

HAPPY NEW YEAR.

4 DAY SALE

DECEMBER 28TH - DECEMBER 31ST, 2023



PINTY'S
EATWELL
CHICKEN STRIPS

NO ARTIFICIAL COLOURS OR FLAVOURS
LOW IN SATURATED FAT
SOURCE OF OMEGA-3 POLYUNSATURATED FATTY ACIDS

PINTY'S
BUFFALO CHICKEN Wings

SAVE \$7.00

9.99 ea.

PINTY'S BREADED CHICKEN OR WINGS
FROZEN, 750 - 790 g, SELECTED VARIETIES



2.99 /lb

EXTRA LARGE GREEN OR LARGE BLACK SEEDLESS GRAPES
PRODUCT OF PERU OR BRAZIL, No. 1 GRADE
6.59/kg



6.99 ea.

5-6 oz

ROCK LOBSTER TAILS 5 - 6 oz
WILD PINK ARGENTINIAN SHRIMP RAW 20/30 SIZE, 300 g
PACIFIC WHITE SHRIMP RINGS 284 g, FROZEN



1/2 PRICE

AGROPUR OKA CHEESE REGULAR OR SMOKED
CHEVALIER BRIE TRIPLE CREME CHEESE OR
AGROPUR 3 YEAR OLD GRAND CHEDDAR
DELI CUT, PRICES AS MARKED, 11.77/16



2.88 ea.

OCEAN SPRAY CRANBERRY JUICE OR COCKTAIL OR MOTT'S CLAMATO COCKTAIL 1.77 - 1.89 L
SELECTED VARIETIES



2.88 ea.

RUFFLES OR TOSTITOS TORTILLA CHIPS OR SALSA
SELECTED SIZES, SELECTED VARIETIES



FRESH 2 GO

CHICKEN & RIB MEAL DEAL

EVERYDAY

26.99 ea.

FRESH 2 GO CHICKEN & RIB MEAL DEAL
INCLUDES: 1 MAMMOTH CHICKEN, PORK BACK RIBS, AND 2 SIDES HOT OR COLD
WALK IN ONLY



2 for 9.00

JOHNSONVILLE SAUSAGES OR LEADBETTERS BACON
375 - 500 g, SELECTED VARIETIES

ONTARIO



9.99 ea.

BOX OF 25

FRESH MALPEQUE STANDARD OYSTERS
BOX OF 25
COOKED WILD CAUGHT LOBSTER
350 g, FROZEN



5.99 ea.

FRONT STREET BAKERY ALL BUTTER CROISSANTS
PKG OF 12, 684 g

baked in my metro m.



14.99 ea.

IRRESISTIBLES ASSORTMENT CHEESECAKE 1 kg

SAVE \$7.00

Cheesecake
assortment - assortiment de Gâteaux au fromage
Déléciable collection - Collection découverte

NEW YORK 100%



22.00 ea.

STORE MADE MEDIUM TRAYS
FRESH VEGETABLE 1.7 kg
FRESH FRUIT 2.5 kg

OVER 5 LBS OF FRUIT

made in my metro m.



16.99 ea.

20 STEM BUNCH

INTERMEDIATE ROSES
20 STEM BUNCH, ASSORTED COLOURS

Effective December-January

TH	FR	SA	SU
28	29	30	31

metro.ca



HAPPY NEW YEAR.

metro

6 PACK

AquaStar
KING CRAB CRABE ROYAL
LEGS & CLAWS / PATTES ET PINCES

29⁹⁹ ea.

AQUA STAR KING CRAB LEGS & CLAWS 500 g or ROCK LOBSTER TAIL 3 oz, PKG OF 6, FROZEN

RED GRILL BEEF
SATISFACTION GUARANTEED

CUT BY OUR BUTCHER

7⁸⁸ /lb

RED GRILL STRIP LOIN STEAK VALUE PACK OR ROAST OR BEEF SHORT RIBS
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
17.37/kg

800 G

AquaStar
PACIFIC WHITE SHRIMP
CREVETTES BLANCHES DU PACIFIQUE
COOKED • PEELLED • TAIL-ON
CREVETTES À TAILLE ET AUX FINES HERBES
RAW • 16-20, 800 g, 19.99 EA.
U-10 COLOSSAL SCALLOPS 19.99/lb, 4.41/100 g, FROZEN

19⁹⁹ ea. or /lb

RED GRILL BEEF
SATISFACTION GUARANTEED

5⁹⁹ /lb

RED GRILL BONELESS STEWING BEEF CUBES VALUE PACK
13.21/kg

FRESH

2⁹⁹ /lb

FRESH PORK BACK RIBS VALUE PACK
6.59/kg

Lilydale
SUNDRIED TOMATO & BASH
TURKEY BREAST ROAST

3⁴⁹ /100 g

CUDDY OR LILYDALE TURKEY BREAST
SELECTED VARIETIES, DELI SLICED, 15.83/lb

Bolt House Farms
SINCE 2015

1⁴⁹ ea. or /lb

LARGE BEEFSTEAK TOMATOES
PRODUCT OF ONTARIO OR MEXICO, 3.28/kg
BABY CARROTS 340 g
PRODUCT OF U.S.A.

FAMILY SIZE

Attitude
Spring Mix
Mélange Printanier

3⁹⁹ ea.

ATTITUDE LARGE SIZE SPRING MIX OR BABY SPINACH 312 g
PRODUCT OF U.S.A.
CORED GOLDEN PINEAPPLES 600 g

Villaggio
CLASSICO
ITALIAN STYLE BREADS, BUNS OR DEMPSTER'S WHOLE GRAIN BREADS
SELECTED SIZES, SELECTED VARIETIES, OR 3.49 EA.

