



metro

More freshness, more savings.

mmmmAZING! days



**BONELESS
SKINLESS**

4⁸⁸
/lb

**FRESH BONELESS SKINLESS
CHICKEN BREAST VALUE PACK**
10.76/kg



**NEW ZEALAND
SPRING LAMB**

- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones

5⁹⁹
/lb

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



**FRESH PORK
TENDERLOIN
VALUE PACK**
8.80/kg

3⁹⁹
/lb



3⁹⁹
ea.

**FRESH ATLANTIC SALMON PORTIONS OR
STORE MADE SALMON SATAYS** 110 - 113 g



5⁸⁸
ea.

**JANES PUB STYLE BREADED
CHICKEN, WINGS OR FISH FILLETS**
FROZEN, 450 - 700 g, SELECTED VARIETIES



1⁹⁹
ea.

**BUDDIG
SHAVED DELI MEAT** 55 g



**SELECTION SPRING
WATER 24x500 ml
RUFFLES OR SUNCHIPS**
SELECTED SIZES, SELECTED VARIETIES

2⁹⁹
ea.

**+ 125
points
value of \$1**



**FLAVOUR BOMBS
TOMATOES** 341 g
PRODUCT OF ONTARIO
**GREEN OR MIXED LIVING
LETTUCES** 2 pk
PRODUCT OF ONTARIO

3⁹⁹
ea.



2⁴⁴
/lb

**LARGE RED, ORANGE OR
YELLOW SWEET PEPPERS**
PRODUCT OF ONTARIO
5.38/kg



4⁹⁹
ea.

**IRRESISTIBLES
MUFFINS OR MINI MUFFINS**
336 - 600 g, SELECTED VARIETIES



2⁹⁹
ea.

**MCCAIN FRIES, PIZZA POPS,
NUTRIGRAIN OR RICE KRISPIES**
SELECTED SIZES, SELECTED VARIETIES



6⁴⁹
ea.

**+ 125
points
value of \$1**



15⁹⁹
ea.

MAXWELL HOUSE COFFEE
SELECTED SIZES
SELECTED VARIETIES



29⁹⁹
ea.

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



PINT

2⁴⁹
ea.

BLUEBERRIES PINT
PRODUCT OF CANADA
CANADA No. 1 GRADE



NAVEL ORANGES 3 lb
PRODUCT OF SOUTH AFRICA OR EGYPT
LIMES 1 lb
PRODUCT OF MEXICO

2⁹⁹
ea.



**LACTANTIA
MILK 2 L OR
CREAM 473 ml - 1 L**
SELECTED VARIETIES

3⁹⁹
ea.



6⁴⁹
ea.

OÏKOS YOGOURT TUBS
650 - 750 g, SELECTED VARIETIES



2²²
ea.

**CHRISTIE OR DARE
COOKIES OR CRACKERS**
SELECTED SIZES, SELECTED VARIETIES



**UNICO
SUNFLOWER
OIL 3 L**
SELECTED VARIETIES

9⁹⁹
ea.



4⁹⁸
ea.

JAMIESON VITAMINS
SELECTED SIZES, SELECTED VARIETIES

Effective July 16 17 18 19 20 21 22 2026

Check metro.ca for your local store hours.

mmMAZING!

days

SHOP NOW

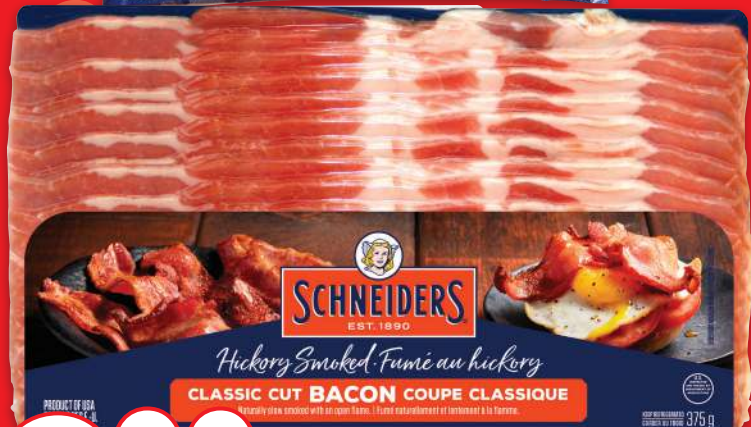


6⁹⁹
ea.

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

7⁹⁹
ea.

SCHNEIDERS
PEPPERETTES
250 - 375 g, SELECTED VARIETIES



6⁹⁹
ea.

MAPLE LEAF OR SCHNEIDERS BACON
375 g OR
SCHNEIDERS SMOKED SAUSAGE OR JUICY JUMBOS
375 - 450 g, SELECTED VARIETIES



6⁹⁹
ea.

MAPLE LEAF
READY CRISP BACON
PIECES OR SLICES, 65 - 100 g OR
SMOKED CHICKEN SAUSAGES
300 g
SELECTED VARIETIES



8⁹⁹
ea.

TRE STELLE FETA
375 g, SELECTED VARIETIES



6⁹⁹
ea.

TRE STELLE BOCCONCINI
200 g, SELECTED VARIETIES



10⁹⁹
ea.

TRE STELLE
MASCARPONE
CHEESE 475 g



3⁴⁹
ea.

CELEBRATION
COOKIES
200 - 240 g
SELECTED VARIETIES



3⁹⁹
ea.

CELEBRATION
FINGERS OR WAFERS
240 g
SELECTED VARIETIES



2⁴⁹
ea.

