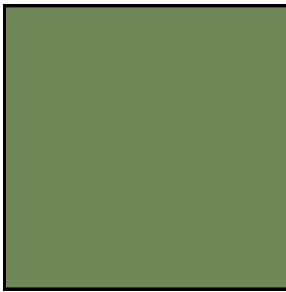
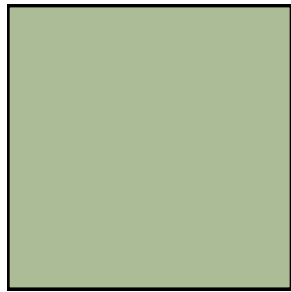


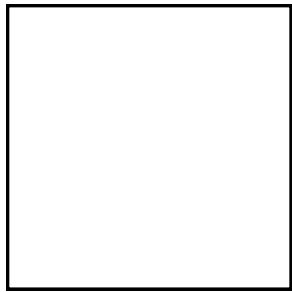
Color Styles



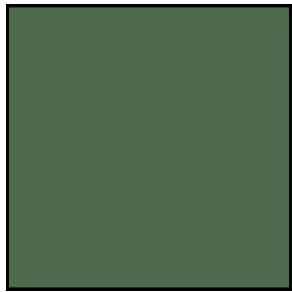
#708759



#ACBC96



#ffffff



#4d6a4c



#a17958

Typography Styles

Font Style – Poppins  
Line Height of heading – 1.2  
Line Height of paragraph – 1.5

Text xs

Font Size – 12px  
Line Height – 18px

Text sm

Font Size – 14px  
Line Height – 20px

Text md

Font Size – 16px  
Line Height – 24px

Text lg

Font Size – 18px  
Line Height – 28px

Text xl

Font Size – 20px  
Line Height – 30px

Display xs

Font Size – 24px  
Line Height – 32px

Display sm

Font Size – 30px  
Line Height – 38px

Display md

Font Size – 36px  
Line Height – 44px

Display lg

Font Size – 48px  
Line Height – 60px

Display xl

Font Size – 60px  
Line Height – 72px

Display 2xl

Font Size – 72px  
Line Height – 90px

Grid Layouts

12px – Desktop  
8px – Tablet  
4px – Mobile

# Flyers Nepal





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YOU CAN ONLY FIND AT METRO**

1. *Chlorophyll a* (Chl *a*)

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**3** Less than 2 pay 1.99 ea. **4** Less than 2 pay 2.49 ea. **4** Less than 2 pay 2.79 ea.

**GREAT SAVINGS & MORE**

<b>6</b>	Less than 2 pays 3.99 ea.	<b>SPRING WATER</b> 28 x 500 ml	<b>7</b>	Less than 2 pays 6.49 ea.	<b>12 x 355 ml SELECTED NANITTES</b>	<b>10</b>	Less than 2 pays 6.49 ea.	<b>12 x 355 ml SELECTED VAN</b>
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**metro**

From July 1st to August 2nd, 2022, (August 1st, 2022 for online purchase) No purchase necessary. 18 years and older. Mandatory mathematical skill testing question. Prize: Draw one (1) prize to be won of \$10,000 each. Total value of all prizes is \$100,000 CAD, given in gift card form. Chances of winning depend on number of entries received. See exclusions and conditions related to Prize in Contest rules. Correct rules.



# GROCERIES

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Valid July 27, 2023 - August 2, 2023

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**ADD A LITTLE**  
more fun to your summer menu

**Irresistibles Selection**

Enter for a chance to WIN 1 of 10 prizes of \$10,000 each, TOTALLING \$100,000 IN GROCERIES

