

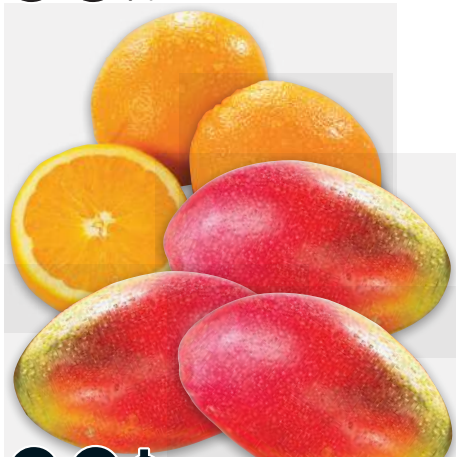
metro

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
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



777 ea.
LARGE SALADS
466-692 g



399 ea.
IRRESISTIBLE PISTACHIOS
200 g, SALTED OR UNSALTED



599 /lb
FRESH LAMB SHOULDER CHOPS VALUE PACK
NEW ZEALAND SPRING LAMB
13.21/kg



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



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.
NESTLÉ HALLOWEEN
CHOCOLATES
485 g, SELECTED VARIETIES
WHILE QUANTITIES LAST



349 ea. + **125** points
OIKOS YOGURT
4 X 95-100 g OR
SILK BEVERAGE
1.75-1.89 L
SELECTED VARIETIES
value of \$1
599 ea. + **125** points
CRACKER BARREL BARS
OR SHREDDED CHEESE
300-500 g, SELECTED VARIETIES
value of \$1

Effective September 10 11 12 13 14 15 16 2026 Check metro.ca for your local store hours.

WEO-RA020260907_01_1_V2

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.

2⁹⁹ 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

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

11⁹⁹ ea.

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

3⁹⁹ ea.

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

2 for 14⁰⁰

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

5⁹⁹ ea.

OASIS
REFRIGERATED JUICE
1.5 L, SELECTED VARIETIES

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

3 for 10⁰⁰

QUAKER CRISPY MINIS
RICE CAKES
90 - 199 g
SELECTED VARIETIES

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 un., 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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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



LACTANTIA CREAM CHEESE OR
MARGARINE OR
CHEESTRINGS
168 - 427 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.

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

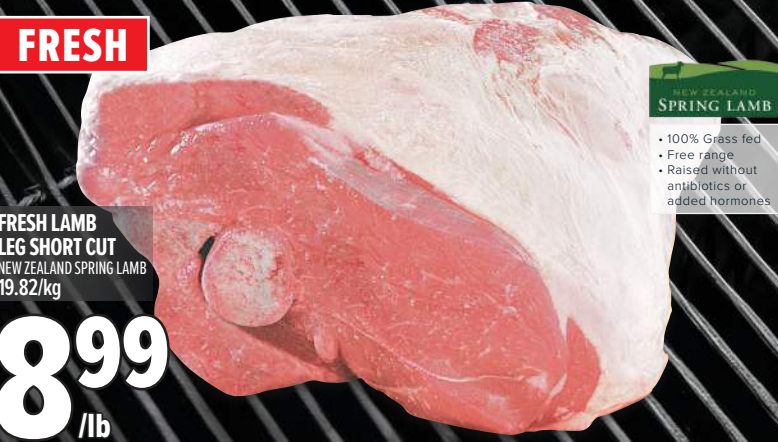
BONELESS STRIP LOIN ROAST
CUT FROM AUSTRALIAN GRADED BEEF
26.19/kg



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

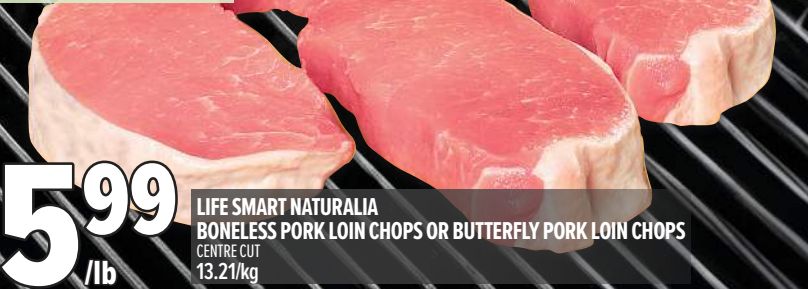


4⁹⁹ /lb

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



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 for
22⁰⁰
LESS THAN 2
PAY 14.99 EA.