GO PURE
BARS
140 - 160 g
SELECTED VARIETIES



iöGO MULTI
16 X 100 g OR
SIGGI'S SKYR YOGURT
650 - 750 g
SELECTED VARIETIES

6⁹⁹
ea.



3⁴⁹
ea.

LACTANTIA MARGARINE,
CREAM CHEESE OR
CRACKER BARREL
CHEESE SPREAD
200 - 427 g, SELECTED VARIETIES



3⁴⁹
ea.

ASTRO YOGURT
TUBS OR BEATRICE
B-FIT MILKSHAKE
SELECTED SIZES
SELECTED VARIETIES



2⁴⁹
ea.

BEATRICE
CHOCOLATE
MILK 1 L



4⁹⁹
ea.

CRACKER BARREL
CHEESE SNACKS
168 g
SELECTED VARIETIES



MORE MMMAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW

mmMAZING!

days

SHOP NOW



GENERAL MILLS
FAMILY SIZE CEREAL
SELECTED SIZES

6⁹⁹
ea.



1⁴⁹
ea.

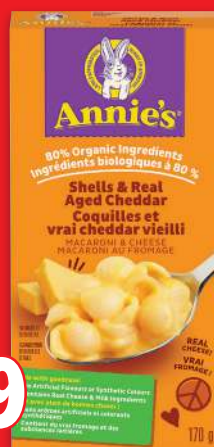
OLD EL PASO
SEASONING
24g
SELECTED VARIETIES

3⁴⁹
ea.

NATURE VALLEY
GRANOLA BARS
130 - 210g
SELECTED VARIETIES

ANNIE'S
PASTA MEALS
57 - 170g
SELECTED VARIETIES

2⁹⁹
ea.



2⁴⁹
ea.

BETTY CROCKER
SUPER MOIST
CAKE MIX
340-450g
SELECTED VARIETIES

eska



3⁹⁹
ea.

ESKA
NATURAL SPRING WATER
12 X 500 mL

3⁹⁹
ea.

ESKA
NATURAL SPRING WATER
15 X 330 mL

7⁴⁹
ea.

ESKA
SPARKLING SPRING WATER
10 X 355 mL
SELECTED VARIETIES



1⁴⁹
ea.

ESKA
SPARKLING SPRING WATER
1L, SELECTED VARIETIES



5⁹⁹
ea.

ESKA
NATURAL SPRING WATER
24 X 500 mL



SWIFFER DUSTERS OR MOPS
SELECTED SIZES
SELECTED VARIETIES

15⁹⁹
ea.



11⁹⁹
ea.

TAMPAX OR ALWAYS
SANITARY NAPKINS
20 - 68 un., SELECTED VARIETIES

CHARMIN
BATHROOM TISSUE OR
BOUNTY PAPER TOWEL
3 - 8 un.,
SELECTED VARIETIES

7⁹⁹
ea.



HEAD & SHOULDERS
HAIR CARE,
OLD SPICE OR
OLAY BODY CARE
SELECTED SIZES
SELECTED VARIETIES

6⁹⁹
ea.



6⁹⁹
ea.

CREST ORAL CARE
SELECTED SIZES
SELECTED VARIETIES

MORE MMMAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW

this week's deals:

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

add your moi rewards coupons



NOW
3⁹⁹
ea.
SAVE UP TO
\$1.50

~~5⁴⁹~~
ea.
QUAKER
INSTANT OATMEAL
240 - 344 g
SELECTED VARIETIES



NOW
1⁹⁹
ea.
SAVE UP TO
\$1

~~2⁹⁹~~
ea.
NUTRI-GRAIN
CEREAL BARS
295 g
SELECTED VARIETIES



NOW
5⁴⁹
ea.
SAVE UP TO
\$1.00

~~6⁴⁹~~
ea.
OCEAN SPRAY
SPARKLING DRINK
6 x 340 ml
SELECTED VARIETIES



NOW
7⁴⁹
ea.
SAVE UP TO
\$1

~~8⁴⁹~~
ea.
RUSTICA DETROIT STYLE
OR STUFFED PIZZA
SELECTED SIZES
SELECTED VARIETIES



NOW
8⁴⁹
ea.
SAVE UP TO
\$2

~~10⁴⁹~~
ea.
OGX
HAIR CARE
384 - 385 ml
SELECTED VARIETIES



NOW
8⁹⁹
ea.
SAVE UP TO
\$3

~~11⁹⁹~~
ea.
GERBERA PLANTS
6" POT
ASSORTED COLOURS

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.



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



7⁹⁹
ea.

YELLOW PLUMS
BASKET 1.5 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



1⁹⁹
/lb

**GREEN OR YELLOW
ZUCCHINI SQUASH**
PRODUCT OF ONTARIO
4.39/kg



5⁹⁹
ea.

LOCAL CHERRIES 454 g
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



3⁴⁹
/lb

**GREEN OR
YELLOW BEANS**
PRODUCT OF ONTARIO
7.69/kg



4⁹⁹
ea.

GOOD LEAF MIX 113 g
SELECTED VARIETIES
PRODUCT OF ONTARIO



4⁷⁹
ea.

**PORTABELLA
MUSHROOMS**
170 g
PRODUCT OF ONTARIO



6⁹⁹
ea.

**FRESH DILL
PICKLING CUKES** 3 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



2⁴⁹
ea.

BROCCOLI CROWNS
PRODUCT OF CANADA



3⁹⁹
ea.

**THE LITTLE POTATO
COMPANY POTATOES**
454 g
PRODUCT OF CANADA



4⁹⁹
ea.

