

Your
GO-TO
for long weekend grilling.



8⁸⁸
/lb
**RED GRILL TOP SIRLOIN STEAK
VALUE PACK OR ROAST**
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
19.58/kg



3⁹⁹
/lb
FRESH PORK BACK RIBS VALUE PACK
8.80/kg



**FRESH SPLIT
CHICKEN BREAST
BONE IN OR FRESH
CHICKEN WINGS**
8.80/kg

3⁹⁹
/lb



3²⁸
ea.
SELECTION BACON
375 g, SELECTED VARIETIES
LIMIT OF 4



9⁹⁹
/lb or ea.
**FRESH ATLANTIC SALMON
FILLETS VALUE PACK** MIN 900 g, 9.99/lb, 2.21/100 g
OCEAN PRIME COOKED OR RAW SHRIMP
454 g, FROZEN, 9.99 EA.



**BUTTERBALL TURKEY
BURGERS, WEBERS BEEF
BURGERS FROZEN, 612 - 852 g or
SCHNEIDERS WIENERS**
900 g, SELECTED VARIETIES

10⁹⁹
ea.



19⁹⁹
ea.
GUINNESS 8 x 440 ml
FOUNDERS ORIGINAL 8 x 355 ml
CANADIAN 12 x 473 ml
ARIZONA 2 g SUGAR 12 x 355 ml
WHILE QUANTITIES LAST

metro
CANADIAN AND PROUD



2⁴⁹
/lb
**LARGE RED, ORANGE OR
YELLOW SWEET PEPPERS**
PRODUCT OF ONTARIO
5.49/kg



4⁹⁹
ea.
**EXTRA LARGE SEEDLESS OR
SUGAR BABY WATERMELONS**
PRODUCT OF ONTARIO



2⁹⁹
ea.
LARGE CAULIFLOWER
PRODUCT OF CANADA, CANADA No. 1 GRADE
SWEET CORN 4 PK
PRODUCT OF ONTARIO, CANADA No. 1 GRADE



2⁴⁹
ea.
ORGANIC RASPBERRIES 170 g
PRODUCT OF U.S.A.



**FRESH 2 GO
HOT BBQ MAMMOTH
CHICKEN** 900 g - 1 kg

11⁹⁹
ea.



2⁸⁸
ea.
DEMPTER'S SIGNATURE BUNS
SELECTED SIZES, SELECTED VARIETIES



2⁹⁹
ea.
LAY'S OR TAKIS CHIPS
SELECTED SIZES, SELECTED VARIETIES



4⁹⁸
ea. + **125**
points
value of \$1



3⁹⁹
ea.
**REAL DAIRY OR
DRUMSTICK ICE CREAM**
SELECTED SIZES, SELECTED VARIETIES



4⁹⁹
ea.



BERTOLLI OLIVE OIL
750 ml - 1L
SELECTED VARIETIES

9⁹⁹
ea.



**TROPICANA
JUICE, DRINKS OR
PURE LEAF
ICED TEA**
SELECTED SIZES
SELECTED VARIETIES

3⁹⁹
ea.



11⁹⁹
ea.
Non-members price

9⁹⁹
ea.
moi rewards
members price only



**COCA-COLA OR PEPSI
SOFT DRINKS**
SELECTED SIZES
SELECTED VARIETIES

7⁹⁹
ea. + **125**
points
value of \$1

Effective July-August

TH
30

FR
31

SA
1

SU
2

MO
3*

TU
4

WE
5

2026

**All stores open Monday, August 3rd, 2026.
Check metro.ca for your local store hours.

WEO-RAI20260727_01_R_V3

PINT

4⁹⁹ ea.

BLUEBERRIES PINT
PRODUCT OF CANADA
CANADA No. 1 GRADE

2⁹⁹ ea.

MINI CUCUMBERS
397 g, PRODUCT OF ONTARIO
CANADA No. 1 GRADE

4⁹⁹ ea.

ROMAINE HEARTS 3 PK
PRODUCT OF U.S.A.

1 KG

17⁹⁹ ea.

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

2 for

7⁰⁰

DEMPSTER'S WHITE OR 100% WHOLE WHEAT BREADS
SELECTED SIZES
OR 3.99 EA.

5⁹⁹ ea.

FRONT STREET BAKERY DANISH, TURNOVERS, BRAIDED STRUDELS OR PARISIAN TWISTS
320 - 512 g, SELECTED VARIETIES

2 for

14⁰⁰

VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS
208 - 236 g, SELECTED VARIETIES

5⁹⁹ ea.

BLUE WATER SHRIMP OR FISH FILLETS
FROZEN, 255 - 600 g
SELECTED VARIETIES

4⁹⁹ ea.

PILLER'S SLICED DELI MEAT OR SELECTION SLICED PEPPERONI
125 - 375 g, SELECTED VARIETIES

2⁹⁹ /100 g

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

40% OFF

ORIGINAL OKA 15.21/lb
L'EXTRA DOUBLE CRÈME BRIE 15.21/lb
AGROPUR 3-YEAR AGED GRAND CHEDDAR 13.58/lb
DELI CUT, PRICES AS MARKED

6⁹⁹ ea.

LIBERTÉ GREEK YOGOURT TUBS
650 - 750 g, SELECTED VARIETIES

3⁹⁹ ea.

MADE GOOD BARS OR RISE KOMBUCHA
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹ ea.

NESCAFÉ COFFEE
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.

ESKA SPRING WATER
24X 500 ml

3⁹⁹ ea.

