



metro

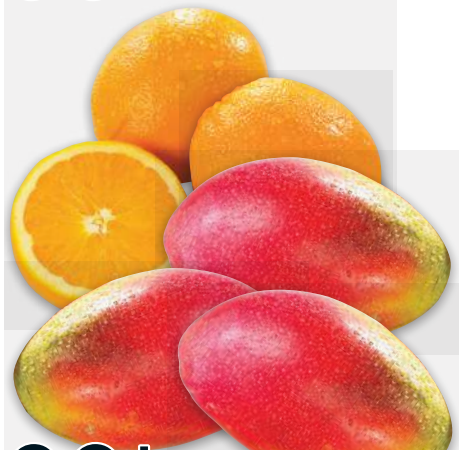
More freshness, more savings.

mmmmAZING! days



99¢
/lb

**LARGE MCINTOSH, PAULA RED OR
GINGER GOLD APPLES**
PRODUCT OF ONTARIO, CANADA EXTRA FANCY GRADE
2.18/kg



99¢
ea. or /lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF SOUTH AFRICA, 99¢/lb, 2.18/kg
LARGE RED MANGOES
PRODUCT OF BRAZIL, 99¢ EA.



249
ea.

BLACKBERRIES 170 g
PRODUCT OF CANADA, U.S.A. OR MEXICO



199
ea.

**LARGE BROCCOLI, RED OR GREEN
SWISS CHARDS OR DANDELION GREENS**
PRODUCT OF CANADA



299
ea.

SWEET CORN 4 PK
PRODUCT OF ONTARIO, CANADA No. 1 GRADE
BAKING POTATOES 3 PK
PRODUCT OF CANADA, CANADA No. 1 GRADE



**FAMILY
SIZE**



777
ea.

LARGE SALADS
466-692 g



399
ea.

**IRRESISTIBLE
PISTACHIOS**
200 g, SALTED OR UNSALTED



**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



**AUSSIE
BEEF™**
• Grain Fed
• Cut from Australian MB1
Graded beef

1188
/lb

**BONELESS
STRIP LOIN STEAK
VALUE PACK**
CUT FROM AUSTRALIAN
GRADED BEEF
26.19/kg



299
/lb

PORK SHOULDER BLADE CHOPS VALUE PACK
6.59/kg



**FRESH
COHO**

999
/lb or ea.

FRESH COHO SALMON FILLETS VALUE PACK
MIN 900 g, 2.21/100 g, 9.99/lb
WILD JUMBO ARGENTINIAN RED SHRIMP
454 g, 11-15, FROZEN, 9.99 EA.



799
ea.

**MAPLE LEAF PRIME
BREADED OR STUFFED
CHICKEN, CHICKEN WINGS
OR SCHNEIDERS DIPS**
FROZEN, 530 - 700 g, SELECTED VARIETIES



699
ea.

**BALDERSON CHEDDAR
CHEESE, GOUDA OR
BRANDT KOLBASSA**
170 - 300 g, SELECTED VARIETIES



299
/100 g

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



599
ea.

**FRONT STREET BAKERY
DANISH, TURNOVERS,
PARISAN TWISTS OR
BRAIDED STRUDEL**
SELECTED SIZES, SELECTED VARIETIES



499
ea.

IRRESISTIBLE MUFFINS
PKG OF 6, 600 g
SELECTED VARIETIES



549
ea.

**LACTANTIA MILK OR KELLOGG'S
FAMILY SIZE CEREAL**
SELECTED SIZES, SELECTED VARIETIES



499
ea.

JAMIESON VITAMINS
SELECTED SIZES
SELECTED VARIETIES



349
ea.

TOSTITOS TORTILLA CHIPS
210 - 300 g
SELECTED VARIETIES



222
ea.

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



599
ea.

**TIDE OR GAIN LAUNDRY
DETERGENT, DOWNY
SOFTENERS OR BOUNTY**
SELECTED SIZES, SELECTED VARIETIES



169
ea.

ITALPASTA PASTA
900 g, SELECTED VARIETIES



349
ea.

**DR. OETKER RISTORANTE
OR CASA DI MAMA PIZZA**
320 - 410 g, SELECTED VARIETIES



799
ea.

SPECIAL PRICE
1099
ea.
for non-members



349
ea.

125
points
value of \$1

599
ea.

125
points
value of \$1

Effective September

TH 10

FR 11

SA 12

SU 13

MO 14

TU 15

WE 16

2026

Check metro.ca for your local store hours.

WEO-RA020260907_01_R_V3

5 PK

4⁹⁹
ea.

AVOCADOS 5 PK
PRODUCT OF MEXICO OR PERU

JUMBO

3⁹⁹
/lb

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

organic

3⁴⁹
ea.

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

14⁹⁹
ea.

RED SWEET SHEPHERD
PEPPERS HALF-CASE
PRODUCT OF ONTARIO

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

2 for
7⁰⁰

BIMBO
CANADA

NEW
Dempster's
PROTEIN
WHITE
14 g PROTEIN

Dempster's
Signature
SOURDOUGH
LEVIN

Dempster's
WHITE
NO ARTIFICIAL
FLAVOURING

ORIGINAL OKA 15.21/lb
CHEVALIER TRIPLE
CRÈME BRIE 15.21/lb
AGROPUR 3-YEAR AGED
GRAND CHEDDAR 13.58/lb
L'EXTRA DOUBLE
CRÈME BRIE 14.40/lb
DELI CUT, PRICES AS MARKED

40% OFF

5⁹⁹
ea.