**LARGE
CAULIFLOWER**
PRODUCT OF CANADA
CANADA No. 1 GRADE



5⁹⁹
ea.

CLEMENTINES
2 lb BAG, PRODUCT OF
SOUTH AFRICA OR PERU



6⁹⁹
/lb

COLOSSAL CHERRIES
PRODUCT OF U.S.A.,
No. 1 GRADE
15.41/kg



3⁹⁹
/lb

**CANDY HEART
GRAPES**
PRODUCT OF U.S.A.
No. 1 GRADE
8.80/kg



4⁹⁹
ea.

STRAWBERRIES
454 g, PRODUCT OF U.S.A.



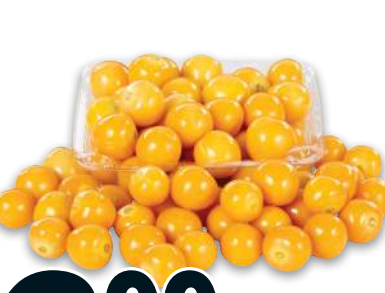
4⁹⁹
/lb

TREE RIPE PEACHES
PRODUCT OF U.S.A.
No. 1 GRADE
**TREE RIPE
NECTARINES**
PRODUCT OF U.S.A.
11.00/kg



2⁹⁹
ea.

**MATCHSTIX
CARROTS** 284 g
PRODUCT OF U.S.A.



3⁹⁹
ea.

GOLDENBERRIES
200 g, PRODUCT OF
COLOMBIA, ECUADOR OR PERU



6⁴⁹
ea.

**WELL POWER
GREEN JUICE**
333 ml



19⁹⁹
ea.

**IRRESISTIBLE
WHOLE NATURAL
ALMONDS** 1kg
**WALNUT
HALVES & PIECES**
750 g



5⁹⁹
ea.

HENRY'S TEMPEH
200 - 250 g
SELECTED VARIETIES

Organic



4⁹⁹
ea.

BLUEBERRIES 170 g
PRODUCT OF CANADA
CANADA No. 1 GRADE



5⁹⁹
/lb

**RED OR GREEN
SEEDLESS GRAPES**
PRODUCT OF U.S.A., No. 1 GRADE
13.21/kg



6⁹⁹
ea.

**MINI ORGANIC
WATERMELON**
PRODUCT OF U.S.A.



5⁴⁹
ea.

ORGANIC BROCCOLI
PRODUCT OF CANADA OR U.S.A.

Sliced & Diced



10⁹⁹
ea.

LARGE SALADS
466 - 692 g



4⁹⁹
ea.

**BURGER TOPPINGS
TRAY** 480 g



**2 for
25⁰⁰**
or 14.99 ea.

CAROUSELS 955 g - 1.4 kg, **BERRY KIW** 780 g,
CHICKEN CAESAR 606 g, **VEG GRILLERS** 800 - 900 g, **NACHO TRAY** 800 g

Fresh Blooms



SAVE \$5.00
20⁰⁰
ea.

DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS



**2 for
30⁰⁰**
or 15.99 ea.



**LONG
LASTING**
29⁹⁹
ea.

**MONEY TREE
MONOSCAPE**



SAVE \$7.00
19⁹⁹
ea.

**ROSEBUSH
PATIO PLANTER**
ASSORTED COLOURS
AND VARIETIES



FLAVOURS OF CARIBANA



A FESTIVAL THAT CELEBRATES CARIBBEAN CULTURE

GRACE, CASABLANCA, CHAOKOH OR COOL RUNNINGS COCONUT WATER, CASABLANCA, GRACE COCONUT MILK OR GRACE OR COOL RUNNINGS SOFT DRINKS
310 - 520 ml
SELECTED VARIETIES

1.25
ea.



1.99
ea.

COCONUT
PRODUCT OF THE
DOMINICAN REPUBLIC



1.99
/lb

JUMBO PAPAYA
PRODUCT OF MEXICO
OR GUATEMALA
4.39 /kg



11.99
ea.

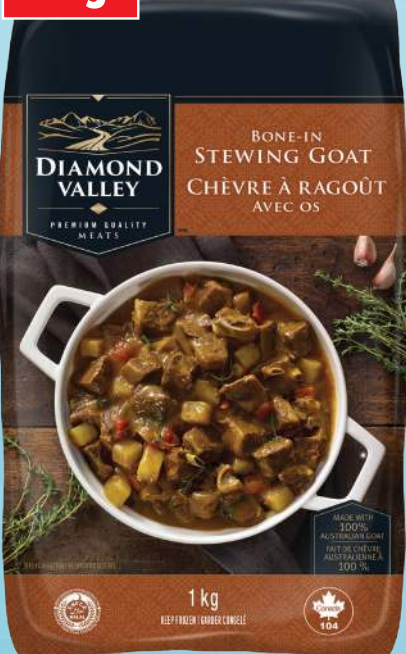
DAINTY ISLAND
PARBOILED RICE
7 kg
SELECTED VARIETIES



2.49
ea.

CARNATION MILK
354 ml
SELECTED VARIETIES

1 kg



17.99
ea.

DIAMOND VALLEY
BONE-IN STEWING GOAT
FROZEN, 1 kg



13.99
ea.



11.99
ea.

FRONT STREET BAKERY
MINI MANGO CAKE
250 - 440 g
SELECTED VARIETIES

SAPORITO VEGETABLE OR CANOLA OIL
3 L
SELECTED VARIETIES

10.99
ea.



GRACE HOT PEPPER SAUCE, LIMA BEANS OR PIGEON PEAS
170 - 540 ml
SELECTED VARIETIES

2.49
ea.