HELLMANN'S MAYONNAISE
325 - 445 ml
SELECTED VARIETIES

4⁹⁹ ea.

FRENCH'S KETCHUP OR BICK'S PICKLES
SELECTED SIZES, SELECTED VARIETIES

3⁹⁹ ea.

DARE COOKIES OR CRACKERS
SELECTED SIZES
SELECTED VARIETIES

13⁹⁹ ea.

PUREX OR SUNLIGHT LAUNDRY DETERGENT, FINISH DETERGENT OR GLAD GARBAGE BAGS
SELECTED SIZES, SELECTED VARIETIES

99¢

COCA COLA AND POWERADE DRINKS, GLACEAU VITAMIN WATER OR PEACE ICED TEA
SELECTED SIZES
SELECTED VARIETIES

99¢

IRRESISTIBLE CHIPS
150 g
SELECTED VARIETIES

99¢

CHOCOLATE BARS 32 - 58 g, SELECTED VARIETIES
PRINGLES CHIPS 37 - 39 g, SELECTED VARIETIES
WHILE QUANTITIES LAST

99¢

SELECTION ENGLISH MUFFINS 342 g
WHITE OR WHOLE WHEAT

99¢

CREST OR COLGATE TOOTHPASTE OR TOOTHBRUSHES
95 - 100 ml, 1 un.

99¢

FANCY FEAST OR FRISKIES CAT FOOD
85 - 156 g, SELECTED VARIETIES

i earn with moi rewards

130 points
when you buy 2

3⁹⁹ ea.

MINUTE MAID, FRUITOPIA REFRIGERATED DRINKS OR FUZE ICED TEA
1.54 - 1.75 L, SELECTED VARIETIES

100 points

4⁹⁹ ea.

GENERAL MILLS CEREAL
SELECTED SIZES, SELECTED VARIETIES

125 points
value of \$1

3⁹⁹ ea.

ORVILLE POPCORN
SELECTED SIZES
SELECTED VARIETIES

250 points
value of \$2

13⁹⁹ ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWEL OR SCOTTIES FACIAL TISSUE
4 - 12 un., SELECTED VARIETIES

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this week's deals:

Only until August 5, 2026, in-store or online

add your moi rewards coupons



NOW
15⁹⁹
ea.
SAVE UP TO
\$1

~~16⁹⁹*~~
ea.
PRINGLES
SNACK-STACKS CHIPS
513 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

~~5⁹⁹*~~
ea.
IRRESISTIBLE
FRESH PASTA
300 - 350 g
SELECTED VARIETIES



NOW
6⁹⁹
ea.
SAVE UP TO
\$1.50

~~8⁴⁹*~~
ea.
SELECTION PARMESAN
GRATED CHEESE
250 g
SELECTED VARIETIES



NOW
5⁹⁹
ea.
SAVE UP TO
\$3

~~8⁹⁹*~~
ea.
COTTONELLE
FLUSHABLE WIPES
PKG of 2
SELECTED VARIETIES



NOW
4⁴⁹
ea.
SAVE UP TO
\$2.50

~~6⁹⁹*~~
ea.
FIREBARNS
SAUCES
350 ml
SELECTED VARIETIES



NOW
1⁶⁹
ea.
SAVE UP TO
\$1

~~2⁶⁹*~~
ea.
SIMPLY PROTEIN
SNACK BAR
40 g
SELECTED VARIETIES

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.

**ONLINE
EXCLUSIVE**

metro.ca

FREE

**ALMOND & VANILLA ICE CREAM BARS
10 x 72 ml**

WHEN YOU SPEND \$130 OR MORE*



\$10⁴⁹

VALUE

**PROMO CODE
DESSERT**

Redeem the Offer

*Certain conditions apply. Details on metro.ca

Local Produce



2⁹⁹
/lb

TOMATOES ON THE VINE
PRODUCT OF ONTARIO
6.59/kg



7⁹⁹
ea.

ONTARIO BASKETS PEACHES 3 L OR
YELLOW PLUMS 1.5 L, PRODUCT OF ONTARIO, CANADA No. 1 GRADE
NECTARINES 2 L, PRODUCT OF ONTARIO



2⁴⁹
ea.

BROCCOLI CROWNS
PRODUCT OF CANADA



3⁹⁹
ea.

WILD WONDERS OR SWEET CHERRY TOMATOES
283 g, PRODUCT OF ONTARIO



1⁹⁹
/lb

GREEN OR YELLOW ZUCCHINI
PRODUCT OF ONTARIO
4.39/kg



6⁹⁹
ea.

WHITE POTATOES OR DILL CUCUMBERS 3 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



4⁴⁹
ea.

RED OR GOLDEN BUNCH BEETS
PRODUCT OF CANADA



4⁹⁹
ea.

GOOD LEAF SALAD MIX
113 g, PRODUCT OF ONTARIO
SELECTED VARIETIES



2⁹⁹
ea.

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



4⁷⁹
ea.

BELLE GROVE PORTABELLA MUSHROOMS
170 g, PRODUCT OF ONTARIO



5⁹⁹
ea.

RED CURRANTS
170 g, PRODUCT OF CANADA



4⁹⁹
ea.

AVOCADOS
5 PK, PRODUCT OF MEXICO OR PERU



3⁹⁹
ea.

GOLDENBERRIES
200 g, PRODUCT OF PERU
ECUADOR OR COLOMBIA



4⁹⁹
ea.

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



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
4.39/kg



5⁹⁹
ea.

