Fresh matters

metro

CANADIAN AND PROUD



2.99 ea. **BLUEBERRIES** 170 g
PRODUCT OF PERU, No. 1 GRADE



2.99 ea. **SWEET NANTES CARROTS** 454 g
PRODUCT OF CANADA, CANADA No. 1 GRADE
AVOCADOS 5 PK
PRODUCT OF MEXICO



2.49 ea. **WILD WONDERS OR SWEET CHERRY TOMATOES** 283 g
PRODUCT OF CANADA OR MEXICO
MINI CUCUMBERS 397 g
PRODUCT OF ONTARIO, CANADA No. 1 GRADE



9.99 ea. **HACHIYA PERSIMMONS** 3.1 lb
PRODUCT OF U.S.A.



2 for 7.00 or 3.99 ea. **YOGOURT PARFAITS** 328 g



DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS
20.00 ea.



3.49 /lb **BONELESS PORK LOIN CHOPS VALUE PACK OR ROAST** CENTRE CUT
7.69/kg



6.99 /lb **RED GRILL INSIDE ROUND ROAST OR VALUE PACK STEAK OR WHOLE VAC PACK BEEF BRISKET**
CUT FROM CANDA AA GRADE OR HIGHER
15.41/kg



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



2.99 /lb **FRESH WHOLE CHICKEN**
6.59/kg



FRESH ATLANTIC SALMON PORTIONS 113 g
AQUA GEMS FROZEN TUNA STEAKS
170 g
3.99 ea.



40% OFF **SELECTION OLD FASHIONED HAM**
COOKED OR SMOKED
DELI SLICED, 2.21/100 g



6.99 ea. **FANTINO & MONDELLO ITALIAN DELI MEAT OR BALDERSON CHEESE** 100 - 280 g
SELECTED VARIETIES



4.99 ea. **FRONT STREET BAKERY ALL BUTTER CROISSANTS**
PKG OF 8, 456 g

2.99 ea. **FRONT STREET BAKERY ITALIAN OR FRENCH BREAD** 450 g
SELECTED VARIETIES



3.99 ea. **LACTANTIA PURFILTRE MILK** 2 L OR **IRRESISTIBLE ORANGE JUICE** 1.36 L
SELECTED VARIETIES



15.99 ea. **MAXWELL HOUSE, NABOB COFFEE OR NESTLÉ QUALITY STREET CHOCOLATES**
SELECTED SIZES
SELECTED VARIETIES
WHILE QUANTITIES LAST



6.49 ea. **OÎKOS GREEK OR PRO YOGOURT TUBS**
650 - 750 g
SELECTED VARIETIES



2.99 ea. **GENERAL MILLS OR POST CEREAL**
SELECTED SIZES
SELECTED VARIETIES



4.99 ea. **CASHMERE BATHROOM TISSUE**
8 = 16 ROLLS OR
SPONGE PAPER TOWELS
2 = 4 ROLLS
SELECTED VARIETIES



9.99 ea. **KRAFT DINNER MAC & CHEESE**
12 X 200 g

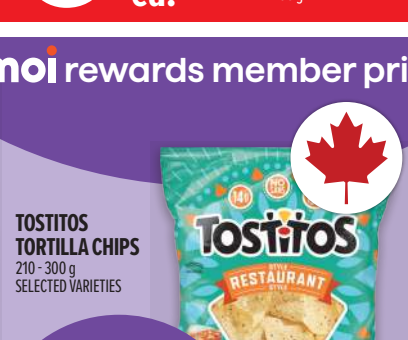


99¢ ea. **UNICO LIGHT TUNA OR TOMATO PASTE**
99 g, 156 ml
SELECTED VARIETIES

moi rewards member price



ESKA SPRING WATER
24 X 500 ml
3.99 ea. members-only price
SPECIAL PRICE 4.99 ea. for non-members



TOSTITOS TORTILLA CHIPS
210 - 300 g
SELECTED VARIETIES
2.99 ea. members-only price
SPECIAL PRICE 3.49 ea. for non-members



CHRISTIE COOKIES OR CRACKERS
SELECTED SIZES
SELECTED VARIETIES
2.22 ea. members-only price
SPECIAL PRICE 2.99 ea. for non-members

LEST WE FORGET

On November 11th, we honour those who served.

Effective November TH 5 | FR 6 | SA 7 | SU 8 | MO 9 | TU 10 | WE 11 **2026** Check metro.ca for your local store hours.

MEO_RAD20261102_01_R_V3

VILLAGGIO ITALIAN STYLE BREAD OR BUNS, DEMPSTER'S TORTILLAS, BAGELS OR NATURAL RYE BREADS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

2 for 7.00

mix & match





3.49 /100 g
SAN DANIELE PROSCIUTTO OR SAPUTO PROVOLONE
SELECTED VARIETIES
DELI SLICED, 15.83/lb

BUY MORE SAVE MORE!