2 for 6⁰⁰

Coca-Cola
ORIGINAL TASTE

CANADA DRY
GINGER

pepsi

2 for 13⁰⁰

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
12 X 341 - 355 ml
SELECTED VARIETIES, OR 7.49 EA.

Dr. Oetker
Casa di Mama
Ristorante

3⁴⁹ ea.

DR. OETKER OR IRRESISTIBLES PIZZA
SELECTED SIZES
SELECTED VARIETIES

950 G

McCafé
ETHICALLY SOURCED
100% PREMIUM ROAST COFFEE BEANS
PREMIUM ROAST TASTE & AROMA

Folgers
Lively Colombian
100% ARABICA COFFEE BEANS

STARBUCKS, FOLGERS OR McCAFÉ COFFEE
SELECTED SIZES
SELECTED VARIETIES

SAVE \$4.00

16⁹⁹ ea.

Tropicana
100% JUICE

3⁴⁹ ea.

TROPICANA JUICES
SELECTED SIZES
SELECTED VARIETIES

Plant-Based

Silk
ALMOND
UNSWEETENED

Honey Nut Cheerios
MADE WITH Real Honey

3 for 10⁰⁰

GENERAL MILLS, QUAKER CEREAL OR SILK BEVERAGES
SELECTED SIZES
SELECTED VARIETIES

24'S

eska
NATURAL SPRING WATER

2 for 7⁰⁰

ESKA NATURAL SPRING WATER 24 X 500 ml OR SELECTION SPARKLING WATER 12 X 355 ml
SELECTED VARIETIES

Astro
ORIGINAL
BALKAN YOGURT

LIBERTÉ
mediterrani
BLACK CURRY

LIBERTÉ
GREC GREEK

2⁴⁹ ea.

ASTRO OR LIBERTÉ YOGURT
SELECTED SIZES, SELECTED VARIETIES

Milk
EST. 1965

Real Dairy
ICE CREAM

DRUMSTICK
VANILLA CARAMEL

4⁹⁹ ea.

NESTLÉ REAL DAIRY ICE CREAM, DRUMSTICKS OR NOVELTIES
SELECTED SIZES, SELECTED VARIETIES

\$ New Lower Prices

3 for 15⁰⁰

WONG WING ENTRÉES
FROZEN, 360 - 680 g
SELECTED VARIETIES

SAVE \$5.79

BUY ONE GET ONE FREE

SUMMER FRESH TOPPED HUMMUS 255 g
SELECTED VARIETIES

2 for 12⁰⁰

MARC ANGELO SLICED ITALIAN DELI MEAT OR BOURSIN CREAM CHEESE
100 - 175 g
SELECTED VARIETIES OR 6.49 EA.

4⁹⁹ ea.

POST CEREAL
SELECTED SIZES
SELECTED VARIETIES

2 for 7⁵⁰

PEARL MILLING COMPANY PANCAKE MIX OR SYRUP
SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.

30 PACK

SAVE \$4.00

19⁹⁹ ea.

McCAFÉ OR MELITTA COFFEE
SELECTED SIZES
SELECTED VARIETIES

2 for 8⁰⁰

BLACK DIAMOND PROCESSED SLICED CHEESE OR COMBO
SELECTED SIZES
SELECTED VARIETIES OR 5.99 EA.

4⁹⁹ ea.

KIND GRANOLA CEREAL 312 g OR EARTH'S OWN OAT BEVERAGE 946 ml
SELECTED VARIETIES

5⁹⁹ ea.

MARY'S CRACKERS 182 - 184 g OR CROFTER'S JAM 383 ml
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 8⁰⁰

LESS THAN 2 PAY 4.99 EA.

2 for 5⁵⁰

SELECTION SNACKS, IRRESISTIBLES OR LIFE SMART NATURALIA POPCORN OR IRRESISTIBLES VEGETABLE STICKS
SELECTED SIZES, SELECTED VARIETIES OR 3.49 EA.

2 for 6⁵⁰

CHRISTIE CRACKERS
SELECTED SIZES
SELECTED VARIETIES OR 4.19 EA.

3⁹⁹ ea.

DOLE PINEAPPLE JUICE 4 X 240 ml - 1.36 L
SELECTED VARIETIES

2 for 5⁰⁰

OASIS JUICE, DEL MONTE NECTAR OR ARIZONA ICED TEA
SELECTED VARIETIES, OR 2.79 EA.

2 for 5⁵⁰

BITS & BITES OR CRISPERS SNACKS
SELECTED SIZES
SELECTED VARIETIES, OR 3.99 EA.

2 for 9⁵⁰

HERSHEY'S OR MARS CHOCOLATE MULTIPACKS OR BAGS
SELECTED VARIETIES

2 for 9⁰⁰

PLANTERS NUTS OR SELECTION PEANUTS
SELECTED SIZES
SELECTED VARIETIES, OR 4.79 EA.

6⁹⁹ ea.

SAN PELLEGRINO NATURALI OR MOMENTI SPARKLING DRINKS
6 X 330 ml
SELECTED VARIETIES

SAVE \$23.00

39⁹⁹ ea.

VEGA NUTRITIONAL SUPPLEMENTS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.

CREST, SENSODYNE OR COLGATE ORAL CARE
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹ ea.

PALMOLIVE OR DAWN DISHWASHING DETERGENT, GLAD WRAP, ALCAN FOIL OR REYNOLDS PARCHMENT PAPER
SELECTED SIZES, SELECTED VARIETIES

3⁹⁹ ea.

