

99¢
/lb

GREEN ZUCCHINI OR EGGPLANT
PRODUCT OF U.S.A. OR MEXICO
2.30kg

Effective January	TH	FR	SA	SU	MO
	1*	2	3	4	5

[illegible]

MEAL DEAL
AVAILABLE ALL WEEK

YOUR CHOICE **11.99**
ea.



16" X-LARGE
PEPPERONI & CHEESE
PIZZA
WALK-IN ORDERS ONLY
NO TOPPING SUBSTITUTES

12 CHICKEN
TENDERS

20 CHICKEN
BITES

PORK
BACK RIBS
450 g

ASSORTED
CALIFORNIA
COMBO OR
CALIFORNIA ROLL
VARIETY PACK
400-450 g
SELECTED VARIETIES

STEWART'S
ST

STORE MADE
CAROUSELS
FRESH & AVAILABLE
950 g
FRESH FRUIT
1.4 kg

New Lower Prices

D'ITALIANO
MEATBALLS OR
DUMPLINGS
7 TOWELS
\$1.99

2 for \$7.00

D'ITALIANO
MEATBALLS OR
DUMPLINGS
7 TOWELS
\$1.99

3.49
UNDESTRUCTIBLE ARTISAN
COUNTRY SWISS MEAT
CORNED BEEF OR PASTRAMI
100 g
\$1.99

3.49
UNDESTRUCTIBLE
PANGLOSS REGGIANO
AGED 24 MONTHS
100 g
\$1.99

LOU'S
LOU'S KITCHEN ENTREES
PEANUT OR BACON
200 g
\$1.99

7.99
LOU'S KITCHEN ENTREES
PEANUT OR BACON
200 g
\$1.99

12.99
JAMES
ULTRAPUR
Haddock
200 g
\$1.99

9.99
SCHNEIDER'S
THE STELLA
MASCARPONE
OR FETA
250 g
\$1.99

LACTANTIA ULTRAPUR
MILK CO
CHOCOLATE MILK
200 g
\$1.99

5.49
LACTANTIA ULTRAPUR
MILK CO
CHOCOLATE MILK
200 g
\$1.99

5.99
JORDAN'S
PROTEIN
MORNING CRISP
CEREAL
200 g
\$1.99

3.49
LOCO NANO
DRINKABLE YOGURT
100 g
\$1.99

CHEEZ-IT
CRACKERS
200 g
\$1.99

2.99
CHEEZ-IT
CRACKERS
200 g
\$1.99

3.49
BEN'S ORIGINAL
BEN'S EXPRESS
RICE
200 g
\$1.99

5.99
CASA MAMA
RESTAURANTE OR
PIZZA
200 g
\$1.99

CHAPMAN'S
ICE CREAM OR
YOGURT
PACON
200 g
\$1.99

4.49
CHAPMAN'S
ICE CREAM OR
YOGURT
PACON
200 g
\$1.99

5.99
Breyers
ICE CREAM
PACON
200 g
\$1.99

3.49
SKINNY POP
POPCORN
HARDT
200 g
\$1.99

PRIME
ALAN RO
PRIME
HYDRATION
DRINKS
200 g
\$1.99

2.49
PRIME
ALAN RO
PRIME
HYDRATION
DRINKS
200 g
\$1.99

5.99
HOSTESS
VALUE
SIZE SNACKS
200 g
\$1.99

5.99
LAY'S
DORITOS
200 g
\$1.99

CREST
TOOTH
PASTE
200 g
\$1.99

5.99
CREST
TOOTH
PASTE
200 g
\$1.99

2.99
Palmolive
OR
Dish Soap
200 g
\$1.99

7.99
Charmin
TOILET
PAPER
200 g
\$1.99

50
MINUTE MAID
REFRESHED DRINKS
200 g
\$1.99

3.49
MINUTE MAID
REFRESHED DRINKS
200 g
\$1.99

100
Sponge
BATHROOM TISSUE
200 g
\$1.99

12.99
Sponge
BATHROOM TISSUE
200 g
\$1.99

We reserve the right to limit quantities.
DISCOUNTS ARE PRECEDENT OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We reserve the right to limit quantities.
DISCOUNTS ARE PRECEDENT OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **micro.co**
to see all the products and prices.
WIN \$5000 in groceries.

