

CLEMENTINES 2 lb
PRODUCT OF SOUTH AFRICA

5⁹⁹
ea.

5 PK

4⁹⁹
ea.

AVOCADOS 5 PK
PRODUCT OF MEXICO OR PERU

1⁹⁹
ea.

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

4⁹⁹
ea.

ROMAINE HEARTS 3 PK
PRODUCT OF U.S.A.

Exclusive to metro

DISCOVER NEW

5⁹⁹
ea.

FRONT STREET BAKERY
3 CHEESE SOURDOUGH BREAD 550 g

A Classic Sourdough 3 Cheese bread, made with Asiago, Cheddar and Mozzarella Cheese

2⁹⁹
/100 g

IRRESISTIBLES EMMENTAL CHEESE
DELI CUT, PRICES AS MARKED, 13.56/lb

6⁹⁹
ea.

CASTELLO CHEESE OR TRE STELLE GRATED CHEESE
125 - 200 g
SELECTED VARIETIES

9⁹⁹
ea.

SWISS CHALET, ST-HUBERT OR MONTANA'S MEAT PIES
FROZEN, 650 - 800 g
SELECTED VARIETIES

19⁹⁹
ea.

ROCK LOBSTER TAIL 3 OZ X 4
SNOW CRAB CLUSTERS 454 g
FROZEN

6⁹⁹
ea.

IRRESISTIBLE WILD ARGENTINIAN RAW SHRIMP
FROZEN, 300 - 340 g

9⁰⁰

BUY A WRAP & SALAD
FRESH 2 GO WRAP 1 un. or
SUMMER FRESH SINGLE SERVE SALAD 180 g
SELECTED VARIETIES

5⁹⁹
ea.

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

5⁹⁹
ea.

LIBERTÉ KEFIR 1 L
SELECTED VARIETIES

4⁹⁹
ea.

GENERAL MILLS FAMIL SIZE CEREAL
310 - 725 g
SELECTED VARIETIES

5⁹⁹
ea.

SPONGE PAPER TOWELS
3 = 6 ROLLS
SELECTED VARIETIES

2 for 8⁰⁰

LAY'S CHIPS
200 - 235 g
SELECTED VARIETIES

5⁹⁹
ea.

CHRISTIE FAMILY COOKIES, RITZ DRIZZLED OR CAKESTERS
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.

SNYDER'S PRETZELS
240 g
SELECTED VARIETIES

2⁹⁹
ea.

HERSHEY'S CHOCOLATE BARS
90 - 120 g
SELECTED VARIETIES

2⁶⁹
ea.

CHEF BOYARDEE CANNED PASTA
418 - 425 g
SELECTED VARIETIES

19⁹⁹
ea.

BRITA WATER FILTERS
3 un.

9⁹⁹
ea.

RED BULL ENERGY DRINKS
4 X 250 ml
SELECTED VARIETIES

4⁴⁹
ea.

PEPSI SOFT DRINKS
6 X 222 ml, SELECTED VARIETIES

2 for 9⁰⁰

CRAVE FROZEN MEALS
200 - 340 g
SELECTED VARIETIES

6⁴⁹
ea.

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

6⁹⁹
ea.

JAMIESON VITAMINS
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹
ea.

ZIPLOC BAGS
SELECTED SIZES
SELECTED VARIETIES

moi rewards member price

2⁹⁹
ea.
moi rewards members price only

3⁹⁹
ea.
Non-members price

5⁹⁹
ea.
moi rewards members price only

6⁹⁹
ea.
Non-members price

i earn with moi rewards

4⁹⁹
ea.

125 points
value of \$1

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mmMAZING!

days **SHOP NOW**



3.99
ea.

McCain
FRENCH FRIES 454 - 800 g
SELECTED VARIETIES



6.99
ea.

McCain
DEEP 'N DELICIOUS
FROZEN CAKE 510 g
SELECTED VARIETIES



7.49
ea.

McCain
PIZZA POCKETS 540 - 600 g
SELECTED VARIETIES



7.49
ea.

McCain
FRENCH FRIES
1.45 - 1.80 kg
SELECTED VARIETIES



4.99
ea.

McCain
TAST!EZ
BITES 311 g
SELECTED VARIETIES



2.49
ea.

PRINGLES CHIPS
131 - 156 g
SELECTED VARIETIES



2.99
ea.

EGGO WAFFLES
270 - 330 g
SELECTED VARIETIES



2.99
ea.

TOWNHOUSE CRACKERS
247 - 391 g
SELECTED VARIETIES



3.49
ea.

KELLOGG'S RICE KRISPIES,
POP-TARTS OR CEREAL BARS
SELECTED SIZES
SELECTED VARIETIES



1.99
ea.

