metro CANADIAN AND PROUD



2.49 ea. **BLUEBERRIES** 170 g
PRODUCT OF PERU, ARGENTINA OR U.S.A., No. 1 GRADE



2.99 ea. **LEMONS** 2 lb, PRODUCT OF SOUTH AFRICA
LIMES 1 lb, PRODUCT OF MEXICO
VISION GREENS LETTUCES 113 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



3.99 ea. **BARTLETT OR BOSC PEARS** 2 L
PRODUCT OF ONTARIO, CANADA FANCY GRADE
KIWI BASKETS 600 g
PRODUCT OF CHILE



2.49 ea. **WILD WONDERS OR SWEET CHERRY TOMATOES**
283 g
PRODUCT OF ONTARIO



1.99 ea. **GREEN OR RED SWISS CHARD OR DANDELION GREENS**
PRODUCT OF CANADA



4.77 ea. **CORED PINEAPPLE**
600 g



9.99 ea. **WHOLE MEDJOOL DATES**
907 g, PRODUCT OF U.S.A.



3.99/lb **FRESH PORK BACK RIBS VALUE PACK**
8.80/kg



5.44/lb or ea. **LEAN GROUND BEEF VALUE PACK**
5.44/lb - 11.99/kg OR
HALAL LEAN GROUND BEEF 454 g
5.44 EA.



3.99 ea. **FRESH CANADIAN ATLANTIC SALMON PORTIONS**
SKINLESS, 113 g
ROCK LOBSTER TAILS
2 oz FROZEN



6.99/lb **RED GRILL BONELESS STEWING BEEF CUBES VALUE PACK**
15.41/kg



11.99 ea. **PINTY'S BREADED CHICKEN OR WINGS**
700 - 750 g, FROZEN
SELECTED VARIETIES



6.99 ea. **PILLER'S PEPPERONI, CASTELLO SLICED CHEESE OR BALDERSON GOUDA**
125 - 250 g
SELECTED VARIETIES



3.49/100 g **CUDDY OR LILYDALE TURKEY BREAST OR CASTELLO HAVARTI**
SELECTED VARIETIES
DELI SLICED, 15.83/lb



4.99 ea. **IRRESISTIBLE MUFFINS** 600 g
SELECTED VARIETIES



5.99 ea. **FRONT STREET BAKERY DANISH, TURNOVERS, PARISIAN TWISTS OR BRAIDED STRUDELS**
SELECTED SIZES
SELECTED VARIETIES



4.99 ea. **SELECTION BARS OR SHREDDED CHEESE**
320 - 400 g
SELECTED VARIETIES



4.99 ea. **LAVAZZA GROUND COFFEE**
250 g
SELECTED VARIETIES



3.99 ea. **PHILADELPHIA CREAM CHEESE, SINGLES OR CHEEZ WHIZ**
SELECTED SIZES
SELECTED VARIETIES



99¢ ea. **HEINZ BEANS/PASTA OR CAMPBELL'S SOUP**
SELECTED SIZES
SELECTED VARIETIES



12.99 ea. **TIDE OR GAIN LAUNDRY DETERGENT OR DOWNY SOFTENER**
SELECTED SIZES,
SELECTED VARIETIES



3.49 ea. **MISS VICKIE'S CHIPS**
190 - 200 g
SELECTED VARIETIES



3.99 ea. **ESKA SPRING WATER**
24 X 500 ml

moi rewards member price



NESTLÉ HALLOWEEN CHOCOLATES 50 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

7.99 ea. members-only price
SPECIAL PRICE 10.99 ea. for non-members



CADBURY CHOCOLATES OR MAYNARDS CANDY
45 PACK, SELECTED VARIETIES
WHILE QUANTITIES LAST

6.99 ea. members-only price
SPECIAL PRICE 7.99 ea. for non-members



LAY'S HALLOWEEN CHIPS
40 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

10.99 ea. members-only price
SPECIAL PRICE 11.99 ea. for non-members

Effective October TH 15 | FR 16 | SA 17 | SU 18 | MO 19 | TU 20 | WE 21 **2026**

Check metro.ca for your local store hours.

MEO_RAD2026102_01_R_V3

metro

VILLAGGIO ITALIAN STYLE BREADS, BUNS OR COUNTRY HARVEST BREADS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

2 for 7.00





6.99 ea.
WILD ARGENTINIAN RAW SHRIMP 300 g
FROZEN



5.99 ea.
BLUE WATER SHRIMP OR FISH FILLETS
FROZEN, 255 - 600 g
SELECTED VARIETIES



5.99 /lb
STORE MADE SAUSAGES
SELECTED VARIETIES
13.21/kg



7.99 ea.
IRRESISTIBLE OR LIFE SMART SLICED CHEESE
160 - 180 g, SELECTED VARIETIES

BUY MORE SAVE MORE!



3.59 /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



15.99 ea.
FRESH 2 GO HALF BBQ CHICKEN COMBO
INCLUDES ONE
1/2 BBQ CHICKEN & 2 SIDES
WALK-IN ONLY



ASTRO MULTI OR OLYMPIC YOGOURT
12 X 100 g, 650 g
SELECTED VARIETIES

5.99 ea.



6.99 ea.
ACTIVIA MULTI YOGOURT 2 L
12 X 100 g, 8 X 93 g
SILK PROTEIN BEVERAGE 1.42 L
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 10.00
LESS THAN 2 PAY 6.99 EA.