HEREFORD CORNED BEEF OR SPAM LUNCHEON MEAT
340 g
SELECTED VARIETIES

4.49
ea.



GRACE PEANUT PUNCH OR PLANTAIN CHIPS
250 ml, 85 g
SELECTED VARIETIES

1.33
ea.



GRACE TROPICAL RHYTHM OR OKF ALOE DRINKS
473 - 500 ml
SELECTED VARIETIES

2.29
ea.



GREAT GENTLEMAN NON-ALCOHOLIC GINGER BEER
6 x 250 ml
SELECTED VARIETIES

7.99
ea.



JARRITOS SOFT DRINKS
370 ml
SELECTED VARIETIES

1.67
ea.



EXCELSIOR CRACKERS, GRACE OR MEKONG COFFEE WHITENER, GRACE COCONUT CREAM OR KRAS WAFERS
141 - 300 g, 297 - 300 ml
SELECTED VARIETIES

1.99
ea.



OVALTINE DRINK MIX
400 g
SELECTED VARIETIES

7.49
ea.



4.49
ea.

GRACE OR COOL RUNNINGS SAUCE OR SEASONING
284 g, 350 - 465 ml
SELECTED VARIETIES



1.79
ea.

MUNCIEE COOKIES OR VITAMALT DRINKS
170 - 200 g, 330 ml
SELECTED VARIETIES



2.49
ea.

HOLIDAY LUNCHEON MEAT OR MAPLE LEAF FLAKES
156 - 340 g
SELECTED VARIETIES



9.99
ea.

GRACE VIRGIN COCONUT OIL
500 ml
SELECTED VARIETIES

Item availability varies by store.

Our Butcher's Finest

PLATINUM GRILL ANGUS T-BONE STEAK
CUT FROM CANADA AAA GRADE
41.87/kg

18⁹⁹
/lb

CUT FROM 100% CANADIAN ANGUS AAA GRADE BEEF

PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE
26.43/kg

11⁹⁹
/lb

made in my metro m_c

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

12⁹⁹
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
NEW ZEALAND SPRING LAMB
28.64/kg

PRIME RAISED WITHOUT antibiotics

7⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH SPLIT CHICKEN WINGS
17.61/kg

9⁹⁹
/lb

FRESH STORE MADE MEAT KABOBS
SELECTED VARIETIES
22.02/kg

3⁹⁹
/lb

FRESH CHICKEN DRUMSTICKS OR THIGHS
8.80/kg

CUT BY OUR BUTCHER

3⁹⁹
/lb

PORK SHOULDER BLADE CHOPS VALUE PACK
8.80/kg

5⁹⁹
/lb

BONELESS PORK SIRLOIN CHOPS VALUE PACK
13.21/kg

BUTTERBALL
Traditional TURKEY FRANKS
GLUTEN FREE
NO MSG
LACTOSE FREE
NO MSG
GOOD SOURCE OF PROTEIN
BONNE SOURCE DE PROTÉINES
450 g

3⁹⁹
ea.

BUTTERBALL TURKEY FRANKS 450 g

Watson Ridge
CLASSIC RECIPE
CHICKEN BALLS
Fully cooked, succulent and breaded cutlets. Made with white meat.
NET WT. 800 g

5⁹⁹
ea.

WATSON RIDGE CHICKEN BALLS
FROZEN, 800 g

Real. Simple. Vrai. Simple.
MAPLE LEAF
Natural Chicken Poulet naturel
Slow Roasted Shredded Chicken
Poulet effiloché (au four)
250 g

7⁹⁹
ea.

MAPLE LEAF FULLY COOKED CHICKEN 250 g
SELECTED VARIETIES

Plant-Based

IMPOSSIBLE
BURGER PATTIES
GALETTES DE BURGER
226-340 g, FROZEN

7⁹⁹
ea.

IMPOSSIBLE PLANT-BASED BURGERS, GROUND OR NUGGETS
226 - 340 g, FROZEN

Irresistibles ARTISAN

6⁹⁹
/lb

IRRESISTIBLES ARTISAN HALF MOON SMOKED HAM
15.41/kg

MARC ANGELO
FULLY COOKED CHICKEN BURGERS DE POULET
ENTIEREMENT CUITES
PEACH HABANERO PÊCHE
450 g

6⁹⁹
ea.

MARC ANGELO CHICKEN BURGERS 450 g
SELECTED VARIETIES

BUTTERBALL
RAISED WITHOUT antibiotics
LEAN LUNC COOKED
Turkey Burgers
original seasoned
NET WT 852 g

10⁹⁹
ea.

BUTTERBALL TURKEY BURGERS
FROZEN, 852 g

SWISS CHALET
SINCE - DEPUIS 1954
CHICKEN POULET
POT PIE - PÂTÉ
NET WT 650-800 g

11⁹⁹
ea.

SWISS CHALET, ST-HUBERT OR MONTANA'S MEAT PIES
FROZEN, 650 - 800 g
SELECTED VARIETIES

Organic

duBRETON
ORGANIC BACON
250 g

8⁹⁹
ea.

duBRETON ORGANIC BACON 250 g

duBRETON
ORGANIC PORK SAUSAGES
400 g
SELECTED VARIETIES

8⁹⁹
ea.

YORKSHIRE VALLEY FARM
ORGANIC
CHICKEN BREAST FILLETS
480 g

9⁹⁹
ea.

