

VERSION 3



CUT FROM
100%
CANADIAN AAA
GRADE BEEF

CUT BY
OUR
BUTCHER

9.99
/lb

RED GRILL TOP SIRLOIN STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE OR HIGHER
22.02/kg



2.99
/lb

FRESH CHICKEN DRUMSTICKS OR THIGHS
6.59/kg



NEW ZEALAND
SPRING LAMB
• 100% Grass fed
• Free range
• Raised without
antibiotics or
added hormones

5.99
/lb

FRESH LAMB SHOULDER CHOPS VALUE PACK
NEW ZEALAND SPRING LAMB
13.21/kg



3.99
ea.

FRESH CANADIAN ATLANTIC SALMON PORTIONS
SKINLESS, 113 g

moi rewards member price



1.99
ea.

SPECIAL PRICE
2.99
ea.
for non-members

Effective April

TH 16 | FR 17 | S 18

SEASONAL MIXED BOUQUET

ASSORTED COLOURS AND FLOWERS

15⁰⁰ ea.

PERFECT ADMIN DAY GIFT!



metro
CANADIAN AND PROUD



COSMIC CRISP

LARGE COSMIC CRISP APPLES
PRODUCT OF U.S.A.
EXTRA FANCY GRADE
4.39/kg

1⁹⁹ /lb



BLACKBERRIES 170 g
PRODUCT OF MEXICO
GOLDENBERRIES 200 g
PRODUCT OF COLOMBIA,
PERU OR ECUADOR

2⁴⁹ ea.



CASTELLO TICKLER CHEDDAR 13.31/lb
DANISH FONTAL 14.94/lb
DANISH BLUE CHEESE 12.22/lb
CATHEDRAL CITY CHEDDAR 13.04/lb
DELI CUT, PRICES AS MARKED

40% OFF



Foodland ONTARIO

CAULIFLOWER
PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE
MINI CUCUMBERS 397 g
PRODUCT OF ONTARIO, CANADA No. 1 GRADE

2⁹⁹ ea.



baked in my metro **m**

FRONT STREET BAKERY
SOURDOUGH OR CALABRESSE BREAD
500 g, SELECTED VARIETIES

3⁹⁹ ea.



CELERY PRODUCT OF FLORIDA, U.S.A., No. 1 GRADE
ICEBERG LETTUCE PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE
GREEN OR RED SWISS CHARD OR DANDELION GREENS
PRODUCT OF U.S.A. OR MEXICO

1⁹⁹ ea.



MAXWELL HOUSE OR
NABOB COFFEE CAPSULES 30 un. OR
MAXWELL HOUSE GROUND COFFEE
631 - 900 g, SELECTED VARIETIES

15⁹⁹ ea.



125 points
value of \$1

SILK BEVERAGE 1.75 - 1.89 L OR
OIKOS YOGOURT SELECTED SIZES
SELECTED VARIETIES

3⁴⁹ ea.



LACTANTIA PURFILTRÉ MILK,
KELLOGG'S OR
GENERAL MILLS CEREAL
SELECTED SIZES, SELECTED VARIETIES

5⁴⁹ ea.



MCCAIN FRIES OR
SMART ONES FROZEN ENTRÉES
SELECTED SIZES, SELECTED VARIETIES

1⁹⁹ ea.



CAMPBELL'S SOUP 284 ml OR
UNICO TUNA OR TOMATO PASTE
99 g, 156 ml
SELECTED VARIETIES

99¢ ea.



CRACKER BARREL
BARS OR SHREDDED
CHEESE
SELECTED SIZES
SELECTED VARIETIES

125 points
value of \$1

5⁹⁹ ea.



HUGGIES, PAMPERS
BABY DIAPERS OR
SIMILAC BABY MILK
SELECTED SIZES
SELECTED VARIETIES

29⁹⁹ ea.



MISS VICKIE'S CHIPS,
DORITOS OR CHEETOS SNACKS
SELECTED SIZES, SELECTED VARIETIES

3⁴⁹ ea.



CHRISTIE
COOKIES,
CRISPERS OR
BITS&BITES
SNACKS
SELECTED SIZES
SELECTED VARIETIES

125 points
value of \$1

2⁴⁴ ea.

