



metro

CANADIAN
AND PROUD



1.44
ea.

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



3.99
ea.

AVOCADOS 5 PK
PRODUCT OF MEXICO OR PERU
HAVEN SALAD KITS
200 g, PRODUCT OF ONTARIO
SELECTED VARIETIES



1.29
/lb

**JUMBO SWEET GREEN PEPPERS OR
LOCAL FIELD TOMATOES**
PRODUCT OF ONTARIO
2.84/kg



1.99
ea.

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



9.99
/lb or ea.

FRESH COHO SALMON FILLETS VALUE PACK
MIN 900 g, 9.99/lb, 2.21/100 g
NANUK SMOKED COHO SALMON 140 g
FROZEN, 9.99 EA.



6.49
ea.

125
points
value of \$1

moi rewards member price

**JORDANS
CEREAL**
SELECTED SIZES
SELECTED VARIETIES

3.99
ea.
members-only price



SPECIAL PRICE
4.99
ea.
for non-members



3.99
/lb

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



4.99
/lb

STORE MADE SAUSAGES
SELECTED VARIETIES
11.00/kg



5.99
ea.

**MARC ANGELO SLICED ITALIAN DELI MEAT,
CASTELLO SLICED DELI CHEESE,
TRE STELLE RICOTTA OR BOCCONCINI**
85 - 475 g, SELECTED VARIETIES



2.99
ea.

**BLACK DIAMOND SLICED CHEESE,
LACTANTIA CREAM CHEESE OR MARGARINE**
SELECTED SIZES, SELECTED VARIETIES



2.22
ea.

**QUAKER RICE CAKES,
GOLDFISH OR CHEEZ-IT CRACKERS**
SELECTED SIZES
SELECTED VARIETIES



4.99
ea.

125
points
value of \$1



19.99
ea.

**TIDE LAUNDRY DETERGENT,
DOWNY SCENT BOOSTER OR CASCADE**
SELECTED SIZES
SELECTED VARIETIES



10.88
/lb

**RED GRILL STRIP LOIN STEAK
VALUE PACK**
BONE IN, CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
23.99/kg



5.99
/lb

**MAPLE LEAF PRIME RAISED WITHOUT
ANTIBIOTICS OR MINA HALAL FRESH
BONELESS SKINLESS CHICKEN BREAST
VALUE PACK**
13.21/kg



4.99
ea.

**IRRESISTIBLE
MUFFINS** 600 g
SELECTED VARIETIES



4.99
ea.

**SELECTION
BUTTER** 454 g
SELECTED VARIETIES



ÖIKOS YOGOURT 4 X 95 - 100 g or
SILK BEVERAGE 1.75 - 1.89 L
SELECTED VARIETIES

3.49
ea.

125
points
value of \$1



3.49
ea.

TOSTITOS CHIPS
SELECTED SIZES
SELECTED VARIETIES



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

12.98
ea.

1L

Effective August

TH 13 FR 14 SA 15 SU 16 MO 17 TU 18 WE 19 2026

Check metro.ca for your local store hours.

WEO_RAD20260910_01_V2

4⁹⁹
ea.

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

3⁹⁹
/lb

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

4⁹⁹
ea.

BLUEBERRIES PINT
PRODUCT OF CANADA CANADA No. 1 GRADE

4⁹⁹
ea.

LEMONS 2 lb
PRODUCT OF SOUTH AFRICA

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

2 for 7⁰⁰

6⁹⁹
ea.

WILD PINK ARGENTINIAN RAW SHRIMP 21-25 SIZE, 300 g
OCEAN JEWEL LARGE COOKED OR RAW SHRIMP 31/40 SIZE, 340 g, FROZEN

12⁹⁹
ea.

JANES ULTIMATES FISH FILLETS
FROZEN, 450 - 590 g
SELECTED VARIETIES

8⁹⁹
ea.

JANES PUB STYLE BREADED CHICKEN OR WINGS
FROZEN, 660 - 700 g
SELECTED VARIETIES

9⁹⁹
ea.

SCHNEIDERS PEPPERETTES, LILYDALE SHAVED TURKEY, CHICKEN OR TURKEY STRIPS
250 - 400 g, 2 X 150 g
SELECTED VARIETIES

3⁴⁹
/100 g

IRRESISTIBLES ARTISAN TURKEY BREAST OR CASTELLO HAVARTI
SELECTED VARIETIES
DELI SLICED, 15.83/lb

3⁵⁹
/100 g

when you buy 400 g or more

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

2 for 9⁰⁰

DORITOS TORTILLA CHIPS OR CHEETOS SNACKS
SELECTED SIZES
LESS THAN 2 PAY 5.49 EA.

