VERSION 1

Your GO-TO for holiday bites.

PINT

2.44 ea.

BLUEBERRIES 340 g
PRODUCT OF PERU, USA, CANADA

1.99 ea.

BELLE GROVE
CHOCOLATE DIPPED OR CRUNCHY MACADAMIAS 100 g
PRODUCT OF CHINA

5 PK

2.99 ea.

AVOCADOS 2 pk
PRODUCT OF MEXICO
ATTITUDE VARIETIES 100 g
PRODUCT OF MEXICO
NOT ORGANIC

1.99 /lb

LARGE HONEYCRISP APPLES
PRODUCT OF CANADA, UNITED STATES OF AMERICA
4.70 kg

moi rewards

i redeem and save on what i buy most often

500 points = $4 in rewards

join today and save

SCAN TO DOWNLOAD THE MOI APP

Effective November - December 28 29 30 Thu Fri Sat

EVERYDAY

17.99 ea.

FROSTED STAR
BREADED CHICKEN BREAST 1 kg
PRODUCT OF CANADA, USA
NOT ORGANIC

2 for

12.00

MAPLE LANGUE OF FLUEUR DE LIS MEAT OR CASTELLO FLUEUR DE LIS CHEESE 200 g
PRODUCT OF CANADA

2 for

mix & match

14.00

CALIFORNIA, VEGETARIAN OR SPICY SUSHI
TO ENJOY FROZEN OR SLIGHTLY THAWED

5.00 ea.

FRONT STREET BAKERY
ALL BUTTER CROISSANTS
PRODUCT OF CANADA

3.49 ea.

PARLOUR FROZEN DESSERT OR YUPLAIT YOGURT
PRODUCT OF CANADA

10.99 ea.

NABOB GROUND COFFEE 454 g
BALLAD TEA 100 PIECE BOX 200 g
MAXWELL HOUSE OR NABOB COFFEE CAPSULES 84 g
PRODUCT OF CANADA

20 STEM BUNCH

INTERNATIONAL ROSES
ASSORTED COLORS
PRODUCT OF ECUADOR

18.99 ea.

metro.ca

VERSION A

Your GO-TO for holiday bites.

metro

PRIMO! NATURAL WITHOUT ANTIBIOTICS
MAPLE LEAF PRIME
NATURAL WITHOUT ANTIBIOTICS FRESH WHOLE CHICKEN
0.95kg
2.88 /lb

SAVING MADE EASY
EXTRA LEAN
EXTRA LEAN GROUND BEEF VALUE PACK
0.76kg
4.88 /lb

OMEGATABLES ARTISAN
TURKEY BREAST OR CAPELLA MARGHERITA
ELIGIBLE FOR AIR MILES OFFER

2.99 /100 g

BLACK ANGUS
CUT BY OUR CERTIFIED BUTCHERS
BEEF CUBES STEWING BEEF CUBES VALUE PACK
0.27kg
5.99 /lb

PORK LOIN SUB OR CHILLON ROAST
0.85kg
1.99 /lb

Dempsters
CLASSICS
ROLLGEBÖK ITALIAN STYLE BREADS, ROLLGEBÖK ITALIAN STYLE BREADS, BOMPORTO OR TIA ROSA TORTILLAS
ELIGIBLE FOR AIR MILES OFFER

2 for 6.00

Pure Sea
Premium
OYSTERS
BUY UP TO 25
FRESH WILD PACIFIC STANDARD OYSTERS
ELIGIBLE FOR AIR MILES OFFER

9.99 ea.

Foodland
FRESH BLANCHED TRAUT OR WILD WHITEFISH FILLETS VALUE PACK
0.90-0.95kg

9.88 /lb

1 kg
KRAFT
PEANUT BUTTER 750 mL OR SMUCKER'S JAM 1L OR GRAND MARNIER LIQUEUR 750 mL
ELIGIBLE FOR AIR MILES OFFER

5.99 ea.

JORDAN'S
RISK FREE
MORNING CRISP CHOCOLATE MINTS
LIFE SHORT OMEGA-3 FISH OIL, ESSENTIAL OMEGA3 OR NATURE'S TRADITIONAL OMEGA3
ELIGIBLE FOR AIR MILES OFFER

4.99 ea.

oikos
ACTIVIA
ACTIVIA OR OIKOS YOGURT
ELIGIBLE FOR AIR MILES OFFER

5.49 ea.

