

VERSION

**New Year
NEW SAVINGS**



[illegible]

\$ New Lower Prices



i earn with **moi** rewards



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 \$1,000 in groceries

[illegible]

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

Only until January 15, 2026, in-store or online



NOW
4.99
ea.
SAVE UP TO
\$3

7.99*
ea.
NESTLÉ
HOT CHOCOLATE
400 - 450 g
SELECTED VARIETIES



NOW
1.49
ea.
SAVE UP TO
\$0.50

1.99*
ea.
ESKA
SPARKLING WATER
1L
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$4.50

14.49*
ea.
P.F. CHANG'S
MEALS
624 g
SELECTED VARIETIES



NOW
2/\$12
SAVE UP TO
\$5.98

2/17.98*
ea.
ST. HUBERT, SWISS
CHALET OR
MONTANA'S PIES
FROZEN, 650 - 800 g
SELECTED VARIETIES



NOW
3.49
ea.
SAVE UP TO
\$2

5.49*
ea.
DAWN EZ-SQUEEZE
DISH DETERGENT
535 - 650 ml
SELECTED VARIETIES



NOW
2.99
ea.
SAVE UP TO
\$2.50

5.49*
ea.
ZIPLOC
SANDWICH BAGS
30 - 50 cm
SELECTED VARIETIES

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.

249
/lb

LARGE COSMIC CRISP APPLES
PRODUCT OF U.S.A. 4.40lb

499
ea.

STRAWBERRIES 4 1/2 lb
PRODUCT OF HAWAII, U.S.A. 40.10lb

399
ea.

BLACKBERRIES 1 1/2 lbs
PRODUCT OF U.S.A. 10.10lb

499
ea.

CAULIFLOWER
PRODUCT OF U.S.A. 10.10lb

699
/lb

JUMBO CHERRIES
PRODUCT OF HAWAII, U.S.A. 15.10lb

499
ea.

AVOCADOS 1 1/2 lb
PRODUCT OF MEXICO

249
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF U.S.A. 5.40lb

299
/lb

EXTRA LARGE GREEN SWEET PEPPERS
PRODUCT OF HAWAII, U.S.A. 6.50lb

299
/lb

LARGE CARA CARA ORANGES
PRODUCT OF U.S.A. 6.50lb

599
ea.

WINTER FROST POMEGRANATES 2 1/2 lb
PRODUCT OF HAWAII, U.S.A.

2 for 5.00

BROCCOLI CROWNS
PRODUCT OF U.S.A. 10.00lb

199
/lb

SWEET POTATOES
PRODUCT OF GUATEMALA 4.50lb

269
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF HAWAII, U.S.A. 5.50lb

399
/lb

STEM & LEAF CUCUMBERS
PRODUCT OF U.S.A. 8.00lb

249
/lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. 5.40lb

399
/lb

HEIRLOOM TOMATOES
PRODUCT OF U.S.A. 8.50lb

1199
ea.

SUN PEACH
100% JUICE 100% FRUIT SOURCE STRIPS 10.25 lb

499
ea.

SQUASH TORTI BURRITOS
10.25 lb

479
ea.

BELLA GROVE SHAGBUMS
SHAGBUMS 100% BELL PEPPERS 10.25 lb

249
ea.

JAG RADISHES
10.25 lb

55 pieces 19.99 COUNTRY FRUIT ORGANIC DRIED PIES OR PUFFS ea.	3 1/2 lb ORGANIC SELEXX NUTS ea.	379 BELLE GROVE ORGANIC SLICED WHITE CREAMY NICHEQUINOS (27) ea.	2.99 LIFE SAVER ORGANIC PLAIN FIRM TOFU ea.	10 pieces ORGANIC DOUBLE ea.
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25
points

5.99
ea.

READY TO COOK
WATERMELON
CANTALOUPE
HONEYDEW MELON
1.5kg/3.3lb

4.99
ea.

CORED PINEAPPLES
10kg

9.99
ea.

STORE MADE
LARGE DELICIOUS
FRUIT SALAD 10kg

30.00
ea.

ROSE REVEILLE
BOUQUET
10cm/4in. DIAMETER

16.99
ea.

