Fresh matters

metro

CANADIAN AND PROUD



JUMBO

2.99/lb JUMBO RED OR LARGE BLACK SEEDLESS GRAPES
PRODUCT OF CALIFORNIA, U.S.A., No. 1 GRADE
6.59/kg



99¢ ea. BABY RUSSET POTATOES 1 lb
PRODUCT OF CANADA
GARLIC 5 PK
PRODUCT OF CHINA



2.99/lb RADICCHIO PRODUCT OF CANADA
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
PRODUCT OF ONTARIO OR MEXICO
6.59/kg



Foodland ONTARIO

3.99 ea. LOCAL APPLES 3 lb
PRODUCT OF ONTARIO, CANADA FANCY GRADE
SELECTED VARIETIES

FAMILY SIZE



4.99 ea. WILD WONDERS TOMATOES 681 g
PRODUCT OF CANADA OR MEXICO
HAVEN LETTUCES 226 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



4.99 ea. BENTO KITS
253 - 279 g

CUT BY OUR BUTCHER



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

LEAN

GROUND IN-STORE DAILY



5.44/lb or ea.
LEAN GROUND BEEF VALUE PACK
5.44/lb, 11.99/kg
HALAL LEAN GROUND BEEF
454 g, 5.44 EA. OR
LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY
450 g, 5.44 EA.

FRESH



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



10.99/lb or ea. FRESH ATLANTIC SALMON FILLETS VALUE PACK
MIN 900 g
10,99/lb, 2.43/100 g
NANUK SMOKED COHO SALMON
140 g, 10.99 EA., FROZEN

FRESH



3.99/lb FRESH PORK TENDERLOIN VALUE PACK
8.80/kg



ORIGINAL OKA 15.21/lb
CHEVALIER TRIPLE CRÈME BRIE 15.21/lb
AGROPUR 3-YEAR AGED GRAND CHEDDAR 13.58/lb
L'EXTRA BRIE 13.58/lb
DELI CUT, PRICES AS MARKED

40% OFF

baked in my metro



5.99 ea. FRONT STREET BAKERY DANISH, TURNOVER, BRAIDED STRUDELS OR PARISIAN TWISTS
320 - 512 g
SELECTED VARIETIES



2 for

6.00 DEMPSTER'S WHOLE GRAIN BREADS
600 g
SELECTED VARIETIES
OR 3.79 EA.



4.99 ea. SELECTION BARS OR SHREDDED CHEESE
SELECTED SIZES
SELECTED VARIETIES



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



3.99 ea. PHILADELPHIA OR KRAFT SLICED CHEESE OR CHEEZ WHIZ SPREAD
SELECTED SIZES
SELECTED VARIETIES



3.49 ea. SILK BEVERAGE OR OÎKOS YOGOURT
SELECTED SIZES
SELECTED VARIETIES



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

6 X 710 ML



3.99 ea. COCA-COLA OR CANADA DRY SOFT DRINKS
6 X 710 ml
SELECTED VARIETIES

1 KG



19.99 ea. LAVAZZA COFFEE
1 kg
SELECTED VARIETIES

Fresh for the Holidays

LARGER SIZES AVAILABLE



OUTDOOR HOLIDAY URN ARRANGEMENT
ASSORTED COLOURS AND STYLES

39.99 ea.

i earn with moi rewards



KELLOGG'S OR GENERAL MILLS FAMILY SIZE CEREAL
SELECTED SIZES, SELECTED VARIETIES

5.49 ea. + 125 points value of $1

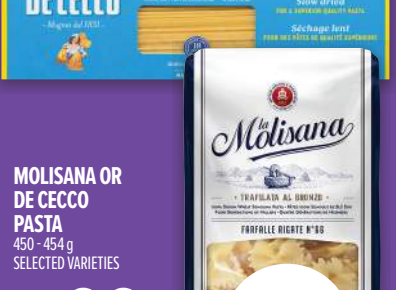
Organic

1 L



BERTOLLI OR CARAPELLI EXTRA VIRGIN OLIVE OIL
750 ml, 1 L
SELECTED VARIETIES

9.99 ea. + 125 points value of $1



MOLISANA OR DE CECCO PASTA
450 - 454 g
SELECTED VARIETIES

1.99 ea. + 125 points value of $1

Effective November TH 12 | FR 13 | SA 14 | SU 15 | MO 16 | TU 17 | WE 18 **2026**

Check metro.ca for your local store hours.