LYSOL, VIM OR CLOROX CLEANERS
SELECTED SIZES
SELECTED VARIETIES

10⁹⁹ ea.

CHARMIN BATHROOM TISSUE, BOUNTY PAPER TOWELS OR ENERGIZER BATTERIES
SELECTED SIZES, SELECTED VARIETIES

25 BONUS MILES when you buy 2

15 BONUS MILES when you buy 2

2⁹⁹ ea.

BURNBRAE EGG BAKES QUICHE 190 g
SELECTED VARIETIES

SAVE \$3.50

3⁹⁹ ea.

BURNBRAE EGG BITES QUICHE 336 g
SELECTED VARIETIES

2 for 10⁰⁰

HUNGRY-MAN FROZEN MEALS
SELECTED SIZES, SELECTED VARIETIES OR 5.49 EA.

UNLOCK APP-CLUSIVE SAVINGS.



SAVE
\$1.80

Add your Air Miles® card
to the My Metro app
for exclusive deals.



AIR MILES.

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a linked Loyalty card. Limit of one coupon redemption per customer loyalty card, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.

Farm Fresh Produce

3.99
ea. BLACKBERRIES 170 g
PRODUCT OF MEXICO

2.99
/lb LARGE HONEYCRISP APPLES
PRODUCT OF U.S.A.
EXTRA FANCY GRADE
6.59/kg

5.99
ea. BLUEBERRIES PINT
PRODUCT OF PERU, No. 1 GRADE

4.99
ea. ROMANE HEARTS 3 PK
PRODUCT OF U.S.A.
ANDY BOY
3 Romaine Hearts / 3 Coeurs de Romaine
Produit des E.U.A. / Produit des E.U.A.

3.99
ea. GOLDENBERRIES 200 g
PRODUCT OF COLOMBIA

5.49
ea. AVOCADOS 5 PK
PRODUCT OF MEXICO

4.99
ea. GREEN FRENCH BEANS 400 g
PRODUCT OF GUATEMALA

3.49
ea. BELLE GROVE MUSHROOMS
OYSTER 100 g, BUTTON 227 g
PRODUCT OF ONTARIO

3.99
ea. LIMES 1 lb
PRODUCT OF MEXICO

4.99
ea. BLACK MISSION FIGS 227 g
PRODUCT OF MEXICO

2 for 5.00
ea. BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO

4.99
ea. CAULIFLOWER
PRODUCT OF U.S.A., No. 1 GRADE

4.99
ea. MEYER LEMONS 1 lb
PRODUCT OF U.S.A.

5.99
ea. RED GRAPEFRUIT 3 lb
PRODUCT OF U.S.A.

4.99
ea. YELLOW-FLESH POTATOES 5 lb
PRODUCT OF CANADA
CANADA No. 1 GRADE

2.99
/lb EXTRA LARGE GREEN SWEET PEPPERS
PRODUCT OF U.S.A.
6.59/kg

6.99
/lb JUMBO CHESTNUTS
PRODUCT OF ITALY
15.41/kg

11.99
ea. FRESH POMEGRANATE ARILS
2 X 227 g
PRODUCT OF U.S.A.

6.49
ea. IRRESISTIBLES IN-SHELL DRY ROASTED VIRGINIA PEANUTS
1 kg, SALTED OR UNSALTED

7.99
ea. LOOP COLD-PRESSED JUICES 1L
SELECTED VARIETIES

Organic

11.49
ea. ROYAL NUTS ORGANIC MIXED NUTS 200 g
SELECTED VARIETIES

5.99
ea. ORGANIC FRENCH BEANS 350 g
PRODUCT OF MEXICO

5.99
ea. ORGANIC ROMANE HEARTS 3 PK
PRODUCT OF U.S.A.

3.49
ea. LIFE SMART NATURALIA ORGANIC PLAIN FIRM TOFU 454 g

Sliced & Diced

10.00
ea. PUMPNICKEL TRAY WITH DIP 790 g

4.49
/lb READY TO COOK CUT VEGETABLES
SELECTED VARIETIES
9.90/kg

10.99
ea. STORE MADE FAMILY SALADS 466 - 692 g

12.99
ea. STORE MADE NACHOS PLATTER 800 g

Flowers in Bloom

12.99
ea. FOLIAGE IN WOVEN MUG 4" POT
ASSORTED PLANTS

3.99
ea. PRIMROSE PLANTS 4" POT, ASSORTED COLOURS

16.99
ea. GERBERA BOUQUET
ASSORTED SIZE AND COLOUR GERBERAS

19.99
ea. PEACE LILY 6" POT

Our Butcher's FINEST

CUT BY OUR BUTCHER

11⁹⁹ /lb

RED GRILL PRIME RIB ROAST
CHEF STYLE OR
VALUE PACK RIB STEAK
CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
26.43/kg

RED GRILL BEEF
SATISFACTION GUARANTEED

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN WINGS FROZEN, 1 kg

9⁹⁹ ea.

YORKSHIRE VALLEY FARMS

FRESH

FRESH FRENCHED LAMB RACK
NEW ZEALAND SPRING LAMB
44.07/kg

19⁹⁹ /lb

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

RED GRILL WHOLE BEEF BRISKET VACUUM PACKED CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 11.00/kg

4⁹⁹ /lb

RED GRILL BEEF
SATISFACTION GUARANTEED

PORK LOIN CHOPS CENTRE CUT VALUE PACK BONE IN 11.00/kg

4⁹⁹ /lb

Pulled Pork

LIFE SMART NATURALIA
• Raised without antibiotics
• Grain fed
• 100% Canadian Pork is raised without added hormones

4⁹⁹ /lb

LIFE SMART NATURALIA BONELESS PORK SHOULDER BLADE ROAST OR PORK SHOULDER PICNIC ROAST 11.00/kg

Visit metro.ca for recipe

Holiday Entertaining

8 CHICKEN BREAST KABOBS
MARCANGELO KABOBS OR MEATBALLS
480 g - 1 kg
SELECTED VARIETIES

12⁹⁹ ea.

