



metro

More freshness, more savings.

mmmmAZING! days



LOCAL FRUIT BASKETS
PEACHES 3 L, BLUE PLUMS 1.5 L
BLUE GRAPES 2 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
BARTLETT PEARS 2 L
PRODUCT OF ONTARIO
CANADA FANCY GRADE

4⁹⁹
ea.



LARGE CAULIFLOWER
PRODUCT OF CANADA, CANADA No. 1 GRADE, 2.99 EA.
VISION GREENS LETTUCES
113 g, PRODUCT OF ONTARIO, SELECTED VARIETIES, 2.99 EA.
RADICCHIO PRODUCT OF CANADA, 2.99/lb, 6.59/kg

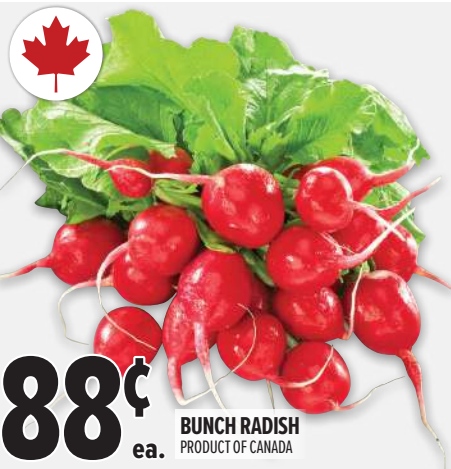
2⁹⁹
ea. or /lb



99¢
/lb **LOCAL FIELD TOMATOES**
PRODUCT OF ONTARIO
2.18/kg



1⁴⁴
ea. **CARROTS OR YELLOW ONIONS** 2 lb
PRODUCT OF ONTARIO, CANADA No. 1 GRADE



88¢
ea. **BUNCH RADISH**
PRODUCT OF CANADA



11⁹⁹
ea. **FRESH VEGETABLE OR
FRUIT CAROUSELS**
955 g - 1.4 kg



LEAN

**GROUND
IN-STORE
DAILY**

5⁴⁹
/lb
or ea.

LEAN GROUND BEEF VALUE PACK 5.49/lb, 12.10/kg OR
LIFE SMART EXTRA LEAN
GROUND CHICKEN OR TURKEY 450 g, 5.49 EA.
HALAL LEAN GROUND BEEF 454 g, 5.49 EA.



1⁹⁹
/lb

FRESH CHICKEN LEG QUARTERS
4.39/kg



**FRESH ATLANTIC SALMON
FILLETS VALUE PACK**
MIN 900 g, 9.99/lb, 2.21/100 g
RAW SHRIMP SKEWERS
454 g, 9.99 EA.

10 PK

9⁹⁹
/lb
or ea.



BONELESS

3⁹⁹
/lb

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



**SCHNEIDERS
JUICY JUMBOS OR
SMOKED SAUSAGES**
375 - 450 g
**MAPLE LODGE ULTIMATE
CHICKEN WIENERS OR
ZABIHA HALAL** 900 g
SELECTED VARIETIES

4⁹⁹
ea.



4⁹⁹
ea.

**BOURSIN CREAM CHEESE,
MARC ANGELO SLICED
ITALIAN DELI MEAT OR
ITALIA SALAMI**
85 - 170 g, SELECTED VARIETIES



1⁹⁹
/100 g

**SELECTION
TURKEY BREAST**
COOKED OR SMOKED
DELI SLICED, 9.03/lb



3⁹⁹
ea.

**LACTANTIA
PURIFILTRE MILK OR CREAM
OR BEATRICE
CHOCOLATE MILK**
473 ml - 2 L, SELECTED VARIETIES



4⁹⁹
ea.

**FRONT STREET BAKERY
ALL BUTTER CROISSANTS**
PKG OF 8, 456 g



99¢
ea.

**SELECTION
ENGLISH MUFFINS**
WHITE OR WHOLE WHEAT
PKG OF 6, 342 g



3⁹⁹
ea.

CALLIPO TUNA
3 X 80 g, SELECTED VARIETIES



4⁹⁹
ea.

**HÄAGEN-DAZS,
DRUMSTICK OR
REAL DAIRY ICE CREAM**
SELECTED SIZES, SELECTED VARIETIES



**BLACK DIAMOND BARS OR
SHREDDED CHEESE**
SELECTED SIZES, SELECTED VARIETIES

4⁹⁹
ea.



8⁸⁸
ea.

**GALLO EXTRA VIRGIN
OLIVE OIL 1L**
SELECTED VARIETIES



3⁴⁹
ea.

**CHEETOS SNACKS,
DORITOS TORTILLA
OR RUFFLES CHIPS**
SELECTED SIZES, SELECTED VARIETIES



9⁹⁹
ea.

**KRAFT
DINNER MEAL**
12 X 200 g

i earn with moi rewards



**HIGH LINER
BREADED
SHRIMP OR
FAMILY PACKS**
FROZEN, 315 - 700 g
SELECTED VARIETIES

5⁹⁹
ea.

+ 125
points
value of \$1



NESCAFÉ COFFEE
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹
ea.

+ 125
points
value of \$1



SELECTION LARGE EGGS
18 PACK

4⁹⁸
ea.

+ 125
points
value of \$1

Effective August - September

TH 27

FR 28

SA 29

SU 30

MO 31

TU 1

WE 2

2026

Check metro.ca for your local store hours.

WEO-RAI20260824_01_RV3

Organic
4.99
/lb
11.00/kg

3.99
/lb

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

14.99
ea.