MEO_RAD20261109_01_R_V3



5.99 ea. FRONT STREET BAKERY SOURDOUGH, 3 CHEESE BOULE, CHEESE BUNS OR CHEESE STICKS
420 - 600 g



7.99 ea. HIGH LINER SHRIMP OR FAMILY PACK FISH FILLETS
FROZEN, 315 - 700 g
SELECTED VARIETIES



19.99 ea. COOKED SHRIMP
26 - 30, 800 g
RAW SHRIMP
16 - 20, 800 g
SMOKED SALMON
400 g, FROZEN



CUDDY OR LILYDALE TURKEY 3.63/100 g
CASTELLO HAVARTI 2.72/100 g
DELI SLICED, SELECTED VARIETIES



9.99 ea. MAPLE LEAF PRIME BREADED OR STUFFED CHICKEN, CHICKEN WINGS OR SCHNEIDERS DIPS
FROZEN, 530 - 700 g
SELECTED VARIETIES



9.99 ea. IRRESISTIBLE MEATBALLS OR PARTY PACK PUFF PASTRY
FROZEN, 432 - 680 g
SELECTED VARIETIES



3.99 ea. SUMMER FRESH HUMMUS OR DIPS
200 - 227 g, 4 X 57 g
SELECTED VARIETIES



6.49 ea. PILLER'S SLICED DELI, SAN DANIELE MORTADELLA OR MASTRO PROSCIUTTO COTTO 125 - 175 g
SELECTED VARIETIES

i earn with moi rewards



23.99 ea. TIM HORTONS K-CUP COFFEE CAPSULES
30 un.
SELECTED VARIETIES



HELLMANN'S MAYONNAISE
710 - 890 ml
SELECTED VARIETIES

6.49 ea. members-only price
SPECIAL PRICE 7.49 ea. for non-members



TIM HORTONS INSTANT COFFEE
100 g
SELECTED VARIETIES

7.99 ea.



TIM HORTONS COFFEE
300 g
SELECTED VARIETIES

11.99 ea.



LIPTON SOUP ENVELOPES
4 un., SELECTED VARIETIES

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



KNORR SIDE KICKS PASTA AND SAUCE
73 - 167 g
SELECTED VARIETIES

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



IRRESISTIBLE MAPLE SYRUP
500 - 540 ml
SELECTED VARIETIES

9.99 ea. members-only price
SPECIAL PRICE 12.99 ea. for non-members



IRRESISTIBLES FROZEN VEGETABLES
500 g, SELECTED VARIETIES

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



JIF PEANUT BUTTER
1 kg
SELECTED VARIETIES

5.99 ea.



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



6.49 ea. SMUCKER'S JAM
310 - 500 ml
SELECTED VARIETIES



8.49 ea. FOLGERS COFFEE
12 un., 272 g
SELECTED VARIETIES

4-DAY MEAL DEAL
NOVEMBER 12TH – NOVEMBER 15TH, 2026

YOUR CHOICE **11.99 ea.**



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



FRESH CAROUSELS
955 g - 1.4 kg



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



HOT MAMMOTH BBQ CHICKEN 1 kg



12 CHICKEN TENDERS, 15 CHICKEN WINGS OR 20 CHICKEN BITES
HOT OR CHILLED, SELECTED VARIETIES

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.

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Unlimited Free Delivery



Just $2/mo with a 12-month pass

Limited-time offer ends Dec 16th.

Fresh matters

Learn More

*Certain conditions apply. Details on metro.ca

Enjoy Fresh Produce



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



4.99 ea. **AVOCADOS** 5 PK
PRODUCT OF MEXICO



1.99 /lb **SWEET POTATOES**
PRODUCT OF ONTARIO
4.39/kg



2.99 ea. **BROCCOLI CROWNS**
PRODUCT OF CANADA



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



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



3.99 ea. **MINI CUCUMBERS** 397 g
PRODUCT OF ONTARIO
CANADA No.1 GRADE



1.99 /lb **EGGPLANT OR GREEN ZUCCHINI**
PRODUCT OF U.S.A. OR MEXICO
4.39/kg



3.99 /lb **LARGE CARA CARA ORANGES**
PRODUCT OF AUSTRALIA
8.80/kg



1.99 ea. **LARGE RED MANGOES**
PRODUCT OF BRAZIL



99¢ /lb **GREEN CABBAGE**
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
2.18/kg



2.99 ea. **ASSORTED COLOURED CARROTS** 2 lb
PRODUCT OF ONTARIO
CANADA No.1 GRADE



1.99 /lb **ASIAN BROWN PEARS**
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
4.39/kg



2.99 ea. **BROCCOLI SLAW SALAD** 340 g
PRODUCT OF U.S.A.



3.49 ea. **BELLE GROVE OYSTER MUSHROOMS** 100 g
PRODUCT OF ONTARIO



3.99 ea. **GOODLEAF MICROGREENS** 50 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



LOOP COLD-PRESSED JUICES 300 ml
SELECTED VARIETIES
4.49 ea.