PRICES LOCKED DOWN FROM JULY 6TH TO AUGUST 2ND, 2023

**SAVOUR THE BRANDS YOU CAN ONLY FIND AT METRO**

**NEW**

**STUFFED PASTRIES**  
12/100  
1199 ea.

**STUFFED BURGERS**  
12/100  
1199 ea.

SAVOUR THE BRANDS YOU CAN ONLY FIND AT METRO

**ADD A LITTLE**  
inspiration to every occasion

**Irresistibles**

**SUMMER IS MADE FOR GRILLING**

**2 for 1200**  
LIFE SMART NATURALIA PORK SAGGIES OR LEAN CHICKEN BREAST 100g ea. 6.49 ea. SELECTED VARIETIES

**299 ea.**  
IRRESISTIBLES BBQ SAUCE OR BALSAMIC 300 ml SELECTED VARIETIES

**600**  
IRRESISTIBLES APPLE SAUCE 300 ml SELECTED VARIETIES

**800**  
LIFE SMART SMOKING PORK SAUSAGE 100g ea. 8.99 ea. SELECTED VARIETIES

**379 ea.**  
IRRESISTIBLES HONEYBBLE BALSAMIC SAUCE 300 ml SELECTED VARIETIES

SAVOUR THE BRANDS YOU CAN ONLY FIND AT METRO

**ADD A LITTLE** **Irresistibles**

Add a little flavour to your menu by creating dishes everyone will love with our Irresistibles products. They always deliver on their promise of being truly irresistible!

**OUR EXCLUSIVE BRANDS**  
add a little inspiration to every occasion

**249 ea.**  
IRRESISTIBLES LEMONADE OR ICED TEA 1.5L ea. SELECTED VARIETIES

**749 ea.**  
IRRESISTIBLES MINI CHOCOLATE OR MINI HONEY CAKES 100g ea. SELECTED VARIETIES

**700**  
2 for 5.99 ea. SELECTION SALADS 454g ea. SELECTED VARIETIES

**799**  
IRRESISTIBLES PACIFIC WHITE SHRIMP 200g ea. SELECTED VARIETIES

**499**  
IRRESISTIBLES FRENCH VANILLA ICE CREAM 100g ea. SELECTED VARIETIES

**299**  
IRRESISTIBLES SMOOTHIE JUICES 1.5L ea. SELECTED VARIETIES

**799**  
IRRESISTIBLES SMOOTHIE JUICES 1.5L ea. SELECTED VARIETIES

**799**  
IRRESISTIBLES BANG BANG CHICKEN 200g ea. SELECTED VARIETIES

**799**  
IRRESISTIBLES CHICKEN PUFFERS 200g ea. SELECTED VARIETIES

**699**  
IRRESISTIBLES CARULOWER BITES 100g ea. SELECTED VARIETIES

**499**  
IRRESISTIBLES LEMON PUFFERS 200g ea. SELECTED VARIETIES

**999**  
IRRESISTIBLES CHICKEN PUFFERS 200g ea. SELECTED VARIETIES

**699**  
IRRESISTIBLES CHICKEN PUFFERS 200g ea. SELECTED VARIETIES

**299**  
IRRESISTIBLES CHICKEN PUFFERS 200g ea. SELECTED VARIETIES

**700**  
2 for 3.99 ea. IRRESISTIBLES 100% COLOMBIAN COFFEE CAPSULES 10 ea. SELECTED VARIETIES

**700**  
2 for 3.99 ea. LIFE SMART NATURALIA ALMOND BEVERAGE 100 ml ea. SELECTED VARIETIES

**399**  
LIFE SMART NATURALIA PEANUT BUTTER 250g ea. SELECTED VARIETIES

**699**  
IRRESISTIBLES SWEET RED CHEESE 100g ea. SELECTED VARIETIES

**649**  
IRRESISTIBLES SWEET RED CHEESE 100g ea. SELECTED VARIETIES

**1599**  
IRRESISTIBLES 3 CHEESE PLATTER 400g ea. SELECTED VARIETIES

**799**  
IRRESISTIBLES ROASTED PEANUTS 140g ea. SELECTED VARIETIES

**500**  
2 for 2.49 ea. IRRESISTIBLES SWEET RED CHEESE 100g ea. SELECTED VARIETIES

**499**  
IRRESISTIBLES SWEET RED CHEESE 100g ea. SELECTED VARIETIES

**500**  
2 for 2.49 ea. IRRESISTIBLES SWEET RED CHEESE 100g ea. SELECTED VARIETIES

**4 for 500**  
1.49 ea. SELECTION SOFT DRINKS 1.5L ea. SELECTED VARIETIES

**399**  
IRRESISTIBLES MONTELEONE 100g ea. SELECTED VARIETIES

**399**  
IRRESISTIBLES MONTELEONE 100g ea. SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**600**  
2 for 2.99 ea. IRRESISTIBLES FROZEN PIZZA 12" ea. SELECTED VARIETIES

**800**  
2 for 3.99 ea. IRRESISTIBLES FROZEN PIZZA 12" ea. SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**300**  
2 for 1.99 ea. IRRESISTIBLES CHOCOLATE BAR 100g ea. SELECTED VARIETIES

