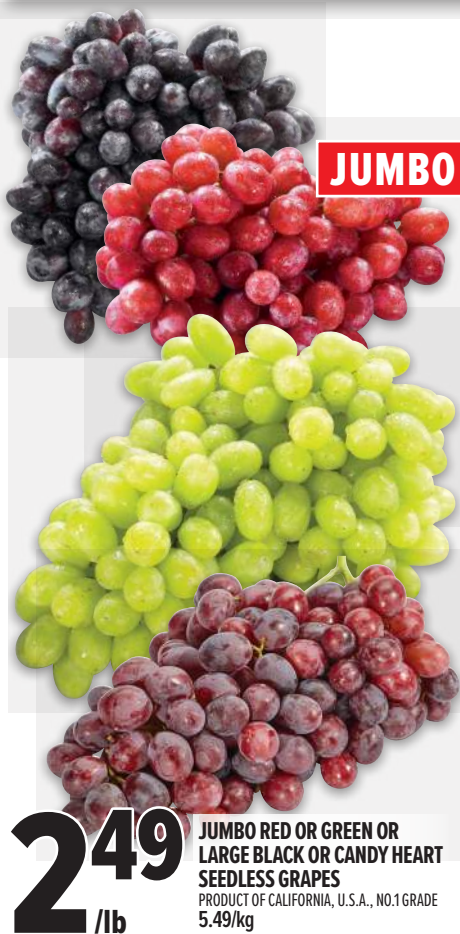


metro

More freshness,
more savings.

mmmmAZING! days



JUMBO

2⁴⁹ /lb

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



PAULA RED OR GINGER GOLD APPLES 3 lb
PRODUCT OF ONTARIO
CANADA FANCY GRADE
LEMONS 2 lb
PRODUCT OF SOUTH AFRICA

3⁴⁴ ea.



SNACKING TOMATOES 283 g
PRODUCT OF ONTARIO
BROCCOLI CROWNS
PRODUCT OF CANADA
BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS 227 g
PRODUCT OF ONTARIO

1⁹⁹ ea.



CACTUS PEARS
2.1 kg CASE
PRODUCT OF MEXICO

9⁹⁹ ea.



ENTERTAINING FAVOURITES

PARTY SIZE DELUXE FRUIT SALAD 1.5 kg
CAESAR CHICKEN SALAD 606 g

11⁹⁹ ea.



IRRESISTIBLE WALNUT HALVES & PIECES
750 g

9⁹⁹ ea.



FRESH

FRESH PORK BACK RIBS VALUE PACK OR FRESH CHICKEN WINGS
8.80/kg

3⁹⁹ /lb



FRESH SKIN ON ATLANTIC SALMON PORTIONS
113 g or
WILD CAUGHT TUNA STEAKS
170 g, FROZEN

2⁹⁹ ea.



STORE MADE SAUSAGES
SELECTED VARIETIES
11.00/kg

4⁹⁹ /lb



700 g to 1 kg

IRRESISTIBLE PIES
750 g - 1 kg
SELECTED VARIETIES

8⁹⁹ ea.



MAXWELL HOUSE OR NABOB COFFEE
SELECTED SIZES
SELECTED VARIETIES

15⁹⁹ ea.



MUTTI PASSATA OR TOMATOES
680 - 796 ml
SELECTED VARIETIES

3⁴⁹ ea.



CASHMERE BATHROOM TISSUE OR SCOTTIES FACIAL TISSUE
6-8 un., SELECTED VARIETIES

3⁹⁹ ea.
members-only price

SPECIAL PRICE
4⁹⁹ ea.
for non-members



RED GRILL PRIME RIB ROAST CHEF STYLE OR VALUE PACK RIB STEAK
CUT FROM CANADA AA GRADE OR HIGHER
28.40/kg

12⁸⁸ /lb



SKINLESS

FRESH SKINLESS CHICKEN BREAST
BONE IN
8.80/kg

3⁹⁹ /lb



IRRESISTIBLES ARTISAN BLACK FOREST HAM
DELI SLICED, 13.56/lb

2⁹⁹ /100 g



OASIS HEALTH BREAK OR SMOOTHIES REFRIGERATED JUICE
1.5 - 1.6 L, SELECTED VARIETIES

3⁹⁹ ea.



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

4⁹⁹ ea.



SANDBAGGER, MICHELOB ULTRA, MILLER LITE, WYATT ROSE RANCH WATER

24⁹⁹ ea.



DEMPSTER'S SIGNATURE BUNS
SELECTED SIZES
SELECTED VARIETIES

2⁸⁸ ea.



FANTINO & MONDELLO, MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDERS DELI MEAT OR CASTELLO HAVARTI
100 - 200 g, SELECTED VARIETIES

6⁹⁹ ea.



LACTANTIA BUTTER 454 g
SELECTED VARIETIES

4⁹⁹ ea.



LAY'S CHIPS
200 - 235 g, SELECTED VARIETIES

2⁹⁹ ea.



PEPSI SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES

7⁴⁹ ea.



CRACKER BARREL SLICED CHEESE
200 - 240 g, SELECTED VARIETIES

4⁷⁷ ea.

Effective September

TH 3

FR 4

SA 5

SU 6

MO 7*

TU 8

WE 9

2026

*Most stores closed on Monday, Sept. 7th, 2026. Check metro.ca for your local store hours.