FRANK'S REDHOT SAUCE 354 mL OR BUCK'S PICKLES 500 mL OR CLUB HOUSE MARINADE 340 g OR CLUB HOUSE OR MINGLEMAN DIP 300 g
ELIGIBLE FOR AIR MILES OFFER

3.49 ea.

24 litre
Pure Life
NATURAL SPRING WATER
24 PACK
PURE LIFE NATURAL SPRING WATER
24 PACK
ELIGIBLE FOR AIR MILES OFFER

2.99 ea.

Habitant
CHUNKY
TOWN HOUSE
ORIGINAL
CAMPBELL'S CHUNKY OR HABITANT SOUP
ELIGIBLE FOR AIR MILES OFFER

1.88 ea.

2 x 90 m
Cashmere
SAVE UP TO $7.00
SCOTTIES
SCOTTIES CASHMERE TISSUE OR SCOTTIES CASHMERE TISSUE FOR AIR MILES OFFER

4.99 ea.

Sponge Bob
CLASSICO
CLASSICO SAUCE
ELIGIBLE FOR AIR MILES OFFER

2.97 ea.

WHOLE
3 for 5.00
EGG PASTA OR PASTA SELECTION OR LIFE'S SMART OMEGA-3 EGGS
ELIGIBLE FOR AIR MILES OFFER

5.00

Effective November - December 28 29 30 1 2 3 4 2024 | my savings my metro

New Lower Prices

5.99 ea. — MAPLE LEAF OR CONNOISEUR BACON, SAUSAGE OR DELI TOMMOS OR CHOICE CHEESES

19.99 av./lb. — WILD PINK ARGENTINIAN SHRIMP 21/25 (U/D) FROZEN, SHELL-ON, DEVEINED, TAIL-ON, PRODUCT OF ARGENTINA

1/2 PRICE — CARTONS BLUE CHEESE OR LUCIANO DANISH FONTINA CHEESE

2.99 /100 g — BRANDT HONEY MAPLE OR CHICKEN SAUSAGE LINK OR HOLMESTEAD MEATLOAF

2/10.00 — CRACKER BARREL OR BLACK DIAMOND NATURAL CHEESE SLICES OR BLOCKS

2/8.00 — TWO GOOD LOW PLANT BASED OR SILK ORIGINAL OR VANILLA

5.49 ea. — NATREL LACTOSE FREE OR ORGANIC MILK OR BUTTERMILK

5.99 ea. — NATREL LACTOSE FREE OR ORGANIC BUTTER

4.99 ea. — ORCHARD MILLS ORANGE JUICE

4.99 ea. — JORDAN'S ORGANIC STRAWBERRY ORGANIC MEADOW GRANOLA OR LYI ENERGY BEVERAGES

3.99 ea. — JELLIES'S CEREAL BARS OR NUTRI GRAIN

2/4.50 — OASIS OR ALLENS 100% FRUIT BEVERAGES OR BRICE BEVERAGES OR ARIZONA BEVERAGES

7.50 ea. — MINUTE MAID FREE ALOE OR PITCHER BEVERAGES

7.99 ea. — MUSSER OR MASON PONDER SPARKLING WATER

2/7.50 — LINDT CHOCOLATE BARS

4.99 ea. — NESTLÉ AFTER EIGHT, TERRY'S ORANGE CHOCOLATE

4.00 ea. — CROSS & BLACKWELL GINGER BEER OR COCA-COLA, DIET COCA-COLA, SPRITE OR FANTA

2.99 ea. — MUNCHIES CHIPS, MARKETS CHEESE OR MUNCHIES CHEESE OR MUNCHIES TORTILLA CHIPS

2/7.00 — CITY KOMBUCHA, SUNKIST OR OLD PHILS CHIPS OR POPCORNS

8.99 ea. — MAMA'S PIZZA

12.99 ea. — ALTMAN'S BAKED CHICKEN OR MEXICO MEAL MEAL OR SOUP

2/5.50 2.75 ea. — PALMOLIVE OR PALMOLIVE ULTRA OR SLEEK MOUSSE OR ALL OR TOTAL

8.99 ea. — SINGLE SUDS WHITE TISSUE, PAPER TOWELS OR TOILET TISSUE, TOWEL TISSUE

13.99 ea. — PURE, SUNLIGHT OR FINISH DISHWASHER OR SINGLES SOFT STRIP OR BLUE OR SOFTER BABY

I earn with moi rewards

25 — 3.49 ea. — CAPE LEMONT CHIPS OR CAPE LEMONT SNACKS

55 — 2/7.00 — CHRISTIE STRAWS, CRACKER OR CELEBRATION COOKIES