RED SWEET SHEPHERD PEPPERS
HALF CASE
PRODUCT OF ONTARIO

4.99
ea.

WHITE POTATOES 10 lb
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

16.99
ea.

IRRESISTIBLE SALTED OR LIFE SMART UNSALTED CASHEWS
908 g

2 for 7.00

DEMPTER'S WHITE, WHOLE WHEAT, WHOLE GRAIN BREADS, BAGELS, HOT DOG OR HAMBURGER BUNS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

19.99
ea.

100% WHOLE WHEAT
NO ARTIFICIAL FLAVORS OR PRESERVATIVES

800 g

AQUA STAR COOKED OR RAW SHRIMP 800 g
PLANKED SALMON 544 g
OR IRRESISTIBLE JUMBO SHRIMP RING 600 g
FROZEN

8.99
ea.

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

7.99
ea.

TRE STELLE MOZZARELLA BALL OR IRRESISTIBLE SLICED CHEESE
160 - 340 g, SELECTED VARIETIES

4 PACK

13.00
ea.

FRESH 2 GO PANINI SANDWICHES
4 un.
SELECTED VARIETIES

2 for 14.00

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

7.49
ea.

iöGO MULTI OR SIGG'S SKYR YOGOURT
16 X 100 g, 650 - 750 g
SELECTED VARIETIES

2.99
ea.

KELLOGG'S CEREAL BARS, RICE KRISPIES OR PASTRIES
SELECTED SIZES, SELECTED VARIETIES

6.49
ea.

OCEAN SPRAY SPARKLING DRINKS
6 X 340 ml, SELECTED VARIETIES

5.99
ea.

KRAFT PEANUT BUTTER OR SMUCKER'S JAM
SELECTED SIZES, SELECTED VARIETIES

3.99
ea.

MCCAIN FRENCH FRIES
454 - 750 g
SELECTED VARIETIES

3.99
ea.

VH SAUCE
341 - 380 ml
SELECTED VARIETIES

2.49
ea.

DAWN DISHWASHING DETERGENT
366 - 502 ml, SELECTED VARIETIES

12.99
ea.

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

i earn with moi rewards

2.99
ea.
moi rewards members price only

3.99
ea.
Non-members price

2.99
ea.
moi rewards members price only

3.99
ea.
Non-members price

4.49
ea.
moi rewards members price only

5.49
ea.
Non-members price

99¢

SELECTION DISTILLED OR SPRING WATER
4L
SELECTED VARIETIES

99¢

SELECTION SPARKLING WATER
1L
SELECTED VARIETIES

99¢

NESTLÉ, CADBURY OR HERSHEY'S CHOCOLATE BARS
SELECTED SIZES
SELECTED VARIETIES

2/99¢

MR. NOODLES INSTANT RAMEN
85 g
SELECTED VARIETIES

99¢

CREST OR COLGATE TOOTHPASTE OR TOOTHBRUSHES
SELECTED SIZES
SELECTED VARIETIES

99¢

FANCY FEAST OR FRISKIES CAT FOOD
SELECTED SIZES
SELECTED VARIETIES

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this week's deals:

Only until September 2, 2026, in-store or online

add your moi rewards coupons



NOW
749
ea.
SAVE UP TO
\$2

~~949~~
ea.
KAWARTHA
ICE CREAM
1.5 L
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$2

~~699~~
ea.
OASIS
SMOOTHIES
4 x 300 ml
SELECTED VARIETIES



NOW
299
ea.
SAVE UP TO
1.30

~~429~~
ea.
HERSHEY'S
TWIZZLERS
311 - 454 g
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$1

~~599~~
ea.
DAIYA
CHEESE-STYLE SHREDS
200 g
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$2

~~699~~
ea.
TRACKLEMENTS
SAUCES
SELECTED SIZES
SELECTED VARIETIES



NOW
399
ea.
SAVE UP TO
\$5

~~899~~
ea.
DOWNY
UNLIMITED BEADS
303 g
SELECTED VARIETIES

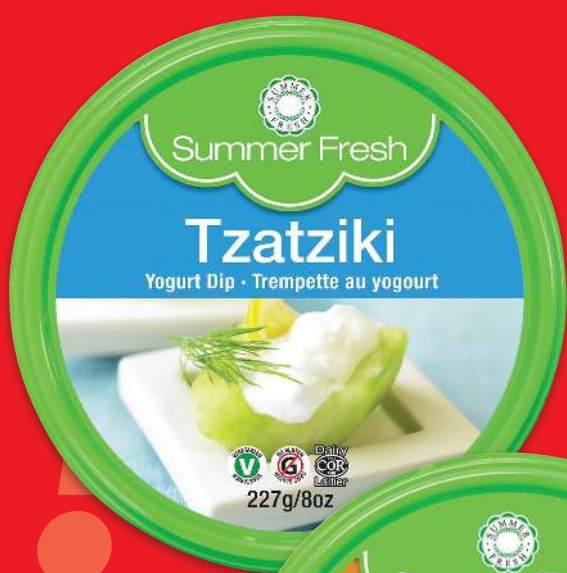
LIMIT ONE REDEMPTION PER CUSTOMER

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.

mmmmazing!

days

SHOP NOW



3⁹⁹
ea.

SUMMER FRESH
TOPPED HUMMUS, SALSA OR
PICO DE GALLO
227 - 255 g, 227 ml
SELECTED VARIETIES

4⁴⁹
ea.

SUMMER FRESH
DRESSINGS
340 ml
SELECTED VARIETIES



2⁹⁹
ea.

SUMMER FRESH
HUMMUS OR DIPS
200 - 227 g
SELECTED VARIETIES



4²⁹
ea.

