



More freshness,
more savings.

mmMAZING!

days



PINTY'S
CHICKEN WINGS
100% Natural
Chicken or Wings
200g (7oz)
Pinty's
Pinty's
Pinty's



PINTY'S
CHICKEN BREAST FILLETS
100% Natural
Chicken Breast Fillets
200g (7oz)
Pinty's
Pinty's
Pinty's



Raspberries 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Pinty's
Pinty's
Pinty's



Sweet Onions 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Pinty's
Pinty's
Pinty's



Ristorante
De Sante Casa Di Ristorante
Pasta & Meat or Chicken or Vegetable Pizza
200g (7oz)
Ristorante
Ristorante
Ristorante



Casa Mama
De Sante Casa Di Ristorante
Pasta & Meat or Chicken or Vegetable Pizza
200g (7oz)
Casa Mama
Casa Mama
Casa Mama



ANDY BOY
Sweet Onions 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Andy Boy
Andy Boy
Andy Boy



Sweet Onions 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Andy Boy
Andy Boy
Andy Boy



10 Deluxe
Crave 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
10 Deluxe
10 Deluxe
10 Deluxe



SMART Ones
Crave 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Smart Ones
Smart Ones
Smart Ones



RED SKIRT
Beef 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Red Skirt
Red Skirt
Red Skirt



Beef Skirt 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Red Skirt
Red Skirt
Red Skirt



Ruffles
Regular 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Ruffles
Ruffles
Ruffles



Mrs Vickies
Original Recipe 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Mrs Vickies
Mrs Vickies
Mrs Vickies



PRIME
Chicken Breast 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Prime
Prime
Prime



Prime Chicken Breast 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Prime
Prime
Prime



Reese's
Minis 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Reese's
Reese's
Reese's



KitKat
MixUps 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
KitKat
KitKat
KitKat



Black Diamond
Old-Fort 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Black Diamond
Black Diamond
Black Diamond



Black Diamond Marble 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Black Diamond
Black Diamond
Black Diamond



Tide
Detergent 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Tide
Tide
Tide



Gain
Detergent 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Gain
Gain
Gain



Eggs
18 PK 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Eggs
Eggs
Eggs



Eggs 18 PK 100% Natural
Large Red, Orange or Yellow Sweet Peppers
200g (7oz)
Eggs
Eggs
Eggs

Effective January-February

TH

FR

SA

SU

MO

TU

WE

29

30

31

1

2

3

4

2026

my savings my metro

mmMAZING!
days



3.99
ea.

Fresh Salmon Fillets, Atlantic Salmon Portions 11 g
Poids de portions d'atmosphère **Très** sèches la pièce 11 g
Portions de portions 11 g



5.99
ea.

Blue Water Breaded Potato Crisps
Crevettes de la mer de porgorn panées Blue Water



2.99
ea.

Summer Fresh Tzatziki
Hummus de la mer de porgorn Summer Fresh



3.49
/100 g

Borden's Artisan Bakery Buns, Emmental Cheese or Castella Buns
Pain de la mer de porgorn Borden's, Emmental Cheese or Castella Buns



125
points

5.99
ea.

Danish, Turnover or Pastry Buns
Croustis de la mer de porgorn Frost Street Bakery



7.99
ea.

Frost Street Bakery All Butter Croissants
Croustis de la mer de porgorn Frost Street Bakery

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days



mmMAZING! days



FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT **metro.ca**

mmMAZING!
days



moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until February 4, 2026, in-store or online



NOW
9.99
ea.
SAVE UP TO
\$4

13.99
ea.
SWISS CHALET
OR MONTANA'S
PORK BACK RIBS
FULLY COOKED, 600 - 650 g
SELECTED VARIETIES



NOW
4.99
ea.
SAVE UP TO
\$2

6.99
ea.
BICK'S
PICKLES
1 L
SELECTED VARIETIES



NOW
2.99
ea.
SAVE UP TO
\$1

3.99
ea.
WERTHER'S OR
RIESEN CANDY
128 - 135 g
SELECTED VARIETIES



NOW
15.99
ea.
SAVE UP TO
\$5

20.99
ea.
RED BULL
ENERGY DRINKS
8 x 250 mL
SELECTED VARIETIES



NOW
8.99
ea.
SAVE UP TO
\$2

10.99
ea.
NEAR ZERO
NON-ALCOHOLIC BEER
4 x 473 mL
SELECTED VARIETIES



NOW
5.99
ea.
SAVE UP TO
\$2

7.99
ea.
GLADE
STARTER KIT
1 unit
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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