MAPLE LEAF OR
SCHNEIDERS BACON OR
FROZEN SCHNEIDERS
BREAKFAST SANDWICHES
OR EGG BITES
65 - 375 g, SELECTED VARIETIES

HIGH LINER
SIGNATURE, PAN SEAR OR
CATCH OF THE DAY FILLETS
FROZEN, 540 g - 1.36 kg

11⁹⁹
ea.

O'SOLE MIO GNOCCHI
OR FRESH PASTA
225 - 300 g, SELECTED VARIETIES

3⁹⁹
ea.

mix & match

2 for
14⁰⁰

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

5⁹⁹
ea.

OASIS
REFRIGERATED JUICE
1.5 L, SELECTED VARIETIES

Non-GMO **6⁴⁹**
ea.

KELLOGG'S KASHI
CEREAL 349 - 510 g
SELECTED VARIETIES

2 for
5⁰⁰

RXBAR
PROTEIN BARS 52 g
SELECTED VARIETIES

4⁹⁹
ea.

VITA COCO
COCONUT WATER
1 L, SELECTED VARIETIES

4⁴⁹
ea.

PEPSI SOFT DRINKS
6 X 222 ml
SELECTED VARIETIES

QUAKER
CRISPY MINIS
RICE CAKES
90 - 199 g
SELECTED VARIETIES

3 for
10⁰⁰

5⁹⁹
ea.

HERSHEY'S
CHOCOLATES
160 - 235 g
SELECTED VARIETIES

4⁴⁹
ea.

EXCEL GUM
SELECTED SIZES
SELECTED VARIETIES

6⁹⁹
ea.

MCCAIN
FROZEN CAKE 510 g
SELECTED VARIETIES

5⁹⁹
ea.

BREYERS ICE CREAM
1.41 L, SELECTED VARIETIES

3⁹⁹
ea.

KRAFT SALAD DRESSING
425 ml, SELECTED VARIETIES

7⁹⁹
ea.

MARIGOLD
FROZEN MEALS 354 g
SELECTED VARIETIES

4⁹⁹
ea.

OLD EL PASO KITS
250 - 510 g
SELECTED VARIETIES

2²²
ea.

CAMPBELL'S BROTH
900 ml, SELECTED VARIETIES

5⁹⁹
ea.

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

9⁹⁹
ea.

SPONGE PAPER TOWELS OR
SCOTTIES FACIAL TISSUE
3 - 6 in., SELECTED VARIETIES

moi rewards member price

KELLOGG'S
EGGO WAFFLES
270 - 280 g
SELECTED VARIETIES

2⁴⁹
ea.
moi rewards
members price only

QUAKER
CHEWY OR DIPP'S
GRANOLA BARS
120 - 156 g
SELECTED VARIETIES

1⁹⁹
ea.
moi rewards
members price only

ANNIE'S
PASTA MEAL
SELECTED SIZES
SELECTED VARIETIES

1⁹⁹
ea.
moi rewards
members price only

3⁴⁹
ea.
Non-members price

2⁹⁹
ea.
Non-members price

2⁹⁹
ea.
Non-members price

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The prices advertised are in effect at participating Metro locations in the province of Ontario only. This flyer is printed on recyclable paper using vegetable based inks. Please recycle where facilities exist. *IN STOCK POLICY: Metro offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Ready-to-Drink Alcoholic Beverages, Beer, Cider, Wine, and Independent Third Party Vendors. Please see the Customer Service desk at your Metro for full details. If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day. We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at metro.ca. Certain prices and special offers advertised in our flyers may vary by area. We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Prices are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit metro.ca, where you can create an account (or sign into your account) and select your preferred location. Some seafood, bakery and floral items may not be available in all stores. For retail sale only. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt: available at Metro; not available at Food Basics. All dollar values associated with a Moi Rewards offer are rewarded in points, not in actual dollars. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit morewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc. Fresh Guarantee: Applicable to eligible fresh items purchased at Metro stores in Ontario or at metro.ca. Requests must be made within 3 days with receipt. Conditions apply. See metro.ca/freshguarantee.

mmMAZING!

days **SHOP NOW**



5⁹⁹
ea.

LACTANTIA ULTRAPUR OR
BEATRICE CHOCOLATE MILK
1.5 - 2 L, SELECTED VARIETIES



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

7⁴⁹
ea.



3⁹⁹
ea.

iögo NANO
DRINKABLE, BUBBLES OR
POUCHES YOGOURT
6 X 93 ml, 4 X 90 - 100 g
SELECTED VARIETIES



3⁹⁹
ea.



4⁹⁹
ea.

CRACKER BARREL
SNACK PORTIONS
168 g, SELECTED VARIETIES



3⁹⁹
ea.

OCEAN SPRAY
JUICE OR COCKTAIL
1.89 L
SELECTED VARIETIES



5⁹⁹
ea.



POST
FAMILY CEREAL
525 - 635 g
SELECTED VARIETIES



4⁹⁹
ea.



G.H. CRETORS
184 - 213 g
SELECTED VARIETIES



2⁶⁹
ea.



CHEF BOYARDEE
CANNED MEALS
418 - 425 g
SELECTED VARIETIES



25⁹⁹
ea.

TIM HORTONS
COFFEE CAPSULES
30 un., SELECTED VARIETIES

Low Price Every Day

SELECTION
SPARKLING WATER
1L
SELECTED VARIETIES



NOW
99¢
ea.

SELECTION
SOFT DRINKS
2L
SELECTED VARIETIES



NOW
1⁴⁹
ea.



NOW
2⁹⁹
ea.

SELECTION
JUICE BOXES
SELECTED VARIETIES



NOW
3⁷⁹
ea.

