Fresh matters

metro
CANADIAN AND PROUD



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



4.99/lb JUMBO CHESTNUTS
PRODUCT OF ITALY
11.00/kg



2.99 ea. EXTRA LARGE CAULIFLOWER
PRODUCT OF CANADA, CANADA No. 1 GRADE



AVOCADOS 5 PK
PRODUCT OF MEXICO
LIMES 1 lb
PRODUCT OF MEXICO
2.99 ea.



CAMPARI TOMATOES
1 lb, PRODUCT OF CANADA OR MEXICO
MINI CUCUMBERS
397 g, PRODUCT OF ONTARIO
CANADA No. 1 GRADE
2.49 ea.



4.99 ea. SMALL SALADS
250 - 340 g
SELECTED VARIETIES



SAVE $5.00
20.00 ea. PREMIUM DOZEN ROSES
12-STEM BUNCH
ASSORTED COLOURS



2.99/lb FRESH PORK LOIN CHOPS ECONOMY PACK
3 RIB & 3 SIRLOIN CHOPS OR
FRESH PORK SIDE RIBS VALUE PACK
CENTRE CUT REMOVED
6.59/kg



4.99/lb FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK
11.00/kg



12.99/lb INSIDE VEAL LEG CUTLET FOR SCALLOPINI VALUE PACK
GRAIN FED
28.64/kg



LEAN GROUND PORK VALUE PACK
4.39/kg
1.99/lb
GREAT PRICE!



9.99/lb FRESH RAINBOW TROUT OR TILAPIA FILLETS VALUE PACK
MIN 900 g, 2.21/100 g

SELECTION TURKEY BREAST
COOKED OR SMOKED
DELI SLICED, 2.21/100 g



MARC ANGELO SLICED ITALIAN DELI, IRRESISTIBLE GOAT CHEESE, SELECTION FETA
85 - 200 g
SELECTED VARIETIES
5.99 ea.



6.49 ea. BUBLY, MONTELLIER OR SAN PELLEGRINO SPARKLING WATER
SELECTED SIZES
SELECTED VARIETIES



5.00 ea. FRONT STREET BAKERY DONUTS
PKG OF 4, 340 - 520 g
SELECTED VARIETIES



3.99 ea. FRONT STREET BAKERY CALABRESE OR SOURDOUGH BREAD
500 g



2.99 ea. CAVENDISH FARMS FRIES
400 - 750 g
SELECTED VARIETIES



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



5.99 ea. CRACKER BARREL OR GALBANI CHEESE, CHEESTRINGS OR ACTIVIA MULTI YOGOURT
SELECTED SIZES
SELECTED VARIETIES



CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
3 - 12 un.
SELECTED VARIETIES
5.99 ea.



2.99 ea. CLASSICO PASTA SAUCE
218 - 600 ml
SELECTED VARIETIES



1.69 ea. BARILLA PASTA, UNICO BEANS OR TOMATOES
340 - 410 g, 540 - 796 ml
SELECTED VARIETIES

i earn with moi rewards



CRAVE FROZEN MEALS
200 - 340 g
SELECTED VARIETIES
2.99 ea. members-only price
SPECIAL PRICE 3.99 ea. for non-members

WICKED DEALS



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



NESTLÉ HALLOWEEN CHOCOLATES
100 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST
13.99 ea. members-only price
SPECIAL PRICE 15.99 ea. for non-members

Effective October TH 22 | FR 23 | SA 24 | SU 25 | MO 26 | TU 27 | WE 28 **2026**

Check metro.ca for your local store hours.

MEO_RAD20261019_01_R_V3

metro

DEMPSTER'S WHITE, WHOLE WHEAT BREADS, HOT DOG, HAMBURGER BUNS, D'ITALIANO BREADS OR ROLLS
SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.

2 for 7.00



IRRESISTIBLE COOKED PACIFIC WHITE SHRIMP
31/40, 340 g
WATERVIEW MARKET SHRIMP WITH SAUCE
454 g
FROZEN

7.99 ea.



MAPLE LEAF BACON, SCHNEIDERS BACON, FROZEN BREAKFAST SANDWICHES OR EGG BITES 65 - 375 g
SELECTED VARIETIES

5.99 ea.





9.99 ea.
SCHNEIDERS PEPPERETTES
250 - 375 g
SELECTED VARIETIES



2 for 15.00
VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS
208 - 236 g
SELECTED VARIETIES

CHRISTIE CRACKERS
SELECTED SIZES
SELECTED VARIETIES

BUY MORE SAVE MORE!

3 for 9.99
LESS THAN 3 PAY 4.99 EA.





3.99 ea.
FONTAINE SANTÉ HUMMUS OR DIP, ADONIS HUMMUS 200 - 250 g
SELECTED VARIETIES

CHRISTIE COOKIES
SELECTED SIZES
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 8.00
LESS THAN 2 PAY 5.99 EA.



CHEETOS SNACKS, DORITOS TORTILLA OR RUFFLES CHIPS
SELECTED SIZES, SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 9.00
LESS THAN 2 PAY 5.99 EA.



KRAFT DINNER 58 - 200 g
SELECTED VARIETIES

BUY MORE SAVE MORE!

3 for 4.98
LESS THAN 3 PAY 1.99 EA.





BUY MORE SAVE MORE!