Effective April

TH 16 | FR 17 | SA 18 | SU 19 | MO 20 | TU 21 | WE 22 | 2026

Irresistible

Shop these and more in-store or online

IRRESISTIBLE PASTA ENTRÉES
FROZEN, 1-1.13 kg
SELECTED VARIETIES

8.99
ea.



8.99
ea.

IRRESISTIBLE SHRIMP OR SEAFOOD APPETIZERS
FROZEN, 200 - 340 g
SELECTED VARIETIES



IRRESISTIBLE SLICED DELI MEAT
100 - 150 g
SELECTED VARIETIES

5.99
ea.



IRRESISTIBLE NEW YORK STYLE CHEESE CAKE
600 g, SELECTED VARIETIES

12.99
ea.



3.99
ea.



IRRESISTIBLE FROZEN PIZZA
340 - 390 g, SELECTED VARIETIES

6 PACK

IRRESISTIBLE SPARKLING SPRING WATER
6 X 1 L
SELECTED VARIETIES

4.99
ea.



metro.ca

this week's deals:

Only until April 22, 2026, in-store or online

add your moi rewards coupons



NOW 3.99 ea. SAVE UP TO \$2.50	6.49 ea. TASTIEZ SNACK SELECTED SIZES SELECTED VARIETIES
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NOW 3.49 ea. SAVE UP TO \$3.50	6.99 ea. BICK'S PICKLES 500 ml SELECTED VARIETIES
---	---



NOW 15.49 ea. SAVE UP TO \$5.50	20.99 ea. FRITO LAY CLASSIC MIX MEGA SIZE CHIPS 1.18 kg SELECTED VARIETIES
--	---



NOW 13.99 ea. SAVE UP TO \$3.50	17.49 ea. JAMIESON OMEGA-3 200 un SELECTED VARIETIES
--	--



NOW 2.99 ea. SAVE UP TO \$2	4.99 ea. ZIPLOC SANDWICH BAGS 30 - 50 un SELECTED VARIETIES
--	---



NOW 9.99 ea. SAVE UP TO \$3	12.99 ea. JANES ULTIMATES FISH FILLETS FROZEN, 450 - 540 g SELECTED VARIETIES
--	---



NOW 11.00 ea. SAVE UP TO \$2	13.00 ea. FRESH 2 GO PANINI SANDWICHES 4 un SELECTED VARIETIES
---	--

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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.



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

3.99 ea.

STRAWBERRIES 454 g
PRODUCT OF U.S.A. OR MEXICO, No. 1 GRADE

1.99 ea.

SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

3.99 /lb

LARGE RED, ORANGE OR YELLOW OR ALOHA SWEET PEPPERS
PRODUCT OF CANADA OR MEXICO
8.80/kg

2.49 /lb

TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
5.49/kg

1.99 ea.

LARGE RED OR HONEY ATOULFO MANGOES
PRODUCT OF MEXICO

4.99 ea.

5 PK AVOCADOS 5 PK
PRODUCT OF MEXICO OR PERU

6.99 /lb

FLAT BEANS
PRODUCT OF MOROCCO
15.41/kg

2.49 /lb

GREEN ZUCCHINI
PRODUCT OF MEXICO
5.49/kg

4.99 ea.

LEMONS 2 lb
PRODUCT OF U.S.A. OR SOUTH AFRICA

3.99 /lb

LARGE BLACK PLUMS
PRODUCT OF CHILE, No. 1 GRADE
8.80/kg

2.99 ea.

BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS
227 g, PRODUCT OF ONTARIO

3.99 ea.

SUNSET WILD WONDERS TOMATOES 283 g
PRODUCT OF CANADA OR MEXICO

3.99 /lb

STEM & LEAF CLEMENTINES
PRODUCT OF SPAIN
8.80/kg

4.99 /lb

COTTON CANDY GRAPES
PRODUCT OF CHILE, No. 1 GRADE
11.00/kg

2.49 ea.

BUNCH SPINACH
PRODUCT OF U.S.A. OR MEXICO

2.99 /lb

FRESH GINGER
PRODUCT OF PERU
6.59/kg

5.49 ea.

GUSTA VEGGIE SLICES 155 g
SELECTED VARIETIES

2.99 ea.

SUMMER FRESH DRESSINGS 340 ml
SELECTED VARIETIES

4.49 ea.

HAVEN LETTUCES 113 g
PRODUCT OF ONTARIO
SELECTED VARIETIES

3.99 ea.

