

metro



3.49 /100 g

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



5.99 /lb

RED GRILL
TOP SIRLOIN STEAK
VALUE PACK OR ROAST
CUT FROM CANADA AA OR
USDA SELECT GRADE OR HIGHER
13.21/kg

CUT BY OUR BUTCHER

RED GRILL BEEF
SATISFACTION GUARANTEED



1/2 PRICE

IRRESISTIBLES
GERMAN EMMENTAL CHEESE
DELI CUT, PRICES AS MARKED, 9.05/lb



4.99 ea.

MAPLE LEAF BACON,
SCHNEIDERS BACON,
JUICY JUMBOS OR
SMOKED SAUSAGES OR
BUTTERBALL TURKEY BACON
375 - 450 g, SELECTED VARIETIES



2.99 /lb

BONELESS

BONELESS PORK LOIN CHOPS
VALUE PACK OR ROAST
CENTRE CUT
6.59/kg



2 for 6.00

DEMPSTER'S 7" TORTILLAS,
BAGELS, WHOLE GRAIN BREADS,
THOMAS ENGLISH MUFFINS OR
HOSTESS SNACK CAKES
SELECTED SIZES, SELECTED VARIETIES
OR 3.49 EA



3.99 ea.

1 LB

BELLE GROVE
WHOLE WHITE MUSHROOMS 454 g
PRODUCT OF ONTARIO
DOLE
CHOPPED SALAD KITS 270 - 347 g
PRODUCT OF U.S.A., SELECTED VARIETIES



9.99 /lb or ea.

FRESH COHO SALMON
FILLETS VALUE PACK
MIN 900 g, 9.99/lb, 2.21/100 g
SMOKED COHO SALMON 140 g, 9.99 EA.
PACIFIC WHITE COOKED
SHRIMP RING 312 g, 9.99 EA., FROZEN



8.99 ea.

SAVE \$3.80

MAXWELL HOUSE,
FOLGERS OR
STARBUCKS COFFEE
SELECTED SIZES, SELECTED VARIETIES



5.49 ea.

725 G

JIF PEANUT BUTTER,
NUTELLA'S JAM,
SMUCKER'S SPREAD OR
SELECTION HONEY
SELECTED SIZES, SELECTED VARIETIES

SAVE \$3.00



3.69 ea.

ACTIVIA OR OIKOS
YOGURT
SELECTED SIZES, SELECTED VARIETIES



3.49 ea.

POST OR QUAKER CEREAL
SELECTED SIZES, SELECTED VARIETIES



3.99 ea.

PHILADELPHIA
CREAM CHEESE OR
KRAFT SLICED CHEESE
SELECTED SIZES, SELECTED VARIETIES



99¢ ea.

SAVE \$1.30

CAMPBELL'S SOUP OR
KRAFT DINNER
SELECTED SIZES, SELECTED VARIETIES



5.99 ea.

SAVE \$6.00

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



10.00

3 for

TOSTITOS
TORTILLA CHIPS OR SALSA
SELECTED SIZES, SELECTED VARIETIES



2.99 ea.

GREEN GIANT
FROZEN VEGETABLES
SELECTED SIZES, SELECTED VARIETIES

NEW YEAR New Savings
100s OF ESSENTIALS NEWLY REDUCED

Check out our **NEW YEAR New Savings** flyer on the My Metro app or by scanning the QR code



SAVE \$2.00
6.99 ea.

Selection Breadcr Chicken
Frozen, 800 g
Selected Varieties



me



BONELESS

5⁸⁸
/lb

FRESH BONELESS SKINLESS CHICKEN THIGHS
VALUE PACK
12.96/kg



2⁴⁹
ea.

BLACKBERRIES 170 g
PRODUCT OF MEXICO
BLUEBERRIES 170 g
PRODUCT OF PERU OR CHILE, No. 1 GRADE



2⁹⁹
ea.

CAULIFLOWER
PRODUCT OF U.S.A., No. 1 GRADE
MINI CUCUMBERS 397 g
PRODUCT OF ONTARIO, CANADA No. 1 GRADE

EARTH'S OWN
BEVERAGES
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.



3⁴⁹
ea.

TROPICANA
JUICES
SELECTED SIZES
SELECTED VARIETIES



4⁹⁹
ea.

LACTANTIA PURFILTRÉ OR
BEATRICE CHOCOLATE MILK
3 - 4 L, SELECTED VARIETIES



7⁹⁹
ea.

LOU'S KITCHEN
ENTREES OR CURED PORK LOIN SLICED 375 - 400 g
SELECTED VARIETIES



9⁹⁹
ea.

SCHNEIDERS PEPPERETTES,
INTERNATIONAL OLIVE TRAY OR
KRINOS MACEDONIAN FETA
250 - 700 g, SELECTED VARIETIES



**mix
& match**

**2 for
14⁰⁰**

CALIFORNIA ROLLS,
VEGETARIAN OR SPICY SUSHI
200 - 250 g, SELECTED VARIETIES, SELECTED STORES



7⁹⁹
ea.

LARGE WHITE PACIFIC SHRIMP COOKED, 31 - 40, 340 g
WILD ARGENTINIAN SHRIMP RAW, 20 - 30, 300 g, FROZEN



baked in
my metro
m

5⁴⁹
ea.

FRONT STREET BAKERY
MUFFINS PKG OF 6, 540 - 720 g
SELECTED VARIETIES



made in
my metro
m

**2 for
7⁰⁰**
or 3.99 ea.

STORE-MADE
YOGOURT PARFAITS
328 g



FRESH
CUT TULIPS
15 STEM BUNCH
ASSORTED COLOURS

**2 for
22⁰⁰**
or 12.99 ea.

NEW YEAR
New Savings
100s OF ESSENTIALS
NEWLY REDUCED

Effective January **18** **19** **20** **21** **22** **23**

metro.ca

\$ New Lower Prices



11⁹⁹ ea. IRRESISTIBLES MAMMOTH BBQ OR MONTREAL STEAK SPICE BURGERS
FROZEN, 1.02 kg



12⁹⁹ ea. JANES ULTIMATES FISH FILLETS 530 - 615 g
NANUK SMOKED WILD SOCKEYE SALMON 170 g
FROZEN

5⁹⁹ ea. MASTRO OR SAN DANIELE SLICED DELI MEAT
100 - 150 g, SELECTED VARIETIES



5⁴⁹ ea. IÖGO MULTI OR SIGGI'S TUBS YOGOURT
SELECTED SIZES, SELECTED VARIETIES



LACTANTIA LACTOSE FREE MILK
SELECTED SIZES, SELECTED VARIETIES

5⁹⁹ ea.