WEO-RAI20260831_01_L1_V2

4⁹⁹
ea.

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

5⁹⁹
ea.

BLUE GRAPES 2 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
BARTLETT PEARS 2 L
PRODUCT OF ONTARIO
CANADA FANCY GRADE

1⁶⁹
/lb

ASSORTED LOCAL SQUASH
PRODUCT OF ONTARIO
3.73/kg

4⁹⁹
ea.

ASSORTED COLOUR
SWEET PEPPERS 3 PK
PRODUCT OF ONTARIO

4⁹⁹
ea.

IRRESISTIBLE
MINI MUFFINS
336 g
SELECTED VARIETIES

11⁰⁰

MAPLE LEAF NATURAL SELECTIONS, SCHNEIDERS,
SCHNEIDERS LUNCH MATE, GREENFIELD LUNCH OR SNACK KITS
74 - 120 g, SELECTED VARIETIES

40% OFF

CASTELLO
BLUE CHEESE 12.49/lb
DANISH FONTAL 15.21/lb OR
TICKLER AGED CHEDDAR 13.85/lb
DELI CUT
PRICES AS MARKED

15⁹⁹
ea.

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

7⁹⁹
ea.

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

11⁹⁹
/lb

FRESH ONTARIO
RAINBOW TROUT
FILLETS VALUE PACK
MIN 900 g, 2.65/100 g

9⁹⁹
ea.

SUMMER FRESH
SALAD OR LARGE HUMMUS
650 - 850 g
SELECTED VARIETIES

3⁹⁹
ea.

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

6⁹⁹
ea.

JORDANS
CEREAL
325 - 400 g
SELECTED VARIETIES

6⁴⁹
ea.

OCEAN SPRAY
SPARKLING DRINKS
6 X 340 ml, SELECTED VARIETIES

6⁹⁹
ea.

BUBLY OR
MONTELLIER
SPARKLING WATER OR
GATORADE SPORTS DRINK
SELECTED SIZES
SELECTED VARIETIES

3⁴⁹
ea.

CHRISTIE CRACKERS OR
MINI COOKIES
144 - 200 g, SELECTED VARIETIES

4⁹⁹
ea.

NESTLÉ CHOCOLATES
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹
ea.

LINDT
EXCELLENCE
50 - 100 g, SELECTED VARIETIES

9⁹⁹
ea.

CLIF BAR ENERGY BARS
10 X 68 g, SELECTED VARIETIES

7⁹⁹
ea.

MARIGOLD
FROZEN MEALS
354 g
SELECTED VARIETIES

9⁹⁹
ea.

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

5⁹⁹
ea.

WINDEX
CLEANER
765 - 950 ml
SELECTED VARIETIES

9⁹⁹
ea.

TIDE OR GAIN
LAUNDRY DETERGENT OR
DOWNY SOFTENER
SELECTED SIZES
SELECTED VARIETIES

2²²
ea.

MADE GOOD
BARS
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.

CAVENDISH FARMS
FRENCH FRIES
400 - 750 g
SELECTED VARIETIES

9⁹⁹
ea.

STARBUCKS
GROUND COFFEE
340 g
SELECTED VARIETIES

11⁹⁹
ea.

STARBUCKS
PIKE PLACE ROAST
340 g
SELECTED VARIETIES

11⁹⁹
ea.

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

1 KG

HOT MAMMOTH
BBQ CHICKEN 1 kg

20 PCS

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

15 PCS

FRESH CAROUSELS
955 g - 1.4 kg

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.

mmmmAZING!

days

SHOP NOW



4.99 ea.

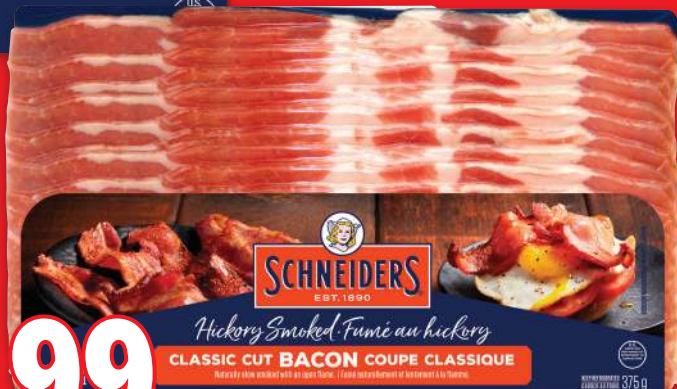
SCHNEIDERS MEAT PIES
FROZEN, 400 g, SELECTED VARIETIES
SCHNEIDERS OKTOBERFEST
SAUSAGE, MINI-SIZZLERS
OR SAUSAGE ROUNDS
FROZEN, 375 g

8.99 ea.

SCHNEIDERS
PEPPERETTES
250 - 375 g
SELECTED VARIETIES

5.99 ea.

MAPLE LEAF OR SCHNEIDERS BACON 100 - 375 g
SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES 204 - 288 g, FROZEN
SELECTED VARIETIES



5.99 ea.

SCHNEIDERS
BOLOGNA
375 g
SELECTED VARIETIES



MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
32 g
SELECTED VARIETIES

2 for 3.00



5.49 ea.

HIGH LINER CATCH OF THE DAY
FILLETS 350 g
MARKET CUTS 227 g, FROZEN
SELECTED VARIETIES



WILD PACIFIC
SALMON PORTIONS
SHRIMP OR
FAMILY PACKS
315 - 700 g, FROZEN
SELECTED VARIETIES

7.99 ea.