6⁹⁹
ea.

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

2⁴⁹
ea.

BEATRICE CHOCOLATE MILK 1L

4⁹⁹
ea.

KELLOGG'S CEREAL
SELECTED SIZES
SELECTED VARIETIES

4⁴⁹
ea.

MINUTE MAID OR FUZE TETRAS OR CORE POWER BEVERAGE
SELECTED SIZES, SELECTED VARIETIES

2⁹⁹
ea.

COCA-COLA OR CANADA DRY SOFT DRINKS 2L
SELECTED VARIETIES

3⁹⁹
ea.

LECLERC COOKIES OR TOWN HOUSE CRACKERS
SELECTED SIZES
SELECTED VARIETIES

2⁴⁹
ea.

BETTY CROCKER SUPER MOIST CAKE MIX, FROSTING OR ICING
340 - 450 g
SELECTED VARIETIES

5⁴⁹
ea.

G.H. CRETORS POPCORN, NEAL BROTHERS SALSA OR LA CROIX SPARKLING WATER
SELECTED SIZES, SELECTED VARIETIES

5⁹⁹
ea.

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA
288 - 410 g
SELECTED VARIETIES

2⁴⁹
ea.

BUSH'S BEST BEANS 398 ml
SELECTED VARIETIES

2²²
ea.

CAMPBELL'S SOUP/BROTH OR KNORR BOUILLON CUBES
SELECTED VARIETIES

9⁹⁹
ea.

BASKIN ROBBINS OR HÄAGEN-DAZS ICE CREAM
SELECTED SIZES
SELECTED VARIETIES

+ 125 points value of \$1

6⁹⁹
ea.

DEL MONTE SORBET OR IÖGO FROZEN YOGURT
SELECTED SIZES
SELECTED VARIETIES

+ 125 points value of \$1

4⁹⁹
ea.

PANTENE HAIRCARE OR METHOD HAND SOAP
SELECTED SIZES
SELECTED VARIETIES

9⁹⁹
ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE 3 - 12 un., SELECTED VARIETIES

4-DAY MEAL DEAL
AUGUST 13TH - AUGUST 16TH, 2026

YOUR CHOICE 11⁹⁹ ea.

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

X-LARGE

HOT MAMMOTH BBQ CHICKEN 1 kg

20 PCS

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

15 PCS

12 CHICKEN TENDERS, 15 CHICKEN WINGS OR 20 CHICKEN BITES
HOT OR CHILLED, SELECTED VARIETIES

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this week's deals:

Only until August 19, 2026, in-store or online

add your moi rewards coupons



NOW
2⁹⁹
ea.
SAVE UP TO
\$2

~~4⁹⁹~~
ea.
OASIS
REFRIGERATED DRINK
1.5 L
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$1.50

~~5⁴⁹~~
ea.
PLANTERS
FLAVOURED CASHEWS
145 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$1.50

~~5⁴⁹~~
ea.
LA CROIX
SPARKLING WATER
8 x 355 mL
SELECTED VARIETIES



NOW
5⁹⁹
ea.
SAVE UP TO
\$2

~~7⁹⁹~~
ea.
ESKA NATURAL
SPRING WATER
24 x 500 mL



NOW
3⁴⁹
ea.
SAVE UP TO
\$1.50

~~4⁹⁹~~
ea.
AXE SHAMPOO, BODY
WASH OR DEODORANT
SELECTED SIZES
SELECTED VARIETIES



NOW
12⁹⁹
ea.
SAVE UP TO
\$4

~~16⁹⁹~~
ea.
RAINBOW CHARM
BOUQUET
ASSORTED COLOURS

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a moi ID account. Limit of one coupon redemption with a moi ID account, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details. *Price may vary at select locations.



Ontario Grown

Foodland
ONTARIO



1.99
ea.

SEEDLESS
CUCUMBERS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



7.99
ea.

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



4.99
ea.

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



6.99
ea.

LOCAL DILL
CUCUMBER OR
POTATO BASKETS 3 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



4.99
ea.

LOCAL
VEGETABLE BASKETS
1.5 L, PRODUCT OF ONTARIO
SELECTED VARIETIES



7.99
ea.

DONUT PEACHES
1 L, PRODUCT OF ONTARIO



5.99
ea.

FLAVOR BOMBS
TOMATOES 341 g
PRODUCT OF ONTARIO



3.99
ea.

GOODLEAF
MICROGREENS 50 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



4.79
ea.