3⁹⁹
ea.
Blackberries 125g
PRODUCT OF MEXICO
PRODUIT DU MEXIQUE

4⁹⁹
ea.
Blueberries 150g
PRODUCT OF MEXICO
PRODUIT DU MEXIQUE

1⁶⁹
/lb
Sweet Potatoes
PRODUCT OF CANADA
Produit du Canada
3.73kg

2⁹⁹
ea.
Iceberg Lettuce
PRODUCT OF CANADA
Produit du Canada
1.14kg

1⁹⁹
ea.
Large Avocados
PRODUCT OF MEXICO
Produit du Mexique

1⁹⁹
/lb
Large Seedless Oranges
PRODUCT OF U.S.A.
Produit des États-Unis
6.35kg

3⁴⁹
/lb
Green Beans
PRODUCT OF U.S.A.
Produit des États-Unis
7.63kg

2⁹⁹
/lb
Parrots
PRODUCT OF CANADA
Produit du Canada
6.35kg

3⁹⁹
/lb
Large Peaches or Nectarines
PRODUCT OF CANADA
Produit du Canada
8.20kg

5⁹⁹
/lb
Jumbo Cherries
PRODUCT OF CANADA
Produit du Canada
13.21kg

3⁴⁹
/lb
Green Beans
PRODUCT OF U.S.A.
Produit des États-Unis
7.63kg

4⁹⁹
ea.
Sweet Corn
PRODUCT OF CANADA
Produit du Canada
1.14kg

5⁹⁹
ea.
Pineapples
PRODUCT OF CANADA
Produit du Canada
1.14kg

4⁴⁹
ea.
Winter Frost Potatoes
PRODUCT OF CANADA
Produit du Canada
1.14kg

2⁴⁹
ea.
Assorted Carrots
PRODUCT OF CANADA
Produit du Canada
1.14kg

5⁹⁹
ea.
Sun-Lovin' Dates
PRODUCT OF CANADA
Produit du Canada
1.14kg

4⁴⁹
ea.
Craisins
PRODUCT OF CANADA
Produit du Canada
1.14kg

3⁹⁹
ea.
Russet Potatoes
PRODUCT OF CANADA
Produit du Canada
1.14kg

4⁴⁹
ea.
Green Beans
PRODUCT OF U.S.A.
Produit des États-Unis
7.63kg

Organic

6⁹⁹
ea.
Greenhouse Organic Juice
PRODUCT OF CANADA
Produit du Canada
1.14kg

3⁹⁹
ea.
Booch Organic Kombucha
PRODUCT OF CANADA
Produit du Canada
1.14kg

2⁹⁹
/lb
Organic Apples
PRODUCT OF CANADA
Produit du Canada
1.14kg

5⁴⁹
ea.
Organic Potatoes
PRODUCT OF CANADA
Produit du Canada
1.14kg

Sliced & Diced

6⁹⁹
ea.
Chicken Salad
PRODUCT OF CANADA
Produit du Canada
1.14kg

6⁹⁹
ea.
Large Melon Chunks
PRODUCT OF CANADA
Produit du Canada
1.14kg

14⁹⁹
ea.
Sliced Potatoes
PRODUCT OF CANADA
Produit du Canada
1.14kg

14⁹⁹
ea.
French Cut Tulips
PRODUCT OF CANADA
Produit du Canada
1.14kg

Fresh Blooms

25⁰⁰
ea.
Mixed Bouquet
PRODUCT OF CANADA
Produit du Canada
1.14kg

24⁹⁹
ea.
Double Spike Tulips
PRODUCT OF CANADA
Produit du Canada
1.14kg

14⁹⁹
ea.
Tulips
PRODUCT OF CANADA
Produit du Canada
1.14kg

Book your
**Valentine's Day
Flowers Now!**

Speak to one of our floral experts
to pre-book a bouquet or arrangement.

FROM FEBRUARY 1ST TO FEBRUARY 10TH, 2026



Our Butcher's Finest

Fresh Roasting Chicken
Poulet à rôtir frais
1.9 kg

3⁴⁹
/lb

Platinum Grill Angus
Steak sans os
44.08 kg

19⁹⁹
/lb

Bûcher de contre-filet Angus Grill Platinum
19.99 \$/lb

Life Smart Naturala
Ground Beef
1.8 kg (3.96 lb)

8⁹⁹
ea.