65 — 2/8.00 — CHRISTIE OR CHIPS AHOY OR CHIPS AHOY! CHEWY OR TAKE 5 STRIP PACK

35 — 5.49 ea. — DOVE OR SECRET FOR WOMEN DEODORANT

Holiday Floral

MOI — 9.99 ea. — KALANCHOE 6" POT

44.99 ea. — LIVE MODERN GARDEN CHRISTMAS TREE 4 FT TALL WITH LIGHTS

65 — 28.99 ea. — POINSETTIA 6" POT

59.99 ea. — BALSAM CHRISTMAS TREE 6 FT TALL WITH LIGHTS

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

Prices effective from Thursday, December 4 to Wednesday, December 10, 2025 unless otherwise specified.

Visit us at: moi.ca/ca
Give us your opinion on our flyer to WIN $1,000 in groceries.

moi rewards

add your **coupons** to the **My Metro App** for these exclusive deals.

moi rewards

SAVE BIG WITH

metro MEGA APP DEALS

Only until **December 4, 2024**

SAVE $2.99
2/$3
Santosh Naan
500 g
Selected Varieties

SAVE $4.99
2/$9
Schneiders Breakfast Sandwiches or Egg Bites
Frozen, 204 - 288 g
Selected Varieties

SAVE 67¢
2.99 ea.
Ben's Original Bistro Express Rice
240 - 250 g
Selected Varieties

Beatrice Chocolate Milk
1 L
Selected Varieties

SAVE $1.50
1.49 ea.

SAVE $3
3.99 ea.
Del Monte Refrigerated Juice
2.5 L
Selected Varieties

SAVE $1.51
1.99 ea.
Old El Paso Tortillas or Shells
125 - 334 g
Selected Varieties

SAVE $1.26
2.99 ea.
Takis
260 - 280 g
Selected Varieties

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a linked Moi Rewards card. Limit of one coupon redemption per Moi Rewards 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.

Learn and save on the app

1 download the app

2 save by adding personalized coupons every week

3 use moi rewards card at checkout

Healthy Together

MAKE THE OUT OF REACH REACHABLE

HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.

Between November 28, 2024 – December 30, 2024, Metro Inc. will match every $2.00 donation with a Metro gift card of the same value, up to a maximum of $100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Metro Employee.

Farm Fresh Produce

6.99 ea. CLEMENTINES
3.99 /lb EXTRA LARGE RED OR GREEN SEEDLESS GRAPES
1.99 ea. EXTRA LONG CUCUMBER
11.99 ea. POMEGRANATE
3.99 /lb BLACKBERRIES OR BLUEBERRIES OR RASPBERRIES
2.49 ea. BROCCOLI CROWNS
1.5 L/lb 5.99 ea. WILD WONDERS SWEETS OR CRAVE SWEETS
2.49 /lb LARGE BARTLETT PEARS
2.49 ea. LARGE RED MANGOES
4.99 ea. COLIFLOWER
1.99 /lb GOLDEN OR LIGHT ZUCCHINI
20 points 4.99 ea. BLACK MISSION FIGS
25 points 5.99 ea. UNGLAZED PLUMS
3.99 ea. RUSSET POTATOES
4.99 ea. GREEN FRENCH BEANS
10.99 ea. FRESH POMEGRANATE ARILS
JUMBO 5.99 /lb MIXED NUTS
5.49 ea. ATTITUDE VALLADATE
5 L/lb 20 points 4.99 ea. CARROTS OR YELLOW ONIONS