RED THOMCORD OR GREEN MINI THOMPSON GRAPES
453 g PRODUCT OF U.S.A.



3⁹⁹
ea.

LIMES
1 lb, PRODUCT OF MEXICO



2⁹⁹
ea.

KALE SLAW
340 g
PRODUCT OF CANADA OR U.S.A.



2⁹⁹
ea.

HOT SHISHITO PEPPERS 227 g
PRODUCT OF MEXICO



3⁹⁹
ea.

ORGANIC GOJI BERRIES
50 g, PRODUCT OF MOROCCO



5⁴⁹
/lb

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



5⁹⁹
/lb

ORGANIC NECTARINES
PRODUCT OF U.S.A.
ORGANIC PEACHES
PRODUCT OF U.S.A., No. 1 GRADE
13.21/kg



4⁹⁹
ea.

ORGANIC MINI CUCUMBERS
340 g, PRODUCT OF CANADA
CANADA No. 1 GRADE

Sliced & Diced

mix & match

2 for 24⁰⁰
or 14.99 ea.

FRESH FRUIT OR VEGETABLE CAROUSELS 955 g - 1.4 kg
CAESAR CHICKEN SALAD 606 g
READY TO COOK GRILLING OR STIR-FRY VEGETABLES 800 - 900 g
NACHO PLATTER 800 g, **BERRY-KIWI TRAY** 780 g

made in my metro

Fresh Blooms

SAVE \$5.00

20⁰⁰
ea.

DOZEN ROSES BOUQUET
12 STEM BUNCH
ASSORTED COLOURS

11⁹⁹
ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS
AND VARIETIES

NEW

11⁹⁹
ea.

KALANCHOE
4" BEE CERAMIC POT
ASSORTED COLOURS

20⁰⁰
ea.

SUMMER PICNIC BOUQUET
ASSORTED COLOURS AND FLOWERS

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



FLAVOURS OF

CARIBANA



A FESTIVAL THAT CELEBRATES CARIBBEAN CULTURE



DAINTY ISLAND
PARBOILED RICE
7 kg
SELECTED VARIETIES

11⁹⁹
ea.



1⁹⁹
ea.

FRESH MANGOES
PRODUCT OF MEXICO
OR BRAZIL



5⁹⁹
ea.

COCONUT CHUNKS
200 g



4⁴⁹
ea.

HEREFORD
CORNEBEEF OR
SPAM LUNCHEON MEAT
340 g
SELECTED VARIETIES

CARNATION MILK
354 ml
SELECTED VARIETIES

2⁴⁹
ea.



CHELSEA
SALTED COD
454 g

13⁹⁹
ea.



11⁹⁹
ea.

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



RUBICON DRINKS
1 L
SELECTED VARIETIES

2⁷⁹
ea.



3⁹⁹
/lb

FRESH CHICKEN LEG QUARTERS
OR MARINATED CHICKEN LEG QUARTERS
8.80/kg



SAPORITO
VEGETABLE OR
CANOLA OIL
3 L
SELECTED VARIETIES

10⁹⁹
ea.

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

2⁴⁹
ea.



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

1²⁵
ea.



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

1³³
ea.



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

2²⁹
ea.



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

7⁹⁹
ea.



2⁴⁹
ea.

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

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

1⁹⁹
ea.



JARRITOS
SOFT DRINKS
370 ml
SELECTED VARIETIES

1⁶⁷
ea.



4⁴⁹
ea.

GRACE OR COOL
RUNNINGS SAUCE
OR SEASONING
284 g, 235 - 465 ml
SELECTED VARIETIES



1⁷⁹
ea.

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



OVALTINE
DRINK MIX
400 g
SELECTED VARIETIES

7⁴⁹
ea.



9⁹⁹
ea.

GRACE VIRGIN
COCONUT OIL
500 ml
SELECTED VARIETIES

Item availability varies by store.

Our Butcher's Finest

RED GRILL
TOP SIRLOIN
MEDALLIONS OR
CLUB STEAK
CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
WHILE SUPPLIES LAST
23.99/kg

10⁸⁸
/lb



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

20%
OFF
AT TILL

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

7⁹⁹
/lb

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

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

22⁹⁹
/lb

FRESH FRENCHED LAMB RACK
NEW ZEALAND SPRING LAMB
50.68/kg

MAPLE LEAF PRIME
RAISED WITHOUT
ANTIBIOTICS
FRESH CHICKEN
DRUMSTICKS OR
THIGHS
11.00/kg

4⁹⁹
/lb



6⁴⁹
/lb

LIFE SMART NATURALIA
BONELESS PORK LOIN CHOPS VALUE PACK CENTRE CUT
14.31/kg

LIFE SMART
NATURALIA
• Raised without antibiotics
• Grain fed
• 100% Canadian Pork is raised
without added hormones

VEAL LOIN CHOPS
GRAIN FED
28.64/kg

12⁹⁹
/lb

12⁹⁹
ea.

FRESH ONTARIO LAMB SPIEDINI
250 g



Selection

Irresistible



1⁹⁹
ea.

SELECTION
CHICKEN WIENERS 450 g



2⁹⁹
ea.

SELECTION
WIENERS 450 g
SELECTED VARIETIES



8⁹⁹
ea.

LIFE SMART
CHICKEN BURGERS 852 g or
IRRÉSISTIBLE
VEGGIE BURGERS 512 g
FROZEN



12⁹⁹
ea.

IRRÉSISTIBLE
PORK BACK RIBS
FROZEN, 680 g
SELECTED VARIETIES



5⁹⁹
ea.