Boeuf moulu à l'herbe Naturala Mince (80% bœuf)
1.8 kg (3.96 lb)

Red Grill Beef
Steak sans os
1.8 kg (3.96 lb)

8⁹⁹
/lb

Steak Grill Boneless Steaming Beef Cubes
1.8 kg (3.96 lb)

Maple Leaf Prime Spiced
Natural Antibiotic Free Boneless
Steak Chunks
1.8 kg (3.96 lb)

6⁹⁹
/lb

Maple Leaf Prime Spiced
Natural Antibiotic Free Boneless
Steak Chunks
1.8 kg (3.96 lb)

Prime
Wilderness
Antibiotic Free
Boneless
Steak Chunks
1.8 kg (3.96 lb)

5⁹⁹
/lb

Boneless Pork
Loin Chop
1.8 kg (3.96 lb)

Maple Leaf Prime Spiced
Natural Antibiotic Free Boneless
Steak Chunks
1.8 kg (3.96 lb)

6⁹⁹
/lb

Maple Leaf Prime Spiced
Natural Antibiotic Free Boneless
Steak Chunks
1.8 kg (3.96 lb)

Life Smart Naturala
Ground Beef
1.8 kg (3.96 lb)

20⁹⁹
/lb

Côte de bœuf moulu à l'herbe Naturala Mince (80% bœuf)
1.8 kg (3.96 lb)

Selection Miners
1.8 kg (3.96 lb)

2⁹⁹
ea.

Fondue Beef or Chicken
1.8 kg (3.96 lb)

4⁹⁹
ea.

Irresistible Pork Tenderloin
1.8 kg (3.96 lb)

7⁹⁹
ea.

Irresistible Mini Quiche
1.8 kg (3.96 lb)

8⁴⁹
ea.

Selection Corn Dog
1.8 kg (3.96 lb)

13⁴⁹
ea.

Crispy Chicken Wings
1.8 kg (3.96 lb)

14⁴⁹
ea.

Irresistible Shepherd's Pie
1.8 kg (3.96 lb)

11⁴⁹
ea.

Irresistible Beef Burgers
1.8 kg (3.96 lb)

16⁴⁹
ea.

Easy Meal Ideas

Chicken Balls
1.8 kg (3.96 lb)

5⁹⁹
ea.

Selection Sandwich Meat
1.8 kg (3.96 lb)

8⁹⁹
ea.

Selection Breaded Chicken
1.8 kg (3.96 lb)

6⁹⁹
ea.

Butterball Boneless
Turkey Breast
1.8 kg (3.96 lb)

22⁹⁹
ea.

Plant-Based

Beyond Plant Based
Sausages
1.8 kg (3.96 lb)

7⁹⁹
ea.

Beyond Burger
1.8 kg (3.96 lb)

20⁹⁹
ea.

Impossible Plant Based
Burgers
1.8 kg (3.96 lb)

7⁹⁹
ea.

Impossible Plant Based
Chicken Nuggets
1.8 kg (3.96 lb)

7⁹⁹
ea.

Deli Favourites

349
100 g

Maple Lodge Chicken Breast
200 g (7 oz) per pack, 100 g
Poulet de poulet
Maple Lodge
200 g (7 oz) par emballage, 100 g

249
100 g

Olympic Mock Chicken
Similitudine d'Olympic
200 g (7 oz) par emballage, 100 g

449
100 g

Oval Grand Cheddar
Oval Grand Cheddar
200 g (7 oz) par emballage, 100 g

479
100 g

Oval Original Cheddar
Oval Original Cheddar
200 g (7 oz) par emballage, 100 g

299
100 g

Luttrell's Maple Cured Ham
Luttrell's Maple Cured Ham
200 g (7 oz) par emballage, 100 g

399
100 g

Erie Meats Roast Beef
Erie Meats Roast Beef
200 g (7 oz) par emballage, 100 g

1099
ea.

Serrano Bolognese Cheddar Cheese
Serrano Bolognese Cheddar Cheese
200 g (7 oz) par emballage, 100 g

579
100 g

Castello Ticker Cheddar
Castello Ticker Cheddar
200 g (7 oz) par emballage, 100 g

599
100 g

Inimitable Artisan Salsas
Inimitable Artisan Salsas
200 g (7 oz) par emballage, 100 g

500
ea.