IRRESISTIBLE
TEA
18 - 20 BAGS
SELECTED VARIETIES

SELECTION
CHIPS
200 g
SELECTED VARIETIES



NOW
1⁴⁹
ea.

SELECTION
CHEWY BARS
157 - 175 g
SELECTED VARIETIES



NOW
2⁴⁹
ea.



NOW
2⁹⁹
ea.

SELECTION OR LIFE SMART
FRUIT SNACKS
6 X 113 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.

IRRESISTIBLE
COOKIES
280 - 300 g
SELECTED VARIETIES



NOW
1⁴⁹
ea.



SELECTION OR LIFE SMART
CANNED VEGETABLES
341 - 398 ml
SELECTED VARIETIES

SELECTION
PEROGIES
907 g - 1 kg
SELECTED VARIETIES



NOW
2⁴⁹
ea.

IRRESISTIBLE
FROZEN PIZZA
SELECTED SIZES
SELECTED VARIETIES



NOW
3⁹⁹
ea.

IRRESISTIBLE
FROZEN FRIES
650 g
SELECTED VARIETIES



NOW
4⁹⁹
ea.

MORE MMAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW

mmMAZING!

days **SHOP NOW**



DISCOVER
NEW

4.49
ea.

MARIGOLD OR
P.F. CHANG'S SAUCE
350 - 400 ml



2.49
ea.

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



PAM
COOKING SPRAY
141 - 170 g
SELECTED VARIETIES

4.99
ea.



3.99
ea.

VH SAUCE
341 - 380 ml
SELECTED VARIETIES



7.99
ea.

P.F. CHANG'S OR
MARIGOLD
FROZEN MEALS
312 - 354 g
SELECTED VARIETIES



3.49
ea.

LIBERTÉ MULTI GREEK OR
MÉDITERRANÉE YOGOURT
SELECTED SIZES, SELECTED VARIETIES



2.99
ea.

YOPLAIT YOP, SOURCE,
MINIGO OR TUBES
YOGOURT
630 g, 8 X 56 g, 6 X 60 g
SELECTED VARIETIES



5.99
ea.

KEFIR PROBIOTICS
1 L, SELECTED VARIETIES



CAVENDISH FARMS
FRIES
400 - 750 g
SELECTED VARIETIES

3.99
ea.



OASIS
REFRIGERATED
JUICE
1.5 L
SELECTED VARIETIES

5.99
ea.



2.99
ea.

FRUITÉ JUICE OR
REFRIGERATED JUICE
1.26 - 2 L
SELECTED VARIETIES

3.99
ea.

ALLEN'S OR
ROUEMONT JUICE
1.89 - 2 L
SELECTED VARIETIES



6.99
ea.

OASIS SMOOTHIES REFRIGERATED JUICE
4 X 300 ml, SELECTED VARIETIES



4.49
ea.

OASIS, DEL MONTE OR
ARIZONA TETRAS
8 X 200 ml
SELECTED VARIETIES



2.79
ea.

OASIS, ALLEN'S OR
DEL MONTE TETRAS
960 ml - 1 L
SELECTED VARIETIES

MORE MmmAZING SAVINGS IN-STORE AND ONLINE **SHOP NOW**



Ontario Grown

Foodland
ONTARIO

1⁹⁹
ea.

SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

5⁹⁹
ea.

**BARTLETT PEARS OR
BLUE GRAPES 2 L**
PRODUCT OF ONTARIO

4⁹⁹
ea.

LOCAL STRAWBERRIES
340 g
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

2⁴⁹
ea.

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

1⁹⁹
/lb

LOCAL FIELD TOMATOES
PRODUCT OF ONTARIO
4.39/kg

7⁹⁹
ea.

BLUE PLUMS 1.5 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

4⁹⁹
ea.

LARGE CAULIFLOWER
PRODUCT OF CANADA
CANADA No. 1 GRADE

3⁹⁹
ea.

**BUNCH RED OR
GOLDEN BEETS**
PRODUCT OF CANADA

5⁹⁹
ea.

JUMBO PUMPKINS
PRODUCT OF ONTARIO

2⁹⁹
/lb

**GREEN OR YELLOW
(WAX) BEANS**
PRODUCT OF ONTARIO
6.59/kg

99¢
/lb

GREEN CABBAGE
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
2.18/kg

1⁶⁹
/lb

ASSORTED LOCAL SQUASH
PRODUCT OF ONTARIO
3.73/kg

1⁹⁹
/lb

GREEN OR YELLOW ZUCCHINI
PRODUCT OF ONTARIO
4.39/kg

6⁴⁹
ea.

**HAVEN
SALAD KITS 200 g**
PRODUCT OF ONTARIO
SELECTED VARIETIES

3⁹⁹
ea.

**SNACKING
TOMATOES 283 g**
PRODUCT OF ONTARIO

Fresh Produce

2²⁹
/lb

MINIATURE BANANAS
PRODUCT OF COSTA RICA
5.05/kg

5⁹⁹
ea.

CLEMENTINES 2 lb
PRODUCT OF SOUTH AFRICA

3⁴⁹
ea.

LARGE POMEGRANATES
PRODUCT OF U.S.A.

14⁹⁹
ea.

**IRRESISTIBLE
WALNUTS
HALVES &
PIECES 750 g**

Organic

6⁹⁹
ea.

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

4⁹⁹
ea.

**GREENBELT
ORGANIC GREENS 142 g**
PRODUCT OF ONTARIO

4⁹⁹
ea.

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

6⁹⁹
ea.

**ORGANIC
BARTLETT
PEARS 2 lb**
PRODUCT OF U.S.A.
FANCY GRADE

Sliced & Diced

2 for
8⁰⁰
or
4.99 ea.

