

Get
THANKSGIVING
ready

1⁹⁹ ea.

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

99¢ /lb

LARGE GALA, AMBROSIA, MCINTOSH OR SELECTED VARIETY APPLES
PRODUCT OF ONTARIO, CANADA EXTRA FANCY GRADE 2.18/kg

1⁹⁹ ea.

CELERY PRODUCT OF CANADA, CANADA No. 1 GRADE
LOCAL CRANBERRIES 340 g, PRODUCT OF CANADA
RAPINI PRODUCT OF U.S.A.

88¢ ea.

BUNCH RADISHES
PRODUCT OF CANADA

3⁹⁹ ea.

WILD WONDERS TOMATOES 681 g
PRODUCT OF ONTARIO
GREEN FRENCH BEANS 400 g
PRODUCT OF GUATEMALA OR MEXICO

2⁹⁹ ea.

LPC CREAMER POTATOES 680 g
PRODUCT OF CANADA, CANADA No. 1 GRADE
SELECTED VARIETIES

11⁹⁹ ea.

FRESH CAROUSELS
955 g - 1.4 kg

metro
CANADIAN AND PROUD

3⁹⁹ /lb

IRRÉSISTIBLE SPIRAL SLICED HONEY HAM OR SCHNEIDERS SEMI-BONELESS SMOKED HAM
8.80/kg

10⁸⁸ /lb

RED GRILL PRIME RIB ROAST CHEF STYLE
CUT FROM CANADA AA GRADE OR HIGHER
23.99/kg

9⁹⁹ /lb or ea.

125 points
value of \$1

FRESH COHO

FRESH COHO SALMON FILLETS
VALUE PACK MIN 900 g, 2.42/100 g, 9.99/lb
SMOKED COHO SALMON
140 g, 9.99 EACH, FROZEN

1⁹⁹ /lb

FROZEN BUTTERBALL OR GRADE A TURKEYS
ALL AVAILABLE SIZES
4.39/kg

4⁹⁹ ea.

MAPLE LEAF OR SCHNEIDERS BACON 65 - 375 g
SELECTED VARIETIES

6⁹⁹ ea.

FANTINO & MONDELLO, SCHNEIDERS OR MAPLE LEAF NATURAL SELECTIONS DELI MEAT, BALDERSON CHEDDAR OR GOUDA CHEESE
100 - 280 g, SELECTED VARIETIES

11⁹⁹ ea.

FRESH 2 GO HOT BBQ MAMMOTH CHICKEN 1 kg

9⁹⁹ ea.

IRRÉSISTIBLE NEW YORK STYLE CHEESECAKE OR CREAM PIES
600 - 830 g
SELECTED VARIETIES

4⁹⁹ ea.

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

4⁹⁹ ea.

LACTANTIA BUTTER 454 g
SELECTED VARIETIES

4⁹⁹ ea.

GENERAL MILLS OR POST FAMILY SIZE CEREAL
SELECTED SIZES
SELECTED VARIETIES

3⁴⁹ ea.

SILK BEVERAGE
1.75 - 1.89 L
SELECTED VARIETIES

3⁹⁹ ea.

DRUMSTICK OR REAL DAIRY ICE CREAM
SELECTED SIZES
SELECTED VARIETIES

6⁹⁹ ea.

TIDE LAUNDRY DETERGENT, DOWNY SOFTENER OR BOUNTY
SELECTED SIZES
SELECTED VARIETIES

12⁹⁸ ea.

COLAVITA EXTRA VIRGIN OLIVE OIL
1 L
SELECTED VARIETIES

22⁹⁹ ea.

COORS LIGHT BEER
CAN, 12 X 473 ml
STELLA ARTOIS BELGIUM BEER
BOTTLE, 12 X 330 ml

i earn with **moi** rewards

5⁹⁹ ea. + **125** points value of \$1

7⁹⁹ ea. + **125** points value of \$1

3⁹⁹ ea. + **125** points value of \$1

Organic
4.99 /lb
11.00/kg

JUMBO

3.99 /lb

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

Foodland ONTARIO

2.49 /lb

TOMATOES ON THE VINE
PRODUCT OF ONTARIO
5.49/kg

Foodland ONTARIO

1.99 ea.

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

Organic
3.49 ea.

2.99 ea.

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

VILLAGGIO ITALIAN STYLE BREADS, BUNS, DEMPSTER'S BAGELS OR WHOLE GRAIN BREADS
SELECTED SIZES
SELECTED VARIETIES, OR 3.99 EA.

2 for 7.00

Dempster's
12 GRAIN
100% WHOLE GRAINS
46g 46g
of whole grain of fibre

Dempster's
BAGELS
ORIGINAL L'ORIGINAL

2 for 15.00

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

SAN DANIELE PROSCIUTTO, MASTRO GENOA SALAMI OR HAM, SAPUTO PROVOLONE OR TRE STELLE MOZZARELLA
SELECTED VARIETIES
DELI SLICED OR SHAVED, 13.56/lb

2.99 /100 g

2.99 ea.

CLOVER LEAF TUNA 170 g
SELECTED VARIETIES

7.99 ea.

COOKED OR RAW PACIFIC WHITE SHRIMP
31-40 SIZE, 340 g
WATERVIEW MARKET SHRIMP WITH SAUCE 454 g
FROZEN

7.99 ea.