BELLE GROVE
PORTABELLA
MUSHROOMS 170 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



1.99
/lb

EGGPLANT
PRODUCT OF ONTARIO
4.39/kg



4.99
ea.

YELLOW-FLESH
POTATOES 5 lb
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



Canadian Grown



3.99
ea.

LOCAL
CANTALOUPE
PRODUCT OF CANADA
CANADA No. 1 GRADE



2.49
ea.

BROCCOLI CROWNS
PRODUCT OF CANADA



4.99
ea.

LARGE CAULIFLOWER
PRODUCT OF CANADA
CANADA No. 1 GRADE



2.49
ea.

BOSTON LETTUCE
PRODUCT OF CANADA

Fresh Produce



2.99
/lb

ORRI MANDARINS
PRODUCT OF SOUTH AFRICA
6.59/kg



3.99
ea.

LIMES 1 lb
PRODUCT OF MEXICO



6.99
/lb

MOON OR TEAR
DROPS GRAPES
PRODUCT OF U.S.A., No. 1 GRADE
15.41/kg



4.99
ea.

BLACK MISSION
FIGS 227 g
PRODUCT OF U.S.A.

Local Organic



4.99
ea.

GREENBELT
ORGANIC GREENS 142 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



5.49
ea.

ORGANIC BROCCOLI
PRODUCT OF CANADA



6.99
ea.

ORGANIC
MINI WATERMELONS
PRODUCT OF ONTARIO



4.99
ea.

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

Sliced & Diced



2 for
10.00
or **5.99** ea.

CORED
PINEAPPLES 600 g
FRUIT
SENSATIONS
360 - 380 g
BERRY CUPS 242 g



99¢
/lb

SEEDLESS
RED OR YELLOW
WATERMELON
QUARTERS
2.18/kg



2 for
25.00
or **14.99** ea.

PARTY SIZE DELUXE FRUIT SALAD 1.5 kg
NACHO PLATTER 800 g
READY TO COOK VEGETABLES 800 - 900 g
CAESAR CHICKEN SALAD 606 g
BERRY-KIWI TRAY 780 g

Fresh Blooms



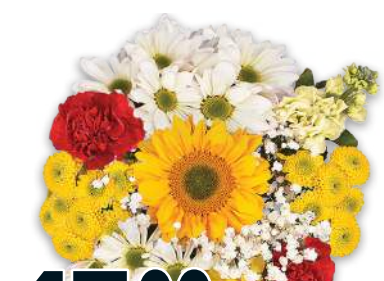
20.00
ea.

DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS



8.99
ea.

BASIL PLANTS
8" POT
ASSORTED VARIETIES



15.00
ea.

SEASONAL
MIXED BOUQUET
ASSORTED COLOURS AND FLOWERS



20.00
ea.

VINTAGE
PETALS BOUQUET
ASSORTED COLOURS
AND FLOWERS

metro.ca

DM2DM2DM2DM2

Toss On The Grill

The perfect pairing for racks of ribs: grilled, fresh veggies.



SWEET CORN
PRODUCT OF ONTARIO,
CANADA NO.1 GRADE
4 pk

4⁹⁹
ea.



VIDALIA SWEET YELLOW ONIONS
PRODUCT OF U.S.A.,
NO.1 GRADE
5.49/kg

2⁴⁹
/lb



BAKING POTATOES
PRODUCT OF CANADA,
CANADA NO.1 GRADE
3.28/kg

1⁴⁹
/lb

Make your own
crunchy, creamy
& flavourful
coleslaw.

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

99¢
/lb



BUNCH CARROTS
PRODUCT OF CANADA,
CANADA NO.1 GRADE

2⁹⁹
ea.

CELERY
PRODUCT OF CANADA,
CANADA NO.1 GRADE

2⁹⁹
ea.



BBQ HELPERS

ALCAN ALUMINUM FOIL
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹
ea.



5⁹⁹
ea.

HEFTY ECOSAVE COMPOSTABLE PLATES
20 - 26 un
SELECTED VARIETIES



5⁴⁹
ea.

ROYALE NAPKINS
75 un



2⁴⁹
ea.

SELECTION ECO COMPOSTABLE UTENSILS
24 un
SELECTED VARIETIES

GRILL BOLD BBQ RIBS

Make your own backyard
Ribfest sizzle with our
succulent selection of
restaurant-style pork ribs.



14⁹⁹
ea.

**FRESH 2 GO
BBQ PORK BACK RIBS**
HOT OR CHILLED, 450 g



**RED GRILL
BEEF BACK RIBS**
CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
17.61/kg

7⁹⁹
/lb



11⁹⁹
/lb

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



**FRESH
PORK BACK RIBS**
17.61/kg

7⁹⁹
/lb



11⁹⁹
ea.