DAIYA CHEEZE-STYLE BLOCKS, SHREDS, SPREADS OR SLICES
200 - 227 g, SELECTED VARIETIES
5.99 ea. 70 points



2.77 ea. **LIFESMART TOFU**
400 - 454 g
SELECTED VARIETIES



LITEHOUSE DRESSINGS 591 ml
SELECTED VARIETIES
6.49 ea. 80 points

Organic



6.99 ea. **ORGANIC KIWI** 1 lb
PRODUCT OF NEW ZEALAND



4.99 /lb **ORGANIC HONEYCRISP APPLES**
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
11.00/kg



3.99 ea. **ORGANIC CUCUMBERS**
PRODUCT OF CANADA
CANADA No.1 GRADE



29.99 ea. **GREENHOUSE ORGANIC FIERY GINGER SHOTS** 1.26 L

Sliced & Diced

made in my metro



SOUP STARTER KIT 800 g
STEW KIT 1 kg
6.88 ea. 80 points



2.99 ea. **SNACKING CUPS**
203 - 237 g



STORE MADE DIPS
200 - 500 g
5.99 ea. 70 points



14.99 ea. **NACHO PLATTER**
800 g

Holiday Blooms



30.00 ea. **WOODLAND HOLIDAY BOUQUET**
ASSORTED COLOURS AND FLOWERS



22.99 ea. **POINSETTIAS**
8" POT
ASSORTED COLOURS



22.99 ea. **FRESH DOUBLE FACED BALSAM WREATH**
22" RING



20.00 ea. **HOLIDAY CHARM BOUQUET**
ASSORTED COLOURS

Fresh GUARANTEE metro

If it matters to you, it matters to us.

DM2DM2DM2DM2

Fresh From Our Butcher



19.99/lb
WHOLE BEEF TENDERLOIN VAC PACK
CUT FROM AUSTRALIAN GRADED BEEF
WHILE SUPPLIES LAST
44.07/kg



ONTARIO LAMB SPIEDINI
250 g
12.99 ea.



YORKSHIRE VALLEY FARMS ORGANIC FRESH BONELESS SKINLESS CHICKEN BREAST OR THIGHS
30.84/kg
13.99/lb



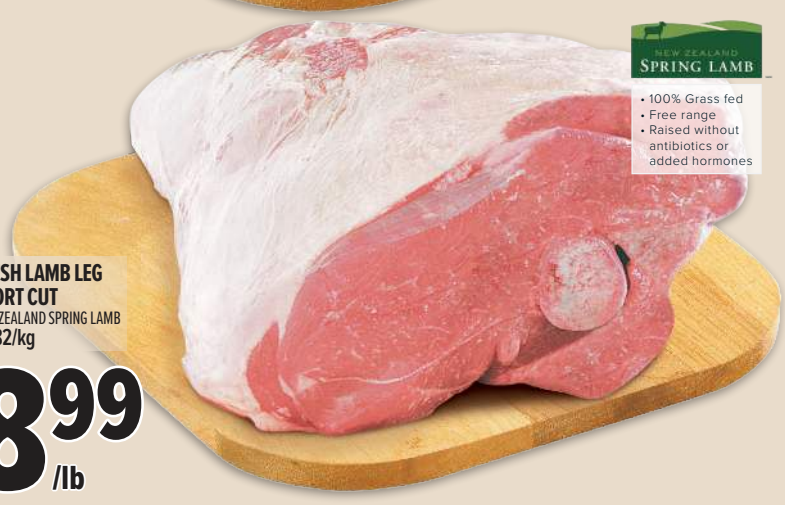
FRESH SPLIT CHICKEN WINGS
13.21/kg
5.99/lb



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



FRESH PORTUGUESE BUTTERFLIED CHICKEN
11.00/kg
4.99/lb



FRESH LAMB LEG SHORT CUT
NEW ZEALAND SPRING LAMB
19.82/kg
8.99/lb



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

Irrésistible



6.99 ea.
IRRESISTIBLE CHEESE STICKS
FROZEN, 325 - 400 g
SELECTED VARIETIES



6.99 ea.
IRRESISTIBLE FRENCH ONION SOUP
500 g, FROZEN



IRRESISTIBLE PIES
FROZEN, 600 - 635 g
SELECTED VARIETIES
6.99 ea.



13.99 ea.
IRRESISTIBLE MINI SPRING ROLLS TRIO
FROZEN, 576 g



13.99 ea.
IRRESISTIBLE PORK BACK RIBS
FROZEN, 680 g
SELECTED VARIETIES



15.99 ea.
IRRESISTIBLE PRIME RIB BEEF SLIDERS
FROZEN, 852 g



15.99 ea.
IRRESISTIBLE MEAT LASAGNA
FROZEN, 2.27 kg



19.99 ea.
IRRESISTIBLE STUFFED BURGERS
FROZEN, 1.02 kg
SELECTED VARIETIES

Entertaining Favourites



7.99 ea.
SUNRISE FARMS BREADED CHICKEN
FROZEN, 700 g
SELECTED VARIETIES



11.99 ea.
MARC ANGELO PORK OR CHICKEN KABOBS OR FINE HERBS PORK SIRLOIN ROAST 480 - 800 g



12.99 ea.
BUTTERBALL TURKEY BURGERS
FROZEN, 852 g



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



7.99 ea.
SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES
375 - 450 g, SELECTED VARIETIES



9.99 ea.
REA SAUSAGES
FROZEN, 720 g
SELECTED VARIETIES



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



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

If it matters to you, it matters to us.

Fresh GUARANTEE metro

DM3DM3DM3DM3

Check off your holiday hosting to-do list

plan the perfect PARTY BITES

IRRESISTIBLE PORK SAUSAGE ROLLS OR HONEY & CHEESE DIPPING BITES
FROZEN, 216 - 360 g
6.99 ea.