SUMMER FRESH
SALAD
250 - 300 g
SELECTED VARIETIES



7⁹⁹
ea.

SUMMER FRESH
SALAD
650 - 800 g
SELECTED VARIETIES



4²⁹
ea.

O'SOLE MIO
FRESH GNOCCHI,
RAVIOLI OR TORTELLINI
255 - 300 g
SELECTED VARIETIES



3⁹⁹
ea.

O'SOLE MIO
PASTA SAUCE
300 ml, 165 g
SELECTED VARIETIES



5⁹⁹
ea.

O'SOLE MIO
FRESH TORTELLINI,
SACCOTTINI OR RAVIOLI
567 g
SELECTED VARIETIES



4⁹⁹
ea.

IRRESISTIBLE
MINI MUFFINS
336 g, SELECTED VARIETIES



SANTOSH
NAAN
500 g
SELECTED VARIETIES

1⁹⁹
ea.



5⁴⁹
ea.

SIMPLE JOYS
ICED LOAF CAKES
400 g
SELECTED VARIETIES



3⁹⁹
ea.

STONEFIRE
PIZZA CRUST,
FLAT BREAD,
NAAN ROUNDS
OR DIPPERS
200 - 460 g
SELECTED VARIETIES



TRE STELLE
TRADITIONAL FETA
375 g

8⁹⁹
ea.



TRE STELLE
BOCCONCINI
CHEESE 200 g
SELECTED VARIETIES

5⁹⁹
ea.



9⁹⁹
ea.

TRE STELLE
MASCARPONE CHEESE
475 g

indigo Leading Naturally.

Non-GMO

JORDANS
CEREAL
325 - 400 g
SELECTED VARIETIES

6⁹⁹
ea.



VITA COCO
COCONUT WATER 1L
SELECTED VARIETIES

4⁹⁹
ea.



Non-GMO

CHOSEN FOODS
AVOCADO OIL 750 ml
SELECTED VARIETIES

18⁹⁹
ea.



MORE MMMAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW

mmmmAZING!

days [SHOP NOW](#)

Mondeleēz
International



349
ea.

CHRISTIE
CRACKERS
SELECTED SIZES
SELECTED VARIETIES



CHRISTIE COOKIES
SELECTED SIZES
SELECTED VARIETIES

399
ea.



349
ea.

CADBURY
CHOCOLATE BARS
80 - 105 g, SELECTED VARIETIES



349
ea.



CHRISTIE
MINI COOKIES
144 - 200 g
SELECTED VARIETIES



499
ea.

MAYNARDS
CANDY
308 - 315 g
SELECTED VARIETIES

PEPSICO
CANADA



LAY'S CHIPS
200 - 235 g
SELECTED VARIETIES

2 for
800

QUAKER OATS
900 g
SELECTED VARIETIES

349
ea.



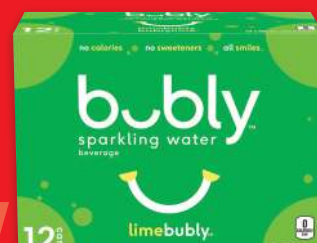
299
ea.

QUAKER
CRISPY MINIS OR
GRANOLA BARS
SELECTED SIZES
SELECTED VARIETIES



449
ea.

PEPSI SOFT DRINKS
6 X 222 mL, SELECTED VARIETIES



699
ea.

BUBLY OR MONTELLIER
SPARKLING WATER OR
GATORADE SPORT DRINKS
SELECTED SIZES, SELECTED VARIETIES

IP
ITALPASTA
Since 1989 - Depuis 1989



ITALPASTA
PASTA
900 g
SELECTED VARIETIES

249
ea.



MUTTI PASSATA
680 mL
SELECTED VARIETIES

449
ea.



299
ea.

MUTTI POLPA
FINELY CHOPPED
TOMATOES
398 mL, SELECTED VARIETIES

Kellogg's



499
ea.

KELLOGG'S CEREAL
SELECTED SIZES, SELECTED VARIETIES



FAMILY
SIZE

649
ea.

KELLOGG'S
FAMILY SIZE CEREAL
SELECTED SIZES
SELECTED VARIETIES



649
ea.

KELLOGG'S
KASHI CEREAL
349 - 510 g
SELECTED VARIETIES

MORE MMMAZING SAVINGS IN-STORE AND ONLINE

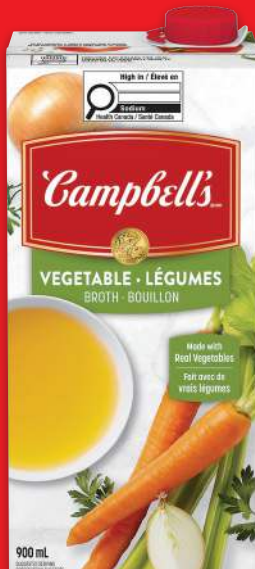
[SHOP NOW](#)

mmMAZING!

days

SHOP NOW

Campbell's



1⁹⁹
ea.

CAMPBELL'S
SOUP OR BROTH
SELECTED SIZES
SELECTED VARIETIES



2⁹⁹
ea.

HABITANT OR CAMPBELL'S
CHUNKY SOUP OR
GOLDFISH CRACKERS
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹
ea.

PACE
SALSA 642 - 648 ml
SELECTED VARIETIES



2⁴⁹
ea.

CAMPBELL'S
READY TO SERVE
SOUP 515 ml
SELECTED VARIETIES



2⁹⁹
ea.