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



12⁹⁹
ea.

**KELSEYS
PORK BACK RIBS**
FULLY COOKED
FROZEN, 600 g



**THE KEG
PORK BACK RIBS**
FULLY COOKED
FROZEN, 700 g

19⁹⁹
ea.



14⁹⁹
ea.

**SWISS CHALET
PORK BACK RIBS**
FULLY COOKED, 600 g
SELECTED VARIETIES



14⁹⁹
ea.

**MONTANA'S
PORK BACK RIBS**
FULLY COOKED, 650 g

FLAVOUR BOOSTERS



6⁹⁹
ea.

**TRACKLEMENTS
MUSTARD**
140 g
SELECTED VARIETIES



**BUY MORE
SAVE MORE!**

3⁴⁹
ea.

**IRRESISTIBLE
BBQ SAUCE**
360 ml
SELECTED VARIETIES



5⁹⁹
ea.

**MEZZETTA
PEPPERS**
375 ml
SELECTED VARIETIES



3⁹⁹
ea.

**IRRESISTIBLE
BANDERILLA SKEWERS**
375 ml
SELECTED VARIETIES

Our Butcher's Finest



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

15⁹⁹
/lb



100% CANADIAN ANGUS
AAA GRADE BEEF



900 G

13⁹⁹
ea.

OUR PROMISE
LEAN GROUND BEEF 900g

FAST FRY



12⁸⁸
/lb

RED GRILL STRIP LOIN STEAK FAST FRY, BONE IN
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
28.40/kg



RED GRILL BEEF
SATISFACTION GUARANTEED

GREAT FOR SMOKING



7⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET VACUUM PACK
CUT FROM CANADA AA GRADE OR HIGHER
17.61/kg



6⁹⁹
/lb

FRESH PORK BELLIES
SLICED OR BY THE PIECE
15.41/kg



NEW ZEALAND SPRING LAMB

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



8⁹⁹
/lb

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

FRESH



YORKSHIRE VALLEY Farms

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



Organic



5⁹⁹
/lb

FRESH SPLIT CHICKEN WINGS
13.21/kg

Ground Meat



6⁹⁹
ea.

LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY
450 g



11⁹⁹
ea.

LEAN GROUND LAMB
NEW ZEALAND SPRING LAMB
454 g



5⁹⁹
ea.

LIFE SMART NATURALIA LEAN GROUND PORK
500 g



9⁹⁹
ea.

WHITE VALLEY LEAN GROUND VEAL
GRAIN FED
454 g

Breakfast Favourites



4⁹⁹
ea.

OLYMEL BREAKFAST SAUSAGES
375 g, SELECTED VARIETIES



6⁹⁹
ea.

MAPLE LODGE CHICKEN BACON OR ZABIHA HALAL OR BUTTERBALL TURKEY BACON
300 - 375 g, SELECTED VARIETIES



6⁹⁹
ea.

LOU'S KITCHEN PEAMEAL BACON OR DOUBLE SMOKED BACK BACON
SLICED, ROLLED IN CORNMEAL
375 - 475 g



12⁹⁹
ea.

SELECTION BACON
1kg



4⁹⁹
ea.

GOLD LABEL CHICKEN SAUSAGES
375 g
SELECTED VARIETIES



6⁹⁹
ea.

MARC ANGELO SAUSAGES
FROZEN, 500 - 675 g
SELECTED VARIETIES



6⁹⁹
ea.

MARC ANGELO CHICKEN BURGERS
450 g, SELECTED VARIETIES



7⁹⁹
ea.

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



7⁹⁹
ea.

WONG WING ENTRÉES
FROZEN, 360 - 680 g
SELECTED VARIETIES



12⁹⁹
ea.

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



12⁹⁹
ea.

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



14⁹⁹
ea.

YORKSHIRE VALLEY FARMS ORGANIC BREADED CHICKEN OR PIES
FROZEN, 454 - 700 g
SELECTED VARIETIES

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



Seafood

9⁹⁹
/lb

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

3⁹⁹
ea.

TRUE BLUE MARYLAND CRAB CAKES
100 g
FROZEN OR PREVIOUSLY FROZEN

8⁹⁹
ea.

STORE MADE SEAFOOD SAMPLER WITH SAUCE
PREVIOUSLY FROZEN, 375 g

6⁹⁹
ea.

CEDAR PLANKED SALMON
FROZEN, 141 g

13⁹⁹
ea.

OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS
FROZEN, 640 g

Summer Seafood Boil

- READY TO HEAT INCLUDES:
- Snow Crab
 - Lobster Claws
 - Raw Shrimp
 - Clams

10⁹⁹
/lb

SEAFOOD BOIL
FROZEN, 2.42/100 g

Complete your boil with...

4⁹⁹
ea.

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

6⁹⁹
ea.

LOCAL POTATO BASKETS 3 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE

13⁹⁹
ea.

KIBON ROASTED SEAWEED SNACKS
24 X 5 g, 120 g

19⁹⁹
ea.

SNOW CRAB CLUSTERS
FROZEN, 454 g

Irresistible

7⁹⁹
ea.

IRRESISTIBLE SALMON BURGERS
FROZEN, 452 g

9⁹⁹
ea.

IRRESISTIBLE SMALL BAY SCALLOPS
FROZEN, 700 g

10⁹⁹
ea.

IRRESISTIBLE MARYLAND STYLE CRAB CAKES
FROZEN, 227 g

10⁹⁹
ea.

IRRESISTIBLE ATLANTIC OR SOCKEYE SMOKED SALMON
FROZEN, 130 g

Deli Favourites

3⁴⁹
/100 g

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

2⁹⁹
/100 g

LAFLEUR EXTRA LEAN COOKED HAM
DELI SLICED, 13.56/lb

3⁹⁹
/100 g

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

4⁹⁹
/100 g

LUPA PECORINO ROMANO CHEESE
DELI CUT, 22.63/lb
PRICES AS MARKED

4⁹⁹
ea.

BRANDT SLICED DELI, LIVER SAUSAGE OR BRETAGNE PATE
100 - 250 g, SELECTED VARIETIES

6⁹⁹
ea.

PILLER'S PEPPERONI TOPPING
175 - 250 g
SELECTED VARIETIES

5⁴⁹
/100 g

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

14⁹⁹
ea.

SAPUTO MINI FRIULANO CHEESE
500 g

7⁹⁹
ea.

BRANDT SAUSAGE CHUBS
250 - 300 g
SELECTED VARIETIES

7⁹⁹
ea.

SCHNEIDERS BOLOGNA
375 g, SELECTED VARIETIES

7⁹⁹
ea.

TRE STELLE MOZZARELLA BALL
340 g

12⁹⁹
ea.

BELGIOIOSO MINI BURRATA
226 g

1⁹⁹
ea.

BURNBRAE FARMS HARD BOILED EGGS
88 g

5⁹⁹
ea.

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

9⁰⁰

WHEN YOU BUY BOTH FRESH 2 GO WRAP & SUMMER FRESH SINGLE SERVE SALAD
1 un, 180 g, SELECTED VARIETIES

metro FRESH 2 GO

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



Fresh BOWLS

Eat Well, Anywhere

DISCOVER
NEW

Vegetarian **VEG**

**FALAFEL
GRAIN BOWL**

Vegetarian **VEG**

**SPICED YAM
& GRAIN BOWL**

**SWEET CHILI
CHICKEN BOWL**

**CHICKEN
FIESTA
BOWL**

**MEDITERRANEAN-STYLE
CHICKEN BOWL**

**ENJOY
GOODNESS
ON THE GO
WITH OUR
FRESH
BOWLS**

**KUNG POW
SHRIMP
BOWL**

FRESH BOWLS

10⁹⁹
ea.

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

metro
FRESH
2 GO

Baked in my Metro



4⁴⁹
ea.

FRONT STREET BAKERY
RYE BREADS 450 g
SELECTED VARIETIES



4⁴⁹
ea.

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



4²⁹
ea.

FRONT STREET BAKERY
HAMBURGER OR
HOT DOG BUNS
PKG OF 8, 375 - 400 g
SELECTED VARIETIES



5⁹⁹
ea.

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

Summer Cakes



26⁹⁹
ea.

IRRESISTIBLE
MOUSSE CAKES
850 g, SELECTED VARIETIES



11⁹⁹
ea.

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



17⁹⁹
ea.

FRONT STREET BAKERY
HALF CAKES
522 - 902 g
SELECTED VARIETIES



2⁹⁹
ea.

FRONT STREET BAKERY
CUPCAKES
SELECTED SIZES
SELECTED VARIETIES



7⁹⁹
ea.

IRRESISTIBLE
PORTUGUESE
CUSTARD TARTS
450 g



10⁹⁹
ea.

IRRESISTIBLE
COFFEE CAKES
750 g
SELECTED VARIETIES



3²⁹
ea.