IRRESISTIBLE SPRING ROLLS
FROZEN, 300 g
SELECTED VARIETIES
5.99 ea.





IRRESISTIBLE TEMPURA SHRIMP
VALUE PACK
FROZEN, 500 g
10.99 ea.



IRRESISTIBLE BACON-WRAPPED SCALLOP MEDALLION
FROZEN, 200 g
7.99 ea.



HOST APPROVED



made in my metro

PUMPERNICKEL WITH DIP
790 g
125 points value of $1
9.99 ea.

FRESH 2 GO GRAZING MINI CHARCUTERIE
1 un
SERVES 4
29.99 ea.





FRESH 2 GO KOBASSA AND CHEESE TRAY
1 un
SERVES 4
29.99 ea.



3.99 ea. **FRONT STEET BAKERY BAGUETTES**
325 g
SELECTED VARIETIES

baked in my metro



11.99 ea. **SEASONAL GOURMET COOKIE TRAYS**
665 - 710 g
SELECTED VARIETIES

MADE FOR SHARING



14.99 ea. **PARTY DELUXE FRUIT SALAD**
1.5 kg

Irrésistible

SERVE, SAVOUR & CELEBRATE WITH SHRIMP

IRRESISTIBLE PACIFIC WHITE SHRIMP RING
FROZEN, 312 g
9.99 ea.



IRRESISTIBLE BLACK TIGER SHRIMP RING
FROZEN, 454 g
19.99 ea.



IRRESISTIBLE PACIFIC WHITE SHRIMP RING
FROZEN, 284 g
7.99 ea.

IRRESISTIBLE ARGENTINEAN SHRIMP RING
FROZEN, 250 g
8.99 ea.

WILD CAUGHT

Enjoy Fresh Seafood



2.99 /lb
FROZEN BASA FILLETS
66¢/100 g



FRESH ATLANTIC SALMON ROASTS, STUFFED OR MARINATED
2.65/100 g

11.99 /lb



CHOICE

1.29 ea.
CHOICE OYSTERS
SELECTED VARIETIES



7.99 ea.
STORE MADE MINI SEAFOOD PLATTER
PREVIOUSLY FROZEN, 320 g



8.99 /lb
PORTABELLO MUSHROOMS WITH SEAFOOD STUFFING
1.99/100 g



FROZEN WHOLE MACKEREL
907 g

14.99 ea.

DISCOVER NEW



MARINA DEL REY WILD CAUGHT CALAMARI TENTACLES
340 g, FROZEN

5.99 ea.



9.99 ea.
SUSHI POCKET SALMON TERIYAKI OR TUNA MAYO
FROZEN, 528 g



CEDAR BAY AIR FRYER SALMON & BROCCOLI BITES OR FISH'N CHIPS BITES
FROZEN, 453 - 510 g

11.99 ea.



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

Irrésistible



IRRESISTIBLE UNCOOKED SQUID RINGS
FROZEN, 454 g

6.99 ea.



9.99 ea.
IRRESISTIBLE MARINATED MUSSELS
FROZEN, 907 g



9.99 ea.
IRRESISTIBLE SEAFOOD MEDLEY MIX
RAW, FROZEN, 908 g

IRRESISTIBLE ATLANTIC SALMON OR YELLOWFIN TUNA POKE
FROZEN, 400 g

LOW PRICE EVERY DAY
17.99 ea.



Fresh From Our Deli

3.49 /100 g
SIKORSKI CHICKEN BREAST OR HAM
DELI SLICED, 15.83/lb
SELECTED VARIETIES

3.99 /100 g
IRRESISTIBLES ARTISAN BLACK FOREST HAM
DELI SLICED, 18.10/lb

3.99 /100 g
ERIE MEATS ROAST BEEF
DELI SLICED, 18.10/lb

BUY MORE SAVE MORE!

3.59 /100 g
when you buy 400 g or more

BALDERSON 2-YEAR AGED CHEDDAR
DELI CUT, PRICES AS MARKED
4.29/100 g WHEN YOU BUY LESS THAN 400 g



7.49 ea.
MARC ANGELO SLICED ITALIAN DELI MEAT OR OR ITALIA SALAMI
85 - 150 g, SELECTED VARIETIES



IRRESISTIBLE ARTISAN DOUBLE CREME BRIE
170 g

6.99 ea.

125 points value of $1



6.49 /100 g
REGULAR CAMBOZOLA OR CASHEL BLUE CHEESE
DELI CUT, PRICES AS MARKED
29.44/lb



6.99 /100 g
ILCHESTER APPLEWOOD SMOKED CHEDDAR
DELI CUT,PRICES AS MARKED
31.71/lb



6.99.75 ea.
OLYMEL SLICED DELI MEAT
175 g
SELECTED VARIETIES



4.99 ea.
MARC ANGELO SLICED MORTADELLA OR SNACKISSIMO 60 - 110 g
SELECTED VARIETIES



9.99 ea.
DEVON CREAM ENGLISH CLOTTED CREAM
170 g
SELECTED VARIETIES



12.99 ea.
GALBANI MASCARPONE CHEESE
500 g



6.49 ea.
GARDEN FRESH SALSA
473 ml
SELECTED VARIETIES



4.99 ea.
SABRA GUACAMOLE
CLASSIC OR SPICY
198 g



DISCOVER NEW

FRESH 2 GO SIGNATURE PIZZA OF THE MONTH
1 un.