KETTLE CHIPS OR
SNYDER'S
PRETZEL SNACKS
SELECTED SIZES
SELECTED VARIETIES

MARS
incorporated



BUY MORE
SAVE MORE!

3 for
9⁹⁹
LESS THAN 3
PAY 4.99 EA.

BEN'S ORIGINAL RICE OR
TASTY BITE SIDE DISHES
240 - 285 g, SELECTED VARIETIES



4⁴⁹
ea.

EXCEL OR JUICY FRUIT
GUM
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹
ea.

M&M'S CHOCOLATES
100 g
SELECTED VARIETIES



3 for
5⁰⁰

CESAR
WET DOG FOOD
100 g, SELECTED VARIETIES



1⁴⁹
ea.

WHISKAS
CAT FOOD
75 g, SELECTED VARIETIES

P&G



9⁹⁹
ea.

CHARMIN BATHROOM TISSUE OR
BOUNTY PAPER TOWELS
4 - 9 in., SELECTED VARIETIES



5⁹⁹
ea.

PANTENE HAIR CARE
SELECTED SIZES
SELECTED VARIETIES



9⁹⁹
ea.

GAIN OR TIDE
LAUNDRY DETERGENT
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹
ea.

PAMPERS WIPES
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹
ea.

CREST ORAL CARE
SELECTED SIZES
SELECTED VARIETIES

MORE MMMAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW

Ontario Grown

Foodland
ONTARIO

PAULA RED OR GINGER GOLD APPLES 3 lb
PRODUCT OF ONTARIO
CANADA FANCY GRADE

4⁹⁹
ea.

WILD WONDERS
DISCOVER THE WORLD'S FLAVOURS

ANGEL SWEET
SWEET CORN TOMATOES

3⁹⁹
ea.

SNACKING TOMATOES 283 g
PRODUCT OF ONTARIO

LOCAL FIELD STRAWBERRIES 1.137 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

4⁹⁹
ea.

BROCCOLI CROWNS
PRODUCT OF CANADA

2⁴⁹
ea.

SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

1⁶⁹
ea.

EGGPLANTS OR GREEN OR YELLOW ZUCCHINI
PRODUCT OF ONTARIO
4.39/kg

1⁹⁹
/lb

SWEET CORN 4 PK
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

4⁹⁹
ea.

ROMAINE LETTUCE
PRODUCT OF CANADA

2⁴⁹
ea.

Dereulany FARMS
Ontario
Peeled Carrots
Carottes Pelées

2⁴⁹
ea.

BABY CARROTS 340 g
PRODUCT OF ONTARIO

Organic
4⁹⁹
ea.
340 g

3⁹⁹
ea.

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

Belle Grove
Steakcut Mushrooms
Champignons à Tranches Épaisses

3⁹⁹
ea.

BELLE GROVE STEAKCUT MUSHROOMS 227 g
PRODUCT OF ONTARIO

GREEN ONIONS
PRODUCT OF CANADA

1⁴⁹
ea.

Organic

1.1L

TONICA ORGANIC KOMBUCHA
1.1L
SELECTED VARIETIES

9⁹⁹
ea.

6⁹⁹
ea.

ORGANIC CORONATION GRAPES 2 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

Belle Grove
Portabella Mushrooms
Champignons Portobello

5⁷⁹
ea.

BELLE GROVE ORGANIC PORTABELLA MUSHROOMS 170 g
PRODUCT OF ONTARIO

4⁹⁹
ea.

ORGANIC BROCCOLI
PRODUCT OF CANADA

ORGANIC ANGEL SWEET TOMATOES 283 g
PRODUCT OF CANADA OR MEXICO

Fresh Produce

1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO OR PERU

3⁹⁹
ea.

RASPBERRIES 170 g
BLACKBERRIES 170 g
PRODUCT OF U.S.A. OR MEXICO

4⁹⁹
ea.

LEMONS 2 lb
PRODUCT OF SOUTH AFRICA

5⁹⁹
ea.

CLEMENTINES 2 lb
PRODUCT OF SOUTH AFRICA

2⁴⁹
/lb

LARGE CARA CARA ORANGES
PRODUCT OF SOUTH AFRICA
5.49/kg

1⁹⁹
ea.

LARGE RED MANGOES
PRODUCT OF BRAZIL

2⁹⁹
ea.

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

4⁹⁹
ea.

SOYARIE TOFU BURGERS 300 g
SELECTED VARIETIES

Sliced & Diced

99¢
/lb

SEEDLESS WATERMELON QUARTERS
2.18/kg

4⁹⁹
ea.

SMALL BROCCOLI SALAD WITH BACON 280 g
SMALL DELUXE FRUIT SALAD 380 g

9⁹⁹
ea.

LARGE SALADS 466 - 692 g
PUMPERNICKEL TRAY 790 g

made in my metro

Fresh Blooms

11⁹⁹
ea.

DAHLIAS
5 STEM BUNCH
ASSORTED COLOURS

16⁹⁹
ea.

UMBRELLA PLANT
6" POT

2 for 20⁰⁰
or 11.99 ea.

GARDEN MUMS
9" POT
ASSORTED COLOURS

20⁰⁰
ea.

SUMMER BEAUTY BOUQUET
ASSORTED COLOURS AND FLOWERS

pick Ontario

DISCOVER NEW

SAVE \$2.99

Our Butcher's Finest





15⁹⁹
/lb

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK
CUT FROM CANADA AAA GRADE
35.25/kg





6⁹⁹
/lb

STORE MADE BEEF BURGERS
SELECTED VARIETIES
15.41/kg





4⁴⁹
/lb

PORK SHOULDER BLADE CHOPS
VALUE PACK
9.90/kg







4⁹⁹
/lb

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



**NATURALIA**

5⁹⁹
ea.