CHEEZ-IT
CRACKERS
191 - 200 g
SELECTED VARIETIES



1.79
ea.

IDAHOAN
MASHED POTATOES 113 g
SELECTED VARIETIES



2.99
ea.

CHEEMO PEROGIES
745 - 907 g
SELECTED VARIETIES



4.99
ea.

WINDSOR SALT OR
WINDSOR AND CLUB HOUSE
SALT AND PEPPER SHAKER
SELECTED SIZES, SELECTED VARIETIES



5.49
ea.

RED BARON PIZZA
584 - 665 g, SELECTED VARIETIES



2.99
ea.

VOORTMAN
COOKIES OR WAFERS
225 - 300 g
SELECTED VARIETIES

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

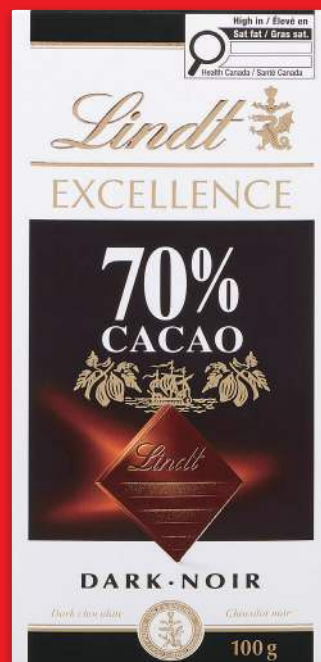
mmmmAZING!

days **SHOP NOW**



3.49
ea.

DARE CRACKERS
100 - 225 g
SELECTED VARIETIES



5.99
ea.

**LINDT EXCELLENCE OR
GHIRARDELLI CHOCOLATES** 50 - 138 g
SELECTED VARIETIES



3.99
ea.

DARE CANDIES
350 g
SELECTED VARIETIES



3.99
ea.

DARE COOKIES
168 - 315 g
SELECTED VARIETIES



4.49
ea.

**LINDT LINDOR
CHOCOLATE BARS** 100 g
SELECTED VARIETIES



4.99
ea.

**LINDT SWISS CLASSIC
CHOCOLATE BARS** 100 g
SELECTED VARIETIES

↓ Low Price Every Day

IRRESISTIBLE ORANGE JUICE 1.36 L SELECTED VARIETIES NOW 4.99 ea.	SELECTION PEANUT BUTTER 1 kg SELECTED VARIETIES NOW 4.99 ea.	SELECTION CREAM 473 ml - 1 L SELECTED VARIETIES NOW 3.99 ea.	SELECTION SOUR CREAM 450 - 500 ml SELECTED VARIETIES NOW 2.99 ea.
SELECTION DRESSING 425 ml SELECTED VARIETIES NOW 2.99 ea.	SELECTION MAC & CHEESE 200 - 225 g SELECTED VARIETIES NOW 1.25 ea.	IRRESISTIBLES FROZEN VEGETABLES 500 g SELECTED VARIETIES NOW 3.99 ea.	IRRESISTIBLE FROZEN PIZZA 340 - 390 g SELECTED VARIETIES NOW 3.99 ea.
SELECTION SOFT DRINKS 2 L SELECTED VARIETIES NOW 1.49 ea.	SELECTION JUICE OR COCKTAIL TETRAS 8 X 200 ml SELECTED VARIETIES NOW 2.99 ea.	IRRESISTIBLE SPARKLING WATER 1 L SELECTED VARIETIES NOW 99¢ ea.	IRRESISTIBLE ICE CREAM 1.5 L SELECTED VARIETIES NOW 4.99 ea.
PERSONNELLE HAND SOAP 251 ml SELECTED VARIETIES NOW 1.99 ea.	SELECTION FACIAL TISSUE 1 un. SELECTED VARIETIES NOW 1.99 ea.	SELECTION ECO NAPKINS 250 un. NOW 3.99 ea.	SELECTION FREEZER OR SANDWICH BAGS SELECTED SIZES SELECTED VARIETIES NOW 2.99 ea.

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

Ontario Grown

Foodland
ONTARIO

4⁹⁹
ea.

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

1⁹⁹
/lb

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

2⁴⁹
/lb

TOMATOES ON THE VINE
PRODUCT OF ONTARIO
5.49/kg

Canadian Grown

2⁴⁹
ea.

BROCCOLI CROWNS
PRODUCT OF CANADA

99¢
/lb

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

5⁹⁹
ea.

BARTLETT PEARS 2 L
PRODUCT OF ONTARIO

3⁴⁹
ea.

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

4⁹⁹
ea.

LARGE CAULIFLOWER
PRODUCT OF CANADA
CANADA No. 1 GRADE

3⁹⁹
ea.

ANGEL SWEET OR
WILD WONDER
TOMATOES 283 g
PRODUCT OF ONTARIO

4⁹⁹
ea.