MELON CHUNKS 360 - 380 g
MINI SALADS 122 - 174 g
YOGURT PARFAITS 328 g

**READY TO
GRILL & ROAST**

6⁹⁹
ea.

**READY TO COOK
VEGETABLES**
GRILLING 350 g
STIR-FRY 440 g

9⁹⁹
ea.

**LARGE DELUXE
FRUIT SALAD 730 g**

Fresh Blooms

15⁰⁰
ea.

**SEASONAL
MIXED BOUQUET**
ASSORTED COLOURS
AND FLOWERS

SAVE \$7.00
19⁹⁹
ea.

**Celebrate
Grandparent's
Day on
September
13th!**

ORCHID
5" POT, ASSORTED COLOURS

2 for
20⁰⁰
or
11.99 ea.

GARDEN MUMS
9" POT, ASSORTED COLOURS

3 for
12⁰⁰
or
4.99 ea.

**MINIATURE
ROSEBUSH**
4" POT, ASSORTED COLOURS

Our Butcher's Finest



11⁸⁸ /lb

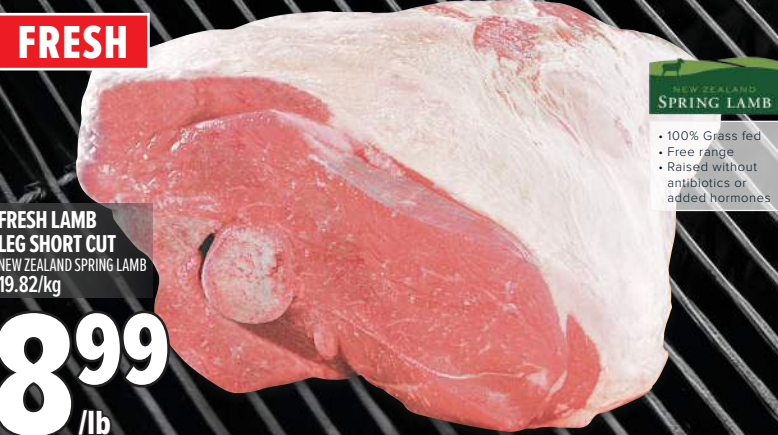
BONELESS STRIP LOIN ROAST
CUT FROM AUSTRALIAN GRADED BEEF
26.19/kg



8⁹⁹ ea.

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

FRESH



8⁹⁹ /lb

FRESH LAMB
LEG SHORT CUT
NEW ZEALAND SPRING LAMB
19.82/kg

NEW ZEALAND
SPRING LAMB

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



12⁹⁹ /lb

VEAL LOIN CHOPS
GRAIN FED
28.64/kg

BONELESS

3⁹⁹ /lb

BONELESS PORK
SHOULDER BLADE ROAST
8.80/kg



4⁹⁹ /lb

FRESH CHICKEN
DRUMSTICKS
OR THIGHS
11.00/kg

LIFE SMART NATURALIA

- Raised without antibiotics
- Grain fed
- 100% Canadian Pork is raised without added hormones



5⁹⁹ /lb

LIFE SMART NATURALIA
BONELESS PORK LOIN CHOPS OR BUTTERFLY PORK LOIN CHOPS
CENTRE CUT
13.21/kg



5⁹⁹ /lb

AUTHENTIC
SAUSAGES
SELECTED VARIETIES
13.21/kg



2⁹⁹ ea.

MAPLE LODGE
CHICKEN WIENERS
OR ZABIHA HALAL
450 g



5⁹⁹ ea.

MAPLE LODGE
CHICKEN BACON
OR ZABIHA HALAL
375 g



5⁹⁹ ea.

MARC ANGELO
CHICKEN BREAST BITES
OR PORK MEATBALLS
200 - 400 g
SELECTED VARIETIES



22⁹⁹ ea.

BUTTERBALL
BONELESS TURKEY
BREAST ROAST
FROZEN, 1.2 kg
SELECTED VARIETIES



7⁹⁹ ea.

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



7⁹⁹ ea.

IMPOSSIBLE
PLANT-BASED
BURGERS, NUGGETS
OR GROUND
226 - 383 g, FROZEN



8⁹⁹ ea.

KRINOS
FILLO TWISTERS
FROZEN, 840 g
SELECTED VARIETIES



8⁹⁹ ea.

IRRÉSISTIBLE
MINI QUICHES
FROZEN, 360 g
SELECTED VARIETIES



9⁹⁹ ea.

SCHNEIDERS
ALL BEEF WIENERS
375 - 450 g
SELECTED VARIETIES



9⁹⁹ ea.

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



11⁹⁹ ea.

IRRÉSISTIBLE
MEATBALLS
FROZEN, 500 - 680 g
SELECTED VARIETIES



12⁹⁹ ea.

SPRINGVALE
LAMB OR BEEF ROLLS
FROZEN, 340 g



12⁹⁹ ea.

SELECTION
PATTIES
FROZEN, 1.01 kg
SELECTED VARIETIES



15⁹⁹ ea.

44TH STREET
FULLY COOKED
BEEF POT ROAST
575 g



4⁹⁹ ea.

SELECTION BACON
375 g
SELECTED VARIETIES



18⁹⁹ ea.

DIAMOND VALLEY
STEWING GOAT
BONE IN
FROZEN, 1 kg

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



Seafood



Foodland
ONTARIO

4⁴⁹
ea.

**FRESH SKINLESS ONTARIO
TROUT PORTIONS** 140 g



12⁹⁹
/lb

WILD CAUGHT YELLOWFIN TUNA STEAKS
FROZEN, 2.87/100 g



1⁹⁹
ea.