3.49 /100 g
when you buy 400 g or more

IRRESISTIBLES GRANA PADANO AGED 20 MONTHS
DELI CUT, PRICES AS MARKED
4.49/100 g WHEN YOU BUY LESS THAN 400 g



10.99 ea.
SWISS CHALET OR MONTANA'S PORK BACK RIBS
FULLY COOKED, 600 - 650 g
SELECTED VARIETIES



6.99 ea.
IRRESISTIBLE ARGENTINIAN RAW SHRIMP
FROZEN, 300 g



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



8.99 ea.
IRRESISTIBLES FRESH PASTA
540 - 800 g
SELECTED VARIETIES



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



2.49 ea.
HABITANT OR CAMPBELL'S SOUP AND BEN'S ORIGINAL BISTRO EXPRESS RICE
SELECTED SIZES
SELECTED VARIETIES



3.99 ea.
CRAVE FROZEN MEALS
200 - 340 g
SELECTED VARIETIES



3.99 ea.
CLASSICO PASTA SAUCE
218 - 600 ml, SELECTED VARIETIES

i earn with moi rewards

MAPLE LEAF OR SCHNEIDERS BACON
65 - 375 g
SELECTED VARIETIES

125 points value of $1

5.99 ea.



PHILADELPHIA CREAM CHEESE OR DIPS
227 - 250 g OR
CHEEZ WHIZ SPREAD 450 g
SELECTED VARIETIES

125 points value of $1

4.99 ea.





125 points value of $1

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



125 points value of $1

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

125 points value of $1 when you buy 2

2 for 8.00 or 4.49 ea.



KRAFT DRESSING AND BULL'S EYE OR DIANA BBQ SAUCE
375 - 500 ml, SELECTED VARIETIES

NABOB GROUND COFFEE
930 g
SELECTED VARIETIES

125 points value of $1

22.99 ea.



KELLOGG'S RICE KRISPIES, CEREAL BARS OR PASTRIES
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.
members-only price
SPECIAL PRICE 3.99 ea. for non-members



OÎKOS DRINKABLE GREEK YOGOURT
300 ml
SELECTED VARIETIES

2.49 ea.
members-only price
SPECIAL PRICE 3.49 ea. for non-members





125 points value of $1

5.99 ea.
EGGO WAFFLES
280 - 560 g
SELECTED VARIETIES



50 points

3.99 ea.
KASHI GRANOLA BARS
200 g
SELECTED VARIETIES

SILK COFFEE CREAMER
890 ml
SELECTED VARIETIES

4.99 ea.
members-only price
SPECIAL PRICE 5.49 ea. for non-members





IRRESISTIBLE K-CUP COFFEE CAPSULES
30 un., SELECTED VARIETIES

14.99 ea.
members-only price
SPECIAL PRICE 19.99 ea. for non-members



SELECTION CHOCOLATE CHIPS
200 - 270 g, SELECTED VARIETIES

3.99 ea.
members-only price
SPECIAL PRICE 4.99 ea. for non-members

TIDE OR GAIN LAUNDRY DETERGENT OR CASCADE
SELECTED SIZES
SELECTED VARIETIES

9.99 ea.

125 points value of $1



Special prices in this flyer are available at select Metro stores only. See store for details.

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 moirewards.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.

MEO_RAD20261102_04_R

Enjoy Fresh Produce



4.49 ea. RASPBERRIES OR BLACKBERRIES 170 g
PRODUCT OF U.S.A. OR MEXICO



2.49 /lb LARGE RED DELICIOUS OR GALA APPLES
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
5.49/kg



1.99 /lb SWEET POTATOES
PRODUCT OF ONTARIO
4.39/kg



2.99 ea. BROCCOLI CROWNS
PRODUCT OF CANADA



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



1.29 /lb SEEDLESS WATERMELON QUARTERS
2.84/kg



2.99 /lb PARSNIPS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
6.59/kg



ASSORTED COLOUR SWEET PEPPERS 3 PK
PRODUCT OF ONTARIO

6.49 ea.



6.99 ea. COTTON CANDY GRAPES 454 g
PRODUCT OF BRAZIL, No. 1 GRADE



3.99 /lb SEEDLESS MANDARINS
PRODUCT OF AUSTRALIA
8.80/kg



3.99 ea. CAMPARI TOMATOES 1 lb
PRODUCT OF CANADA OR MEXICO



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



3.99 ea. LIMES 1 lb
PRODUCT OF MEXICO



FRESH POMEGRANATE ARILS 113 g
PRODUCT OF U.S.A.

4.99 ea.



4.99 ea. GREEN BEANS 340 g
PRODUCT OF U.S.A.



5.49 ea. BELLE GROVE KING OYSTER MUSHROOMS 170 g
PRODUCT OF ONTARIO



HONEYCRISP SWEET APPLE CIDER
2 L
PRODUCT OF ONTARIO

6.99 ea.



6.99 /lb JUMBO CHESTNUTS
PRODUCT OF ITALY
15.41/kg



4.99 ea. GOODLEAF SALAD MIXES 113 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



4.49 ea. HARVEST FRESH SUPER BLEND KALE 397 g
PRODUCT OF CANADA, MEXICO OR U.S.A.

