

VERSION 5

New Year
NEW SAVINGS

PINT



2⁹⁹

ea.

BLUEBERRIES

PRODUCT OF MEXICO/ITALY/SPAIN

16 OZ (454g)



99¢

ea.

LARGE RED MANGOES

LARGE PICO-DE-CAJON

PASSION FRUIT

PRODUCT OF COLOMBIA

Foodland

haver

green

baby green leaf

pousses vertes

SUNSET

PEPPER

MINI SWEET PEPPERS

2⁹⁹

ea.

MINI SWEET PEPPERS (12)

PRODUCT OF MEXICO

MINI SWEET PEPPERS

4.5g, PRODUCT OF MEXICO/SPAIN/NET



99¢

7lb

GREEN ZUCCHINI OR EGGPLANT

PRODUCT OF U.S.A. SPAIN/NET

2.26kg

moi rewards member price

MISS VICKIE'S

CHIPS

CRISPER THAN POTATOES

MISS VICKIE'S

SUPA MATTED

ORIGINAL RECIPE

2⁹⁹

ea.

SPECIAL PRICE

3⁹⁹

for non-members

Effective January

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[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



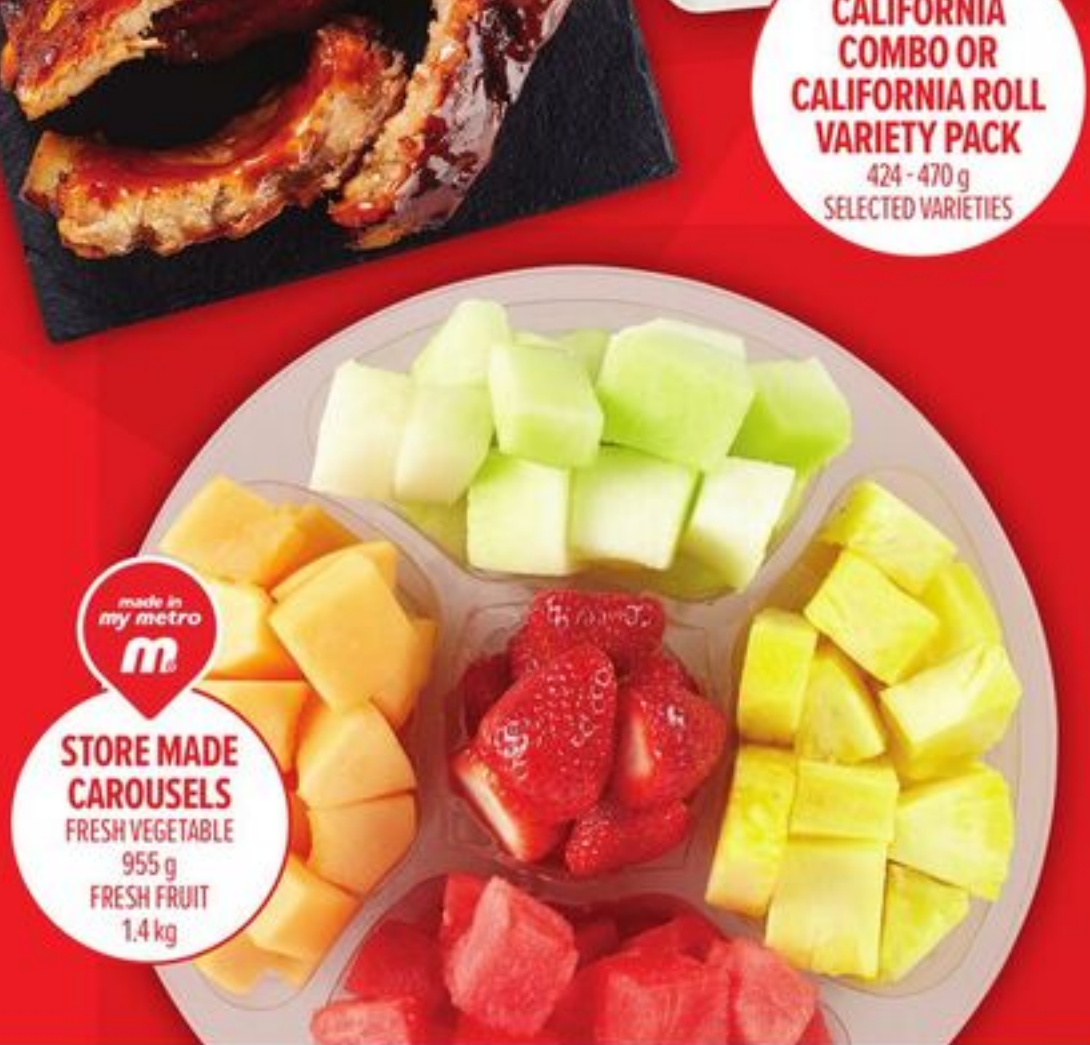
20 CHICKEN
BITES



PORK
BACK RIBS
450 g

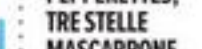
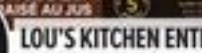
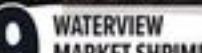
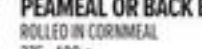
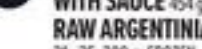


ASSORTED
CALIFORNIA
COMBO OR
CALIFORNIA ROLL
VARIETY PACK
600-650 g
SELECTED VARIETIES



PREPARED BY
mm
STORE MADE
CAROUSELS
FRESH POSSIBLE
950 g
FRESH FRUIT
1.4 kg

\$ New Lower Prices

 Jov's ULTIMATE SANDWICHES ROAST BEEF AND SWISS	 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS	 Jov's ULTIMATE SANDWICHES HAM AND SWISS	 Jov's ULTIMATE SANDWICHES CHICKEN AND SWISS	 Jov's ULTIMATE SANDWICHES BEEF AND SWISS
 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS	 Jov's ULTIMATE SANDWICHES HAM AND SWISS	 Jov's ULTIMATE SANDWICHES CHICKEN AND SWISS	 Jov's ULTIMATE SANDWICHES BEEF AND SWISS	 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS
 Jov's ULTIMATE SANDWICHES ROAST BEEF AND SWISS	 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS	 Jov's ULTIMATE SANDWICHES HAM AND SWISS	 Jov's ULTIMATE SANDWICHES CHICKEN AND SWISS	 Jov's ULTIMATE SANDWICHES BEEF AND SWISS