Organic

25 points 5.99 ea. ORGANIC PINEAPPLE
3 L/lb 6.99 ea. ORGANIC RED DELICIOUS APPLES
3.49 /lb ORGANIC BOSC OR BARTLETT PEARS
4.99 ea. ORGANIC CAMPARI TOMATOES

Sliced & Diced

15 points 3.99 ea. STORE MADE YOGURT PARFAITS
4.99 ea. CANDY-COLOUR PINEAPPLE
5.99 ea. STORE MADE SWELL SALADS

Holiday Floral

40.00 ea. APPRX. 30 CM METALLIC BASKET
NEW 14.99 ea. BEER GARDENIA
LARGER SIZES AVAILABLE
39.99 ea. LARGER AVG. 60 CM WIDE BASKET
19.99 ea. BUCKETS
55 points

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Our Butcher's Finest

PARK LOIN CHOPS
CATTLE CUT VALUE PACK
$4.49 /lb

BEST OF THE BEST BUTCHER

BEEF FOR GRILLING
CHUCK BONELESS STEAK
$14.99 /lb

CHICKEN LEG
CHICKEN LEG
$4.99 /lb

PLATINUM ANGUS
PLATINUM ANGUS BONELESS RIB EYE VALUE PACK STEAK
$7.99 /lb

FRESH SEAFORD WALLEYE
FRESH SEAFORD WALLEYE
$5.99 /lb

BEST OF THE BEST BUTCHER

BEEF SHORTLOIN CHOPS
$5.99 /lb

$5.49 /lb
MARINATED
PORK SHOULDER CHOPS
CENTRE CUT
0.90kg

BEST OF THE BEST BUTCHER

$3.49 /lb
EASY CARVE
PORK RIB ROAST
0.80kg

$5.99 /lb
MINISTYLE
MEATLOAF OR
MEATBALLS
MEATBALLS
0.23kg

$5.99 /lb
BEEF
BEEF STIR FRY OR
CORNER KIT
Canada Grade A
0.25kg

$7.99 ea.
PAPPY'S LEAN
SHEPHERD'S PIE READY
MEALS
0.454kg

$7.99 ea.
SCHWEIDERS
ALL BEEF WIENERS
10 - 12 Pack or Pack Weight

$14.99 ea.
KELSEYS
FOOD BACK RIBS
Frozen

$14.99 ea.
MONTANA'S
ANGUS BEEF BURGERS
Frozen

i earn with moi rewards

20 moi points
$4.99 ea.
BOHEL
BREAKFAST SAUSAGES
Pick 4 or Pick Weight

25 moi points
$5.99 ea.
SCHWEIDERS
MEAT PIES
Pick 4 or Pick Weight

45 moi points
$9.99 ea.
STOUFFIT
MOZZARELLA CHEESE STICKS
Frozen

50 moi points
$10.99 ea.
SWIFT CHOICE
SWIFT CHOICE TOPPED AND
CHICKEN BREAST
STUFF'D OR WRAPS
Pick 4 or Pick Weight

Easy Meal Ideas

$1.99 ea.
SELECTION
CHICKEN WIENERS
0.454g

$4.99 ea.
LIFE SMART NATURALLY
BACON
Pick 4 or Pick Weight

$5.99 /lb
AUTHENTIC SAUSAGES
Assorted Varieties
0.25kg

$7.99 ea.
BEYOND
PLANT BASED
STEAK STRIPS OR
BEYOND TOMORROW
TENDERS

$9.99 ea.
FARMER ANGUS
PORK GREEN ROAST OR
PORK TENDERLOINS
0.454g

$10.99 ea.
BUTTERBALL
TURKEY BURGERS
Frozen
1.36kg

NEW

$10.99 ea.
JOHN STREET PORK ROAST
0.8kg

$12.99 ea.
MAMA VILLA'S
LASAGNA
Assorted Varieties
Frozen 1.36kg

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Your GO TO
for irresistible shrimp appetizers that please.
7.99 ea.
9.99 ea.
7.99 ea.
19.99 ea.
All irresistibles shrimp rings include seafood sauce. Just thaw and serve!
7.99 ea.
8.99 ea.
7.99 ea.
9.99 ea.
8.99 ea.
7.99 ea.
15.99 ea.