Visit us at **micro.co**
to see all the products and prices.
WIN \$5000 in groceries.

**BECAUSE
WE'RE
NOT SORRY
FOR CHOOSING
CANADIAN**



**LOOK
FOR THE**



IN-STORE

moi
rewards

SAVE BIG IN THE APP

Add your coupons in the
Metro app today.



NOW
14⁹⁹
ea.
SAVE UP TO
\$3

17⁹⁹*
ea.
OASIS
ASSORTED FLAVOURED
JUICE
40 x 200 ml

THIS WEEK'S DEALS:

Only until January 7, 2026, in-store or online



NOW
4⁹⁹
ea.
SAVE UP TO
\$1.50

6⁹⁹*
ea.
BICK'S
PICKLES
11
SELECTED VARIETIES



NOW
1⁹⁹
ea.
SAVE UP TO
\$1

2⁹⁹
ea.
GOLDFISH
CRACKERS
SELECTED SIZES
SELECTED VARIETIES



NOW
9⁹⁹
ea.
SAVE UP TO
\$3

12⁹⁹
ea.
JANES ULTIMATES
FISH FILLETS
FROZEN, 450 - 500 g
SELECTED VARIETIES



NOW
10⁹⁹
ea.
SAVE UP TO
\$3

13⁹⁹
ea.
IRRÉSISTIBLES
PARMIGIANO REGGIANO
24 MONTHS
200 g



NOW
3⁴⁹
ea.
SAVE UP TO
\$1.50

4⁹⁹*
ea.
HALLS
COUGH DROPS
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$1.50

5⁹⁹*
ea.
SHOUT
STAIN REMOVER
650 ml

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD account, 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. *Price may vary at select locations.

Farm Fresh Produce



4⁹⁹
/lb
SUNKO CITRUS
PRODUCT OF U.S.A.
11.00kg



3⁹⁹
ea.
BLACKBERRIES 170g
PRODUCT OF MEXICO



2⁴⁹
/lb
EXTRA LARGE
BEEFSTEAK TOMATOES
PRODUCT OF MEXICO
5.45kg



2⁹⁹
ea.
BELLE GROVE WHOLE
BEEFSTEAK TOMATOES
PRODUCT OF MEXICO
5.45kg



2⁶⁹
/lb
LARGE BOSE OR
ANJOU PEARS
PRODUCT OF MEXICO
5.50kg



2⁴⁹
/lb
LARGE RED
DELICIOUS APPLES
PRODUCT OF MEXICO
5.45kg



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.30kg



2⁹⁹
for
5⁰⁰
BROCCOLI
CROWNS
PRODUCT OF
U.S.A. OR MEXICO



6⁹⁹
/lb
JUMBO CHERRIES
PRODUCT OF U.S.A. 15.00kg



4⁹⁹
ea.
MEYER LEMONS 170g
PRODUCT OF U.S.A.



3⁹⁹
ea.
ANGEL SWEET OR
ONE SWEET SNACKING
TOMATOES 170g
PRODUCT OF U.S.A.