 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS	 Jov's ULTIMATE SANDWICHES HAM AND SWISS	 Jov's ULTIMATE SANDWICHES CHICKEN AND SWISS	 Jov's ULTIMATE SANDWICHES BEEF AND SWISS	 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS
 Jov's ULTIMATE SANDWICHES ROAST BEEF AND SWISS	 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS	 Jov's ULTIMATE SANDWICHES HAM AND SWISS	 Jov's ULTIMATE SANDWICHES CHICKEN AND SWISS	 Jov's ULTIMATE SANDWICHES BEEF AND SWISS
 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS	 Jov's ULTIMATE SANDWICHES HAM AND SWISS	 Jov's ULTIMATE SANDWICHES CHICKEN AND SWISS	 Jov's ULTIMATE SANDWICHES BEEF AND SWISS	 Jov's ULTIMATE SANDWICHES TURKEY AND SWISS

LACTANTIA ULTRAPUR
MILK & LACTOSE
PROTEIN POWDER
CHOCOLATE FLAVOUR

5.49
ea.

Lactantia
UltraPur
20%
protein powder
VANILLA FLAVOUR

2.49
ea.

Lactantia
UltraPur
20%
protein powder
CHOCOLATE FLAVOUR

2.49
ea.

Lactantia
UltraPur
20%
protein powder
STRAWBERRY FLAVOUR

2.49
ea.

JORDAN'S
Fruity Pebbles
Morning Crisp Puffed Wheat
Corn Flakes

5.99
ea.

JORDAN'S
Corn Flakes

3.49
ea.

iSo Nano
DRINKABLE YOGURT

3.49
ea.

[illegible]

i earn with **moi** rewards

[illegible]

**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 15g
PRODUCT OF MEXICO



3⁹⁹
ea.
LIMES 15g
PRODUCT OF MEXICO



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



3⁹⁹
ea.
RUSSET POTATOES 15g
PRODUCT OF CANADA
OR MEXICO



4⁹⁹
ea.
POM FRESH POMELO/GRANATE
JUICE 150ml



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



5⁹⁹
ea.
VEGETABLE SPIRALS OR
RICE CAKES 100g
PRODUCT OF CANADA OR MEXICO



12⁰⁰
or
6.49 ea.
DOUBLE
SALAD KITS
100g 20g
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
12.5kg

25⁹⁹
/lb

FRESH PORK SIDE RIBS
8 BONE

3⁹⁹
/lb

RED GRILL BEEF SHORT RIBS
12.5kg

9⁹⁹
/lb

FRESH PORK BELLY
12.5kg

5⁹⁹
/lb

PLATINUM GRILL
ANGUS LEAN
GROUND CHICKEN
22.25kg

9⁹⁹
/lb

FRESH PORK RIBS
12.5kg

5⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET/RYE PACK
17.6kg

7⁹⁹
/lb

PREPARED LAMB RACK
HOTEL STYLE
16.25kg

19⁹⁹
/lb

I earn with **moi** rewards

SELECTION
STUFFED
CHICKEN BREAST
12.5kg

5⁹⁹
ea.