Organic



4.99 ea. ORGANIC LEMONS 454 g
PRODUCT OF SOUTH AFRICA



6.99 ea. ORGANIC KIWI 1 lb
PRODUCT OF NEW ZEALAND

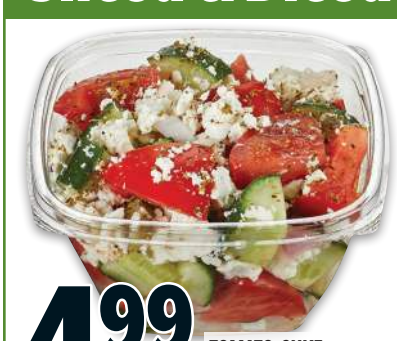


4.99 ea. ORGANIC CARROTS 2 lb
PRODUCT OF U.S.A., No. 1 GRADE



6.99 ea. PULP & PRESS ORGANIC COLD-PRESSED JUICES
355 ml
SELECTED VARIETIES

Sliced & Diced



4.99 ea. TOMATO-CUKE-ONION-FETA SALAD
364 g



7.77 ea. LARGE MIXED MELON OR WATERMELON CHUNKS
675 g



7.88 ea. SMALL CHICKEN SALADS
252 - 410 g



4.88 ea. READY TO COOK MIXES VEGETABLE 340 g
FAJITA 360 g

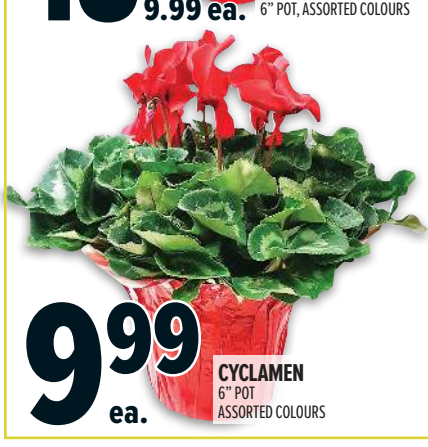
Fresh Blooms



2 for 18.00 or 9.99 ea. POINSETTIAS
6" POT, ASSORTED COLOURS



30.00 ea. VICTORIAN CHARM BOUQUET
ASSORTED COLOURS



9.99 ea. CYCLAMEN
6" POT
ASSORTED COLOURS



39.99 ea. OUTDOOR HOLIDAY URN ARRANGEMENTS
ASSORTED COLOUR AND STYLES

Fresh GUARANTEE metro

If it matters to you, it matters to us.

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Fresh From Our Butcher

FAST FRY



PLATINUM GRILL ANGUS STRIP LOIN STEAK
FAST FRY
CUT FROM CANADA AAA GRADE
48.48/kg
21.99 /lb



7.99 /lb
MEDIUM GROUND BEEF VALUE PACK
17.61/kg



5.99 /lb
FRESH PORK SIDE RIBS
CENTRE CUT REMOVED
13.21/kg



FRESH CHICKEN DRUMSTICKS OR THIGHS
11.00/kg
4.99 /lb



FRESH PORK BELLIES
SLICED OR BY THE PIECE
17.61/kg
7.99 /lb



9.99 /lb
MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK
22.02/kg



6.99 /lb
FRESH BEEF LIVER
15.41/kg



VEAL LOIN CHOPS
GRAIN FED
30.84/kg
13.99 /lb



LEVESQUE HALF SMOKED PORK PICNIC SHOULDER ROAST
BONE IN
8.80/kg
3.99 /lb



MAPLE LODGE ULTIMATE DINNER OR BREAKFAST SAUSAGES OR CHICKEN BACON OR ZABIHA HALAL
375 - 500 g
SELECTED VARIETIES
4.99 ea.
60 points



7.99 ea.
WONG WING ENTRÉES
FROZE, 360 - 680 g
SELECTED VARIETIES



6.99 ea.
SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES
204 - 288 g, FROZEN
SELECTED VARIETIES



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



BUBBIES DILL PICKLES
750 ml - 1 L
SELECTED VARIETIES
9.99 ea.



9.99 ea.
SCHNEIDERS ALL BEEF WIENERS
375 - 450 g, SELECTED VARIETIES



7.99 ea.
SCHNEIDERS OKTOBERFEST SAUSAGES, MINI-SIZZLERS OR SAUSAGE ROUNDS
FROZEN, 375 g



11.99 ea.
MARC ANGELO SAUSAGES
900 g - 1 kg
SELECTED VARIETIES



11.99 ea.
ST-HUBERT MOZZARELLA CHEESE STICKS
FROZEN, 510 g



11.99 ea.
MAMA YOLANDA'S LASAGNA
1.22 kg, FROZEN
SELECTED VARIETIES



11.99 ea.
SWISS CHALET BREADED CHICKEN BREAST STRIPS OR NUGGETS
FROZEN, 700 g



14.99 ea.
PILLER'S SMOKED HAM
800 g
SELECTED VARIETIES



14.99 ea.
44TH STREET FULLY COOKED BEEF POT ROAST
575 g



15.99 ea.
125 points value of $1
PINTY'S BREADED CHICKEN OR WINGS
640 - 750 g, FROZEN
SELECTED VARIETIES



24.99 ea.
BUTTERBALL BONELESS TURKEY BREAST ROAST
FROZEN, 1.2 kg
SELECTED VARIETIES

If it matters to you, it matters to us.

Fresh GUARANTEE metro

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metro signature

Store-Made Sausages

Made fresh from 100% boneless pork picnic shoulder, these handcrafted sausages bring together quality, great taste & the convenience of an easy-meal solution. Available in a variety of flavours!