13.99 ea.

HIGH LINER PAN-SEAR FILLETS
500 - 540 g, FROZEN, SELECTED VARIETIES



13.99 ea.

HIGH LINER SIGNATURE OR
CATCH OF THE DAY FILLETS
425 g - 1.32 kg, FROZEN, SELECTED VARIETIES



3.99 ea.

VACHON SNACK CAKES
SELECTED SIZES
SELECTED VARIETIES



DEMPSTER'S WHITE OR
100% WHOLE WHEAT BREADS
SELECTED SIZES, SELECTED VARIETIES

2 for 7.00
or 3.99 ea.

DEMPSTER'S
WHOLE GRAIN BREADS
600 g, SELECTED VARIETIES



DEMPSTER'S BAGELS
SELECTED SIZES, SELECTED VARIETIES

DEMPSTER'S
HOT DOG OR
HAMBURGER BUNS
PKG OF 12

MORE MMMAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW

mmMAZING!

days

SHOP NOW



3⁹⁹
ea.

HEINZ
MAYONNAISE
340 ml
SELECTED VARIETIES



1⁷⁹
ea.

KRAFT DINNER
58 - 200 g
SELECTED VARIETIES



3⁹⁹
ea.

SMART ONES
FROZEN MEAL
241 - 283 g
SELECTED VARIETIES



15⁹⁹
ea.

NABOB
COFFEE CAPSULES
30 un.
SELECTED VARIETIES



3⁹⁹
ea.

MIO
WATER ENHANCER
10 un. or 48 ml
SELECTED VARIETIES



GENERAL MILLS
FAMILY CEREAL
SELECTED SIZES
SELECTED VARIETIES

6⁹⁹
ea.



3⁹⁹
ea.



2⁹⁹
ea.

BETTY CROCKER
FRUIT SNACKS,
NATURE VALLEY OR
FIBRE 1 BARS
SELECTED SIZES
SELECTED VARIETIES



4⁹⁹
ea.



OLD EL PASO KITS
250 - 510 g
SELECTED VARIETIES



1²⁵
ea.

OLD EL PASO
SEASONING 24 g
SELECTED VARIETIES



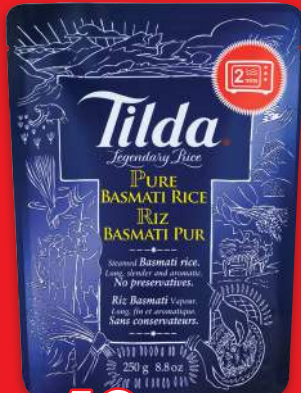
TILDA OR MINUTE RICE
907 g, 1.2 - 1.4 kg
SELECTED VARIETIES

6⁴⁹
ea.



2⁴⁹
ea.

MINUTE RICE
INSTANT RICE CUPS
2 X 125 g
SELECTED VARIETIES



2⁴⁹
ea.

TILDA PURE
BASMATI RICE
250 g
SELECTED VARIETIES



5⁹⁹
ea.



BEN & JERRY'S, MAGNUM OR
BREYERS ICE CREAM
SELECTED SIZES, SELECTED VARIETIES



7⁹⁹
ea.

POPSICLE
ICE POPS
18 X 48 ml - 6 X 60 ml
SELECTED VARIETIES



5⁹⁹
ea.

FUDGSICLE,
CREAMSICLE OR REVELLO
ICE CREAM BARS
12 X 60 ml
SELECTED VARIETIES

MORE MmmAZING SAVINGS IN-STORE AND ONLINE

SHOP NOW



Ontario Grown

Foodland
ONTARIO



1.69
ea. **SEEDLESS CUCUMBERS**
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



2.49
ea. **CARROTS OR YELLOW ONIONS** 2 lb
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



3.99
ea. **LOCAL GARLIC** 115 g
PRODUCT OF ONTARIO



7.99
ea. **LOCAL FRUIT BASKETS**
PEACHES 3 L OR
BLUE PLUMS 1.5 L
PRODUCT OF ONTARIO, CANADA No. 1 GRADE
NECTARINES 2 L
PRODUCT OF ONTARIO



4.99
ea. **WHITE, YELLOW-FLESH OR RED POTATOES** 5 lb
PRODUCT OF ONTARIO, CANADA No. 1 GRADE



HAVEN LETTUCES
226 g
PRODUCT OF ONTARIO
SELECTED VARIETIES

6.99
ea.



GREEN OR YELLOW ZUCCHINI OR LOCAL FIELD TOMATOES
PRODUCT OF ONTARIO
4.39/kg

1.99
/lb



4.99
ea. **SWEET CORN** 4 PK
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



Canadian Grown



CELERY
PRODUCT OF CANADA
CANADA No. 1 GRADE

2.99
ea.