**PACIFIC WHITE
SHRIMP SKEWERS**
FROZEN OR PREVIOUSLY
FROZEN, 74 g



7⁹⁹
/lb

**LOUIS KEMP
SEA LEGS SURIMI**
PREVIOUSLY FROZEN
1.76/100 g



8⁹⁹
/lb

**STORE MADE
SEAFOOD SALADS**
CREAMY, OIL & VINEGAR OR MANDARIN
1.98/100 g



17⁹⁹
/lb

**FRESH WATER
COLOSSAL SHRIMP**
PLAIN, MARINATED OR STUFFED
6-8 SIZE, FROZEN
3.97/100 g



4⁹⁹
ea.

**NATURALIA
POLLOCK OR
BASA FILLETS**
FROZEN, 400 g



9⁹⁹
ea.

**SUSHI POCKETS
SALMON TERIYAKI OR
TUNA MAYO**
FROZEN, 528 g



11⁹⁹
ea.

**CEDAR BAY
CANADIAN
LOBSTER
MAC & CHEESE**
FROZEN, 375 g



16⁹⁹
ea.

**AQUA STAR
WILD SOCKEYE
SALMON PORTIONS**
FROZEN, 454 g

Irresistible



5⁹⁹
ea.

**IRRESISTIBLE
SHRIMP SPRING ROLLS**
FROZEN, 300 g



7⁹⁹
ea.

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



10⁹⁹
ea.

**IRRESISTIBLE
COCONUT SHRIMP**
FROZEN, 454 g



13⁹⁹
ea.

**IRRESISTIBLE
POPCORN SHRIMP
VALUE PACK**
FROZEN, 700 g

Deli Favourites



3⁴⁹
/100 g

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



2⁹⁹
/100g

**BRANDT KOLBASSA
SAUSAGE COIL, MEAT LOAF,
HONEY MAPLE SMOKED
OR POLISH HAM**
DELI CUT, 13.56/lb



3⁹⁹
/100 g

SAPUTO ASIAGO CHEESE
DELI CUT, PRICES AS MARKED, 18.10/lb



5⁴⁹
/100 g

**MANCHEGO CHEESE
AGED 3 MONTHS**
DELI CUT
PRICES AS MARKED, 24.90/lb



5⁴⁹
ea.

**BRANDT SLICED
DELI MEAT, LIVER
SAUSAGE OR
SELECTION PEPPERONI**
100 - 375 g, SELECTED VARIETIES



6⁴⁹
ea.

**IRRESISTIBLES ARTISAN
SLICED ITALIAN DELI MEAT**
100 - 125 g, SELECTED VARIETIES



2^{22⁰⁰}
LESS THAN 2
PAY 14.99 EA.

**BELLA CASARA
BURRATA
CHEESE** 250 g



3⁵⁹
/100 g

**PARMIGIANO REGGIANO
AGED 24 MONTHS**
DELI CUT, PRICES AS MARKED
5.39/100 g WHEN YOU BUY
LESS THAN 400 g



9⁹⁹
ea.

**SELECTION
FAMILY DELI PACK** 400 g
SELECTED VARIETIES



5⁴⁹
ea.

**SAN DANIELE MORTADELLA
OR MASTRO PROSCIUTTO
COTTO X-LEAN**
125 - 175 g
SELECTED VARIETIES



7⁹⁹
ea.

**TRE STELLE
RICOTTA**
400 - 475 g
SELECTED VARIETIES



14⁹⁹
ea.

**SAPUTO
MINI FRIULANO
CHEESE** 500 g



5⁹⁹
ea.

**PREMIÈRE MOISSON
SOUP** 700 ml
SELECTED VARIETIES



9⁴⁹
ea.

SABATINI'S QUICHE 500 g
SELECTED VARIETIES



17⁹⁹
ea.

**FRESH 2 GO
SIGNATURE PIZZA
OF THE MONTH**
1 un.

**September
PIZZA
OF THE
MONTH**

Fall in love at first bite
with pulled pork,
caramelized onions,
smoky BBQ sauce
and melted cheddar -
an irresistible flavour
combination.

\$4.29/slice

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



Fresh BOWLS

Eat Well, Anywhere



15g
of PROTEIN
PER BOWL

FALAFEL
GRAIN BOWL

13g
of PROTEIN
PER BOWL

SPICED YAM
& GRAIN BOWL

SWEET CHILI
CHICKEN BOWL

12g
of PROTEIN
PER BOWL

18g
of PROTEIN
PER BOWL

CHICKEN
FIESTA
BOWL

MEDITERRANEAN-STYLE
CHICKEN BOWL

32g
of PROTEIN
PER BOWL

20g
of PROTEIN
PER BOWL

KUNG POW
SHRIMP
BOWL

FRESH BOWLS

10⁹⁹
ea.

Selected Varieties, 1 un
550 - 900 Cals/Serving, Serves 1

ENJOY
GOODNESS
ON THE GO
WITH OUR
FRESH
BOWLS

metro
FRESH
2 GO

FLAVOURS OF *italy*



1⁹⁹
/lb

SICILIAN EGGPLANTS
PRODUCT OF ONTARIO
4.39/kg



**ENDIVE (CHICORY)
OR ESCAROLE**
PRODUCT OF CANADA

2⁹⁹
ea.



**ONTARIO
LAMB SPIEDINI**
250 g

12⁹⁹
ea.



**IRRÉSISTIBLE
SEAFOOD MEDLEY**
FROZEN, 908 g

9⁹⁹
ea.