17.99 ea.

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.

$4.29/slice

If it matters to you, it matters to us.

Fresh GUARANTEE metro

DM4DM4DM4DM4

READY, SET, TAILGATE

Fuel up for game day with a winning array of eats.





FRESH 2 GO SMOKEHOUSE PLANK
1 un
44.99 ea.

ORDER IN-STORE OR ONLINE REQUIRES 48 HOURS NOTICE



64.99 ea.
FRESH 2 GO MONTREAL STACK TRAY
1 un
SERVES 12

44.99 ea.
FRESH 2 GO SUB TRAY WITH POTATO CHIPS
1 un
SERVES 12





64.99 ea.
FRESH 2 GO SLIDER SQUAD TRAY
1 un
SERVES 12

PERFECT GAME-DAY PAIRINGS



16.00 ea.
FRESH 2 GO FRIED CHICKEN
8 pcs



6.99 ea.
FRESH 2 GO LARGE POTATO WEDGES
1 un



6.99 ea.
SELECTION SALADS
800 g
SELECTED VARITIES

FLAVOURS OF italy



CUCINA MINI ARANCINI BALLS
FROZEN, 500 g
SELECTED VARIETIES
6.99 ea.



2.99 ea.
RAPINI
PRODUCT OF U.S.A.



3.99 /lb
LARGE BLOOD ORANGES
PRODUCT OF AUSTRALIA
8.80/kg



MASTRO PROSCIUTTO COTTO
13.56/lb
2.99 /100 g



3.99 /100 g
PECORINO PICCOLO CROTONESE
18.10/lb



5.99 ea.
FRONT STREET BAKERY TOSCANO BREAD
570 g



1.99 ea.
UNICO TOMATOES, CANNED OLIVES OR LIGHT TUNA
198 g, 200 - 796 ml
SELECTED VARIETIES



1.99 ea.
MOLISANA OR DE CECCO PASTA
450 - 454 g
SELECTED VARIETIES

125 points value of $1

BRANZINO



11.99 ea.
OCEAN PRIME MEDITERRANEAN SEA BASS FILLETS
FROZEN, 340 g



31.99 ea.
ITALIAN RUM CAKE
1.4 kg



4.49 ea.
MUTTI PASSATA OR TOMATOES
680 - 796 ml
SELECTED VARIETIES



6.99 ea.
LAVAZZA GROUND COFFEE
250 g, SELECTED VARIETIES



8.99 ea.
AURORA HONEY
1 kg
SELECTED VARIETIES



1.79 ea.
UNICO BEANS OR AURORA DICED TOMATOES
398 - 540 ml, SELECTED VARIETIES





1.49 ea.
AURORA SEA SALT OR BOUILLON CUBES 66 g, 1 kg
SELECTED VARIETIES



9.99 ea.
RAO'S PASTA SAUCE
410 - 660 ml
SELECTED VARIETIES



99¢ ea.
UNICO TOMATO PASTE
156 ml
SELECTED VARIETIES



3.99 ea.
MOLISANA, AURORA OR UNICO PEPPERS OR MARINADES 225 - 750 ml, 340 g
AURORA BREADCRUMBS 227 - 680 g
SELECTED VARIETIES



3.99 ea.
RIO MARE INSALATISSIME BOWLS OR VITA SANA GNOCCHI 160 g, 1 kg
SELECTED VARIETIES



5.49 ea.
ONTARIO RAVIOLI OR GNOCCHI
454 g, FROZEN
UNICO ARBORIO RICE 750 g
SELECTED VARIETIES



99¢ ea.
MILANO LADY FINGERS
150 g
SELECTED VARIETIES



2.99 ea.
LOACKER WAFERS OR VITA SANA NECTARS
175 g, 680 ml
SELECTED VARIETIES



14.99 ea.
BACI CHOCOLATES
150 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



11.99 ea.
FESTA PANETTONE OR PANDORO
750 - 908 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