TRE STELLE FETA, BOCCONCINI OR IRRESISTIBLES GOUDA 200 g
SELECTED VARIETIES

3.49 ea.

SUMMER FRESH TOPPED HUMMUS 255 g
SELECTED VARIETIES

BLACK DIAMOND BARS OR SHREDDED CHEESE
SELECTED SIZES
SELECTED VARIETIES

6.99 ea.

BUY MORE SAVE MORE!

3 for 10.98
LESS THAN 3 PAY 5.49 EA.

2.99 ea.

BEATRICE CHOCOLATE MILK 1L

125 points
value of \$1 when you buy 3

1.77 ea.

PILLSBURY CRESCENTS 200 - 227 g
SELECTED VARIETIES

ALLEN'S, ROUGEMONT OR SUNRYPE JUICE
1.36 - 2L
SELECTED VARIETIES

2 for 8.00

BUY MORE SAVE MORE!

3 for 9.99
LESS THAN 3 PAY 4.99 EA.

CHRISTIE CRACKERS OR MINI COOKIES
SELECTED SIZES
SELECTED VARIETIES

13.99 ea.

BAREBELLS OR PURE PROTEIN BARS
4 X 55 g or 6 X 50 g
SELECTED VARIETIES

5.49 ea.

NESTLÉ, CADBURY OR HERSEY'S CHOCOLATES
SELECTED SIZES, SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 9.00
LESS THAN 2 PAY 5.79 EA.

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

BUY MORE SAVE MORE!

3 for 9.99
LESS THAN 3 PAY 4.99 EA.

BEN'S ORIGINAL RICE 240 - 250 g
SELECTED VARIETIES

2.99 ea.

SELECTION FROZEN VEGETABLES
500 - 750 g
SELECTED VARIETIES

4.49 ea.

MCCAIN FRIES
FROZEN, 454 - 800 g
SELECTED VARIETIES

DOVE PERSONAL CARE
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.

REYNOLDS PARCHMENT PAPER, ALCAN FOIL OR HANDI-FOIL PANS
1 - 3 un.
SELECTED VARIETIES

4.49 ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWEL OR SCOTTIES FACIAL TISSUE
SELECTED SIZES, SELECTED VARIETIES

13.99 ea.

250 points
value of \$2

REDPATH BROWN OR ICING SUGAR
1 kg
SELECTED VARIETIES

2.49 ea.
moi rewards members price only

ROBIN HOOD OR FIVE ROSES FLOUR 2.5 kg
SELECTED VARIETIES

3.99 ea.
moi rewards members price only

HERSEY'S CHIPITS
200 - 270 g
SELECTED VARIETIES

4.99 ea.
moi rewards members price only

3.49 ea.
Non-members price

5.99 ea.
Non-members price

5.99 ea.
Non-members price

Healthy Together

MAKE THE OUT OF REACH REACHABLE

HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.

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Ontario Grown



1⁹⁹
/lb

SWEET POTATOES
PRODUCT OF ONTARIO
4.39/kg



2.5 LBS

5⁹⁹
ea.

WANNABEEZ
SWEET COLOURED PEPPERS
2.5 lb
PRODUCT OF ONTARIO



organic
1⁹⁹
/lb
4.39/kg

99¢
/lb

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



2⁴⁹
/lb

ASIAN BROWN PEARS
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
5.49/kg



FAMILY SIZE

HAVEN
LETTUCES 226 g
PRODUCT OF ONTARIO
SELECTED VARIETIES

6⁹⁹
ea.

havent greens
BABY SPRING MIX
MÉLANGE PRINTANIER
FRESH + CRISP! FRESH + CROQUANT!
INCLUDES 10 VARIETIES OF LETTUCE
226 g (8 oz)



organic
1⁹⁹
/lb
4.39/kg

1⁶⁹
/lb

**ACORN, BUTTERNUT,
BUTTERCUP OR SPAGHETTI
SQUASH**
PRODUCT OF ONTARIO
3.73/kg



2 L

5⁹⁹
ea.

LIFE SMART NATURALIA
SWEET APPLE CIDER
2 L, PRODUCT OF ONTARIO



5⁹⁹
ea.

**BARTLETT OR
BOSC PEARS** 2 L
PRODUCT OF ONTARIO
CANADA FANCY GRADE



JUMBO

5⁹⁹
ea.

JUMBO PUMPKINS
PRODUCT OF ONTARIO



4⁹⁹
ea.

LARGE CAULIFLOWER
PRODUCT OF CANADA
CANADA No. 1 GRADE



2⁴⁹
ea.

BROCCOLI CROWNS
PRODUCT OF CANADA



3⁴⁹
/lb

BRUSSELS SPROUTS
PRODUCT OF CANADA
7.69/kg



1⁹⁹
/lb

**LARGE SEEDLESS
NAVEL ORANGES**
PRODUCT OF SOUTH AFRICA
4.39/kg



JUMBO

4⁹⁹
ea.

LEMONS 2 lb
PRODUCT OF SOUTH AFRICA
JUMBO CANTALOUPES
PRODUCT OF U.S.A.



3⁹⁹
ea.

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



2 for

6⁰⁰

**IRRESISTIBLE
FRESH HERBS** 21 g
PRODUCT OF MEXICO OR
THE DOMINICAN REPUBLIC



4⁹⁹
ea.

BLACK MISSION FIGS 227 g
PRODUCT OF U.S.A.
KIWI BASKETS 600 g
PRODUCT OF CHILE



5⁹⁹
ea.