SELECTION
ALL BEEF WIENERS 375 g



8⁹⁹
ea.

SELECTION
SMOKED
SAUSAGE
900 g
SELECTED VARIETIES



17⁹⁹
ea.

IRRÉSISTIBLE
BEEF BURGERS
FROZEN, 852 g - 1.02 kg
SELECTED VARIETIES



17⁹⁹
ea.

IRRÉSISTIBLE
PRIME RIB
BEEF SLIDERS
FROZEN, 852 g

LOCKED DOWN PRICES

JULY 30TH TO AUGUST 26TH, 2026



7⁹⁹
ea.

SUNRISE FARMS
BREADED CHICKEN
FROZEN, 700 g
SELECTED VARIETIES



8⁹⁹
ea.

GREENFIELD
BACON OR WIENERS
375 g, SELECTED VARIETIES



8⁹⁹
ea.

BEYOND MEAT
PLANT-BASED SAUSAGES
SELECTED VARIETIES OR
GROUND OR BURGERS
226 - 400 g



10⁹⁹
ea.

LIFE SMART NATURALIA
GRASS FED EXTRA LEAN
GROUND BEEF 454 g
PRODUCT OF NEW ZEALAND



7⁹⁹
ea.

SCHNEIDERS
JUICY JUMBOS OR
SMOKED SAUSAGES
375 - 450 g
SELECTED VARIETIES



11⁹⁹
ea.

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

MARC ANGELO
PORK SAUSAGES
1kg
SELECTED VARIETIES

12⁹⁹
ea.



14⁹⁹
ea.

JANES ULTIMATES
CHICKEN WINGS
FROZEN, 754 g
SELECTED VARIETIES

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



DM3DM3DM3DM3

Seafood

2⁹⁹
/lb

FROZEN BASA FILLETS
664/100 g

CLEAR OCEAN
COOKED SALAD SCALLOPS
FROZEN, 227 g

SAVE \$6.99
BUY ONE
GET ONE
FREE

COOKED/CUIT
SALAD SCALLOP
PÉTONCLE POUR SALADE

1⁹⁹
ea.

PACIFIC WHITE
SHRIMP SKEWERS
FROZEN OR PREVIOUSLY FROZEN, 74 g

3⁹⁹
ea.

SELECTION
IMITATION CRAB
FLAKES OR STICKS, 227 g

7⁹⁹
ea.

STORE MADE
MINI SEAFOOD PLATTER
PREVIOUSLY FROZEN, 320 g

17⁹⁹
/lb

6 - 8 SIZE
X COLOSSAL
FRESH WATER
RAW SHRIMP
FROZEN, 3.97/100 g

4⁹⁹
ea.

MINCED
LOBSTER
MEAT TIN
FROZEN, 320 g

7⁹⁹
ea.

HIGH LINER
SHRIMP OR
FAMILY PACKS
FROZEN, 330 - 700 g
SELECTED VARIETIES

13⁹⁹
ea.

KIBON ROASTED
SEAWEED SNACKS
24 X 5 g, 120 g

24⁹⁹
/lb

7 SEAS
SMOKED ATLANTIC
CANDIED SALMON
FROZEN, 5.51/100 g

Irresistible

5⁹⁹
ea.

IRRESISTIBLE
SHRIMP SPRING ROLLS
FROZEN, 300 g

7⁹⁹
ea.

IRRESISTIBLE
BACON SCALLOP
MEDALLIONS
FROZEN, 200 g

10⁹⁹
ea.

IRRESISTIBLE
COCONUT SHRIMP
FROZEN, 454 g

13⁹⁹
ea.

IRRESISTIBLE
SALMON WELLINGTON
FROZEN, 2 X 150 g

125
points
value of \$1

Deli Favourites

2⁹⁹
100 g

SAN DANIELE
MORTADELLA
SELECTED VARIETIES
DELI SLICED, 13.56/lb

3⁴⁹
/100 g

MAPLE LODGE
CHICKEN BREAST
SELECTED VARIETIES
DELI SLICED OR SHAVED, 15.83/lb

6⁹⁹
ea.

GALBANI BOCCONCINI
OR MOZZARELLA 227 g
SELECTED VARIETIES

10⁹⁹
ea.

COLLIER'S WELSH OR
RED LEICESTER
CHEESE 200 g
SELECTED VARIETIES

8⁴⁹
ea.

PILLER'S KOLBASSA OR
POLISH SAUSAGE
250 - 375 g
SELECTED VARIETIES

7⁹⁹
ea.

CASTELLO
SLICED DELI CHEESE
145 - 175 g
SELECTED VARIETIES

6⁴⁹
ea.

SAPUTO
PARMESAN OR
ASIAGO PETALS 125 g

6⁹⁹
ea.

JARLSBERG
ORIGINAL CHEESE,
FRICO GOUDA,
MONSIEUR GUSTAV
DOUBLE CRÈME BRIE OR
CAMEMBERT
120 - 150 g

8⁹⁹
ea.

GOLD LABEL
SMOKE HOUSE
MINI PEPPS
225 - 375 g
SELECTED VARIETIES

12⁹⁹
ea.

MASTRO
CASALINGO,
CALABRESE,
CACCIATORE
OR SOPRESSATA
SALAMI
200 - 375 g
SELECTED VARIETIES

14⁹⁹
ea.

BEEMSTER
CHEESE 250 g
SELECTED VARIETIES

7⁹⁹
ea.

KRINOS GREEK FETA
OR HALLOUMI
170 - 250 g
SELECTED VARIETIES

5⁴⁹
ea.