Seafood

9.99 /lb — **FRESH** PLAIN FILLETS SKIN ON, PACK

9.99 /lb — SEAFOOD BOIL FROZEN, 1 kg

INCLUDES SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

3.49 ea. — TRUE BLUE MARYLAND STYLE CRAB CAKES 227 g, FROZEN PACKAGED FOOD

3.99 ea. — SELECTION SHRIMP FOR FRIES FROZEN, 454 g

7.99 ea. — STORE MADE PAN FRIED FISH, BATTER FROZEN, 454 g

7.99 ea. — HOT SMOKED WHISKEY BRINED SALMON NUGGETS 200 g

7.99 ea. — Ryeds Smoked Salmon Cakes with Shrimp Ravioli

10.99 ea. — RANGE SELECTION CANNED SARDINES 106 g

13.99 ea. — CEDAR BAY CLASSICS LOBSTER MAC & CHEESE FROZEN, 454 g

15.99 ea. — ASIAN STAR SHRIMP & PORK DUMPLINGS FROZEN, 454 g

Irresistibles

9.99 ea. — IRRESISTIBLES SEAFOOD CHOWDER BASE FROZEN, 1 L

9.99 ea. — GARLIC & MORE SHRIMP FROZEN, 454 g

9.99 ea. — IRRESISTIBLES SHRIMP BOIL FROZEN, 1 kg

11.99 ea. — IRRESISTIBLES ROCKEFELLER OYSTERS FROZEN, 12 pc

DELI FAVOURITES — MEAT & CHEESE

Premium Quality · Great Taste

3.49 /100 g — IRRESISTIBLES ARTISAN BLACK FOREST HAM OR CORNED BEEF OR PASTRAMI

3.99 /100 g — IRRESISTIBLES ARTISAN CHEESE

3.99 /100 g — IRRESISTIBLES ARTISAN BLACK FOREST HAM

4.79 /100 g — IRRESISTIBLES ARTISAN CHUCK ROAST BEEF

4.99 /100 g — IRRESISTIBLES ARTISAN SALAMI 175 g, 200 g, 250 g, 350 g, 400 g

7.99 ea. — IRRESISTIBLES ARTISAN DRY SAUSAGE 200 g, 350 g, 400 g

4.49 ea. — LA FOLLE ARTISAN FRESH CHEESE 125 g

7.99 ea. — IRRESISTIBLES ARTISAN MOZZARELLA 125 g, 250 g, 500 g

5.99 ea. — IRRESISTIBLES RICOTTA 500 g

17.49 ea. — IRRESISTIBLES CHEESE PLATTER 1 kg

BUY ANY 2 — GET ONE FREE

Garden Fresh Salsa, Salsa Verde Dip or Salsa Verde Tempeh Hummus

Fresh 2 Go Cucumber Slices

Fresh 2 Go Pita & Tortilla Chips

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25.00 ea. FROZEN 2 GO TURKEY 700g

10.00 ea. FROZEN 2 GO FESTIVE STUFFING 500 g

5.00 ea. FROZEN 2 GO CRANBERRY SAUCE 250 ml

5.00 ea. FROZEN 2 GO TURKEY GRAVY 500 ml

READY-TO-GO

10.00 ea. FROZEN 2 GO EMPANADAS (BEEF, CHICKEN, BUFFALO CHICKEN)

10.00 ea. FROZEN 2 GO MINI BAGELS 12 ea

2.99 ea. FROZEN 2 GO MINI PIES 1 ea. 320 g

ENTERTAINING TRAYS

39.99 ea. FROZEN 2 GO CHARCUTERIE PLANK 1.7kg

39.99 ea. FROZEN 2 GO ITALIAN STYLE CHARCUTERIE PLANK 500 g

44.99 ea. FROZEN 2 GO ORGANIC FINE WORLD CHEESE PLANK 1.75kg

39.99 ea. FROZEN 2 GO MEAT, CHEESE AND CRUDITÉ TRAY 1 ea.

ENTERTAINING MADE EASIER

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

PLACE YOUR ORDER TODAY!

29.99 ea. FROZEN 2 GO MEAT, CHEESE, BRUSCHETTA AND CRUDITÉ TRAY 750 g

RESERVES IN HAND, NOTICE, ORDER IN STORE OR ONLINE

Link, shop at Metro or Food Basics and get a $10 statement credit.