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

5⁹⁹
ea.

JUMBO PUMPKINS
PRODUCT OF ONTARIO

1⁹⁹
ea.

BUNCH RADISHES
PRODUCT OF CANADA

5⁴⁹
ea.

LIFE SMART NATURALIA
SWEET APPLE CIDER 2 L
PRODUCT OF ONTARIO

1⁹⁹
ea.

BABY CARROTS 340 g
PRODUCT OF ONTARIO

4⁹⁹
ea.

GOODLEAF
SALAD MIXES 113 g
PRODUCT OF ONTARIO
SELECTED VARIETIES

3⁹⁹
/lb

BRUSSEL SPROUTS
PRODUCT OF CANADA
8.80/kg

Fresh Produce

1⁹⁹
/lb

LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
4.39/kg

4⁹⁹
ea.

LEMONS 2 lb
PRODUCT OF SOUTH AFRICA
KIWI BASKET 600 g
PRODUCT OF GREECE

2⁹⁹
ea.

LARGE POMEGRANATES
PRODUCT OF U.S.A.

2⁷⁹
/lb

LARGE RED STARKRIMSON
PEARS
PRODUCT OF WASHINGTON, U.S.A.
EXTRA FANCY GRADE
6.15/kg

Organic

5⁹⁹
ea.

ORGANIC RUSSET OR
YELLOW-FLESH POTATOES
3 lb
PRODUCT OF CANADA OR U.S.A.

5⁹⁹
ea.

ORGANIC
SWEET PEPPERS 2 PK
PRODUCT OF CANADA,
MEXICO OR U.S.A.

1⁴⁹
ea.

LIFE SMART ORGANIC
FIRM TOFU 454 g

2 for 8⁰⁰
or 4.49 ea.

BOOCH
ORGANIC KOMBUCHA
473 ml
SELECTED VARIETIES

Sliced & Diced

4⁴⁴
ea.

CORED PINEAPPLES
600 g

4⁹⁹
ea.

BENTO KITS
253 - 279 g

9⁹⁹
ea.

DELUXE
CRUNCH MIX 525 g
LARGE DELUXE
FRUIT SALAD 730 g

Fresh Blooms

20⁰⁰
ea.

DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS

12⁹⁹
ea.

TRI-COLOUR MUMS
4" SPICED POT
ASSORTED COLOURS

20⁰⁰
or 11.99 ea.

GARDEN MUMS
9" POT
ASSORTED COLOURS

25⁰⁰
ea.

SEASONAL
MIXED BOUQUET
ASSORTED COLOURS
AND FLOWERS

Our Butcher's Finest

20% OFF
AT TILL

LIFE SMART NATURALIA
GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK
PRODUCT OF NEW ZEALAND

4.49 /lb

Organic

YORKSHIRE VALLEY FARMS
ORGANIC FRESH WHOLE CHICKEN
9.90/kg

5.99 /lb

BREADED CHICKEN BREAST CUTLETS
VALUE PACK BONELESS SKINLESS
13.21/kg

11.99 /lb

PLATINUM GRILL ANGUS
BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE
26.43/kg

4.49 /lb

PORK LOIN CHOPS
VALUE PACK
CENTRE CUT, BONE IN
9.90/kg

11.99 ea.

LEAN GROUND LAMB
NEW ZEALAND SPRING LAMB
454 g

7.99 ea.

MAPLE LEAF PRIME
RAISED WITHOUT ANTIBIOTICS
EXTRA LEAN GROUND CHICKEN 454 g

4.99 /lb

MAPLE LEAF PRIME
RAISED WITHOUT ANTIBIOTICS
FRESH CHICKEN DRUMSTICKS
11.00/kg

4.99 ea.

MAPLE LEAF
SAUSAGE MEAT OR SCHNEIDERS OKTOBERFEST SAUSAGE
FROZEN, 375 - 500 g

5.99 ea.

WATSON RIDGE
CHICKEN BALLS
FROZEN, 800 g

7.99 ea.

JOHNSONVILLE
SAUSAGES
375 - 500 g
SELECTED VARIETIES

8.99 ea.

LOU'S KITCHEN
FULLY COOKED ENTRÉES
400 g
SELECTED VARIETIES

4.99 /lb

SELECTION
PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
11.00/kg

4.99 /lb

FLETCHER'S
PORK COTTAGE ROLL
SWEET PICKLED
11.00/kg

6.99 ea.

MARC ANGELO
CHICKEN BURGERS 450 g
SELECTED VARIETIES

8.99 ea.

MAPLE LEAF
FULLY COOKED CHICKEN 250 g
SELECTED VARIETIES

7.99 ea.