IRRESISTIBLE OR
OLYMEI SLICED DELI,
WEGUAC GUACAMOLE OR
FONTAINE SANTE
PROTIEN HUMMUS
100 - 227 g, 4 X 57 g, 3 X 100 g
SELECTED VARIETIES

3⁹⁹
ea.

SUMMER FRESH OR
IRRESISTIBLE
HUMMUS OR DIPS
200 - 227 g
SELECTED VARIETIES

10⁹⁹
ea.

FRESH 2 GO
BOWLS 1 un.
SELECTED VARIETIES

DISCOVER
NEW

metro
FRESH
2 GO

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



FLAVOURS OF *italy*



BABY ARTICHOKEs
2 lb
PRODUCT OF U.S.A.

6⁹⁹
ea.



ANISE-FENNEL
PRDUCT OF U.S.A.
4.39/kg

1⁹⁹
/lb



**MARC ANGELO
PROSCIUTTO OR
ANTIPASTO QUATTRO**
TRAY 150 - 175 g
SELECTED VARIETIES

11⁹⁹
ea.



**TRE STELLE
MOZZARELLA BALL**
3 X 250 g

14⁹⁹
ea.



3 PACK



**REA
SAUSAGES**
FROZEN, 720 g
SELECTED VARIETIES

7⁹⁹
ea.

**SALTED POLLOCK
FILLETS**
BONED
454 g

5⁹⁹
ea.



3⁴⁹
ea.

**FRONT STREET BAKERY
RUSTIC CIABATTA BREAD** 540 g



**BOMBOLONI
DONUTS** 480 g
CHOCOLATE OR PISTACHIO

11⁹⁹
ea.



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

2⁹⁹
ea.



**BRIO
SOFT DRINKS**
1L
SELECTED VARIETIES

1⁶⁹
ea.



**AURORA
DICED TOMATOES**
398 ml
SELECTED VARIETIES

1²⁵
ea.



**UNICO
STUFFED MANZANILLA
OLIVES** 750 ml
SELECTED VARIETIES

4⁹⁹
ea.



Baked in my Metro

Exclusive to metro

GREAT FOR SANDWICHES AND DIPPING

3⁴⁹ ea.

FRONT STREET BAKERY
RUSTIC CIABATTA BREAD
540 g

3⁹⁹ ea.

PREMIÈRE MOISSON
BAGUETTES
325 g, SELECTED VARIETIES

4⁴⁹ ea.

FRONT STREET BAKERY
GRAIN BREADS
450 g
SELECTED VARIETIES

National Cheesecake Day

JULY 30, 2026

FRONT STREET BAKERY
STRAWBERRY OR FANCY
FRUIT CHEESECAKE
975 g

22⁹⁹ ea.

FRONT STREET BAKERY
STRAWBERRY, FANCY
FRUIT OR CHERRY
TOPPED CHEESECAKES
1400 - 1500 g

26⁹⁹ ea.

FRONT STREET BAKERY
BROWNIE CHOCOLATE
CHEESECAKE 1.5 kg

31⁹⁹ ea.

3⁴⁹ ea.

FRONT STREET BAKERY
ALL BUTTER LARGE
CROISSANTS
PKG OF 6, 228 g

4²⁹ ea.

FRONT STREET BAKERY
ITALIAN PANINI ROLLS
PKG OF 6, 325 g

5⁴⁹ ea.

SCHOOLSAFE CUPCAKES,
SNACK CAKES OR OAT BARS
SELECTED SIZES, SELECTED VARIETIES

7⁹⁹ ea.

SELECTION
DESSERT SQUARES
400 - 450 g, SELECTED VARIETIES

7²⁹ ea.

BFREE GLUTEN FREE
TORTILLAS OR
NAAN BREAD
168 - 252 g, SELECTED VARIETIES

4⁹⁹ ea.

SUN-MAID
RAISIN BREAD,
DEMPSTER'S
CINNAMON
RAISIN BREAD OR
MALT BREAD
340 - 570 g

3⁹⁹ ea.

DEMPSTER'S
7" TORTILLAS
TIA ROSA TORTILLAS OR
HARVEST GOLD ROTI
SELECTED SIZES, SELECTED VARIETIES

4⁹⁹ ea.

IRRESISTIBLES
BRIOCHE HAMBURGER
OR HOT DOG BUNS
200 - 385 g

Snacks & Beverages

2 for 5⁰⁰

ZOA
ENERGY
DRINK 355 ml
SELECTED VARIETIES

3⁹⁹ ea.

MOTT'S CLAMATO
COCKTAIL
1.89 L
SELECTED VARIETIES

11⁹⁹ ea.

SAN PELLEGRINO OR
MAISON PERRIER
SPARKLING WATER
6 X 1 L, SELECTED VARIETIES

13⁴⁹ ea.

BLUE MOON
NON-ALCOHOLIC BEER
6 X 355 ml

4⁴⁹ ea.

TOWN HOUSE
CRACKERS 247 - 391 g
SELECTED VARIETIES

3⁹⁹ ea.

IRRESISTIBLE
COOKIES 280 - 300 g
SELECTED VARIETIES

3⁴⁹ ea.

HERSHEY'S
CHOCOLATE BARS
90 - 120 g
SELECTED VARIETIES

6⁷⁹ ea.

JACK LINK'S
JERKY
65 - 80 g
SELECTED VARIETIES

5⁹⁹ ea.