4.99
ea. **LARGE CAULIFLOWER**
PRODUCT OF CANADA
CANADA No. 1 GRADE



2.49
ea. **ROMAINE LETTUCE**
PRODUCT OF CANADA

Local Organic



6.99
ea. **ORGANIC CORONATION GRAPES** 2 L
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



4.99
ea. **ORGANIC MINI CUCUMBERS** 340 g
PRODUCT OF ONTARIO, CANADA No. 1 GRADE



3.49
ea. **ORGANIC BABY CARROTS** 1 lb
PRODUCT OF ONTARIO



1.69
/lb **ORGANIC GREEN CABBAGE**
PRODUCT OF CANADA
CANADA No. 1 GRADE
3.73/kg

Fresh Produce



1.99
/lb **LARGE SEEDLESS NAVEL ORANGES**
PRODUCT OF SOUTH AFRICA
4.39/kg



3.99
ea. **BLACKBERRIES** 170 g
PRODUCT OF U.S.A. OR MEXICO



4.99
ea. **MAYA MANGOES**
PRODUCT OF ISRAEL



1.29
/lb **PLANTAINS**
PRODUCT OF COSTA RICA
2.84/kg



5.99
ea. **CLEMENTINES** 2 lb
PRODUCT OF SOUTH AFRICA



1.29
ea. **PASSION FRUIT**
PRODUCT OF COLOMBIA



FRESH POMEGRANATE ARILS 113 g
PRODUCT OF PERU

4.99
ea.



GREENHOUSE ORGANIC PROTEIN SHAKES 300 ml
SELECTED VARIETIES

3.99
ea.

Sliced & Diced



2 for
10.00
or **5.99** ea. **CORED PINEAPPLES** 600 g
BERRY CUP 242 g
FRUIT SENSATIONS 360 - 380 g



2 for
12.00
or **6.99** ea. **STORE MADE DIPS** 200 - 500 g



9.99
ea. **FAMILY SIZE SALADS** 466 - 692 g
PUMPERNICKEL TRAY 790 g



Fresh Blooms



SAVE \$5.00
20.00
ea. **DOZEN ROSES**
12 STEM BUNCH
ASSORTED COLOURS



SAVE \$7.00
12.99
ea. **ORCHIDS** 3.5" POT
ASSORTED COLOURS



2 for
20.00
or **11.99** ea. **GARDEN MUMS**
9" POT
ASSORTED COLOURS



35.00
ea. **SEASONAL BOUQUET**
ASSORTED COLOURS
AND FLOWERS

Our Butcher's Finest



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

9⁹⁹
/lb

made in my metro m



19⁹⁹
/lb

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

CUT FROM 100% CANADIAN AA GRADE BEEF



5⁹⁹
/lb

BONELESS PORK
SIRLOIN CHOPS
VALUE PACK
13.21/kg



7⁹⁹
/lb

FRESH PORK TENDERLOIN
17.61/kg



13⁹⁹
/lb

FRESH LAMB LOIN CHOPS
NEW ZEALAND SPRING LAMB
30.84/kg

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



7⁹⁹
/lb

BONELESS
FRESH BONELESS SKINLESS CHICKEN THIGHS
17.61/kg



7⁹⁹
/lb

GREAT FOR SMOKING

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

RED GRILL BEEF SATISFACTION GUARANTEED



8⁹⁹
/lb

MEDIUM GROUND BEEF VALUE PACK
19.82/kg

GROUND IN-STORE DAILY

BBQ Favourites



5⁹⁹
ea.

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS 375 g
SELECTED VARIETIES



6⁹⁹
ea.

JOHNSONVILLE SMOKED SAUSAGES 375 g, SELECTED VARIETIES



12⁹⁹
ea.

MARC ANGELO KABOBS PORK OR CHICKEN 480 - 640 g



22⁹⁹
ea.

MARC ANGELO LAMB SPIEDINI SKEWERS FROZEN, 480 g



4⁹⁹
ea.

BUTTERBALL TURKEY FRANKS 450 g



4⁹⁹
ea.

MAPLE LODGE ULTIMATE CHICKEN DINNER SAUSAGES 500 g
SELECTED VARIETIES



8⁹⁹
ea.

Organic
duBRETON ORGANIC PORK SAUSAGES 400 g, SELECTED VARIETIES



15⁹⁹
ea.

MONTANA'S BEEF BURGERS FROZEN, 906 g

Burger Essentials



6⁹⁹
ea.

BUBBIES DILL RELISH 500 ml



8⁹⁹
ea.

LOU'S KITCHEN PEAMEAL BACON OR DOUBLE SMOKED BACK BACON 375-454 g



8⁹⁹
/lb

LEAN GROUND BEEF/PORK/VEAL TRIO 19.82/kg



4⁹⁹
ea.

SELECTION BACON 375 g, SELECTED VARIETIES

Restaurant Quality Ribs



13⁹⁹
ea.

KELSEYS PORK BACK RIBS FULLY COOKED FROZEN, 600 g



18⁹⁹
ea.

THE KEG PORK BACK RIBS FULLY COOKED 700 g, FROZEN



14⁹⁹
ea.

MONTANA'S PORK BACK RIBS FULLY COOKED, 650 g



14⁹⁹
ea.

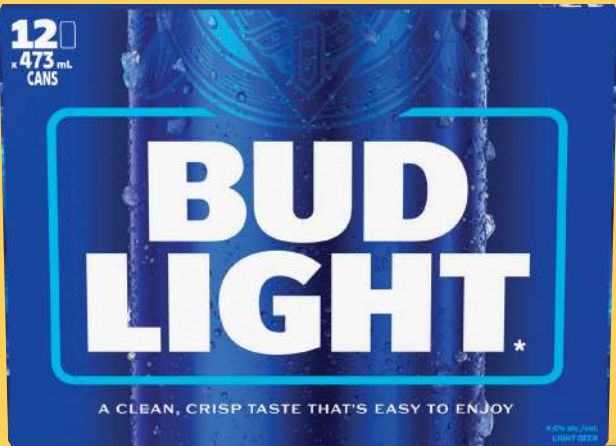
SWISS CHALET PORK BACK RIBS FULLY COOKED, 600 - 650 g
SELECTED VARIETIES

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



Last round for SUMMER

Celebrate the last long-weekend of the summer with your favourite cold brews and wines.