LIFE SMART NATURALIA PORK SAUSAGES
HOT OR MILD ITALIAN OR LEAN GROUND PORK 500 g



7⁹⁹
/lb

STUFFED SWEET MINI PEPPERS OR MUSHROOMS
VALUE PACK
SELECTED VARIETIES
17.61/kg





12⁹⁹
/lb

RED GRILL BEEF SHORT RIBS
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
28.64/kg



4⁹⁹
/lb

BONELESS PORK LOIN CHOPS
FAST FRY CENTRE CUT
11.00/kg

FAST FRY

Irrésistible





5⁹⁹
ea.

IRRÉSISTIBLE MEAT PIES
600 - 635 g, FROZEN
SELECTED VARIETIES





6⁹⁹
ea.

IRRÉSISTIBLE VEGETABLE
SPRING ROLLS
ROULEAUX IMPÉRIEAUX AUX LÉGUMES
300 g, FROZEN
SELECTED VARIETIES





7⁹⁹
ea.

IRRÉSISTIBLE CHEESE STICKS OR JALAPENO POPPERS
325 - 400 g, FROZEN
SELECTED VARIETIES





7⁹⁹
ea.

IRRÉSISTIBLES FRENCH ONION SOUP
500 g, FROZEN





7⁹⁹
ea.

IRRÉSISTIBLE BACON 500 g





9⁹⁹
ea.

IRRÉSISTIBLE PASTA ENTRÉES
1 - 1.13 kg, FROZEN
SELECTED VARIETIES





9⁹⁹
ea.

IRRÉSISTIBLE SHEPHERD'S PIE
800 g, FROZEN





16⁹⁹
ea.

IRRÉSISTIBLE PRIME RIB BEEF SLIDERS
852 g, FROZEN

LOCKED DOWN PRICES UNTIL SEPTEMBER 23RD, 2026





5⁹⁹
/lb

YORKSHIRE VALLEY FARMS ORGANIC FRESH WHOLE CHICKEN
13.21/kg





6⁹⁹
ea.

BUTTERBALL TURKEY BACON
300 - 375 g
SELECTED VARIETIES





6⁹⁹
ea.

MARC ANGELO SAUSAGES FROZEN OR CHICKEN BURGERS
375 - 675 g
SELECTED VARIETIES





7⁹⁹
ea.

WONG WING ENTRÉES
360 - 680 g, FROZEN
SELECTED VARIETIES





2⁴⁹
ea.

SWANSON PIES
200 g, FROZEN
SELECTED VARIETIES





8⁹⁹
ea.

LOU'S KITCHEN ENTRÉES OR PEAMEAL
375 - 400 g
SELECTED VARIETIES



9⁹⁹
ea.

BUBBIES DILL PICKLES
750 ml - 1L
SELECTED VARIETIES



13⁹⁹
ea.

PILLER'S SMOKED HAM
800 g, SELECTED VARIETIES

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



GET FIRED UP FOR BBQ FAVES

Classic meat & plant-based options – something tasty for everyone.



Shop these items and more in-store or online at metro.ca



12⁹⁹ ea.

IRRESISTIBLE PORK BACK RIBS
FROZEN, 680 g
SELECTED VARIETIES



16⁹⁹ ea.

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



5⁹⁹ /lb

STORE MADE SAUSAGES
SELECTED VARIETIES
13.21 /kg



9⁹⁹ /lb

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



8⁹⁹ ea.

SELECTION SMOKED SAUSAGES
900 g
SELECTED VARIETIES



3⁹⁹ ea.

IRRESISTIBLES NATURALIA WIENERS
375 g



3⁹⁹ ea.

VILLAGGIO BUNS
SELECTED SIZES
SELECTED VARIETIES

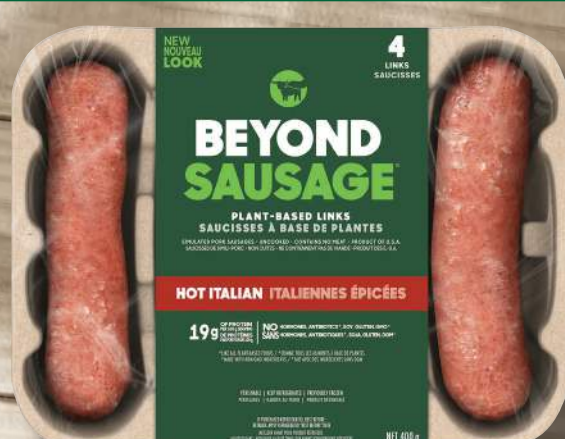


18⁹⁹ ea.

BEYOND PLANT-BASED BURGERS
FROZEN, 678 g

Plant-Based

PLANT-BASED



8⁹⁹ ea.

BEYOND MEAT PLANT-BASED SAUSAGES
FROZEN, 400 g
SELECTED VARIETIES

Seafood



DISCOVER NEW

FLETAN ATLANTIC DE L'ATLANTIQUE HALIBUT

MAINCOURG, QUEBEC

POUR NET / NET WT 200 G

9⁹⁹

ea.

WILD CAUGHT HALIBUT FILLETS FROZEN, 200 g



made in my metro m

10⁹⁹

/lb

FRESH ATLANTIC MARINATED OR STUFFED SALMON 2.42/100 g



made in my metro m

3⁹⁹

ea.

FRESH SALMON KABOBS 100 g SELECTED VARIETIES



BIOLOGIQUE

ONCE

MADE IN CANADA

5⁹⁹

ea.