5.99 /lb

STORE MADE SAUSAGES
13.21/kg
SELECTED VARIETIES











Enjoy Fresh Seafood



8.99/lb **FRESH PACIFIC SNAPPER FILLETS** 1.99/100 g



SEAFOOD BOIL FROZEN, 2.42/100 g

10.99/lb

INCLUDES
SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS



3.99 ea. **TRUE BLUE MARYLAND CRAB CAKES** 100 g FROZEN OR PREVIOUSLY FROZEN



7.99 ea. **HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS** 150 g



12 PACK

19.99 ea. **IRISH POINT OYSTERS** CRATE OF 12



25 PC

18.00 ea. **BENTO SUSHI SUPREME FAMILY PACK** 540 - 594 g SELECTED VARIETIES



4.49 ea. **OCEAN PRIME WHOLE CLAMS** FROZEN, 500 g



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



BOX OF 24

13.99 ea. **KIBON ROASTED SEAWEED SNACKS** 24 X 5 g, 120 g



13.99 ea. **HIGH LINER SIGNATURE, PAN-SEAR OR CATCH OF THE DAY FISH FILLETS** FROZEN, 425 g - 1.32 kg SELECTED VARIETIES

75 points

Irrésistible



5.99 ea. **IRRESISTIBLE SHRIMP SPRING ROLLS** FROZEN, 300 g



7.99 ea. **IRRESISTIBLE BACON WRAPPED OR BREADED SCALLOP MEDALLIONS** FROZEN, 200 - 500 g



11.99 ea. **IRRESISTIBLE SMOKED SALMON** FROZEN, 130 g SELECTED VARIETIES



13.99 ea. **IRRESISTIBLE POPCORN SHRIMP VALUE PACK** FROZEN, 700 g

Deli Favourites



2.99/100 g **MASTRO CAPOCOLLO OR PROSCIUTTO COTTO X-LEAN** DELI SLICED, 13.56/lb



2.99/100 g **OLYMEL MOCK CHICKEN** DELI SLICED, 13.56/lb



3.99/100 g **SAPUTO ASIAGO CHEESE** DELI CUT, PRICES AS MARKED, 18.10/lb



4.79/100 g **CASTELLO GORGONZOLA CHEESE** REGULAR OR SMOKED DELI CUT, PRICES AS MARKED 21.73/lb



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



7.49 ea. **SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED ITALIAN DELI MEAT** 100 - 150 g SELECTED VARIETIES



7.99 ea. **TRE STELLE MOZZARELLA BALL** 340 g



14.99 ea. **SAPUTO MINI FRIULANO CHEESE** 500 g



5.00 ea. **GOLD LABEL SLICED DELI MEAT** 200 - 300 g SELECTED VARIETIES

50 points



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

50 points



6.99 ea. **GALBANI BOCCONCINI OR MOZZARELLA** 227 g SELECTED VARIETIES



15.99 ea. **TRE STELLE MASCARPONE CHEESE** 475 g



6.99 ea. **PREMIÈRE MOISSON SOUPS** 700 ml SELECTED VARIETIES



8.99 ea. **SWISS CHALET POT PIE** 620 g SELECTED VARIETIES



metro FRESH 2 GO

8.00 ea. **FRESH 2 GO PASTA ENTRÉE** 300 - 450 g, SELECTED VARIETIES

If it matters to you, it matters to us.

Fresh GUARANTEE metro

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metro signature

FRESH 2 GO
BURRATINI
PIZZA OF THE MONTH

17.99 or slice $4.29



November PIZZA OF THE MONTH

Made for foodies - savour creamy burrata melted over crispy pizza crust with rich tomato sauce, savoury provolone and fresh basil.

FRESH 2 GO
3-TOPPING PIZZA

15.99 ea.

FRESH 2 GO
PEPPERONI PIZZA

13.99 ea.

Stone-Baked Pizza



We're proud to craft our pizzas with fresh, quality, premium ingredients, including dry-cured pepperoni and mozzarella cheese, across our pizza program to bring you the quality you deserve. Stop by our deli to pick up a slice or pre-order a whole pizza today.



Craving Panzerotti?

Enjoy hot & fresh stone-baked panzerotti, loaded with fillings.



FRESH 2 GO
PANZEROTTI
453 g
SELECTED VARIETIES

8.99 ea.

FLAVOURS OF italy





2.99 ea.

RAPINI
PRODUCT OF U.S.A.

JUMBO



JUMBO WALNUTS
PRODUCT OF U.S.A.
6.59/kg

2.99 /lb



MASTRO CAPOCOLLO
MILD OR HOT
DELI SLICED, 13.56/lb

2.99 /100 g



5.99 ea.

ZERTO RICOTTA
295 g



MARC ANGELO PORK MEATBALLS
400 g
SELECTED VARIETIES

4.99 ea.



IRRESISTIBLE SEAFOOD MEDLEY
RAW, FROZEN, 908 g

9.99 ea.



BOMBOLONI DONUTS
480 g
SELECTED VARIETIES

11.99 ea.



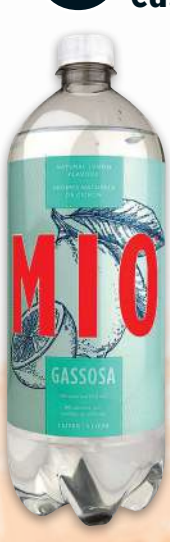
6.99 ea.

FRONT STREET BAKERY PIZZA BUNS
PKG OF 4, 475 g



UNICO PEPPER RINGS
750 ml
SELECTED VARIETIES

2.49 ea.



