



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
450-470 g
SELECTED VARIETIES

STORY OF
m

STORE MADE
CAROUSELS
FRESH POSSIBLE
950 g
FRESH FRUIT
1.4 kg

\$ New Lower Prices

[illegible]

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.

DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.

SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We accept Visa, MasterCard and American Express at most stores.

Visit us at: metro.ca

Give us your opinion for a chance to WIN \$5,000 in groceries.

   

[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
WHITE MUSHROOMS
100g
PRODUCT OF MEXICO



2⁶⁹
/lb
LARGE ROSE OR
GOLDEN PEARS
PRODUCT OF MEXICO
U.S.A. 5.00kg



2⁴⁹
/lb
LARGE RED
DELICIOUS APPLES
PRODUCT OF MEXICO
U.S.A. 5.00kg



1⁴⁹
/lb
BROCCOLI FERN
PRODUCT OF U.S.A.
2.20kg



2⁹⁹
ea.
BAPTISTE
PRODUCT OF U.S.A.



6⁹⁹
/lb
JUMBO CHERRIES
PRODUCT OF U.S.A. 10.00kg



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



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.20kg



2⁹⁹
ea.
BROCCOLI
CROWNS
PRODUCT OF U.S.A.



5⁹⁹
ea.
SEEDLESS NAVAL
ORANGES 150g
PRODUCT OF MEXICO



3⁹⁹
ea.
LIMES 150g
PRODUCT OF MEXICO



3⁹⁹
ea.
ANGEL SWEET OR
ONE SWEET SMILING
TOMATOES 150g
PRODUCT OF MEXICO



3⁸⁸
ea.
GOOD LEAF
MICROGREENS 150g
PRODUCT OF U.S.A.



4⁹⁹
ea.
POM FRESH POMELO/CARABATE
JUICE 100ml



2⁹⁹
ea.
LIFE SMART TOFU
100g 400g
PRODUCT OF MEXICO



3⁹⁹
ea.
RUSSET POTATOES 150g
PRODUCT OF CANADA



12⁰⁰
or 6.49 ea.
DOLE SALAD KITS
100g 250g
PRODUCT OF U.S.A.

Organic



5⁹⁹
ea.
ORGANIC
RED DELICIOUS APPLES
150g 250g



5⁴⁹
ea.
ATTITUDE
ORGANIC SALAD
100g 250g



4⁹⁹
ea.
ORGANIC CAMPARI
TOMATOES
100g 250g



9⁹⁹
ea.
ORGANIC
KOMBUCHA
100g 250g

Sliced & Diced



6⁹⁹
ea.
30
pieces



4⁷⁹
ea.
STORE MADE
YOGURT PARFAITS
100g



5⁴⁹
ea.
STORE MADE
SMALL SALADS
100g



4⁹⁹
ea.
STORE MADE
BENTO KITS
100g

Fresh Blooms



25⁰⁰
ea.
PREMIUM ORCHIDS
100g 250g



24⁹⁹
ea.
DOUBLE SPIKE
100g 250g



19⁹⁹
ea.
TROPICAL PLANTS
100g 250g



12⁹⁹
ea.
MINI GERBERA
100g 250g

Our Butcher's Finest

WALL LION CHOPS
16.25kg

10⁹⁹
/lb

BEEF TENDERLOIN
ROAST OR STEAK
22.25kg

25⁹⁹
/lb

FRESH PORK SIDE RIBS
8 BONE

3⁹⁹
/lb

RED GRILL BEEF SHORT RIBS
22.25kg

9⁹⁹
/lb

FRESH PORK BELLY
13.25kg

5⁹⁹
/lb

PLATINUM GRILL
ANGUS LEAN
GROUND CHICKEN
22.25kg

9⁹⁹
/lb

FRESH LAMB RACK
HOTEL STYLE
16.25kg

19⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET/RYE PACK
17.65kg

7⁹⁹
/lb

I earn with **moi** rewards

SELECTION
STUFFED
CHICKEN BREAST
16.25kg

5⁹⁹
ea.

25
points

SELECTION
CHICKEN WINGS
16.25kg

11⁹⁹
ea.

50
points

SALT & PEPPER
CHICKEN WINGS
16.25kg

12⁹⁹
ea.