ORCHIDS
12.5cm/5in. HIGHER
10cm/4in. DIAMETER

SAVE \$3.00

12.99
ea.

ALOE VERA
10cm/4in. HIGHER

9.99
ea.

SPRING MIXED
10cm/4in. HIGHER
10cm/4in. DIAMETER

Sliced & Diced



25
points

5.99
ea.

READY TO COOK
MIXED VEGETABLES
100% NATURAL NO SODIUM
PREPARED 100g



4.99
ea.

CORED PINEAPPLES
100g

Fresh Blooms



NEW

30.00
ea.

ROSE REVEILLE
BOUQUET
100% NATURAL FLOWERS



ORCHIDS
12" x 12"

16.99
ea.

SAVE \$3.00



1.77
/lb

RED-ON YELLOW SEEDLESS
WATERMELON QUARTERS
1.96kg



9.99
ea.

STORE MADE
LAMBIC BELGIAN
FRUIT SALAD 100g



ALOE VERA
10" x 10"

12.99
ea.



SPRING MIXELS
12" x 12"

9.99
ea.

Our Butcher's Finest

FRESH CHICKEN 8.64kg

3⁹⁹ /lb

BONELESS PORK CHOP 11.36kg

4⁹⁹ /lb

MEDIUM GROUND BEEF 15.41kg

6⁹⁹ /lb

FRESH ROSEMARY 23.64kg

12⁹⁹ /lb

SPRING LAMB 14.18kg

9⁹⁹ ea.

LIFE SMART METABOLISM GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK 44.07kg

19⁹⁹ /lb

PLATINUM GRILL ANGUS EYE OF ROUND ROAST 19.05kg

7⁹⁹ /lb

FRESH SPLIT CHICKEN BREAST 11.00kg

4⁹⁹ /lb

LEAN GROUND LAMB 14.18kg

9⁹⁹ ea.

100% CANADIAN ANGUS 15.41kg

5⁹⁹ /lb

Aussie Natural 15.41kg

5⁹⁹ /lb

 2.99 ea. SELECTION WIENERS (10) \$2.99/10 LINKS	 4.99 lb FLETCHER'S PORK COTTAGE ROLL 11.00lb	 4.99 ea. SELECTION BACON (10.25oz) 20 PCE/PCS OF PANTRIES	 6.99 ea. MAPLE LORE ULTIMATE CHICKEN WIENERS OR SAUSAGES 100% CHICKEN ULTIMATE CHICKEN SAUSAGES 100% 100% CHICKEN/BEEF
 2.99 ea. SELECTION WIENERS (10) \$2.99/10 LINKS	 2.99 ea. SELECTION WIENERS (10) \$2.99/10 LINKS	 5.99 ea. POGO PREPARED WIENERS PREP. MEAT 1.15lb 20 PCE/PCS OF PANTRIES	 16.99 ea. 4.47lb STEAK 100% BEEF POT ROAST

7⁹⁹
ea.

dubRETON
ORGANIC BACON 200g

7⁹⁹
ea.

McLEAN ORGANIC
BREAKFAST SAUSAGES
400g

14⁹⁹

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
BREAST FILLETS
400g

14⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC MEAT PIES
400g

8⁹⁹
ea.

dubRETON
ORGANIC PORK
SAUSAGES
400g

8⁹⁹
ea.

dubRETON
ORGANIC
EXTRA LEAN
GROUND PORK 450g

12⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
400g

15⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
WINGS
400g

Baked in my Metro



FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
125 g

749

125

ea.

\$1

back in

points



FRONT STREET BAKERY
RYE BREADS
200 g

449

ea.



FRONT STREET BAKERY
CHEESE STICKS
125 g

599

ea.



FRONT STREET BAKERY
PANIN ROLLS
125 g

399

ea.



FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
125 g

749

125

ea.

\$1

back in

points



FRONT STREET BAKERY
RYE BREADS
200 g

449

ea.



FRONT STREET BAKERY
CHEESE STICKS
125 g

599

ea.



FRONT STREET BAKERY
PANIN ROLLS
125 g

399

ea.

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



FRONT STREET BAKERY
CAKE SLICES
125 g

399

ea.



FRONT STREET BAKERY
MINI DESSERT CAKES
125 g

1099

125

ea.

