

metro

THIS WEEK ONLY

MAY 7TH - MAY 13TH, 2026

SHAVUOT חג שמחה



CROWN, TZALI,
ARIEL OR TA'AMTI
BOUREKAS
600-800 g
SELECTED VARIETIES



6.49
ea.



5.99
ea. GIVAT
CREAM CHEESE
227 g
SELECTED VARIETIES

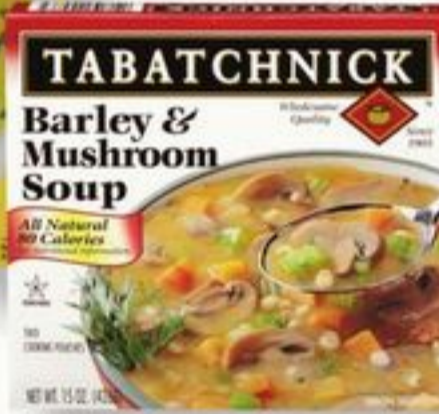


3.99
ea. KEDEM
GRAPE JUICE OR SPARKLING
650 ml - 1.89 L
SELECTED VARIETIES



WHITE ROCK
SELTZER'S
1L
SELECTED VARIETIES

99¢
ea.



3.99
ea. TABATCHNICK
SOUP OR
MANISCHEWITZ BROTH
355 - 907 ml
SELECTED VARIETIES

KLIYAT GAT
SUNFLOWER SEEDS
200 g
SELECTED VARIETIES



2.99
ea.

MEHOUDAR
HEARTS OF PALM
WHOLE, 398 ml
SELECTED VARIETIES



2.99
ea.



1.99
ea. TA'AMBONNE DIPS
200 g
SELECTED VARIETIES



1.99
ea. CROWN OR GEFEN
LIGHT TUNA
170 g
SELECTED VARIETIES

DRIZZILICIOUS
RICE CAKE
113 g
SELECTED VARIETIES



3.99
ea.



9.99
ea. UNGAR'S
GEFILTE FISH
576 g
SELECTED VARIETIES



12.99
ea. ROYAL NUTS
UNSALTED MIXED NUTS
325 g
UNSALTED CASHEWS
350 g



8.99
/lb KOSHER FRESH
BONELESS SKINLESS
CHICKEN BREAST
18.92/kg

NORWEGIAN FJORD
STEELHEAD SALMON
PORTIONS
300 g, FROZEN



10.99
ea.

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NATURE'S BEST
SHREDDED CHEESE OR
HAOLAM FAMILY PACK
STRING CHEESE
509 - 800 g
SELECTED VARIETIES

19⁹⁹
ea.



7⁴⁹
ea.

MEHADRIN
COTTAGE CHEESE
500 g
SELECTED VARIETIES



2⁴⁹
ea.

STREIT'S
MATZO BALL OR
SOUP MIX
127 g
SELECTED VARIETIES



1⁶⁹
ea.

TUSCANINI
POUCH OLIVES
30 g
SELECTED VARIETIES



3⁹⁹
ea.

FRUIT-A-PEEL
FRUIT SNACKS
28 g
SELECTED VARIETIES



3⁴⁹
ea.

BLOOM'S
RICE CAKES
130 g
SELECTED VARIETIES



3⁹⁹
ea.

GEFEN
VEGETABLE CUBES
70 - 180 g
SELECTED VARIETIES



GEFEN
ALMOND MILK
1L
SELECTED VARIETIES

3⁹⁹
ea.



4⁴⁹
ea.