CLEMENTINES 2 lb
PRODUCT OF SOUTH AFRICA



4⁹⁹
ea.

**CUBED BUTTERNUT SQUASH,
TURNIP OR SWEET POTATOES**
400 g



6⁹⁹
/lb

JUMBO CHESTNUTS
PRODUCT OF ITALY
15.41/kg



**227 G
BAG**

3⁹⁹
ea.

**ORGANIC
CRANBERRIES** 227 g
PRODUCT OF CANADA



4⁹⁹
ea.

**GREENBELT
ORGANIC GREENS** 113 - 142 g
PRODUCT OF ONTARIO,
SELECTED VARIETIES



**IRRESISTIBLES
ORGANIC HERBS**
1 un.
PRODUCT OF MEXICO OR
THE DOMINICAN REPUBLIC

3⁴⁹
ea.



5⁹⁹
ea.

**ORGANIC RUSSET OR
YELLOW-FLESH POTATOES**
3 lb
PRODUCT OF CANADA
CANADA No. 1 GRADE



4⁹⁹
ea.

**CORED
PINEAPPLES** 600 g



5⁹⁹
ea.

FRUIT SENSATIONS
335 - 360 g



**80
points**

6⁹⁹
ea.

CHICKEN SALADS
252 - 410 g





30⁰⁰
ea.

**PUMPKIN SPICE
BOUQUET**
ASSORTED COLOURS AND
FLOWERS



ORCHIDS
5" POT
ASSORTED COLOURS

SAVE \$4.00

22⁹⁹
ea.



pick Ontario

2 for

20⁰⁰
OR 11.99 ea.

CHRYSANTHEMUMS
6" POT
ASSORTED COLOURS



20⁰⁰
ea.

**HARVEST CHARM
BOUQUET**
ASSORTED COLOURS

Our Butcher's Finest

RED GRILL RIB STEAK VALUE PACK
CUT FROM CANADA AA GRADE OR HIGHER
26.19/kg

11⁸⁸ /lb

RED GRILL EASY CARVE PRIME RIB ROAST
CUT FROM CANADA AA GRADE OR HIGHER
26.19/kg

11⁸⁸ /lb

BONELESS STRIP LOIN STEAK VALUE PACK OR ROAST
CUT FROM AUSTRALIAN GRADED BEEF
WHILE SUPPLIES LAST
26.19/kg

11⁸⁸ /lb

WHOLE BEEF TENDERLOIN VAC PACK
CUT FROM AUSTRALIAN GRADED BEEF
WHILE SUPPLIES LAST
44.07/kg

19⁹⁹ /lb

FRESH PORK BACK RIBS
15.41/kg

6⁹⁹ /lb

FRESH SPLIT CHICKEN BREAST
BONE IN
11.00/kg

4⁹⁹ /lb

FRESH PORK TENDERLOIN
13.21/kg

5⁹⁹ /lb

YORKSHIRE VALLEY FARMS ORGANIC FRESH WHOLE CHICKEN, LEG QUARTERS OR DRUMSTICKS
13.21/kg

5⁹⁹ /lb

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

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

7⁹⁹ /lb

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

13⁹⁹ /lb

LEAN GROUND LAMB
NEW ZEALAND SPRING LAMB, 454 g

11⁹⁹ ea.

FRENCHED LAMB RACK HOTEL STYLE
FROZEN
NEW ZEALAND SPRING LAMB
44.07/kg

19⁹⁹ /lb

Made in my Metro

WHOLE STUFFED CHICKEN
9.90/kg

4⁴⁹ /lb

STUFFED CHICKEN BREAST
310 - 350 g, PACK OF 2
SELECTED VARIETIES

11⁰⁰ ea.

BONELESS STUFFED PORK LOIN CHOPS, ROAST OR PINWHEELS
CENTRE CUT, SELECTED VARIETIES
17.61/kg

7⁹⁹ /lb

STUFFED PORK TENDERLOIN
SELECTED VARIETIES
15.41/kg

6⁹⁹ /lb

Entertaining Favourites

MARC ANGELO KABOBS PORK OR CHICKEN
480 - 640 g

11⁹⁹ ea.

VICENTINA ITALIAN STYLE PORCHETTA 1.5 kg

19⁹⁹ ea.

MAPLE LEAF PRIME CHICKEN WINGS OR SCHNEIDERS DIPS
FROZEN, 350 - 695 g
SELECTED VARIETIES

14⁹⁹ ea.

MAMA YOLANDA'S LASAGNA
FROZEN, 2.72 kg
SELECTED VARIETIES

22⁹⁹ ea.

Breakfast Essentials

RESER'S FRESH HASH BROWNS 567 g

2⁹⁹ ea.

OLYMEL BREAKFAST SAUSAGES 375 g
SELECTED VARIETIES

4⁹⁹ ea.

LEGACY PEAMEAL CHUB
ROLLED IN CORNMEAL
11.00/kg

4⁹⁹ /lb

BUTTERBALL TURKEY BACON
300 - 375 g
SELECTED VARIETIES

6⁹⁹ ea.

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



DM3DM3DM3DM3

Feast ON HAM

Hosting Thanksgiving? Serve up a classic:
tender, juicy & smoky ham.