3⁸⁸
ea.
GOOD LEAF
MICROGREENS 50g
PRODUCT OF CANADA



5⁹⁹
ea.
SEEDLESS NAVAL
ORANGES 15
PRODUCT OF MEXICO



3⁹⁹
ea.
LIMES 15
PRODUCT OF MEXICO



2⁹⁹
ea.
SWEET NANTES
CARROTS 15
PRODUCT OF CANADA OR MEXICO



3⁹⁹
ea.
RUSSET POTATOES 15
PRODUCT OF CANADA
OR MEXICO



4⁹⁹
ea.
FRESH POMELO/GRANATE
JUICE 150ml



2⁴⁹
ea.
LIFE SMART TOFU
100g 40g
SELECTED VARIETIES



5⁹⁹
ea.
VEGETABLE SPIRALS OR
RICE CAKES/LEMON
100g 100g



12⁰⁰
or
6.49 ea.
DOUBLE
SALAD KITS
100g 100g
PRODUCT OF U.S.A.
OR MEXICO

Organic



5⁹⁹
ea.
ORGANIC
RED DELICIOUS APPLES
15.00kg 15.00kg



5⁴⁹
ea.
ATTITUDE
ORGANIC SALAD
15.00kg 15.00kg



4⁹⁹
ea.
ORGANIC CAMPARI
TOMATOES
15.00kg 15.00kg



9⁹⁹
ea.
TONICA
KOMBUCHA
1L 1L

Sliced & Diced



6⁹⁹
ea.
STORE MADE
YOGURT PARFAITS
150g



4⁷⁹
ea.
STORE MADE
SMALL SALADS
150g



5⁴⁹
ea.
STORE MADE
BENTO KITS
200g 150g



4⁹⁹
ea.
CORED PINEAPPLES
100g

Our Butcher's Finest

WALL LION CHOPS
16.25kg

10⁹⁹
/lb

BEEF TENDERLOIN
ROAST OR STEAK
12.50kg

25⁹⁹
/lb

FRESH PORK SIDE RIBS
8 BONE

3⁹⁹
/lb

RED GRILL BEEF SHORT RIBS
12.50kg

9⁹⁹
/lb

FRESH PORK BELLY
12.50kg

5⁹⁹
/lb

PLATINUM GRILL
ANGUS LEAN
GROUND CHICKEN
22.25kg

9⁹⁹
/lb

FRESH PORK RIBS
12.50kg

5⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET/RYE PACK
17.60kg

7⁹⁹
/lb

PREPARED LAMB RACK
HOTEL STYLE
14.50kg

19⁹⁹
/lb

I earn with **moi** rewards

SELECTION
STUFFED
CHICKEN BREAST
12.50kg

5⁹⁹
ea.

25
points

SELECTION
CHICKEN WINGS
12.50kg

11⁹⁹
ea.

50
points

SALT & PEPPER
CHICKEN WINGS
12.50kg

12⁹⁹
ea.

50
points

1 KG
BACON
12.50kg

13⁹⁹
ea.

50
points

IRRESISTIBLE PIES
12.50kg

5⁹⁹
ea.

25
points

IRRESISTIBLE PASTA ENTREES
12.50kg

9⁹⁹
ea.

45
points

IRRESISTIBLE SHEPHERD'S PIE
12.50kg

9⁹⁹
ea.

45
points

IRRESISTIBLE BBQ
12.50kg

12⁹⁹
ea.

50
points

Meal Ideas

JOHNSONVILLE
SMOKED OR
DINNER SAUSAGES
12.50kg

6⁹⁹
ea.

MARCAIOLO
SMOKED OR
DINNER SAUSAGES
12.50kg

10⁹⁹
ea.

STUFFED
BURGERS
12.50kg

14⁹⁹
ea.

JAMES PUB STYLE
CHICKEN WINGS
12.50kg

11⁹⁹
ea.

Irresistible

IRRESISTIBLE
BEEF BITS OR
HONEY & MUSTARD
DIPPING BITES
12.50kg

5⁹⁹
ea.

IRRESISTIBLE
MEATBALLS
12.50kg

8⁹⁹
ea.

IRRESISTIBLE
PATTY PACK
12.50kg

9⁹⁹
ea.

IRRESISTIBLE
KIDNEY BEANS
12.50kg

12⁹⁹
ea.

metro
FRESH
2 GO



**MONTREAL
SMOKED MEAT
SANDWICH**

899
ea.