2 for 8.00
LESS THAN 2 PAY 4.49 EA.
IÖGO NANO DRINKABLE YOGOURT
6 X 93 ml
SELECTED VARIETIES

SILK BEVERAGE
1.75 - 1.89 L
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 9.00
LESS THAN 2 PAY 5.99 EA.



i earn with moi rewards

PARLOUR FROZEN DESSERTS
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.
members-only price

SPECIAL PRICE 3.99 ea. for non-members





3.49 ea. + **125 points** value of $1
CAMPBELL'S OR HABITANT READY TO SERVE SOUP 515 - 796 ml
SELECTED VARIETIES



BASKIN ROBBINS ICE CREAM OR NESTLÉ SHARE PACK FROZEN TREATS
SELECTED SIZES, SELECTED VARIETIES

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



STARBUCKS COFFEE CAPSULES
8 - 10 un.
SELECTED VARIETIES

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

100 points when you buy 2

2.99 ea.



LIBERTÉ YOGOURT
4 X 100 g
SELECTED VARIETIES



IRRESISTIBLES MAPLE SYRUP
500 - 540 ml
SELECTED VARIETIES

9.99 ea.
members-only price

SPECIAL PRICE 12.99 ea. for non-members



IRRESISTIBLE K-CUP COFFEE CAPSULES
12 un.
SELECTED VARIETIES

6.99 ea.
members-only price

SPECIAL PRICE 8.99 ea. for non-members



IRRESISTIBLE FROZEN ENTRÉE
255 - 320 g
SELECTED VARIETIES

3.99 ea.
members-only price

SPECIAL PRICE 4.99 ea. for non-members



TIDE DETERGENT, DOWNY SOFTENER OR CASCADE
SELECTED SIZES
SELECTED VARIETIES

7.99 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.

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WITCH WAY TO THE CANDY?

While Quantities Last.



LAY'S POTATO CHIPS
40 PACK
SELECTED VARIETIES

12.99 ea.

19.99 ea.

MARS HALLOWEEN CHOCOLATES OR CANDY
105 PACK
SELECTED VARIETIES





19.99 ea.

HERSHEY'S CHOCOLATES OR TWIZZLERS CANDY
100 PACK
SELECTED VARIETIES

CHILD'S PLAY CANDY
1.3 kg
SELECTED VARIETIES

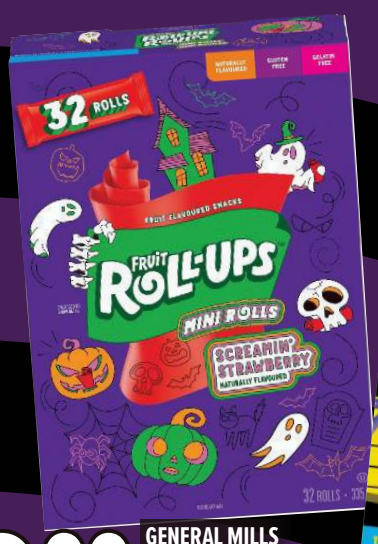
15.99 ea.





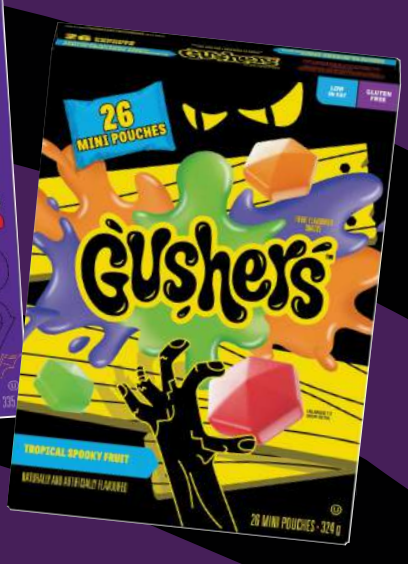
MARS SKITTLES OR STARBURST CANDY
45 PACK
SELECTED VARIETIES

9.99 ea.



9.99 ea.

GENERAL MILLS HALLOWEEN FRUIT SNACKS
26 OR 32 PACK
SELECTED VARIETIES





MARS HALLOWEEN CHOCOLATE
50 PACK
SELECTED VARIETIES

11.99 ea.



9.99 ea.

HARIBO HALLOWEEN CANDY
40 PACK
SELECTED VARIETIES



DARE HALLOWEEN CANDY
50 PACK
SELECTED VARIETIES

12.99 ea.



NESTLÉ HALLOWEEN CHOCOLATES
50 PACK
SELECTED VARIETIES

14.99 ea.



NERDS VARIETY MIX
40 PACK
SELECTED VARIETIES

12.99 ea.



12.99 ea.

PRINGLES
24 PACK
SELECTED VARIETIES



6.99 ea.

SELECTION CHIPS
24 PACK
SELECTED VARIETIES



13.99 ea.

TAKIS HALLOWEEN CHIPS
40 PACK
SELECTED VARIETIES



14.99 ea.

OLD DUTCH HALLOWEEN CHIPS
45 PACK
SELECTED VARIETIES



5.99 ea.

SELECTION LOLLIPOPS
750 g
SELECTED VARIETIES



5.99 ea.

DUBBLE BUBBLE CANDY
60 PACK
SELECTED VARIETIES



6.99 ea.

ROCKETS CANDY
500 g
SELECTED VARIETIES



GENERAL MILLS HALLOWEEN CEREAL
295 - 306 g
SELECTED VARIETIES

4.99 ea.



9.49 ea.

KELLOGG'S MINI RICE KRISPIES SQUARES
40 PACK



4.99 ea.

PILLSBURY REFRIGERATED HALLOWEEN DOUGH
260 g

While Quantities Last.