BUD LIGHT
12 x 473 ml
28⁹⁹ ea.



SLEEMAN CLEAR 2.0
12 x 473 ml
28⁴⁹ ea.



CORONA OR
STELLA ARTOIS
12 x 330 ml
30⁹⁹ ea.



MUSKOKA
TREAD LIGHTLY
12 x 355 ml
25⁹⁹ ea.



HAPPY DAD
12 x 355 ml
27⁹⁹ ea.



27⁴⁹ ea.
SVNS HARD 7UP
12 x 355 ml



28⁴⁹ ea.
TWISTED TEA
12 x 355 ml



COORS SELTZER
SLUSHIE
12 x 355 ml
30⁴⁹ ea.



JACKSON TRIGGS
PINOT GRIGIO
750 ml
14⁴⁹ ea.



PELEE ISLAND
LOLA SPARKLING
WINE
750 ml
18⁴⁹ ea.



YELLOW TAIL
SHIRAZ
750 ml
15⁹⁹ ea.



CASILLERO DEL DIABLO
CABERNET
SAUVIGNON
750 ml
14⁹⁹ ea.

Advertised prices are subject to change and exclude HST and deposit fees, which are added at checkout. Alcoholic products are available at select stores. See metro.ca for availability.

FRESH FOR FALL

ROADHOUSE

SOUTHWEST



BARBECUE

Limited Time Only

10⁹⁹
EACH

Southwest Style Pulled Pork Bowl, 517 g
690 Cals

14⁹⁹
EACH

Southwest Style BBQ Chicken, 900 g
450 Cals/Serving, Serves 4

10⁰⁰
EACH

Southwest Style Whisky
Chicken Schiacciata, 700 g
670 Cals/Serving, Serves 2

10⁰⁰
EACH

Southwest Style Whisky
Popcorn Chicken Poutine, 418 g
850 Cals

29⁹⁹
EACH

Brisket Bauletts with
Jalapeno Queso Sauce, 1.5 kg
610 Cals/Serving, Serves 5

metro
FRESH
2 GO

Cakes & Desserts

Exclusive to metro

FRONT STREET BAKERY
MILK CHOCOLATE TRUFFLE CAKE
MADE WITH LINDT CHOCOLATE
1.3 kg

31.99 ea.



made in my metro m

22.99 ea.

FRONT STREET BAKERY
TRIPLE FRUIT OR TRIPLE STRAWBERRY BOSTON CAKES
1200 g



31.99 ea.

MANGO PASSION OR RED VELVET CAKE
1.15 - 1.45 kg



26.99 ea.

IRRESISTIBLE MOUSSE CAKE
850 g, SELECTED VARIETIES



7.99 ea.

FRONT STREET BAKERY
STRAWBERRY OR FANCY FRUIT CUSTARD PIES
800 g



6 for 14.00

FRONT STREET BAKERY
SINGLE SERVE DESSERTS
SELECTED SIZES
SELECTED VARIETIES

GREAT FOR DIPPING AND SANDWICHES



3.99 ea.

FRONT STREET BAKERY
CIABATTA RUSTIC BREAD OR BAGUETTES
325 - 450 g
SELECTED VARIETIES



4.29 ea.

FRONT STREET BAKERY
KAISER OR SAUSAGE ROLLS
PKG OF 4 - 6, 376 - 420 g
SELECTED VARIETIES



4.29 ea.

FRONT STREET BAKERY
BAGELS
PKG OF 4, 432 - 456 g
SELECTED VARIETIES



5.99 ea.

O'DOUGH'S
GLUTEN FREE BAGELS, BREADS, DIPPER'S, ENGLISH MUFFINS OR MUFFINS
210 - 700 g
SELECTED VARIETIES



3.99 ea.

STONEFIRE
PIZZA CRUST, NAAN ROUNDS, FLAT BREAD OR DIPPER'S
200 - 460 g
SELECTED VARIETIES



2.99 ea.

DEMPESTER'S
ENGLISH MUFFINS
342 g
SELECTED VARIETIES



4.99 ea.

DEMPESTER'S
CINNAMON RAISIN BREAD
680 g

More Great Savings



11.49 ea.

LINDT SWISS CLASSIC CHOCOLATE BARS
300 g
SELECTED VARIETIES



11.49 ea.

LINDT LINDOR CHOCOLATES
150 g
SELECTED VARIETIES



2.99 ea.

GOLDFISH GRAHAMS SNACKS
180 g
SELECTED VARIETIES



15.99 ea.

GRÜVI NON-ALCOHOLIC WINE
4 X 275 ml
SELECTED VARIETIES



4.99 ea.

SNYDER'S TWISTED PRETZELS
340 g, SELECTED VARIETIES



3.49 ea.

KELLOGG'S TOWN HOUSE CRACKERS
247 - 391 g
SELECTED VARIETIES



4.99 ea.