25
points

SELECTION
CHICKEN WINGS
12.5kg

11⁹⁹
ea.

50
points

SALT & PEPPER
CHICKEN WINGS
12.5kg

12⁹⁹
ea.

50
points

1 KG
BACON
12.5kg

13⁹⁹
ea.

50
points

IRRESISTIBLE PIES
12.5kg

5⁹⁹
ea.

25
points

IRRESISTIBLE PASTA ENTREES
12.5kg

9⁹⁹
ea.

45
points

IRRESISTIBLE SHEPHERD'S PIE
12.5kg

9⁹⁹
ea.

45
points

IRRESISTIBLE BBQ
12.5kg

12⁹⁹
ea.

50
points

Meal Ideas

JOHNSONVILLE
SMOKED CHICKEN
12.5kg

6⁹⁹
ea.

MARCAPOLO
SMOKED CHICKEN
12.5kg

10⁹⁹
ea.

STUFFED BURGERS
12.5kg

14⁹⁹
ea.

JAMES PUB STYLE
CHICKEN WINGS
12.5kg

11⁹⁹
ea.

Irresistible

IRRESISTIBLE
BEEF BITS OR
CHICKEN WINGS
12.5kg

5⁹⁹
ea.

IRRESISTIBLE
MEXICAN
12.5kg

8⁹⁹
ea.

IRRESISTIBLE
PASTA
12.5kg

9⁹⁹
ea.

IRRESISTIBLE
KID FRIENDLY
12.5kg

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

 8.49 ea. iögo 100% MULTI YOGURT ASSORTED FLAVORS	 5.99 ea. OLYMPIC GREEN 100% ORGANIC OR CREAM YOGURT 500g ASSORTED FLAVORS	 3.99 ea. LIBERTE GREEK YOGURT MEDITERRANEAN YOGURT 500g ASSORTED FLAVORS	 5.99 ea. POST CEREAL SHREDDIES FAMILY SIZE 1000g BOX
 14.99 ea. McCafe 100% INSTANT BREAKFAST CAPSULES COFFEE BEAN 12 CAPSULES	 6.49 ea. Nestle Carnation HOT CHOCOLATE 100g TUBS	 4.99 ea. PEARL MILLING CREAMERY INSTANT SYRUP 500g BOTTLE	 4.99 ea. THE STILLE COFFEE CREAM CHEESE 250g TUBS
 4.49 ea. NEW! SELECTION SAUCE 500ml BOTTLES	 2.49 ea. NUTI'S FRUITATIONS 500g TUBS	 3.99 ea. Gay Lea Sour Cream ORIGINAL 1.5L TUBS	 4.99 ea. Gay Lea NORDICA COTTAGE CHEESE 4% MILKFAT 1.5L TUBS
 2.99 ea. SKINNER'S DELI SKINKITS 500g TUBS	 2.49 ea. Knorr SIDEKICKS 500g TUBS	 3.49 ea. Minute Rice INSTANT RICE 500g TUBS	 3.49 ea. CAMPBELL'S CHUNKY SOUP READY TO SERVE SOUP 500g TUBS
 2.49 ea. BERTOLLI PASTA SAUCE 500g TUBS	 4.99 ea. Knorr SIDEKICKS 500g TUBS	 6.99 ea. Chapman's FROZEN YOGURT 500g TUBS	 4.99 ea. Swanson SOUP 500g TUBS

↓ Low Price Every Day

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 IPA 330 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 m SELECTED VARIETIES