ELMHURST BEVERAGE
946 ml
SELECTED VARIETIES

8⁹⁹ ea.

MADE GOOD Soft Baked Mini Cookies
Chocolate Chip

Gluten-Free

3⁹⁹ ea. MADE GOOD MINI COOKIES OR GRANOLA BARS
SELECTED SIZES, SELECTED VARIETIES

TETLEY TEA 80 UN.
SELECTED VARIETIES

8⁹⁹ ea.

SAVE \$2.00



19⁹⁹ ea. MELITTA or McCAFÉ COFFEE
SELECTED SIZES, SELECTED VARIETIES



2 for 7⁰⁰ MINUTE MAID OR FIVE ALIVE DRINKS OR NESTEA ICED TEA
10 X 200 ml, SELECTED VARIETIES OR 4.29 EA.

10⁹⁹ ea. SAN PELLEGRINO SPARKLING WATER
6 X 1 L



BUY MORE SAVE MORE!

2 for 10⁰⁰ LESS THAN 2 PAY 6.99 EA. HÄAGEN-DAZS ICE CREAM
SELECTED SIZES, SELECTED VARIETIES



4⁴⁹ ea. ORVILLE REDENBACHER'S POPPING CORN
SELECTED SIZES, SELECTED VARIETIES

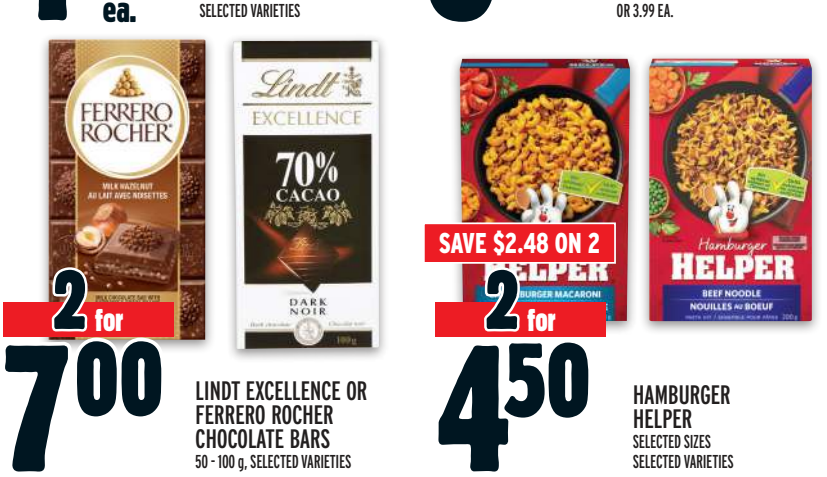
2 for 6⁵⁰ GOLDFISH CRACKERS OR LECLERC COOKIES
SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.



LAY'S FAMILY SIZE CHIPS
SELECTED SIZES, SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 7⁰⁰ LESS THAN 2 PAY 4.49 EA.



2 for 7⁰⁰ LINDT EXCELLENCE OR FERRERO ROCHER CHOCOLATE BARS
50 - 100 g, SELECTED VARIETIES

2 for 4⁵⁰ HAMBURGER HELPER
SELECTED SIZES, SELECTED VARIETIES



5⁴⁹ ea. NIVEA, PANTENE OR ST. IVES PERSONAL CARE
SELECTED SIZES, SELECTED VARIETIES

2 for 22⁰⁰ BOOST, ENSURE, ELSE OR MUSCLE MILK
SELECTED SIZES, SELECTED VARIETIES OR 12.99 EA.

15 BONUS MILES when you buy 2



2 for 7⁵⁰ ALLEN'S OR ROUGEMONT APPLE JUICE OR SUNRYPE SLIM JUICE
1.36 L - 2 L, SELECTED VARIETIES OR 3.89 EA.

15 BONUS MILES when you buy 2



2 for 14⁰⁰ COCA-COLA OR CANADA DRY SOFT DRINKS, NESTEA OR PEACE ICED TEA
12 X 341 - 355 ml, SELECTED VARIETIES, OR 8.49 EA.

20 BONUS MILES when you buy 2



8⁴⁹ ea. BECEL OR IMPERIAL MARGARINE
SELECTED SIZES, SELECTED VARIETIES

20 BONUS MILES when you buy 2



9⁹⁹ ea. TIDE OR GAIN LAUNDRY DETERGENT, DOWNY OR GAIN FABRIC SOFTENERS, BOUNCE SHEETS, SWIFFER REFILLS, CASCADE DISHWASHER DETERGENT, CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWELS
SELECTED SIZES, SELECTED VARIETIES

We reserve the right to limit quantities. DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.



Visit us at: metro.ca
Give us your opinion for a chance to WIN \$1,000 in groceries



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. 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. All AR Miles[®] reward miles purchases (Sunday to Saturday) exclude taxes, tobacco, beer, wine, cider, Western Union, battery, travel tickets, stamps, gift cards, prescription medications, behind-the-counter pharmacy items, and purchases from in-store vendors. All exclusions listed apply to AR Miles Cash redemptions. Use Miles in the cash balance of your AR Miles Collector Account in-store in increments of 99c Miles for \$10 towards purchases at participating AR Miles Partner locations to a maximum of \$750 per day. Save in store on full details. Prices and AR Miles[®] Reward Miles are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Bonus Miles will be credited to your AR Miles[®] Collector Number within 4-6 weeks. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. For the flyer applicable to your area, go to metro.ca/flyer or see the flyer at your local store. Some seafood, bakery and floral items may not be available in all stores. Commercial resale of our products is prohibited. SM trademarks of AM Royalties Limited Partnership used under license by AR Miles, Loyalty Inc. and Metro Ontario Inc.