\$1

back in

points



FRONT STREET BAKERY
HAMPDEN RYE BREAD
200 g

369

ea.



DORITOS'S HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



DORITOS'S HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.

Deli Favourites



SAN DANIELE
MORTADELLA
100 g

299

/100 g



MASTRO CAPICOLL
MILD OR HOT
100 g

299

/100 g



EMMENTAL CHEESE
100 g

335

/100 g



EMMENTAL CHEESE
100 g

399

/100 g



OLYME
SLICED DELI MEAT
100 g

399

/100 g



OLYME
SLICED DELI MEAT
175 g

649

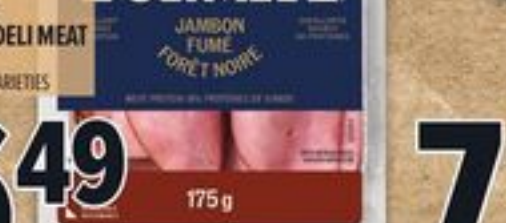
ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

799

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

1599

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

799

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

1399

125

ea.

\$1

back in

points



THE STILLE
BOCETTA OR BOCCONCINI
100 g

799

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

1399

125

ea.

\$1

back in

points



SMOKE
HOUSE
MEAT PELLETS
100 g

879

ea.



SCHNEIDERS
BOLOGNA
100 g

899

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

799

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

1399

125

ea.

\$1

back in

points



THE STILLE
BOCETTA OR BOCCONCINI
100 g

879

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

899

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

799

ea.



THE STILLE
BOCETTA OR BOCCONCINI
100 g

1399

125

ea.

\$1

back in

points



LUNCH MATES,
GREENFIELD
LUNCH OR SNACK KITS
100 g

399

ea.



OLYME
FRESH STUFFED
PASTA OR SKILLET
100 g

999

ea.



FRESH 2 GO
DOUBLE PIZZA COMBO
100 g

2699

250

ea.

\$2

back in

points







Seafood



2 for \$5.00

FROZEN PACIFIC COD LOW PORTIONS 100g

WILD CAUGHT



SEAFORD BOX
FROZEN 2.575kg

\$9.99 /lb

INCLUDES

SHOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS



40 points

\$3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
PREPARED FROZEN, 100g



\$3.99 ea.

SELECTION MUTTON CRAB
FROZEN COIL, 220g



\$6.99

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM & MUSSELS
PREPARED FROZEN, 350g



\$1 bonus points

\$4.99 ea.

125 points

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN, 100g



\$9.99 ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN, 100g



\$9.99 ea.

BETTER FISH BARRAMUNDI
FROZEN FILLETS, 100g



\$14.99 ea.

TRUE WORTH DRIED SHRIMP SALMON
FROZEN, 100g

Four Invisibilté product boxes are displayed. Each box features the brand name 'Invisibilté' at the top and a large circular graphic on the left indicating the number of pieces. The products and their prices are:

- 30 pieces** Invisibilté CRISPY CALAMARI. Price: **6.99** ea.
- 40 pieces** Invisibilté CHICKEN PAO. Price: **7.99** ea.
- 50 pieces** Invisibilté SALMON. Price: **10.99** ea.
- 50 pieces** Invisibilté CHICKEN STRIP. Price: **10.99** ea.

249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

*Certain conditions apply. Details on metro.ca

FREE

3-CHEESE TORTELLINI

800 g

WHEN YOU SPEND \$130 OR MORE*



\$9⁴⁹
VALUE

PROMO CODE
TORTELLINI

More Great Savings

THE SNACK AVALANCHE CONTEST

Kiri **GoGo's** **GoGo's** **GoGo's**

YOU COULD win \$25,000

YOU COULD WIN FREE ACTIVA FOR A YEAR!

SCAN NOW

4oz 4pk

ACTIVA EXPERT

NEW!

4oz 4pk

ACTIVA EXPERT

NEW!