Enjoy Fresh Produce



3.99 /lb
LARGE HONEYCRISP APPLES
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
8.80/kg



3.99 /lb
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
PRODUCT OF ONTARIO
8.80/kg



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



2.99 ea.
BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS
227 g, PRODUCT OF ONTARIO



1.69 /lb
ACORN, BUTTERNUT, BUTTERCUP OR SPAGHETTI SQUASH
PRODUCT OF ONTARIO
3.73/kg



5.99 ea.
BARTLETT OR BOSC PEARS
2 L, PRODUCT OF ONTARIO
CANADA FANCY GRADE



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



2.99 ea.
BROCCOLI CROWNS
PRODUCT OF CANADA



LIFE SMART SWEET APPLE CIDER
2 L, PRODUCT OF ONTARIO
5.99 ea.



2.49 ea.
BABY CARROTS
340 g, PRODUCT OF ONTARIO



6.99 ea.
HAVEN LETTUCES
226 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



5.99 ea.
JUMBO PUMPKINS
PRODUCT OF ONTARIO



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



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



3.99 /lb
LARGE BLACK PLUMS
PRODUCT OF SPAIN
8.80/kg



1.99 ea.
LARGE RED MANGOES
PRODUCT OF BRAZIL



2.77 ea.
LIFE SMART TOFU
400 - 454 g
SELECTED VARIETIES



9.99 ea.
LOOP BOOSTER OR RECOVER SHOTS
4 X 60 ml



9.99 ea.
IRRESISTIBLE SNACKING MIXES
550 - 700 g, SELECTED VARIETIES

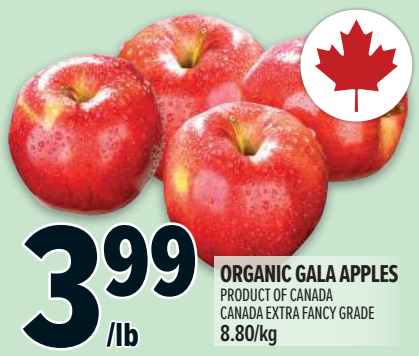


4.99 ea.
VEGGIE STIR-FRY KIT
400 g, PRODUCT OF U.S.A.

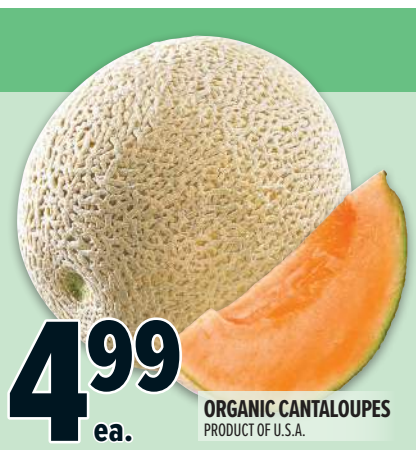
Organic



SUNNY FRUIT ORGANIC DRIED MANGOES 454 g
14.99 ea.



3.99 /lb
ORGANIC GALA APPLES
PRODUCT OF CANADA
CANADA EXTRA FANCY GRADE
8.80/kg



4.99 ea.
ORGANIC CANTALOUPES
PRODUCT OF U.S.A.



70 points
5.99 ea.
ATTITUDE ORGANIC SALADS 142 g
PRODUCT OF CANADA OR U.S.A.
SELECTED VARIETIES

Sliced & Diced

made in my metro



1.99 /lb
SLICED CANTALOUPE OR HONEYDEW MELON
4.39/kg



9.99 ea.
SMALL FRUIT TRAY 840 g

GRAB & GO



5.77 ea.
BENTO KITS
253 - 279 g



11.99 EA. EVERY MONDAY
14.99 ea.
CHICKEN CAESAR SALAD 606 g

Fresh Blooms



SAVE $2.00
14.99 ea.
RAINBOW CHARM BOUQUET
ASSORTED COLOURS



MONEY TREES
5" POT, ASSORTED STYLES
SAVE $2.99
12.00 ea.



DISCOVER NEW
RUFFLED CYCLAMEN
6" WOVEN POT
ASSORTED COLOURS
14.99 ea.