YORKSHIRE VALLEY FARMS ORGANIC EXTRA LEAN GROUND TURKEY 454 g

YORKSHIRE VALLEY FARM
ORGANIC
BREADED CHICKEN
454 - 678 g
SELECTED VARIETIES

14⁹⁹
ea.

Halal

AL SAFA
Beef Burgers
FROZEN, 800 g
SELECTED VARIETIES

10⁹⁹
ea.

AL SAFA HALAL BEEF BURGERS
FROZEN, 800 g
SELECTED VARIETIES

Zabiha Halal
CHICKEN STRIPS
800 g

9⁹⁹
ea.

ZABIHA HALAL BREADED CHICKEN
FROZEN, 700 - 800 g
SELECTED VARIETIES

Mina
Deluxe
Original
CHICKEN WIENERS
675 g

4⁹⁹
ea.

MINA CHICKEN WIENERS
675 g, SELECTED VARIETIES

Zabiha Halal
SPICY BUFFALO
CHICKEN WINGS
908 g

14⁹⁹
ea.

ZABIHA HALAL CHICKEN WINGS
FROZEN, 908 g, SELECTED VARIETIES

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



Seafood

WILD CAUGHT

9⁹⁹
/lb

WILD CAUGHT
PACIFIC COD FILLETS
FROZEN OR PREVIOUSLY FROZEN, 2.21/100 g

10⁹⁹
/lb

SEAFOOD BOIL
FROZEN, 2.42/100 g

INCLUDES
SNOW CRAB,
RAW SHRIMP,
LOBSTER CLAWS
AND CLAMS

5⁹⁹
ea.

FRESH
CANADIAN COVE
ORGANIC MUSSELS
2 lb, 907 g

6⁹⁹
ea.

FRESH ATLANTIC
SALMON PINWHEEL 170 g

8⁹⁹
ea.

STORE MADE SEAFOOD
SAMPLER WITH SAUCE
PREVIOUSLY FROZEN, 375 g

13⁹⁹
ea.

OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
FROZEN, 640 g

4⁹⁹
ea.

HIGH LINER
MARKET CUTS FILLETS
FROZEN, 227 g

5⁹⁹
ea.

DOM NORWEGIAN
COLD WATER SHRIMP
FROZEN, 200 g

6⁹⁹
ea.

CEDAR BAY
PLANKED SALMON
FROZEN, 141 g

10⁹⁹
ea.

NANUK
SMOKED COHO
SALMON
FROZEN, 140 g

Irresistible

6⁹⁹
ea.

IRRESISTIBLE
PAD THAI
FROZEN, 340 g

7⁹⁹
ea.

IRRESISTIBLE
ATLANTIC SALMON
BURGERS
FROZEN, 452 g

10⁹⁹
ea.

IRRESISTIBLE
GARLIC & HERB
RAW SHRIMP
FROZEN, 340 g

17⁹⁹
ea.

IRRESISTIBLE
ATLANTIC SALMON OR
YELLOWFIN
TUNA POKE
FROZEN, 400 g

400 g

Deli Favourites

3⁴⁹
/100 g

SAN DANIELE
PROSCIUTTO, MASTRO
GENOA SALAMI OR HAM
SELECTED VARIETIES
DELI SLICED OR SHAVED, 15.83/lb

2⁹⁹
/100 g

SELECTION
OLD FASHIONED HAM
COOKED OR SMOKED
DELI SLICED, 13.56/lb

5⁹⁹
/100 g

LE GRUYÈRE
SWISS CHEESE
DELI CUT
PRICES AS MARKED
27.17/lb

6⁴⁹
/100 g

ILCHESTER
APPLEWOOD
SMOKED CHEDDAR
DELI CUT
PRICES AS MARKED, 29.44/lb

5⁹⁹
ea.

PILLER'S
SAUSAGE OR SLICED DELI MEAT
125 - 250 g
SELECTED VARIETIES

7⁹⁹
ea.

SCHNEIDERS
PEPPERETTES
250 - 375 g
SELECTED VARIETIES

8⁹⁹
ea.

SIKORSKI SAUSAGES
325 - 375 g
SELECTED VARIETIES

12⁹⁹
ea.

LILYDALE SHAVED
TURKEY, CHICKEN
BREAST STRIPS OR
MASTRO SALAMI
2 X 150 g, 200 - 375 g
SELECTED VARIETIES

6⁴⁹
ea.

MOLINARO'S
PIZZA KIT 1 un.
SELECTED VARIETIES

3⁹⁹
ea.

IRRESISTIBLES
HUMMUS OR DIPS
200 - 227 g
SELECTED VARIETIES

29⁹⁹
ea.

FRESH 2 GO
SUMMER MEAL DEAL
INCLUDES: 16" STONE BAKED PIZZA,
CHICKEN TENDERS (12) OR BITES (20),
POTATO WEDGES, AND TWO DIPPING SAUCES

BUY MORE

SAVE MORE!

SHOP THESE AND MORE IN-STORE OR ONLINE

2 for
22⁰⁰

LESS THAN 2
PAY 14.99 EA.

BELLA CASARA
BURRATA CHEESE 250 g

3²⁹
/100 g

when you buy 400 g
or more

FRICO MILD GOUDA
DELI CUT, PRICES AS MARKED
3.79/100 g WHEN YOU BUY
LESS THAN 400 g

3²⁹
/100 g

when you buy 400 g
or more

PRÉSIDENT
FRENCH EMMENTAL
DELI CUT, PRICES AS MARKED
3.79/100 g WHEN YOU BUY
LESS THAN 400 g

4⁷⁹
/100 g

when you buy 400 g
or more

L'EXTRA
DOUBLE CRÈME BRIE
DELI CUT, PRICES AS MARKED
5.29/100 g WHEN YOU BUY
LESS THAN 400 g

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

FLAVOURS OF *italy*



2⁹⁹
/lb

MINI ITALIAN EGGPLANT
PRODUCT OF ONTARIO
6.59/kg



3⁹⁹
/lb

RED, BLACK OR PLUOT PLUMS
PRODUCT OF U.S.A., No. 1 GRADE
8.80/kg

**CUCINA
MINI ARANCINI**
FROZEN, 500 g
SELECTED VARIETIES

6⁹⁹
ea.