11⁹⁹

GOGO SWEET SNACK

4oz 4pk, SELECT VARIETIES

3⁹⁹

KIRI, THE LARGEST LOW FAT CHEESE

4oz 4pk, SELECT VARIETIES

6⁴⁹

ACTIVA

CREAM CHEESE

4oz 4pk, SELECT VARIETIES

6⁴⁹

ACTIVA

YOGURT

4oz 4pk, SELECT VARIETIES

3⁹⁹

ACTIVA

YOGURT

4oz 4pk, SELECT VARIETIES

3⁹⁹

ACTIVA

YOGURT

4oz 4pk, SELECT VARIETIES

[illegible][illegible]

moi rewards



join today and save

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

Organic

LUNDBERG
RICE CAKES 375g
SELECTED VARIETIES

7⁹⁹
ea.

Kashi
KASHI
GRANOLA BARS 175g
SELECTED VARIETIES

3⁴⁹
ea.

KICKING HORSE
GROUND COFFEE 100g
SELECTED VARIETIES

13⁹⁹
ea.

ROCKWELL'S
COCONUT OIL 500ml
SELECTED VARIETIES

21⁹⁹
ea.

BETTER THAN
NOODLES
KONJAC NOODLES 500g
SELECTED VARIETIES

4⁹⁹
ea.

KOUKLA
DELIGHTS
BITE SIZE COCONUT BEVERAGE 1L
SELECTED VARIETIES

8⁹⁹
ea.

VITA COCO
ORGANIC COCONUT BEVERAGE 1L
SELECTED VARIETIES

3⁹⁹
ea.

Whole Grains

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

PRANA
GRANOLA
CEREAL 250g
SELECTED VARIETIES

4⁹⁹
ea.

ALLERGY SMART
COOKIES 100g
SELECTED VARIETIES

4⁹⁹
ea.

GOLDYS
SUPERSEED
CEREAL 250g
SELECTED VARIETIES

7⁴⁹
ea.

BARNEY BUTTER
ALMOND BUTTER 250g
SELECTED VARIETIES

8⁹⁹
ea.

SEAMARK
CRACKERS 100g
SELECTED VARIETIES

7⁴⁹
ea.

humble
POTATO CHIPS 100g
SELECTED VARIETIES

4⁴⁹
ea.

Household Helpers

SELECTION DISH
DETERGENT OR
FOOD WRAP 500ml
SELECTED VARIETIES

2⁴⁹
ea.

CASCADE
DISHWASHER
DETERGENT 750ml
SELECTED VARIETIES

10⁹⁹
ea.

Bounty
PAPER TOWELS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLOSET
BATHROOM TISSUE 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

DELICIOUS
CAT TREATS 100g
SELECTED VARIETIES

8⁴⁹
ea.

UNDESTRUCTIBLE
DOG TREATS 100g
SELECTED VARIETIES

6⁹⁹
ea.

FANCY FEAST
MULTIPACK WET
CAT FOOD 100g
SELECTED VARIETIES

11⁴⁹
ea.

MILK BONE
BRUSHING CHEWS 100g
SELECTED VARIETIES

12⁹⁹
ea.

5X
faster
vs. leading all-
purpose cleaners*
*on limescale

SCRUBBING
BUBBLES
GEL FOAM
CLEANER 500ml
SELECTED VARIETIES

6⁹⁹
ea.

GLAD
MADE AT HOME
FOR YOUR HOME.
GLAD
BLACK GARAGE BAGS 100% COTTON
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOREX
CLOREX
BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 100g
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 100g
SELECTED VARIETIES

28⁴⁹
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](#)



New Year, New You—start the year strong by taking the first step toward a smoke-free life. Our pharmacy team is here to support your journey and help you stay motivated every step of the way.

**NICORETTE
ANTISMOKING
GUM 105 mg,
SELECTED VARIETIES**

**15%
off**

gum
Your natural way
to quit smoking
without nicotine
shots.

nicorette
ANTISMOKING GUM

2mg
Use 1 piece after
each cigarette or as
needed, up to 16
pieces. For more info, see
back panel.

WAKEWATER
ELECTROLYTES
8 oz.
SWEET TART
SUGAR FREE

NEW! 80% LESS SUGAR

WAKEWATER
ELECTROLYTES
8 oz.
SWEET TART
SUGAR FREE

NEW! 80% LESS SUGAR

**INTERESTED
IN PHYSICIAN
SUPERVISED
WEIGHT
MANAGEMENT?**

Speak to the pharmacy for details.