20.00 ea.
TWILIGHT IN BLOOM BOUQUET
ASSORTED COLOURS AND FLOWERS

Fresh from our butcher



PLATINUM GRILL ANGUS T-BONE STEAK
CUT FROM CANADA AAA GRADE
44.07/kg
19.99 /lb

CUT FROM 100% CANADIAN ANGUS AAA GRADE BEEF



10.99 /lb
PLATINUM GRILL ANGUS SIRLOIN TIP ROAST OR VALUE PACK STEAK
CUT FROM CANADA AAA GRADE
24.23/kg



CUT FROM 100% CANADIAN AA GRADE BEEF

12.99 /lb
RED GRILL BEEF SHORT RIBS
CUT FROM CANADA AA GRADE OR HIGHER
28.64/kg



PORK LOIN CHOPS VALUE PACK CENTRE CUT BONE IN
8.80/kg
3.99 /lb



6.99 ea.
LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 450 g

Organic



5.99 /lb
YORKSHIRE VALLEY FARMS ORGANIC FRESH WHOLE CHICKEN, DRUMSTICKS OR LEG QUARTERS
13.21/kg



10.00 ea.
STUFFED BONELESS CHICKEN BREAST
310 - 350 g, PKG OF 2
SELECTED VARIETIES

made in my metro



5.99 /lb
BREADED CHICKEN BREAST CUTLETS VALUE PACK BONELESS SKINLESS
13.21/kg

Selection

Irrésistible



4.99 ea.
IRRESISTIBLES CHICKEN BREAST STRIPS
FULLY COOKED, 200 g
SELECTED VARIETIES



6.99 ea.
IRRESISTIBLES ARTISAN DRY CURED BACON 375 g
SELECTED VARIETIES



7.99 ea.
IRRESISTIBLES FRENCH ONION SOUP
FROZEN, 500 g



10.99 ea.
IRRESISTIBLE SHEPHERD'S PIE
FROZEN, 800 g



8.99 ea.
SELECTION SMOKED HAM 675 g
SELECTED VARIETIES



10.99 ea.
SELECTION JAMAICAN STYLE PATTIES
FROZEN 1.01 kg
SELECTED VARIETIES



12.99 ea.
SELECTION CHICKEN WINGS
800 - 850 g, SELECTED VARIETIES
CORN DOGS 1.5 kg
FROZEN



13.99 ea.
SELECTION BEEF BURGERS
FROZEN 1.36 kg

LOCKED DOWN PRICES OCT 22ND TO NOV 18TH, 2026



6.99 ea.
BUTTERBALL TURKEY BACON
300 - 375 g
SELECTED VARIETIES



7.99 ea.
JOHNSONVILLE SAUSAGES
375 - 500 g, SELECTED VARIETIES



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



10.99 ea.
LIFE SMART NATURALIA BONELESS STEWING BEEF CUBES OR EXTRA LEAN GROUND BEEF 454 g
PRODUCT OF NEW ZEALAND



7.99 ea.
WONG WING ENTRÉES
FROZEN, 360 - 680 g



8.99 ea.
ZABIHA HALAL BREADED CHICKEN
FROZEN, 700 - 800 g
SELECTED VARIETIES



14.99 ea.
MONTANA'S ANGUS BEEF BURGERS OR KELSEYS PORK BACK RIBS
FROZEN, 600 - 906 g



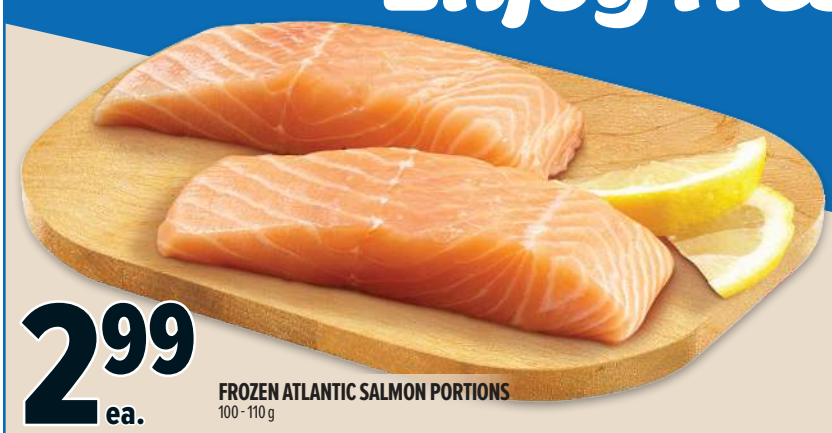
16.99 ea.
POGO BREADED WIENERS
FROZEN. 960 g - 1.5 kg
SELECTED VARIETIES

If it matters to you, it matters to us.

Fresh GUARANTEE metro

DM3DM3DM3DM3

Enjoy Fresh Seafood



2.99 ea. FROZEN ATLANTIC SALMON PORTIONS
100 - 110 g



DOM CEDAR PLANKED SALMON
FROZEN, 454 g
SELECTED VARIETIES
15.99 ea.



1.99 ea. PACIFIC WHITE SHRIMP SKEWER
FROZEN OR PREVIOUSLY FROZEN, 74 g



6.99 ea. FRESH ATLANTIC SALMON PINWHEEL 170 g



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



19.99 ea. WILDER PASTEURIZED CRAB MEAT 454 g



4.49 ea. HIGH LINER CATCH OF THE DAY FILLETS
FROZEN, 350 g



8.99 ea. AQUA STAR BUTTERFLY, COCONUT OR POPCORN SHRIMP
FROZEN, 500 g



11.99 ea. TOPPITS GLUTEN FREE BREADED COD, HADDOCK OR SOLE FILLETS
FROZEN, 400 g



15.99 ea. AQUA STAR WILD SOCKEYE SALMON FILLETS
FROZEN, 454 g

Irrésistible



IRRESISTIBLE UNCOOKED SQUID RINGS
FROZEN, 454 g
6.99 ea.



10.99 ea. IRRESISTIBLE COCONUT SHRIMP
FROZEN, 454 g



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



IRRESISTIBLE ATLANTIC SALMON OR YELLOWFIN TUNA POKE
FROZEN, 400 g
LOW PRICE EVERY DAY
17.99 ea.