SMOKER & CARVERY

More Smokin' Deals

**HOT &
MADE TO
ORDER**

SANDWICHES

Montreal Smoked or Roast Beef \$8.99 ea.

HOT SLICED

Montreal Smoked or Roast Beef \$2.99/100g

CHICKEN

Apple Wood Smoked Chicken \$14.99 ea.

RIBS

Maple Smoked St. Louis Side Ribs \$19.99 ea.

(full rack)

Seafood



i earn with **moi** rewards



Snacks & Beverages



FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

metro.ca

Shop Offer

*Certain conditions apply.

Minimum purchase of \$75 (before taxes) required. Details on metro.ca

\$25

OFF

**your first
3 online orders***

**SAME PRICES
& FLYER DEALS
AS IN-STORE**



More Great Savings



8⁴⁹
ea.
iögo
YOGURT
100% YOGURT
100% YOGURT
100% YOGURT



5⁹⁹
ea.
OLYMPIC ORGANIC OR
KREMA YOGURT 100%
OLYMPIC ORGANIC OR
KREMA YOGURT 100%



3⁹⁹
ea.
LIBERTE GREEK
YOGURT 100%
LIBERTE GREEK
YOGURT 100%



5⁹⁹
ea.
POST CEREAL
100% CEREAL
100% CEREAL



14⁹⁹
ea.
McCAFE
COFFEE CAPSULES
100% COFFEE
100% COFFEE



6⁴⁹
ea.
Carnation
HOT CHOCOLATE
HOT CHOCOLATE
HOT CHOCOLATE



4⁹⁹
ea.
PEARL MILLING
PANCAKE MIX 100%
PEARL MILLING
PANCAKE MIX 100%



4⁹⁹
ea.
TIE STELLE
CREAM CHEESE
CREAM CHEESE
CREAM CHEESE



4⁴⁹
ea.
SELECTION
SAUCE
SAUCE
SAUCE



2⁴⁹
ea.
MOTT'S FRUITATIONS
100% FRUIT
100% FRUIT



3⁹⁹
ea.
GAY LEA
SOUR CREAM
SOUR CREAM
SOUR CREAM



4⁹⁹
ea.
GAY LEA
COTTAGE CHEESE
COTTAGE CHEESE
COTTAGE CHEESE



2⁹⁹
ea.
KNORR SIDEKICKS
100% MEAT
100% MEAT



2⁴⁹
ea.
KNORR SIDEKICKS
100% MEAT
100% MEAT



3⁴⁹
ea.
MINUTE RICE
INSTANT RICE
INSTANT RICE
INSTANT RICE



3⁴⁹
ea.
CAMPBELL'S CHICKEN
SOUP
CHICKEN SOUP
CHICKEN SOUP



2⁴⁹
ea.
BERTOLLI PASTA SAUCE
100% PASTA
100% PASTA



4⁹⁹
ea.
BERTOLLI PASTA SAUCE
100% PASTA
100% PASTA



6⁹⁹
ea.
CHAPMAN'S FROZEN YOGURT
100% YOGURT
100% YOGURT



4⁹⁹
ea.
SWANSON SOUP
100% SOUP
100% SOUP

Low Price Every Day



4⁹⁹
ea.
SELECTION PEANUT BUTTER
100% PEANUT BUTTER
100% PEANUT BUTTER



4⁹⁹
ea.
SELECTION JAM
100% JAM
100% JAM



2⁹⁹
ea.
SELECTION OATS
100% OATS
100% OATS



4⁹⁹
ea.
CRISPY RICE
100% RICE
100% RICE



1⁴⁹
ea.
SELECTION CANNED VEGETABLES
100% VEGETABLES
100% VEGETABLES



4⁹⁹
ea.
SELECTION SWEET CHEESE
100% CHEESE
100% CHEESE



2⁴⁹
ea.
SELECTION CHOCO DELISH
100% CHOCO
100% CHOCO



2⁹⁹
ea.
SELECTION FRUIT CUPS
100% FRUIT
100% FRUIT



1⁹⁹
ea.
SELECTION FACIAL TISSUES
100% TISSUES
100% TISSUES



2⁴⁹
ea.
SELECTION PAPER TOWEL
100% PAPER TOWEL
100% PAPER TOWEL



1⁹⁹
ea.
PERSONELLE HAND SOAP
100% SOAP
100% SOAP



2⁹⁹
ea.
PERSONELLE BODY WASH
100% WASH
100% WASH

2026:
START SMART
Great picks for you & your home.