INTERNATIONAL DELIGHT COFFEE WHITENER
946 ml, SELECTED VARIETIES



5.49 ea.
KELLOGG'S FAMILY SIZE CEREAL
SELECTED SIZES
SELECTED VARIETIES



BUY MORE SAVE MORE!

2 for 8.00
LESS THAN 2 PAY 5.99 EA.
CHRISTIE COOKIES
SELECTED SIZES
SELECTED VARIETIES



4.99 ea.
ORVILLE POPCORN
SELECTED SIZES
SELECTED VARIETIES



3.49 ea.
QUAKER CRISPY MINIS RICE CAKES
90 - 199 g
SELECTED VARIETIES



3.99 ea.
QUE PASA TORTILLA CHIPS OR SALSA
300 - 350 g, 420 ml
SELECTED VARIETIES



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

2.49 ea.



3.49 ea.
HELLMANN'S MAYONNAISE
325 - 445 ml
SELECTED VARIETIES



9.99 ea.
GARDEIN OR CRAFTY RAMEN FROZEN MEALS
390 - 550 g
SELECTED VARIETIES



DR. OETKER RISTORANTE, CASA DI MAMA PIZZA OR FINO FLATBREAD
288 - 450 g
SELECTED VARIETIES

5.99 ea.



7.49 ea.
SKITTLES OR STARBURST CANDY 45 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST



ALWAYS SANITARY NAPKINS, TAMPAX TAMPONS, CREST OR ORAL B ORAL CARE
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.



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

8.99 ea.

moi rewards member price



STARBUCKS GROUND COFFEE 340 g
SELECTED VARIETIES

9.99 ea.
members-only price
SPECIAL PRICE 11.99 ea. for non-members



SAN PELLEGRINO SPARKLING WATER
6 X 330 ml
SELECTED VARIETIES

6.99 ea.
members-only price
SPECIAL PRICE 7.99 ea. for non-members



HERSHEY'S CHOCOLATES OR CANDY
100 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

14.99 ea.
members-only price
SPECIAL PRICE 15.99 ea. for non-members

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Locally Grown



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



1.99 /lb LARGE RED DELICIOUS, CORTLAND OR EMPIRE APPLES
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
4.39/kg



1.99 /lb SWEET POTATOES
PRODUCT OF ONTARIO
4.39/kg

JUMBO



5.99 ea. JUMBO PUMPKINS
PRODUCT OF ONTARIO



3.99 /lb RADICCHIO
PRODUCT OF CANADA
8.80/kg

2.5 LBS



5.99 ea. WANNABEEZ SWEET COLOURED PEPPERS
2.5 lb
PRODUCT OF ONTARIO



2.99 ea. BROCCOLI CROWNS
PRODUCT OF CANADA



2.49 /lb EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF ONTARIO
5.49/kg



4.99 ea. LEEKS 3 PK
PRODUCT OF ONTARIO



4.79 ea. BELLE GROVE MUSHROOMS
SHIITAKE 100 g
PORTABELLA 170 g
LION'S MANE 150 g
PRODUCT OF ONTARIO



3.99 ea. RUSSET POTATOES 5 lb
PRODUCT OF CANADA
CANADA No. 1 GRADE



4.99 ea. LIVING LETTUCES 2 PK
GREEN OR MIXED
PRODUCT OF ONTARIO

Fresh Produce



3.99 /lb SEEDLESS MANDARINS OR LARGE CARA CARA ORANGES
PRODUCT OF AUSTRALIA
8.80/kg



4.99 ea. EXTRA LARGE POMEGRANATES
PRODUCT OF U.S.A.

5 PACK



4.99 ea. 5.99 ea. 3 pk
AVOCADOS 5 PK
PRODUCT OF MEXICO OR PERU

50 points



3.49 ea. DOLE GARDEN SALAD OR COLOURFUL COLESLAW
340 - 397 g, PRODUCT OF U.S.A.

1.54 L

125 points value of $1



11.99 ea. BOLTHOUSE POMEGRANATE JUICE
1.54 L



5.99 ea. ANGELINO PLUMS 2 lb
PRODUCT OF SPAIN

60 points



4.99 ea. IRRESISTIBLE SALTED OR UNSALTED PISTACHIOS 200 g



4.99 ea. BROCCOLI FLORETS 340 g
BROCCOLI-CAULIFLOWER
340 g, PRODUCT OF U.S.A.

Organic

1 L



9.99 ea. TONICA ORGANIC KOMBUCHA
1.1 L
SELECTED VARIETIES



3.99 /lb ORGANIC TOMATOES ON THE VINE
PRODUCT OF CANADA
8.80/kg

2 LB BAG



4.99 ea. ORGANIC YELLOW ONIONS
2 lb, PRODUCT OF CANADA
CANADA No. 1 GRADE



8.99 ea. ORGANIC MEDJOOL DATES
340 g
PRODUCT OF U.S.A.