BEYOND MEAT
PLANT-BASED BURGERS, GROUNDS OR SAUSAGES OR FROZEN CHICKEN TENDERS OR STEAK STRIPS
226 - 400 g

8.99 ea.

GREENFIELD
WIENERS OR BACON 375 g
SELECTED VARIETIES

11.99 ea.

AL SAFA
HALAL BEEF BURGERS
FROZEN, 800 g
SELECTED VARIETIES

12.99 ea.

MAMA YOLANDA'S
LASAGNA
1.22 kg, FROZEN
SELECTED VARIETIES

13.99 ea.

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

15.99 ea.

JANES
ULTIMATES BREADED CHICKEN, RESTAURANT STYLE OR WINGS
FROZEN, 700 - 754 g
SELECTED VARIETIES

16.99 ea.

POGO
BREADED WIENERS
FROZEN, 960 g - 1.5 kg
SELECTED VARIETIES

18.99 ea.

THE KEG
PRIME RIB BEEF BURGERS 908 g - 1.02 kg
SELECTED VARIETIES OR PORK BACK RIBS 700 g
FROZEN

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



Seafood

10⁹⁹
/lb

WILD CAUGHT
PACIFIC COD FILLETS
FROZEN OR PREVIOUSLY FROZEN 2.43/100 g

10⁹⁹
/lb

FRESH STUFFED RAINBOW TROUT ROASTS
2.43/100 g

3⁹⁹
ea.

TRUE BLUE MARYLAND CRAB CAKES
100 g, FROZEN OR PREVIOUSLY FROZEN

5⁹⁹
ea.

FRESH CANADIAN COVE ORGANIC MUSSELS
2 lb, 907 g

7⁹⁹
ea.

STORE MADE MINI SEAFOOD PLATTER
PREVIOUSLY FROZEN, 320 g

7⁹⁹
ea.

HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS 150 g

4⁹⁹
ea.

AQUA STAR CRISPY TORPEDO SHRIMP
FROZEN, 284 g

6⁹⁹
ea.

DIANA'S CLAM CHOWDER OR LOBSTER BISQUE
FROZEN, 500 ml

6⁹⁹
ea.

CEDAR BAY PLANKED SALMON
FROZEN, 141 g

14⁹⁹
ea.

OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS
FROZEN, 640 g

Irresistible

4⁹⁹
ea.

NATURALIA POLLOCK OR BASA FILLETS
FROZEN, 400 g

6⁹⁹
ea.

IRRESISTIBLE CRISPY CALAMARI
FROZEN, 340 g

10⁹⁹
ea.

IRRESISTIBLE ATLANTIC SMOKED SALMON
FROZEN, 130 g

13⁹⁹
ea.

IRRESISTIBLE SALMON WELLINGTON
FROZEN, 2 X 150 g

Deli Favourites

2⁹⁹
/100 g

ERIE MEATS ROAST BEEF
DELI SLICED, 13.56/lb

2⁹⁹
/100 g

IRRESISTIBLES ARTISAN TURKEY BREAST
SELECTED VARIETIES
DELI SLICED, 13.56/lb

2⁴⁹
/100 g

OLYMEI MOCK CHICKEN
DELI SLICED, 11.29/lb

5⁹⁹
/100 g

LE GRUYÈRE SWISS CHEESE
DELI CUT, PRICES AS MARKED 27.77/lb

8⁹⁹
ea.

GOLD LABEL SMOKE HOUSE MINI PEPPERS
225 - 375 g
SELECTED VARIETIES

6⁹⁹
ea.

BELLITALIA SALAMETTI OR GOLD LABEL PEPPERONI
225 - 375 g
SELECTED VARIETIES

6⁹⁹
ea.

IRRESISTIBLE SLICED ITALIAN DELI MEAT
100 g, SELECTED VARIETIES

5⁴⁹
ea.

SARDO OLIVES OR ANTIPASTO
250 ml, 180 g
SELECTED VARIETIES

7⁹⁹
ea.

IRRESISTIBLE SLICED CHEESE
160 - 180 g
SELECTED VARIETIES

7⁹⁹
ea.

SWISS CHALET POT PIE 620 g
SELECTED VARIETIES

7⁹⁹
ea.

RANA RAVIOLI
250 - 300 g
SELECTED VARIETIES

4⁷⁹

FRESH 2 GO PIZZA SLICE & POP COMBO 1 un.

6⁹⁹
ea.

FRICO SLICED GOUDA CHEESE
150 g

11⁹⁹
ea.

FRICO EDAM WEDGE
220 g

3²⁹
/100 g

FRICO GOUDA CHEESE WITH CUMIN
DELI CUT, PRICES AS MARKED 14.92/lb

3²⁹
/100 g

FRICO GOUDA
DELI CUT, PRICES AS MARKED
MILD 3.79/100 g
MATURE 3.89/100 g
WHEN YOU BUY LESS THAN 400 g

BUY MORE SAVE MORE!