**IRRESISTIBLE
SEAFOOD MEDLEY**
RAW, 908 g, FROZEN

9⁹⁹
ea.



**ZERTO
MOZZARELLA** 250 g
SELECTED VARIETIES

9⁹⁹
ea.



3⁴⁹
/100 g

**MASTRO
GENOA SALAMI**
MILD OR HOT
DELI SLICED, 15.83/lb

TIRAMISU CAKE
1.1 kg

31⁹⁹
ea.



4²⁹
ea.

**FRONT STREET BAKERY
CALABRESE BUNS**
PKG OF 6, 690 g

UNICO MUFFULETTA
473 ml
SELECTED VARIETIES

4⁹⁹
ea.



9⁹⁹
ea.



BRIO SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES

**MOLISANA
ARBORIO RICE**
1 kg
SELECTED VARIETIES

4⁴⁹
ea.



**UNICO
HOT PEPPER
RINGS**
750 ml
SELECTED VARIETIES

2⁴⁹
ea.



Baked in my Metro



GREAT FOR SANDWICHES OR DIPPING

4⁵⁹ ea.

FRONT STREET BAKERY
RUSTIC CIABATTA BREAD 540 g



4⁴⁹ ea.

FRONT STREET BAKERY
HOMESTYLE BREAD
WHITE OR 100% WHOLE WHEAT
675 g, SELECTED VARIETIES

7⁴⁹ ea.

FRONT STREET BAKERY
CHEESE BREAD 675 g

FRONT STREET BAKERY
OUR ABSOLUTE FINEST™



7⁹⁹ ea.

FRONT STREET BAKERY
STRAWBERRY CUSTARD PIE 800 g

mix & match



4⁴⁹ ea.

FRONT STREET BAKERY
CAKE SLICES
SELECTED SIZES, SELECTED VARIETIES



22⁹⁹ ea.

FRONT STREET BAKERY
CHOCOLATE BOSTON CAKE WITH STRAWBERRIES 1250 g

11⁹⁹ ea.

FRONT STREET BAKERY
MINI DESSERT CAKES
250 - 440 g, SELECTED VARIETIES

Peach Treats



31⁹⁹ ea.

FRONT STREET BAKERY
PEACHES & CREAM CAKE 1280 g



9⁹⁹ ea.

IRRESISTIBLE
PEACH PIE 750 g



3⁴⁹ ea.

SELECTION
DESSERT SHELLS CAKE
142 g



6⁹⁹ ea.

SELECTION
SWISS ROLLS 400 g
SELECTED VARIETIES



2⁴⁹ ea.

DEMPSTER'S ENGLISH MUFFINS
PKG OF 6
SELECTED VARIETIES



3⁹⁹ ea.

NATURAL RYE BREAD
500 g



3⁹⁹ ea.

STONEFIRE PIZZA CRUST, FLAT BREAD, NAAN ROUND OR DIPPERS 200 - 460 g



4⁹⁹ ea.

LA FOURNÉE DORÉE HAMBURGER OR HOT DOG ROLLS
SELECTED SIZES
SELECTED VARIETIES

More Great Savings



2²² ea.

CRISPS OR BITS & BITES
SELECTED SIZES
SELECTED VARIETIES



2²² ea.

TRISCUIT OR WHEAT THINS
175 - 200 g
SELECTED VARIETIES



2⁹⁹ ea.

SNYDER'S PRETZELS
240 g
SELECTED VARIETIES



5⁹⁹ ea.

PRINGLES SNACK STACKS
12 x 19 g
SELECTED VARIETIES



2⁴⁹ ea.

SPARKLING ICE DRINKS 503 ml
SELECTED VARIETIES



4⁴⁹ ea.

MINUTE MAID TETRAS 8 - 10 x 200 ml
SELECTED VARIETIES



6⁴⁹ ea.

OCEAN SPRAY SPARKLING BEVERAGE
6 X 340 ml
SELECTED VARIETIES



6⁹⁹ ea.

McSWEENEY'S SNACK
70 - 150 g
SELECTED VARIETIES



3⁹⁹ ea.

HEINZ ZERO KETCHUP
375 ml, SELECTED VARIETIES



4⁹⁹ ea.

PHILADELPHIA DIPS
227 g
SELECTED VARIETIES



3⁹⁹ ea.

KRAFT BBQ SAUCE
455 ml
SELECTED VARIETIES



7⁴⁹ ea.

MIRACLE WHIP SPREAD
650 - 890 ml
SELECTED VARIETIES



3⁹⁹ ea.

KRAFT SALAD DRESSING
425 ml
SELECTED VARIETIES



7⁹⁹ ea.

MIO ICED TEA
540 g
SELECTED VARIETIES



2⁹⁹ ea.

KRAFT PASTA SALAD
200 g
SELECTED VARIETIES

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FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



Summer Sippers

Kick back and grab a cold one – minus the alcohol. Discover our refreshing selection.



7⁴⁹
ea.