HONEY GARLIC
MIEL ET AIL
44th STREET PORK BACK RIBS
FULLY COOKED, 595 g
SELECTED VARIETIES

13⁹⁹ ea.

JANES JAMAICAN STYLE PATTIES
PÂTES À LA JAMAÏCAÏNE
TINNEL'S JAMAICAN PATTIES
FROZEN, 1.12 kg
SELECTED VARIETIES

10⁹⁹ ea.

JANES PUB STYLE turkey Strips
JANES PUB STYLE chicken Strips
JANES BREADED CHICKEN OR TURKEY SELECTED VARIETIES OR UNBREADED CHICKEN BURGERS FROZEN, 600 - 852 g

9⁹⁹ ea.

Brunch Favourites

SELECTION BACON
NATURALLY SMOKED - FUMÉ NATURELLEMENT
105 g
SELECTION BACON 65 - 375 g
SELECTED VARIETIES

4⁹⁹ ea.

MINI QUICHES
LOUBAINES - LOUBAINES
10
IRRESISTIBLES MINI QUICHES
FROZEN, 360 g
SELECTED VARIETIES

5⁹⁹ ea.

ULTIMATE
CHICKEN BREAKFAST SAUSAGES
375 g
MAPLE LODGE ULTIMATE CHICKEN BREAKFAST SAUSAGES 375 g
SELECTED VARIETIES

3⁹⁹ ea.

SCHNEIDERS Mini-Sizzlers
BREAKFAST SAUSAGES
12
SCHNEIDERS MINI-SIZZLERS
FROZEN, 375 g

6⁹⁹ ea.

New Zealand Lamb

STEWING GOAT 1 kg
BONE IN, FROZEN
NEW ZEALAND SPRING LAMB

17⁹⁹ ea.

BONELESS MEDITERRANEAN LAMB LEG FROZEN
NEW ZEALAND SPRING LAMB
26.43/kg

11⁹⁹ /lb

LAMB LOIN CHOPS
NEW ZEALAND SPRING LAMB
FROZEN
26.43/kg

11⁹⁹ /lb

BONELESS LAMB STEW CHUNKS 1 kg, FROZEN
NEW ZEALAND SPRING LAMB

22⁹⁹ ea.

Plant-Based

BEYOND BURGER
PLANT-BASED BREADED TENDERS
LANIÈRES PANÉES À BASE DE PLANTES
6
BEYOND MEAT PLANT-BASED BURGERS
FROZEN, 678 g

16⁹⁹ ea.

BEYOND SAUSAGE
HOT ITALIAN
4
BEYOND MEAT PLANT-BASED SAUSAGES
400 g, SELECTED VARIETIES

8⁹⁹ ea.

BEYOND CHICKEN
PLANT-BASED BREADED TENDERS
LANIÈRES PANÉES À BASE DE PLANTES
ORIGINAL
2
BEYOND PLANT-BASED CHICKEN TENDERS OR NUGGETS FROZEN, 226 - 283 g

15⁰⁰

BEYOND BURGER
PLANT-BASED BURGERS
BURGERS À BASE DE PLANTES
20g
BEYOND MEAT PLANT-BASED BURGERS OR GROUND
226 - 340 g

5⁹⁹ ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca



4⁹⁹
/lb

STORE MADE
STUFFED SWEET MINI PEPPERS
OR MUSHROOMS
VALUE PACK
11.00/kg
SELECTED VARIETIES



4⁹⁹
/lb

EASY CARVE
PORK RIB ROAST
11.00/kg



6⁹⁹
/lb

STORE MADE
HOMESTYLE MEATLOAF
OR MEATBALLS
VALUE PACK
15.41/kg
SELECTED VARIETIES



**LESS
PREP.
MORE
PARTY.**



6⁹⁹
/lb

SOUVLAKI SKEWERS
15.41/kg
SELECTED VARIETIES



4⁹⁹
/lb

LIFE SMART
NATURALIA BREADED
TENDERIZED
PORK LEG CUTLETS
VALUE PACK
11.00/kg
SELECTED VARIETIES



6⁹⁹
/lb

STUFFED
PORK TENDERLOIN
15.41/kg
SELECTED VARIETIES



8⁰⁰
ea.

STUFFED
CHICKEN BREASTS
310 - 350 g
PACKAGE OF 2
SELECTED VARIETIES



8⁹⁹
/lb

PLATINUM GRILL
100% CANADIAN
ANGUS BEEF
CUT FROM CANADA
AAA GRADE
19.82/kg
SELECTED VARIETIES



STORE MADE
JUMBO SHRIMP
WITH SAUCE
PREVIOUSLY FROZEN,
26 - 30 SIZE, 2.21/100 g

9⁹⁹
/lb



9⁹⁹
/lb

SEAFOOD BOIL
FROZEN, 2.21/100 g



12⁹⁹
/lb

FRESH ATLANTIC
SALMON TOURNEDO
2.87/100 g



29⁹⁹
/lb

ROCK LOBSTER TAIL
WITH SEAFOOD STUFFING
PREVIOUSLY FROZEN, 2-4 oz, 6.62/100 g



3⁹⁹
ea.

LOBSTER TAIL
SKEWER WITH
GARLIC BUTTER
50 g



4⁹⁹
ea.