RUSSET POTATOES 5 lb
PRODUCT OF CANADA
CANADA No. 1 GRADE

Organic

5.99 ea.

ORGANIC SWEET PEPPERS 2 PK
PRODUCT OF CANADA OR MEXICO

5.99 ea.

ORGANIC RED DELICIOUS APPLES 3 lb
PRODUCT OF ONTARIO
CANADA FANCY GRADE

5.49 ea.

ATTITUDE ORGANIC SALADS 142 g
PRODUCT OF U.S.A.
SELECTED VARIETIES

1.26 L

29.99 ea.

GREENHOUSE ORGANIC FIERY GINGER GINGER SHOTS 1.26 L

Sliced & Diced

14.99 ea.

FRESH VEGETABLE OR FRUIT CAROUSELS 955 g - 1.4 kg

5.99 ea.

CORED PINEAPPLES 600 g
FRUIT SENSATIONS 335 - 360 g

6.99 ea.

LARGE MIXED MELON OR WATERMELON CHUNKS 675 g

Fresh Blooms

39.99 ea.

PREMIUM HANDED ROSE BOUQUET
ASSORTED COLOURS AND FILLERS

19.99 ea.

DELIGHTFUL ORCHIDS
3.5" TALL CERAMIC POT
ASSORTED COLOURS

19.99 ea.

BIRDS OF PARADISE 5" POT

12.99 ea.

FRESH CUT TULIPS
12 STEM BUNCH
ASSORTED COLOURS

APRIL 22
ADMINISTRATIVE
PROFESSIONALS DAY

**FLOWER
 FEATURE
 OF THE MONTH**

FLOWER ARRANGEMENT
 IN A VASE OR POT
 ASSORTED COLOURS
 AND STYLES

STARTING AT
44⁹⁹
 ea.

*Just for you,
 for all you do!*

*Celebrate your awesome admin with
 our brilliant variety of florals –
 or create a personalized arrangement
 by our team of talented designers.*

PRESENTATION
 BOUQUETS
 ASSORTED COLOURS,
 FLOWERS AND STYLES

STARTING AT
39⁹⁹
 ea.

BLOOMING
 ASSORTED
 4" DAISY MUG
 1 un

12⁹⁹
 ea.



**DISCOVER
 NEW**

20⁰⁰
 ea.

CELEBRATION
 BOUQUET
 1 un



HYDRANGEA
 5" SPRING CUBE
 1 un

21⁹⁹
 ea.



ORCHID
 5" pot

SAVE \$2
24⁹⁹
 ea.

**DOUBLE
 SPIKE**



**DISCOVER
 NEW**

16⁹⁹
 ea.

LIVE TRENDS
 BRASS ROOTS
 1 un



MONEY TREE
 5" MONOSCAPE
 GLASS
 1 un

32⁹⁹
 ea.



Our Butcher's Finest



RED GRILL TOP SIRLOIN MEDALLIONS OR CLUB STEAK
CUT FROM CANADA AAA GRADE
26.43/kg

11⁹⁹ /lb

CUT FROM 100% CANADIAN AAA GRADE BEEF



LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK
PRODUCT OF NEW ZEALAND
44.07/kg

19⁹⁹ /lb

LIFE SMART NATURALIA
• Steaks aged for a minimum of 28 days
• Free range grass fed
• Raised without antibiotics
• Raised without added hormones

BONELESS



6⁹⁹ /lb

BONELESS PORK LOIN CHOPS VALUE PACK OR ROAST CENTRE CUT
15.41/kg

CUT BY OUR BUTCHER



4⁴⁹ /lb

PORK SHOULDER CHOPS VALUE PACK
9.90/kg



6⁹⁹ /lb

FRESH SPLIT CHICKEN WINGS
15.41/kg



4⁹⁹ /lb

LEAN GROUND PORK VALUE PACK
11.00/kg

GROUND IN-STORE DAILY

125 points value of \$1



5⁴⁴ /lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH WHOLE CHICKEN
11.99/kg

PRIME RAISED WITHOUT ANTIBIOTICS



10⁹⁹ ea.