Deli Favourites



2.99 /100 g SAN DANIELE MORTADELLA
SELECTED VARIETIES
DELI SLICED, 13.56/lb



3.49 /100 g BRANDT KOLBASSA SAUSAGE COIL, MEAT LOAF, HONEY MAPLE SMOKED OR POLISH HAM
DELI CUT, 15.83/lb



3.99 /100 g IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT, CORNED BEEF OR PASTRAMI
SELECTED VARIETIES
DELI SLICED OR SHAVED, 18.10/lb



5.99 /100 g CAMBOZOLA BLUE CHEESE
DELI CUT, PRICES AS MARKED
27.17/lb



7.49 ea. IRRESISTIBLE SLICED ITALIAN DELI MEAT
100 - 125 g, SELECTED VARIETIES



5.49 ea. LA BELLE BRETAGNE PÂTÉ OR NOREL CRETONS
150 g
SELECTED VARIETIES



6.99 ea. SCHNEIDERS BOLOGNA
375 g
SELECTED VARIETIES



12.99 ea. BEEMSTER HATCH PEPPER GOUDA 250 g



4.99 ea. SUMM! DUMPLINGS OR SPRING ROLLS
250 - 350 g, SELECTED VARIETIES



5.49 ea. MOLINARO'S PIZZA KIT 1 un.
SELECTED VARIETIES



20.00 ea. FRESH 2 GO FRIED CHICKEN AND TWO SELECTION SALADS
8 PC, 454 g
SELECTED VARIETIES

BUY MORE SAVE MORE!

SHOP THESE AND MORE IN-STORE OR ONLINE



3.29 /100 g when you buy 400 g or more
FRICO GOUDA
DELI CUT, PRICES AS MARKED
MILD 3.79/100 g
MATURE 3.89/100 g
WHEN YOU BUY LESS THAN 400 g



3.29 /100 g when you buy 400 g or more
PRÉSIDENT FRENCH EMMENTAL
DELI CUT, PRICES AS MARKED
3.79/100 g WHEN YOU BUY LESS THAN 400 g



3.29 /100 g when you buy 400 g or more
BALDERSON 2-YEAR AGED CHEDDAR
DELI CUT, PRICES AS MARKED
3.99/100 g WHEN YOU BUY LESS THAN 400 g



4.79 /100 g when you buy 400 g or more
L'EXTRA DOUBLE CRÈME BRIE
DELI CUT, PRICES AS MARKED
5.29/100 g WHEN YOU BUY LESS THAN 400 g

Fresh GUARANTEE metro

If it matters to you, it matters to us.

For the **Love** of **Parm**

October 27th is National Parmigiano Reggiano Day & we're celebrating with savoury varieties & perfect parm pairings.



3.99/100 g
IRRESISTIBLE GRATED PARMIGIANO REGGIANO
AGED 24 MONTHS
DELI CUT, PRICES AS MARKED
18.10/lb





28-38g of PROTEIN PER 100g

BUY MORE SAVE MORE!

IRRESISTIBLE PARMIGIANO
5.39/100 g WHEN YOU BUY LESS THAN 400 g

BUY MORE SAVE MORE!

3.59/100 g

4.99/100 g
LUPA PECORINO ROMANO CHEESE
DELI CUT, PRICES AS MARKED
22.63/lb



FRESH 2 GO ARANCINI
1 un
SELECTED VARIETIES
2.99 ea.



125 points value of $1

7.99 ea.
SAPUTO PARMESAN OR ASIAGO PETALS
125 g
SELECTED VARIETIES



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

metro FRESH 2 GO



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



6.99 ea.
GALBANI MOZZARELLA FRESCA
227 g
SELECTED VARIETIES



125 points value of $1

11.99 ea.
IRRESISTIBLE GRANA PADANO
AGED 14 MONTHS
200 g

SERVES 6



FRESH 2 GO MEAT LASAGNA
1.5 kg
25.00 ea.



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

Order in-store or online. Requires 48 hours notice.

FRESH 2 GO TASTE OF ITALY CHARCUTERIE TRAY
1 un



125 points value of $1

29.99 ea.



FRONT STREET BAKERY CALABRESE BAGUETTE
325 g
SELECTED VARIETIES
3.99 ea.

PERFECT PAIRINGS: HEARTY SOUP + SOURDOUGH BREAD

PREMIÈRE MOISSON SOUPS
700 ml
SELECTED VARIETIES

7.99 ea.



HOT

metro FRESH 2 GO



STARTING FROM

4.99 ea.

FRESH 2 GO SOUP
1 un
SELECTED VARIETIES

baked in my metro



FRONT STREET BAKERY SOURDOUGH BREAD
500 g

3.99 ea.





IRRESISTIBLE SOUPS
600 ml, 642 g
SELECTED VARIETIES

6.99 ea.

Apple Treats



4.99 ea. FRONT STREET BAKERY FRUIT BITES
PKG OF 12, 240 g
SELECTED VARIETIES



5.99 ea. FRONT STREET BAKERY APPLE PARISIAN TWISTS
PKG OF 6, 420 g
SELECTED VARIETIES



6.99 ea. IRRESISTIBLE APPLE SPICED MUFFINS
600 g



31.99 ea. APPLE CRUMBLE CHEESECAKE
1500 g

Bakery Favourites



22.99 ea. FRONT STREET BAKERY DESSERT CAKES
750 - 1000 g, SELECTED VARIETIES



26.99 ea. CARROT CAKE
1000 g



7.99 ea. FRONT STREET BAKERY CUPCAKES
WHITE OR CHOCOLATE
PKG OF 6, 320 g



4.49 ea. FRONT STREET BAKERY CAKE SLICES
SELECTED SIZES
SELECTED VARIETIES



4.29 ea. FRONT STREET BAKERY ITALIAN PANINI ROLLS
PKG OF 6, 325 g



4.49 ea. PREMIÈRE MOISSON SANDWICH BREADS
475 g
SELECTED VARIETIES



12.99 ea. IRRESISTIBLE NEW YORK STYLE CHEESECAKE 600 g
SELECTED VARIETIES



22.99 ea. CRUMBS BAKESHOP COLOSSAL VANILLA BIRTHDAY CUPCAKE
1.55 kg

LA FOURNÉE DORÉE BRIOCHE BREADS OR MINI BUNS
480 - 500 g



5.99 ea.