FERRERO ROCHER
CHOCOLATE SQUARES
105 g
SELECTED VARIETIES

5⁹⁹ ea.

BROOKSIDE
CHOCOLATE
160 - 235 g
SELECTED VARIETIES

3⁴⁹ ea.

QUAKER CRISPY MINIS
SELECTED SIZES, SELECTED VARIETIES

2⁹⁹ ea.

PRINGLES
CHIPS
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹ ea.

PRINGLES
CHIPS
SELECTED SIZES
SELECTED VARIETIES

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SAME FLYER PRICES AND DEALS ONLINE



DMS DMS DMS

Savour your SUMMER

Celebrate the long weekend with a BBQ loaded with all your meat & seafood faves + other tasty fare.



made in my metro **m**

5⁹⁹
/lb

STORE MADE SAUSAGES
13.21/kg
SELECTED VARIETIES



made in my metro **m**

9⁹⁹
/lb

STORE MADE MEAT KABOBS OR SOUVLAKI SKEWERS
22.02/kg
SELECTED VARIETIES



2⁸⁸
ea.

DEMPSTER'S SIGNATURE OR HAWAIIAN PULL APART BUNS
PACKAGE OF 12'S
SELECTED VARIETIES



4⁷⁹
ea.

SELECTION SALADS
454 g
SELECTED VARIETIES



SEAFOOD BOIL
2.43/100 g

10⁹⁹
/lb



9⁹⁹
/lb

STORE MADE JUMBO SHRIMP PLATTER WITH SAUCE
2.21/100 g



GREAT FOR ROAD TRIPS

15⁰⁰
ea.

FRESH 2 GO SNACK TRAYS
400 - 600 g
SELECTED VARIETIES



made in my metro **m**

2 for 12⁰⁰
or 6.99 ea.

STORE-MADE DIPS
200 - 500 g
SELECTED VARIETIES



metro **FRESH 2 GO**

5⁰⁰
ea.

FRESH 2 GO TORTILLA CHIPS
396 - 454 g
SELECTED VARIETIES



made in my metro **m**

9⁹⁹
ea.

LARGE DELUXE FRUIT SALAD 730 g
SMALL FRUIT TRAY 840 g
STRAWBERRY-PINEAPPLE-CHOCOLATE DIP PLATTER 580 g



DISCOVER **NEW**

6⁹⁹
ea.

FRONT STREET BAKERY POWDERED SUGAR OR CINNAMON SUGAR DONUT BITES
375 g
SELECTED VARIETIES



4⁴⁹
ea.

LA COCINA
TORTILLA CHIPS
300 - 400 g
SELECTED VARIETIES



SELECTION
SOFT DRINKS
2 L
SELECTED VARIETIES

1⁴⁹
ea.

All the ESSENTIALS

Your BBQ's not complete without a selection of sweet & savoury snacks.



SELECTION
SPARKLING WATER
12 x 355 mL
SELECTED VARIETIES

5⁹⁹
ea.



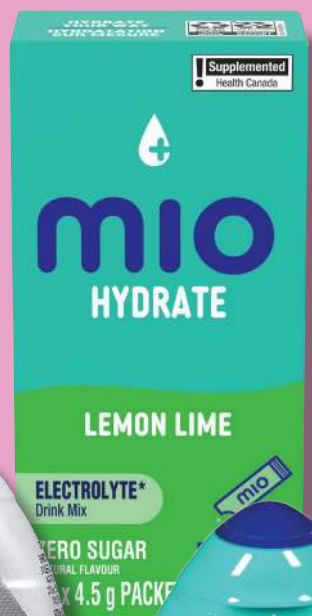
5⁹⁹
ea.

WILDLY DELICIOUS
SAUCE
350 mL
SELECTED VARIETIES



JACK LINK'S
JERKY
65 - 80 g
SELECTED VARIETIES

6⁷⁹
ea.



3⁹⁹
ea.

MIO WATER ENHANCERS
SELECTED SIZES
SELECTED VARIETIES



3⁴⁹
ea.

JIFFY
CORNBREAD MIX
240 g
SELECTED VARIETIES



3⁴⁹
ea.

HARIBO
175 g
SELECTED VARIETIES



TOFFIFEE CARAMEL
CHOCOLATE BITES
123 g
SELECTED VARIETIES

5⁷⁹
ea.

sodastream®

MAKES ABOUT
24*
CANS



6⁴⁹
ea.

SODASTREAM
PEPSI DRINK MIX
440 mL
SELECTED VARIETIES

*Makes about 9 L or 24 x 375 mL servings when prepared according to instructions.
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Long-weekend MIXERS

Host your summer get-together with a mix of wine, beer and mixed drinks.

27⁹⁹
ea.

COORS ORIGINAL
12 x 473 ml



37⁹⁹
ea.

LADY FRIEND OIR
ELORA BOREALIS
12 x 473 ml



28⁹⁹
ea.

BUDWEISER
12 x 473 ml



12x

355ml



32⁹⁹
ea.

MIKE'S
HARD PURPLE FREEZE
1 x 473 ml



34⁹⁹
ea.

CROWN ROYAL
WHISKY & COLA
1 x 473 ml



34⁹⁹
ea.

PABST STRONG
ICED TEA
1 x 473 ml



34⁹⁹
ea.

CABANA COAST
MULE
1 x 473 ml



14⁹⁹
ea.

BASK
CRISP ROSÉ
750 ml



19⁹⁹
ea.

TRIUS
SAUVIGNON BLANC
750 ml



14⁹⁹
ea.