7 SEAS SOLE WITH
IMITATION CRAB
& SHRIMP STUFFING
PREVIOUSLY FROZEN, 210 g

Seafood



4⁹⁹ ea.

FRESH ATLANTIC SALMON PORTION
SKINLESS, 113 g

CANADA



14⁹⁹ /lb

LIVE EAST COAST LARGE LOBSTERS
1-1.25 lb, 3.31/100 g

FREE STEAMING WHILE YOU SHOP



2⁹⁹ /lb

FRESH LIVE CULTIVATED P.E.I. MUSSELS
666/100 g

CANADA



3⁹⁹ ea.

BACON WRAPPED SCALLOP MEDALLION SKEWER
100 g, FROZEN OR PREVIOUSLY FROZEN



16⁹⁹ ea.

CANADIAN LOBSTER CLAWS & ARMS
FROZEN, 454 g



15⁹⁹ ea.

PHILLIPS PASTEURIZED CRAB MEAT 227 g FRESH



2 LB

12⁹⁹ ea.

OCEAN PRIME SQUID RINGS
FROZEN, 908 g
SELECTED VARIETIES



15⁹⁹ ea.

OCEAN PRIME RAW FRESH WATER SHRIMP 4-6 SIZE
FROZEN, 454 g



15⁹⁹ ea.

MARINA DEL REY WILD CAUGHT SNOW CRAB LEGS
FROZEN, 454 g

WILD CAUGHT



11⁹⁹ ea.

HIGH LINER SIGNATURE CUTS OR CATCH OF THE DAY
FROZEN, 425 g - 1.32 kg

5 BONUS MILES when you buy 1

Ham



3⁹⁹ /lb

IRRESISTIBLES SPIRAL SLICED HONEY HAM
READY TO SERVE
8.80/kg



3⁹⁹ /lb

IRRESISTIBLES ARTISAN SEMI BONELESS SMOKED HAM
8.80/kg



5⁹⁹ /lb

IRRESISTIBLES ARTISAN SMOKED HALF MOON HAM
13.21/kg



6⁹⁹ ea.

SELECTION SMOKED HAM 675 g
SELECTED VARIETIES



6⁹⁹ ea.

CRISPY CALAMARI SHRIMP BURRITOS 340 g
240 g, FROZEN



7⁹⁹ ea.

GARLIC SHRIMP TOAST 320 g
TEMPURA SHRIMP & ONION NESTS 300 g, FROZEN



9⁹⁹ ea.

IRRESISTIBLES MARINARA MUSSELS
FROZEN, 907 g
SELECTED VARIETIES



10⁹⁹ ea.

IRRESISTIBLES TEMPURA SHRIMP VALUE PACK
500 g, FROZEN



2 for 15⁰⁰

IRRESISTIBLES MEATBALLS
FROZEN, 500 - 680 g
SELECTED VARIETIES, OR 8.99 EA.



5⁹⁹ ea.

IRRESISTIBLES MOZZARELLA CHEESE STICKS
FROZEN, 325 - 400 g
SELECTED VARIETIES



9⁹⁹ ea.

IRRESISTIBLES MINI SPRING ROLLS TRIO
FROZEN, 576 g



9⁹⁹ ea.

IRRESISTIBLES GOURMET SAUSAGES PUFF PASTRY
FROZEN, 468 g




4⁹⁹ ea.

IRRESISTIBLES BATTERED CAULIFLOWER BITES OR LOADED POTATO TOTS
FROZEN, 228 - 493 g



5⁹⁹ ea.

IRRESISTIBLES ASIAN OR MEXICAN BITES OR PORK SAUSAGE ROLLS
FROZEN, 360 - 500 g



6⁹⁹ ea.

IRRESISTIBLES CRANBERRY BRIE PHYLLO PASTRIES
FROZEN, 255 g



6⁹⁹ ea.

IRRESISTIBLES PUFF PASTRY PARTY PACK
FROZEN, 432 g



9⁹⁹ ea.

IRRESISTIBLES PASTA ENTRÉES
FROZEN, 1 - 1.13 kg
SELECTED VARIETIES



9⁹⁹ ea.

IRRESISTIBLES CABBAGE ROLLS
FROZEN, 1.13 kg



9⁹⁹ ea.

IRRESISTIBLES SHEPHERD'S PIE
FROZEN, 800 g



14⁹⁹ ea.

IRRESISTIBLES LASAGNA
FROZEN, 2.27 kg

5 LB

FRONT STREET BAKERY

OUR ABSOLUTE FINEST



27⁹⁹ ea.
FRONT STREET BAKERY GOURMET BANANA CAKE 1.65 kg



27⁹⁹ ea.
FRONT STREET BAKERY SWISS MILK CHOCOLATE TRUFFLE CAKE MADE WITH LINDT CHOCOLATE 1.2 - 1.3 kg, SELECTED VARIETIES