LEAN GROUND LAMB NEW ZEALAND SPRING LAMB 454 g

NEW ZEALAND SPRING LAMB
• 100% Grass fed
• Free range
• Raised without antibiotics or added hormones



4⁹⁹ /lb

FLETCHER'S PORK COTTAGE ROLL SWEET PICKLED
11.00/kg



4⁹⁹ ea.

STRUB'S PICKLES 500 ml - 1L SELECTED VARIETIES

Strub's KOSHER PICKLES
NATURALLY FERMENTED
BARREL CURED
FERNETES EN BARIL
ALL INGREDIENTS FERMENTED
CORNICIONS KASHER
NO PRESERVATIVES
12 MONTHS OF CONSERVATION



8⁹⁹ ea.

MAPLE LEAF FULLY COOKED CHICKEN 250 g SELECTED VARIETIES



15⁹⁹ ea.

44TH STREET FULLY COOKED BEEF POT ROAST 575 g



8⁹⁹ ea.

MUSAFIR BURGERS, BITES OR NUGGETS FROZEN, 336 - 480 g, SELECTED VARIETIES

MUSAFIR
Butter Chicken Poulet au beurre
Masala Paneer Bites - Bouchées
NEW
Paneer Nuggets
Paneer Burgers



11⁹⁹ ea.

MAMA YOLANDA'S LASAGNA 1.22 kg FROZEN SELECTED VARIETIES

Mama Yolanda's
Gourmet Lasagne
Lasagne
Coulmet bolognaise
1.22 kg



14⁹⁹ ea.

MONTANA'S SWISS CHEESE & ONION BEEF BURGERS 906 g FROZEN

MONTANA'S
BBQ & BAR
BEEF BURGERS BŒUF
SWISS CHEESE AND ONION
FROZEN BURGER ET BOULANGER
1/2 LB
906 g

i earn with moi rewards



6⁹⁹ ea.

SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES 204 - 288 g, FROZEN SELECTED VARIETIES

60 points



8⁹⁹ ea.

MONTANA'S PULLED PORK OR CHICKEN & VEGETABLES IN SALSA 400 - 480 g

80 points



9⁹⁹ ea.

duBRETON ORGANIC PORK SAUSAGES SELECTED VARIETIES OR ORGANIC EXTRA LEAN GROUND PORK 400 - 454 g

80 points



14⁹⁹ ea.

MAPLE LEAF OR SCHNEIDERS SMOKED HAM 600 - 700 g SELECTED VARIETIES

125 points value of \$1



6⁹⁹ ea.

AL SAFA HALAL BREADED CHICKEN 500 - 600 g, FROZEN SELECTED VARIETIES

60 points



9⁹⁹ ea.

BEYOND CHICKEN PLANT-BASED BREADED TENDERS CHICKEN TENDERS OR STEAK STRIPS FROZEN, 226 g

80 points



9⁹⁹ ea.

MARC ANGELO PASTRY POPPERS 560 - 840 g, FROZEN

80 points

NEW



11⁹⁹ ea.