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Limited Time Offer

Offer valid in Ontario only.

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Front Street Bakery
Our Baguette Forêt

Tiramisu Cake Tiramisu au Mangue et Tonka

18.99 ea. FRONT STREET BAKERY 12-PAN MIX CAKES 12 x 1 pan 1.5 kg/3.3 lb

9.99 ea. FRONT STREET BAKERY MINI DESSERT CAKES 6 x 1 pan 0.6 kg/1.3 lb

18.99 ea. FRONT STREET BAKERY DESSERT CAKES 12 x 1 pan 1.5 kg/3.3 lb

Irrésistibles

8.99 ea. IRRÉSISTIBLES MINI CHOCOLATE MINI ÉCLAIRS 24 x 35 g/1.23 oz/Snacks

8.99 ea. IRRÉSISTIBLES TRIPLE CAKES 12 x 1 pan 1.5 kg/3.3 lb

5.49 ea. IRRÉSISTIBLES MINI MUFFIN 12 x 50 g/1.76 oz/Snacks

5.49 ea. IRRÉSISTIBLES MINI BRIOCHE 12 x 50 g/1.76 oz/Snacks

4.49 ea. FRONT STREET BAKERY ALL BUTTER MINI CROISSANTS 12 x 50 g/1.76 oz/Snacks

3.79 ea. FRONT STREET BAKERY NUT SWEET MINI BUNS 12 x 50 g/1.76 oz/Snacks

FRONT STREET BAKERY FRENCH ROLLS 12 x 50 g/1.76 oz/Snacks

3.79 ea. FRONT STREET BAKERY FRENCH ROLLS 12 x 50 g/1.76 oz/Snacks

SUN-MAID BACON BRUSH, BROWN SUGAR OR THANKS GIVING STUFFING BREADS 12 x 200 g/7 oz/Bakery

4.99 ea. SUNMAID MAINA 1 kg/2.2 lb/Bakery

LITTLE NORTHERN SANDWICHES BUNS OR BREADS 12 x 200 g/7 oz/Bakery

7.99 ea. LITTLE NORTHERN 12 x 200 g/7 oz/Bakery

SELECTION ENGLISH MUFFINS OR BAGELS 6 PK 300 g/10.6 oz/Bakery

2.79 ea. DUCHARME PATISSERIE 6 x 1 kg/2.2 lb/Bakery

SALTINES SNACK 400 g/14 oz/Snacks

4.49 ea. ZO'S LOUIS 20 ¢/100 g

Dr Oetker

MOUNTAIN TOUR TEAM: FOR A CHANCE TO

WIN A PRACTICE WITH JÉRÔME IGINLA at the 2023 Memorial Cup in Rimouski Quebec

www.giuseppepractice with apro.com

6.99 ea. GIUSEPPE 12 x 1 kg/2.2 lb/Bakery

7.99 ea. GIUSEPPE 12 x 1 kg/2.2 lb/Bakery

Heinz

IT'S THE REAL DILL

Heinz Dill Pickle Ketchup and Dill Pickle Mustard

HEINZ PICKLE KETCHUP 500 ml/16.9 fl oz/Condiments

2.99 ea.

Bagel Bites

ARE BACK

BAGEL BITES 12 x 1 kg/2.2 lb/Bakery

1.99 ea.

CELEBRATE THE MOMENT

14.99 ea. FERRERO ROCHER CHOCOLATE BOX 24 x 300 g/10.6 oz/Chocolate

BUY ANY 2 FERRERO ROCHER CHOCOLATE BOX 24 x 300 g/10.6 oz/Chocolate GET 1 FREE FERRERO ROCHER CHOCOLATE BOX 24 x 300 g/10.6 oz/Chocolate

NEW

KD Dip Jar

KD DIP JAR 12 x 1 pack/1.5 kg/3.3 lb/Grocery

4.99 ea. KD DIP JAR 12 x 1 pack/1.5 kg/3.3 lb/Grocery

mio HYDRATE YOUR WAY

✔ delicious ✔ active lifestyle ✔ anywhere

mio ENERGY 48 x 2 x 7 ml/Beverages

mio ENERGY 48 x 2 x 7 ml/Beverages

2 for 7.00 mio ENERGY 48 x 2 x 7 ml/Beverages

Free

FERRERO ROCHER STANDS CHOCOLATE 12 x 300 g/10.6 oz/Chocolate

6.49 ea.