Sliced & Diced

made in my metro



2.99 ea. SNACKING CUPS 177 - 237 g



7.77 ea. SMALL CHICKEN SALADS
252 - 410 g

125 points value of $1



9.99 ea. DELUXE CRUNCH MIX 525 g
STRAWBERRY-PINEAPPLE TRAY WITH CHOCOLATE DIP 580 g

Fresh Blooms



20.00 ea. VINEYARD COLLECTION
ASSORTED COLOURS AND FLOWERS



19.99 ea. CALLA LILIES
6" POT
ASSORTED COLOURS



2 for

18.00 or 9.99 ea. AMARYLLIS BULB KITS
ASSORTED COLOURS AND VARIETIES

pick Ontario



12.99 ea. FRESH CUT TULIPS
12 STEM BUNCH
ASSORTED COLOURS

DM2DM2DM2DM2

Our Butcher's Finest



BONELESS PORK SIRLOIN CHOPS VALUE PACK
11.00/kg
4.99 /lb



14.99 /lb
PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE
33.05/kg

GREAT FOR SMOKING



7.99 /lb
RED GRILL WHOLE BEEF BRISKET VAC PACK
CUT FROM CANADA AA OR HIGHER
17.61/kg



5.99 /lb
RED GRILL BEEF SHANK BONE IN
CUT FROM CANADA AA GRADE OR HIGHER
13.21/kg



12.99 /lb
MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN BREAST FILLETS OR CUTLETS
BONELESS SKINLESS
28.64/kg



HOMESTYLE MEATLOAF OR MEATBALLS
SELECTED VARIETIES
15.41/kg
6.99 /lb



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

LAMB SHANKS
FROZEN
NEW ZEALAND SPRING LAMB
22.02/kg
9.99 /lb



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

Halal



5.99 ea.
AL SAFA HALAL BREADED CHICKEN
500 - 600 g, FROZEN
SELECTED VARIETIES



12.99 ea.
AL SAFA BEEF PATTIES
1.17 kg, FROZEN
SELECTED VARIETIES



ZABIHA HALAL CHICKEN WINGS
FROZEN, 908 g
SELECTED VARIETIES
14.99 ea.
125 points value of $1



ZABIHA HALAL BEEF BURGERS
678 g, FROZEN
14.99 ea.
125 points value of $1

Plant-Based



7.99 ea.
IMPOSSIBLE PLANT-BASED CHICKEN NUGGETS
FROZEN, 383 g



7.99 ea.
IMPOSSIBLE PLANT-BASED BURGERS OR GROUND
226 - 340 g



8.99 ea.
BEYOND PLANT-BASED CHICKEN TENDERS OR STEAK STRIPS
FROZEN, 226 g



20.99 ea.
BEYOND PLANT-BASED BURGERS
FROZEN, 678 g



SWANSON PIES
FROZEN, 200 g
SELECTED VARIETIES
2.49 ea. 40 points



MARC ANGELO CHICKEN BREAST BITES OR PORK MEATBALLS
200 - 400 g
SELECTED VARIETIES
4.99 ea. 60 points



MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS 375 g
SELECTED VARIETIES
5.99 ea. 70 points



MARC ANGELO SAUSAGES
FROZEN, 500 - 675 g
SELECTED VARIETIES
6.99 ea. 80 points



SCHNEIDERS OR MAPLE LEAF BACON
65 - 375 g
SELECTED VARIETIES
7.99 ea. 90 points



9.99 ea.
LOU'S KITCHEN ENTRÉES OR CURED SMOKED BONELESS PORK LOIN
375 - 400 g
SELECTED VARIETIES



12.99 ea.
JANES ULTIMATES BREADED CHICKEN OR WINGS
FROZEN, 700 - 754 g
SELECTED VARIETIES



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

FRESH GUARANTEE metro

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

DM3DM3DM3DM3

Seafood



WILD CAUGHT TUNA STEAKS
FROZEN, 170 g
3.99 ea.



11.99 /lb
JUMBO SCALLOP MEDALLIONS
FROZEN, 10 - 20 SIZE, 2.65/100 g



CHOICE
1.29 ea.
CHOICE OYSTERS
SELECTED VARIETIES



6.99 /lb
FRESH PASTA CLAMS
1.55/100 g



7.99 /lb
LOUIS KEMP SEA LEGS SURIMI
PREVIOUSLY FROZEN, 1.77/100 g



7.99 ea.
HOT SMOKED WHISKY WILD PINK SALMON NUGGETS 150 g



DIANA'S CLAM CHOWDER AND LOBSTER BISQUE
500 ml
6.99 ea.



CEDAR BAY AIR FRYER SALMON & BROCCOLI BITES OR FISH & CHIPS BITES
FROZEN, 453 - 510 g
11.99 ea.



OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS
FROZEN, 640 g
14.99 ea.



49.99 /lb
ARGENTINIAN KING CRAB LEGS
FROZEN, 11.02/100 g

Irrésistible



NATURALIA POLLOCK OR BASA FILLETS
FROZEN, 400 g
4.99 ea.