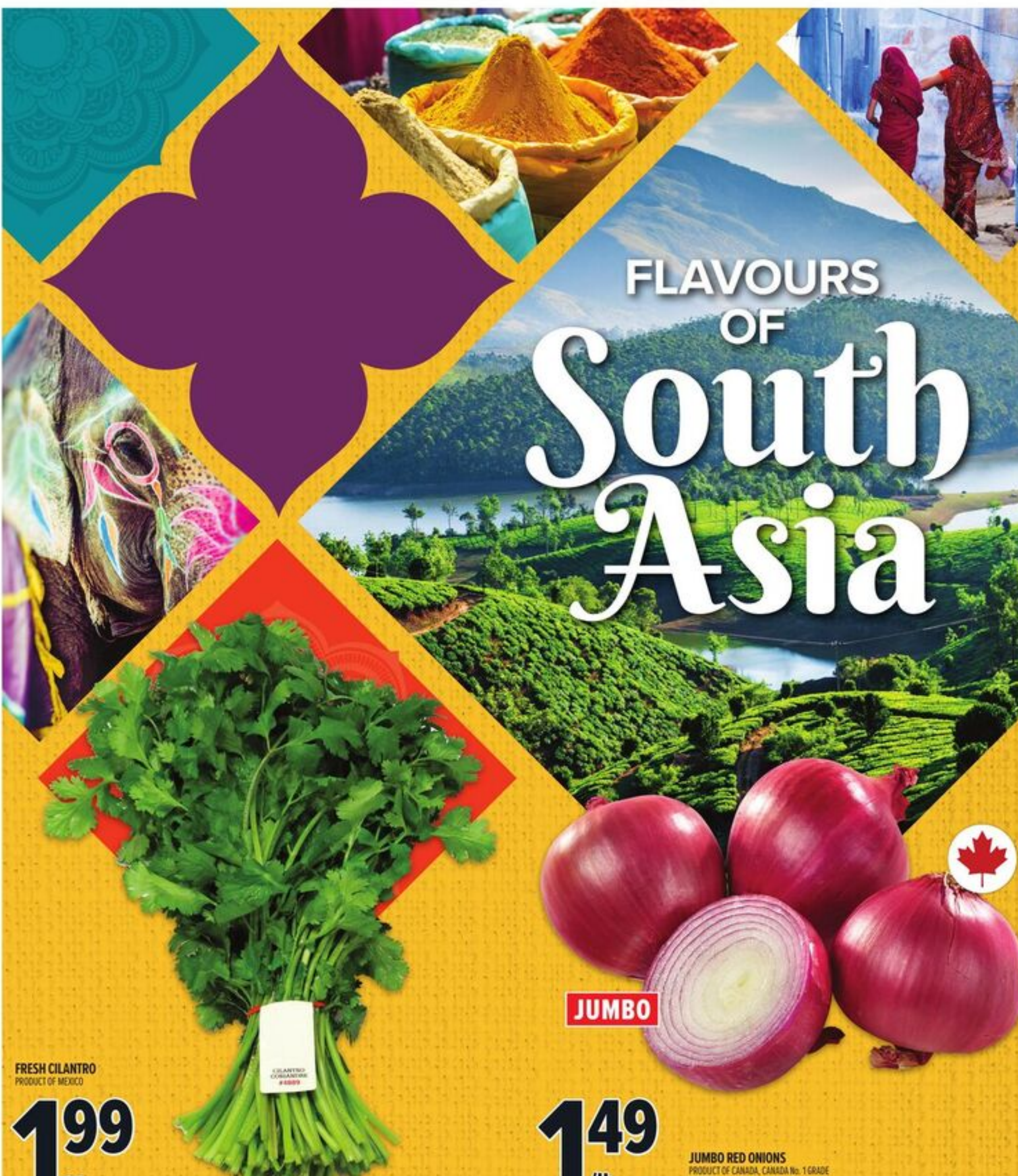
15⁹⁹ ea. TRU EARTH LAUNDRY DETERGENT SHEETS 32 m SELECTED VARIETIES