2.49 ea. SELECTION BAGELS 510 g
SELECTED VARIETIES



4.49 ea. DIMPFLMEIER RYE BREADS
454 - 680 g
SELECTED VARIETIES



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

Snacks & Beverages



17.00 LESS THAN 2 PAY 9.49 EA.
COCA-COLA SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES



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



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



13.99 ea. HEINEKEN NON ALCOHOLIC BEER
6 X 330 ml



4.99 ea. NESTLÉ CHOCOLATES
SELECTED SIZES
SELECTED VARIETIES



6.99 ea. McSWEENEY'S BEEF JERKY
70 - 85 g, SELECTED VARIETIES



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



3.99 ea. KELLOGG'S NUTRI-GRAIN BARS
295 g, SELECTED VARIETIES



LOW PRICE EVERY DAY
2.99 ea. SELECTION CRACKERS
225 g
SELECTED VARIETIES



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



6.99 ea. STARBUCKS COFFEE CREAMER
800 - 828 ml
SELECTED VARIETIES



5.69 ea. CHAPMAN'S YUKON FROZEN TREATS
SELECTED SIZES
SELECTED VARIETIES



4.99 ea. DEL MONTE REFRIGERATED JUICE 1.6 L
SELECTED VARIETIES

STARBUCKS COFFEE CAPSULES
8 - 10 un.
SELECTED VARIETIES
WHILE QUANTITIES LAST
125 points
13.49 ea.





SAN PELLEGRINO SPARKLING DRINKS
6 X 330 ml, SELECTED VARIETIES
6.49 ea.

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SAME FLYER PRICES AND DEALS ONLINE

DM5DM5DM5DM5

FLAVOURS OF Diwali

CELEBRATE THE FESTIVAL OF LIGHTS



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



WHOLE TILAPIA FAMILY PACK
FROZEN, 1.36 kg
8.99 ea.



JUMBO

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

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





21.99 ea.
LA ROCCA EGG-FREE MANGO MOUSSE CAKE
600 g

1 KG



9.99 ea.
BORNA HAMOON DATES
PRODUCT OF IRAN
1 kg

DIVYA LENTILS OR CHICK PEAS
1.8 - 1.81 kg
SELECTED VARIETIES
3.99 ea.





1.49 ea.
PRIMO BEANS
540 ml
SELECTED VARIETIES



3.99 ea.
CASABLANCA BUTTER COOKIES
454 g
SELECTED VARIETIES



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

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





6.99 ea.
BRAR'S SAMOSAS
FROZEN, 624 g
SELECTED VARIETIES



1.49 ea.
BHIKHARAM SNACKS OR DIVYA SOYA CHUNKS
150 - 200 g
SELECTED VARIETIES

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





3.99 ea.
MARIGOLD SAUCES
400 ml
SELECTED VARIETIES



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

DESI-LICIOUS KULFI
FROZEN, 1 L
SELECTED VARIETIES
6.99 ea.





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



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



1.29 ea.
DIVYA OKRA
FROZEN, 315 g
SELECTED VARIETIES



2.29 ea.
SURATI SNACKS
250 - 341 g
SELECTED VARIETIES



1.79 ea.
SURATI VEGETABLES
FROZEN, 340 g
SELECTED VARIETIES

Item availability varies by store.

More Great Savings

EARTH'S OWN BEVERAGE
1.75 - 1.89 L
SELECTED VARIETIES
4.99 ea.

B-FIT HIGH PROTEIN MILKSHAKE
460 ml
SELECTED VARIETIES
3.49 ea.

LIBERTÉ KÉFIR 1 L
SELECTED VARIETIES
5.99 ea.

IÖGO TUBS OR SIGGI'S SKYR YOGOURT
650 g, 4 X 100 g
SELECTED VARIETIES
4.49 ea.

PHILADELPHIA DIPS 227 g
SELECTED VARIETIES
4.99 ea.

ACTIVIA MULTI YOGOURT
12 X 100 g
SELECTED VARIETIES
5.99 ea.

LACTANTIA CREAM CHEESE OR CRACKER BARREL CHEESE SPREAD
200 - 227 g, SELECTED VARIETIES
4.49 ea.

GAY LEA SPREADABLES BUTTER WITH CANOLA OIL
227 g, SELECTED VARIETIES
5.99 ea.

QUAKER OATMEAL
SELECTED SIZES
SELECTED VARIETIES
4.99 ea.
60 points

NESCAFÉ GOLD INSTANT COFFEE 200 g
SELECTED VARIETIES
14.99 ea.

LIPTON TEA BAGS 100 un.
SELECTED VARIETIES
9.99 ea.

BLUE DRAGON NOODLES OR SPRING ROLL WRAPPERS
134 - 300 g
SELECTED VARIETIES
3.99 ea.

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

KRAFT DRESSING 425 ml
SELECTED VARIETIES
3.99 ea.

POPEYES DIPPING SAUCE 473 ml
SELECTED VARIETIES
5.49 ea.

TACO BELL SAUCE
207 ml
SELECTED VARIETIES
2.99 ea.





SMUCKER'S UNCRUSTABLES
4 X 52 g - 4 X 58 g
SELECTED VARIETIES
5.49 ea.

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

BAUDUCCO PANETTONE
680 g
SELECTED VARIETIES
9.99 ea.