FRESH CANADIAN COVE ORGANIC MUSSELS 2 lb, 907 g

GREAT FOR PLATTERS



7⁹⁹

/lb

LOUIS KEMP SEA LEGS SURIMI PREVIOUSLY FROZEN, 1.77/100 g



24⁹⁹

/lb

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



CLEAR OCEAN COOKED SALAD SCALLOPS FROZEN, 227 g

4⁹⁹

ea.



CEDAR BAY PLANKED ATLANTIC SALMON FROZEN, 141 g

6⁹⁹

ea.



FOODLAND ONTARIO

PUREPAC PICKEREL FILLETS 340 g, FROZEN

11⁹⁹

ea.



2 LB

FROZEN WHOLE MACKEREL 907 g

14⁹⁹

ea.

Irresistible



5⁹⁹

ea.

IRRESISTIBLE SHRIMP SPRING ROLLS FROZEN, 300 g

7⁹⁹

ea.

IRRESISTIBLE SHRIMP GYOZA OR DIM SUM DUMPLINGS FROZEN, 280 - 400 g

7⁹⁹

ea.

IRRESISTIBLE BREADED SCALLOP MEDALLIONS FROZEN, 500 g

13⁹⁹

ea.

IRRESISTIBLE SALMON WELLINGTON FROZEN, 300 g

Deli Favourites



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

2⁹⁹

/100 g



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

3⁴⁹

/100 g



BALDERSON CHEDDAR CHEESE 250 - 280 g SELECTED VARIETIES

10⁹⁹

ea.



SARTORI BELLAVITANO CHEESE 150 g, SELECTED VARIETIES

9⁹⁹

ea.



LILYDALE CARVED TURKEY, CHICKEN OR ROAST TURKEY STRIPS 300 g, 2 X 150 g SELECTED VARIETIES

12⁹⁹

ea.



SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED DELI MEAT 100 - 150 g, SELECTED VARIETIES

5⁹⁹

ea.



OKA CHEESE 190 g, SELECTED VARIETIES

10⁷⁹

ea.



ZERTO MOZZARELLA 250 g, SELECTED VARIETIES

9⁹⁹

ea.



MARC ANGELO SNACKISSIMO SNACKS 60 - 70 g, SELECTED VARIETIES

4⁹⁹

ea.



OLYMEI SLICED DELI MEAT 175 g SELECTED VARIETIES

6⁹⁹

ea.



PILLER'S PEPPERONI OR SALAMI STICKS 300 - 500 g SELECTED VARIETIES

11⁴⁹

ea.



SNACK FACTORY PRETZEL CRISPS CRACKERS 200 g SELECTED VARIETIES

5⁹⁹

ea.



GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 ml SELECTED VARIETIES

5⁹⁹

ea.



WE GUAC GUACAMOLE 227 g, SELECTED VARIETIES

5⁴⁹

ea.

OVER 20 VARIETIES AVAILABLE

metro FRESH 2 GO



FRESH 2 GO BULK SALADS DELI SERVED, 11.29/lb

2⁴⁹

/100 g

SEAFOOD SALAD

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



Baked in my Metro



4⁴⁹
ea.

FRONT STREET BAKERY
RUSTIC COUNTRY BREAD
500 g



7⁴⁹
ea.

FRONT STREET BAKERY
CHEESE BREAD
675 g



4²⁹
ea.

FRONT STREET BAKERY
PANINI OR DINNER ROLLS
PKG OF 6 - 12, 300 - 325 g



5⁹⁹
ea.

FRONT STREET BAKERY
CHEESE BUNS OR
CHEESE STICKS
PKG OF 6 - 8, 420 - 480 g

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



22⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE,
TRIPLE FRUIT OR
TRIPLE STRAWBERRY
BOSTON CAKES
1200 - 1250 g



31⁹⁹
ea.

FRONT STREET BAKERY
GOURMET
SHORTCAKES
1300 g
SELECTED VARIETIES



22⁹⁹
ea.

FRONT STREET BAKERY
CHEESECAKES
975 g
SELECTED VARIETIES



9⁹⁹
ea.

FRONT STREET BAKERY
MINI CREAM BAR CAKES
325 g
SELECTED VARIETIES



14⁹⁹
ea.

IRRESISTIBLE
CREAM PIES 830 g
SELECTED VARIETIES



5⁹⁹
ea.

IRRESISTIBLE
PIES 454 g
SELECTED VARIETIES



5⁴⁹
ea.

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



7⁹⁹
ea.

SELECTION
DESSERT SQUARES
400 - 450 g
SELECTED VARIETIES



8⁹⁹
ea.

SCHÄR
GLUTEN FREE
ROLLS, BREAD
OR PIZZA CRUST
SELECTED SIZES
SELECTED VARIETIES



7⁹⁹
ea.

CARBONAUT
BREAD OR
HAMBURGER
BUNS
315 - 544 g
SELECTED VARIETIES



4⁹⁹
ea.

DEMPSTER'S
10" TORTILLAS
488 - 610 g
SELECTED VARIETIES



4⁴⁹
ea.

DIMPFLEMEIER
RYE BREAD
454 - 680 g
SELECTED VARIETIES

More Great Savings



2 for 6⁰⁰

STARBUCKS
DRINKS
281 - 444 ml
SELECTED VARIETIES
OR 3.49 EA.



1⁴⁹
ea.

MONTELLIER
SPARKLING
WATER
1L
SELECTED VARIETIES



4⁴⁹
ea.

OCEAN SPRAY
FRUIT COCKTAIL
1.89 L, SELECTED VARIETIES



13⁴⁹
ea.