TAKIS TORTILLA CHIPS
198 - 260 g
SELECTED VARIETIES

EASY DINNERS START HERE

TACO BELL CORE KITS
260 - 420 g
TACO BELL CREAMY SAUCES
354 ml
SELECTED VARIETIES

4.99 ea.

MAXWELL HOUSE TASSIMO COFFEE CAPSULES
12-16 un.
SELECTED VARIETIES

12.99 ea.

PHILADELPHIA CREAM CHEESE
227 - 280 g
SELECTED VARIETIES

5.49 ea.

KRAFT DINNER
58 - 156 g
SELECTED VARIETIES

1.79 ea.

CLASSICO PASTA SAUCE
410 - 600 ml
SELECTED VARIETIES

4.99 ea.

HEINZ BEANS OR PASTA
398 ml
SELECTED VARIETIES

2.79 ea.

KRAFT SALAD DRESSING
425 ml
SELECTED VARIETIES

3.99 ea.

MIO WATER ENHANCER
10 un. or 48 ml
SELECTED VARIETIES

3.99 ea.

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FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



A+ FAMILY FAVES

Get back to routine with tasty lunch & dinner ideas + snacks.



8⁹⁹ ea.
RUSTICA PIZZA
542 - 866 g
SELECTED VARIETIES

★ Make quick & easy school-night meals



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

mix & match

2 for 8⁰⁰
or 4.99 ea.



YOGOURT PARFAITS 328 g
MINI SALADS 122 - 179 g
MELON CHUNKS 360 - 380 g

made in my metro **m**



2 for 14⁰⁰
or 7.99 ea.

STORE MADE CHICKEN SALADS
252 - 410 g

made in my metro **m**



3⁹⁹ ea.
POGO ORIGINAL BREADED WIENERS
FROZEN, 300 g



STARTING FROM

8⁰⁰ ea.
FRESH 2 GO FRESH PASTA, ENTRÉES OR APPETIZERS
300 - 450 g, 8 x 30 g, 6 x 38 g
SELECTED VARIETIES

★ Pack lunch boxes with kid-approved snacks



11⁹⁹ ea.
SUN RYPE VEGGIE-FRUIT BAR 12 x 37 g
FRUIT 2 GO BARS 24 x 14 g



3⁹⁹ ea.
HOSTESS CRAZE SNACK CAKES
SELECTED SIZES
SELECTED VARIETIES



2⁹⁹ ea.
QUAKER DIPPES OR CHEWY BARS
120 - 156 g
SELECTED VARIETIES

CASTELLO SLICED DELI CHEESE
145 - 175 g
SELECTED VARIETIES

7⁹⁹ ea.



7⁹⁹ ea.
BALDERSON OR ILE DE FRANCE SNACKING CHEESE
126 g, 5 x 25 g
SELECTED VARIETIES



8⁴⁹ ea.
PILLER'S DUO SLICED DELI MEAT
2 x 175 g
SELECTED VARIETIES



4⁴⁹ ea.
TIM TAM COOKIES
175 - 200 g
SELECTED VARIETIES



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



5⁹⁹ ea.
FONTAINE SANTÉ PROTEIN HUMMUS
2 x 175 g
SELECTED VARIETIES

TAKE A SNACK BREAK

Re-charge with our variety of snacks & drinks that make the grade.

★ Great picks for after class



BUY MORE
SAVE MORE!

2 for

900

Less than 2
pay 5.79 ea.

CHEETOS SNACK
OR DORITOS
TORTILLA CHIPS
210 - 285 g
SELECTED VARIETIES



GOLDFISH CRACKERS
156 - 227 g
SELECTED VARIETIES

299

ea.



SCHOOL SAFE SNACK
CAKES OR CUPCAKES
SELECTED SIZES
SELECTED VARIETIES

549

ea.



ORVILLE REDENBACHER
POPCORN
246 g
SELECTED VARIETIES

399

ea.



McSWEENEY'S SNACK OR
GRIMM'S BEEF STICKS
125 - 150 g
SELECTED VARIETIES

999

ea.



OCEAN SPRAY
JUICE OR COCKTAILS
1.89 L
SELECTED VARIETIES

449

ea.



BUBLY MINI
SPARKLING WATER
6 x 222 ml
SELECTED VARIETIES

449

ea.



2 for

800

Less than 2
pay 4.99 ea.

GOGO SQUEEZ
SNACKS
4 x 90 g
SELECTED VARIETIES



ESKA
SPRING WATER
24 x 500 ml

599

ea.



RED BULL
ENERGY DRINKS
4 x 250 ml
SELECTED VARIETIES

999

ea.

Go-to's for quick school mornings



DOLE FRUIT CUPS
4 x 107 ml or 4 x 123 g
SELECTED VARIETIES

399

ea.

VECTOR
GRANOLA
CEREAL
311 g
SELECTED VARIETIES

599

ea.



BURNBRAE EGGS
12 un
OR EGG CREATIONS
500 g
SELECTED VARIETIES

549

ea.



BURNBRAE
HARD BOILED EGGS
OMEGA-3 OR FREE RUN
88 g
SELECTED VARIETIES

229

ea.



SIMPLE JOY
SLICED LOAF
CAKES
400 g
SELECTED
VARIETIES

549

ea.



MINUTE MAID JUICE
OR FUZE ICED TEA
8 - 10 x 200 ml
SELECTED VARIETIES

479

ea.