2.29 ea.
BAUDUCCO MINI PANETTONE
80 g, SELECTED VARIETIES
WHILE QUANTITIES LAST



33.99 ea.
CHIOSTRO PANETTONE
750 g, SELECTED VARIETIES
WHILE QUANTITIES LAST

DITL1DITL1DITL1DITL1

Freshly baked in-store



4.49 ea. FRONT STREET BAKERY RYE BREAD 450 g SELECTED VARIETIES



4.49 ea. FRONT STREET BAKERY RUSTIC COUNTRY BREAD 500 g



4.99 ea. FRONT STREET BAKERY RAISIN BREAD 450 g



4.69 ea. FRONT STREET BAKERY WHITE OR WHOLE WHEAT BREAD 675 g SELECTED VARIETIES

Lemon Treats



7.99 ea. FRONT STREET BAKERY LEMON MERINGUE PIE 675 g



21.99 ea. LA ROCCA LEMON MOUSSE CAKE 600 g



5.99 ea. FRONT STREET BAKERY LEMON DANISH PKG OF 4, 400 g



6.99 ea. IRRESISTIBLES CRANBERRY LEMON MUFFINS 600 g



4.99 ea. FRONT STREET BAKERY MINI CROISSANTS PKG OF 12, 336 g

BEST SERVED WARM



5.99 ea. FRONT STREET BAKERY CINNAMON BUNS PKG OF 4, 620 - 650 g



5.99 ea. SELECTION SLICED LOAF CAKE 350 - 400 g, SELECTED VARIETIES



6.99 ea. SELECTION DESSERT SQUARES 345 - 450 g SELECTED VARIETIES



7.99 ea. PROMISE GLUTEN FREE BREADS 400 - 480 g SELECTED VARIETIES



6.49 ea. SILVER HILLS BAKERY ORGANIC SPROUTED BREADS 430 - 680 g SELECTED VARIETIES



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



5.49 ea. FURLANI TEXAS GARLIC TOAST, GARLIC MINI BREAD STICKS OR GARLIC KNOTS 296 - 660 g

Snacks & Beverages



6.99 ea. MONTELLIER SPARKLING WATER 6 X 1 L, SELECTED VARIETIES



6.99 ea. GATORADE SPORT DRINKS SELECTED SIZES, SELECTED VARIETIES



2 for 9.00 OASIS, DEL MONTE OR ARIZONA TETRAS 8 X 200 ml, SELECTED VARIETIES OR 4.79 EA.



SAN PELLEGRINO SPARKLING DRINKS 6 X 330 ml, SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 15.00 LESS THAN 2 PAY 9.49 EA.



18.99 ea. MELEGATTI PANETTONE OR PANDORO 750 g SELECTED VARIETIES WHILE QUANTITIES LAST



19.99 ea. PALUANI PANDORO 750 g SELECTED VARIETIES WHILE QUANTITIES LAST



PRINGLES CHIPS 131 - 156 g SELECTED VARIETIES

40 points

2.99 ea.



LOW PRICE EVERY DAY **2.99 ea.** IRRESISTIBLE CHOCOLATE BARS 100 g SELECTED VARIETIES





5.49 ea. KINDER SURPRISE MILK CHOCOLATES 3 X 20 g, SELECTED VARIETIES



5.99 ea. 70 points SUN-MAID RAISIN SNACKS 140 g, SELECTED VARIETIES



PEEK FREANS COOKIES 300 - 350 g SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 8.00 LESS THAN 2 PAY 5.99 EA.



BUY MORE SAVE MORE!

3 for 3.99 LESS THAN 3 PAY 1.99 EA. HALLS COUGH DROPS 1 un. SELECTED VARIETIES

LIBERTÉ



50 points

3.49 ea. LIBERTÉ GREEK OR MÉDITERRANÉE YOGOURT 4 X 100 g, 2 X 130 g, 500 g SELECTED VARIETIES



6.99 ea. 80 points LIBERTÉ GREEK YOGOURT TUBS 650 - 750 g SELECTED VARIETIES



YOP DRINKABLE YOGOURT 200 ml SELECTED VARIETIES

1.19 ea.

YOP SKYR YOGOURT 750 g SELECTED VARIETIES

7.49 ea. 90 points

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FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

DM5DM5DM5DM5

TACKLE YOUR CRAVINGS

We have your gridiron goals covered with our winning selection of snacks.





5.99 ea. **HEFTY PLATES OR CUTLERY**
26 - 75 un
SELECTED VARIETIES

TAKIS TORTILLA CHIPS
SELECTED SIZES
SELECTED VARIETIES



4.49 ea.

NEAL BROTHERS TORTILLA CHIPS
300 g
SELECTED VARIETIES



4.49 ea.



11.99 ea. **LAVAZZA COFFEE**
340 g
SELECTED VARIETIES

EXCEL GUM
3 x 18 un
SELECTED VARIETIES

50 points



3.99 ea.



3.99 ea. **HI-CHEW CANDY**
90 - 100 g
SELECTED VARIETIES

STEFANO FAITA FROZEN PIZZA
392 - 429 g
SELECTED VARIETIES

90 points



7.99 ea.

CHEEZ-IT CRACKERS
191 - 200 g
SELECTED VARIETIES

40 points



3.49 ea.

McSWEENEY'S BEEF JERKY
70 - 150 g
SELECTED VARIETIES



6.99 ea.

RUSTICA FROZEN PIZZA
645 - 866 g
SELECTED VARIETIES

125 points
value of $1



8.99 ea.



50 points

3.99 ea. **HABITANT OR CAMPBELL'S SOUP**
515 - 796 ml
SELECTED VARIETIES

STEFANO FAITA SOUP
605 ml
SELECTED VARIETIES



6.99 ea.