Made from natural ingredients, low calorie + gluten free.

2⁹⁹ ea. CLEVER MOCKTAILS NOW ALCOHOLIC BEVERAGES 355 ml SELECTED VARIETIES

2⁹⁹ ea. SOBER CARPENTER NON-ALCOHOLIC BEER 473 ml SELECTED VARIETIES

6⁹⁹ ea. GATORADE ZERO SPORTS DRINK POWDER 300 ml SELECTED VARIETIES

4⁴⁹ ea. RYVITA CRACKERS 125 - 200g SELECTED VARIETIES

4⁴⁹ ea. RYVITA Sesame Rye 125 - 200g SELECTED VARIETIES

26⁹⁹ ea. BRITA WATER PITCHER OR REPLACEMENT FILTER 1-3 m SELECTED VARIETIES

5⁹⁹ ea. BLUE DIAMOND ALMONDS 500 g SELECTED VARIETIES

13⁹⁹ ea. EVIAN NATURAL SPRING WATER 6 x 1 L

6⁹⁹ ea. NATURE CLEAN LAUNDRY DETERGENT SHEETS 32 ea. SELECTED VARIETIES

15⁹⁹ ea. TRU EARTH LAUNDRY DETERGENT SHEETS 32 ea. SELECTED VARIETIES

moi rewards



join today and save

Certain conditions apply,
see moirewards.ca for conditions.
Moi Rewards is a trademark of Metro Inc.

WONG WING
General Tao Chicken
 Poulet Général Tao
 400 g
 2 Servings / Portions

WONG WING
Fried Rice
 Riz frit
 500 g
 4 Servings / Portions

WONG WING
Honey Garlic Pork
 Porc miel et ail
 400 g
 2 Servings / Portions

6⁸⁸
 ea.
WONG WING
 ENTREES
 FROZEN, 360 - 680 g
 SELECTED VARIETIES

BEYOND MEAT®

BEYOND BEEF
 PLANT-BASED GROUND
 SIMILAR TO BEEF
 À BASE DE PLANTES
 340 g
 28% PROTEIN
 75% LESS FAT
 18g

BEYOND SAUSAGE
 PLANT-BASED LINKS
 SAUCISSES À BASE DE PLANTES
 HOT ITALIAN / ITALIENNES ÉPICÉES
 19g

BEYOND STEAK
 PLANT-BASED SEARED TIPS
 SAISIES À BASE DE PLANTES
 ORIGINAL
 226 g
 24g

BEYOND BOWLS
 PLANT-BASED
 À BASE DE PLANTES
 Fajita
 23g
 241 g

7⁹⁹
 ea.
BEYOND
 PLANT-BASED
 GROUND OR SAUSAGES
 340 - 400 g
 SELECTED VARIETIES

4⁹⁹
 ea.
BEYOND
 PLANT-BASED BOWLS
 FROZEN, 226 - 241 g
 SELECTED VARIETIES

The Omega-3 Eggs Canadians Love and Trust



Available
in packs of
12 or 18
eggs



Naturegg® and EGGS2go!® Omega 3 eggs
are delicious, convenient, and packed with
essential DHA omega-3. Support your heart,
brain, and eye health, one egg at a time!

*VOTED MOST TRUSTED EGG BRAND BY CANADIAN SHOPPERS BASED ON THE BRANDSPARK® CANADIAN TRUST STUDY, 2020 TO 2025.



Official Egg Partner