Inimitable Artisan Salsas
Inimitable Artisan Salsas
200 g (7 oz) par emballage, 100 g

599
ea.

Inimitable Artisan Salsas
Inimitable Artisan Salsas
200 g (7 oz) par emballage, 100 g

699
ea.

Castello Ticker Cheddar
Castello Ticker Cheddar
200 g (7 oz) par emballage, 100 g

699
ea.

Bacon's Best Sausages
Bacon's Best Sausages
200 g (7 oz) par emballage, 100 g

949
ea.

Poutine de terre
Poutine de terre
200 g (7 oz) par emballage, 100 g

1599
ea.

Pizzeria
Pizzeria
200 g (7 oz) par emballage, 100 g

Seafood

Seafood Bar

PRODUITS DE MER

9⁹⁹

ea.

Assortiment de fruits de mer

Assortiment de fruits de mer

Assortiment de fruits de mer

INCLUDES

SHOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

15⁹⁹

ea.

Wild Smoke Salmon Fillets

Wild Smoke Salmon Fillets

Wild Smoke Salmon Fillets

12⁹⁹

ea.

Pacific White Shrimp

Pacific White Shrimp

Pacific White Shrimp

7⁹⁹

ea.

Stone Medley

Stone Medley

Stone Medley

7⁹⁹

ea.

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

19⁹⁹

ea.

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

3⁹⁹

ea.

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

4⁴⁹

ea.

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

6⁹⁹

ea.

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

9⁹⁹

ea.

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Irresistible

5⁹⁹

ea.

Irresistible

Irresistible

Irresistible

7⁹⁹

ea.

Irresistible

Irresistible

Irresistible

9⁹⁹

ea.

Irresistible

Irresistible

Irresistible

19⁹⁹

ea.

Irresistible

Irresistible

Irresistible

Kraft

Hockeyville

BUILDING COMMUNITY

One Rink at a Time

3⁹⁹

ea.

Kraft

Kraft

Kraft

1⁵⁰

ea.

Kraft

Kraft

Kraft

2⁹⁹

ea.

Kraft

Kraft

Kraft

5⁴⁹

ea.

Henz

Henz

Henz

4⁹⁹

ea.

Philadelpia

Philadelpia

Philadelpia

11⁹⁹

ea.

Nabob

Nabob

Nabob

BRING THE HEAT

2⁴⁹

ea.

French's

French's

French's

4⁹⁹

ea.

French's

French's

French's

5⁴⁹

ea.

French's

French's

French's

12⁹⁹

ea.

Stubb's

Stubb's

Stubb's

4⁹⁹

ea.

Stubb's

Stubb's

Stubb's

4⁹⁹

ea.

Stubb's

Stubb's

Stubb's

4⁹⁹

ea.

Stubb's

Stubb's

Stubb's

metro.ca

metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

~~\$99⁹⁹~~
\$39⁹⁹



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*Certain conditions apply. Details on metro.ca



FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

YAY OR LUCKY KOI
THAI FISH MALLOR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CANOLA OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
100 - 400 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR VET
CHICKEN LION
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 431 - 631 g
SELECTED VARIETIES

99¢
ea.

YAY OR LUCKY KOI
THAI FISH MALLOR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CANOLA OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
100 - 400 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR VET
CHICKEN LION
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 431 - 631 g
SELECTED VARIETIES

99¢
ea.

DRAGON
FRUIT/SHAMBA
PRODUCT OF GUADALUPE
0.50 kg

3⁸⁸
7 lb

FRESH PORK SOLE RIBS
CENTRE CUT REMOVED
3.75 kg

3⁸⁸
7 lb

POMELO
PRODUCT OF CHINA

2⁸⁸
ea.

SELECTION
BASSA FILLETS
FRESH 1 kg

9⁹⁹
ea.

LIFESMART
TOFU
300 - 454 g
SELECTED VARIETIES

2⁴⁸
ea.

GERBERA BOUTIQUE
ASSORTED COLOURS

16⁹⁹
ea.

43 DUMPLINGS
OR MANGO SAUCE
300 - 450 - 540 ml
SELECTED VARIETIES

3⁴⁹
ea.