6.99 ea.
IRRESISTIBLE CRISPY CALAMARI
FROZEN, 340 g



8.99 ea.
IRRESISTIBLE SHRIMP APPETIZERS
FROZEN, 240 - 340 g
SELECTED VARIETIES



11.99 ea.
IRRESISTIBLE SMOKED SOCKEYE SALMON OR ATLANTIC SMOKED SALMON
FROZEN, 130 g

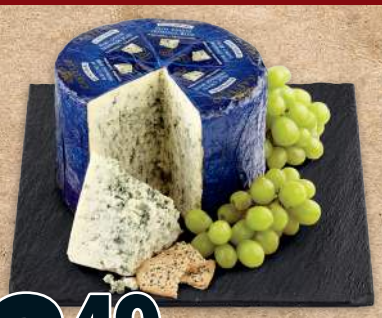
Deli Favourites



3.99 /100 g
SAN DANIELE PROSCIUTTO, MASTRO GENOA SALAMI OR HAM
SELECTED VARIETIES
DELI SLICED OR SHAVED, 18.10/lb



4.99 /100 g
IRRESISTIBLES ARTISAN SALAMI
SELECTED VARIETIES
DELI SLICED, 22.63/lb



3.49 /100 g
CASTELLO BLUE CHEESE
DELI CUT, PRICES AS MARKED, 15.83/lb



5.99 /100 g
LE GRUYÈRE SWISS CHEESE DELI CUT
PRICES AS MARKED, 27.17/lb



7.99 ea.
FANTINO & MONDELLO ITALIAN DELI MEATS
100 - 200 g, SELECTED VARIETIES



7.99 ea.
BRANDT OR IRRESISTIBLES ARTISAN SAUSAGE CHUBS
250 - 300 g, SELECTED VARIETIES



125 points value of $1
6.99 ea.
KAUKAUNA CHEESE BALL 170 g
SELECTED VARIETIES

IRRESISTIBLE ARTISAN GOAT CHEESE 250 g
SELECTED VARIETIES



125 points value of $1
9.49 ea.



OLYMEL SLICED DELI MEAT
175 g
SELECTED VARIETIES
6.49 ea.

AVAILABLE FOR A LIMITED TIME



13.99 ea.
MARCANGELO BUON APPETITO CHARCUTERIE TRAY
200 g



9.99 ea.
TRE STELLE MASCARPONE
275 g



IRRESISTIBLE 3-CHEESE PLATTER
400 g
18.99 ea.
250 points value of $2



5.99 ea.
PREMIÈRE MOISSON SOUPS 700 ml
SELECTED VARIETIES



6.49 ea.
PLAISIRS GASTRONOMIQUES SALAD SPREADS 360 g
SELECTED VARIETIES

250 points value of $2



24.99 ea.
FRESH 2 GO ROASTED PORCHETTA WITH MIXED PEPPERS 1 kg, DELI SERVED, SERVED HOT

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

FRESH GUARANTEE metro

metro FRESH 2 GO

READY-MADE MEALS

Delicious, fresh & convenient – meals for every taste



YOUR CHOICE!
STARTING AT
20.00 ea.
FAMILY MEALS
1.2 - 1.5 kg, Selected Varieties

YOUR CHOICE!
STARTING AT
8.00 ea.
PERSONAL ENTRÉES
300 g, Selected Varieties

Fresh BOWLS

Eat Well, Anywhere

YOUR CHOICE!
10.99 ea.
550 - 900 Cals/Serving, Serves 1
Selected Varieties



ENJOY GOODNESS ON THE GO WITH OUR FRESH BOWLS

Baked in my Metro



FRONT STREET BAKERY 3 CHEESE SOURDOUGH BOULE 600 g
6.99 ea.

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

6.99 ea. **FRONT STREET BAKERY PIZZA BUNS**
PKG OF 4, 475 g

Fall Cakes



22.99 ea. **FRONT STREET BAKERY CHOCOLATE BOSTON CAKE WITH STRAWBERRIES**
1200 - 1250 g, SELECTED VARIETIES



26.99 ea. **IRRESISTIBLE MOUSSE CAKES**
850 g
SELECTED VARIETIES



12.99 ea. **FRONT STREET BAKERY MINI GOURMET CAKES**
300 - 375 g
SELECTED VARIETIES



31.99 ea. **FRONT STREET BAKERY GOURMET SHORTCAKE**
1.35 - 1.6 kg
SELECTED VARIETIES



4.99 ea. **FRONT STREET BAKERY ALL BUTTER MINI CROISSANTS** 336 g
PKG OF 12



5.99 ea. **FRONT STREET BAKERY CINNAMON ROLLS**
PKG OF 4, 620 - 650 g
SELECTED VARIETIES



6.99 ea. **SELECTION SWISS ROLLS** 400 g
SELECTED VARIETIES



4.99 ea. **SELECTION MINI TARTS**
245 - 261 g
SELECTED VARIETIES



PROMISE GLUTEN FREE BREADS
400 - 480 g, SELECTED VARIETIES

7.99 ea.

125 points value of $1



3.99 ea. **NATURAL RYE BREAD**
500 g
SELECTED VARIETIES



4.99 ea. **LA PETITE BRETONNE MINI CHOCOLATE BUNS OR MICRO CROISSANTS**
350 - 400 g



DEMPSTER'S 10" TORTILLAS
426 - 610 g
SELECTED VARIETIES

4.99 ea.

125 points value of $1

Snacks & Beverages



BUY MORE SAVE MORE!
2 for

8.00 LESS THAN 2 PAY 4.99 EA. **GOGO SQUEEZ FRUIT SNACKS**
4 X 90 g
SELECTED VARIETIES



11.49 ea. **LINDT SWISS CLASSIC CHOCOLATE BAR** 300 g
SELECTED VARIETIES



6.49 ea. **TROPHY NUTS**
200 g
SELECTED VARIETIES



4.99 ea. **McVITIE'S DIGESTIVE COOKIES**
232 - 400 g
SELECTED VARIETIES



LOW PRICE EVERY DAY
2.99 ea.

SELECTION CRACKERS
225 g
SELECTED VARIETIES



4.99 ea. **NUTELLA B-READY BARS**
132 g

DISCOVER NEW



MONSTER ENERGY DRINKS
473 ml
SELECTED VARIETIES
WHILE QUANTITIES LAST

3.49 ea.



BODYARMOR SPORTS DRINK
473 ml
SELECTED VARIETIES

2.49 ea.



