ALCOHOLIC BEER 473 ml, 473 ml, 473 ml, 473 ml
10.49 ea.

Let's Plant

Honeybrand
Save the Bees with Every Purchase

BUTTERNUT SQUASH HONEY 500 g, 500 g, 500 g, 500 g
8.99 ea.

FOR EVERY BURGER

IT'S HARD TO BE HEINZ

HEINZ 750 ml, 750 ml, 750 ml, 750 ml
6.99 ea.

HEINZ MAYONNAISE OR SAUCE 340 ml, 340 ml, 340 ml, 340 ml
3.99 ea.

MIRACLE WHIP DRESSING 750 ml, 750 ml, 750 ml, 750 ml
4.99 ea.

BULL'S EYE OR SWAN BBQ SAUCE 500 ml, 500 ml, 500 ml, 500 ml
4.49 ea.

KRAFT DRESSINGS 454 ml, 454 ml, 454 ml, 454 ml
4.19 ea.

Sunbeam
Thick & Juicy Hot Dogs or Sausages 454 g, 454 g, 454 g, 454 g
5.99 ea.

KRAFT SINGLES, EXTRA OR SHARPER SLICED CHEESE OR CHEESE SLICES 500 g, 500 g, 500 g, 500 g

PHILADELPHIA DIPS 227 g, 227 g, 227 g, 227 g
5.49 ea.

KRAFT PASTA SALAD 500 g, 500 g, 500 g, 500 g
2.99 ea.

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

4.99 ea. BURGER TOPPINGS TRAY 600 g

thrills on the GRILL

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

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

4.29 ea.

100% CANADIAN

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

COOL BREWS

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

2.79 ea. LAKER ICE 473 ml

4.49 ea. FLYING MONKEY 473 ml

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

4.29 ea. COLLECTIVE ARTS 473 ml

GRAB A CASE

18.49 ea. BUD LIGHT 6 x 473 ml

11.99 ea. OLD MILWAUKEE ICE 6 x 473 ml

29.99 ea. TWISTED TEA PARTY PACK

34.49 ea. COORS ORIGINAL 12 x 355 ml

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

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

Gluten-Free

FRIGIDAIRE PROTEIN BAR 50 g
2.69 ea.

CHICKAPEA PASTA 227 g
6.49 ea.

NATURE'S PATH FOOD 350 g
5.99 ea.

COOKWAY 140 g
6.99 ea.

Vegetarian

BEYOND BURRITO 454 g
5.99 ea.

SUN TROPICS CHICKPEA 227 g
3.99 ea.

6.99 ea.

7.49 ea.

Organic

5.99 ea.

7.49 ea.

5.49 ea.

6.49 ea.

16.49 ea.

5.99 ea.

4.49 ea.

Baby & Beauty

2.49 ea.

31.99 ea.

6.99 ea.

5.99 ea.

8.49 ea.

19.49 ea.

Household Helpers

12.99 ea.

4.99 ea.

4.99 ea.

3.99 ea.

4.99 ea.

12.99 ea.

10.99 ea.

15.99 ea.

Scan. Tap. Smile.

Earn extra Moi points‡ by using a linked RBC® Card.

+1 moi pt‡ on $2 spent

Min. purchase required.

avionrewards.com/moi

‡Terms and conditions apply. Minimum spend required.
For full program details, visit avionrewards.com/moi.

AVION REWARDS™ | moi rewards

New Lower Prices

4.59 ea. — FRESH STREET BAKERY CALIFORNIA OR SOURDOUGH BREAD 500 g

3.49 /100 g — BUY MORE SAVE MORE — PRECOOKED GRAND TRADITION CHICKEN CHOICE JUST OR INGREDIENTS 400-450 g / 100 g

2.99 /100 g — SELECTION CHUNKY WHOLE OR INGREDIENTS DOMESTIC 100 g / 100 g

12.99 ea. — JANNY SEAFOOD'S 454 g / 1 kg

6.99 ea. — KELLY'S TOPPINGS OR CHATELAIN SAUCES OR SEAL SAUCE 500 g / 500 ml

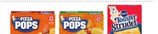
10.99 ea. — CHUBBY'S PEPPERJAM OR SO-JAM STICKS 250 g / 250 ml

13.99 ea. — 2 FOR — FRESH FRUIT OR VEGETABLE CAMPFIRES 500 g / 750 g

5.99 ea. — ACTIVIA YOGHURT OR SILK PROTEIN BEVERAGE 500 g / 946 ml

15.99 ea. — MAXWELL HOUSE OR NABOB COFFEE CAPSULES 30 - 40 ea. / 300 g

9.99 ea. — 725 ¢ — NUTELLA HAZELNUT CHOCOLATE SPREAD 1 kg



4.49 ea. — MAPLE TREE OR SUGAR SHACK SAUCE 500 g / 540 ml

3.49 ea. — PILLSBURY PIZZA POPS OR FROZEN STRAWS 300 - 350 g / 300 - 350 g

6.99 ea. — 80 — ESKA SPARKLING SPRING WATER 24 x 355 ml

5.99 ea. — SIMPLY REFRIGERATED JUICE 1.75 L

3.49 ea. — CHRISTIE CRACKERS 300 - 350 g / 300 - 350 g

3.99 ea. — LINDT'S PERFUMES OR GIFTS 100 - 175 ml / 100 - 175 ml

2.49 ea. — PRIMO PASTA 454 g / 454 g

2.99 ea. — LAY'S POUCH CHIPS OR SMARTFOOD POPCORN 200 - 235 g / 200 - 235 g

8.99 ea. — SPONGE PAPER TOWELS OR SCOTT 1000 FACIAL TISSUE 6 - 12 ea. / 1000 ea.

10.99 ea. — TIDE SIMPLY OXI BOOSTER, BOUNCE SOFTSHEETS OR DAWN 1.06 - 1.42 L / 1.06 - 1.42 L / 350 - 370 g

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 IS NOT FROZEN.
FOR THE PERIOD 31 AUGUST TO 27 SEPTEMBER 2022, UNLESS ELSE STATED.

Visit us at: metro.ca
Find your nearest Metro store at: metro.ca/stores
NEW STORE? Sign up for your Metro Card at metro.ca/newstore

Metro Card Rewards program
Metro Card Rewards program

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