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



15⁹⁹ ea.
SELECTION BONELESS
SMOKED HAM
1.4 kg



7⁹⁹ ea.
SELECTION
HALF HAMS
675 g
SELECTED VARIETIES



12⁹⁹ ea.
PILLER'S
SMOKED HAM
800 g
SELECTED VARIETIES



6⁹⁹ /lb
IRRESISTIBLE
HALF MOON HAM
15.41/kg

Irresistible

**BUY TWO
GET ONE
FREE**

FREE ITEM MUST BE OF
EQUAL OR LESSER VALUE



7⁹⁹ ea.
IRRESISTIBLE
CHEESE OR BEEF BITES
FROZEN, 216 - 400 g



6⁹⁹ ea.
IRRESISTIBLE
SPRING ROLLS
FROZEN, 300 g
SELECTED VARIETIES



7⁹⁹ ea.
IRRESISTIBLE
PICKLE CHIPS OR LUMPIA
FROZEN, 216 - 400 g



8⁹⁹ ea.
IRRESISTIBLE
APPETIZERS
FROZEN, 228 - 500 g
SELECTED VARIETIES



8⁹⁹ ea.
IRRESISTIBLE
SPANAKOPITA, TATER TOTS
OR VEGAN PARTY PACK
FROZEN, 228 - 500 g



7⁹⁹ ea.
IRRESISTIBLE PARTY PACK
OR GOURMET SAUSAGE ROLLS
FROZEN, 216 - 493 g
SELECTED VARIETIES



IRRESISTIBLE
MEATBALLS
FROZEN, 500 - 680 g
SELECTED VARIETIES

13⁹⁹ ea.

Seafood



2.99 ea. FROZEN ATLANTIC SALMON PORTIONS 100 g



WILD CAUGHT CANADIAN ROCK CRAB FROZEN, 2.21/100 g 9.99 /lb



1.99 ea. PACIFIC WHITE RAW SHRIMP SKEWERS FROZEN OR PREVIOUSLY FROZEN, 74 g



SELECTION IMITATION CRAB FLAKES OR STICKS 227 g 3.99 ea.



15.99 /lb TRUE NORTH MAPLE OR BBQ HOT SMOKED ATLANTIC SALMON CHUNKS PREVIOUSLY FROZEN, 3.53/100 g



CRATE OF 12 CHOICE 19.99 ea. IRISH POINT OYSTERS CRATE OF 12



4.99 ea. MINCED COOKED LOBSTER MEAT FROZEN, 320 g



5.49 ea. HIGH LINER BREADED CATCH OF THE DAY FROZEN, 350 g



12.99 ea. SPRINGHILLS RAINBOW TROUT FILLETS FROZEN, 510 g



14.99 ea. FROZEN WHOLE MACKEREL 907 g

Irresistible



5.99 ea. IRRESISTIBLES SMOKED ATLANTIC SALMON FROZEN, 70 g



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



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



17.99 ea. IRRESISTIBLE ATLANTIC SALMON OR YELLOWFIN TUNA POKE FROZEN, 400 g

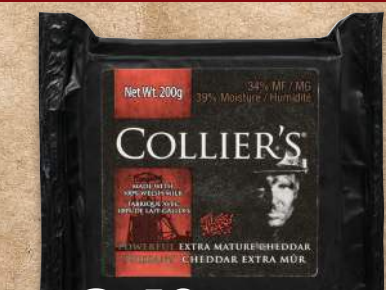
Deli Favourites



3.49 /100 g IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI SELECTED VARIETIES DELI SLICED OR SHAVED, 15.83/lb



3.99 /100 g IRRESISTIBLES ARTISAN TURKEY BREAST SELECTED VARIETIES DELI SLICED, 18.10/lb



10.49 ea. COLLIER'S CHEDDAR CHEESE 200 g, SELECTED VARIETIES



12.99 ea. 4 MINI BURRATAS ZERTO MINI BURRATA 226 g, SELECTED VARIETIES



2.49 /100 g OLYMEL MOCK CHICKEN DELI SLICED, 11.29/lb



4.99 ea. LA BELLE BRETAGNE PÂTE 150 g SELECTED VARIETIES



5.99 ea. CELEBRITY SHEEP CHEESE 113 g SELECTED VARIETIES



7.99 ea. CASTELLO HAVARTI CHEESE 125 - 200 g SELECTED VARIETIES



9.99 ea. ZERTO MOZZARELLA 250 g SELECTED VARIETIES



7.99 ea. BOTHWELL CHEESE 170 g SELECTED VARIETIES



4.99 ea. SARDO OLIVES OR ANTIPASTO 250 ml SELECTED VARIETIES



5.79 ea. SNACK FACTORY PRETZEL CRISPS CRACKERS 200 g SELECTED VARIETIES



6.99 ea. RESER'S MASHED POTATOES 680 g SELECTED VARIETIES



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



5.49 ea. WE GUAC GUACAMOLE 227 g, 4 X 57 g SELECTED VARIETIES



10.49 ea. SOUPS ON SOUP 925 ml SELECTED VARIETIES

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



metro signature

FRESH 2 GO
PULLED PORK
PIZZA OF THE MONTH
1 un
SELECTED VARIETIES

17⁹⁹
ea.

FRESH 2 GO
3-TOPPING PIZZA
1 un
SELECTED VARIETIES

15⁹⁹
ea.

Stone-Baked Pizza

FRESH 2 GO
CHEESE PIZZA
1 un
SELECTED VARIETIES

13⁹⁹
ea.