GLACÉAU SMARTWATER 1 L
SELECTED VARIETIES

2 for **6.50**



4.49 ea. **OASIS, DEL MONTE OR ARIZONA TETRAS**
8 X 200 ml
SELECTED VARIETIES



17.99 ea. **BRITA SLIM PITCHER** 1 un.
WHILE QUANTITIES LAST



2 for **5.00** **FANTA SOFT DRINKS**
500 ml, SELECTED VARIETIES
WHILE QUANTITIES LAST

2 for **17.00** LESS THAN 2 PAY 9.49 EA. **FANTA SOFT DRINKS**
12 X 355 ml, SELECTED VARIETIES
WHILE QUANTITIES LAST

*PLUS APPLICABLE TAXES, LEVIES, DEPOSITS AND FEES.

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WITCH WAY TO THE CANDY?

While Quantities Last.

SELECTION HALLOWEEN CHIPS
24 PACK
SELECTED VARIETIES
6.99 ea.



CHILD'S PLAY CANDY
1.3 kg
SELECTED VARIETIES
15.99 ea.



MARS SKITTLES AND STARBURST CANDY
45 PACK
SELECTED VARIETIES
7.49 ea.





HERSHEY'S CHOCOLATES OR CANDY
100 PACK
SELECTED VARIETIES
14.99 ea.
members-only price
SPECIAL PRICE **15.99 ea.** for non-members

MARS HALLOWEEN CHOCOLATES OR CANDY
105 PACK
SELECTED VARIETIES
22.99 ea.







MARS HALLOWEEN CHOCOLATES
50 PACK
SELECTED VARIETIES
13.99 ea.



CADBURY CHOCOLATES OR MAYNARDS CANDY
45 PACK
SELECTED VARIETIES
6.99 ea.
members-only price
SPECIAL PRICE **7.99 ea.** for non-members

REESE'S HALLOWEEN CHOCOLATES
25 PACK
SELECTED VARIETIES
8.99 ea.



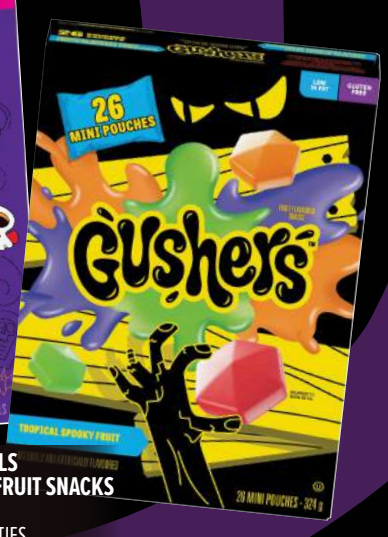
NERDS HALLOWEEN CANDY
40 PACK
SELECTED VARIETIES
12.99 ea.





HARIBO HALLOWEEN CANDY
40 PACK
SELECTED VARIETIES
9.99 ea.





GENERAL MILLS HALLOWEEN FRUIT SNACKS
26 OR 32 PACK
SELECTED VARIETIES
9.99 ea.



DARE HALLOWEEN CANDY
50 PACK
SELECTED VARIETIES
12.99 ea.



TAKIS HALLOWEEN CHIPS
40 PACK
SELECTED VARIETIES
15.99 ea.



OLD DUTCH HALLOWEEN CHIPS
45 PACK
SELECTED VARIETIES
14.99 ea.

SELECTION LOLLIPOPS
750 g
SELECTED VARIETIES
5.99 ea.



DUBBLE BUBBLE CANDY
60 PACK
SELECTED VARIETIES
5.99 ea.



ROCKETS CANDY
500 g
SELECTED VARIETIES
6.99 ea.



GENERAL MILLS HALLOWEEN CEREAL
295 - 306 g
SELECTED VARIETIES
4.99 ea.



KELLOGG'S MINI RICE KRISPIES SQUARES
40 PACK
9.49 ea.



PILLSBURY REFRIGERATED HALLOWEEN DOUGH
260 g
SELECTED VARIETIES
4.99 ea.



While Quantities Last.

roll with moi

members save more

+ members-only price
+ personalized coupons
+ bonus points



7.99 ea. members-only price

SPECIAL PRICE 10.99 ea. for non-members



10.99 ea. members-only price

SPECIAL PRICE 11.99 ea. for non-members



6.99 ea. members-only price

SPECIAL PRICE 7.99 ea. for non-members



14.99 ea. members-only price

SPECIAL PRICE 15.99 ea. for non-members



6.99 ea. members-only price

SPECIAL PRICE 7.99 ea. for non-members



9.99 ea. members-only price

SPECIAL PRICE 11.99 ea. for non-members

More Great Savings



LACTANTIA LACTOSE FREE MILK 2 L
SELECTED VARIETIES
6.29 ea.

70 points



5.99 ea.
HARVEST CRUNCH CEREAL 400 - 510 g
SELECTED VARIETIES



BONNE MAMAN JAM OR CORA PANCAKE MIX
SELECTED SIZES
SELECTED VARIETIES
6.99 ea.



TROPICANA REFRIGERATED JUICE
325 ml
SELECTED VARIETIES
2.49 ea.



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

TIM HORTONS ICED COFFEE
1.42 L, SELECTED VARIETIES

125 points
value of $1



8.49 ea.