**ITALIA
MINI STICKS OR
SLICED SALAMI**
125 g, SELECTED VARIETIES

6⁹⁹
ea.



**ZERTO
MOZZARELLA** 250 g
SELECTED VARIETIES

9⁹⁹
ea.



BOMBOLONI DONUTS
480 g
SELECTED VARIETIES

11⁹⁹
ea.



6⁹⁹
ea.

**FRONT STREET BAKERY
PIZZA BUNS**
PKG OF 4, 475 g



4⁴⁹
ea.

**MOLISANA
ARBORIO RICE**
1kg
SELECTED VARIETIES

**REGINA MOLISANA
PIZZA SAUCE**
380 ml
SELECTED VARIETIES

2⁹⁹
ea.



**COLAVITA
BALSAMIC VINEGAR**
500 ml
SELECTED VARIETIES

4⁹⁹
ea.



3⁹⁹
ea.

**ONTARIO
RAVIOLI OR GNOCCHI**
454 g, SELECTED VARIETIES



**VITA SANA
PASTA**
450 g
SELECTED VARIETIES

2⁹⁹
ea.



3⁹⁹
ea.



RIO MARE INSALATISSIME BOWLS
160 g, SELECTED VARIETIES

Bread Essentials



4⁴⁹ ea. FRONT STREET BAKERY
HOMESTYLE WHITE OR
WHOLE WHEAT BREADS
675 g, SELECTED VARIETIES



3⁴⁹ ea. FRONT STREET BAKERY
ITALIAN OR FRENCH
BREADS
450 - 540 g, SELECTED VARIETIES



4⁴⁹ ea. PREMIÈRE MOISSON
SLICED BREADS 475 g
SELECTED VARIETIES



3⁹⁹ ea. FRONT STREET BAKERY
BAGUETTES 325 g
SELECTED VARIETIES

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



22⁹⁹ ea. FRONT STREET BAKERY
CHEESECAKES 975 g
SELECTED VARIETIES



22⁹⁹ ea. FRONT STREET BAKERY
DESSERT CAKES
750 - 975 g
SELECTED VARIETIES



31⁹⁹ ea. FRONT STREET BAKERY
GOURMET BANANA CAKE
1.65 kg



4⁴⁹ ea. FRONT STREET BAKERY
CAKE SLICES
SELECTED SIZES
SELECTED VARIETIES



4²⁹ ea. FRONT STREET BAKERY
HOT CROSS BUNS
PKG OF 6, 380 g



9⁹⁹ ea. FRONT STREET BAKERY
FAMILY PACK COOKIES
PKG OF 24, 750 g
SELECTED VARIETIES



5⁴⁹ ea. SIMPLE JOYS
SLICED LOAF CAKES
400 g
SELECTED VARIETIES



7⁹⁹ ea. IRRESISTIBLE
PORTUGUESE
CUSTARD TARTS
450 g



4⁹⁹ ea. DEMPSTER'S
10" TORTILLAS
SELECTED SIZES
SELECTED VARIETIES



4⁹⁹ ea. FURLANI TEXAS GARLIC
TOAST, GARLIC MINI
BREADSTICKS OR
GARLIC KNOTS
296 - 660 g, SELECTED VARIETIES



3⁹⁹ ea. RUDOLPH'S
BAVARIAN RYE BREADS
500 g, SELECTED VARIETIES



5⁹⁹ ea. LA FOURNÉE DORÉE
BRIOCHE BREAD
OR MINI BUNS
480 - 500 g

Snacks & Beverages



1⁴⁹ ea. MONTELLIER
SPARKLING WATER 1 L
SELECTED VARIETIES



4⁴⁹ ea. MOTT'S
CLAMATO
COCKTAIL 1.89 L
SELECTED VARIETIES



6⁹⁹ ea. GATORADE
SPORT DRINKS
SELECTED SIZES
SELECTED VARIETIES



6⁴⁹ ea. OCEAN SPRAY
SPARKLING DRINKS
6 X 340 ml
SELECTED VARIETIES



6⁹⁹ ea. OASIS SMOOTHIE
REFRIGERATED JUICE
4 X 300 ml
SELECTED VARIETIES



4⁹⁹ ea. HARVEST CRUNCH
CEREAL
400 - 510 g
SELECTED VARIETIES



2²² ea. MAYNARDS CANDIES
135 - 154 g
SELECTED VARIETIES



2²² ea. CADBURY CHOCOLATE
BAR
80 - 105 g
SELECTED VARIETIES



3⁷⁹ ea. LA COSTENA BEANS
528 ml
SELECTED VARIETIES



2²² ea. TRISCUIT OR WHEAT
THINS CRACKERS
175 - 200 g
SELECTED VARIETIES



2²² ea. CRISPERS OR
BITS & BITES SNACKS
145 g, SELECTED VARIETIES



4⁹⁹ ea. MISS VICKIE'S CHIPS
190 - 200 g
SELECTED VARIETIES

OLYMPIC

KREMA

YOUR CRAVING

5⁹⁹ ea.

OLYMPIC ORGANIC OR
KREMA YOGURT TUBS
650 g, SELECTED VARIETIES

Generous
by nature

Natrel

6⁷⁹ ea.

NATREL
LACTOSE-FREE MILK
2 L

7⁹⁹ ea.