Pack
them
an A+
lunch

MINUTE MAID REFRIGERATED
DRINKS
1.54 L
SELECTED VARIETIES

499

ea.

Back To School,
Back To Bertolli



BERTOLLI SAUCES
415 - 630 ml
SELECTED VARIETIES

499

ea.



HELLMANN'S
EST. 1913



DISCOVER
NEW

HELLMANN'S
MAYONNAISE
340 - 445 ml
SELECTED VARIETIES

499

ea.



Honey Roast Chicken Sandwich

Scan or visit Hellmanns.ca for more 'Back To School' recipes!

FLAVOURS OF MOON FEST

CELEBRATE THE FULL HARVEST MOON



148 /lb
PURPLE-FLESH POTATOES
PRODUCT OF CHINA
LARGE PURPLE SWEET POTATOES
PRODUCT OF U.S.A. OR COSTA RICA
3.26/kg

188 /lb
LARGE ASIAN PEARS
PRODUCT OF CHINA
FANCY GRADE
4.14/kg



688 /lb
FRESH PORK BELLIES
SLICED OR BY THE PIECE
15.17/kg

2699 ea.
IRRESISTIBLE MANGO MOUSSE CAKE
850 g
SELECTED VARIETIES

1488 ea.
LUCKY KOI
THAI HOM MALI OR
MEKONG JASMINE
RICE
8 kg
SELECTED VARIETIES

999 ea.
SAPORITO
VEGETABLE
OR CANOLA OIL
3 L
SELECTED VARIETIES



699 ea.
SAMYANG
BULDAK NOODLES,
KEWPIE MAYO OR
LEEKKEE SRIRACHA MAYO
445 ml, 465 - 700 g
SELECTED VARIETIES

499 ea.
THAI KITCHEN
COCONUT MILK
400 ml
SELECTED VARIETIES

998 ea.
BILLY BEE
HONEY
1 kg
SELECTED VARIETIES

399 ea.
VH SAUCE
341 - 380 ml
SELECTED VARIETIES



133 ea.
CHAO KOH,
GRACE OR
COOL RUNNINGS
COCONUT WATER
500 - 520 ml
SELECTED VARIETIES

299 ea.
INDOMIE NOODLES
5 x 85 g
SELECTED VARIETIES

248 ea.
LAYERED
SEAWEED
3 x 5 g



KIKKOMAN
SOY SAUCE
591 ml
SELECTED VARIETIES



SAPPORO ICHIBAN,
OH! RICEY OR
MAMA NOODLES,
LUCKY KOI OR
Y&Y CHESNUTS
OR BAMBOO SHOOTS
55 - 100 g, 227 ml
SELECTED VARIETIES



399 ea.
HEREFORD
CORNE BEEF OR
SPAM
LUNCHEON MEAT
340 g
SELECTED VARIETIES

599 ea.
KIKKOMAN
SOY SAUCE
591 ml
SELECTED VARIETIES

99¢ ea.
SAPPORO ICHIBAN,
OH! RICEY OR
MAMA NOODLES,
LUCKY KOI OR
Y&Y CHESNUTS
OR BAMBOO SHOOTS
55 - 100 g, 227 ml
SELECTED VARIETIES



SAN JAY
SAUCES
296 ml
SELECTED VARIETIES



BLUE DRAGON
CURRY PASTE OR
COOKING SAUCE
270 - 325 ml, 220 - 271 g
SELECTED VARIETIES



169 ea.
WING SALAD
NOODLES OR
COOKIES,
Y&Y SEAWEED
OR NONGSHIM
SNACKS
3 x 5 g, 62 - 150 g
SELECTED VARIETIES

798 ea.
SAN JAY
SAUCES
296 ml
SELECTED VARIETIES

499 ea.
BLUE DRAGON
CURRY PASTE OR
COOKING SAUCE
270 - 325 ml, 220 - 271 g
SELECTED VARIETIES



LUCKY KOI
SRIRACHA,
HOISIN OR
OYSTER SAUCE
450 - 500 ml
SELECTED VARIETIES



LUCKY KOI
CHOW MEIN
NOODLE
400 - 454 g
SELECTED VARIETIES



LUCKY KOI
SOY SAUCE
450 ml
SELECTED VARIETIES



99¢ ea.
LUCKY KOI
NOODLE BOWLS
85 g
SELECTED VARIETIES

299 ea.
LUCKY KOI
SRIRACHA,
HOISIN OR
OYSTER SAUCE
450 - 500 ml
SELECTED VARIETIES

167 ea.
LUCKY KOI
CHOW MEIN
NOODLE
400 - 454 g
SELECTED VARIETIES

199 ea.
LUCKY KOI
SOY SAUCE
450 ml
SELECTED VARIETIES

Item availability varies by store.

Gluten-Free



PIETRO'S FROZEN PASTA 300 g
SELECTED VARIETIES

10⁴⁹ ea.

DAINTY BAKING MIXES 240-460 g
SELECTED VARIETIES

5⁴⁹ ea.

TATE'S COOKIES 198 g
SELECTED VARIETIES

7⁹⁹ ea.

SUN TROPICS COCO ROLLS 100 g
SELECTED VARIETIES

4⁴⁹ ea.

COOL WAY KETO BARS 3 X 88 ml
SELECTED VARIETIES

8⁴⁹ ea.

TINKYADA PASTA 280-454 g
SELECTED VARIETIES

3⁹⁹ ea.