MIO SOFT DRINKS
1 L
SELECTED VARIETIES

1.69 ea.



UNICO STUFFED MANZANILLA OLIVES
750 ml
SELECTED VARIETIES

4.99 ea.



VITA VIGOR BREADSTICKS
125 g
SELECTED VARIETIES

1.25 ea.



99¢ ea.

MILANO LADY FINGERS
150 g
SELECTED VARIETIES



23.99 ea.

DITL1DITL1DITL1DITL1

Sourdough Breads



4.59 ea. FRONT STREET BAKERY SOURDOUGH BREAD 500 g

DISCOVER NEW



PREMIÈRE MOISSON SOURDOUGH BELGIAN LOAF 540 g

4.99 ea.



5.99 ea. FRONT STREET BAKERY SOURDOUGH SPROUTED GRAIN BREAD 600 g



PREMIÈRE MOISSON SOURDOUGH BAGUETTE 325 g

3.99 ea.

Bakery Cakes



23.99 ea. FRONT STREET BAKERY TRIPLE FRUIT, TRIPLE STRAWBERRY OR CHOCOLATE BOSTON CAKES 1200 - 1250 g



12.99 ea. FRONT STREET BAKERY MINI DESSERT CAKES 260 - 440 g SELECTED VARIETIES



31.99 ea. FRONT STREET BAKERY GOURMET SHORTCAKE 1350 - 1600 g SELECTED VARIETIES



9.99 ea. FRONT STREET BAKERY MINI BAR CAKES 325 g SELECTED VARIETIES



9.99 ea. FRONT STREET BAKERY FAMILY PACK COOKIES PKG OF 24, 744 - 792 g SELECTED VARIETIES



5.99 ea. FRONT STREET BAKERY BRAIDED STRUDELS 420 g SELECTED VARIETIES



5.99 ea. SELECTION CUPCAKES 284 g SELECTED VARIETIES



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



4.99 ea. SUN-MAID RAISIN BREAD, DEMPSTER'S CINNAMON RAISIN, MALT BREADS OR CINNABON BREAD 340 - 570 g SELECTED VARIETIES



4.99 ea. STONEMILL BREADS 454 - 550 g SELECTED VARIETIES



2.99 ea. DEMPSTER'S ENGLISH MUFFINS WHITE OR WHOLE WHEAT 340 g



3.99 ea. STONEFIRE PIZZA CRUST, FLAT BREAD NAAN ROUNDS OR DIPPERS 200 - 460 g

Snacks & Beverages

DISCOVER NEW



2.99 ea. CELSIUS ENERGY DRINKS 355 ml SELECTED VARIETIES



4.49 ea. PEPSI SOFT DRINKS 6 X 222 ml SELECTED VARIETIES



13.99 ea. HEINEKEN NON-ALCOHOLIC BEVERAGE 6 X 330 ml

125 points value of $1

BUY MORE SAVE MORE!

2 for **15.00** LESS THAN 2 PAY 8.49 EA.

BUBLY OR MONTELLIER SPARKLING WATER SELECTED SIZES SELECTED VARIETIES



6.49 ea. MONTE VERDE PANETTONE 750 g SELECTED VARIETIES WHILE QUANTITIES LAST



13.99 ea. AURORA PANETTONE OR PANDORO 800 - 908 g SELECTED VARIETIES WHILE QUANTITIES LAST



SELECTION PEANUTS 700 - 750 g SELECTED VARIETIES

LOW PRICE EVERY DAY **5.99 ea.**



50 points

3.79 ea. VOORTMAN WAFERS OR COOKIES 225 - 320 g SELECTED VARIETIES



11.49 ea. LINDT SWISS CLASSIC CHOCOLATE BARS 300 g SELECTED VARIETIES



POP-TARTS PASTRIES 384 g SELECTED VARIETIES

2.99 ea. members-only price

SPECIAL PRICE 3.99 ea. for non-members



4.99 ea. ARNOTT'S TIM TAM COOKIES 175 - 200 g SELECTED VARIETIES

60 points



6.99 ea. McSWEENEY'S BEEF JERKY 70 - 150 g SELECTED VARIETIES

Always Made with Real Juice.

Bring the Juice.

MINUTE MAID OR FRUITOPIA REFRIGERATED DRINKS 1.54 - 1.75 L, SELECTED VARIETIES

125 points value of $1

3.99 ea.



MINUTE MAID TETRAS 8 - 10 X 200 ml SELECTED VARIETIES

4.49 ea. 60 points



*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.

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siggi's skyr yogurt

high in protein made with simple ingredients

DAIRY FARMERS OF CANADIAN QUALITY MILK

PROUDLY MADE IN CANADA

4.49 ea. SIGGI'S SKYR YOGOURT 4 X 100 g SELECTED VARIETIES



FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



FLAVOURS OF Diwali

CELEBRATE THE FESTIVAL OF LIGHTS





9.99 ea.
PARLIAMENT GOLD, NOOR GOLD OR QILLA PREMIUM BASMATI RICE
4.54 kg
SELECTED VARIETIES



2.49 ea.
HANS DAHI, PHOENICIA OR CEDAR YOGOURT
650 - 750 g
SELECTED VARIETIES



4.99 ea.
IRRESISTIBLE GOLDEN OR SULTANA RAISINS
400 g



4.99 ea.
JUMBO POMEGRANATES
PRODUCT OF U.S.A.