CARL JUNG
ALCOHOL FREE WINE
750 ml
SELECTED VARIETIES



6⁹⁹
ea.

INVITATIONS
NON-ALCOHOLIC WINE
750 ml
SELECTED VARIETIES



WHITE CLAW
NON-ALCOHOLIC
SELTZERS
4 x 355 ml
SELECTED VARIETIES

9⁹⁹
ea.



SOBER CARPENTER
NON-ALCOHOLIC BEER
OR CLEVER MOCKTAILS
355 - 743 ml
SELECTED VARIETIES

3²⁹
ea.



BARR FLY
NON-ALCOHOLIC
BEVERAGE
355 ml
SELECTED VARIETIES

2⁹⁹
ea.

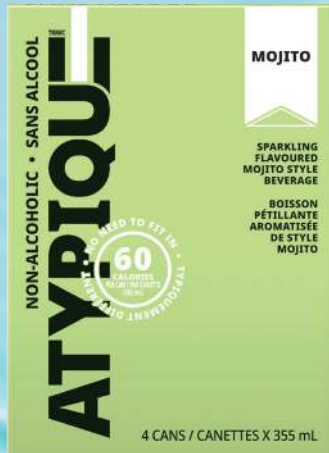


GRÜVI
NON-ALCOHOLIC
WINE
4 x 275 ml
SELECTED VARIETIES

15⁹⁹
ea.

ATYPIQUE
NON-ALCOHOLIC
COCKTAILS
4 x 355 ml
SELECTED VARIETIES

8⁹⁹
ea.



DISCOVER
NEW



6⁹⁹
ea.

SPARKMOUTH
NON-ALCOHOLIC BEVERAGE
4 x 355 ml
SELECTED VARIETIES



MUSKOKA
NON-ALCOHOLIC
BEER
4 x 355 ml
SELECTED VARIETIES

8⁹⁹
ea.

HEINEKEN
NON-ALCOHOLIC
BEER
6 x 330 ml

13⁹⁹
ea.



9⁹⁹
ea.

SELECTION
NON-ALCOHOLIC BEER
12 x 355 ml
SELECTED VARIETIES



10⁹⁹
ea.

COLLECTIVE ARTS
NON-ALCOHOLIC BEER
6 x 355 ml



DISCOVER
NEW

IOTA
NON-ALCOHOLIC
BEER
4 x 355 ml
SELECTED VARIETIES

7⁹⁹
ea.



12⁹⁹
ea.

BLUE MOON
NON-ALCOHOLIC BEER
6 x 355 ml



12⁴⁹
ea.

GRÜVI
NON-ALCOHOLIC BEER
6 x 355 ml
SELECTED VARIETIES

PERONI OR ASAHI
NON-ALCOHOLIC
BEER
6 x 330 ml
SELECTED VARIETIES

11⁴⁹
ea.



PURCHASE FOR A CHANCE TO

WIN A TRIP
FOR TWO
TO JAPAN
with moi rewards

*Visit AsahiJapanContest.ca for full rules.



SEEKING
唯一の
THE
無二を
UNIQUE
追い求める

Asahi
辛口

Organic



AMY'S FROZEN MEALS
3 CHEESE & KALE
GRATIN DE CHOU FRISE KALE
AUX 3 FROMAGES

7.99 ea.

NUTS FOR CHEESE SPREAD
210 g
SELECTED VARIETIES

8.49 ea.

MARY'S REAL THIN CRACKERS
142 g
SELECTED VARIETIES

5.99 ea.

ROAR HEALTHY DRINKS
532 ml
SELECTED VARIETIES

2.99 ea.

GO BIO CANDY
75 g, SELECTED VARIETIES

3.49 ea.

OCEAN'S HALO DRESSING
355 ml
SELECTED VARIETIES

11.99 ea.

TRADITIONAL MEDICINALS TEA
16 un., SELECTED VARIETIES

5.99 ea.

Keto



EGGLIFE WRAPS
170 g
SELECTED VARIETIES

8.99 ea.

RISE BOTANICALS
414 ml
SELECTED VARIETIES

3.79 ea.

HALO TOP FROZEN DESSERT
473 ml, SELECTED VARIETIES

7.49 ea.

Non-GMO



CAPE COD POTATO CHIPS
220 g
SELECTED VARIETIES

4.49 ea.

MADE GOOD GRANOLA MINIS
5 X 24 g
SELECTED VARIETIES

3.99 ea.

BEAR FRUIT ROLLS
100 g
SELECTED VARIETIES

6.49 ea.

ELMHURST ALMOND BEVERAGE
946 ml
SELECTED VARIETIES

8.49 ea.

Baby & Beauty

ENFAMIL BABY FORMULA
SELECTED SIZES
SELECTED VARIETIES

29.99 ea.

GOOD START BABY FORMULA
850 - 900 g
SELECTED VARIETIES

29.99 ea.

MIGHTY HERO PATCH
24 un.

16.49 ea.

LADY SPEED STICK DEODORANT
65 g
SELECTED VARIETIES

5.99 ea.

PERSONNELLE TOOTHBRUSH
2 un.

2.99 ea.

Q-TIPS COTTON SWABS
400 un.

4.99 ea.

Household Helpers

PALMOLIVE DISHWASHING DETERGENT
591 ml
SELECTED VARIETIES
WHILE QUANTITIES LAST

2.99 ea.

FINISH DISHWASHER DETERGENT
60 - 105 un.
SELECTED VARIETIES

24.99 ea.

CLOROX BLEACH
2.4 L
SELECTED VARIETIES

6.49 ea.