Find a pharmacy location here:
metro.ca/pharmacy

metro.ca/pharmacy

MANITOBA HARVEST MAX PROTEIN 054

12.99

MAX PROTEIN PROTEINES O-MAX

ORGANIC | BIOLOGIQUE

20g 20g 20g

CHOCOLATE + CHOCOLATE

Sperri

Complete meal replacement
with essential vitamins and minerals

15.99

Sperri
MEAL REPLACEMENT
4 x 330 ml
SELECTED VARIETIES

RE JUUVENATE
DRINK MIX
74 FL. OZ.
SELECTED VARIETIES

NEW
tejuvenerate
OTHER FLAVS
MUSCLE HEALTH

2199
X
e2

PVL
CREATINE CHEWS
30 tabs.

26⁹⁹

CREATINE CHEWZ
DIETETICALLY FORMULATED
CHERRY FLAVOR • 100% CREATINE MONOHYDRATE
SUGAR FREE • SANS SUCRE
NO TOBACCO • NON-TOBACCO
CONTAINS 100% CREATINE MONOHYDRATE

NEW NORDIC
APPLE CIDER
GUMMIES
60 caps.
SELECTED VARIETIES

Apple Cider™
VEGAN GUMMIES

140 gummies - 60 capsules

15.99
ea.



**WEBBER
NATURALS
BIOTIN** 120 caps.

19⁹⁹
ea.

WEBBER NATURALS
MAGNESIUM
200 • 270 mL
SELECTED VARIETIES

1999
ea.

WEBBER NATURALS
Omega-3
 Extra DHA
 900 mg
 One Per Day
 Pharmaceutical Grade
 NO MSG
 No artificial colors, flavors, or preservatives. No soy, wheat, or dairy derivatives. No gluten. No animal products.

21.99
 ea.

Nexium
24HR
14 CAPSULES
Acid Reflux • Heartburn

RESTORALAX
DAILY GUMMIES
175 units

19⁹⁹
ea.

Restoralax®
Daily Gummies
Restora FIBRE
Fibres alimentaires
Good Health Supports
Soutien de la Santé et du
Bonne Santé



METAMUCIL
FIBRE
SELECTED SIZES
SELECTED VARIETIES

21⁴⁹
ea.



The image shows a yellow and orange container of Metamucil 4 in 1 Fibre. The label features the Metamucil logo at the top, followed by '4 in 1 FIBRE' in large letters. Below this, it lists 'FIBRE', 'FIBRE SUPPLEMENT', 'FIBRE SUPPLEMENT', and 'FIBRE SUPPLEMENT'. At the bottom, it says '4 in 1 FIBRE' and '4 in 1 FIBRE'.



align
PROBIOTIC

DIGESTIVE SUPPORT

Helping with regularity, digestion of lactose, and healthy balance of intestinal flora

28 CAPSULES

29.99
ea.

ALIGN PROBIOTIC
28-ct.
SELECTED VARIETIES



Advil
Relieves Headaches,
Fever, Muscle and
Joint Pain
**EXTRA STRENGTH
CAPLETS**
22 Caplets

13⁹⁹
ea.

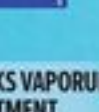
ADVIL
IBUPROFEN
200 mg
SELECTED VARIETIES



199
ea.

**FISHERMAN'S
FRIEND LOZENGES**
22 un.
SELECTED VARIETIES

VICKS COUGH SYRUP
 2.39 - 2.49
 SELECTED VARIETIES
12⁴⁹
 ea.



20% off

VICKS VAPORUB
SELECTED SIZES
SELECTED VARIETIES

Blistex
LIP MEDEX

BLISTEX LIP BALM
4-10.9
SELECTED VARIETIES

3.99
ea.



**ST-FRANCIS
HERB FARM
CASTOR OIL**
250 ml

16⁹⁹
ea.

DEEP RELIEF
ANALGESIC RUBS
FOUR SELECTED VARIETIES

9.99
ea.

A red and black spray bottle of Deep Relief Analgesic Rubs. The label features the brand name 'DEEP RELIEF' in large white letters on a black background, with 'ANALGESIC RUBS' below it. There is a red circular logo with a white cross on the label. The bottle has a white spray nozzle.