UNLOCK APP-CLUSIVE SAVINGS.



SAVE
\$4.50
on 2

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.

NEW YEAR New Savings

CLICK TO SHOP
100's OF
ESSENTIALS
REDUCED



metro

NEW YEAR New Savings

PRICES LOCKED DOWN
UNTIL FEBRUARY 7TH, 2024



SAVE \$2
6.99
ea.



Click here to shop
**100's OF
ESSENTIALS
REDUCED**

SAVE \$1
5.99
ea.



Front Street Bakery
All Butter
Croissants
Pkg. of 12, 684 g

SAVE UP
TO \$1
4.99
ea.



SAVE
UP TO \$3
2.99
ea.



SAVE 50¢
2.49
ea.



Selection
Breaded
Chicken
Frozen, 800 g
Selected varieties

WINTER TIME DEALS

PRICES LOCKED DOWN
UNTIL FEBRUARY 7TH, 2024

SAVE \$1
8.99
ea.

Selection
Smoked Ham
570 g
Selected varieties



SAVE \$1
5.99
ea.



Life Smart Naturalia
Tilapia Fillets
Frozen
400 g



SAVE \$2.50
2.49
ea.

Selection
Frozen
Vegetables
Selected sizes
Selected varieties



SAVE 50¢
1.99
ea.

Selection
Chicken Wieners
450 g



ESSENTIALS
UNDER \$4
PRICES LOCKED DOWN
UNTIL FEBRUARY 7TH, 2024

SAVE UP
TO \$2.80
2.99
ea.

Selection
Pancake Mix
or Syrup
Selected sizes
Selected varieties



SAVE
UP TO \$1.50
2.49
ea.



Click to view this week's
NEW YEAR New Savings
digital flyer



SAVE \$2
6.99
ea.

Selection
Breaded
Chicken
Frozen, 800 g
Selected Varieties



Farm Fresh Produce



2.49 /lb
LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
5.49/kg



4.99 ea.
AVOCADOS 5 PK
PRODUCT OF MEXICO



1.99 /lb
LARGE GALA APPLES
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
4.39/kg



4.99 ea.
KIWI BASKETS 600 g
PRODUCT OF GREECE



6.99 ea.
PEACHES 2 lb
PRODUCT OF CHILE
NECTARINES 2 lb
PRODUCT OF CHILE



5.49 ea.
COLOSSAL CANTALOUPE
PRODUCT OF BRAZIL
No. 1 GRADE



4.69 ea.
VISION GREENS LETTUCES 142 g
PRODUCT OF ONTARIO
SELECTED VARIETIES



2.99 /lb
LARGE BEEFSTEAK TOMATOES
PRODUCT OF ONTARIO
6.59/kg



4.99 /lb
SUMO CITRUS
PRODUCT OF U.S.A.
11.00/kg

Incredibly sweet, seedless and easy-to-peel for a great on-the-go snack



6.99 /lb
JUMBO CHERRIES
PRODUCT OF CHILE
No. 1 GRADE
15.41/kg



1.99 ea.
BUNCH RADISHES
PRODUCT OF MEXICO




3.99 ea.
YELLOW-FLESH OR RED POTATOES 5 lb
PRODUCT OF CANADA
CANADA No. 1 GRADE



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



2.49 ea.
LARGE POMEGRANATES
PRODUCT OF TURKEY



2 for 3.00
PASSION FRUIT
PRODUCT OF COLOMBIA



2.99 ea.
GREEN OR RED LEAF LETTUCE
PRODUCT OF U.S.A.



5.99 ea.
BOLTHOUSE JUICES OR SMOOTHIES 946 ml
SELECTED VARIETIES



3.49 ea.
SPINACH 284 g
PRODUCT OF U.S.A.



3.99 ea.
LOCAL GARLIC 115 g
PRODUCT OF ONTARIO



4.49 ea.
LOVE COOKED OR PICKLED BEETS 226 - 250 g
SELECTED VARIETIES

Organic



3.99 ea.
MOTHER RAW ORGANIC DRESSINGS 242 ml
ORGANIC DIPS 250 g
SELECTED VARIETIES



6.99 ea.
ORGANIC SWEET POTATOES 3 lb
PRODUCT OF ONTARIO



3.79 ea.
BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS 227 g
PRODUCT OF ONTARIO



4.49 ea.
ORGANIC GREEN ZUCCHINIS 2 PK
PRODUCT OF MEXICO

Sliced & Diced



10.99 ea.
STORE MADE LARGE SALADS 466 - 692 g



FAMILY SIZE




12.99 ea.
STORE MADE CAROUSELS FRESH VEGETABLE 955 g
FRESH FRUIT 1.4 kg



Flowers in Bloom



19.99 ea.
ANTHURIUM 5" CERAMIC POT
ASSORTED COLOURS



7.99 ea.
SPRING BULBS 6" POT
ASSORTED COLOURS AND VARIETIES



16.99 ea.
IRRÉSISTIBLE GERBERA BOUQUET
ASSORTED COLOURS AND SIZES

Our Butcher's FINEST




9⁹⁹ /lb

RED GRILL PRIME RIB ROAST CHEF STYLE OR VALUE PACK RIB STEAK CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 22.02/kg



10⁹⁹ /lb

RED GRILL EASY CARVE PRIME RIB ROAST CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 24.23/kg



5⁴⁹ /lb

YORKSHIRE VALLEY FARMS OR MAPLE LEAF PRIME ORGANIC FRESH WHOLE CHICKEN OR CHICKEN DRUMSTICKS PRODUCT SELECTION VARIES BY STORE 12.10/kg



3⁹⁹ /lb

LIFE SMART NATURALIA PORK SHOULDER BLADE CHOPS VALUE PACK 8.80/kg

- Raised without antibiotics
- Grain fed
- 100% Canadian Pork is raised without added hormones