FRESH 2 GO
PEPPERONI PIZZA
1 un
SELECTED VARIETIES

13⁹⁹
ea.

Flavour Packed

Enjoy hot & fresh stone-baked
panzerottis loaded with fillings.



FRESH 2 GO
PANZEROTTI
453 g
SELECTED VARIETIES

7⁹⁹
ea.

FLAVOURS OF italy



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

1.99
/lb



LARGE BLOOD ORANGES
PRODUCT OF AUSTRALIA
8.80/kg

3.99
/lb



3.99
/100 g

LUPA
PECORINO ROMANO CHEESE
DELI CUT, PRICES AS MARKED 18.10/lb

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

11.99
ea.



900 G

MARC ANGELO
BREAKFAST SAUSAGES
900 g

10.99
ea.



OCEAN PRIME
SQUID RINGS
FROZEN, 908 g

12.99
ea.



FRONT STREET BAKERY
CANNOLI OR CREAM HORNS
90 - 100 g
SELECTED VARIETIES

2.99
ea.



6.99
ea.

FRONT STREET BAKERY
PIZZA BUN PKG OF 4, 475 g



COLAVITA
BALSAMIC VINEGAR
500 ml
SELECTED VARIETIES

4.99
ea.



500 ML



3.49
ea.

RIO MARE
INSALATISSIME
160 g
SELECTED VARIETIES



UNICO
STUFFED MANZANILLA
OLIVES
750 ml
SELECTED VARIETIES

4.99
ea.



3.99
ea.



ONTARIO RAVIOLI
RAVIOLI OR GNOCCHI
FROZEN, 454 g
SELECTED VARIETIES



2.99
ea.

COLUSSI COOKIES
400 - 500 g
SELECTED VARIETIES

VITA VIGOR
BREADSTICKS
125 g
SELECTED VARIETIES

1.25
ea.



metro signature

baked in
my metro
m

3⁹⁹
ea.

Rustic Ciabatta Bread

Exclusive to **metro**

Freshly baked Ciabatta is an Italian favourite known for its crisp crust, airy texture & chewy bite. Perfect for artisan sandwiches, dipping or serving alongside soups, salads & sharing boards.

Handpicked by Nonna!

SAPUTO
PROVOLONE
13.56/lb

2⁹⁹
/100 g



SAN DANIELE
MORTADELLA
DELI SLICED, 13.56/lb
SELECTED VARIETIES

2⁹⁹
/100 g



ZERTO
MOZZARELLA
250 g
SELECTED VARIETIES

9⁹⁹
ea.



IRRESISTIBLE
SLICED ITALIAN
DELI MEAT
100 g
SELECTED VARIETIES

6⁹⁹
ea.



CLICK BELOW TO SEE IF
NONNA APPROVES



Baked in my Metro



9.99 ea. FRONT STREET BAKERY FAMILY PACK COOKIES PKG OF 24, 744 - 792 g SELECTED VARIETIES



4.99 ea. FRONT STREET BAKERY SCONES PKG OF 4, 264 g SELECTED VARIETIES



5.99 ea. FRONT STREET BAKERY ALL BUTTER PASTRIES PKG OF 4, 279 - 512 g SELECTED VARIETIES



5.99 ea. FRONT STREET BAKERY BRAIDED STRUDELS 420 g SELECTED VARIETIES

Fruit Treats



22.99 ea. FRONT STREET BAKERY CHOCOLATE BOSTON CAKE WITH STRAWBERRIES 1250 g



22.99 ea. FRONT STREET BAKERY TRIPLE FRUIT OR TRIPLE STRAWBERRY BOSTON CAKES 1200 g



7.99 ea. FRONT STREET BAKERY FANCY FRUIT PIE 800 g SELECTED VARIETIES



9.99 ea. FRONT STREET BAKERY STRAWBERRY CREAM BAR CAKES 325 g SELECTED VARIETIES



4.99 ea. FRONT STREET BAKERY PUMPERNICKEL OR RAISIN BREAD 450 - 675 g



4.49 ea. PREMIÈRE MOISSON SANDWICH BREADS 475 g SELECTED VARIETIES



4.99 ea. CT BAKERY BREAST CANCER AWARENESS MINI DONUTS 228 - 288 g SELECTED VARIETIES



3.99 ea. DEMPSTER'S OR TIA ROSA 7" TORTILLAS SELECTED SIZES SELECTED VARIETIES



4.99 ea. STONEMILL BREADS 454 - 550 g SELECTED VARIETIES



5.49 ea. O'DOUGHS GLUTEN FREE BREADS, BAGELS, HAMBURGER BUNS OR DIPPERS 210 - 700 g SELECTED VARIETIES



5.49 ea. IRRESISTIBLE BRIOCHE BREAD 500 g

Snacks & Beverages



5.99 ea. M&M'S CHOCOLATES 155 - 165 g SELECTED VARIETIES



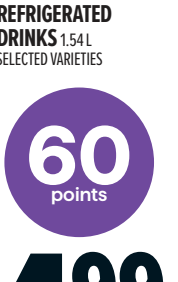
9.99 ea. BETTY CROCKER FRUIT ROLL-UPS 335 g WHILE QUANTITIES LAST