CASILLERO DIABLO
CABERNET
SAUVIGNON
750 ml



14⁴⁹
ea.

JACKSON-TRIGGS
MERLOT
750 ml



More Great Savings


4⁴⁹
ea. GAY LEA SOUR CREAM
425-500 ml
SELECTED VARIETIES


4⁹⁹
ea. THE LAUGHING COW
CHEESE OR DIPPERS
SELECTED SIZES
SELECTED VARIETIES


3⁴⁹
ea. I CAN'T BELIEVE
IT'S NOT BUTTER
400 g


5⁴⁹
ea. TRIPLE FRUIT
SPREAD 500 ml
SELECTED VARIETIES


9⁹⁹
ea. KELLOGG'S
JUMBO CEREAL
700 g - 1.05 kg
SELECTED VARIETIES


10⁰⁰
LESS THAN 2
PAY 6.49 EA. ACTIVIA
YOGOURT
8 X 100 g
SELECTED VARIETIES


7⁹⁹
ea. STOK
COFFEE BEVERAGE
1.42 L, SELECTED VARIETIES


6⁴⁹
ea. EARTH'S OWN
CREAMER
946 ml
SELECTED VARIETIES


3⁹⁹
ea. BEATRICE
BUTTERMILK
1 L


3⁹⁹
ea. LECLERC
GO PURE BARS
140 - 175 g
SELECTED VARIETIES


13⁸⁸
ea. SMUCKER'S
UNCRUSTABLES
10 X 52 g - 10 X 58 g
SELECTED VARIETIES


2⁴⁹
ea. BUSH'S BEANS
398 ml
SELECTED VARIETIES


7⁹⁹
ea. MARIGOLD
FROZEN MEAL 354 g
SELECTED VARIETIES


5⁹⁹
ea. RED BARON
FROZEN PIZZA
422 - 665 g
SELECTED VARIETIES


6⁹⁹
ea. DR. OETKER
FROZEN PIZZA
SELECTED SIZES
SELECTED VARIETIES


2⁴⁹
ea. KNORR SIDEKICKS
SELECTED SIZES
SELECTED VARIETIES


5⁹⁹
ea. SUBWAY
SAUCE 473 ml
SELECTED VARIETIES


7⁴⁹
ea. HELLMANN'S
MAYONNAISE
710 - 890 ml
SELECTED VARIETIES


5⁴⁹
ea. BUFFALO
WILD WINGS
BBQ SAUCE
355 ml
SELECTED VARIETIES


7⁹⁹
ea. CLUB HOUSE
SPICES
SELECTED SIZES
SELECTED VARIETIES


4⁹⁹
ea. ROBIN HOOD OR
FIVE ROSES
FLOUR 2.5 kg
SELECTED VARIETIES


1⁹⁹
ea. GREEN GIANT
VEGETABLES
341 - 398 ml
SELECTED VARIETIES


6⁴⁹
ea. GOLD SEAL
SOCKEYE SALMON
213 g
SELECTED VARIETIES

HEINZ CELEBRATING 50 SEASONS ESTD 1869

THE OFFICIAL CONDIMENTS OF THE TORONTO BLUE JAYS


3⁹⁹
ea. HEINZ ZERO
KETCHUP 375 ml
SELECTED VARIETIES


4⁹⁹
ea. PHILADELPHIA
DIPS 227 g
SELECTED VARIETIES


3⁹⁹
ea. KRAFT DINNER
RAMEN 95 - 97 g
SELECTED VARIETIES


4⁹⁹
ea. BULL'S-EYE OR
DIANA SAUCE
SELECTED SIZES
SELECTED VARIETIES


3⁹⁹
ea. KRAFT
SALAD DRESSING
425 ml
SELECTED VARIETIES


7⁹⁹
ea. MIO ICED TEA MIX
540 g
SELECTED VARIETIES


7⁴⁹
ea. MIRACLE WHIP
SPREAD
650 - 890 ml
SELECTED VARIETIES


2⁹⁹
ea. KRAFT
PASTA SALAD
200 g

"TORONTO BLUE JAYS, "50 SEASONS" DESIGN, BIRD HEAD DESIGN, AND RELATED MARKS AND DESIGNS ARE TRADEMARKS AND/OR COPYRIGHT OF ROGERS BLUE JAYS BASEBALL PARTNERSHIP ("RBJP"). © 2026 RBJP.

Non-GMO



NUTS TO YOU
PEANUT BUTTER
365 - 375 g
SELECTED VARIETIES

6⁹⁹ ea.

ONLY OATS
ROLLED OATS
1 kg
SELECTED VARIETIES

11⁴⁹ ea.

PATIENCE
JUICE 946 ml
SELECTED VARIETIES

12⁴⁹ ea.

FRANKIE'S
PUFFS 120 - 140 g
SELECTED VARIETIES

2⁹⁹ ea.

AMY'S FROZEN MEAL
234 - 284 g, SELECTED VARIETIES

7⁹⁹ ea.

AMY'S FROZEN MEAL
234 - 284 g, SELECTED VARIETIES

7⁹⁹ ea.

CHOSEN FOODS
MAYONNAISE
710 ml

15⁹⁹ ea.

KIND
PROTEIN+
HIGH IN PROTEIN + FIBRE
Peanuts + Dark Chocolate
20 g PROTEIN+ 5 g SUGAR+
#1 INGREDIENT PEANUTS

8⁴⁹ ea.

KIND PROTEIN BARS
4 X 62 g, SELECTED VARIETIES

Plant-Based



GRAZY
FROZEN DESSERT
500 ml
SELECTED VARIETIES

7⁹⁹ ea.