3²⁹
/100 g

when you buy 400 g or more

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



metro
FRESH
2 GO

metro Hot
Popcorn Chicken 5.99
Waffle Fries 3.99

\$8

/combo
1 package of each

**CRUNCH
IS CALLING**



**Pulled
Pork Melt**

**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

\$17.99/full
\$4.29/slice

Specialty Breads

GREAT FOR SANDWICHES

PREMIÈRE MOISSON
COUNTRY SYLE BREADS
WHITE OR WHOLE WHEAT
700 g

5.99 ea.



4.49 ea.

FRONT STREET BAKERY
RYE BREADS
450 g
SELECTED VARIETIES



4.99 ea.

FRONT STREET BAKERY
RAISIN BREAD
450 g

Fall Desserts



FRONT STREET BAKERY
CHEESECAKES
1400 - 1500 g
SELECTED VARIETIES

26.99 ea.

FRONT STREET BAKERY
CHERRY TOPPED CHEESE CAKE
1500 g
SELECTED VARIETIES

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



6.99 ea.

FRONT STREET BAKERY
SPANISH STYLE BAR CAKE
209 g



2.99 ea.

FRONT STREET BAKERY
CUPCAKES
SELECTED SIZES
SELECTED VARIETIES



4.29 ea.

FRONT STREET BAKERY
PANINI OR FRENCH ROLLS
PKG OF 6 - 8, 325 - 480 g



5.49 ea.

FRONT STREET BAKERY
MINI CHEESE CROISSANTS
PKG OF 12, 456 g



6.99 ea.

IRRESISTIBLES
BUTTER TARTS
510 g, SELECTED VARIETIES



10.99 ea.

IRRESISTIBLE
COFFEE CAKE
750 g, SELECTED VARIETIES



3.99 ea.

DISCOVER NEW
DEMPSTER'S
FIBER MULTIGRAIN
BREAD 600 g



7.99 ea.

PROMISE
GLUTEN FREE BREAD
SELECTED SIZES
SELECTED VARIETIES



1.99 ea.

SANTOSH NAAN BREAD
500 g, SELECTED VARIETIES



4.99 ea.

LA PETITE BRETONNE
MICRO CROISSANTS OR
MINI CHOCOLATE BUNS
350 - 400 g

More Great Savings



STARBUCKS
COFFEE DRINK
281 - 444 ml
SELECTED VARIETIES

2 for 6.00



RED BULL
ENERGY DRINKS
473 ml
SELECTED VARIETIES

2 for 9.50



OCEAN SPRAY
SPARKLING
DRINKS
6 X 340 ml
SELECTED VARIETIES

6.49 ea.



GATORADE
SPORT DRINKS
SELECTED SIZES
SELECTED VARIETIES

6.99 ea.



5.99 ea.

SUGAR TWIN
SWEETENER 200 un.
SELECTED VARIETIES



5.49 ea.

WALKER'S COOKIES
125 - 150 g
SELECTED VARIETIES



2.99 ea.

BETTY CROCKER
SNACKS 128 - 226 g
SELECTED VARIETIES



5.49 ea.

SUNRYPE
FRUIT TO GO
BITES 112 g
SELECTED VARIETIES



5.49 ea.

FLEISCHMANN'S YEAST
100 - 113 g, SELECTED VARIETIES



5.99 ea.

PRINGLES SNACK STACKS
12 X 19 g, SELECTED VARIETIES



4.99 ea.

NESTLÉ MULTI PACK
CHOCOLATES 4 X 42 - 50 g
SELECTED VARIETIES



2.49 ea.

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

You could **WIN \$15,000** TO PACK MORE THAN LUNCHES packmorethanlunches.ca

*No purchase necessary. Contest starts on August 10, 2026 (12:00:01 a.m. ET) and ends on September 27, 2026 (11:59:59 p.m. ET). One form of entry for your chance to win the Grand Prize is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at packmorethanlunches.ca (the "Website"). Maximum of ten (10) entries per household. One (1) participating product purchased equals one (1) chance to win a Grand Prize. There is one (1) Grand Prize available to be won by random draw, consisting of \$15,000 CAD. The winner must correctly answer a skill testing question. The Odds of winning depend on the number of eligible entries received. For all participating products and full rules, visit the Website. Contest is open to Canadian residents who are over the age of majority in their province/territory of residence and located in Canada at time of entry. ©2026 Lactalis Canada. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto, ON, M9C 5A7.

3.99 ea.

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

3.99 ea.

Simple Sip
Unsweetened Original
1.75 L

Introducing
Simple Sip,
Plant-Based
made simple!

3.99 ea.