GIOIA TORRONE
150 g
SELECTED VARIETIES
4.49 ea.



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

DR.OETKER EASY PIZZI PIZZA
560 - 600 g
SELECTED VARIETIES
7.49 ea.

DR.OETKER GIUSEPPE RISING CRUST OR THIN CRUST PIZZA
439 - 785 g, SELECTED VARIETIES
7.49 ea.

Low Price Every Day

SELECTION PEANUT BUTTER
1 kg, SELECTED VARIETIES
NOW **4.99** ea.

IRRESISTIBLES STRAWBERRY JAM
500 ml
NOW **4.99** ea.

SELECTION BROTH 900 ml
SELECTED VARIETIES
NOW **1.99** ea.

IRRESISTIBLE ICE CREAM BARS
SELECTED SIZES
SELECTED VARIETIES
NOW **4.99** ea.

IRRESISTIBLE CRANBERRY COCKTAIL
1.89 L
SELECTED VARIETIES
NOW **4.49** ea.

SELECTION PRETZELS AND SNACKS
265 - 400 g
SELECTED VARIETIES
NOW **3.49** ea.

IRRESISTIBLE COOKIES 280 g
SELECTED VARIETIES
NOW **3.99** ea.

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

FLAVOURS OF italy





16.99 ea.

CACTUS PEARS
2.1 kg CASE
PRODUCT OF MEXICO



1.99 ea.

LARGE ARTICHOKES
PRODUCT OF U.S.A.

MARC ANGELO PROSCIUTTO OR ANTIPASTO QUATTRO TRAY
150 - 175 g
SELECTED VARIETIES

11.99 ea.





ZERTO MOZZARELLA 250 g
SELECTED VARIETIES

9.99 ea.





FRONT STREET BAKERY
OUR ABSOLUTE FINEST

FRONT STREET BAKERY MASCARPONE VANILLA CAKE 1.4 kg

31.99 ea.





FRONT STREET BAKERY CALABRESE BREAD
500 g

3.99 ea.



12.99 /lb

BREADED VEAL LEG CUTLETS
GRAIN FED
28.64/kg

CHELSEA BONED SALTED FISH FILLETS
454 g

6.99 ea.



FIUGGI WATER
1 L
SELECTED VARIETIES

2.99 ea.





1.25 ea.

AURORA BOUILLON CUBES
66 g, SELECTED VARIETIES



3.99 ea.

ONTARIO RAVIOLI OR GNOCCHI
454 g, FROZEN
SELECTED VARIETIES

UNICO OLIVES
375 ml
SELECTED VARIETIES

2.49 ea.



ILLY ESPRESSO COFFEE
250 g, SELECTED VARIETIES

11.99 ea.



MOLISANA PASTA SAUCE
380 ml
SELECTED VARIETIES

2.99 ea.



DITL1DITL1DITL1DITL1

moi rewards

members get more with member pricing



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



IRRESISTIBLEs MAPLE SYRUP
500 - 540 ml
SELECTED VARIETIES

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



NESTLÉ HALLOWEEN CHOCOLATES
100 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

13.99 ea. members-only price
SPECIAL PRICE **15.99 ea.** for non-members



PARLOUR FROZEN DESSERTS
SELECTED SIZES
SELECTED VARIETIES

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



CRAVE FROZEN MEALS
200 - 340 g
SELECTED VARIETIES

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



IRRESISTIBLE FROZEN ENTRÉE
255 - 320 g
SELECTED VARIETIES

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



IRRESISTIBLE K-CUP COFFEE CAPSULES
12 un
SELECTED VARIETIES

6.99 ea. members-only price
SPECIAL PRICE **8.99 ea.** for non-members

Organic



ANNIE'S COOKIES 213 g
SELECTED VARIETIES
3.99 ea.



2.99 ea.
COVE SODA 355 ml
SELECTED VARIETIES



5.99 ea.
CROFTER'S JAM 383 ml
SELECTED VARIETIES



BRAGG APPLE CIDER VINEGAR 946 ml
15.49 ea.



3.99 ea.
ORGANIC MEADOW HALF & HALF CREAM 500 ml



MARANATHA PEANUT BUTTER 500 g
SELECTED VARIETIES
9.99 ea.



KICKING HORSE COFFEE BEANS 454 g
SELECTED VARIETIES
19.99 ea.

Non-GMO



8.49 ea.
RIGHTEOUS SORBETTO BARS 4 X 88 ml
SELECTED VARIETIES



BOB'S RED MILL MIXES 368 - 440 g
SELECTED VARIETIES
6.49 ea.



GT'S SYNERGY KOMBUCHA 480 ml
SELECTED VARIETIES
4.49 ea.

Gluten-Free



3.99 ea.
GOMACRO BARS 65 - 69 g
SELECTED VARIETIES



NAKED & SAUCY SAUCES 296 ml
SELECTED VARIETIES
9.49 ea.



4.49 ea.
LILY'S CHOCOLATE BARS 80 - 85 g
SELECTED VARIETIES



5.99 ea.
JOVIAL RICE PASTA 340 g
SELECTED VARIETIES

Baby & Beauty



5.99 ea.
GERBER BABY CEREAL 227 g
SELECTED VARIETIES



1.25 ea.
PERSONNELLE BABY PURÉE 128 ml
SELECTED VARIETIES



16.99 ea.
HUGGIES WIPES 384 un.



JOHNSON'S BABY CARE
SELECTED SIZES
SELECTED VARIETIES
7.49 ea.