ST. HUBERT MOZZARELLA CHEESE STICKS 510 g, FROZEN

125 points value of \$1

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



Seafood

18⁹⁹ /lb
FRESH MEDITERRANEAN SEA BASS FILLETS
 4.19/100g

PAN FRY IN LESS THAN 10 MIN

18⁰⁰ ea.
BENTO SUSHI SUPREME FAMILY PACK
 475 - 594 g
 SELECTED VARIETIES

FAMILY PACK

4⁹⁹ ea.
7 SEAS SOLE WITH STUFFING
 PREVIOUSLY FROZEN, 210 g

8⁹⁹ /lb
STORE MADE SEAFOOD SALADS
 CREAMY, OIL & VINEGAR OR MANDARIN
 1.99/100g

made in my metro

19⁹⁹ ea.
WILDER PASTEURIZED CRAB MEAT
 454g

14⁹⁹ ea.
TRUE NORTH HOT SMOKED SALMON DUO
 284g

6⁹⁹ ea.
SILVER SIDE SMELTS
 FROZEN, 454g

8⁹⁹ ea.
OCEAN PRIME WHOLE CLEANED SQUID
 FROZEN, 454g

11⁹⁹ ea.
PUREPAC PICKEREL FILLETS
 FROZEN, 340g

7⁹⁹ ea.
HIGH LINER FAMILY PACKS
 500 - 700 g, FROZEN
 SELECTED VARIETIES

Irresistible

6⁹⁹ ea.
IRRESISTIBLE CRISPY CALAMARI
 FROZEN, 340g

7⁹⁹ ea.
IRRESISTIBLE SHRIMP PAD THAI
 FROZEN, 340g

7⁹⁹ ea.
IRRESISTIBLE ATLANTIC SALMON BURGERS
 FROZEN, 452g

10⁹⁹ ea.
IRRESISTIBLE MARYLAND STYLE CRAB CAKES
 FROZEN, 227g

Deli Favourites

2⁹⁹ /100g
MAPLE LODGE CHICKEN BREAST
 DELI SLICED OR SHAVED
 SELECTED VARIETIES, 13.56/lb

2⁹⁹ /100g
LAFLEUR EXTRA LEAN COOKED HAM
 DELI SLICED, 13.56/lb

3⁹⁹ /100g
IRRESISTIBLES ARTISAN TURKEY BREAST
 SELECTED VARIETIES
 DELI SLICED, 18.10/lb

7⁹⁹ ea.
CASTELLO SLICED DELI CHEESE
 145 - 175 g, SELECTED VARIETIES

5⁰⁰ ea.
GOLD LABEL SLICED DELI MEAT
 200 - 300 g
 SELECTED VARIETIES

6⁹⁹ ea.
PILLER'S PEPPERONI
 175 - 250 g
 SELECTED VARIETIES

8⁹⁹ ea.
MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDERS SLICED DELI MEAT
 150 - 175 g
 SELECTED VARIETIES

11⁹⁹ ea.
MASTRO CASALINGO, CALABRESE OR SOPRESSATA SALAMI
 300 - 375 g
 SELECTED VARIETIES

7⁹⁹ ea.
SABATINI QUICHE
 500 g
 SELECTED VARIETIES

125 points
 value of \$1

8⁹⁹ ea.
SWISS CHALET POT PIE
 620 g
 SELECTED VARIETIES

125 points
 value of \$1

20⁰⁰ ea.
FRESH 2 GO FAMILY MEALS
 800 g - 1.5 kg
 SELECTED VARIETIES

250 points
 value of \$2

BUY MORE SAVE MORE!
 SHOP THESE AND MORE IN-STORE OR ONLINE

3²⁹ /100g
BALDERSTON 2-YEAR AGED CHEDDAR
 DELI CUT, PRICES AS MARKED
 3.99/100g WHEN YOU BUY LESS THAN 500g

3⁴⁹ /100g
IRRESISTIBLES GRANA PADANO RISERVA CHEESE
 AGED 20 MONTHS
 DELI CUT, PRICES AS MARKED
 4.49/100g WHEN YOU BUY LESS THAN 500g

4⁵⁹ /100g
JARLSBERG CHEESE
 DELI CUT, PRICES AS MARKED
 5.39/100g WHEN YOU BUY LESS THAN 500g

4⁷⁹ /100g
L'EXTRA DOUBLE CRÈME BRIE
 DELI CUT, PRICES AS MARKED
 5.29/100g WHEN YOU BUY LESS THAN 500g

FRESH GUARANTEE metro **If you're not satisfied. We're not satisfied**

FLAVOURS OF

italy



RAPINI
PRODUCT OF U.S.A.

2.99
ea.



2.99
/lb

ORRI CLEMENTINES
PRODUCT OF ISRAEL
6.59/kg



MASTRO SALAMETTI OR
CHORIZO SALAMI
300 g
SELECTED VARIETIES

10.99
ea.

CASTELLO
PIAVE STRAVECCHIO
DELI CUT, PRICES AS MARKED, 22.63/lb

4.99
/100 g



7.99
/lb

LEAN GROUND BEEF/PORK/VEAL TRIO
17.61/kg

**2 LB
BAG**

IRRÉSISTIBLE
SEAFOOD MEDLEY MIX
RAW, 908 g, FROZEN

9.99
ea.



FRONT STREET BAKERY
BACIO HAZELNUT CAKE 1.3 kg

31.99
ea.

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



4.99
ea.

FRONT STREET BAKERY
TOSCANO BREAD 500 g



1.25
ea.

AURORA
BOUILLON CUBES
66 g
SELECTED VARIETIES



2.99
ea.

LOACKER WAFERS OR VICENZI COOKIES
125 - 175 g, SELECTED VARIETIES



9.99
ea.