**800**  
2 for 3.99 ea. IRRESISTIBLES CHOCOLATE BAR 100g ea. SELECTED VARIETIES

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**ADD A LITTLE**  
extra value in every meal

**Selection**

**LOOK FORWARD TO LUNCHTIME**

**499**  
ea. SELECTION SWEET RED CHEESE 100g ea. SELECTED VARIETIES

SAVOUR THE BRANDS YOU CAN ONLY FIND AT METRO

**ADD A LITTLE** **Selection**

Add a little more for your money. And while you're at it, add a little wow, what a deal! Add a LOT of savings without compromise.

**OUR EXCLUSIVE BRANDS**  
add a little extra value in every meal

**499**  
ea. SELECTION ANGEL FOOD CAKE 12" ea. SELECTED VARIETIES

**UNTIL AUGUST 2**

**ADD A LITTLE MORE FUN!**

**WITH** **Irresistibles Selection** **Life Smart**

**A CHANCE TO WIN, 1 OF 10 PRIZES OF \$10,000 EACH, TOTALLING \$100,000 IN GROCERIES**

From July 6th to August 2nd, 2023 (August 1st, 2023 for online purchases). No purchase necessary. Prizes: 1st prize \$10,000 cash. 2nd prize \$5,000 cash. 3rd prize \$2,500 cash. 4th prize \$1,000 cash. 5th prize \$500 cash. 6th prize \$250 cash. 7th prize \$100 cash. 8th prize \$50 cash. 9th prize \$25 cash. 10th prize \$10 cash. Odds of winning: 1 in 100,000. Open to legal residents of the United States only. Void where prohibited. ©2023 Metro Inc. All rights reserved.

**500**  
2 for 2.99 ea. SELECTION BURGERS 100g ea. SELECTED VARIETIES

**1200**  
2 for 6.49 ea. SELECTION FETA 200g ea. SELECTED VARIETIES

**499**  
ea. SELECTION TEX MEX 100g ea. SELECTED VARIETIES

**199**  
ea. SELECTION RELISH 100g ea. SELECTED VARIETIES

**149**  
ea. SELECTION KETCHUP 100g ea. SELECTED VARIETIES

**600**  
2 for 2.99 ea. SELECTION KETCHUP 100g ea. SELECTED VARIETIES

**499**  
ea. SELECTION BUTTER 100g ea. SELECTED VARIETIES

**600**  
2 for 2.99 ea. SELECTION BUTTER 100g ea. SELECTED VARIETIES

**499**  
ea. SELECTION BUTTER 100g ea. SELECTED VARIETIES

**499**  
ea. SELECTION BUTTER 100g ea. SELECTED VARIETIES

**499**  
ea. SELECTION BUTTER 100g ea. SELECTED VARIETIES

**1** BUY 2 PARTICIPATING PRODUCTS

**2** RECEIVE A UNIQUE CODE AT CHECKOUT

**3** GO TO **metro.ca** TO REGISTER

**metro**

Contest: ADD A LITTLE MORE FUN WITH IRRESISTIBLES AND SELECTION

Register at [metro.ca](#)

Your code: 4792640248

**BUY MORE SAVE MORE!**

**300**  
2 for 1.99 ea. SELECTION LIGHT TUNA 100g ea. SELECTED VARIETIES

**400**  
2 for 2.49 ea. SELECTION PASTA 100g ea. SELECTED VARIETIES

**400**  
2 for 2.99 ea. SELECTION TOMATO SAUCE 100g ea. SELECTED VARIETIES

**BUY MORE SAVE MORE!**

**600**  
2 for 2.99 ea. SELECTION SPRING WATER 1.5L ea. SELECTED VARIETIES

**900**  
2 for 4.99 ea. SELECTION SPRING WATER 1.5L ea. SELECTED VARIETIES

**1000**  
2 for 4.99 ea. SELECTION SPRING WATER 1.5L ea. SELECTED VARIETIES





**Stuffed Burgers**

Valid Jul 6, 2023 - Aug 2, 2023

Price: \$11.99 ea.

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**Stuffed Burgers**

Valid Jul 6, 2023 - Aug 2, 2023

Price: \$11.99 ea.

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## Stuffed Burgers

Valid Jul 6, 2023 – Aug 2, 2023

**Price: \$11.99 ea.**

**Add to Favorite**