SIMPLE SIP BEVERAGE
1.75 L, SELECTED VARIETIES

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



Now serving DIRTY SODAS

Pop + syrups + creams/milks = sipping the latest craze. Find all the dirty-soda ingredients at Metro.

★ Vanilla Cream Soda



125 points
value of \$1

949 ea. COCA-COLA SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES



★ Strawberry Coconut Soda



125 points
value of \$1

949 ea. FANTA STRAWBERRY SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES



★ Orange Cream Soda



125 points
value of \$1

949 ea. FANTA ORANGE SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES



ADD TO THE MIX



449 ea. THAI KITCHEN COCONUT MILK
400 ml
SELECTED VARIETIES



449 ea. LACTANTIA WHIPPED CREAM
473 ml
SELECTED VARIETIES



799 ea. TORANI SYRUP
375 ml
SELECTED VARIETIES



799 ea. STARBUCKS COFFEE WHITENER
800 - 828 ml
SELECTED VARIETIES



PRIME PROTEIN BEVERAGE
325 ml
SELECTED VARIETIES
399 ea.

THIRSTY BUDDHA SODA
355 ml
SELECTED VARIETIES

Non-GMO

349 ea.



IRON BRU SOFT DRINK
6 x 330 ml
SELECTED VARIETIES

699 ea.



Non-alcoholic SIPPERS

Cheers to refreshing flavours without the alcohol.



1399 ea. HEINEKEN NON-ALCOHOLIC BEER
6 x 330 ml



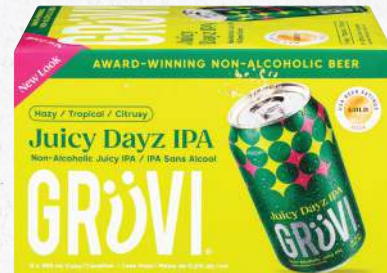
899 ea. MUSKOKA VEER NON-ALCOHOLIC BEER
4 x 355 ml
SELECTED VARIETIES



GRÖVI NON-ALCOHOLIC WINE
4 x 275 ml
SELECTED VARIETIES
1599 ea.



1149 ea. PERONI OR ASAHI NON-ALCOHOLIC BEER
6 x 330 ml
SELECTED VARIETIES



1399 ea. GRÖVI NON-ALCOHOLIC BEER
6 x 355 ml
SELECTED VARIETIES



799 ea. IOTA NON-ALCOHOLIC BEER
4 x 355 ml
SELECTED VARIETIES



699 ea. SPARKMOUTH NON-ALCOHOLIC BEVERAGE
4 x 355 ml
SELECTED VARIETIES



1349 ea. SAPPORO NON-ALCOHOLIC BEER
6 x 355 ml



1249 ea. SLEEMAN NON-ALCOHOLIC BEER
6 x 355 ml



8⁹⁹
ea.

TRUVIA COMPLETE
340 - 454 g
SELECTED VARIETIES



MADE IN CALIFORNIA

6⁹⁹
ea.

BLUE DIAMOND
ALMONDS
170 g
SELECTED VARIETIES



YOP
SKYR YOGOURT
750 g
SELECTED VARIETIES

6⁹⁹
ea.

New options.
New flavours.
New reasons
to shop Metro
for new &
trusted brands.

DISCOVER
NEW



3⁴⁹
ea.

ST. LOUIS BAR & GRILL
GARLIC DILL DIP
227 g



GOLDFISH
GRAHAM SNACKS
180 g
SELECTED VARIETIES

1⁹⁹
ea.

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

4⁴⁹
ea.



Non-GMO



JUST EGG FROZEN BLINTZES 227 g

7⁴⁹ ea.

TRADITIONAL MEDICINALS TEA 16 un. SELECTED VARIETIES

6⁹⁹ ea.

Get your daily dose of gut-loving goodness.

9⁹⁹ ea.

BRAGG APPLE CIDER VINEGAR 946 ml



Plant-Based



GRAZY FROZEN DESSERT 500 ml SELECTED VARIETIES

7⁹⁹ ea.

GOOD GOOD JAM 330 g SELECTED VARIETIES

7⁴⁹ ea.

gardein SUPRÊME CHICK'N 425 g SELECTED VARIETIES

11⁴⁹ ea.

THE LAUGHING COW PLANT-BASED VÉGÉTAL GARLIC & HERBS 128 g

4⁹⁹ ea.

Gluten-Free



Daiya DAIRY-FREE CHEESE | FROMAGE 346-550 g SELECTED VARIETIES

10⁹⁹ ea.

NATURE'S PATH ORGANIC WAFFLES 210 g SELECTED VARIETIES

5⁹⁹ ea.

CHICKAPEA PASTA 227 g SELECTED VARIETIES

5⁹⁹ ea.