BRIO SOFT DRINKS
12 X 355 ml



AURORA
GNOCCHI
500 g
SELECTED VARIETIES

1.49
ea.

Sweet Apple Treats



4.99 ea.
FRONT STREET BAKERY
APPLE FRUIT BITES
PKG OF 12, 240 g



5.99 ea.
FRONT STREET BAKERY
APPLE DANISH
PKG OF 4, 400 g



5.99 ea.
FRONT STREET BAKERY
APPLE TURNOVERS
PKG OF 4, 320 g



5.99 ea.
FRONT STREET BAKERY
APPLE CHEESE TWISTS
PKG OF 6, 420 g

Irresistible



9.99 ea.
IRRESISTIBLE
FRUIT PIE 750 g
SELECTED VARIETIES



10.99 ea.
IRRESISTIBLE
TRIFLE CAKES 500 g
SELECTED VARIETIES



6.49 ea.
IRRESISTIBLE
Brioche
MINI BUNS 480 g



4.99 ea.
IRRESISTIBLE
SQUARE CIABATTA BUNS
600 g



3.49 ea.
ITALIAN OR
FRENCH BREAD 450 g
SELECTED VARIETIES



3.99 ea.
FRONT STREET BAKERY
BAGUETTES 325 g
SELECTED VARIETIES



8.99 ea.
SELECTION
BROWNIES 608 g



5.99 ea.
SELECTION
SLICED LOAF CAKE
350-400 g
SELECTED VARIETIES



4.99 ea.
SUN-MAID
RAISIN BREAD 450 g
SELECTED VARIETIES



3.99 ea.
OAKRUN FARM
ENGLISH MUFFINS OR
CRUMPETS 284-340 g



4.49 ea.
DIMPFLMEIER
RYE BREAD 454 g
SELECTED VARIETIES



2.99 ea.
SANTOSH
NAAN BREAD 500 g
SELECTED VARIETIES

siggi's
skyr yogurt
high in protein made
with simple ingredients



4.49 ea.
SIGGI'S SKYR YOGURT
4 X 100 g
SELECTED VARIETIES

BITE INTO
**CANADA'S
FAVOURITE**
BREAKFAST

SAVE \$3
when you buy any
1 Dempster's Bagels or Bread
+
1 any Philadelphia Cream Cheese
Product (227 - 340 g) or Kraft
Peanut Butter Spread (750 g - 1 Kg)
EXPIRES: June 30, 2026
*See in-store for coupon.
Subject to availability. While supplies last.



6.99 ea.
KRAFT
PEANUT BUTTER
750 g - 1kg
SELECTED VARIETIES

*Includes Philadelphia Cream Cheese (227 - 340 g) and Kraft Peanut Butter (750 g - 1 Kg), Dempster's White and Whole Wheat Bread only. Excludes Dempster's Signature and Whole Grain bread.
†A 2024 breakfast survey of over 9000 Canadians found toast or bagel were the top choice for breakfast.

**TRY OUR CHIPS
AND ALL YOUR FRY FAVOURITES**



4.99 ea.
CAVENDISH FRIES
SELECTED SIZES
SELECTED VARIETIES



BUY A GENERAL MILLS PARTICIPATING
PRODUCT FOR A CHANCE TO
WIN
CANADA SOCCER MERCH
AND FREE GENERAL MILLS
PRODUCTS!
WITH RECEIPT UPLOAD ONLINE. OFFER ENDS JULY 31, 2026.
SEE PARTICIPATING PRODUCTS FOR DETAILS.



3.49 ea.
NATURE VALLEY
CHEWY BARS &
FRUIT ROLLUP
SELECTED SIZES
SELECTED VARIETIES



3.49 ea.
NATURE VALLEY
LUNCH BOX
SELECTED SIZES
SELECTED VARIETIES



5.49 ea.
GENERAL MILLS
CEREAL
310-725 g
SELECTED VARIETIES

BUY ANY 3
PARTICIPATING
GENERAL MILLS
PRODUCTS AND GET
400
moi
POINTS



4.49 ea.
OLD EL PASO
MEXICAN KITS OR SALSA
SELECTED SIZES
SELECTED VARIETIES



#1 MOST TRUSTED
by Canadians
2026
Granola Bar Brand



#1 MOST TRUSTED
by Canadians
2026
Mexican Food Products Brand



#1 MOST TRUSTED
by Canadians
2026
Protein Bar Brand

*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study. **Voted most trusted Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**



More Great Savings



6.49 ea.