RUBICON
DRINKS
1L
SELECTED VARIETIES

2⁸⁸
ea.

INDONESIAN NOODLES,
LUCKY KOI SHIRAZ SALAD
OR CHICKEN SAUCE
5 x 75 - 105 g - 400 - 500 ml
SELECTED VARIETIES

2⁹⁹
ea.

BLUE DRAGON SAUCES
OR EELIC CUPPY SAUCE
200 g - 700 ml
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
SOY SAUCE
400 - 454 g
SELECTED VARIETIES

1⁹⁹
ea.

KIKKOMAN TERIYAKI
OR SOY SAUCE,
PANKO BREAD CRUMBS
100 - 200 g - 454 g
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
VERMICELLI OR
CHOW MEEN
NOODLES
400 - 454 g
SELECTED VARIETIES

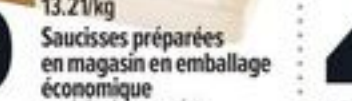
1⁶⁷
ea.

NONSHIM
NOODLES MULTIPACK
14 PCK
SELECTED VARIETIES

6⁴⁹
ea.

With availability varies by store.

\$ New Lower Prices



Stoverson's Sausages
Stoverson's Sausages Pack
100% Pork
100% Beef
100% Chicken
100% Turkey
100% Lamb
100% Veal
100% Pork
100% Beef
100% Chicken
100% Turkey
100% Lamb
100% Veal

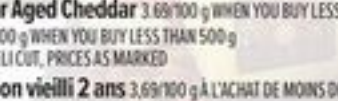
\$5.99
/lb



**BUY MORE
SAVE MORE**

2.99
/100 g

when you buy 500 g or more



2.99
/100 g

when you buy 500 g or more



2.99
/100 g

when you buy 500 g or more



1.99
/100 g

when you buy 500 g or more

[illegible][illegible]

5.99 ea. Ocean Spray Sparkling Cranberry Drinks. Ocean Spray Sparkling Cranberry Drinks are a delicious, refreshing way to enjoy Ocean Spray's award-winning cranberry juice. Ocean Spray Sparkling Cranberry Drinks are available in 12 oz. cans and 6 oz. cans. Ocean Spray Sparkling Cranberry Drinks are available in 12 oz. cans and 6 oz. cans.

26.99 ea. McCafe. McCafe is a delicious, refreshing way to enjoy Ocean Spray's award-winning cranberry juice. McCafe is available in 12 oz. cans and 6 oz. cans. McCafe is available in 12 oz. cans and 6 oz. cans.

30% off Nature's Bounty. Nature's Bounty is a delicious, refreshing way to enjoy Ocean Spray's award-winning cranberry juice. Nature's Bounty is available in 12 oz. cans and 6 oz. cans. Nature's Bounty is available in 12 oz. cans and 6 oz. cans.

Learn with mol rewards

65¢
4.49
ea.

Insulated, Soft-Side Cooler
Crescent Rollers
Crescent Rollers
Insulated Soft-Side Cooler
Crescent Rollers



65¢
2.99
ea.

Liberté Green® Top Source or
Soybean (Hemp)
Hemp Seed Oil (100% HEMP SEED OIL)
Hemp Seed Oil (100% HEMP SEED OIL)
Soybean Oil (100% SOYBEAN OIL)
Soybean Oil (100% SOYBEAN OIL)



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.

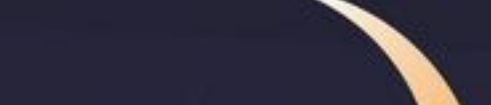
Visit us at: **metro.ca**

Give us your opinion for a chance to **WIN \$1000** in groceries

[illegible]

FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL



Item availability under review



We take pride in sourcing locally from the
Eastern Ontario Region.

RINAG
SAMOSAS
185 - 255 g
SELECTED VARIETIES

5⁹⁹
ea.



ST-ALBERT
CHEESE CURDS
200 g

6⁴⁹
ea.



NANNY HUDSON'S
KETCHUP OR RELISH
375 ml
SELECTED VARIETIES

6⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



PAPA JACK
POPCORN SEASONING
70 - 100 g
SELECTED VARIETIES

3⁹⁹
ea.



LAVIOLETTE
EGGS
PKG OF 12

3⁹⁹
ea.



Effective January 29 - February 25, 2026

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