27⁹⁹ ea.
FRONT STREET BAKERY RED OR PINK VELVET CAKE 1.2 - 1.45 kg



23⁹⁹ ea.
FRONT STREET BAKERY JAPANESE CHEESECAKE 1000 - 1500 g, SELECTED VARIETIES

Baked in my Metro



4⁹⁹ ea.
FRONT STREET BAKERY GOURMET CINNAMON ROLLS OR DANISH RING CAKE 440 - 650 g, SELECTED VARIETIES



7⁹⁹ ea.
IRRÉSISTIBLES ARTISAN FRUIT PIES 750 g, SELECTED VARIETIES



8⁹⁹ ea.
IRRÉSISTIBLES ARTISAN APPLE OR HONEY CRUNCH APPLE PIES 1 kg



8⁹⁹ ea.
FRONT STREET BAKERY GOURMET SWISS APPLE STRUDEL 950 - 990 g, SELECTED VARIETIES



3⁷⁹ ea.
FRONT STREET BAKERY DINNER ROLLS OR HOT CROSS BUNS PKG OF 6 - 12, 300 - 400 g



3⁷⁹ ea.
FRONT STREET BAKERY PUMPERNICKEL BREAD 675 g



3⁷⁹ ea.
FRONT STREET BAKERY CALABRESE BREAD 500 g



3⁷⁹ ea.
PREMIÈRE MOISSON BAGUETTES 325 - 475 g, SELECTED VARIETIES

SUN-MAID RAISIN BREAD OR THOMAS BREAKFAST BREADS 450 - 454 g, SELECTED VARIETIES

5²⁹ ea.

DEMPSTER'S 10" TORTILLAS 480 - 610 g, SELECTED VARIETIES

5²⁹ ea.

KING'S HAWAIIAN ROLLS 340 g, SELECTED VARIETIES

4⁴⁹ ea.

DEMPSTER'S ENGLISH MUFFINS 340 g, SELECTED VARIETIES

3²⁹ ea.

Deli Favourites

BUY MORE SAVE MORE!

2⁶⁹ /100 g
PRESIDENT FRENCH EMMENTAL DELI CUT, PRICES AS MARKED, 12.20/lb *LESS THAN 500 g PAY 3.49/100 g

BUY MORE SAVE MORE!

3²⁹ /100 g
JARLSBERG CHEESE REGULAR OR LIGHT DELI CUT, PRICES AS MARKED, 14.92/lb *LESS THAN 500 g PAY 4.79/100 g

5²⁹ /100 g
MANCHEGO CHEESE AGED 3 MONTHS DELI CUT, PRICES AS MARKED, 24.00/lb

2⁹⁹ /100 g
BRANDT KOLBASSA SAUSAGE COIL OR MEAT LOAF DELI CUT, 13.56/lb

2⁹⁹ /100 g
LAFLEUR EXTRA LEAN COOKED HAM DELI SLICED, 13.56/lb

5⁴⁹ ea.
BELLITALIA PIZZA TOPPINGS 150 - 175 g, SELECTED VARIETIES

6⁹⁹ ea.
FANTINO & MONDELLO SLICED DELI MEAT 100 - 200 g, SELECTED VARIETIES

5⁴⁹ ea.
WE GUAC GUACAMOLE 227 g, SELECTED VARIETIES

5⁹⁹ ea.
GARDEN FRESH TORTILLA CHIPS OR SALSA 397 g, 473 ml, SELECTED VARIETIES

5⁹⁹ ea.
RESER'S CREAMY MASHED POTATOES OR GARLIC MASHED POTATOES 680 g

8⁹⁹ ea.
SWISS CHALET POT PIE 620 g, SELECTED VARIETIES

6⁹⁹ ea.
RANA RAVIOLI 300 g, SELECTED VARIETIES



ENTERTAINING MADE EASIER

You bring the guests, we'll handle the rest.

PLACE YOUR ORDER TODAY



By Phone 1-877-763-7374



Online fresh2go.metro.ca



In-Store Visit Our Deli



8⁰⁰ ea.
FRESH 2 GO CHEESE BALLS 250 g, SELECTED VARIETIES



39⁹⁹ ea.
FRESH 2 GO ITALIAN STYLE CHARCUTERIE PLANK 900 g

REQUIRES 48 HOURS NOTICE. ORDER IN-STORE OR ONLINE.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



FRESH
2 GO

READY FOR NEW YEAR'S EVE?

You bring the guests, we'll handle the rest.



PLACE YOUR
ORDER TODAY



By Phone

1-877-763-7374



Online

fresh2go.metro.ca



In Store

Visit Our Deli

[View Brochure](#)

NEW YEAR'S EVE MAIN EVENT

Entertain with ease with our delicious variety of meat & seafood main dishes, as well as a tasty array of apps & sides.



53 PCS

30⁰⁰ ea.
KAZUKO
SUSHI PLATTER
53 pcs



29⁹⁹ ea.
ALASKAN
SNOW LEGS & SHRIMP
PLATTER
908 g



FRESH 2 GO
ARTISAN RUSTICO BOARD*
840 g
SERVES 10 - 15

29⁹⁹ ea.

BRING FLAVOUR TO THE PARTY



FRESH 2 GO
PINWHEEL
SANDWICH PLATTER*
SERVES 10 - 12

54⁹⁹ ea.



6⁹⁹ ea.
FEVER-TREE
BEVERAGE
4 x 200 ml
SELECTED VARIETIES



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



1.2 KG

12⁹⁹ ea.
IRRESISTIBLES
ANGUS BEEF
MEATBALL TRIO
FROZEN, 1.2 kg



ST. HUBERT
MOZZARELLA
CHEESE STICKS
FROZEN, 510 g

11⁹⁹ ea.



2 for 5⁰⁰
Less than 2
pay 2.99 ea.
IRRESISTIBLES
CHIPS
130 - 150 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



PRINGLES
MEGA SIZE CHIPS
SELECTED VARIETIES
2 for 8⁰⁰
or 4.29 ea.

*Requires 48 Hours Notice. Order In Store or Online.



5⁹⁹ ea.
SELECTION PEANUT BUTTER
1 kg
SELECTED VARIETIES

3⁹⁹ ea.
IRRESISTIBLES
BAGELS
368 g
SELECTED VARIETIES



4⁴⁹ /lb
SELECTION SLICED
PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
9.90/kg



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

IT'S 2024: LET'S BRUNCH

Set up a delectable brunch table with everything from breakfast platters & fruit bowls to bacon, breads & a sweet selection too.