BELLA CASARA
BURRATA
CHEESE 250 g



3⁵⁹
/100 g
when you buy 400 g
or more

PARMIGIANO
REGGIANO



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.



DM7DM7DM7DM7

Fresh BOWLS

Eat Well, Anywhere

DISCOVER
NEW

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**

32g
of PROTEIN
PER BOWL

**MEDITERRANEAN-STYLE
CHICKEN 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

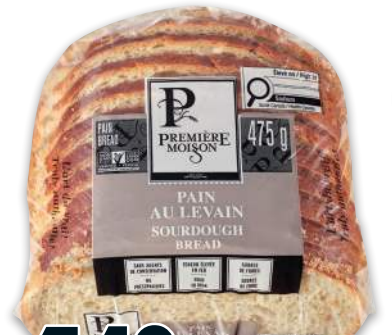
Bread Essentials



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. NATURAL
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

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



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.



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
CARE
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 SOFTNER
1.31 L
SELECTED VARIETIES



5⁹⁹
ea.

CASCADE
DISHWASHER DETERGENT
13 - 15 un., SELECTED VARIETIES



FALL INTO CLEAN

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



6⁹⁹ ea.
LYSOL ALL PURPOSE CLEANER
 950 ml
 SELECTED VARIETIES



6⁹⁹ ea.
SCRUBBING BUBBLES CLEANER
 946 ml
 SELECTED VARIETIES



5⁴⁹ ea.
WINDEX CLEANER
 765 - 950 ml
 SELECTED VARIETIES



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



5⁹⁹ ea.
PINE-SOL ALL PURPOSE CLEANER
 1.41 L
 SELECTED VARIETIES

6⁹⁹ ea.
LYSOL AIR DISINFECTANT SPRAY
 350 g
 SELECTED VARIETIES



6⁹⁹ ea.
LYSOL WIPES
 75 - 84 un
 SELECTED VARIETIES



6⁴⁹ ea.
METHOD CLEANERS
 SELECTED SIZES
 SELECTED VARIETIES



5⁹⁹ ea.
METHOD DISH SOAP
 473 ml
 SELECTED VARIETIES



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

3⁹⁹ ea.
TIDE TO GO STAIN REMOVER
 10 ml
 SELECTED VARIETIES



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.



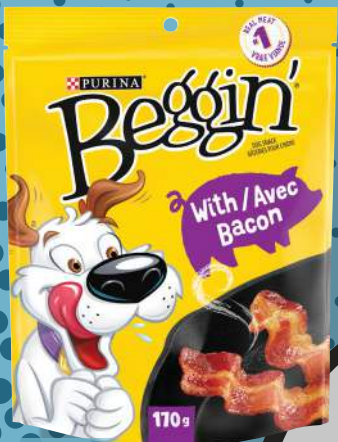
SELECTION CAT FOOD
SELECTED SIZES
SELECTED VARIETIES

1099
ea.



SELECTION LITTER
18 kg
SELECTED VARIETIES

1299
ea.



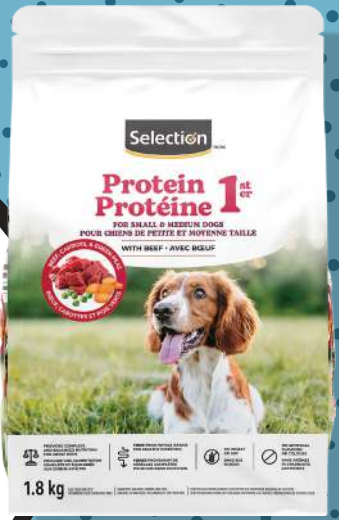
BEGGIN STRIPS DOG TREATS
170 g
SELECTED VARIETIES

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

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

6⁹⁹
ea.

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

TREAT FREELY
with iÖGO frozen yogurt!

SIMPLY REFRIGERATED ORANGE JUICE OR LEMONADE
2.25 L
SELECTED VARIETIES

75
points

7⁹⁹
ea.

YORKSHIRE VALLEY FARMS

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

FAMILY RUN • PROUDLY CANADIAN

HUMBLE & FRANK

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

OCEAN PRIME RAW SHELL OFF SHRIMP
26 - 30 SIZE
FROZEN, 454 g

9⁹⁹
ea.

HUMBLE & FRANK SAUCES
250 ml
SELECTED VARIETIES

4⁹⁹
ea.