7.49 ea. ODD COOKIE 120 g SELECTED VARIETIES



3.49 ea. LIFE SMART TORTILLA CHIPS 300 - 350 g SELECTED VARIETIES



4.99 ea. 60 points SIMPLY LEMONADE REFRIGERATED DRINKS 1.54 L SELECTED VARIETIES



9.99 ea. NUTELLA HAZELNUT SPREAD 725 g



5.49 ea. BROOKSIDE CHOCOLATES 200 - 235 g SELECTED VARIETIES



4.99 ea. IRRESISTIBLE CRISPS CRACKERS 150 g SELECTED VARIETIES



14.99 ea. VAN HOUTTE K-CUPS 12 un. SELECTED VARIETIES



8.99 ea. STARBUCKS ICED COFFEE 1.18 - 1.42 L SELECTED VARIETIES



2.49 ea. BODY ARMOR SPORTS DRINK 473 ml SELECTED VARIETIES



6.50 2 for 6.50 GLACÉAU SMARTWATER 1L SELECTED VARIETIES



3.49 ea. MONSTER ENERGY DRINKS 473 ml SELECTED VARIETIES



7.99 ea. FUZE OR PEACE TEA ICED TEA SELECTED SIZES SELECTED VARIETIES

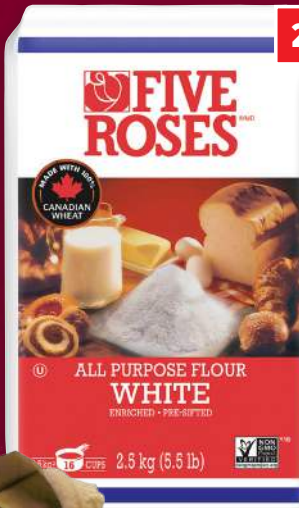


9.99 ea. WHITE CLAW NON-ALCOHOLIC BEVERAGE 4 X 355 ml SELECTED VARIETIES

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

CLICK HERE
FOR RECIPE

Pumpkin Crumble
Cheesecake Bars



3⁹⁹
ea.

moi rewards
members only price

ROBIN HOOD OR FIVE ROSES FLOUR
2.5 kg
SELECTED VARIETIES

5⁹⁹
ea.

non-members price

Hello PUMPKIN

Fall for decadence by trying our recipe for **Pumpkin Crumble
Cheesecake Bars** – get all the ingredients at Metro.



2⁴⁹
ea.

CARNATION MILK
354 ml
SELECTED VARIETIES



5⁹⁹
ea.

E.D. SMITH
PUMPKIN PURÉE
796 ml
SELECTED VARIETIES



SELECTION
WALNUTS
100 g
SELECTED VARIETIES

3⁷⁹
ea.



1 KG

REDPATH
BROWN OR
ICING SUGAR
1 kg
SELECTED VARIETIES

2⁴⁹
ea.

moi rewards
members only price

3⁴⁹
ea.

non-members price



load up your pantry

From desserts to sides, get all your essentials.



3⁹⁹
ea.

SELECTION
ALUMINUM FOIL
12" x 50 ft.



2⁹⁹
ea.

SELECTION
COCONUT
200 g
SELECTED VARIETIES



4⁹⁹
ea.

SELECTION
CHOCOLATE CHIPS
200 - 270 g
SELECTED VARIETIES



1⁹⁹
ea.

SELECTION
LARGE BAKING CUPS
60 un



3⁴⁹
ea.

CATELLI
LASAGNA
250 - 500 g
SELECTED VARIETIES



6⁴⁹
ea.

MONTE VERDE
PANETTONE
750 g
SELECTED VARIETIES



1⁴⁹
ea.

KRAFT
STOVE TOP STUFFING
120 g
SELECTED VARIETIES



CARL JUNG
SPARKLING
DE-ALCOHOLIZED
WINE
750 ml
SELECTED VARIETIES

5⁴⁹
ea.



9⁹⁹
¢ ea.

CLUB HOUSE OR
FRANCO'S GRAVY
1 un, 21 - 38 g, 284 ml
SELECTED VARIETIES



1⁶⁹
ea.

GREEN GIANT
VEGETABLES
341 - 398 ml
SELECTED VARIETIES



3⁹⁹
ea.

CRISCO
SHORTENING
454 g
SELECTED VARIETIES



DOLE PINEAPPLE
398 ml
SELECTED VARIETIES

2⁷⁹
ea.

More Great Savings



449

ea.

ACTIVIA
YOGOURT TUBS
650 g
SELECTED VARIETIES



749

ea.

YOP SKYR
YOGOURT TUBS
750 g
SELECTED VARIETIES

90
points



589

ea.

NATREL
FINE FILTERED
MILK 2 L
SELECTED VARIETIES



399

ea.

BEATRICE
BUTTERMILK
1 L



699

ea.

BURNBRAE OR
GOLDEGG OMEGA 3
12 un., SELECTED VARIETIES
SELECTED STORES



849

ea.

IRRESISTIBLE
PARMESAN CHEESE
250 g



599

ea.

SOMETHING SPECIAL
MARINADE
300 g
SELECTED VARIETIES



999

ea.

BILLY BEE
HONEY
500 g
SELECTED VARIETIES



399

ea.

LIPTON
SOUP ENVELOPES
4 un.
SELECTED VARIETIES



1049

ea.

PILAROS OLIVES
1 L
SELECTED VARIETIES



699

ea.

HEALTHY CHOICE
POWER BOWLS
262 - 276 g
SELECTED VARIETIES



499

ea.