5.99
ea.

BAND-AID BANDAGES
10 - 1/2" x 3"
SELECTED VARIETIES

**PUSH FURTHER,
RECOVER FASTER**

30G PROTEIN	1B CFUs PROBIOTICS	5G GLUTAMIC ACID
------------------------	-----------------------------------	---------------------------------

**20%
off**

VEGA NUTRITIONAL SUPPLEMENTS

VEGA PROTEIN & PROBIOTICS
VEGA PROTEIN & GLUTAMIC ACID

[illegible]

ONE A DAY
MULTIVITAMIN
130 µg
SOLUBLE TABLETS

16.99

PA



PRICES ARE IN EFFECT UNTIL WEDNESDAY FEBRUARY 4TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca/ pharmacy



Baby Care



GERBER
BABY SNACKS
10.5 OZ (298g)
ea.

4⁴⁹



HUGGIES
natural care
BABY WIPES
160 WIPES
ea.

9⁹⁹



PAMPERS
natural care
BABY WIPES
160 WIPES
ea.

22⁹⁹



GERBER
BABY CEREAL
10.5 OZ (298g)
ea.

5⁹⁹



LIVE CLEAN
BABY SHAMPOO
10.5 OZ (298g)
ea.

12⁹⁹



L'OREAL KIDS
BABY SHAMPOO
10.5 OZ (298g)
ea.

6⁴⁹

Health & Beauty



NIVEA
LIP CARE
10.5 OZ (298g)
ea.

5⁴⁹



POND'S
FACIAL MOISTURIZING
CREAM
10.5 OZ (298g)
ea.

11⁴⁹



OLAY
FACE CARE
10.5 OZ (298g)
ea.

13⁹⁹



HERBAL ESSENCES
HAIR MOISTURE
10.5 OZ (298g)
ea.

5⁹⁹



HERBAL ESSENCES
PURELY PLANTS
HAIR CARE
10.5 OZ (298g)
ea.

9⁹⁹



BARE
HEAD & SHOULDERS
HAIR CARE
10.5 OZ (298g)
ea.

13⁴⁹



PANTENE PRO-V
HAIR CARE
10.5 OZ (298g)
ea.

6⁴⁹



THE UNSCENTED
COMPANY
BODY SOAP OR
HAIR CARE
10.5 OZ (298g)
ea.

12⁴⁹



LIVE CLEAN
BODY WASH OR
FOAM BATH
10.5 OZ (298g)
ea.

8⁹⁹



EVERY MAN JACK
BODY WASH
10.5 OZ (298g)
ea.

9⁴⁹



AVEENO
BODY WASH
10.5 OZ (298g)
ea.

12⁴⁹



AVEENO
BODY LOTION
10.5 OZ (298g)
ea.

12⁹⁹



SENSODYNE
TOOTHPASTE
10.5 OZ (298g)
ea.

6⁴⁹



CREST
TOOTHPASTE
10.5 OZ (298g)
ea.

4⁹⁹



ORAL-B
DENTAL FLOSS
10.5 OZ (298g)
ea.

7⁹⁹



LISTERINE
MOUTHWASH
10.5 OZ (298g)
ea.

7⁴⁹



IRISH SPRING
BAR SOAP
10.5 OZ (298g)
ea.

4⁴⁹



SOFTSOAP
HAND SOAP
10.5 OZ (298g)
ea.

7⁹⁹



SOFTSOAP
BODY WASH
10.5 OZ (298g)
ea.

5⁹⁹



EVERY MAN JACK
DEODORANT
10.5 OZ (298g)
ea.

7⁴⁹



PERSONNELLE
DISPOSABLE RAZORS
10.5 OZ (298g)
ea.

3⁹⁹



POISE
ADULT INCONTINENCE
PADS
10.5 OZ (298g)
ea.

7⁹⁹



TAMPAX
SANITARY TAMPONS
10.5 OZ (298g)
ea.

6⁹⁹



DIVA
MENSTRUAL CUP
10.5 OZ (298g)
ea.

20% OFF



We take pride in sourcing locally from the
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR
250 g
SELECTED VARIÉTÉS

7⁹⁹
ea.