PUREX LAUNDRY DETERGENT
1.94 L
SELECTED VARIETIES

10.99 ea.

FEBREZE AIR FRESHENER
SELECTED SIZES, SELECTED VARIETIES

6.99 ea.

SELECTION DINNER PLATES
40 un.

7.99 ea.

WHY WAIT FOR FUN?

PLAY SCRATCH TICKETS TODAY

PLEASE PLAY RESPONSIBLY.

Play Smart

LYSOL DISINFECTING WIPES
75 - 84 un.
SELECTED VARIETIES

7.49 ea.

ZIPLOC BAGS
60 - 270 un.
SELECTED VARIETIES

13.99 ea.

1.29
/lb

SEEDLESS WATERMELON
QUARTERS & SLICES
2.84/kg

3.99
ea.

RED, GREEN OR
BLACK SEEDLESS GRAPES
PRODUCT OF U.S.A., No. 1 GRADE
8.80/kg

2.99
ea.

WHOLE WHITE OR
CRIMINI MUSHROOMS
227 g, PRODUCT OF ONTARIO

1.99
/lb

ROMA ITALIAN
TOMATOES
PRODUCT OF ONTARIO
4.39/kg

2 for 7.00

DEMPSTER'S WHITE, 100% WHOLE WHEAT BREAD, BAGELS,
HOT DOG OR HAMBURGER BUNS
SELECTED SIZES, SELECTED VARIETIES, OR 3.99 EA.

6.99
ea.

WILD PINK ARGENTINIAN RAW SHRIMP 20-30, 300 g
OCEAN JEWEL COOKED OR RAW SHRIMP 31-40, 340 g
CANADIAN LOBSTER TAILS 3-4 oz, FROZEN

8.99
ea.

LOU'S BBQ
PORK BACK RIBS
FULLY COOKED, 610 g

2.99
/100 g

CUDDY OR LILYDALE
TURKEY BREAST OR
BALDERSON CHEDDAR
CHEESE SELECTED VARIETIES
DELI SLICED, 13.56/lb

5.49
ea.

KELLOGG'S CORE OR
PREMIUM CEREAL
SELECTED SIZES
SELECTED VARIETIES

3.49
ea.

LIBERTÉ
MULTI PACK YOGOURT
4 X 100 g
SELECTED VARIETIES

5.99
ea.

TROPICANA
REFRIGERATED JUICE
1.36 L, SELECTED VARIETIES

7.99
ea.

MAISON PERRIER
SPARKLING
WATER OR DRINKS
SELECTED SIZES
SELECTED VARIETIES

5.99
ea.

LINDT EXCELLENCE
50-100 g, SELECTED VARIETIES

2.99
ea.

PRINGLES
CHIPS 131-156 g
SELECTED VARIETIES

2.22
ea.

DARE COOKIES OR
CRACKERS
SELECTED SIZES
SELECTED VARIETIES

8.99
ea.

PEPSI
SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES
WHILE QUANTITIES LAST

125
points
value of \$1

2.99
ea.

MAYNARDS CANDY
135-154 g
SELECTED VARIETIES

5.99
ea.

KELLOGG'S
EGGO
WAFFLES
SELECTED SIZES
SELECTED VARIETIES

6.99
ea.

HELLMANN'S
MAYONNAISE
SELECTED SIZES
SELECTED VARIETIES

2.99
ea.

NUTRI-GRAIN
CEREAL BARS OR
KELLOGG'S POP-TARTS
125-384 g
SELECTED VARIETIES

4.99
ea.

OLD EL PASO KITS
250-510 g
SELECTED VARIETIES

2.49
ea.

DAWN DISHWASHING
DETERGENT 366-502 ml
SELECTED VARIETIES

11.99
ea.

SCOTTIES
FACIAL TISSUE
9 un.
SELECTED VARIETIES

4.99
ea.

CASHMERE BATHROOM
TISSUE OR SPONGE
PAPER TOWELS 2-8 un.
SELECTED VARIETIES

4-DAY MEAL DEAL
JULY 16TH - JULY 19TH, 2026

YOUR CHOICE 11.99 ea.

**FRESH 2 GO
PEPPERONI & CHEESE
16" X-LARGE HOT PIZZA**
NO TOPPING SUBSTITUTES
WALK-IN ORDERS ONLY

X-LARGE

**FRESH 2 GO HOT MAMMOTH
BBQ CHICKEN 1 kg**

20 PCS

ASSORTED CALIFORNIA
COMBO OR CALIFORNIA ROLL
VARIETY PACK
420-424 g, SELECTED VARIETIES

15 PCS

DELUXE FRUIT
SALAD 1.5 kg

12 PCS

**FRESH 2 GO
12 HOT CHICKEN TENDERS,
15 CHICKEN WINGS OR
20 CHICKEN BITES**
HOT OR CHILLED, SELECTED VARIETIES

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SNACKS FOR HOWEVER YOU SUMMER!

4⁹⁹
ea.

SNYDER'S
TWISTED PRETZEL STICKS
340 g
SELECTED VARIETIES

2⁹⁹
ea.

SNYDER'S
PRETZEL PIECES
240 g
SELECTED VARIETIES

2⁹⁹
ea.

KETTLE BRAND
POTATO CHIPS
156 - 198 g
SELECTED VARIETIES



© 2026 Campbell Company of Canada.

Available in 3 crave-worthy flavours!

Are you ready?

BARBECUE SEASON

*Made in Canada from domestic
and imported ingredients.*



15⁹⁹
ea.

CEDAR PLANKED
SALMON
FROZEN, 454 g