NATREL
PLUS MILK
2 L

moi rewards

members get more with member pricing



1⁹⁹
ea.

moi rewards
members only price

QUAKER DIPPS OR
CHEWY GRANOLA BARS
120 - 156 g

2⁹⁹
ea.

non-members price



1⁹⁹
ea.

moi rewards
members only price

ANNIE'S PASTA MEAL
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.

non-members price



2⁴⁹
ea.

moi rewards
members only price

KELLOGG'S EGGO WAFFLES
270 - 280 g
SELECTED VARIETIES

3⁴⁹
ea.

non-members price

Non-GMO



BLUE DIAMOND
BEVERAGES
946 ml
SELECTED VARIETIES

3⁴⁹
ea.



9⁴⁹
ea.

NUTS TO YOU
TAHINI SPREAD 500 g



HANDFUEL
NUTS
120 g
SELECTED VARIETIES

6⁴⁹
ea.



KIND
NUTS SEA SALT & DARK CHOCOLATE
NUTS, SEL DE MER ET CHOCOLAT NOIR

1⁹⁹
ea.

KIND
GRANOLA BARS 40 g
SELECTED VARIETIES



6⁴⁹
ea.

CRUNCHMASTER
RICE CRACKERS 128 g
SELECTED VARIETIES



5⁴⁹
ea.

HIPPIE SNACKS
70 g
SELECTED VARIETIES



8⁹⁹
ea.

BRIANNAS
DRESSING 296 ml
SELECTED VARIETIES



Gluten-Free



7⁴⁹
ea.

HALO TOP
FROZEN DESSERT 473 ml
SELECTED VARIETIES



5⁹⁹
ea.

TUTTI GOURMET
BISCOTTI 180 g
SELECTED VARIETIES



Organic



PATIENCE JUICE
946 ml
SELECTED VARIETIES

11⁹⁹
ea.



CRANK COFFEE
340 g
SELECTED VARIETIES

16⁴⁹
ea.



Amy's

7⁴⁹
ea.

AMY'S FROZEN
MEALS
234 - 284 g
SELECTED VARIETIES



Think of it as Homemade Takeout

HOLY CRAP CEREAL
225 g
SELECTED VARIETIES

8⁴⁹
ea.



CALIFIA FARMS
ALMOND BEVERAGES
14 L
SELECTED VARIETIES

6⁴⁹
ea.



Baby & Beauty



LOW PRICE
EVERY DAY
1²⁵
ea.

PERSONNELLE
BABY PURÉE 128 ml
SELECTED VARIETIES



4⁹⁹
ea.

LOVE CHILD
BABY SNACKS
6 X 23 g, SELECTED VARIETIES



LOW PRICE
EVERY DAY
2⁹⁹
ea.

PERSONNELLE BABY
WET WIPES
64 un.



7⁹⁹
ea.

JOHNSON'S
BABY CARE 600 ml
SELECTED VARIETIES

Household Helpers



5⁹⁹
ea.

GLADE CANDLES
1 un.
SELECTED VARIETIES

SELECTION ECO
MULTI PURPOSE
CLEANER 946 ml

LOW PRICE
EVERY DAY
3⁹⁹
ea.



SHOUT STAIN REMOVER
650 ml

4⁹⁹
ea.



6⁹⁹
ea.

LYSOL WIPES
75 - 84 un.
SELECTED VARIETIES

P&G brandSAVER
SMARTER WAY TO SAVE



3⁹⁹
ea.

CREST OR
ORAL-B
TOOTH PASTE
SELECTED SIZES
SELECTED VARIETIES



5⁹⁹
ea.

PANTENE PRO-V
HAIR CARE
308 - 355 ml
SELECTED VARIETIES



8⁹⁹
ea.

IVORY GENTLE
BODY WASH
SELECTED SIZES
SELECTED VARIETIES



21⁴⁹
ea.

ALWAYS ADULT
INCONTINENCE
17 - 66 un.
SELECTED VARIETIES



6⁹⁹
ea.

CHARMIN
BATHROOM
TISSUE
8 - 24 ROLLS
SELECTED VARIETIES



5⁹⁹
ea.

TIDE
LAUNDRY DETERGENT
20 un.
SELECTED VARIETIES



5⁹⁹
ea.

DOWNY
FABRIC SOFTENER
1.3 L
SELECTED VARIETIES



5⁹⁹
ea.

CASCADE
DISHWASHER DETERGENT
13 - 15 un., SELECTED VARIETIES

metro.ca

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FALL INTO CLEAN

Freshen up your home, inside and out, with our selection of powerful brand-name cleaners.



SCRUBBING BUBBLES CLEANER
946 ml
SELECTED VARIETIES

6⁹⁹ ea.



WINDEX CLEANER
765 - 950 ml
SELECTED VARIETIES

5⁴⁹ ea.



6⁹⁹ ea.
LYSOL ALL PURPOSE CLEANER
950 ml
SELECTED VARIETIES



MRS. MEYER'S CLEANER OR DISH SOAP
473 ml
SELECTED VARIETIES

6⁴⁹ ea.

PINE-SOL ALL PURPOSE CLEANER
1.41 L
SELECTED VARIETIES

5⁹⁹ ea.



LYSOL AIR DISINFECTANT SPRAY
350 g
SELECTED VARIETIES

6⁹⁹ ea.



6⁹⁹ ea.
LYSOL WIPES
75 - 84 un
SELECTED VARIETIES



METHOD CLEANERS
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹ ea.



METHOD DISH SOAP
473 ml
SELECTED VARIETIES

5⁹⁹ ea.



NATURE CLEAN CLEANER STRIPS
36 un

7⁹⁹ ea.



3⁹⁹ ea.
SELECTION ECO YARD WASTE BAGS
5 un



8⁹⁹ ea.
GLAD INDOOR GARBAGE BAGS
30 - 52 un
SELECTED VARIETIES



9⁹⁹ ea.
SELECTION REGULAR GARBAGE BAGS
40 un

TIDE TO GO STAIN REMOVER
10 ml
SELECTED VARIETIES

3⁹⁹ ea.