moi rewards

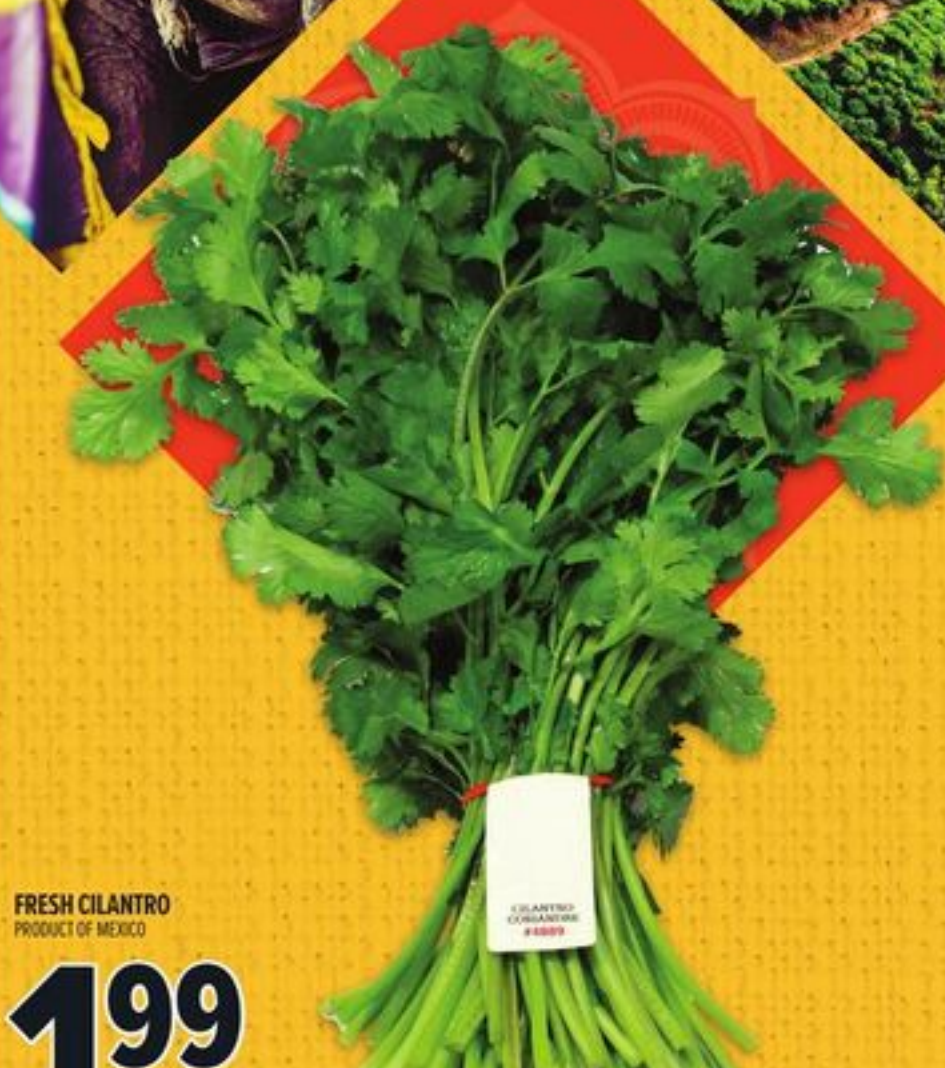


join today and save

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

FLAVOURS OF South Asia



FRESH CILANTRO
Parsley (Parsley)

1.99
ea.



JUMBO

1.49
/lb

JUMBO RED ONIONS
Onions (Red) (Onion) 2.28kg



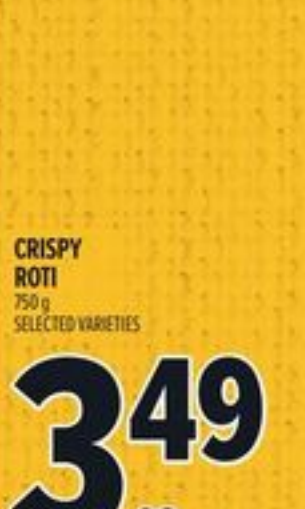
6.99
ea.

ISTAITI HALOUMI



8.99
ea.

TRE STELLE HALOUMI



3.49
ea.

CRISPY ROTI



8.99
ea.

ORIGINAL ROTI



7.99
ea.

NOOR PREMIUM BIRYANI RICE



2.49
ea.

NOOR GOLDEN POMODORO



89¢
ea.

CHIRWA'S KHEPY KHEEM MASALA



1.99
ea.

JASMORE ROASTED PEANUTS



8.99
ea.

CRAIG'S GOLDEN POMODORO



8.99
ea.

CRAIG'S GOLDEN POMODORO



2.49
ea.

DIXYA BUTTER CHICKEN



2.49
ea.

DIXYA TIKKA MASALA



1.99
ea.

HARMONI ROASTED PEANUTS

699
ea.

349
ea.

799

89

149
/lb

89
ea.

89^{ea.}

24 ea

199

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
 SPHILS-BOCUP HACHÉ
 À BASE DE PLANTES
 340 g
 18g

BEYOND SAUSAGE
 PLANT-BASED LINKS
 SAUCISSES À BASE DE PLANTES
 19g

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

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

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.

