



988
/lb

Beef Gail Strip Loin Steak Bone In Value Pack
25.78kg
Contenu: Bœuf Gail Rouge avec Tige en emballage économique
25.78kg



477
ea.

Black Diamond
OLD • FORT
Cheddar Cheese
1.5kg (3.3lb)



477
ea.

Black Diamond
MARBLE • MARBRÉ
Cheddar Cheese
1.5kg (3.3lb)



477
ea.

Black Diamond
MARBLE • MARBRÉ
Cheddar Cheese
1.5kg (3.3lb)



199
ea.

Kraft Buffalo Style Dressing
500 mL (16.9 FL OZ)
Kraft Buffalo Style Dressing
500 mL (16.9 FL OZ)
Kraft Buffalo Style Dressing
500 mL (16.9 FL OZ)



199
ea.

Kraft Ranch Dressing
500 mL (16.9 FL OZ)
Kraft Ranch Dressing
500 mL (16.9 FL OZ)
Kraft Ranch Dressing
500 mL (16.9 FL OZ)



199
ea.

Kraft Thousand Island Dressing
500 mL (16.9 FL OZ)
Kraft Thousand Island Dressing
500 mL (16.9 FL OZ)
Kraft Thousand Island Dressing
500 mL (16.9 FL OZ)



199
ea.

Dare Bear Paws Cookies
Chocolate Chip
1.5kg (3.3lb)



199
ea.

Dare Breton Cookies
original
1.5kg (3.3lb)



499
ea.

Kruger Cashmere
12-24 Sheets
1.5kg (3.3lb)



499
ea.

Kruger Cashmere
12-24 Sheets
1.5kg (3.3lb)

More freshness,
more savings.

mmMAZING!

days



Beef Grill Short Ribs
22.85kg
Côte: succulent de beef Grill Rouge
22.85kg ou équivalent

9⁹⁹
/lb



GROUND
IN-STORE
DAILY

Medium Ground Beef Value Pack
4.50kg
Boeuf haché 80-20% en emballage économique
4.50kg

4⁹⁹
/lb



Silk
Almond



ACTIVIA
EXPERT



DIKOS

Oikos or Activia Yogurt or
Silk Refrigerated Yogurt
Yogurt Oikos or Activia or
Refrigerated Silk
22.85kg ou équivalent

3⁴⁹
ea.



Fresh Chicken Legs Quarters
4.25kg
Poulet en quartier sans os
4.25kg

1⁹⁹
/lb



Shreddies



Eggo
Pancakes



QUAKER
QUICK OATS

Cereal Post ou autres Quaker
cereal (Eggo Pancakes)
collation Post ou autres Quaker
cereal (Eggo Pancakes)
22.85kg ou équivalent

2⁹⁹
ea.



JUMBO

Ambros Cherries
22.85kg
Céréales granolées
22.85kg

3⁴⁴
/lb



CLASSICO



CLASSICO



CLASSICO

CLASSICO
Pasta Sauce
410 mL

CLASSICO
Pasta Sauce
410 mL

CLASSICO
Pasta Sauce
600 mL

3²⁷
ea.



5 PK

Ambros 5 PK
Pasta Sauce
22.85kg

2⁹⁹
ea.



Häagen-Dazs



Häagen-Dazs



Häagen-Dazs

Häagen-Dazs Ice Cream
22.85kg

4⁹⁹
ea.



Goodfense

Goodfense Vegetables
22.85kg

1⁹⁹
ea. or /lb



HUGGIES



Pampers



Similac

Huggies or Pampers Baby Wipes or Similac
Baby Formula
22.85kg ou équivalent

2⁹⁹
ea.



Lactantia

Lactantia Milk
22.85kg

4⁹⁹
ea.

mmmAZING!
days

FRESH COHO



10⁹⁹
/lb
OF EA.

Fresh Coho Salmon Fillet (skin on)
200g (1 lb) 10.99
200g (1 lb) 10.99
200g (1 lb) 10.99
200g (1 lb) 10.99

Irresistible



7⁹⁹
ea.

Irresistible Argentinean Shrimp
21-25 g
51-60 g
21-25 g
51-60 g

Selection Old Fashioned Ham or Baked Swiss Cheese



2⁹⁹
/100 g

Selection Old Fashioned Ham or Baked Swiss Cheese
100g (1 lb) 2.99
100g (1 lb) 2.99
100g (1 lb) 2.99
100g (1 lb) 2.99

CASTELLO HAVARTI



7⁹⁹
ea.

CASTELLO HAVARTI
100g (1 lb) 7.99
100g (1 lb) 7.99
100g (1 lb) 7.99
100g (1 lb) 7.99

Front Street Bakery



3⁹⁹
ea.