6⁹⁹ /lb

FRESH PORK BACK RIBS 15.41/kg



3⁹⁹ /lb

FRESH SPLIT CHICKEN BREAST 8.80/kg



6⁸⁸ /lb

STUFFED OR MARINATED DRY CURED BACON BONELESS SKINLESS 15.17/kg



4⁹⁹ /lb

BONELESS STUFFED PORK LOIN CHOPS, ROAST OR PINWHEELS CENTRE CUT SELECTED VARIETIES 7.69/kg



3⁴⁹ /lb

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

- Raised without antibiotics
- Grain fed
- 100% Canadian Pork is raised without added hormones



19⁹⁹ /lb

LIFE SMART NATURALIA GRASS FED STRIP LOIN STEAK OR BONELESS RIB STEAK PRODUCT OF NEW ZEALAND 44.07/kg

- Steaks aged for a minimum of 28 days
- Free range
- Raised without antibiotics
- Raised without added hormones

Irresistibles



5⁹⁹ ea.

IRRISISTIBLES ARTISAN DRY CURED BACON 375 g, SELECTED VARIETIES



12⁹⁹ ea.

IRRISISTIBLES PORK BACK RIBS FROZEN, 680 g SELECTED VARIETIES



13⁹⁹ ea.

IRRISISTIBLES BEEF BURGERS FROZEN, 852 g SELECTED VARIETIES



13⁹⁹ ea.

IRRISISTIBLES STUFFED BURGERS FROZEN, 1.02 kg SELECTED VARIETIES



8⁹⁹ ea.

IRRISISTIBLES MEATBALLS FROZEN, 500 - 680 g SELECTED VARIETIES



9⁹⁹ ea.

IRRISISTIBLES PASTA ENTRÉES FROZEN, 1 - 1.13 kg SELECTED VARIETIES



4⁹⁹ ea.

IRRISISTIBLES THREE-MEAT PIE FROZEN, 635 g



5⁹⁹ ea.

IRRISISTIBLES ASIAN OR MEXICAN BITES FROZEN, 500 g

LOCKED DOWN PRICES UNTIL FEBRUARY 14TH, 2024



9⁹⁹ /lb

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



5⁹⁹ /lb

BUTTERBALL FRESH TURKEY SPLIT BREAST 13.21/kg



8⁹⁹ ea.

LIFE SMART NATURALIA GRASS FED LEAN GROUND BEEF OR NEW ZEALAND LEAN GROUND LAMB 454 g



5⁹⁹ ea.

JOHNSONVILLE SAUSAGES OR SAUSAGE MEAT 375 - 500 g, SELECTED VARIETIES



3⁹⁹ ea.

MAPLE LODGE ULTIMATE CHICKEN DINNER OR BREAKFAST SAUSAGES 375 - 500 g, SELECTED VARIETIES



9⁹⁹ ea.

PINTY'S EAT WELL BREADED CHICKEN FROZEN, 765 - 790 g SELECTED VARIETIES



11⁹⁹ ea.

SCHNEIDERS OR MAPLE LEAF SMOKED HAM OR MAPLE LEAF ROTISSERIE CHICKEN LEGS OR PORK TENDERLOIN 400 - 700 g, SELECTED VARIETIES



10⁰⁰ ea.

LEGACY BONELESS PORK LOIN ROAST 880 g SELECTED VARIETIES

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

**FRESH
2 GO**

WEEKNIGHT MEAL DEALS

**10⁹⁹
EACH**

Available Monday to Friday
from 3 p.m. to 9 p.m.



MONDAY

606 g Chicken Caesar Salad
Dressing included
180-310 Cals/Serving,
Serves 3



TUESDAY

Hot, Mammoth
BBQ Chicken
1 kg
530 Cals/Serving,
Serves 4



WEDNESDAY

16" Stone Baked Pepperoni Pizza
340 Cals/Slice, 8 Slices
or 16" Stone Baked Cheese Pizza
350 Cals/Slice, 8 Slices



THURSDAY

12 Chicken Tenders
310 Cals/Serving, Serves 3
or 15 Chicken Wings
340-440 Cals/Serving, Serves 3
Hot or Chilled



FRIDAY

Assorted Maki Sushi Boat,
18 pieces
300 Cals/Serving,
Serves 2

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Seafood



2⁹⁹ ea.
PACIFIC COD LOIN PORTION
FROZEN OR PREVIOUSLY FROZEN, 110 g



11⁹⁹ /lb
WILD CAUGHT YELLOWFIN TUNA OR SWORDFISH STEAK
FROZEN OR PREVIOUSLY FROZEN 2.65/100 g



2⁹⁹ /lb
FRESH LIVE CULTIVATED P.E.I. MUSSELS
66¢/100 g



2⁹⁹ ea.
TRUE BLUE MARYLAND CRAB CAKES 113 g
FROZEN OR PREVIOUSLY FROZEN



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



15⁹⁹ /lb
TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS
FROZEN, 3.53/100 g



3⁹⁹ ea.
NATURA VIA BASA OR POLLOCK FILLETS FROZEN, 400 g



7⁹⁹ ea.
MINCED LOBSTER MEAT TIN
FROZEN, 320 g



16⁹⁹ ea.
ROCK HARBOUR CANADIAN LOBSTER CLAWS & ARMS
FROZEN, 454 g



2 for 9⁰⁰
HIGH LINER MARKET CUTS OR CATCH OF THE DAY FILLETS FROZEN, 227 - 350 g OR 4.99 EA.