19.99 ea.
EGGLESS CAKES
900 g
WHITE OR CHOCOLATE



6.49 ea.
WHOLE BLUE CRAB
FROZEN, 500 g



KFI COOKING SAUCE
375 - 395 ml
SELECTED VARIETIES
3.99 ea.



DIVYA PICKLE CONDIMENTS, SEASONING OR FRIED ONIONS
400 - 500 g
SELECTED VARIETIES
3.49 ea.



SURATI SNACKS
200 - 341 g
SELECTED VARIETIES
2.29 ea.



DIVYA ROASTED CHANNA OR RUBICON DRINKS
1 L, 400 g
SELECTED VARIETIES
2.49 ea.



PRIMO BEANS
540 ml
SELECTED VARIETIES
1.49 ea.



MAGGI NOODLES
70 g
SELECTED VARIETIES
44¢ ea.



SHARWOOD'S COOKING SAUCE
395 ml
SELECTED VARIETIES
5.49 ea.



6.99 ea.
CASABLANCA HONEY
1 kg
BRAR SAMOSA'S
FROZEN, 624 g
SELECTED VARIETIES



DIVYA GINGER GARLIC PASTE OR TATA SPICES
100 - 500 g
SELECTED VARIETIES
1.99 ea.



4.99 ea.
NOOR DATES
800 g
SELECTED VARIETIES



3.99 ea.
CASABLANCA BUTTER COOKIES
454 g
SELECTED VARIETIES



1.79 ea.
SURATI VEGETABLES
FROZEN, 340 g
SELECTED VARIETIES



8.99 ea.
SHER BROWN SUGAR
3.62 kg
SELECTED VARIETIES



1.99 ea.
DIVYA NAANS OR PARATHAS
FROZEN, 320 - 400 g
SELECTED VARIETIES



DIVYA ENTRÉES
FROZEN, 285 g
SHAN MIXES
50 - 60 g
SELECTED VARIETIES
1.79 ea.



99¢ ea.
PARLE G, EBM OR LU COOKIES
84 - 300 g
SELECTED VARIETIES



VITA COCO COCONUT WATER
1 L
SELECTED VARIETIES
4.99 ea.

Item availability varies by store.

More Great Savings



11.99 ea.

MARTHA STEWART FROZEN PIZZA 430 - 590 g
SELECTED VARIETIES



3.99 ea.

CHEEMO PEROGIES
745 - 907 g
SELECTED VARIETIES



5.49 ea.

McCAIN TAST!EZ BITES
311 g
SELECTED VARIETIES



LOW PRICE EVERY DAY
3.99 ea.

IRRESISTIBLES FROZEN VEGETABLES
500 g
SELECTED VARIETIES



2.49 ea.

BUSH'S BEST BEANS
398 ml
SELECTED VARIETIES



3.69 ea.

KNORR BOUILLON CUBES
63 - 69 g
SELECTED VARIETIES



BURNBRAE EGGS TO GO
264 g

4.99 ea.



LOW PRICE EVERY DAY
2.49 ea.

SELECTION LASAGNA
375 - 500 g
SELECTED VARIETIES



SELECTION CREAM
473 ml - 1 L
SELECTED VARIETIES

LOW PRICE EVERY DAY
3.99 ea.

IÖGO NANÖ DRINKABLE YOGOURT
6 X 93 ml
SELECTED VARIETIES

BUY MORE SAVE MORE!
2 for 8.00
LESS THAN 2 PAY 4.49 EA.





COFFEE-MATE COFFEE WHITENER
450 g
SELECTED VARIETIES

6.99 ea.



24.99 ea.

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



JIF PEANUT BUTTER
1 kg
SELECTED VARIETIES

6.99 ea.

100 points



SMUCKER'S JAM
310 - 500 ml
SELECTED VARIETIES

7.99 ea.

100 points



LOW PRICE EVERY DAY
3.49 ea.

SELECTION CREAM CHEESE
227 g
SELECTED VARIETIES



IRRESISTIBLES MAPLE SYRUP
500 - 540 ml
SELECTED VARIETIES

12.99 ea.

BUY 2

Kellogg's Family Size Cereal
Selected Sizes
Selected Varieties
5.99 ea.



LIBERTÉ KÉFIR 1 L
SELECTED VARIETIES

5.99 ea.

70 points



3.49 ea.

B-FIT HIGH PROTEIN MILKSHAKE
460 ml
SELECTED VARIETIES

& GET 1 FREE

Lactantia Milk 4 L
1%, 2% OR SKIM
Save $7.49







13.79 ea.

SMUCKER'S UNCRUSTABLES
10 X 52 g - 10 X 58 g, SELECTED VARIETIES

©/TM/® SMUCKER FOODS OF CANADA CORP. OR ITS AFFILIATES.

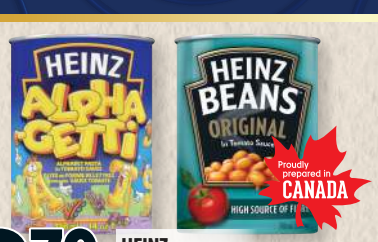
FILL YOUR PLATE Kraft WILL FILL ANOTHER

Food Banks Canada / Banques alimentaires Canada



1.49 ea.

JELL-O POWDER
85 g
SELECTED VARIETIES



2.79 ea.