OLYMPIC KREMA YOGURT
650 g
SELECTED VARIETIES



4.99 ea.

I CAN'T BELIEVE IT'S NOT BUTTER
SELECTED SIZES



4.49 ea.

TETLEY TEA
20 - 24 un., SELECTED VARIETIES

60 points



12.99 ea.

LAVAZZA GROUND COFFEE
340 g
SELECTED VARIETIES



2.99 ea.

FRUITSACTIONS APPLE SAUCE
PACK OF 6
SELECTED VARIETIES



4.49 ea.

GREEN GIANT FROZEN VEGETABLES
400 - 750 g
SELECTED VARIETIES



4.79 ea.

IRRÉSISTIBLE STUFFED OLIVES
375 ml
SELECTED VARIETIES



4.49 ea.

STRUB'S PICKLES 500 ml
SELECTED VARIETIES



4.99 ea.

FRANK'S REDHOT SAUCE
354 ml
SELECTED VARIETIES

60 points



6.99 ea.

BRIANNAS DRESSING
355 ml or
MAILLE DIJON MUSTARD
240 - 245 ml, SELECTED VARIETIES



6.79 ea.

ANCESTRAL APPLE CIDER VINEGAR 1L
SELECTED VARIETIES



4.99 ea.

MRS. DASH SEASONING 70 g
SELECTED VARIETIES



3.79 ea.

LECLERC TRADITION COOKIES
240 g, SELECTED VARIETIES
WHILE QUANTITIES LAST



7.99 ea.

ODD COOKIES 120 g
SELECTED VARIETIES



4.49 ea.

LA COCINA TORTILLA CHIPS
300 - 400 g
SELECTED VARIETIES



17.99 ea.

PRINGLES SNACK STACKS CHIPS
513 g, WHILE QUANTITIES LAST

55 points



1.79 ea.

EXCEL GUM EACH
SELECTED VARIETIES



6.49 ea.

MARS CHOCOLATES
155 - 170 g, SELECTED VARIETIES

80 points



3.49 ea.

AÉRAS WATER
750 ml, SELECTED VARIETIES



125 points
value of \$1

2.44 ea.

CRISPERS OR BITS & BITES SNACKS 145 g
SELECTED VARIETIES



3.19 ea.

NON-ALCOHOLIC SOBER CARPENTER BEER 473 ml or
CLEVER MOCKTAILS 355 ml
SELECTED VARIETIES



9.99 ea.

NEAR ZERO NON-ALCOHOLIC BEER
4 X 473 ml
SELECTED VARIETIES



19.49 ea.

RED BULL ENERGY DRINKS
8 X 250 ml
SELECTED VARIETIES



3.49 ea.

FOCUS FACTOR ENERGY DRINKS
355 ml
SELECTED VARIETIES



70 points

5.99 ea.

RED ROSE ORANGE PEKOE TEA
70 un.



1.69 ea.

SELECTION CANNED BEANS
398 ml
SELECTED VARIETIES



Dr. Oetker

PIZZAS for the whole family **TO ENJOY**

7.49 ea.

DR. OETKER SUPREMA OR STUFFED CRUST PIZZA
SELECTED SIZES
SELECTED VARIETIES



1.99 ea.

OCEAN'S TUNA
170 g
SELECTED VARIETIES



5.99 ea.

HEALTHY CHOICE FROZEN MEAL
SELECTED SIZES
SELECTED VARIETIES



6.99 ea.

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA
SELECTED SIZES, SELECTED VARIETIES



7.49 ea.

DR. OETKER EASY PIZZI
SELECTED SIZES
SELECTED VARIETIES

Plant-Based PLANT-BASED

HELLMANN'S MAYONNAISE
340 ml
SELECTED VARIETIES



5⁴⁹
ea.

BABYBEL VÉGÉTAL PLANT-BASED
SAUS FROMENT/LAITAGES ONLY FREE



5⁹⁹
ea.

BABYBEL CHEESE 100g
SELECTED VARIETIES

GREEN BOWL SIDE DISH 250g
SELECTED VARIETIES



5⁴⁹
ea.