6⁹⁹ ea.
IRRESISTIBLES CRISPY CALAMARI
FROZEN, 340 g



9⁹⁹ ea.
IRRESISTIBLES SMOKED SALMON
130 g, FROZEN



8⁹⁹ ea.
IRRESISTIBLES SHRIMP & SCALLOPS
FROZEN, 340 g



10⁹⁹ ea.
IRRESISTIBLES LOBSTER BITES
FROZEN, 283 g

Deli Favourites



4⁶⁹ /100 g
ILCHESTER APPLEWOOD SMOKED CHEDDAR
DELI CUT PRICES AS MARKED, 21.27/lb



3⁴⁹ /100 g
MR. GUSTAV GOUDA DELI SLICED
PRICES AS MARKED 15.83/lb



3⁴⁹ /100 g
BERGERON OR LOUIS CYR CANADIAN GOUDA CHEESE
DELI CUT, PRICES AS MARKED 15.83/lb



3⁴⁹ /100 g
BRANDT HONEY MAPLE SMOKED HAM
DELI SLICED, 15.83/lb



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



6⁹⁹ ea.
CASTELLO SLICED DELI CHEESE 145 - 175 g
SELECTED VARIETIES



8⁹⁹ ea.
SIKORSKI HUNGARIAN, KABANOS, GARLIC OR DEBRECZYNA BBO SAUSAGE
325 - 485 g
SELECTED VARIETIES



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



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



6⁹⁹ ea.
PILLER'S PEPPERONI OR SALAMI TRIO
125 - 250 g
SELECTED VARIETIES



10⁹⁹ ea.
SUMMER FRESH SALADS 800 - 900 g
SELECTED VARIETIES



10⁹⁹ ea.
OLIVIERI FRESH STUFFED PASTA OR SKILLET GNOCCHI
500 - 700 g
SELECTED VARIETIES

FRESH 2 GO Ready Meals



2 for 12⁰⁰ OR 7.00 ea.
BUY MORE SAVE MORE!
FRESH 2 GO PASTA 350 - 430 g
SELECTED VARIETIES

Irresistibles

CHOOSE FROM 9 VARIETIES OF PIES

JUST LIKE Grandma's

Apple, Cherry, Blueberry & more - Metro has a delectable selection of fruit pies baked full of happy memories.

Join us in celebrating National Pie Day on January 23rd



Homestyle Pie made with Canadian orchard apples with a crunchy oat crumble and a hint of honey.



Plump, tart cherries balanced with a sweet filling inside a flaky pie crust.



7⁹⁹ ea. IRRESISTIBLES ARTISAN CHERRY PIES 750 g

8⁹⁹ ea. IRRESISTIBLES ARTISAN HONEY CRUNCH APPLE PIES 1 kg



A combination of classic Canadian apples and sweet and tart strawberry rhubarb filling.

7⁹⁹ ea. IRRESISTIBLES ARTISAN 1/2 APPLE 1/2 STRAWBERRY RHUBARB PIES 750 g



Homestyle Pie made with Canadian orchard apples and a blend of sugar and spice.

8⁹⁹ ea. IRRESISTIBLES APPLE PIES 1 kg

Homestyle Pie made with fresh Canadian orchard apples and the perfect blend of sugar and spice.



Classic Canadian wild blueberry pie with pure wild blueberry flavour in a flaky pie crust.

7⁹⁹ ea. IRRESISTIBLES BLUEBERRY PIES 750 g



1 LB FRUIT PIE
5⁴⁹ ea. IRRESISTIBLES ARTISAN FRUIT PIES 454 g SELECTED VARIETIES

DRESS UP YOUR PIES



2 for 9⁰⁰ SMUCKER'S SUNDAE SYRUP 428 ml SELECTED VARIETIES



2 for 9⁰⁰ or **4.79** ea. LACTANTIA CREAM 473 ml SELECTED VARIETIES



6⁴⁹ ea. CHAPMAN'S ICE CREAM 2 L SELECTED VARIETIES



Sweet Apple Treats

baked in my metro m⁶



MADE WITH 1 LB OF APPLE FILLING

8⁹⁹ ea.

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

baked in my metro m⁶



4⁴⁹ ea.

CHUDLEIGH'S APPLE BLOSSOMS 228 g, SELECTED VARIETIES

4⁴⁹ ea.

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

Irresistibles



5⁴⁹ ea.

IRRESISTIBLES MINI MUFFINS 336 g, SELECTED VARIETIES

4⁹⁹ ea.

IRRESISTIBLES MINI BRIOCHE BUNS 480 g

baked in my metro m⁶



5⁹⁹ ea.

IRRESISTIBLES BUTTER TARTS 510 g

5⁴⁹ ea.

IRRESISTIBLES ARTISAN PIES 454 g, SELECTED VARIETIES

AUTHENTIC TUSCAN RECIPE, PANE TOSCANO BOASTS A CRACKLING CRUST, BAKED TO PERFECTION.



4⁴⁹ ea.

FRONT STREET BAKERY TOSCANO BREAD 570 g

baked in my metro m⁶



3⁷⁹ ea.

FRONT STREET BAKERY SOURDOUGH BREAD 500 g

3⁷⁹ ea.

PREMIÈRE MOISSON BAGUETTES 325 - 475 g, SELECTED VARIETIES

mix & match

2 for 6⁰⁰

DEMPSTER'S 7" TORTILLAS, BAGELS, WHOLE GRAIN BREADS, THOMAS ENGLISH MUFFINS OR HOSTESS SNACK CAKES. SELECTED SIZES, SELECTED VARIETIES, OR 3.49 EA.



Breakfast Essentials

TOASTER STRUDEL 326 g, SELECTED VARIETIES OR 3.99 EA.

2 for 7⁵⁰



BUY MORE SAVE MORE!

3 for 10⁰⁰

LESS THAN 3 PAY 4.69 EA.

NATURE VALLEY SWEET & SALTY GRANOLA BARS OR BETTY CROCKER FRUIT SNACKS. SELECTED SIZES, SELECTED VARIETIES.



SELECTION SALTED-BLÉ BUTTER-OUAISE 125 g

2⁹⁹ ea.



BABYBEL MINI CHEESE 30 g, SELECTED SIZES, SELECTED VARIETIES

9⁹⁹ ea.



TIM HORTONS COFFEE. SELECTED SIZES, SELECTED VARIETIES

9⁴⁹ ea.



TIM HORTONS INSTANT COFFEE 100 g, SELECTED VARIETIES

7⁹⁹ ea.



INTERNATIONAL DELIGHT COFFEE CREAMER 946 ml, SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 11⁰⁰

LESS THAN 2 PAY 6.99 EA.