STRUB'S
PICKLES
500 ml
SELECTED VARIETIES



649

ea.

LACTANTIA
LACTOSE FREE
MILK 2 L
SELECTED VARIETIES



799

ea.

LACTANTIA
ULTRAPUR
MILK 2 L
SELECTED VARIETIES



399

ea.

TABASCO
SAUCE
57 ml
SELECTED VARIETIES



699

ea.

TABASCO
SAUCE
142 ml
SELECTED VARIETIES

CRAVE

LOADED
WITH BOLD
FLAVOUR

CHEESY. CRISPY.
CRAVEABLE ROLL-UPS.

with
REAL CHEESE



1199

ea.

CRAVE
CRISPY ROLL-UPS
540 g
SELECTED VARIETIES



599

ea.

CRAVE
FROZEN MEAL
200 - 340 g
SELECTED VARIETIES

#1
MOST TRUSTED
FOOD BRAND

NEW
FLAVOURS

*Based on the 2026 Brandspark® Canadian Trust Study.



349

ea.

BAGEL BITES
198 g
SELECTED VARIETIES



449

ea.

SMART ONES®
ENTRÉES
241 - 283 g
SELECTED VARIETIES

Low Price Every Day



1099

ea.

IRRESISTIBLE
GROUND COFFEE
340 g
SELECTED VARIETIES



499

ea.

SELECTION
SLICED CHEESE
SELECTED SIZES
SELECTED VARIETIES



299

ea.

SELECTION
SOUR CREAM
450 - 500 ml
SELECTED VARIETIES



599

ea.

SELECTION
SPARKLING WATER
12 X 355 ml, SELECTED VARIETIES



399

ea.

IRRESISTIBLE FROZEN PIZZA
340 - 390 g, SELECTED VARIETIES



199

ea.

SELECTION
BROTH
900 ml
SELECTED VARIETIES



399

ea.

IRRESISTIBLE
DRESSING
350 ml
SELECTED VARIETIES



149

ea.

SELECTION
CHIPS
200 g
SELECTED VARIETIES



members save more

- + members-only price
- + personalized coupons
- + bonus points

HERSHEY'S CHIPITS
200 - 270 g
SELECTED VARIETIES

4⁹⁹
ea.

moi rewards
members only price



5⁹⁹
ea.

non-members price



1 KG



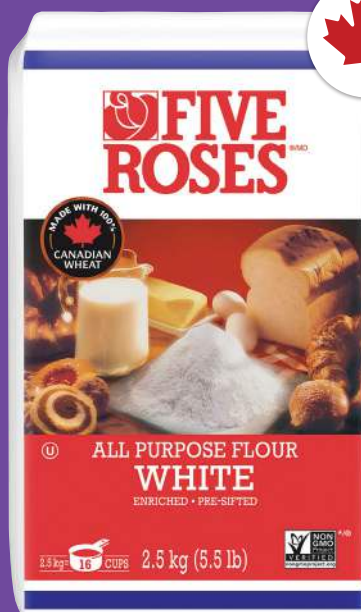
RED PATH
BROWN OR ICING SUGAR
1 kg
SELECTED VARIETIES

2⁴⁹
ea.

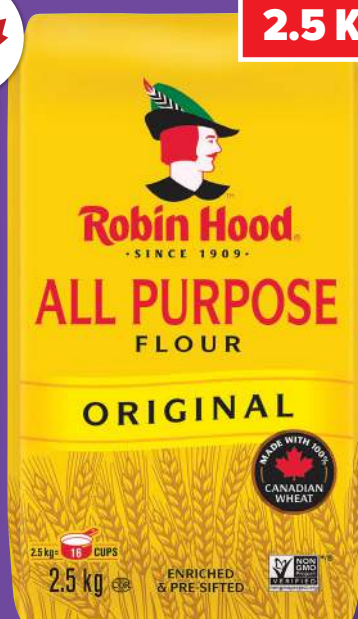
moi rewards
members only price

3⁴⁹
ea.

non-members price



2.5 KG



ROBIN HOOD OR
FIVE ROSES FLOUR
2.5 kg
SELECTED VARIETIES

3⁹⁹
ea.

moi rewards
members only price

5⁹⁹
ea.

non-members price

Cheers & THANKS

Toast to Thanksgiving with our selection of cold beers, vibrant wines and fun & fizzy cocktails.



LAYLOW
ROSE
750 ml

9⁷⁴
ea.



18⁹⁹
ea.

OYSTER BAY
SAUVIGNON BLANC
750 ml



CAVE SPRING
RIESLING
750 ml

17⁴⁹
ea.



29⁹⁹
ea.

MASI
CAMPOFIORIN
RED
750 ml

26⁴⁹
ea.



RINGBOLT
CABERNET
SAUVIGNON
750 ml

20⁹⁹
ea.



CORONA
6 x 330 ml

16⁹⁹
ea.



SLEEMAN CLEAR 2.0
12 x 473 ml

28⁴⁹
ea.



SIMPLY SPIKED
LEMONADE
VARIETY PACK
12 x 355 ml

24⁹⁹
ea.



15⁹⁹
ea.