Kinder Surprise Chocolate Egg 20 g/0.7 oz/Kinder Surprise Chocolate Egg 20 g/0.7 oz/Chocolate

$10 OFF

$50 H&M, NINTENDO & BOSTON PIZZA GIFT CARDS

Limited time or while supplies last. Purchase at participating stores.

H&M Gift Card Nintendo Gift Card Boston Pizza Gift Card

Subject to availability. Valid only at participating stores. Offer valid from March 30 to April 26, 2023 or while supplies last. Not available on the purchase of other Loblaw Companies Gift Cards and Gift Cards of other companies or Western Canada Gift Card Company. Limited to stock on hand.

sodastream

SODASTREAM SPARKLING WATER MACHINE 2 x 60 L/2 x 16 gal/Beverages

5.49 ea. SODASTREAM FLAVOURS 2 x 60 L/2 x 16 gal/Beverages

SODASTREAM TERRA WATER KIT

1/2 PRICE 64.99 ea.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Provincial Flyer Number 23-14

More Great Savings

BUY MORE SAVE MORE! 2 for 9.00 EACH (MIN. 2 @ 4.50) — SILK BRAND PLANT BASED BEVERAGES 946 mL–1.89 L VARIOUS VARIETIES

30 POINTS 7.49 EA. — CHARBUCK CHOICE GROUND COFFEE 300 g

8.99 EA. — TETLEY TEA BAGS 40–96 ct. ASSORTMENTS

20 POINTS 4.99 EA. — OASIS REFRIGERATED FRUIT PUNCH 1.75 L ASSORTMENTS

2.79 EA. — SELECTION WHITE VINEGAR 4 L

PRIMO SAUCE 680 mL–1 L VARIOUS VARIETIES 2 for 5.00

2 for 9.00 — BEN'S RISOTTO 90–170 g ASSORTMENTS

2.99 EA. — BETTER CHICKEN PATTIES 1.36 kg ASSORTMENTS

5.99 EA. — PT. CHARCOAL OR HUNGRY MAN FROZEN MEALS 340–454 g ASSORTMENTS

3.99 EA. — HUNGRY MAN FROZEN OR PT. CHARCOAL 340–454 g ASSORTMENTS

3.49 EA. — CARR'S CRACKERS 200 g ASSORTMENTS

6.50 EA. — SELECTION CHUNKS 340–454 g ASSORTMENTS

6.99 EA. — PALLISER FROZEN CAKE 1 kg ASSORTMENTS

BUY MORE SAVE MORE! 2 for 7.00 EACH (MIN. 2 @ 4.50) — DELOFFRE FRIP LATKA 340 g ASSORTMENTS

5.49 EA. — SWEETHEARTS HOLIDAY MIX, CHARS OR CHOCOLATES 340–454 g ASSORTMENTS

5.99 EA. — TRAPPIST NUTS 500 g ASSORTMENTS

BUY MORE SAVE MORE! 2 for 9.00 EACH (MIN. 2 @ 4.50) — COCA-COLA FAMILY OR MINI CANS 12 pk ASSORTMENTS

8.00 EA. — CLAMATO 1.36 L ASSORTMENTS

2 for 8.00 — RED BULL ENERGY DRINKS 355 mL ASSORTMENTS

14.99 EA. — BUDWEISER PRIME NON-ALCOHOLIC BEER 473 mL

I earn with moi rewards

2 for 8.50 — 25 POINTS — PILLSBURY FROZEN PASTRIES 340–454 g ASSORTMENTS

2 for 7.00 — 40 POINTS — PILLSBURY FROZEN PASTRIES 340–454 g ASSORTMENTS

20 POINTS 2.99 EA. — SNACK PACK PUDDING 4 x 92 g ASSORTMENTS

25 POINTS 4.50 EA. — ACTIVE H2O OR ACTIVE ONE 1.5 L ASSORTMENTS

4.99 EA. — 30 POINTS — MARC VETCHELLS CRACKERS 100 g ASSORTMENTS

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