B'GAN
FRENCH FRIES
680 - 907 g
SELECTED VARIETIES



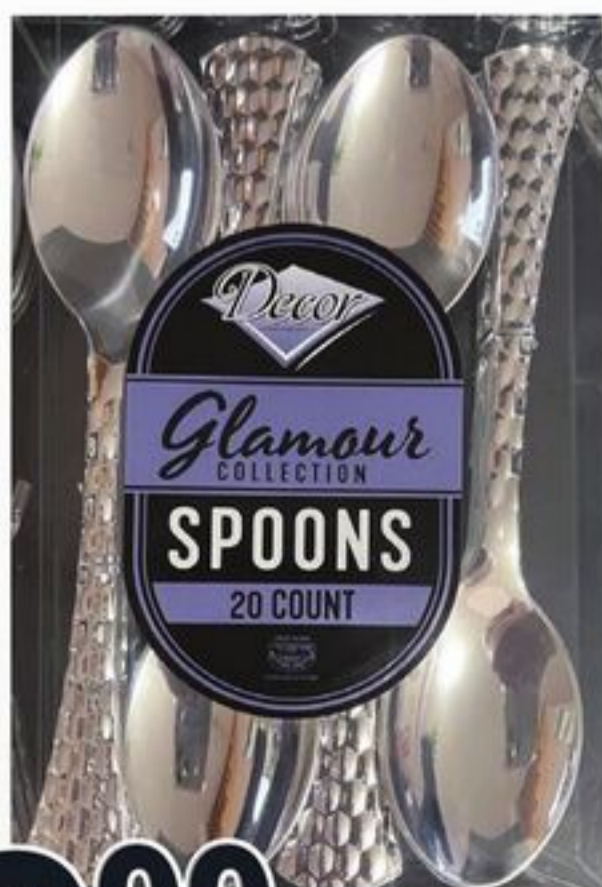
5⁹⁹
ea.

ALPROSE
CHOCOLATE BARS
100 g
SELECTED VARIETIES



1⁹⁹
ea.

HADDAR PASTA
454 g
SELECTED VARIETIES



2⁹⁹
ea.

DECOR GLAMOUR
SILVER CUTLERY
20 PK
SELECTED VARIETIES



CROWN
CUPS
100 CT

1⁹⁹
ea.



6⁹⁹
ea.

AISH TAMID
TEALIGHTS
100 PK
SELECTED VARIETIES



5⁹⁹
ea.

CROWN
SQUARE CONTAINERS
10 PK
SELECTED VARIETIES



**GOLDEN BLINTZES,
PIEROGIES OR
PANCAKES**
301 - 454 g
SELECTED VARIETIES

4.49
ea.



**J&J LITE
SOUR CREAM**
454 g
SELECTED VARIETIES

7.99
ea.



**NATURE'S BEST OR
ZAVAT
SLICED CHEESE**
150 - 170 g
SELECTED VARIETIES

4.99
ea.



2.99
ea.

MOTOLA PICKLES
670 g
SELECTED VARIETIES



99¢
ea.

USHIA EGG NOODLES
200 g
SELECTED VARIETIES



3.99
ea.

**SUGAR PARTY
GUMMY CANDY**
170 g
SELECTED VARIETIES



4.29
ea.

ACHVA MINI HALVA
150 - 216 g
SELECTED VARIETIES



3.29
ea.

**TUSCANINI
CANNED TOMATOES**
400 g
SELECTED VARIETIES



99¢
ea.

BISNO WAFERS
100 g
SELECTED VARIETIES



3.99
ea.

**BLOOM'S
SNACK SHOTS**
216 g
SELECTED VARIETIES



5.49
ea.

KRAVY CRACKERS
170 g
SELECTED VARIETIES



4.99
ea.

**SWEETIE
CANDY BAGS**
180 - 225 g
SELECTED VARIETIES



7.99
ea.

**PARDES FARMS
FROZEN VEGETABLES**
454 - 680 g
SELECTED VARIETIES



2.99
ea.

PIERRE BONNE JAM
250 ml
SELECTED VARIETIES



4.99
ea.

**TONNELLI PASTA OR
PIZZA SAUCE**
680 - 710 g
SELECTED VARIETIES

ALL PRICES & ITEMS ARE EFFECTIVE THURSDAY, MAY 7TH UNTIL WEDNESDAY, MAY 13TH, 2026

AT THE FOLLOWING METRO LOCATIONS ONLY:

- 1030 ADELAIDE ST. N., LONDON • 250 GREENBANK RD., NEPEAN • 16640 YONGE ST., NEWMARKET • 1 HENDERSON DR., AURORA
- 11729 TECUMSEH RD. E., WINDSOR • 6509 JEANNE D'ARC BLVD., ORLEANS • 291 YORK MILLS RD. • 3090 BATHURST ST. • 6201 BATHURST ST.
- 600 SHEPPARD AVE. W. • 20 CHURCH AVE., NORTH YORK • 15 ELLESMERE RD., SCARBOROUGH • 656 EGLINTON AVE. E. • 2300 YONGE STREET
- 735 COLLEGE ST. • 425 BLOOR ST. WEST, TORONTO

ITEM AVAILABILITY VARIES BY STORE

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