IRRESISTIBLES
APPLE OR
PINEAPPLE
100% JUICE
1.65 L
SELECTED VARIETIES

4⁹⁹ ea.



PURE LIFE
SPARKLING
WATER
1 L
SELECTED VARIETIES

**4 for
5⁰⁰**



**BUY MORE
SAVE MORE!**

**2 for
10⁰⁰**
Less than 2
pay 6.49 ea.

SELECTION
SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES



4⁹⁹ ea.
MATT & STEVE'S
EXTREME BEANS
SELECTED SIZES
SELECTED VARIETIES



19⁹⁹ ea.

FRONT STREET BAKERY
BREAKFAST PLATTER
1 kg

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



19⁹⁹ ea.

FRONT STREET BAKERY
ALL BUTTER
CROISSANT PLATTER
1 kg



3⁹⁹ ea.

STORE MADE
YOGURT PARFAITS
328 g



STORE MADE
PARTY SIZE
DELUXE FRUIT
SALAD
1.5 kg

15⁹⁹ ea.



**2 for
10⁰⁰**
or 7.99 ea.

IRRESISTIBLES
COFFEE CAPSULES
12 un
SELECTED VARIETIES



4⁹⁹ ea.

SELECTION
PAPER PLATES OR BOWLS
24 - 40 un
SELECTED VARIETIES



5⁴⁹ ea.

SELECTION
3-PLY ULTRA NAPKINS
100 un

More Great Savings

5.99 ea.

ZANDERS NUT MIXES 200 g
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

**3 for
6.00**

LESS THAN 3
PAY 2.39 EA.

GATORADE
SPORT DRINKS 710 ml
SELECTED VARIETIES

SOBER CARPENTER
NON ALCOHOLIC
BEER OR
CLEVER MOCKTAILS
355 - 473 ml. SELECTED VARIETIES
OR 3.29 EA.

**2 for
6.00**

CLEVER TONIC
PREMIUM TONIC
SOBER CARPENTER
IPA
NON-ALCOHOLIC CRAFT BEER

HEINEKEN
NON-ALCOHOLIC
BEER 6 x 330 ml
SELECTED VARIETIES

12.49 ea.

Heineken

**BUY MORE
SAVE MORE!**

**2 for
7.00**

LESS THAN 2
PAY 4.49 EA.

LAY'S
FAMILY SIZE CHIPS
SELECTED SIZES
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

**2 for
9.00**

LESS THAN 2
PAY 5.99 EA.

NESTLÉ
CHOCOLATE BAGS
142 - 203 g
SELECTED VARIETIES

**2 for
2.50**

DENTYNE GUM
1 un.

Dentyne ICE

7.99 ea.

COCO REAL COCONUT
CREAM OR
CAESAR SQUEEZER
DRINK MIX
250 ml - 595 g
SELECTED VARIETIES

REAL
SQUEEZER

7.99 ea.

TATE'S BAKESHOP
COOKIES 198 g
SELECTED VARIETIES

TATE'S BAKE SHOP

**2 for
7.00**

GOLDFISH CRACKERS
156 - 227 g
SELECTED VARIETIES
OR 3.49 EA.

Goldfish

3.99 ea.

KOZY SHACK
PUDDING
SELECTED SIZES
SELECTED VARIETIES

KOZYSHACK

5.99 ea.

DR. OETKER
FROZEN CAKE
SELECTED SIZES
SELECTED VARIETIES

Dr. Oetker PÂTISSERIE

3.99 ea.

SELECTION
SALSA 650 ml
SELECTED VARIETIES

MILD DOUCE
MEDIUM MOYENNE

**2 for
7.00**

OLD EL PASTA
TACO SHELLS OR BEANS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

OLDELPASO

CATELLI SMART OR
WHOLE GRAIN PASTA
340 - 375 g
SELECTED VARIETIES

2.99 ea.

CATELLI

DAINTY
LONG & WILD OR
WHOLE GRAIN RICE
450 - 900 g
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

**2 for
7.00**

LESS THAN 2
PAY 4.99 EA.

DAINTY

4.49 ea.

SOMETHING SPECIAL
SPREAD 300 g
SELECTED VARIETIES

Jalapeno
Red Chili

4.49 ea.

CLOVER LEAF
COCKTAIL SHRIMP OR
CRAB MEAT
106 - 120 g
SELECTED VARIETIES

CLOVER LEAF

**3 for
8.00**

CAMPBELL'S BROTH
SELECTED SIZES
SELECTED VARIETIES

Campbell's

**3 for
5.00**

HEINZ BEANS OR PASTA 398 ml
SELECTED VARIETIES

HEINZ BEANS

**2 for
7.00**

HELLMANN'S
MAYONNAISE
SELECTED SIZES
SELECTED VARIETIES
OR 4.49 EA.

HELLMANN'S REAL VRAIE

2.99 ea.

GRISSOL CROUTONS
SELECTED SIZES
SELECTED VARIETIES

GRISSOL

2.19 ea.

DEL MONTE
CANNED VEGETABLES
SELECTED SIZES
SELECTED VARIETIES

Del Monte

8.99 ea.

IRRÉSISTIBLES
CHEESE FONDUE
400 g

IRRESISTIBLES

8.99 ea.

MARIE CALLENDER'S
FROZEN MEALS
SELECTED SIZES, SELECTED VARIETIES

Marie Callender's

**2 for
7.00**

CRAVE OR SMART ONES
FROZEN ENTREE
SELECTED SIZES, SELECTED VARIETIES
OR 3.99 EA.