SELECTION HOT CHOCOLATE MIX 500 g, SELECTED VARIETIES

4⁴⁹ ea.



SAVOUR A T-OAT-ALLY PERFECT LATTE

CANADIAN MAPLE LATTE

Ingredients:

- Balzac's Espresso Blend
- Earth's Own Oat Barista
- Maple Syrup

Recipe:

- Whip out your favourite mug and add 1 oz of maple syrup.
- Pour a double shot of Balzac's Espresso over the maple syrup and stir.
- Steam Earth's Own Oat Barista and pour over the espresso and maple syrup.
- Sip & enjoy!

12⁹⁹ ea.

BALZAC'S COFFEE ROASTERS COFFEE BEANS 340 g, SELECTED VARIETIES

4⁹⁹ ea.

EARTH'S OWN OAT BARISTA BEVERAGE 946 ml



RISE TO NUTRITIOUS MORNINGS

ACTIVIA YOGOURT. SELECTED SIZES, SELECTED VARIETIES OR 4.89 EA.

2 for 9⁰⁰

1 BILLION ACTIVE PROBIOTICS

5 BONUS MILES when you buy 2

LOW SUGAR HIGH IN PROTEIN

5 BONUS MILES when you buy 2

0g SUGAR

SILK BEVERAGES. SELECTED SIZES, SELECTED VARIETIES OR 4.99 EA.

2 for 9⁵⁰

5 BONUS MILES when you buy 2

TWO GOOD YOGOURT 4 X 95 g, SELECTED VARIETIES, OR 4.89 EA.



More Great Savings

2 for 9⁰⁰
TAKIS TORTILLA CHIPS 280 g
 SELECTED VARIETIES OR 4.79 EA.

6⁴⁹ ea.
McSWEENEY'S BEEF JERKY SNACK
 SELECTED SIZES SELECTED VARIETIES

3 for 4⁰⁰
FRUIT2O SPARKLING DRINK
 502 ml SELECTED VARIETIES OR 1.59 EA.

2⁹⁹ ea.
RITTER SPORT CHOCOLATE BAR 100 g
 SELECTED VARIETIES

BUY MORE SAVE MORE!
2 for 9⁰⁰
 LESS THAN 2 PAY 5.99 EA.

2 for 6⁰⁰
JOLLY RANCHER CANDY OR GUMMIES
 182 - 198 g SELECTED VARIETIES

BUY MORE SAVE MORE!
2 for 6⁰⁰
 LESS THAN 2 PAY 3.99 EA.

NEW DISCOVER
3⁴⁹ ea.
HOT-KID OR SUPER SLIM RICE CRACKERS
 SELECTED SIZES SELECTED VARIETIES

7 BONUS MILES when you buy 2
2 for 6⁵⁰
PURE LIFE NATURAL SPRING WATER
 12 X 500 ml OR 3.79 EA.

2 for 5⁰⁰
SUNNY D DRINKS 1.18 L
 SELECTED VARIETIES OR 3.49 EA.

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

BUY MORE SAVE MORE!
2 for 10⁰⁰
 LESS THAN 2 PAY 6.99 EA.
AHA SPARKLING WATER
 12 X 355 ml SELECTED VARIETIES

3⁹⁹ ea.
SELECTION SALSA 650 ml
 SELECTED VARIETIES

5⁹⁹ ea.
PAM COOKING SPRAY
 170 g SELECTED VARIETIES

BUY MORE SAVE MORE!
2 for 12⁰⁰
 LESS THAN 2 PAY 7.99 EA.
DAINTY BASMATI RICE 900 g
 SELECTED VARIETIES

4⁹⁹ ea.
SELECTION VEGETABLE OR CANOLA OIL 946 ml
 SELECTED VARIETIES

1⁹⁹ ea.
SELECTION SOUR CREAM
 250 ml

99¢ ea.
SELECTION TOMATO PASTE 156 ml
 SELECTED VARIETIES

1⁶⁹ ea.
IRRESISTIBLES LIFE SMART CANNED BEANS
 540 ml SELECTED VARIETIES

4⁹⁹ ea.
IRRESISTIBLES SPICES
 SELECTED SIZES SELECTED VARIETIES

2 for 7⁵⁰
PILLSBURY PIZZA POPS
 SELECTED SIZES SELECTED VARIETIES OR 3.99 EA.

1⁹⁹ ea.
CLARK BEANS 398 ml
 SELECTED VARIETIES

3⁷⁹ ea.
IRRESISTIBLES SALAD DRESSING
 350 ml SELECTED VARIETIES

2 for 4⁰⁰
DEL MONTE CANNED VEGETABLES
 341 - 398 ml SELECTED VARIETIES

6⁹⁹ ea.
P.F. CHANG'S FROZEN MEALS
 312 g SELECTED VARIETIES

2⁴⁹ ea.
GREEN GIANT VEGETABLES
 SELECTED SIZES SELECTED VARIETIES

Gather Over Something Delicious
 Stock up on the ingredient that goes with everything.

NATIONAL HOT SAUCE DAY
 Jan 22nd

2⁹⁹ ea.
TABASCO SAUCE 57 ml
 SELECTED VARIETIES

6⁹⁹ ea.
NANDO'S PERI-PERI SAUCE 250 ml
 SELECTED VARIETIES

3 for 9⁰⁰
BEN'S ORIGINAL BISTRO EXPRESS RICE
 240 - 250 g, SELECTED VARIETIES

TASTY BITE ENTREES
 285 g, SELECTED VARIETIES

*From imported and domestic ingredients. Source: "Evaluation of rice consumption with overall diet quality and key nutrient intakes." National Health & Nutrition Examination Study (2005-2010). © 2024 Mars or Affiliates.

Organic

NATURE'S PATH
LOVE CRUNCH
CEREAL 325 g
SELECTED VARIETIES

4.99
ea.



5.99
ea.

AMY'S
FROZEN MEAL
234 - 284 g
SELECTED VARIETIES

CELESTIAL
ORGANIC TEA
18 un.
SELECTED VARIETIES

4.99
ea.



BRAGG
APPLE CIDER
VINEGAR
473 ml

5.99
ea.