SUNBUTTER SPREAD 454 g SELECTED VARIETIES

8⁴⁹ ea.

RIGHTEOUS FROZEN DESSERT 473 ml SELECTED VARIETIES

6⁹⁹ ea.

DAIYA MAC & CHEESE 156 g SELECTED VARIETIES

5⁴⁹ ea.

NEAL BROTHERS CHIPS 276 g SELECTED VARIETIES

5⁴⁹ ea.

NEAL BROTHERS MEXICAN STREET CORN CHIPS 276 g

Pet

CESAR WET DOG FOOD 100 g SELECTED VARIETIES

3 for 5⁰⁰

NEW! COOKIE PAL DOG TREATS 250-300 g SELECTED VARIETIES WHILE QUANTITIES LAST

6⁹⁹ ea.

PURINA BEYOND DRY DOG FOOD 1.36-1.67 kg SELECTED VARIETIES

14⁹⁹ ea.

zoë DOG TREATS 148-234 g SELECTED VARIETIES

8⁹⁹ ea.

WHISKAS PERFECT PORTIONS WET CAT FOOD 75 g SELECTED VARIETIES

1⁴⁹ ea.

BLUE BUFFALO CAT TREATS 340 g SELECTED VARIETIES

10⁴⁹ ea.

SELECTION DRY CAT FOOD 1.8 kg

10⁹⁹ ea.

PURINA TIDY CATS LITTER 5.44 kg SELECTED VARIETIES

24⁹⁹ ea.

Household Helpers

DAWN DISHWASHING DETERGENT 366-502 ml SELECTED VARIETIES

2⁹⁹ ea.

FINISH DISHWASHER DETERGENT OR RINSE AID 300 g SELECTED SIZES SELECTED VARIETIES

16⁹⁹ ea.

SELECTION ECO YARD WASTE BAGS 5 un.

3⁹⁹ ea.

NATURE CLEAN CLEANER STRIPS 36 un. SELECTED VARIETIES

7⁹⁹ ea.

GLADE AIR FRESHENER KITS 1-2 un. SELECTED VARIETIES

BUY ONE GET ONE FREE

CLOROX CLEANERS 887-946 ml, SELECTED VARIETIES

4⁴⁹ ea.

\$500K GUARANTEED PRIZES ON SELECT FOOTBALL POOLS IN SEPTEMBER

EXCLUSIVELY ON PROLINE

DOWNLOAD THE APP

Must be 18+ to play POOLS in store and a 19+ Ontario resident to play online. Minimum \$500.000 Prize Pool applies only to the following POOLS Cards for NFL games played September 9-28, 2025: NFL Week 1, NFL Week 2, NFL Week 3. Does not apply to any other POOLS Card Prize. Pool divided equally among all Winning Tickets. Terms and conditions apply.

Play Smart

JENNIFER KAR
Pharmacy Manager

September is Arthritis Awareness Month.

Explore our selection of joint health products to help keep you moving comfortably, and talk to your pharmacist for personalized advice on the best options for your needs.



6⁹⁹ ea.



16⁹⁹ ea.

CONNECTING YOU TO DOCTORS FOR SELECT MEDICAL SERVICES:

- Weight Management
- Diabetes
- Women's Health
- Men's Health
- Hair, Skin and Nails

SPEAK TO OUR PHARMACIST FOR DETAILS*

*Terms and conditions apply



16⁹⁹ ea.



16⁹⁹ ea.



19⁹⁹ ea.



25⁹⁹ ea.



2⁹⁹ ea.



5⁹⁹ ea.



14⁹⁹ ea.



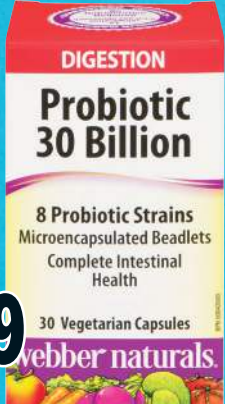
17⁹⁹ ea.



6⁹⁹ ea.



12⁹⁹ ea.



14⁹⁹ ea.



15⁷⁹ ea.



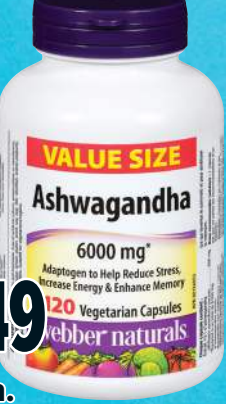
11⁹⁹ ea.



12⁹⁹ ea.



7⁴⁹ ea.



18⁴⁹ ea.



12⁹⁹ ea.



14⁹⁹ ea.



17⁹⁹ ea.



19⁹⁹ ea.

Get Cough & Cold Ready



3⁹⁹ ea.



10⁴⁹ ea.



10⁹⁹ ea.