GRÜVI
NON-ALCOHOLIC
BEER
6 X 355 ml
SELECTED VARIETIES



2⁴⁹
ea.

SNACK PACK
PUDDING
CUPS OR
JELLY SNACK
4 X 99 g
SELECTED VARIETIES



4⁹⁹
ea.

CLASSICO
PASTA SAUCE
218 - 600 ml



3⁹⁹
ea.

DARE CANDIES
350 g
SELECTED VARIETIES



99¢
ea.

CADBURY
CHOCOLATE BARS
32 - 50 g
SELECTED VARIETIES



5⁴⁹
ea.

CHRISTIE
FAMILY COOKIES,
RITZ DRIZZLED OR
CAKESTERS
SELECTED SIZES
SELECTED VARIETIES



6⁴⁹
ea.

TROPHY NUTS
200 g
SELECTED VARIETIES



3⁴⁹
ea.

BITS & BITES SNACKS
145 g, SELECTED VARIETIES



4⁴⁹
ea.

PRETZEL PZAAZ
SNACKS 200g
SELECTED VARIETIES
WHILE QUANTITIES LAST

Enjoy ready-to-eat goodness!



2⁴⁹
ea.

DEL MONTE
BEAN SALADS,
CORN MEDLEY'S OR
CANNED FRUIT
341 - 398 ml, SELECTED VARIETIES



12⁹⁹
ea.

DEL MONTE
FRUIT CUPS
6 X 112.5 ml
SELECTED VARIETIES

Generous by nature



7⁹⁹
ea.

NATREL PLUS
HIGH PROTEIN
MILK 2L
ELECTED VARIETIES



10⁹⁹
ea.

NATREL
LACTOSE FREE
MILK 4L
SELECTED VARIETIES

September is ORGANIC MONTH

Canada's largest celebration of organic food,
farming & products. Shop our large variety!



SPRAGUE
CHILI OR
LENTILS
SELECTED SIZES
SELECTED
VARIETIES



2.99
ea.



QUE PASA
TORTILLA CHIPS
300 g
SELECTED VARIETIES



4.99
ea.



ACROPOLIS
OLIVES
315 ml
SELECTED VARIETIES



5.49
ea.



NAKED & SAUCY
SOY SAUCE
296 ml
SELECTED VARIETIES



9.49
ea.



4.49
ea.

QUE PASA
SALSA
420 ml
SELECTED VARIETIES



4.99
ea.

DAINTY RICE
460 g
SELECTED VARIETIES

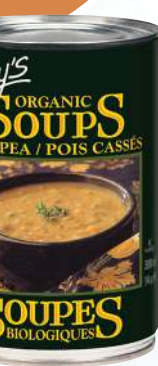


BRIANNAS
DRESSING
296 ml
SELECTED VARIETIES

8.99
ea.



4.99
ea.

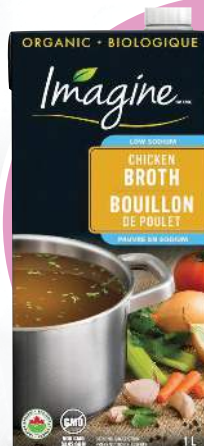


AMY'S SOUP
398 ml
SELECTED VARIETIES

IMAGINE
BROTH
1L
SELECTED VARIETIES



5.99
ea.



7.49
ea.

MARY'S
CRACKERS
156 g
SELECTED VARIETIES



SAP SUCKER
SPARKLING WATER
355 ml
SELECTED VARIETIES



2.49
ea.



NABOB
ORGANIC COFFEE
292 g
SELECTED VARIETIES



19.99
ea.



4.99
ea.

GREEN & BLACK'S
CHOCOLATE BARS
90 g
SELECTED VARIETIES



PATIENCE
JUICE
946 ml
SELECTED VARIETIES

8.99
ea.



ROAR
ORGANIC
HYDRATION DRINK
532 ml
SELECTED VARIETIES



2.99
ea.



KIJU
JUICE
1L
SELECTED VARIETIES

4.49
ea.



GURU
ENERGY DRINK
355 ml
SELECTED VARIETIES

2.99
ea.



7.49
ea.

ONE DEGREE
CEREAL
227 - 284 g
SELECTED VARIETIES



8.99
ea.

MARANATHA
PEANUT BUTTER
500 g
SELECTED VARIETIES



13.99
ea.

NUTIVA
COCONUT OIL
860 ml
SELECTED VARIETIES



6.49
ea.

MELT
BUTTERY STICKS
454 g
SELECTED VARIETIES

SHADY MAPLE
FARMS
MAPLE SYRUP
375 ml
SELECTED VARIETIES



13.99
ea.



GOLDEN MAPLES
MAPLE SYRUP
250 ml
SELECTED VARIETIES



7.49
ea.



Non-GMO 

TRADITIONAL MEDICALS
TEA 16 un.
SELECTED VARIETIES



ORGANIC
Peppermint
Refreshing & Minty

5⁹⁹
ea.

CRANK COFFEE
340 g
SELECTED VARIETIES



CRANK COFFEE
MORNING GLORY
MEDIUM DARK ROAST TORREFACTION M-NOIRSE

16⁴⁹
ea.

EVIVE SMOOTHIES
450 g
SELECTED VARIETIES



evive
Smoothie
Protein | Protéine
15g
Strawberry Frappé
Frappe Fraîche

9⁹⁹
ea.

BARNEY BUTTER
ALMOND BUTTER
284 g, SELECTED VARIETIES



BARNEY BUTTER
ALMOND BUTTER
BEURRE D'AMANDES

8⁹⁹
ea.