IRRISISTIBLES
CHEESE 200 g
SELECTED VARIETIES

6.49
ea.



ROAR
BEVERAGE 532 ml
SELECTED VARIETIES
OR 3.29 EA.

2 for
6.00



8.99
ea.

MARANATHA
PEANUT BUTTER 500 g
SELECTED VARIETIES

Whole Grains

BOB'S RED MILL
INSTANT OATMEAL
51 - 71 g
SELECTED VARIETIES
OR 3.79 EA.

2 for
7.00



2 for
7.00

KASHI
GRANOLA BARS 175 g
SELECTED VARIETIES

IRRISISTIBLES
PASTA 300 g
SELECTED VARIETIES

4.99
ea.



LIFE SMART
BASMATI RICE 900 g
SELECTED VARIETIES

4.99
ea.



Gluten-Free

HARVEST SNAPS
71 - 94 g
SELECTED VARIETIES
OR 3.79 EA.

2 for
7.00



POPCORNERS
CHIPS 142 g
SELECTED VARIETIES

4.49
ea.



10.99
ea.

OGGI
PIZZA 450 - 452 g
SELECTED VARIETIES



14.99
ea.

SPERRI
MEAL REPLACEMENT
4 X 330 ml
SELECTED VARIETIES

Beauty & Baby

10 BONUS MILES
when you buy 2

AXE DEODORANT
76 - 113 g
SELECTED VARIETIES

5.99
ea.



IRISH SPRING
SHOWER GEL 887 ml
SELECTED VARIETIES

7.99
ea.



7.99
ea.

OGX
HAIR CARE
385 ml
SELECTED VARIETIES

VASELINE
BODY CREAM
600 ml
SELECTED VARIETIES

8.99
ea.



Household & Pet



2 for
12.00



BLUE BUFFALO BITS OR
STIX DOG TREATS
113 - 170 g, SELECTED VARIETIES
OR 6.49 EA.



4 for
13.00



BLUE BUFFALO WET
DOG FOOD 354 g
SELECTED VARIETIES
OR 3.49 EA.



4.99
ea.

CLOROX CLEANERS
SELECTED SIZES
SELECTED VARIETIES



5.99
ea.

MRS. MEYER'S HANDSOAP,
DISH DETERGENT OR
CLEANERS
SELECTED SIZES, SELECTED VARIETIES



PERSONNELLE
BABY CARE
SELECTED SIZES
SELECTED VARIETIES

2.99
ea.



21.99
ea.

PAMPERS BABY WIPES
336 - 504 un.
SELECTED VARIETIES



DAWN LIQUID
DISHWASHING
DETERGENT
535 - 825 ml
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**
2 for
10.00
LESS THAN 2
PAY 5.99 EA.



4.99
ea.

ZIPLOC SNACKING,
FREEZER OR
SANDWICH BAGS
SELECTED SIZES
SELECTED VARIETIES

Toddler Mum-Mum

Free Gluten, Milk, Nuts and Eggs
No Artificial Flavours or Preservatives



BABY MUM-MUM
BABY SNACKS 50 g
SELECTED VARIETIES

**BUY MORE
SAVE MORE!**
2 for
6.00
LESS THAN 2
PAY 3.99 EA.



Helps
Remove
Odours
up to
3X
Better

15.99
ea.

DOWNY RINSE OR SCENT BOOSTERS
SELECTED SIZES, SELECTED VARIETIES

In-wash
scent booster
for
12
WEEKS
of freshness

DOWNY RINSE OR SCENT BOOSTERS
SELECTED SIZES, SELECTED VARIETIES

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

GIVE YOUR HOME A WINTER REFRESH



AIR WICK
ESSENTIAL MIST
DIFFUSER
1 un
SELECTED VARIETIES

10⁹⁹
ea.



From top to bottom, make your home sparkle with brand names you trust

AIR WICK
SCENTED OIL KIT
OR FRESHMATIC REFILL
SELECTED SIZES
SELECTED VARIETIES

6⁴⁹
ea.



AIR WICK
SCENTED OIL REFILLS
2 x 20 ml
SELECTED VARIETIES

10⁹⁹
ea.

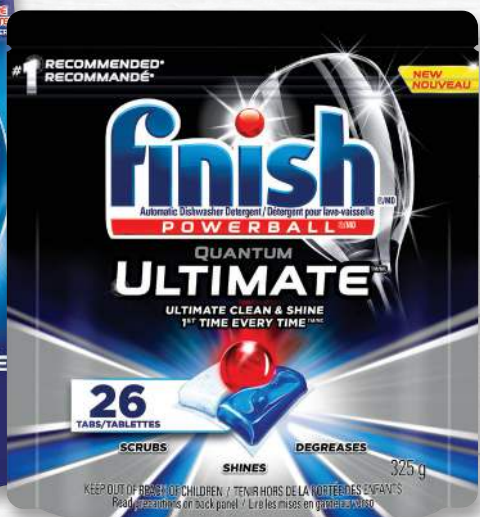


SPOT-FREE DISHES BY FINISH®



11⁹⁹
ea.

FINISH
DISHWASHER DETERGENT,
RINSE AGENT OR CLEANER
SELECTED SIZES
SELECTED VARIETIES



REMOVE TOUGH STAINS WITH RESOLVE®



2 for
10⁰⁰
or
5.49 ea.

RESOLVE
SPRAY 'N' WASH
STAIN REMOVER
SELECTED SIZES
SELECTED VARIETIES



SPARKLE & SHINE WITH LYSOL®



2 for
11⁰⁰

LYSOL
DISINFECTING WIPES
75 un
SELECTED VARIETIES



5⁹⁹
ea.

LYSOL NEUTRA AIR
DISINFECTANT SPRAY
283 g
SELECTED VARIETIES



2 for
8⁰⁰
Less than 2
pay 5.49 ea.