19.99 ea.
TIMOTHY'S K-CUP COFFEE CAPSULES
30 un., SELECTED VARIETIES



13.49 ea.
STARBUCKS COFFEE CAPSULES
8 - 10 un.
SELECTED VARIETIES



5.99 ea.
SUGAR TWIN SWEETENER
200 un.
SELECTED VARIETIES



69¢ ea.
MR. NOODLES INSTANT RAMEN
85 g
SELECTED VARIETIES



6.49 ea.
LAVAZZA COFFEE CAPSULES
10 un.
SELECTED VARIETIES



14.99 ea.
ILLY GROUND COFFEE
250 g
SELECTED VARIETIES



2.49 ea.
KNORR SIDEKICKS PASTA & SAUCE OR RICE
120 - 167 g
SELECTED VARIETIES



6.99 ea.
CHAPMAN'S LOLLY ICE POPS
28 X 50 ml
SELECTED VARIETIES



8.49 ea.
McCAIN PIZZA POCKETS
540 - 600 g
SELECTED VARIETIES



15.49 ea.
CAFÉ WILLIAM ORGANIC COFFEE
300 - 340 g
SELECTED VARIETIES

New grab-and-go format



6.99 ea.
OASIS SMOOTHIES
4 X 300 ml
SELECTED VARIETIES

Orange you glad we're Canadian?

Made in Canada from delicious Brazilian oranges.



5.99 ea.
OASIS REFRIGERATED JUICE
1.5 L
SELECTED VARIETIES

TREATS FOR BIG SMILES.



REAL DAIRY ICE CREAM OR NESTLÉ FROZEN DESSERT 1.5 L
SELECTED VARIETIES
6.99 ea.



5.99 ea.
HÄAGEN-DAZS ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



6.99 ea.
NESTLÉ DRUMSTICK ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



6.99 ea.
NESTLÉ FROZEN TREATS
SELECTED SIZES
SELECTED VARIETIES

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LIBERTÉ



LIBERTÉ MÉDITERRANÉE YOGOURT
500 g
SELECTED VARIETIES
3.49 ea.



LIBERTÉ GREEK YOGOURT TUBS
650 - 750 g
SELECTED VARIETIES
6.99 ea.



LIBERTÉ GREEK YOGOURT
4 X 100 g, 2 X 130 g
SELECTED VARIETIES
3.49 ea.

Yoplait



YOP DRINKABLE YOGOURT
200 ml
SELECTED VARIETIES
1.19 ea.



2.99 ea.
YOP MINIGO OR TUBES
6 X 60 g, 8 X 56 g
SELECTED VARIETIES



YOP SKYR YOGOURT
750 g
SELECTED VARIETIES
7.49 ea.

TRADEMARKS OF YOPLAIT S.N.C. USED UNDER LICENSE.
✦ FROM DOMESTIC AND IMPORTED INGREDIENTS



3.99 ea. **HAMBURGER HELPER MICROWAVE CUPS**
57 g
SELECTED VARIETIES



4.99 ea. **OCEAN SPRAY ZERO SUGAR FRUIT COCKTAIL**
1.89 L
SELECTED VARIETIES



3.49 ea. **HELLMANN'S MAYONNAISE**
325 - 445 ml
SELECTED VARIETIES

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

DISCOVER NEW



11.99 ea. **MARTHA STEWART FROZEN PIZZA**
430 - 590 g
SELECTED VARIETIES



6.99 ea. **BERTOLLI EXTRA VIRGIN OLIVE OIL**
460 - 500 ml
SELECTED VARIETIES



2.99 ea. **MAYNARDS CANDIES**
SELECTED SIZES
SELECTED VARIETIES



3.49 ea. **CADBURY FAMILY SIZE CHOCOLATE BARS**
80 - 105 g
SELECTED VARIETIES



contest* moi rewards

You could WIN 125,000* Moi points when you buy 1 HEINZ Soup (any variety) from October 8 to November 4, 2026

HEINZ SOUP
370 - 380 ml
SELECTED VARIETIES

4.99 ea.



*No purchase necessary. The contest is open to Ontario residents who have reached the age of majority and are already members of the Moi program. The contest runs from October 8, 2026 at 08:01 a.m. (ET) to November 4, 2026, at the participating Metro store's closing time. Prize: Buy 1 Heinz Soup for a chance to win 125,000 Moi points (equivalent to $1,000). Offer valid in participating Metro and Metro Plus stores of Ontario. The odds of winning depend on the number of eligible entries received. Mathematical skill–testing question required. Full contest rules and details are available at www.metro.ca and in participating stores. All trademarks are the property of their respective owners.

POWERED BY PROTEIN

Fill your tank with delicious, energy-packed foods made with protein-rich ingredients.



BURNBRAE NATUREGG SIMPLY EGG WHITES
500 g
5.99 ea.

STARTING AT
2.29 ea.
BURNBRAE FARMS HARD BOILED EGGS
88 g

5.99 ea.
EGGO PROTEIN WAFFLES
280 g
SELECTED VARIETIES

7.49 ea.
OÎKOS YOGOURT
650 - 750 g
SELECTED VARIETIES



7.99 ea.
GENERAL MILLS CHEERIOS OR OATMEAL CRISP PROTEIN CEREAL
317 - 455 g
SELECTED VARIETIES



7.99 ea.
NATREL PLUS MILK
2 L
SELECTED VARIETIES



50 points
3.99 ea.
ANNIE'S SUPER! MAC
170 g
SELECTED VARIETIES



12.99 ea.
LILYDALE CARVED TURKEY, CHICKEN OR ROAST TURKEY STRIPS
300 g, 2 x 150 g
SELECTED VARIETIES



3.99 ea.
CLOVER LEAF TUNA BOWLS
160 g
SELECTED VARIETIES



2.99 ea.
OCEAN'S TUNA
170 g
SELECTED VARIETIES

Protein-packed snack breaks



3.99 ea.
PLANTERS PROTEIN NUTS
170 g
SELECTED VARIETIES



NATURE VALLEY PROTEIN BARS
148 g
SELECTED VARIETIES
3.49 ea.