HEINZ BEANS OR PASTA
398 ml
SELECTED VARIETIES

MAGIC BAKING POWDER
450 g
SELECTED VARIETIES

7.49 ea.





3.99 ea.

HEINZ MAYONNAISE-STYLE SAUCES
340 ml
SELECTED VARIETIES



CLASSICO PASTA SAUCE
218 - 600 ml
SELECTED VARIETIES

3.99 ea.

KRAFT PURE DRESSING
355 ml
SELECTED VARIETIES

5.79 ea.



KRAFT PEANUT BUTTER
750 g - 1 kg
SELECTED VARIETIES

6.99 ea.





4.99 ea.

HEINZ SOUP
370 - 380 ml
SELECTED VARIETIES

*Based on the 2026 BrandSpark® Canadian Trust Study

LEARN MORE AT **KRAFT.CA/2MILLIONPLATES**

i earn with moi rewards



2.22 ea. members-only price

SPECIAL PRICE **2.99 ea.** for non-members

CHRISTIE COOKIES OR CRACKERS
SELECTED SIZES
SELECTED VARIETIES



3.99 ea. members-only price

SPECIAL PRICE **4.99 ea.** for non-members

ESKA SPRING WATER
24 X 500 ml



TOSTITOS TORTILLA CHIPS
210 - 300 g
SELECTED VARIETIES

2.99 ea. members-only price

SPECIAL PRICE **3.49 ea.** for non-members



BEN'S ORIGINAL FAST & FANCY RICE
132 g
SELECTED VARIETIES

2.49 ea. + **125 points** value of $1



GAY LEA COTTAGE CHEESE
750 g, SELECTED VARIETIES

7.99 ea. + **125 points** value of $1



LIBERTÉ GREEK YOGOURT TUBS
650 - 750 g
SELECTED VARIETIES

7.49 ea. **90 points**



BASKIN ROBBINS ICE CREAM
SELECTED SIZES
SELECTED VARIETIES

9.99 ea. + **125 points** value of $1



SAPORITO VEGETABLE OIL
3 L
SELECTED VARIETIES

10.99 ea. + **125 points** value of $1



TIDE OR GAIN LAUNDRY DETERGENT
SELECTED SIZES
SELECTED VRIETIES

9.99 ea. + **125 points** value of $1



COFFEEMATE COFFEE WHITENER
828 - 946 ml
SELECTED VARIETIES

5.99 ea. **60 points**



CASCADE DISHWASHER DETERGENT
325 - 385 g, SELECTED VARIETIES

9.99 ea. + **125 points** value of $1



ST-DALFOUR SPREADS
225 ml
SELECTED VARIETIES

6.99 ea. **80 points**



KOZY SHACK PUDDING
624 g, SELECTED VARIETIES

3.99 ea. **50 points**



LIBERTÉ KÉFIR
1L
SELECTED VARIETIES

5.99 ea. **70 points**

DMOI1DMOI1DMOI1DMOI1



BURNBRAE EGG CREATIONS!
500 g
SELECTED VARIETIES

5.49 ea.



5.29 ea.

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

START WITH PROTEIN

Fuel your busy day with our selection of protein-packed foods your whole family will love.



Organic

LIFESMART ORGANIC PLAIN FIRM TOFU
454 g

3.47 ea.

Try flavourful, protein-rich cheeses



3.99/100 g

CATHEDRAL CITY CHEDDAR CHEESE
DELI CUT, PRICES AS MARKED
18.10/lb



125 points
value of $1

7.99 ea.

BERGERON CHEESE
170 - 200 g
SELECTED VARIETIES



7.99 ea.

ALLEGRO CHEESE
270 g
SELECTED VARIETIES



10.99 ea.

SPLENDA PACKETS OR GRANULAR SUGAR
275 g, 200's
SELECTED VARIETIES



7.49 ea.

SPLENDA BROWN SUGAR BLEND
454 g
SELECTED VARIETIES



7.99 ea.

LACTANTIA ULTRA PÜR MILK
2 L
SELECTED VARIETIES

90 points



7.99 ea.

NATREL PLUS MILK
2 L
SELECTED VARIETIES



80 points

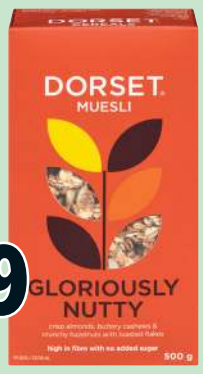
6.99 ea.

GENERAL MILLS PROTEIN CEREAL
SELECTED SIZES
SELECTED VARIETIES



Non-GMO

DORSET CEREAL 500 g
SELECTED VARIETIES
8.49 ea.



AMY'S PIZZA 340 - 396 g
SELECTED VARIETIES
12.99 ea.
125 points value of $1



LUNDBERG RISOTTO 156 g
SELECTED VARIETIES
7.49 ea.

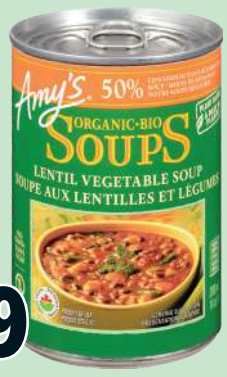




NUTS FOR CHEESE SPREAD 210 g
SELECTED VARIETIES
8.99 ea.