LYSOL
CLEANERS
SELECTED SIZES
SELECTED VARIETIES



16⁸⁸ ea.
Y&Y, MILI OR MEKONG JASMINE RICE
8 kg
SELECTED VARIETIES



1⁸⁸ /lb
ASIAN PEARS
PRODUCT OF CHINA
EXTRA FANCY GRADE
4.14/kg



2⁸⁸ ea.
POMELOS
PRODUCT OF CHINA



3⁸⁸ /lb
DUCKS
FROZEN, GRADE A
8.55/kg



5⁸⁸ ea.
IRRESISTIBLES
WHITE PACIFIC SHRIMP
FROZEN, RAW, 51-60 SIZE
340 g



9⁹⁸ ea.
SAPORITO VEGETABLE OIL
3 L
SELECTED VARIETIES

CELEBRATE LUNAR NEW YEAR

Year of the Dragon



19⁸⁸ ea.
MONEY TREES
5" POT
SELECTED VARIETIES



2⁹⁸ ea.
KJ DUMPLINGS
380 - 450 g
SELECTED VARIETIES



2⁹⁸ ea.
VH SAUCES
341 - 380 ml
SELECTED VARIETIES



9⁸⁸ ea.
BILLY BEE HONEY
1 kg
SELECTED VARIETIES



3⁹⁸ ea.
VITASOY DRINKS
6 x 250 ml
OKF DRINKS
1.5 L
SELECTED VARIETIES



4⁴⁸ ea.
HEREFORD, GRACE OR COOL RUNNINGS CORNED BEEF OR SPAM LUNCHEON CANNED MEAT
340 g
SELECTED VARIETIES



1⁹⁸ ea.
TYJ SPRING ROLL PASTRY OR Y&Y RICE FLOUR
275 - 400 g
SELECTED VARIETIES



5⁹⁸ ea.
KIKKOMAN SOY OR TERIYAKI SAUCE
591 ml
SELECTED VARIETIES



1⁶⁸ ea.
Y&Y 3-MINUTE OR LONG LIFE NOODLES
454 g
OH! RICEY NOODLE BOWLS
70 g
SELECTED VARIETIES



1⁶⁸ ea.
NONGSHIM NOODLE BOWLS, WING'S CHOW MEIN OR SALAD NOODLES
86 - 150 g
SELECTED VARIETIES



1⁴⁸ ea.
Y&Y SEA GREENS OR GLICO SNACKS
3 x 5 g, 32 - 40 g
SELECTED VARIETIES



3⁴⁸ ea.
THAI KITCHEN COCONUT MILK OR CREAM
400 ml
SELECTED VARIETIES



98¢ ea.
Y&Y BAMBOO SHOOTS OR WATER CHESTNUTS
227 ml
SELECTED VARIETIES



5⁸⁸ ea.
OVALTINE DRINK MIX OR SKY FLAKES CRACKER
400 - 800 g
SELECTED VARIETIES



9⁸⁸ ea.
JAMIESON GINSENG RED DRAGON
60 un

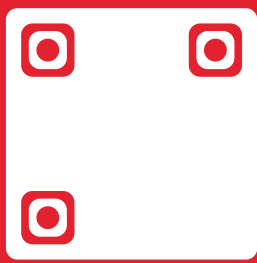
Item availability varies by store.

TASTE
GLORY
 TOGETHER

YOU COULD

WIN* A TRIP TO THE PARIS 2024 OLYMPIC GAMES TO CHEER ON TEAM CANADA

Purchase four (4) participating products in a single transaction and upload your receipt for your chance to win!*



tasteglorytogether.ca



OFFICIAL SNACK PARTNER
 PARTENAIRE OFFICIEL DE COLLATIONS

*NO PURCHASE NECESSARY. Open to residents of Canada (age of majority). Register and enter online at <https://tasteglorytogether.ca> between Jan 1, 2024 (12:00:00 a.m. ET) and Feb 16, 2024 (11:59:59 p.m. ET) and submit your entry by Feb 23, 2024. Five (5) Grand Prizes available, consisting of a four (4) night Team Canada themed travel package for two (2) people to Paris, France during the Paris 2024 Olympic Games. Total value of prizes is approximately \$200,000 CAD (\$40,000 per prize). Limit five (5) entries per person, regardless of type of entry. Odds of winning depend on the number of eligible entries received. Limit one (1) Grand Prize per person and per household. Skill-testing question required. Restrictions apply. Visit <https://tasteglorytogether.ca/rules> for full contest rules and prize details.



BUY MORE
 SAVE MORE!

3 for 900
 Less than 3 pay 4.29 ea.
 CRISPERS OR BITS & BITES SNACKS
 SELECTED SIZES
 SELECTED VARIETIES

2 for 500
 or pay 3.49 ea.
 RITZ OR TRISCUIT SNACKING CRACKERS
 SELECTED SIZES
 SELECTED VARIETIES



BUY MORE
 SAVE MORE!

2 for 750
 Less than 2 pay 4.79 ea.
 CHRISTIE COOKIES
 SELECTED SIZES
 SELECTED VARIETIES



PEEK FREANS OR DAD'S COOKIES
 SELECTED SIZES
 SELECTED VARIETIES

BUY MORE
 SAVE MORE!

2 for 800
 Less than 2 pay 4.79 ea.



BUY MORE
 SAVE MORE!

4 for 600
 Less than 4 pay 1.79 ea.
 CADBURY CHOCOLATE BARS
 33 - 60 g
 SELECTED VARIETIES



CADBURY CHOCOLATE BAGS
 147 - 200 g
 SELECTED VARIETIES

BUY MORE
 SAVE MORE!

2 for 1000



CADBURY CHOCOLATE BARS
 95 - 100 g
 SELECTED VARIETIES

BUY MORE
 SAVE MORE!

2 for 500



BUY MORE
 SAVE MORE!

2 for 1000

CADBURY DAIRY MILK FAMILY SIZE CHOCOLATE BARS
 200 g
 SELECTED VARIETIES



BUY MORE
 SAVE MORE!

2 for 600
 MAYNARDS GUMMIES
 150 - 154 g
 SELECTED VARIETIES



BUY MORE
 SAVE MORE!

2 for 900
 or pay 4.79 ea.
 MAYNARDS GUMMIES
 308 - 355 g
 SELECTED VARIETIES