GLUTINO PRETZELS 400g
SELECTED VARIETIES



8⁹⁹
ea.

KELLOGG'S KASHI CEREAL
349-501g
SELECTED VARIETIES



5⁹⁹
ea.

KASHI GOACTIVE
OVER 25% MORE FOOD



10⁴⁹
ea.

CAULIPOWER PIZZA CRUSTS
312-336g
SELECTED VARIETIES



10⁴⁹
ea.

GARDEIN FROZEN MEALS
397-425g
SELECTED VARIETIES



10⁴⁹
ea.

Non-GMO NON-GMO

JORDANS GRANOLA CEREALS
325g
SELECTED VARIETIES



6⁹⁹
ea.

BARNEY BUTTER ALMOND BUTTER 284g
SELECTED VARIETIES



8⁹⁹
ea.

SILK BEVERAGES
946 ml
SELECTED VARIETIES



2⁹⁹
ea.

PACIFIC FOODS SOUP 1L
SELECTED VARIETIES



8⁴⁹
ea.

A2 MILK 2L
SELECTED VARIETIES



8⁴⁹
ea.

HALO TOP FROZEN DESSERT 473 ml
SELECTED VARIETIES



7⁹⁹
ea.

49th PARALLEL COFFEE ROASTERS
Exceptional Specialty Coffee
Small Batch Roasted in Canada. Direct Trade.



49th PARALLEL COFFEE BEANS 340g
SELECTED VARIETIES

18⁹⁹
ea.

Baby & Beauty

GERBER BABY PURÉE
92-162 ml
SELECTED VARIETIES



1⁹⁹
ea.

NESTLÉ CERELAC BABY CEREAL 400g
SELECTED VARIETIES



9⁹⁹
ea.

DOVE BABY WASH 384 ml
SELECTED VARIETIES



6⁴⁹
ea.

HUGGIES natural care
sensitive fragrance free
delicates extra soft



21⁴⁹
ea.

HUGGIES BABY WIPES 560-704 un.
SELECTED VARIETIES

EVERY MAN JACK DEODORANT 76-88g
SELECTED VARIETIES



90 points

7⁴⁹
ea.

TRESEMMÉ HAIR CARE 828 ml
SELECTED VARIETIES



90 points

7⁹⁹
ea.

POLIDENT DENTURE CLEANSER 125 ml



9⁴⁹
ea.

LISTERINE MOUTHWASH 1.5L
SELECTED VARIETIES



10⁹⁹
ea.

Household Helpers

ZIPLOC SANDWICH BAGS OR SELECTION PARCHMENT PAPER
SELECTED SIZES, SELECTED VARIETIES



4⁹⁹
ea.

LYSOL WIPES 75-84 un.
SELECTED VARIETIES



6⁹⁹
ea.

WOOLITE DETERGENT 1.8L
SELECTED VARIETIES



13⁹⁹
ea.

NATURE CLEAN CLEANERS 740 ml
SELECTED VARIETIES



4⁴⁹
ea.

BOTTLE MADE OF **100%** recovered coastal plastic

Doing our part to help keep coasts clean



6⁹⁹
ea.

WINDEX GLASS CLEANERS OR REFILLS 765-950 ml, SELECTED VARIETIES

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

Lotto **MAX** BELIEVE IT.

NOW GIVES YOU **MORE**



Must be 18+ years of age to play. Terms and Conditions apply. Play Smart.



TACO BELL®

BRING HOME THE BELL

SAUCY, CHEESY, CRUNCHY, SPICY

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3.99 ea. TACO BELL SEASONED SHELLS 137 g SELECTED VARIETIES



7.99 ea. TACO BELL SUPREME CRUNCHY OR CHEESY DOUBLE TACO KIT 401 - 642 g SELECTED VARIETIES



Winner Quick Meal Solutions category. Survey of 4,000 people by Kantar.



2.99 ea. TACO BELL SAUCES 207 ml SELECTED VARIETIES



5.49 ea. TACO BELL DIPS 425 - 445 g SELECTED VARIETIES



4.99 ea. TACO BELL CORE KITS 370 - 420 g SELECTED VARIETIES



4.99 ea. TACO BELL CREAMY SAUCES 354 ml SELECTED VARIETIES

TACO BELL SEASONING 28 g SELECTED VARIETIES

1.25 ea.