THE COUNTY BOUNTY
SODA
355 ml
SELECTED VARIÉTÉS

2 for
5⁰⁰



O'HARA SUGAR
MAPLE SYRUP
500 ml
SELECTED VARIÉTÉS

13⁹⁹
ea.



REID'S
ICE CREAM
1.5 L
SELECTED VARIÉTÉS

5⁹⁹
ea.



SPRAGUE
BAKED BEANS
398 ml
SELECTED VARIÉTÉS

1⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

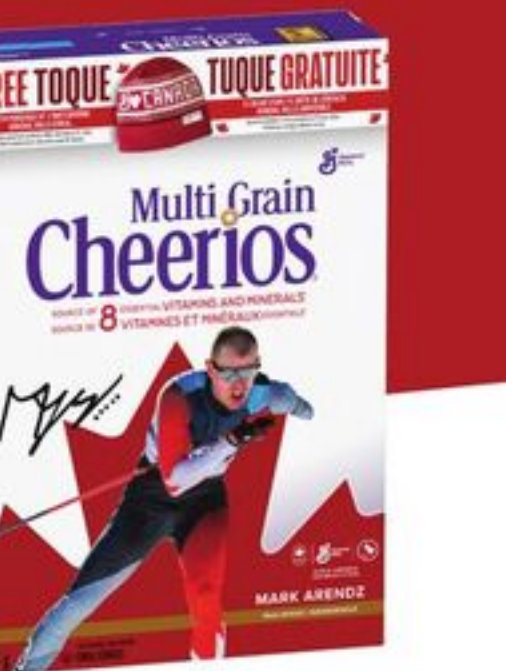
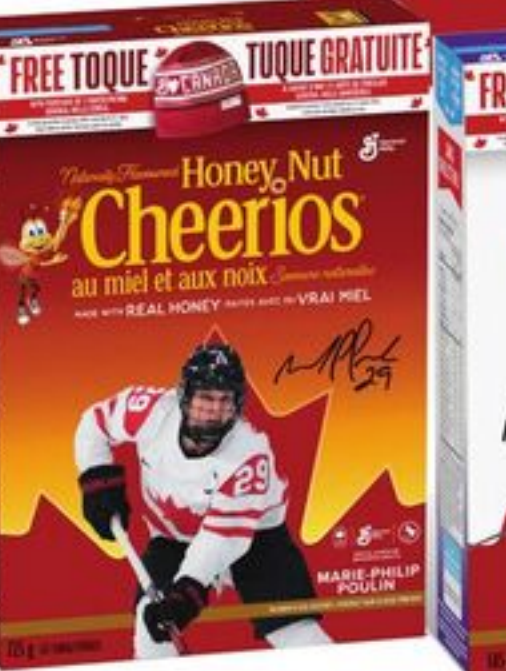
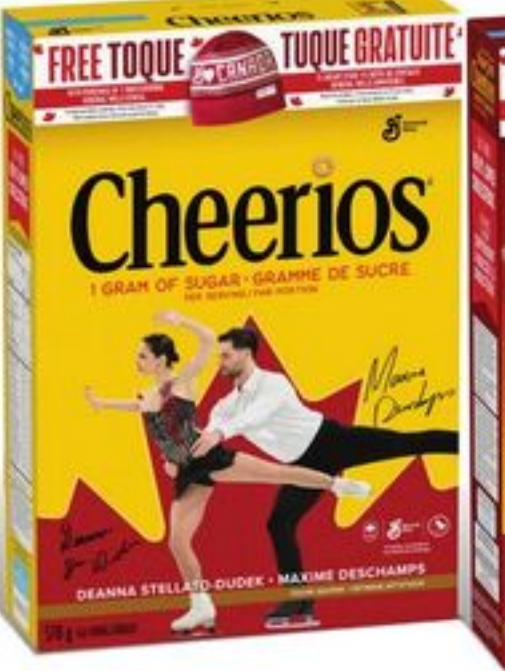


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



BUY 2 OLD EL PASO® KITS AND GET
\$10 TO FILL UP**
TO YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE





NATURE VALLEY GRANOLA BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹ ea.



LARABAR BARS
54 BARS
SELECTED VARIETIES

9⁹⁹ ea.



BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.