IRRESISTIBLES
NAAN FLATBREADS
192 - 360 g
SELECTED VARIETIES



4⁹⁹
ea.

IRRESISTIBLE
BRIOCHE
HAMBURGER
BUNS 200 g
SELECTED VARIETIES



4⁹⁹
ea.

FRONT STREET BAKERY
MINI CROISSANTS
PKG OF 12, 336 g



4⁹⁹
ea.

FRONT STREET BAKERY
COOKIE BITES
PKG OF 24, 336 - 360 g
SELECTED VARIETIES



4⁹⁹
ea.

STONEMILL
BREADS
454 - 550 g
SELECTED VARIETIES



2⁹⁹
ea.

DEMPSTER'S
ENGLISH MUFFINS
PKG OF 4
SELECTED VARIETIES

Snacks & Beverages



2²²
ea.

CHEEZ-IT
CRACKERS
191 - 200 g
SELECTED VARIETIES



4⁹⁹
ea.

CHRISTIE
PEEK FREANS
COOKIES
275 - 350 g, SELECTED VARIETIES



3⁹⁹
ea.

HAWKINS
CHEEZIES
210 g



6⁴⁹
ea.

BREYERS ICE CREAM
1.41L, SELECTED VARIETIES



3⁴⁹
ea.

HERSHEY'S
CHOCOLATE BARS
90 - 120 g, SELECTED VARIETIES



5⁹⁹
ea.

BROOKSIDE
CELLOPHANE CHOCOLATE
160 - 235 g
SELECTED VARIETIES



4⁹⁹
ea.

BARCEL MI TIERRA
TORTILLA CHIPS
280 g
SELECTED VARIETIES



3⁹⁹
ea.

VH SAUCE
341 - 380 ml
SELECTED VARIETIES



2 for 5⁰⁰

ZOA ENERGY DRINKS
355 ml, SELECTED VARIETIES



7⁹⁹
ea.

FUZE
ICED TEA
12 X 341 ml
SELECTED VARIETIES



9⁴⁹
ea.

ATYPIQUE
NON-ALCOHOLIC COCKTAIL
4 X 355 ml
SELECTED VARIETIES



13⁴⁹
ea.

BLUE MOON
NON-ALCOHOLIC BEER
6 X 355 ml



8⁹⁹
ea.

STARBUCKS
ICED COFFEE
1.18 - 1.42 L
SELECTED VARIETIES



4⁹⁹
ea.