50
points

1 KG
BACON
16.25kg

13⁹⁹
ea.

50
points

IRRESISTIBLE PIES
16.25kg

5⁹⁹
ea.

25
points

IRRESISTIBLE PASTA ENTREES
16.25kg

9⁹⁹
ea.

45
points

IRRESISTIBLE SHEPHERD'S PIE
16.25kg

9⁹⁹
ea.

45
points

IRRESISTIBLE BBQ
16.25kg

12⁹⁹
ea.

50
points

Meal Ideas

JOHNSONVILLE
SMOKED OR
DINNER SAUSAGES
16.25kg

6⁹⁹
ea.

MARCADELLO
SMOKED OR
DINNER SAUSAGES
16.25kg

10⁹⁹
ea.

STUFFED
BURGERS
16.25kg

14⁹⁹
ea.

JAMES PUB STYLE
CHICKEN WINGS
16.25kg

11⁹⁹
ea.

Irresistible

IRRESISTIBLE
BEEF BITS OR
HONEY & MUSTARD
DIPPING BITES
16.25kg

5⁹⁹
ea.

IRRESISTIBLE
MEDITERRANEAN
CHICKEN WINGS
16.25kg

8⁹⁹
ea.

IRRESISTIBLE
PATTY PACK
16.25kg

9⁹⁹
ea.

IRRESISTIBLE
KID FRIENDLY
PARTY PACK
16.25kg

12⁹⁹
ea.

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 YOGURT 100% NATURAL 100% GREEK 100% WHOLE MILK 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 5.99 ea. OLYMPIC ORGANIC CREAM YOGURT 100% GREEK 100% WHOLE MILK 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 3.99 ea. LIBERTE GREEK YOGURT 100% GREEK 100% WHOLE MILK 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 5.99 ea. POST CEREAL SHREDDIES 100% WHOLE WHEAT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS
 14.99 ea. McCAFE COFFEE CAPSULES 100% ARABICA 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 6.49 ea. CARNATION HOT CHOCOLATE 100% CREAM 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. PEARL MILLING PANCAKE MIX 100% WHOLE WHEAT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. THE LITTLE CREAM CHEESE 100% CREAM 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS
 4.49 ea. SELECTION SALSA 100% TOMATO 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.49 ea. MOTT'S FRUITSNACKS 100% FRUIT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 3.99 ea. GAY LEA sour cream 100% CREAM 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. GAY LEA cottage cheese 100% CREAM 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS
 2.99 ea. KNORR SIDES 100% MEAT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.49 ea. KNORR SIDES 100% MEAT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 3.49 ea. MINUTE RICE 100% RICE 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 3.49 ea. CAMPBELL'S SOUP 100% MEAT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS
 2.49 ea. BERTOLLI PASTA SAUCE 100% TOMATO 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. BERTOLLI PASTA SAUCE 100% TOMATO 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 6.99 ea. CHAPMAN'S FROZEN YOGURT 100% YOGURT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. SWANSON SOUP 100% MEAT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS

Low Price Every Day

 4.99 ea. SELECTION PEANUT BUTTER 100% PEANUT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. SELECTION JAM 100% FRUIT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.99 ea. SELECTION OATS 100% OATS 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. CRISPY RICE CEREAL 100% RICE 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS
 1.49 ea. SELECTION CANNED VEGETABLES 100% VEGETABLE 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 4.99 ea. SELECTION SWEET CHEESE 100% CHEESE 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.49 ea. SELECTION CHERRY FRIES 100% CHERRY 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.99 ea. SELECTION FRUIT COPS 100% FRUIT 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS
 1.99 ea. SELECTION FACIAL TISSUES 100% PULP 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.49 ea. SELECTION PAPER TOWELS 100% PULP 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 1.99 ea. PERSONELLE HAND SOAP 100% SOAP 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS	 2.99 ea. PERSONELLE BODY WASH 100% SOAP 100% NO SUGAR ADDED 100% NO ARTIFICIAL FLAVORS 100% NO ARTIFICIAL COLORS 100% NO ARTIFICIAL SWEETENERS 100% NO ARTIFICIAL PRESERVATIVES 100% NO ARTIFICIAL INGREDIENTS

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 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
 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
 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.

