VERSION 1

HAPPY NEW YEAR

SELECTION BACON
OR SELECTION PORK LOIN, OR LEGACY PEAMEAL CHOP, FROZEN/GELÉ, 1.36 kg/2.99 lb

2.99 ea. or 2 for

LIMES
OR LEMONS, 5 PK

2.99 ea.

ROCK LOBSTER TAILS
VALUE PACK
FROZEN, 454 g

20.00 4 pack

$5 PER TAIL

CHRISTIE CRACKERS OR RITZ CRACKERS OR WAFER CRACKERS
VARIOUS VARIETIES, 100 g–300 g

1.88 ea.

moi rewards

i redeem and save on what i buy most often

500 points = $4 in rewards

join today and save

Effective December-January 26 27 28

BUY TWO GET ONE FREE

INVESTIGATIONS APPETIZERS
VARIOUS VARIETIES, 150 g–300 g

SAVE $3.29

5.00 ea.

MARC ANGELO
SLICED ITALIAN
DELI PRODUCT
VARIOUS VARIETIES, 175 g–200 g

ARGENTINA KING CRAB
OR
FRESHWATER PINK SHRIMP
FROZEN, 454 g

24.99 ea.

Save $5.00

INVESTIGATIONS ASSORTED CHEESECAKES
VARIOUS VARIETIES, 1 kg

16.99 ea.

KELLOGG'S CEREAL
VARIOUS VARIETIES, 350 g–500 g

3.99 ea.

SAVE $5.00

10.99 ea.

MAXWELL HOUSE COFFEE
VARIOUS VARIETIES, 300 g–400 g
NABOB COFFEE BEANS
VARIOUS VARIETIES, 454 g
NABOB GROUND COFFEE OR CAPSULES
VARIOUS VARIETIES, 300 g–454 g

2 for

11.00

BUBLY FLAVOURED OR AHA SPARKLING WATER
VARIOUS VARIETIES, 355 ml–473 ml

metro.ca

VERSION A

HAPPY NEW YEAR

metro

BOND CHEESE OF BOSTON
SMOKED BREAKFAST SAUSAGE OR APPLEWOOD SMOKED BACON
2.99 /100 g

MEAT FOR GRILL
TOP SIRLOIN STEAK VALUE PACK OR ROUND TIP ROAST
1.47kg
6.88 /lb
AGED 28 DAYS
CUT BY OUR BUTCHERS

1/2 PRICE
SARTORI BELLAVITANO CHEESE
5.99 ea.

FRESH
FRESH PORK BACK RIBS VALUE PACK
1.54kg
3.44 /lb

CONTINUE LARGE RED SEEDLESS GRAPES
0.454kg
2.99 /lb

ROSICCHIN CANNED SHRIMP 41.4g, PACIFIC WHITE LEANED SHRIMP 454g, OCEAN CHOICE SHRIMP 454g, OCEAN BAYOU EXTRA LARGE SCALLOPS 340g
19.99 ea.

BOX OF 25
FRESH MALPEQUE STANDARD OYSTERS
FRESH MALPEQUE STANDARD OYSTERS 1.36kg, PACIFIC WHITE CANNED SHRIMP 454g, PACIFIC WHITE CANNED SHRIMP 908g, PACIFIC WHITE CANNED SHRIMP 908g, PACIFIC WHITE CANNED SHRIMP 908

New Lower Prices

TROPICANA JUICE OR DRINK SELECTION 1.75 L
4.49 ea.

OCEAN SPRAY FRUCKTIVE 12 PK
5.49 ea.

OASIS JUICE OR ALLGÄUER SELECTION 1.75 L OR 1.5 L OR 1.2 L OR 1 L
4.50 ea.

MONSTER ENERGY DRINKS SELECTION 473 ml
BUY MORE SAVE MORE!
2 for **6.00** (3.00 each) BUY 2 ONLY

ESKA 24 PACK
ESKA NATURAL SPRING WATER 24 PK
4.99 ea.
20 Savings

INCREDIBLE FROZEN FRUIT SELECTION 454 g
BUY MORE SAVE MORE!
2 for **9.00** (4.50 each) BUY 2 ONLY

HAGEN-DAZS ICE CREAM SELECTION 473 ml
BUY MORE SAVE MORE!
2 for **11.00** (5.50 each) BUY 2 ONLY

COMPLIMENTS SELECTION 12 PK 355 ml
6.99 ea.

BUDWEISER 12 PK 355 ml OR BUD LIGHT 12 PK 355 ml OR GOMMES SANS ALCOOL BEER SELECTION 355 ml
8.99 ea.