TROPICANA
REFRIGERATED
DRINKS
1.36 L
SELECTED VARIETIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



Breakfast Essentials



6.99 ea. NATUREGG OR BURNBRAE OMEGA 3 EGGS 12 PACK SELECTED VARIETIES



3.49 ea. B-FIT HIGH PROTEIN MILKSHAKE 460 ml, SELECTED VARIETIES



27.99 ea. TIM HORTONS COFFEE CAPSULES 30 un. SELECTED VARIETIES



9.99 ea. TIM HORTONS INSTANT COFFEE 100 g SELECTED VARIETIES



14.99 ea. IRRESISTIBLES MAPLE SYRUP 500-540 ml SELECTED VARIETIES



4.99 ea. LIFE SMART PEANUT BUTTER 750 g SELECTED VARIETIES



4.99 ea. BECEL MARGARINE 454 g SELECTED VARIETIES



6.99 ea. ST DALFOUR SPREAD 225 ml SELECTED VARIETIES



4.99 ea. TRE STELLE CREAM CHEESE SPREAD 200 g, SELECTED VARIETIES



3.99 ea. GO PURE SNACK BARS 140-175 g, SELECTED VARIETIES



3.99 ea. SELECTION CREAM 473 ml-1L SELECTED VARIETIES



9.99 ea. NUTELLA HAZELNUT SPREAD 725 g



9.99 ea. NUTELLA PEANUT SPREAD 725 g

Meal Essentials



2.49 ea. MICHELININA'S FROZEN MEAL 227-284 g SELECTED VARIETIES



5.49 ea. BOSTON MARKET FROZEN MEAL 369-425 g, SELECTED VARIETIES



3.49 ea. CHEEMO PEROGIES FROZEN ENTRÉE 745-907 g, SELECTED VARIETIES



3.99 ea. SELECTION PICKLES 1L SELECTED VARIETIES



6.49 ea. CHOLULA HOT SAUCE 150 ml SELECTED VARIETIES



12.49 ea. IRINI EXTRA VIRGIN OLIVE OIL 750 ml SELECTED VARIETIES



8.49 ea. CLUB HOUSE LA GRILLE SPICES 111-248 g, SELECTED VARIETIES



3.99 ea. IRRESISTIBLE OLIVES 375 ml SELECTED VARIETIES



1.49 ea. SELECTION FROZEN MEAL 215 g SELECTED VARIETIES



1.99 ea. SELECTION CANNED TOMATOES 796 ml, SELECTED VARIETIES



2.99 ea. SELECTION RICE 900 g SELECTED VARIETIES



5.99 ea. SELECTION MAYONNAISE 750-890 ml, SELECTED VARIETIES



4.99 ea. BULL'S EYE OR DIANA BBQ SAUCE 375-500 ml SELECTED VARIETIES



7.99 ea. MIO ICED TEA POWDERS 540 g SELECTED VARIETIES



2.99 ea. KRAFT DINNER PROTEIN MACARONI & CHEESE 175 g SELECTED VARIETIES



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

Organic

PERFECT BAR PROTEIN BARS
46 - 48 g
SELECTED VARIETIES

3⁴⁹ ea.



LAKEWOOD JUICE
946 ml
SELECTED VARIETIES

10⁹⁹ ea.



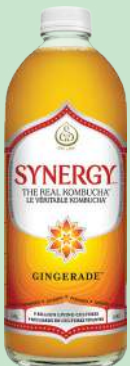
WHOLE SOME SUGAR
454 g
SELECTED VARIETIES

9⁹⁹ ea.



GT'S SYNERGY KOMBUCHA
1.4 L
SELECTED VARIETIES

12⁴⁹ ea.



KICKING HORSE COFFEE BEANS
850 g
SELECTED VARIETIES

35⁹⁹ ea.



OCEAN'S HALO DRESSING
355 ml
SELECTED VARIETIES

11⁹⁹ ea.



ORGANIC, GLUTEN FREE, VEGAN, NON-GMO

MARY'S THIN CRACKERS
142 g
SELECTED VARIETIES

6⁴⁹ ea.



MARY'S CRACKERS
156 - 184 g
SELECTED VARIETIES

7⁴⁹ ea.



MORE STARTS WITH MARY'S

Gluten-Free

COOL WAY FROZEN DESSERT
500 ml, SELECTED VARIETIES

6⁴⁹ ea.



FARM GIRL CEREAL
280 g
SELECTED VARIETIES

8⁹⁹ ea.



A GUILT FREE SNACKING OPTION!

3⁹⁹ ea.

SKINNY POP POPCORN
125 - 150 g
SELECTED VARIETIES



Non-GMO

BOB'S RED MILL MIXES
368 - 440 g
SELECTED VARIETIES

6⁴⁹ ea.



ELMHURST OAT CREAMER
473 ml
SELECTED VARIETIES

8⁴⁹ ea.



MID-DAY SQUARES BARS
33 g
SELECTED VARIETIES

2⁷⁹ ea.



DAIYA MAC & CHEESE
156 g
SELECTED VARIETIES

5⁴⁹ ea.



Baby & Beauty

AXE BODYWASH, DEODORANT OR HAIR CARE
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹ ea.



NIVEA DEODORANT OR LIP BALM
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹ ea.



ST. IVES BODY WASH OR FACIAL CARE
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹ ea.



GARNIER HAIR CARE
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹ ea.



Household Helpers

PALMOLIVE DISHWASHING DETERGENT
591 - 828 ml
SELECTED VARIETIES

3⁴⁹ ea.



FINISH DISHWASHING TABLETS
60 - 105 un.
SELECTED VARIETIES

2⁴⁹ ea.



50% MORE ABSORBENT*
vs. leading ordinary brand.

1⁹⁹ ea.

BOUNTY PAPER TOWELS
8 un.



More Absorbent*
vs. CA leading 2-ply bath tissue.

1⁹⁹ ea.

CHARMIN ULTRA SOFT BATHROOM TISSUE 18 un.



OFFICIAL PARTNER OF THE TORONTO BLUE JAYS

Little hands, big adventures. Snack happy this summer!

Simply Gourmet Puffies
32 - 36 g, SELECTED VARIETIES

2⁴⁹ ea.



WE ALL LOVE A GOOD SCRATCH

FIND A GAME THAT'S RIGHT FOR YOU

Must be 18+ years of age to play. At the time of purchase, some INSTANT prizes may have already been claimed. Products displayed are sold separately. Tickets not exactly as shown.

OLG Play Smart



Back to Routine with SC Johnson

ZIPLOC BAGS
SELECTED SIZES
SELECTED VARIETIES

9⁹⁹ ea.