7⁹⁹ ea.
NATURE CLEAN LAUNDRY DETERGENT SHEETS
32 un
SELECTED VARIETIES



4⁹⁹ ea.
CLOROX BLEACH
2.4 L
SELECTED VARIETIES

“Hey human, I’m HUNGRY!”

FANCY FEAST PETITES GOURMET CAT FOOD
79.4 g
SELECTED VARIETIES

129
ea.



NATURE'S RECIPE DOG FOOD
78 g
SELECTED VARIETIES

199
ea.



FRISKIES DRIED CAT FOOD
1.42 - 1.5 kg
SELECTED VARIETIES

799
ea.



1399
ea.

DELECTABLES CAT TREATS
280 g
SELECTED VARIETIES



BLUE BUFFALO TASTEFULS DRY CAT FOOD
2.2 kg
SELECTED VARIETIES

2399
ea.



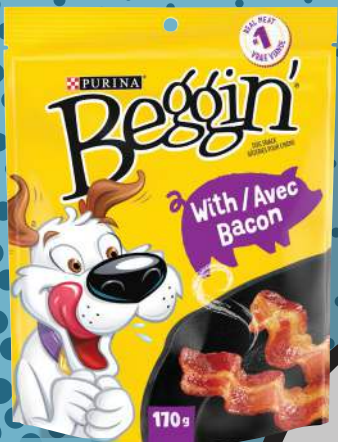
1099
ea.

SELECTION CAT FOOD
SELECTED SIZES
SELECTED VARIETIES



1299
ea.

SELECTION LITTER
18 kg
SELECTED VARIETIES



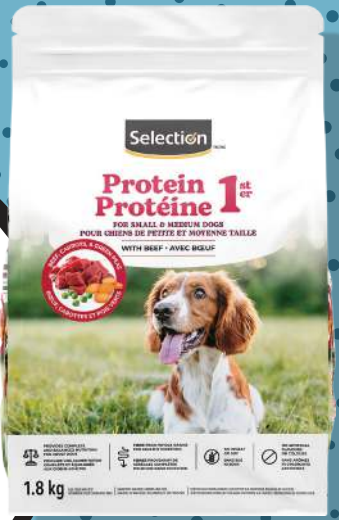
BEGGIN STRIPS DOG TREATS
170 g
SELECTED VARIETIES

399
ea.



699
ea.

COOKIE PAL DOG BISCUITS
250 - 300 g
SELECTED VARIETIES



SELECTION DOG FOOD
1.8 kg
SELECTED VARIETIES

949
ea.



699
ea.

IRRESISTIBLES DOG TREATS
110 - 150 g
SELECTED VARIETIES



299
ea.

FRISKIES PARTY MIX CAT TREATS
170 g
SELECTED VARIETIES



RED LEAF DOG FOOD
1.8 kg
SELECTED VARIETIES

1799
ea.



DISCOVER
NEW



**TO INFINITY...
AND BACK TO SCHOOL**

BABYBEL MINI CHEESE
102 - 120 g
SELECTED VARIETIES
5⁴⁹ ea.

GOGO SQUEEZ SNACKS
12 x 90 g
SELECTED VARIETIES
11⁹⁹ ea.

KIRI, THE LAUGHING COW OR CHEESE DIPPER
SELECTED SIZES
SELECTED VARIETIES
4⁹⁹ ea.

BR BASKIN-ROBBINS

NEW

9⁹⁹ ea.

BASKIN-ROBBINS ICE CREAM SANDWICHES OR TUBS 4's, 946 ml
SELECTED VARIETIES

Häagen-Dazs EXTRAÄZ

2 for 11⁰⁰
Less than 2 pay 5.99 ea.

HÄAGEN-DAZS ICE CREAM
SELECTED SIZES
SELECTED VARIETIES

NESTLÉ DRUMSTICK ICE CREAM
SELECTED SIZES
SELECTED VARIETIES
6⁹⁹ ea.

iögo

TREAT FREELY
with iögo frozen yogurt!

6⁹⁹ ea.

iögo FROZEN YOGURT BARS OR TUBS
4/8's, 946 ml
SELECTED VARIETIES

MADE WITH REAL FRUIT

SIMPLY REFRIGERATED ORANGE JUICE OR LEMONADE
2.25 L
SELECTED VARIETIES

75 points

7⁹⁹ ea.

YORKSHIRE VALLEY FARMS

ORGANIC CHICKEN FILLETS, BITES OR NUGGETS
FROZEN, 454 - 600 g
13⁹⁹ ea.

YORKSHIRE VALLEY FARMS ORGANIC MEAT PIES
FROZEN, 700 g
SELECTED VARIETIES

SHRIMP, MEET YOUR BUTTER HALF.

Fresh shrimp from Metro.
Big flavour from Humble & Frank.

TONIGHT'S MOVE

LEMON BUTTER GARLIC BBQ SHRIMP

- 450 g shrimp • ½ cup sauce
- lemon • parsley

01 MARINATE 15 MIN 02 THREAD
03 GRILL 2-3 MIN/SIDE 04 BRUSH ON MORE SAUCE

SERVES 4 15 MIN

WHITE PACIFIC SHRIMP
CREVETTES BLANCHE
26-30 TAIL OFF
FROZEN, 454 g
9⁹⁹ ea.

LEMON BUTTER GARLIC SAUCE & MARINADE
THINK: REAL BUTTER, DRASTIC GARLIC, LEMON JUICE
250 ml
4⁹⁹ ea.