PLANTERS NUTS SELECTION PRODUCTS OR CHEMOND'S ZERO SNACKS 200 g
4.99 ea.

SUN FLOWER SEEDS OR FRUIT SNACKS SELECTION 60 g
2 for **8.50** (4.25 each)

DORITOS OR TOSTITOS SELECTION 300 g OR MINI MUNCHIES SNACKS SELECTION 200 g
3.49 ea.
15 Savings

LAY'S CHIPS OR CAPITAIN CHIPS OR PRINGLES CHIPS OR SNACKS SELECTION 200 g
3.49 ea.

CHIPS AHOY! OR OREO COOKIES SELECTION 300 g OR 350 g
2 for **7.00** (3.50 each)

CHIPPERS SELECTION 200 g
1.88 ea.

NATURE'S PATH CEREAL SELECTION 400 g
9.99 ea.

HEATHER'S DELIGHT FROZEN VEGETABLE SELECTION 1 kg
2 for **7.00** (3.50 each)

HEINZ KETCHUP, SELECTION 1 L OR 750 ml OR 500 ml
3.99 ea.

ALCAN FOIL OR WAX PAPER SELECTION 30 m OR 25 m OR 20 m
2.99 ea.

SPONGE TOWELS SELECTION 12 PK 24 m
CASHMERE SELECTION 12 PK 24 m
SCOTTIES SELECTION 12 PK 24 m
8.99 ea.
CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE 6 PK SELECTION

Incredible Selection

INCREDIBLE SELECTION 454 g
14.99 ea.

INCREDIBLE SELECTION 454 g
7.99 ea.

INCREDIBLE SELECTION 454 g
7.99 ea.

INCREDIBLE SELECTION 454 g
5.99 ea.

EGGS ROLL SELECTION 454 g
2.99 ea.

SELECTION CREAM 500 ml OR 473 ml
3.79 ea.

BLONDE LAGER SELECTION 12 PK 355 ml
8.99 ea.

SELECTION LASAGNA 454 g
1.99 ea.

We reserve the right to limit quantities
LES EMPTIONS SUR PRÉCAUTIONS SONT PRÉVUES
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

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Only until **December 31, 2024**

Save $2
5.99 ea.

IRRESISTIBLES PEANUT OR POPCORN ULTIMATE MIX
520 - 600 g

Save $2.80
2.99 ea.

LACTANTIA ULTRAPUR MILK
1.5 L
SELECTED VARIETIES

Save $2.50
3.99 ea.

NATREL CREAMER
1 L
SELECTED VARIETIES

Save $5
8.99 ea.

BOUNTY PAPER TOWEL
4 + 6 un

Save $9.98
2/$20 when you buy 2

MONTANA'S OR SWISS CHALET FULLY COOKED BACK RIBS
600 - 800 g
SELECTED VARIETIES

Save $2
3.49 ea.

MISS VICKIE'S CHIPS
180 - 200 g
SELECTED VARIETIES

Save $1.01
2.99 ea.

PEPSI MINI SOFT DRINKS
6 x 222 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER ITEM 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.

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Farm Fresh Produce

3.99 ea. BLACKBERRIES 142 g
Product of Canada, Mexico and Peru

1.99 /lb. BELL & LA BELL ASSORTED LATIN PEPPERS 4.20kg
Product of Mexico

4.99 ea. ROMAINE HEARTS 2 pk
Product of U.S.A.

PINT
4.99 ea. BLUEBERRIES 340 g
Product of Canada, Chile, Peru and Mexico

JUMBO
4.99 ea. DANGO PINEAPPLE ORGANIC SUGAR PINEAPPLE PINEAPPLE
Product of Costa Rica

3.49 ea. 15 SAVINGS BELLO GROVE ORGANIC MUSHROOMS 227 g
Product of Canada

4.99 ea. 20 SAVINGS GREEN PEACH BEANS 454 g
Product of Canada

3.99 ea. LITTLE POTATO PROVISTO 2 lb
Product of Canada, Chile, Peru and Mexico

4.99 ea. RUSSET BAKERS 4 kg

2.99 /lb. LARGE ANJOU PEARS 1.00 kg

4.99 ea. 20 SAVINGS BLACK MISSION FIGS 2 x 454 g
Product of Mexico

2 LB
4.49 ea. BABY CARROTS 454 g
Product of U.S.A.

Organic
5.49 ea. ATTIMO ORGANIC SALADS 454 g
Product of U.S.A.