NATURE VALLEY SWEET & SALTY GRANOLA BARS
160 - 175 g
SELECTED VARIETIES
3.49 ea.



GREENHOUSE ORGANIC PROTEIN SHAKES
300 ml
SELECTED VARIETIES
50 points
3.99 ea.



DEMPSTER'S PROTEIN BAGELS OR PROTEIN TORTILLAS
330 - 450 g
SELECTED VARIETIES
5.29 ea.



PARMIGIANO REGGIANO AGED 24 MONTHS
DELI CUT, PRICES AS MARKED
24.45/lb
5.39/100 g WHEN YOU BUY LESS THAN 400 g
BUY MORE SAVE MORE!
3.59 /100 g



IRRESISTIBLES EMMENTAL CHEESE
DELI CUT
PRICES AS MARKED
13.56/lb
2.99 /100 g



5.99 ea.
FONTAINE SANTÉ PROTEIN HUMMUS
3 x 100 g
SELECTED VARIETIES

Gluten-Free

SILK PROTEIN BEVERAGES 946 ml
SELECTED VARIETIES
6.49 ea.



MANITOBA HARVEST HEMP CULINARY OIL 500 ml
12.99 ea.



RISE KOMBUCHA 414 ml
SELECTED VARIETIES
3.99 ea.



STELLAS PEROGIES 520 g
SELECTED VARIETIES
9.99 ea.



Organic

GOOD FOOD FOR GOOD PASTA SAUCE 450 ml
SELECTED VARIETIES
9.99 ea.



FARMER'S MARKET CANNED VEGETABLES 398 ml
SELECTED VARIETIES
4.99 ea.



NUTS FOR CHEESE SPREAD 120 g
SELECTED VARIETIES
10.99 ea.



CRANK COFFEE 340 g, SELECTED VARIETIES
14.99 ea.





6.49 ea.
HANDFUEL NUTS 120 g
SELECTED VARIETIES



7.49 ea.
SAVÖR BUTTER 227 g
SELECTED VARIETIES

ANNIE'S PASTA MEALS
57 - 170 g
SELECTED VARIETIES



2 for 6.00
80 points when you buy 2

NEAL BROTHERS PUFFS 113 g
SELECTED VARIETIES
4.49 ea.







8.99 ea.
CLIF BAR ENERGY BARS
5 X 68 g, SELECTED VARIETIES





7.49 ea.
FLOW SPARKLING WATER
6 X 355 ml, SELECTED VARIETIES

Pets



2.99 ea.
FRISKIES PARTY MIX CAT FOOD
170 g
SELECTED VARIETIES



3 for 5.00
CESAR DOG FOOD
100 g, SELECTED VARIETIES

Treats for all their tricks!

COOKIE PAL DOG TREATS
250 - 300 g
SELECTED VARIETIES
WHILE QUANTITIES LAST
6.99 ea.



SOFT BAKED
Only 6 Calories!
MADE IN CANADA · FABRIQUÉ AU CANADA



5.49 ea.
MILK-BONE MINI SALMON DOG TREATS 252 g



MILK-BONE DOG BISCUITS
SELECTED SIZES
SELECTED VARIETIES
4.99 ea.



Household Helpers





12.99 ea.
CHARMIN BATHROOM TISSUE 12=48 ROLLS OR
BOUNTY PAPER TOWEL 6=12 ROLLS
SELECTED VARIETIES



12.99 ea.
TIDE PODS
25 - 42 un.
SELECTED VARIETIES





12.99 ea.
DOWNY SCENT BOOSTERS OR PURIFYING RINSE
SELECTED SIZES, SELECTED VARIETIES

P&G





8.99 ea.
SWIFFER FLOOR CLEANERS OR DUSTERS
SELECTED SIZES, SELECTED VARIETIES





DAWN DISHWASHING DETERGENT OR SELECTION DISHWASHER TABS
SELECTED SIZES
SELECTED VARIETIES
6.49 ea.



9.99 ea.
ENERGIZER 9 VOLT BATTERIES
2 un.

Made for Tasty Moments

20% OFF
$50 Inspired Dining Card gift cards
Offer valid October 15 - 21



Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

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metro pharmacy



KATE TAKOPOULOS
Pharmacy Manager

Quality sleep and healthy stress management can help you feel your best every day. Discover OTC solutions that may support relaxation and restful sleep, and speak with our pharmacist to find the right solution for your needs.



SLEEP-EZE SLEEP AID
16 - 20 un.
9.99 ea.



13.99 ea.
TYLENOL COLD, COUGH & FLU
SELECTED SIZES
SELECTED VARIETIES

THE FLU SHOT IS COMING SOON



Visit **metro.ca/flushot** to register online or speak to your pharmacist in-store for more details.

Flu shots will be prioritized for high-risk individuals, following Ontario's public health guidelines. Vaccines for the general public will become available at the end of October. Please consult your pharmacy team for eligibility, availability, and more information.

pharmacy



PEPTO BISMOL
230 ml
10.99 ea.



VICKS INHALER
1 un.
12.99 ea.



18.49 ea.
ADVIL NIGHTTIME
40 un.