6.49 ea.
IRISH SPRING BAR SOAP 6 X 104.8 g
SELECTED VARIETIES



8.99 ea.
DOVE MEN+CARE ANTIPERSPIRANT OR DEODORANT
SELECTED SIZES
SELECTED VARIETIES



NEUTROGENA OIL FREE MAKE-UP REMOVER 162 ml
12.49 ea.



CERAVE MOISTURIZING LOTION
SELECTED SIZES
SELECTED VARIETIES
22.99 ea.

Household Helpers



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



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



9.99 ea.
DOWNY SCENT BOOSTERS 303 - 379 g
SELECTED VARIETIES



18.99 ea.
ROYALE BATHROOM TISSUE
24 = 48 ROLLS
SELECTED VARIETIES



FEBREZE AUTO AIR FRESHENER
1 un.
SELECTED VARIETIES
4.99 ea.



5.99 ea.
PINE-SOL MULTI-SURFACE CLEANER 1.41 L, SELECTED VARIETIES



LYSOL WIPES
75 - 84 un.
SELECTED VARIETIES
BUY MORE SAVE MORE!
2 for 12.00
LESS THAN 2 PAY 8.99 EA.



11.99 ea.
ENERGIZER BATTERIES
AA 8 un.
AAA 4 un.

FALL FRESH:

NEW CLEAN ROUTINE

Spruce up your space for the new season with quality brand-name cleaning supplies.



BUY MORE SAVE MORE!

2 for **12.00** or 8.99 ea.

LYSOL WIPES
75 - 84 un
SELECTED VARIETIES



5.49 ea.

FEBREZE AIR FRESHENER
230 g OR 1 un
SELECTED VARIETIES

LYSOL ALL-PURPOSE CLEANER
950 ml
SELECTED VARIETIES

6.99 ea.





4.99 ea.

ALLEN'S CLEANING VINEGAR
950 ml



3.99 ea.

ALLEN'S DOUBLE STRENGTH CLEANING VINEGAR
2.5 L
SELECTED VARIETIES



4.49 ea.

NATURE CLEAN MULTI-PURPOSE CLEANER
740 ml
SELECTED VARIETIES



6.49 ea.

TILEX BATHROOM CLEANER
946 - 950 ml
SELECTED VARIETIES



26.99 ea.

FINISH DISHWASHER DETERGENT
60 - 90 un
SELECTED VARIETIES



14.99 ea.

SWIFFER CLOTHS OR DUSTERS
SELECTED SIZES
SELECTED VARIETIES



13.99 ea.

GLAD GARBAGE BAGS
20 - 40 un
SELECTED VARIETIES



12.99 ea.

AFFRESH WASHING MACHINE CLEANER
120 g



5.49 ea.

GLISTEN DISHWASHER OR WASHING MACHINE CLEANER
354 ml
SELECTED VARIETIES



7.99 ea.

BOUNTY PAPER TOWEL
3 = 6 rolls

WHITER. BRIGHTER. FRESHER.

GET LAUNDRY ESSENTIALS



6.49 ea.

FLEECY REFRESHER
754 ml



15.99 ea.

TRU EARTH LAUNDRY DETERGENT SHEETS
32 un
SELECTED VARIETIES



14.49 ea.

NATURE CLEAN LAUNDRY DETERGENT
3 L
SELECTED VARIETIES



6.49 ea.

CLOROX BLEACH
2.4 L
SELECTED VARIETIES

JANES
Ready for anything!



18.99 ea.
JANES ULTIMATES TAVERN BATTERED COD
FROZEN, 1 kg



JANES BATTERED FISH FILLETS
FROZEN, 450 - 510 g
SELECTED VARIETIES
8.99 ea.



JANES ULTIMATES FISH FILLETS
FROZEN, 450 - 545 g
SELECTED VARIETIES
14.99 ea.

THE KEG STEAKHOUSE + BAR



15.99 ea.
THE KEG PORK BACK RIBS FULLY COOKED
FROZEN, 700 g



18.99 ea.
THE KEG PRIME RIB BEEF BURGERS
FROZEN, 908 g - 1.02 kg
SELECTED VARIETIES

MARC ANGELO



MARC ANGELO FINE HERB PORK SIRLOIN ROAST
800 g
9.99 ea.



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

CINEPLEX

FREE MOVIE OFFER*

*Must redeem online. Offer ends January 31, 2027. See participating products for details. For more information visit www.GeneralMillsMovieOffers.ca

Happy Diwali

General Mills



GENERAL MILLS CEREAL
SELECTED SIZES
SELECTED VARIETIES
6.49 ea.



3.99 ea.
OLD EL PASO KITS
250 - 400 g
SELECTED VARIETIES



3.49 ea.
BETTY CROCKER FRUIT SNACKS OR NATURE VALLEY BARS
SELECTED SIZES
SELECTED VARIETIES

**Granola Bars brand (in a tie), 2026 BrandSpark® Canadian Trust Study. ***Mexican Food Products brand, 2026 BrandSpark® Canadian Trust Study. © General Mills

From October 1 to 31, 2026

contest* moi rewards



VALUE OF $3,200

BUY ANY **LOTTERY TICKET** AND SWIPE YOUR **MOI REWARDS CARD** FOR YOUR CHANCE TO WIN

400,000 moi POINTS

to participate

1. buy any lottery ticket
2. use your moi card at checkout
3. you're automatically entered!



*Terms and conditions apply. Screen and ticket not exactly as shown.

OLG

Play. Smart