COORS LIGHT
6 x 473 ml

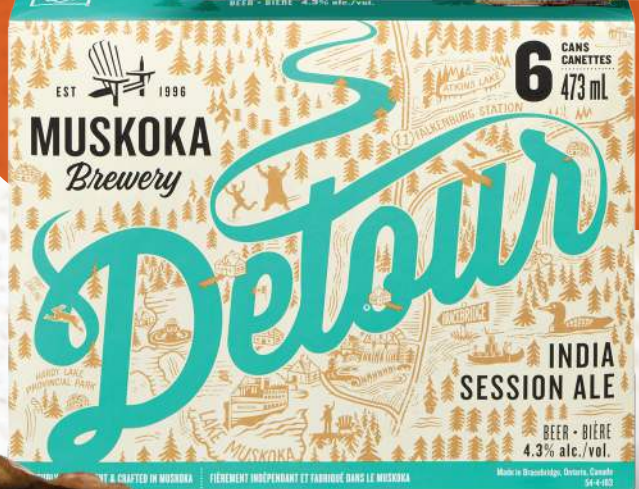


22⁹⁹
ea.

WYATT ROSE
RANCH WATER
12 x 355 ml

ARIZONA
2G SUGAR
12 x 355 ml

21⁴⁹
ea.



20⁴⁹
ea.

LAKE MUSKOKA
DETOUR
6 x 473 ml

Organic



CROFTER'S
JAM 383 ml
SELECTED VARIETIES

5.99
ea.



ONE DEGREE
CEREAL 227 - 284 g
SELECTED VARIETIES

7.49
ea.



SIMPLY ORGANIC
CINNAMON 69 g
SELECTED VARIETIES

7.99
ea.



SIMPLY ORGANIC
VANILLA EXTRACT 118 ml
SELECTED VARIETIES

21.99
ea.

Gluten-Free



G.H. CRETORS
POPCORN 184 - 213 g
SELECTED VARIETIES

4.99
ea.



BOB'S RED MILL
PANCAKE MIX 680 g
SELECTED VARIETIES

8.99
ea.



QUEST
PROTEIN BARS 60 g
SELECTED VARIETIES

5.49
ea.



AWAKE
CHOCOLATE BARS 108 g
SELECTED VARIETIES

7.99
ea.

Non-GMO



5.49
ea.

SKINNY POP
POPCORN 108 g
SELECTED VARIETIES



6.49
ea.

EARTH BALANCE
SPREAD 425 g
SELECTED VARIETIES



3.99
ea.

VITA COCO
COCONUT BEVERAGE 1 L



6.49
ea.

BEAR
FRUIT ROLLS 100 g
SELECTED VARIETIES



3.99
ea.

FINN CRISP
CRACKERS 175 - 250 g
SELECTED VARIETIES



5.99
ea.

SILK
PROTEINES 18 g
COMPLETE PROTEIN



27.99
ea.

KICKING HORSE
GROUND COFFEE 708 g
SELECTED VARIETIES



Personal Care



care for you, means confidence for her



#KeepHerConfident

4.99
ea.

DOVE PERSONAL CARE
SELECTED SIZES
SELECTED VARIETIES



Household Helpers

6.99
ea.

DOWNY SOFTENER OR
CHARMIN BATHROOM
TISSUE
SELECTED SIZES
SELECTED VARIETIES



17.99
ea.

FINISH DISHWASHER
DETERGENT OR
RINSE AID
SELECTED SIZES
SELECTED VARIETIES



8.99
ea.

HANDI-FOIL
OVAL ROASTER PAN
1 un.



6.99
ea.

GLAD FREEZER
WARE CONTAINERS
4 un.



6.99
ea.

SELECTION
3 PLY NAPKINS
100 un.



11.99
ea.

ENERGIZER BATTERIES
AA 8 un.
AAA 4 un.



CHEERS TO
thanks
giving



Buy a \$100 LCBO
gift card and get a
FREE \$10
Metro gift card
Offer valid October 1 - 7



SAVE \$4*
when you buy any 3
Carlton Cards

carlton cards
*with greeting card coupon



**FREE SAME-DAY
PICKUP**

SAME FLYER PRICES AND DEALS ONLINE



RITZ OR TRISCUIT
CRACKERS
SELECTED SIZES
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

3 for
9⁹⁹
Less than 3
pay 4.99 ea.



**BUY MORE
SAVE MORE!**

3 for
9⁹⁹
Less than 3
pay 4.99 ea.



CRISPERS OR BITS & BITES
145 g
SELECTED VARIETIES



**BUY MORE
SAVE MORE!**

2 for
8⁰⁰
Less than 2
pay 5.99 ea.

CHRISTIE COOKIES
SELECTED SIZES
SELECTED VARIETIES



5⁴⁹
ea.

PREMIUM PLUS CRACKERS
450 g
SELECTED VARIETIES

— MAKE — HOSTING Delicious

DISCOVER
NEW



3⁴⁹
ea.

CADBURY FAMILY SIZE
CHOCOLATE BARS
80 - 105 g
SELECTED VARIETIES



3²⁵
ea.

MAYNARDS OR SOUR PATCH
CANDY SMALL BAGS
135 - 154 g
SELECTED VARIETIES



6⁴⁹
ea.

CADBURY
SHARING SIZE CHOCOLATE BARS
SELECTED SIZES
SELECTED VARIETIES



**BUY MORE
SAVE MORE!**

3 for
9⁹⁹
Less than 3
pay 4.99 ea.

CHRISTIE
KIDS' COOKIES
SELECTED SIZES
SELECTED VARIETIES