

metro

THIS WEEK ONLY

AUGUST 20TH - 26TH, 2026

SHANA TOVAH

שנה טובה

KEDEM
SPARKLING JUICE
750 ml
SELECTED VARIETIES

3⁹⁹
ea.



9⁹⁹
ea.

UNGAR'S
GEFILTE FISH
567 g
SELECTED VARIETIES



19⁹⁹
ea.

NATURE'S BEST
SHREDDED CHEESE
800 g
SELECTED VARIETIES



2⁴⁹
ea.

CROWN
HEARTS OF PALM
WHOLE OR
BEETOLOGY BEETS
400 ml, 500 g
SELECTED VARIETIES



3⁹⁹
ea.

ACHVA CAKES
400 - 450 g
SELECTED VARIETIES



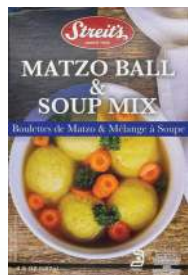
USHIA
COCONUT MILK
OR CREAM
400 ml
SELECTED VARIETIES

2⁹⁹
ea.



4⁹⁹
ea.

BLOOM'S
SNACKSHOTS
216 g
SELECTED VARIETIES



2⁴⁹
ea.

STREIT'S SOUP MIX OR
BAG N' BAKE, CROYDEN
MATZO SOUP MIX
78 - 127 g
SELECTED VARIETIES



PIERRE BONNE
JAM 250 ml
SELECTED VARIETIES

2⁴⁹
ea.



9⁹⁹
ea.

ABE'S
PARVELICIOUS!
ICE CREAM
1.65 - 2 L
SELECTED VARIETIES



ACHVA TAHINI
500 g
SELECTED VARIETIES

4⁹⁹
ea.



ZETA
FLAVOURED
OLIVE OIL
250 ml
SELECTED VARIETIES

7⁹⁹
ea.



RED OR GOLDEN
BUNCH BEETS
PRODUCT OF CANADA

3⁹⁹
ea.



SHEFA KOSHER
LEAN GROUND BEEF
30.84/kg

13⁹⁹
/lb



NANUK
SMOKED
STEELHEAD
SALMON
FROZEN, 200 g

17⁹⁹
ea.

Celebrate the holiday with our delicious recipes at metro.ca



6⁹⁹
ea.

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



DR LAFFA FROZEN CHALLAH
600 g
SELECTED VARIETIES

3⁹⁹
ea.



3 for 1⁰⁰



AISH TAMID MEMORIAL CANDLE
1 un



1⁶⁹
ea.

HADDAR PASTA
454 g
SELECTED VARIETIES



9⁹⁹
ea.

MECHEL'S PUFF PASTRY SHEETS
368 - 632 g
SELECTED VARIETIES



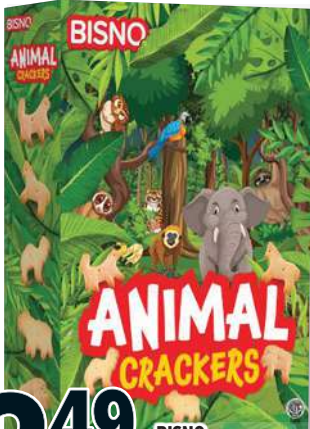
9⁹⁹
ea.

REISMAN'S DESSERTS
383 - 454 g
SELECTED VARIETIES



3⁴⁹
ea.

FRUIT-A-PEEL FRUIT FLATS
28 g
SELECTED VARIETIES



2⁴⁹
ea.

BISNO ANIMAL CRACKERS
283 g
SELECTED VARIETIES



GEFEN CHESTNUTS
85 g
SELECTED VARIETIES

1⁶⁹
ea.



5⁹⁹
ea.

POPIX POPPING PEARLS
500 g
SELECTED VARIETIES



WACKY MAC MAC & CHEESE
156 g
SELECTED VARIETIES

2⁹⁹
ea.



4⁹⁹
ea.

CROWN DELUXE BOWLS
100 CT
SELECTED VARIETIES



2⁴⁹
ea.

CLASSICO CUTLERY
50 PK
SELECTED VARIETIES



7⁹⁹
ea.

CROWN DELUXE ALUMINUM PANS
10 PK
SELECTED VARIETIES



5⁹⁹
ea.

CROWN SQUARE CONTAINERS
10 PK
SELECTED VARIETIES



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

6⁹⁹
ea.



CROWN PURE HONEY
1 kg
SELECTED VARIETIES

11⁹⁹
ea.



B'GAN APPLE JUICE
1.89 L
SELECTED VARIETIES

3⁹⁹
ea.



3⁹⁹
ea. **MANISCHEWITZ OR FERENCZ'S EGG NOODLES**
297 - 340 g
SELECTED VARIETIES



4⁹⁹
ea. **GENÈVE CHOCOLATE BARS**
100 g
SELECTED VARIETIES



3⁹⁹
ea. **GEFEN GAL GAL CRACKERS**
227 g, SELECTED VARIETIES



4⁹⁹
ea. **SUGAR PARTY CANDY**
170 g
SELECTED VARIETIES



4⁹⁹
ea. **GEFEN PIZZA OR PASTA SAUCE**
680 - 737 g
SELECTED VARIETIES



2⁹⁹
ea. **BLOOM'S RICE CAKE THINS**
130 g
SELECTED VARIETIES

FRESH DRESS DRESSING
355 ml
SELECTED VARIETIES

6⁹⁹
ea.



WONDER BEET JUICE 250 ml
SELECTED VARIETIES

3⁴⁹
ea.



6⁹⁹
ea. **ABSOLUTELY CRACKERS OR FLATBREAD**
125 - 150 g
SELECTED VARIETIES



2⁴⁹ /lb
CELERY ROOT
PRODUCT OF U.S.A.
5.49/kg



23⁹⁹ /lb
SHEFA BEEF RIB STEAK
52.89/kg



3⁹⁹ ea. **IRRESISTIBLE SMOKED SALMON SPREAD**
160 g

**ALL PRICES & ITEMS ARE EFFECTIVE THURSDAY, AUGUST 20TH UNTIL WEDNESDAY, AUGUST 26TH, 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. N., ORLEANS • 291 YORK MILLS RD. • 3090 BATHURST ST. • 6201 BATHURST ST.
• 600 SHEPPARD AVE. W. • 1050 DON MILLS, 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