CRAVE

4.49 ea.

OASIS
SMOOTHIES OR JUICES
SELECTED SIZES
SELECTED VARIETIES

OASIS

5.49 ea.

BECEL
PLANT-BASED
MARGARINE 454 g
SELECTED VARIETIES

BECEL

5 BONUS MILES
when you buy 2

6.99 ea.

NESTLÉ CARNATION
HOT CHOCOLATE
SELECTED SIZES
SELECTED VARIETIES

Carnation

9.99 ea.

TWININGS
TEA 50 un.
SELECTED VARIETIES

TWININGS

ST. DALFOUR
SPREAD 225 ml
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**

**2 for
10.00**

LESS THAN 2
PAY 7.49 EA.

ST. DALFOUR

3.99 ea.

SELECTION
INSTANT OATMEAL
SELECTED SIZES
SELECTED VARIETIES

SELECTION

Non-GMO

KICKING HORSE GROUND COFFEE
284 g
SELECTED VARIETIES

9⁹⁹
ea.



KICKING HORSE COFFEE
THREE SISTERS



KICKING HORSE COFFEE
KICK ASS



SHADY MAPLE FARMS MAPLE SYRUP 375 ml
SELECTED VARIETIES

12⁹⁹
ea.



MARANATHA PEANUT BUTTER
500 g
SELECTED VARIETIES

8⁹⁹
ea.



9⁹⁹
ea. BETTER THAN BOUILLON BROTH 227 g
SELECTED VARIETIES



6⁹⁹
ea. BOB'S RED MILL OATMEAL 907 g
SELECTED VARIETIES



4⁹⁹
ea. ORGANIC MEADOW SOUR CREAM 500 g



2 for 7⁰⁰
FINN CRISP CRACKERS 175 - 200 g
SELECTED VARIETIES OR 3.79 EA.

Gluten-Free

THAT'S IT FRUIT BARS 35 g
SELECTED VARIETIES OR 2.29 EA.

2 for 4⁰⁰



7⁹⁹
ea. IRRESISTIBLES NATURALIA PIZZA 330 g
SELECTED VARIETIES



TERRA CHIPS 141 g
SELECTED VARIETIES

5⁹⁹
ea.



3⁹⁹
ea. MADE GOOD COOKIES 5 X 24 g
SELECTED VARIETIES

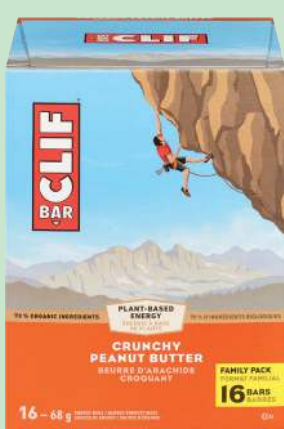
Vegetarian

MRS. RENFRO'S CHIPOTLE NACHO SAUCE
473 ml

6⁹⁹
ea.



9⁹⁹
ea. DAIYA CHEESECAKE 400 g
SELECTED VARIETIES



CLIF BAR ENERGY BARS 16 X 68 g
SELECTED VARIETIES

19⁹⁹
ea.



Baby, Beauty & Health

BUY MORE SAVE MORE!

6 for 12⁰⁰
LESS THAN 6 PAY 2.49 EA.



BABY GOURMET BABY PUREE 128 ml
SELECTED VARIETIES

BUY MORE SAVE MORE!

6 for 12⁰⁰
LESS THAN 6 PAY 2.49 EA.



GERBER BABY PUREE 128 ml, SELECTED VARIETIES



LIVE CLEAN BABY CARE
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹
ea.



JAMIESON BABY-D VITAMIN D3 DROPLETS 11.7 ml

15⁹⁹
ea.



DEGREE DEODORANT 48 - 76 g
SELECTED VARIETIES

3⁹⁹
ea.



AXE BODY WASH 946 ml
SELECTED VARIETIES

8⁹⁹
ea.



DOVE BAR SOAP 6 X 106 g

9⁹⁹
ea.



TAMPAX SANITARY TAMPONS 14 - 18 in.
SELECTED VARIETIES

2 for 10⁰⁰
LESS THAN 2 PAY 6.99 EA.

Household Helpers



17⁹⁹
ea. BOUNTY PAPER TOWELS 6 = 12 ROLLS

DAWN POWERWASH DISH SPRAY OR REFILLS 473 ml
SELECTED VARIETIES

5⁹⁹
ea.



P&G good everyday



9⁹⁹
ea. GAIN FLINGS OR LIQUID LAUNDRY DETERGENT
SELECTED SIZES
SELECTED VARIETIES



11⁹⁹
ea. CASCADE DISHWASHER DETERGENT OR DOWNY SCENT BOOSTERS
SELECTED SIZES, SELECTED VARIETIES

SCRUBBING BUBBLES OR FAMILY GUARD CLEANERS
SELECTED SIZES
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 10⁰⁰
LESS THAN 2 PAY 6.99 EA.



BUY MORE SAVE MORE!

2 for 10⁰⁰
LESS THAN 2 PAY 6.49 EA.



FLEECY DRYER SHEETS OR FABRIC SOFTENER
SELECTED SIZES
SELECTED VARIETIES



12⁹⁹
ea. GLAD GARBAGE BAGS
SELECTED SIZES
SELECTED VARIETIES



14⁹⁹
ea. FINISH DISHWASHER DETERGENT OR RINSE AID
SELECTED SIZES
SELECTED VARIETIES

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