GLUTINO PRETZELS 156 g
SELECTED VARIETIES
7.49 ea.



AMY'S SOUP 398 ml
SELECTED VARIETIES
4.99 ea.



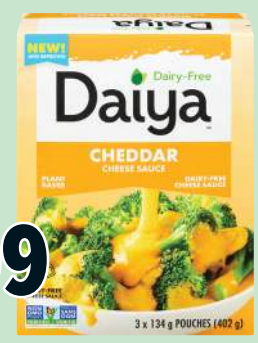
GARDEIN FROZEN MEALS 390 - 425 g
SELECTED VARIETIES
12.99 ea.
125 points value of $1

Lactose-Free

BLUE DIAMOND ALMOND BEVERAGES 946 ml
SELECTED VARIETIES
3.49 ea.



DAIYA PASTA SAUCE 402 g
SELECTED VARIETIES
9.99 ea.





FLOW SPARKLING WATER 6 X 355 ml
SELECTED VARIETIES
7.99 ea.

Naturally alkaline, mineral-rich hydration. With sparkle.

Organic

LAKEWOOD JUICE 946 ml
12.99 ea.



HUMBLE RUMBLES POTATO CHIPS 135 g
SELECTED VARIETIES
3.99 ea.





ORGANIC MEADOW CHEESE STICKS 168 g
SELECTED VARIETIES
7.49 ea.

THIRSTY BUDDHA COCONUT WATER 1 L
SELECTED VARIETIES
6.99 ea.



Baby & Beauty



GERBER BABY CEREAL 227 g
SELECTED VARIETIES
5.99 ea.



BABY MUM-MUM SNACKS
SELECTED SIZES
SELECTED VARIETIES
3.49 ea.



SENSODYNE TOOTHPASTE 110 - 135 ml
SELECTED VARIETIES
6.99 ea.



LISTERINE MOUTHWASH 1 L
SELECTED VARIETIES
8.49 ea.



ALWAYS OR TAMPAX FEMININE HYGIENE
SELECTED SIZES
SELECTED VARIETIES
12.99 ea.



PAMPERS WIPES 56 un.
4.49 ea.

Master your moustache with the right tools.



EDGE SHAVING GEL
SELECTED SIZES
SELECTED VARIETIES
4.49 ea.



SCHICK HYDRO RAZOR REFILLS
SELECTED SIZES
SELECTED VARIETIES
19.99 ea.

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Household Helpers



PALMOLIVE DISHWASHING DETERGENT 591 - 828 ml
SELECTED VARIETIES
3.49 ea.



ARM & HAMMER LAUNDRY DETERGENT OR OXI CLEAN STAIN REMOVER
SELECTED SIZES
SELECTED VARIETIES
7.99 ea.
90 points



CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL
4 - 9 un., SELECTED VARIETIES
9.99 ea.
125 points value of $1



FINISH DISHWASHER DETERGENT 60 - 90 un.
SELECTED VARIETIES
26.99 ea.
250 points value of $2



SELECTION LARGE BAKING CUPS 60 un.
1.99 ea.



LYSOL WIPES 75 - 84 un.
SELECTED VARIETIES
BUY MORE SAVE MORE!
2 for **12.00**
LESS THAN 2 PAY 8.99 EA.
70 points when you buy 2



EVERY WEEK COULD BE A $2,500 WEEK

Must be 18+ years of age to play at the time of purchase, some INSTANT prizes may have already been claimed. Ticket not exactly as shown

Play. Smart

KIDDYLICIOUS BABY SNACKS
SELECTED SIZES
SELECTED VARIETIES

1.99 ea.



COCA COLA SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 17.00
Less than 2 pay 9.49 ea.



KIDDYLICIOUS RICE WAFERS
4 x 4 g
SELECTED VARIETIES

2.49 ea.



GATORADE SPORTS DRINK POWDER
8 un
SELECTED VARIETIES

6.79 ea.



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

DISCOVER NEW

MAISON PERRIER CHIC SPARKLING DRINKS
4 x 250 ml
SELECTED VARIETIES

7.99 ea.



SUNRYPE CRANBERRY BEVERAGE
1.89 L
SELECTED VARIETIES

4.49 ea.





10.49 ea.

RED BULL ENERGY DRINKS
4 x 250 ml
SELECTED VARIETIES

DOWNY WRINKLE RELEASER
1 L

13.99 ea.



NEW INNOVATIONS *FROM* P&G

DISCOVER NEW

BOUTIQUE BOTANICALS

Downy Boutique fragrances for laundry



DOWNY OR GAIN SCENT BEADS
303 - 379 g
SELECTED VARIETIES
9.99 ea.

DISCOVER NEW

Unlimited Collection

SCENTS THAT
LUXE UP
YOUR LAUNDRY



DOWNY UNLIMITED SCENT BEADS
303 - 379 g
SELECTED VARIETIES
9.99 ea.

DISCOVER NEW

START EVERY DAY FRESH

Downy Long-lasting soothing aroma



DOWNY OR GAIN LIQUID FABRIC SOFTENER
1.66 - 2.63 L
SELECTED VARIETIES
9.99 ea.

DISCOVER NEW

10X MORE FRESHNESS*



BOUNCE OR GAIN DRYER SHEETS
60 - 200 un
SELECTED VARIETIES
9.99 ea.

*Ingredients vs Tide Simply detergent alone

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