NEAL BROTHERS
SALSA 410 ml
SELECTED VARIETIES

5⁴⁹ ea.

VG GOURMET
BURGERS
400 g
SELECTED VARIETIES

8⁴⁹ ea.

NOBLE BEAN
TEMPEH 240 g
SELECTED VARIETIES

5⁴⁹ ea.

Gluten-Free



PASTA OGGI PIZZA
450 - 452 g, SELECTED VARIETIES

11⁹⁹ ea.

ZEVIA
SOFT DRINKS 355 ml
SELECTED VARIETIES

3⁹⁹ ea.

RIGHTEOUS
FROZEN DESSERT
473 ml
SELECTED VARIETIES

6⁹⁹ ea.

RIGHTEOUS
DARK CHOCOLATE
CARAMEL
SEA SALT
SMALL BATCH GELATO

Jamieson

JAMIESON
ESSENTIALS
PROBIOTIC
60 CA

19⁹⁹ ea.

JAMIESON
SELECT
OMEGA
200 CA
SELECTED VARIETIES

15⁹⁹ ea.

JAMIESON
IRON OR B12
SUPPLEMENT
90 - 100 un.
SELECTED VARIETIES

9⁹⁹ ea.

JAMIESON
B¹²
250 mcg
100 TABLETS
Helps produce red blood cells

JAMIESON
ZINC OR B1
SUPPLEMENT
100 un.
SELECTED VARIETIES

10⁹⁹ ea.

JAMIESON
B¹
100 mg
100 TABLETS
Converts carbs, proteins, fats to energy

JAMIESON
MULTI
ADULTS
150 TABLETS
Supports energy metabolism

JAMIESON
MULTI
WOMEN 50+
115 TABLETS
With cranberry, lutein & more magnesium

Household Helpers

DAWN
DISHWASHING
DETERGENT
366 - 502 ml
SELECTED VARIETIES

2⁹⁹ ea.

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

7⁹⁹ ea.

TIDE OR GAIN
LAUNDRY
DETERGENT
OR CASCADE
SELECTED SIZES
SELECTED VARIETIES

15⁹⁹ ea.

LYSOL
LAUNDRY DISINFECTANT
1.2 L, SELECTED VARIETIES

9⁹⁹ ea.

ROYALE
NAPKINS
75 OR 240 un.

5⁹⁹ ea.

FEBREZE
AIR FRESHENER
SELECTED SIZES
SELECTED VARIETIES

6⁹⁹ ea.

HEFTY
PICNIC PLATES
20 - 40 un., SELECTED VARIETIES

5⁹⁹ ea.

GLAD
GARBAGE BAGS
44 - 100 un., SELECTED VARIETIES

13⁹⁹ ea.

Disney · Pixar

**Toy
Story**



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CHANCE TO

WIN*

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A VACATION,
PLUS OTHER PRIZES**

OREO

**Chips!
Ahoy!**

RITZ

**Teddy
Grahams**

**Cadbury
Mini
Eggs**



CHRISTIE
COOKIE SNACK PACKS
144 - 200 g
SELECTED VARIETIES

349
ea.

CHRISTIE
CRISPERS OR
BITS & BITES
145 g
SELECTED VARIETIES

399
ea.



MAYNARDS
SOUR PATCH KIDS
CANDY
135 - 154 g
SELECTED VARIETIES

299
ea.



499
ea.

CHRISTIE
PEEK FREANS OR DAD'S COOKIES
275 - 350 g
SELECTED VARIETIES



449
ea.

CHRISTIE COOKIES
SELECTED SIZES
SELECTED VARIETIES



349
ea.

CADBURY
CHOCOLATE BARS
80 - 105 g
SELECTED VARIETIES

599
ea.

CADBURY
CHOCOLATE BARS
180 - 200 g
SELECTED VARIETIES

CHRISTIE
CRACKERS
SELECTED SIZES
SELECTED VARIETIES

399
ea.



CHOCOLATE
SINGLES
32 - 50 g
SELECTED VARIETIES

99¢
ea.



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*NO PURCHASE NECESSARY. Contest open to age-of-majority legal residents of Canada. To enter, and to view full Contest Rules and no purchase details, visit SnacktimeFriends.ca. Contest begins July 3, 2026 at 12:00:01 AM ET and ends at 11:59:59 PM ET on October 30, 2026. Subject to the No Purchase Necessary option, a valid Canadian retailer's receipt with a qualifying product ("Unique Receipt") is required. List of qualifying products ("Qualifying Product") can be found in the full Contest Rules. Each Unique Receipt entitles entrant to one (1) entry into the Contest. Limit of one (1) entry per person per day, regardless of the number of Unique Receipts or Qualifying Products provided or method of entry, and a limit of one hundred and twenty (120) entries per person for the duration of the Contest, regardless of method of entry; each valid entry will result in a chance to win the Grand Prize and Daily Prize Pack (subject to availability as set out below). There is one (1) Grand Prize consisting of twenty-five thousand Canadian dollars (\$25,000.00 CAD); odds of winning Grand Prize depend on total number of eligible entries received. There are a total of four hundred and eighty (480) Daily Prize Packs (four (4) per day) available to be won (ARV \$134.00 CAD); odds of winning Daily Prize Pack depend on date/time of entry, total number of Daily Prize Packs remaining available for that day at time of entry and total number of eligible daily entries received that day. Correct answer to mathematical skill-testing question required.