FAMILY SIZE
7.99 ea. 35 SAVINGS BONNE MAMAN CLASSIC or LIGHT VINAIGRETTES 500 ml

9.99 ea. PLANT-FORWARD: TOUR MEDITERRANEAN 454 g, TOUR ASIA 454 g, TOUR MEXICO 454 g, TOUR INDIA 454 g, LARGE SALADS 340-454 g

Flowers in Bloom

12.99 ea. DELICATE ORCHID ARRANGEMENT 12 cm

3.99 ea. 15 SAVINGS PERENNIAL PLANTS 12 cm

GUARANTEED FOR 10 DAYS
15.00 ea. 6 BEAUTY BOUQUET 6 stems

PREMIUM ORCHID 2 stems
SAVE $5.00
22.99 ea. DOUBLE SPIKE

Meat

HOT FOOD TO GO KITCHEN
14.99 /lb. BEEF ANGUS STRIP LOIN STEAK 350kg

5.99 /lb. BEEF ALERT! WHOLE BEEF BRISKET BBQ PACK 5.00kg
Product of U.S.A. and Canada

50 COUNT
37.99 ea. HOME-MADE LAMB SPECIAL 1kg

12 INGREDIENTS OR LESS SANDWICHES OR BREAKFAST BITES 340-454 g

5.99 ea.

18.99 /lb. FRENCHED LAMB RACKS 450kg

6.99 /lb. HUSSAIN GROUND BEEF VALUE PACK 5.00kg

BEYOND BURGER
5.88 ea. ROYAL FLUSH SHRIMP 340-454 g

PRIME
Chicken Strips Lemon Herb or Garlic Herb
Product of U.S.A.
CHICKEN BREAST STRIPS
CHICKEN DRUMSTICKS
CHICKEN WINGS
CHICKEN BREAST Made in U.S.A. 1kg

9.99 ea.

2.99 /lb. BONELESS PORK LOIN ROAST OR BONELESS PORK LOIN BACKRIBS VARIOUSLY PACK 3.00kg

Country Kitchen
5.99 /lb. HAND STUFFED & ARTISAN HALF-MOON SMOKED HAM 0.270kg

LAMES Lobmania
Wrapping BITES
14.99 ea. LAMES LOBMANIA BREADED CHICKEN BITES 1.00 kg
Product of U.S.A.

BURGERS GLUTEN FREE
PRIME RIB BEEF BURGERS

17.99 ea. THE KEG PRIME RIB BEEF BURGERS 454 g
Product of U.S.A.
FOR GRILLING & BAKING
Prime Rib Roast

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Seafood

Entertaining Cakes

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READY-TO-GO

SERVES 4 & 6
FRESH 2 GO
CUSTOM PIE
1 kg

YOUR CHOICE
$25 EA.

SERVES 4 & 6
FRESH 2 GO
MEAT LASAGNA
1.5 kg

9.99 EA.
SUNDRY PASTA, SAUCE & SELECT MAIN DISHES
250 g

FRESH 2 GO
MAIN COMBO TRAYS
1 kg
SELECTED VARIETIES

YOUR CHOICE
$25 EA.

FRESH 2 GO
SNACK TRAYS
450 - 600 g
SELECTED VARIETIES

YOUR CHOICE
$15 EA.

GRAB N' GO

YOUR CHOICE
$5 EA.

GARDEN FRESH
GUACAMOLE DIP, TORTILLA CHIPS, SUNDRY PICK-AND-MIX, HUMMUS DIP, TORTILLA CHIPS, FRESH 2 GO TORTILLA CHIPS
150 - 175 g, 425 ml
SELECTED VARIETIES

DISCOVER

SOUTH ASIAN FOODS

CLT
FULL FAT
GREEK
LABNEH

7.99 ea.

CRISPY ROTI
PACK
VARIOUS VARIETIES

3.49 ea.

WHOLE
BLUE CRAB
FROZEN

5.99 ea.

AUTHENTICITY
CHICKEN TIKKA OR
SEEKH KEBAB
150 PACKS
FROZEN

7.99 ea.

DIVYA
SESAME OR
MUSTARD OIL
PACK
VARIOUS VARIETIES

2.99 ea.

NATIONAL PICKLES
PACK
VARIOUS VARIETIES

3.99 ea.

DIVYA
FRACTIONS OR
MIXED VEGETABLE
PACK
VARIOUS VARIETIES

3.79 ea.

DIVYA
PARATHAS OR
PURE PARATHA
PACK
VARIOUS VARIETIES

1.99 ea.

GINGER
VARIOUS SIZES
0.454 kg

2.49 /lb

BUNCH SPINACH
VARIOUS SIZES

1.49 ea.

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