STEFANO PASTA SAUCE
648 ml
SELECTED VARIETIES



7.49 ea.

CAMPBELL'S CHUNKY SOUP
515 ml
SELECTED VARIETIES

60 points



4.49 ea.

OLD EL PASO SEASONING
24 g
SELECTED VARIETIES



1.49 ea.

OLD EL PASO TACO KITS
250 - 510 g
SELECTED VARIETIES



4.49 ea.

CHOLULA HOT SAUCE OR SALSA
150 - 325 ml
SELECTED VARIETIES



5.49 ea.

BLITZ YOUR THIRST

ALLEN'S JUICE OR COCKTAIL
1 L
SELECTED VARIETIES



2.49 ea.

MIO WATER ENHANCERS
10 un OR 48 ml
SELECTED VARIETIES

60 points



4.49 ea.

COCA COLA SOFT DRINKS
6 x 710 ml
SELECTED VARIETIES



3.99 ea.

HEINEKEN NON-ALCOHOLIC BEER
6 x 330 ml

125 points
value of $1



13.99 ea.



7.99 ea. **BUBLY POP SOFT DRINKS**
6 x 355 ml
SELECTED VARIETIES



10.49 ea. **RED BULL ENERGY DRINKS**
4 x 250 ml
SELECTED VARIETIES



18.99 ea. **COORS EDGE NON-ALCOHOLIC BEER**
12 x 355 ml

DAD'S ROOT BEER
4 x 355 ml
SELECTED VARIETIES



6.99 ea.

THE REAL MVPS: COLD ONES

Celebrate your favourite team with a cool mix of your favourite beers.





MICHELOB ULTRA
6 x 473 ml
17.99 ea.



PABST BLUE RIBBON
6 x 473 ml
13.99 ea.



BAVARIA LAGER HOLLANDIA
4 x 500 ml
8.49 ea.



LAKER ICE
6 x 473 ml
12.99 ea.



17.99 ea.
CORONA EXTRA
6 x 330 ml



16.49 ea.
SLEEMAN ORIGINAL
6 x 473 ml



16.99 ea.
MILLER LITE
6 x 473 ml



28.99 ea.
BUDWEISER BEER
12 x 473 ml



47.99 ea.
BUSH LIGHT
30 x 355 ml



50.99 ea.
COORS LIGHT
30 x 355 ml



52.99 ea.
BUD LIGHT
30 x 355 ml

CHEERS TO OUR LINE-UP OF MIXED DRINKS



20.99 ea.
COTTAGE SPRINGS VODKA SODA
8 x 355 ml



22.99 ea.
GEORGIAN BAY GIN SMASH MIXED PACK
12 x 355 ml



22.99 ea.
WYATT ROSE RANCH WATER
12 x 355 ml



24.49 ea.
SVNS 7UP MIXER
12 x 355 ml



23.49 ea.
TWISTED TEA
12 x 355 ml
SELECTED VARIETIES

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

More Great Savings

NATREL FINE-FILTERED MILK
2 L, SELECTED VARIETIES



125 points value of $1

5.79 ea.

INTERNATIONAL DELIGHT COFFEE WHITENER
946 ml, SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for **10.00**
LESS THAN 2 PAY 7.49 EA.



125 points value of $1 when you buy 2



6.49 ea.
SILK YOGOURT TUBS
500 - 650 g
SELECTED VARIETIES



4.99 ea.
PHILADELPHIA DIPS
227 g
SELECTED VARIETIES



2.99 ea.
NESTLÉ NESQUIK OR ROLO MILK SHAKE
473 ml, SELECTED VARIETIES



4.99 ea.
KÜHNE SAUERKRAUT
720 - 796 ml
SELECTED VARIETIES



5.49 ea.
KOZYSHACK PUDDING
6 X 113 g
SELECTED VARIETIES

80 points



6.99 ea.
ST-DALFOUR SPREAD
225 ml
SELECTED VARIETIES



40 points

2.99 ea.
CHEF BOYARDEE CANNED PASTA
418 - 425 g
SELECTED VARIETIES



125 points value of $1

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





HEINZ SOUP
370 - 380 ml
SELECTED VARIETIES

250 points value of $2

4.99 ea.



40 points

2.49 ea.
GREEN GIANT SIMPLY STEAM VEGETABLES 250 g
SELECTED VARIETIES



5.49 ea.
MAILLE MUSTARD
200 ml
SELECTED VARIETIES

FREE $15 Metro gift card
with the purchase of a
$100 Vanilla® Prepaid card
Offer valid **Nov 12 - 18**