18⁹⁹ ea.

Baby Care

PESONNELLE
BABY PURÉE
128 ml
SELECTED VARIETIES

LOW PRICE
EVERY DAY
125
ea.



449
ea.
HUGGIES WIPES
56 - 64 un.
SELECTED VARIETIES

AVEENO BABY
SHAMPOO OR
BODY WASH
236 ml
SELECTED VARIETIES

899
ea.



449
ea.

BABY GOURMET SNACKS
SELECTED SIZES, SELECTED VARIETIES



899
ea.
SUDOCREM
BABY CREAM 125 g



EUCERIN
BABY OINTMENT
85 g

1299
ea.

Health & Beauty



2299
ea.
EUCERIN
MOISTURIZER CREAM
454 g

JERGENS
BODY LOTION
620 ml
SELECTED VARIETIES

1199
ea.



CETAPHIL
DAILY SCRUB
178 ml

999
ea.



ST. IVES
FACIAL SCRUB
170 g
SELECTED VARIETIES

699
ea.



LIVE CLEAN
HAND SOAP
500 ml
SELECTED VARIETIES

599
ea.



599
ea.

CAPRINA
BAR SOAP
3 X 90 g
SELECTED VARIETIES



NIVEA
ANTIPERSPIRANT
50 ml
SELECTED VARIETIES

599
ea.



LADY SPEED STICK
DEODORANT
65 g
SELECTED VARIETIES

599
ea.



DOVE
BODY WASH
SELECTED SIZES
SELECTED VARIETIES

899
ea.



HERBAL
ESSENCES
HAIR STYLING
MOUSSE
192 g
SELECTED VARIETIES

599
ea.



OGX
HAIR CARE
SELECTED SIZES
SELECTED VARIETIES

999
ea.



MARC ANTHONY
HAIR STYLING
CREAM
SELECTED SIZES
SELECTED VARIETIES

1399
ea.



LISTERINE
MOUTHWASH
1 L
SELECTED VARIETIES

1049
ea.



499
ea.

COLGATE
TOOTHPASTE
SELECTED SIZES
SELECTED VARIETIES



499
ea.

THE FUTURE IS BAMBOO
TOOTHBRUSH
1 un.



G-U-M
FLOSSERS
SELECTED SIZES
SELECTED VARIETIES

499
ea.



1899
ea.

GILLETTE FUSION OR
VENUS RAZOR 1 un.
SELECTED VARIETIES



1899
ea.

GILLETTE RAZOR
CARTRIDGES
1 un.



EDGE
SHAVING GEL
SELECTED SIZES
SELECTED VARIETIES

399
ea.



BIC FLEX 4
DISPOSABLE
RAZORS
3 un.
SELECTED VARIETIES

849
ea.



1599
ea.

FGX
SUNGLASSES
SELECTED SIZES
SELECTED VARIETIES

NIVEA
LIP BALM
2 X 4.8 g
SELECTED VARIETIES

599
ea.



U BY KOTEX
SANITARY
NAPKINS
SELECTED SIZES
SELECTED VARIETIES

1149
ea.



ALWAYS
ADULT INCONTINENCE
SELECTED SIZES
SELECTED VARIETIES

2199
ea.



PRICES ARE IN EFFECT UNTIL WEDNESDAY OCTOBER 14TH, 2026

AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca/ pharmacy





EASY DINNERS START HERE



TASSIMO COFFEE CAPSULES OR NABOB GROUND COFFEE
SELECTED SIZES
SELECTED VARIETIES

11⁹⁹
ea.



125
points
value of \$1

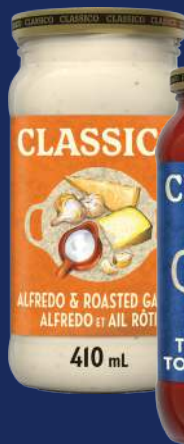
3⁹⁹
ea.

PHILADELPHIA CREAM CHEESE, KRAFT CHEESE OR CHEEZ WHIZ
SELECTED SIZES
SELECTED VARIETIES



1⁷⁹
ea.

KRAFT DINNER
58 - 200 g
SELECTED VARIETIES



4⁹⁹
ea.

CLASSICO PASTA SAUCE
218 - 600 ml
SELECTED VARIETIES



2⁶⁹
ea.

HEINZ BEANS OR PASTA
398 ml
SELECTED VARIETIES



3⁹⁹
ea.

KRAFT DRESSING
425 ml
SELECTED VARIETIES



4⁴⁹
ea.

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

Natrel

**Generous
by nature**

NATREL COFFEE CREAMER
1 L
SELECTED VARIETIES

6⁹⁹
ea.



NATREL FINE-FILTERED MILK
2 L
SELECTED VARIETIES

5⁹⁹
ea.