BENYLIN ALL-IN-ONE SYRUP
SELECTED SIZES
SELECTED VARIETIES
14.49 ea.



7.49 ea.
ALEVE LIQUID GELS
20 un.



23.99 ea.
META MUCIL
SELECTED SIZES
SELECTED VARIETIES



KALAYA EXTRA STRENGTH PAIN RELIEF CREAM
120 g
SELECTED VARIETIES
16.99 ea.



22.49 ea.
TYLENOL ACETAMINOPHEN
SELECTED SIZES
SELECTED VARIETIES



HALLS
25 - 30 un.
SELECTED VARIETIES

BUY MORE SAVE MORE!
3 for 9.99
LESS THAN 3 PAY 4.99 EA.



16.99 ea.
BUCKLEY'S COUGH SYRUP
150 ml



11.99 ea.
BEEKEEPER'S LOZENGES
93 g



22.99 ea.
VICKS COMPLETE COLD FLU
36 un.



11.99 ea.
WEBBER MELATONIN
SELECTED SIZES
SELECTED VARIETIES



12.99 ea.
WEBBER BISGLYCINATE MAGNESIUM
60 un.



18.99 ea.
JAMIESON OMEGA-3 SELECT
200 un.
SELECTED VARIETIES



18.99 ea.
JAMIESON MULTIVITAMINS
SELECTED SIZES
SELECTED VARIETIES



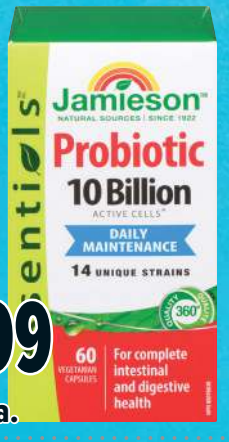
15.99 ea.
WEBBER NATURALS K2+D3 VITAMIN
110 un.



16.99 ea.
SESAME STREET MULTI VITAMINS
SELECTED SIZES
SELECTED VARIETIES



9.99 ea.
JAMIESON VITAMIN B6 OR B12
100 un.



21.99 ea.
JAMIESON ESSENTIALS PROBIOTIC
60 un.



18.99 ea.
OLLY MULTIVITAMINS
90 un.
SELECTED VARIETIES



34.99 ea.
ALIGN PROBIOTIC
28 - 60 un.
SELECTED VARIETIES



36.99 ea.
GENUINE HEALTH NUTRITIONAL SUPPLEMENT
SELECTED SIZES
SELECTED VARIETIES



36.99 ea.
FLORASTOR PROBIOTIC
50 un.

PRICES ARE IN EFFECT UNTIL WEDNESDAY NOVEMBER 11TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca/ pharmacy

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Baby Care







3.49 ea. BABY MUM MUM SNACKS 50 - 60 g



3.99 ea. PERSONNELLE PETROLEUM JELLY 375 g



4.99 ea. Q-TIPS 400 un.







5.99 ea. GERBER GET'EMS! SNACKS 64 - 142 g



8.49 ea. JOHNSON'S BABY CARE 600 ml



9.99 ea. HUGGIES WIPES SELECTED SIZES SELECTED VARIETIES

Health & Beauty



9.99 ea. VASELINE BODY CREAM SELECTED SIZES SELECTED VARIETIES



11.99 ea. BIORÉ FACIAL CARE SELECTED SIZES SELECTED VARIETIES



12.49 ea. NIVEA FACE CREAM 50 ml, SELECTED VARIETIES



15.99 ea. AVEENO BODY LOTION 532 ml SELECTED VARIETIES



1.99 ea. PERSONNELLE FOAM SOAP 251 ml SELECTED VARIETIES



4.49 ea. DEGREE ANTIPERSPIRANT SELECTED SIZES SELECTED VARIETIES



4.99 ea. LADY SPEED STICK SELECTED SIZES SELECTED VARIETIES



12.99 ea. DOVE SOAP 6 X 106 g SELECTED VARIETIES



6.99 ea. AXE BODY WASH 473 ml



8.49 ea. TRESEMMÉ HAIR CARE SELECTED SIZES SELECTED VARIETIES



7.99 ea. LIVE CLEAN SHAMPOO 350 ml



10.99 ea. DOVE BODYWASH SELECTED SIZES SELECTED VARIETIES



4.99 ea. ORAL-B FLOSS SELECTED SIZES SELECTED VARIETIES



6.99 ea. SENSODYNE TOOTHPASTE 135 ml



5.99 ea. COLGATE TOOTHBRUSH SELECTED SIZES SELECTED VARIETIES



8.49 ea. LISTERINE MOUTHWASH 1L



13.99 ea. NEUTROGENA ACNE CARE SELECTED SIZES SELECTED VARIETIES



5.49 ea. PERSONNELLE EYE MAKE UP REMOVER SELECTED SIZES SELECTED VARIETIES



6.99 ea. PERSONNELLE BATH SALTS SELECTED SIZES SELECTED VARIETIES



20.49 ea. GILLETTE RAZORS SELECTED SIZES SELECTED VARIETIES



8.99 ea. GLYSOMED HAND CREAM 150 ml



3.99 ea. NIVEA LIP BALM SELECTED SIZES SELECTED VARIETIES



5.99 ea. U BY KOTEX 16 un.



19.49 ea. TENA ADULT INCONTINENCE SELECTED SIZES SELECTED VARIETIES

PRICES ARE IN EFFECT UNTIL WEDNESDAY NOVEMBER 11TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca/ pharmacy

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