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Low Price Every Day

LIFE SMART LIQUID EGG WHITES
1 kg



NOW **8.99 ea.**

SELECTION OATS
SELECTED SIZES
SELECTED VARIETIES



NOW **3.49 ea.**



NOW **4.99 ea.**
SELECTION JAM
500 ml
SELECTED VARIETIES

SELECTION GARDEN BLEND COCKTAIL
1.89 L



NOW **3.49 ea.**



NOW **3.99 ea.**
IRRESISTIBLE FROZEN PIZZA
340 - 390 g
SELECTED VARIETIES

SELECTION MAYONNAISE
890 ml
SELECTED VARIETIES



NOW **5.99 ea.**

SELECTION CANNED VEGETABLES
341 - 398 ml
SELECTED VARIETIES



NOW **1.49 ea.**



NOW **2.99 ea.**
IRRESISTIBLE PASTRY TWISTS OR MELBA TOAST 100 - 200 g
SELECTED VARIETIES

SELECTION DISHWASHING DETERGENT
591 - 828 ml
SELECTED VARIETIES



NOW **2.49 ea.**

PERSONNELLE HAND SOAP
SELECTED SIZES
SELECTED VARIETIES



NOW **2.49 ea.**

SELECTION PAPER TOWEL
12 = 24 ROLLS



NOW **19.99 ea.**



NOW **1.99 ea.**
SELECTION FACIAL TISSUES 1 un.
SELECTED VARIETIES

Happy NATIONAL PICKLE Day

NOVEMBER 14TH



MATT & STEVE'S EXTREME BEANS AND PICKLES
500 - 750 ml
SELECTED VARIETIES
4.99 ea.



3.99 ea.
PLANT UP PUFFS
100 g
SELECTED VARIETIES



70 points

5.49 ea.
BICK'S PICKLES
1 L
SELECTED VARIETIES

THREE FARMERS SNACKS
140 g
SELECTED VARIETIES
6.49 ea.





PUTTER'S PICKLES
1 L
SELECTED VARIETIES
5.49 ea.



3.49 ea.
ST. LOUIS GARLIC DILL SAUCE
227 g
SELECTED VARIETIES



HELLMANN'S MAYONNAISE
340 - 445 ml
SELECTED VARIETIES
3.99 ea.



1.99 ea.
SELECTION RELISH
375 ml



3.99 ea.
LAUGHING COW CHEESE
133 g
SELECTED VARIETIES

Gluten-Free



125 points value of $1

11.99 ea.

OGGI PIZZA
450 - 452 g
SELECTED VARIETIES



8.99 ea.

BARNEY BUTTER ALMOND BUTTER 284 g
SELECTED VARIETIES



5.49 ea.

DAIYA MAC & CHEESE
300 g
SELECTED VARIETIES



5.99 ea.

BLUE DIAMOND ALMOND CRACKERS
120 g
SELECTED VARIETIES

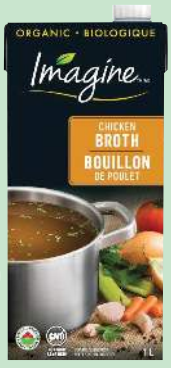
Organic



ONE DEGREE OATS
680 g
SELECTED VARIETIES

7.99 ea.

IMAGINE BROTH
1 L
SELECTED VARIETIES



6.49 ea.



LAKEWOOD TART CHERRY JUICE
946 ml

10.99 ea.

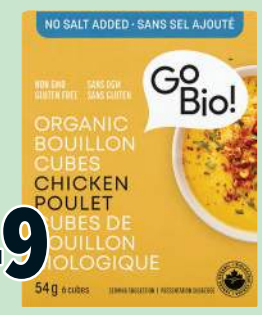
Non-GMO



HONEST KIDS FRUIT DRINKS
5 X 200 ml, SELECTED VARIETIES

4.69 ea.

60 points



GO BIO BROTH CUBES
54 g
SELECTED VARIETIES

3.49 ea.



6.99 ea.

TRADITIONAL MEDICINALS TEA 16 un.
SELECTED VARIETIES



SILK PROTEIN SOY BEVERAGE
946 ml
SELECTED VARIETIES

5.99 ea.

EARTH'S OWN BARISTA
946 ml
SELECTED VARIETIES

2 for **10.00**





3.99 ea.

KASHI CEREAL BARS
200 g

VITA COCO COCONUT WATER
1 L

70 points



5.49 ea.

Pet

PURINA ONE CAT FOOD
1.8 kg
SELECTED VARIETIES

14.49 ea.

13.99 ea.

MEOW MIX DRY CAT FOOD
936 g
SELECTED VARIETIES

9.99 ea.

SELECTION DRY CAT FOOD
2 kg

10.49 ea.

SELECTION CAT LITTER
10 kg

3.99 ea.

BEGGIN' STRIPS DOG TREATS 170 g
SELECTED VARIETIES



11.99 ea.

MILK BONE DOG TREATS 557 - 688 g
SELECTED VARIETIES

Household Helpers



GLADE 3-WICK CANDLE
1 un., SELECTED VARIETIES

12.49 ea.

40 points



SELECTION ALL-PURPOSE CLEANER 950 ml
SELECTED VARIETIES

4.79 ea.



CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL
SELECTED SIZES
SELECTED VARIETIES

19.99 ea.



19.99 ea.

TIDE LAUNDRY DETERGENT
SELECTED SIZES
SELECTED VARIETIES







DM7DM7DM7DM7

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
1.08 - 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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