PLEDGE MULTI-SURFACE CLEANER
275 g

7⁹⁹ ea.



SCRUBBING BUBBLES OR FANTASTIK CLEANER
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹ ea.



GLADE AIR FRESHENER KITS 1 - 2 un.
SELECTED VARIETIES

8⁹⁹ ea.





JAMIESON
VITAMIN B2 OR
B12 COBALAMIN
100 un
SELECTED VARIETIES

9⁹⁹
ea.



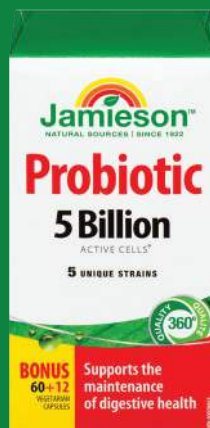
JAMIESON
VITAMIN B12
SELECTED SIZES
SELECTED VARIETIES

12⁹⁹
ea.



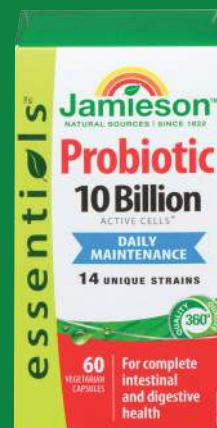
JAMIESON
MULTIVITAMINS
SELECTED SIZES
SELECTED VARIETIES

16⁹⁹
ea.



JAMIESON
PROBIOTIC
72 un

15⁹⁹
ea.



JAMIESON
ESSENTIALS
PROBIOTIC
60 un

19⁹⁹
ea.



JAMIESON
CALCIUM
MAGNESIUM
200 un
SELECTED VARIETIES

11⁹⁹
ea.



JAMIESON
MAGNESIUM
BISGLYCINATE
70 un

9⁹⁹
ea.



JAMIESON
MAGNESIUM +D3
SELECTED SIZES
SELECTED VARIETIES

12⁹⁹
ea.



JAMIESON
MELATONIN
GUMMIES
45 - 60 un
SELECTED VARIETIES

7⁹⁹
ea.



JAMIESON
IRON SUPPLEMENT
90 un

9⁹⁹
ea.



JAMIESON
OMEGA-3
200 un
SELECTED VARIETIES

15⁹⁹
ea.

General Mills **FREE** FOOD JAR

Visit www.gmfreefoodjar.ca for details!

GENERAL MILLS
FAMILY SIZE CEREAL
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹
ea.



Collect all 5!



4⁴⁹
ea. OLD EL PASO DINNER KIT
250 - 510 g
SELECTED VARIETIES



3⁴⁹
ea. NATURE VALLEY GRANOLA BARS
130 - 230 g
SELECTED VARIETIES



3⁹⁹
ea. BETTY CROCKER FRUIT SNACKS
128 - 226 g
SELECTED VARIETIES

BACK TO SCHOOL SAVINGS

PILLSBURY
PIZZA POPS OR
TOASTER STRUDEL
204 - 380 g
SELECTED VARIETIES

3⁴⁹
ea.



OLD EL PASO
COMPONENTS
94 - 189 g, 243 - 398 ml
SELECTED VARIETIES

3⁴⁹
ea.



1²⁵
ea. OLD EL PASO SEASONING
24 g
SELECTED VARIETIES

GENERAL MILLS
K-POP LUCKY CHARMS
OR CINNAMON TOAST
CRUNCH CEREAL
297 - 340 g
SELECTED VARIETIES

4⁹⁹
ea.



2⁴⁹
ea.

BETTY CROCKER
SUPER MOIST CAKE MIX
375 - 404 g
CREAMY DELUXE FROSTING
340 - 450 g
SELECTED VARIETIES



3⁴⁹
ea.

PILLSBURY
DOUGH
351 - 400 g
SELECTED VARIETIES

POPEYES
BISCUIT MIX
322 g
SELECTED VARIETIES

3⁹⁹
ea.



NEW **POPEYES**



POPEYES
DIPPING SAUCE
473 ml
SELECTED VARIETIES

5⁴⁹
ea.



2⁹⁹
ea.

JIFFY
CORN MUFFIN MIX
240
SELECTED VARIETIES



QUALITY PIZZA
SINCE 1976



RED BARON
FROZEN PIZZA
318 - 326 g
SELECTED VARIETIES

4⁹⁹
ea.

RED BARON
FROZEN PIZZA
422 - 665 g
SELECTED VARIETIES

5⁴⁹
ea.



RED BARON
FROZEN PIZZA
805 - 815 g
SELECTED VARIETIES

7⁴⁹
ea.