HIGH PROTEIN PASTA, CLASSIC TASTE.

CHICKAPEA PASTA 227 g
SELECTED VARIETIES

5⁹⁹ ea.

Organic



NEAL BROTHERS PASTA SAUCE 680 ml
SELECTED VARIETIES

8⁹⁹ ea.

NUTIVA COCONUT OIL 860 ml
SELECTED VARIETIES

13⁹⁹ ea.

SHADY MAPLE FARMS MAPLE SYRUP 375 ml
SELECTED VARIETIES

13⁹⁹ ea.

49TH PARALLEL COFFEE ROASTERS 49TH PARALLEL COFFEE 340 g
SELECTED VARIETIES

18⁹⁹ ea.

Non-GMO



SMOTHER FUDGER PEANUT BUTTER 50 g
SELECTED VARIETIES

2⁴⁹ ea.

BOB'S RED MILL CEREAL 510 g
SELECTED VARIETIES

8⁹⁹ ea.

Baby & Beauty

PERSONNELLE BABY BISCUITS 50 g

2⁹⁹ ea.

LOVE CHILD ORGANIC BABY PURÉE 125 g
SELECTED SIZES
SELECTED VARIETIES

2⁴⁹ ea.

LIVE CLEAN BABY SHAMPOO & WASH 750 ml

13⁹⁹ ea.

PERSONNELLE BABY WET WIPES 64 un.

2⁹⁹ ea.

AVEENO BODY LOTION 532 ml
SELECTED VARIETIES

14⁹⁹ ea.

NIVEA BODY WASH 500 ml
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.

Household Helpers

SELECTION ECO PAPER BAGS 5 un.

3⁹⁹ ea.

PINE-SOL ALL PURPOSE CLEANER 1.41 L
SELECTED VARIETIES

5⁹⁹ ea.

CLOROX BLEACH 2.4 L
SELECTED VARIETIES

4⁹⁹ ea.

FLEECY SOFTENER 2.6 L
SELECTED VARIETIES

11⁹⁹ ea.

UNSTOPPABLES BEADS 303 g
SELECTED VARIETIES

8⁹⁹ ea.

START FRESH
Feel Confident
WITH A GREAT REGIMEN!

DOVE SOAP BARS 2 X 106 g
SELECTED VARIETIES

4⁹⁹ ea.

DEGREE DEODORANT 48h
SELECTED SIZES
SELECTED VARIETIES

4⁴⁹ ea.

BACK 2 SCHOOL OFFER

\$10 OFF \$50 AnyCard gift cards

Offer valid September 3 - 9

this week's deals:

Only until September 9, 2026, in-store or online

add your moi rewards coupons



NOW
2 for
\$20
SAVE UP TO
\$15.98 ON 2

2/\$35.98*
**JANES ULTIMATES WINGS
OR RESTAURANT STYLE
BREADED CHICKEN**
FROZEN, 700 - 720 g
SELECTED VARIETIES



NOW
2.99
ea.
SAVE UP TO
\$1.50

4.49*
ea.
**VILLA RAVIOLI
FROZEN PASTA**
400 g
SELECTED VARIETIES



NOW
2.99
ea.
SAVE UP TO
\$2.50

5.49*
ea.
**TENDERFLAKE PUFF
PASTRY OR PIE CRUST**
255 - 350 g
SELECTED VARIETIES



NOW
9.49
ea.
SAVE UP TO
\$4.50

13.99*
ea.
**JAMIESON
MELATONIN 10 MG**
60 caps



NOW
6.49
ea.
SAVE UP TO
\$3

9.49*
ea.
**COTTONELLE
FLUSHABLE WIPES**
PKG OF 2
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$2

11.99*
ea.
**PALMOLIVE
LIQUID DISH SOAP**
4.27 L
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.

BACK TO SCHOOL

STARBUCKS VERTUO
COFFEE CAPSULES
8 - 10 un
SELECTED VARIETIES

13⁴⁹
ea.



STARBUCKS
COFFEE CAPSULES
10 un
SELECTED VARIETIES

9⁹⁹
ea.



STARBUCKS
CAPSULES OR
INSTANT BEVERAGE MIX
SELECTED SIZES
SELECTED VARIETIES

12⁹⁹
ea.



COFFEE-MATE
COFFEE WHITENER
828 - 946 ml
SELECTED VARIETIES

4⁹⁹
ea.



NESTLÉ CARNATION
HOT CHOCOLATE MIX
400 - 450 g
SELECTED VARIETIES

7⁹⁹
ea.



5⁹⁹
ea.

NESTLÉ CARNATION
HOT CHOCOLATE
SELECTED SIZES
SELECTED VARIETIES



1²⁵
ea.

NESTLÉ
CHOCOLATE BARS
33 - 50 g
SELECTED VARIETIES



NESTLÉ
CHOCOLATES
OR MULTI BARS
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹
ea.



NESTLÉ CHOCOLATE BARS
99 - 105 g
SELECTED VARIETIES

2⁹⁹
ea.



GERBER
BABY SNACKS
SELECTED SIZES
SELECTED VARIETIES

3⁹⁹
ea.



GERBER
BABY CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹
ea.



7⁹⁹
ea.

SAN PELLEGRINO
SPARKLING BEVERAGE
6 x 330 ml
SELECTED VARIETIES



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Good Food, Good Life