WHOLLY VEGGIE!
Spicy Cashew Teriyaki Bowl
Bol teriyaki au cajou épicé
284 g



8⁴⁹
ea.

WHOLLY VEGGIE!
FROZEN MEALS
284 g, SELECTED VARIETIES

DAIYA PASTA SAUCE
402 g
SELECTED VARIETIES



NEW!
Daiya
CHEDDAR CHEESE SAUCE
3 x 134 g POUCHES (402 g)

9⁹⁹
ea.

KIND HEALTHY GRAINS™
Oats & Honey
with Toasted Coconut
chewy with a crunch™
100% WHOLE GRAINS*
GLUTEN FREE
NO GENETICALLY ENGINEERED INGREDIENTS
5 x 50 g - 175 g GRANOLA BARS



4⁹⁹
ea.

KIND BARS
4 X 50 g or 5 X 35 g
SELECTED VARIETIES

KIND breakfast déjeuner
Almond Butter
Beurre d'amande
100% WHOLE GRAINS* 100% GRAINS ENTIERES
4 PACKS OF/ EMBALLAGES DE 2 BARS/BARRES
4 x 50 g - 200 g



8⁹⁹
ea.

Plant-Based

SO DELICIOUS FROZEN DESSERT
500 ml
SELECTED VARIETIES



SO DELICIOUS
DAIRY FREE FROZEN DESSERTS
Caramel Base - À BASE DE NOIX DE COCOT

8⁹⁹
ea.

MRS. RENFRO'S SALSA 473 ml
SELECTED VARIETIES



Mrs. Renfro's
HABANERO SALSA AUX HABANEROS

7⁴⁹
ea.

JACK & ANNIE'S FROZEN MEALS
204 - 272 g
SELECTED VARIETIES



GLUTEN FREE - SANS GLUTEN
jack & annie's
crispy tenders - lanieres
204 - 272 g

7⁹⁹
ea.

SIMPLY ORGANIC VANILLA EXTRACT
59 ml
SELECTED VARIETIES



Simply Organic
PURE MADAGASCAR vanilla extract
extrait de vanille pure de Madagascar

12⁹⁹
ea.

Keto

FATSO PEANUT BUTTER
500 g
SELECTED VARIETIES



FATSO
SALTED CARAMEL SALE
PEANUT BUTTER
BEURRE D'ARACHIDES

6⁹⁹
ea.

BLUE DIAMOND BEVERAGES
1.89 L
SELECTED VARIETIES



BLUE DIAMOND
Almond Breeze
UNSWEETENED
Original
30 CALORIES

5⁹⁹
ea.

Pet

COOKIE PAL DOG TREATS
250 - 300 g
SELECTED VARIETIES



COOKIE PAL
HUMAN GRADE ORGANIC
BIOLOGIQUE ET DE QUALITÉ HUMAINE
250 - 300 g

6⁹⁹
ea.

ZOË DOG TREATS
148 - 234 g
SELECTED VARIETIES



ZOË
BETTER THAN RAWHIDE
148 - 234 g

8⁹⁹
ea.

BENEFUL WET DOG FOOD
283 g
SELECTED VARIETIES



BENEFUL
PREPARED MEALS
283 g

3²⁹
ea.

PURINA BEYOND DRY DOG FOOD
1.36 - 1.67 kg
SELECTED VARIETIES



PURINA BEYOND
WILD
1.36 - 1.67 kg

14⁹⁹
ea.

FRISKIES LIL'SOUPS CAT TREATS
34 g
SELECTED VARIETIES



Friskies
lil'soups
34 g

3 for 4⁰⁰

FRISKIES PARTY MIX CAT TREATS
170 g
SELECTED VARIETIES



Friskies
Party Mix
170 g

2⁹⁹
ea.

FRISKIES DRY CAT FOOD
1.5 - 1.43 kg
SELECTED VARIETIES



Friskies
Chef's Blend
1.5 - 1.43 kg

7⁹⁹
ea.

PURINA ONE DRY CAT FOOD
1.59 - 1.8 kg
SELECTED VARIETIES



PURINA ONE
INDOOR ADVANTAGE
1.59 - 1.8 kg

14⁴⁹
ea.

Household Helpers

DOWNY FABRIC SOFTENER OR BOUNCE SHEETS
SELECTED SIZES, SELECTED VARIETIES



DOWNY
SOFT
2.1 L

9⁹⁹
ea.

BRITA PITCHER OR FILTERS 1-3 un.
SELECTED VARIETIES



BRITA
The AT Water Filter Pitcher

23⁹⁹
ea.

ZIPLOC BAGS
SELECTED SIZES, SELECTED VARIETIES



Ziploc
Freezer / Congélation
16 LARGE / GRAND
Ziploc
Sandwich
100 BAGS / SACS

4⁹⁹
ea.

AIR WICK ESSENTIAL MIST REFILL
20 ml, SELECTED VARIETIES



essential mist™
brume essentielle
20 ml

7⁴⁹
ea.

METHOD MULTI PURPOSE CLEANER
828 ml
SELECTED VARIETIES



METHOD
MULTI PURPOSE CLEANER
828 ml

6⁴⁹
ea.

WINDEX WINDOW CLEANER
765 - 950 ml
SELECTED VARIETIES



Windex
WINDOW CLEANER
765 - 950 ml

5⁹⁹
ea.

20% OFF
SELECT gift cards
Offer valid Aug 27 - Sept 2



H&M
ARDENE
Boston Pizza
wayfair.ca
DOORDASH