Front Street Bakery
100g (1 lb) 3.99
100g (1 lb) 3.99
100g (1 lb) 3.99
100g (1 lb) 3.99

4 PACK



5⁹⁹
ea.

4 Pack of Front Street Bakery Donuts
100g (1 lb) 5.99
100g (1 lb) 5.99
100g (1 lb) 5.99
100g (1 lb) 5.99

mmmAZING!
days



mmMAZING! days

PRIMO

1⁹⁹
ea.

Primo Pasta
Pasta Primo
16 oz.

2⁴⁹
ea.

Primo Pasta
Pasta Primo
16 oz.

1⁹⁹
ea.

Primo Sauce
Sauce Primo
16 oz.

**3 for
5⁰⁰**

Primo Beans
Beans Primo
16 oz.

1⁹⁹
ea.

Primo Beans
Beans Primo
16 oz.

1⁹⁹
ea.

Primo Beans
Beans Primo
16 oz.

26⁹⁹
ea.

McCafé
McCafé
16 oz.

30⁹⁹
ea.

McCafé
McCafé
16 oz.

10⁹⁹
ea.

McCafé
McCafé
16 oz.

6⁹⁹
ea.

Knorr
Knorr
16 oz.

2⁴⁹
ea.

Knorr
Knorr
16 oz.

3⁹⁹
ea.

Knorr
Knorr
16 oz.

2⁹⁹
ea.

Knorr
Knorr
16 oz.

3⁴⁹
ea.

Knorr
Knorr
16 oz.

3⁴⁹
ea.

Knorr
Knorr
16 oz.

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 January 28, 2026, in-store or online



NOW
12.99
ea.
SAVE UP TO
\$7

~~19.99~~*
ea.
IRRESISTIBLES
COFFEE CAPSULES
30 un.
SELECTED VARIETIES



NOW
1.99
ea.
SAVE UP TO
\$1

~~2.99~~*
ea.
OCEAN'S
ALBACORE TUNA
170 g



NOW
2.49
ea.
SAVE UP TO
\$1

~~3.49~~*
ea.
CHEEMO
PEROGIES
SELECTED SIZES
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$4

~~13.99~~*
ea.
CORONA
NON-ALCOHOLIC BEER
6 x 330 ml



NOW
2.99
ea.
SAVE UP TO
\$2.50

~~5.49~~*
ea.
FEBREZE BATHROOM
AIR FRESHENER
75 ml
SELECTED VARIETIES



NOW
15.00
ea.
SAVE UP TO
\$1.99

~~16.99~~*
ea.
GERBERA
BOUQUET
ASSORTED COLOURS
1 un.

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.

4.99
ea.

Strawberries
FRESH
PRODUCT OF CANADA
U.S.A. - WASHINGTON, WA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.99 (100% INSIDE)

4.99
ea.

Blueberries
FRESH
PRODUCT OF CANADA
U.S.A. - WASHINGTON, WA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.99 (100% INSIDE)

4.99
ea.

Romaine Lettuce
FRESH
PRODUCT OF U.S.A.
COLUMBIA, SC, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.99 (100% INSIDE)

4.99
ea.

Andy's Boy Beans
FRESH
PRODUCT OF U.S.A.
COLUMBIA, SC, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.99 (100% INSIDE)

1.69
/lb

Sweet Potatoes
PRODUCT OF MEXICO
3-2 1/2" (6.35cm)
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 1.69 (100% INSIDE)

3.99
ea.

Blackberries
FRESH
PRODUCT OF MEXICO
More
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 3.99 (100% INSIDE)

2.49
/lb

Larger Cosmic Crops Apples
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 2.49 (100% INSIDE)

2.99
/lb

Extra Large Green Sweet Peppers
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 2.99 (100% INSIDE)

2.99
/lb

Extra Green Sweet Peppers
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 2.99 (100% INSIDE)

4.99
ea.

Cauliflower
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.99 (100% INSIDE)

5.99
/lb

Pink Muscat Grapes
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 5.99 (100% INSIDE)

7.99
ea.

Peaches
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 7.99 (100% INSIDE)

4.49
ea.

Broccoli
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.49 (100% INSIDE)

1.99
ea.

Ranch Radishes
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 1.99 (100% INSIDE)

1.99
ea.

Ranch Radishes
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 1.99 (100% INSIDE)

4.99
/lb

Donut Peaches
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.99 (100% INSIDE)

4.49
ea.

Jumbo Pineapple
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 4.49 (100% INSIDE)

99¢
/lb

Spinach
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 99¢ (100% INSIDE)

99¢
/lb

Green Cabbage
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 99¢ (100% INSIDE)

3.99
ea.

Russet Potatoes
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 3.99 (100% INSIDE)

13.99
ea.

TAMARI ALMONDS
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 13.99 (100% INSIDE)

5.99
ea.

Daiya Cheese
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 5.99 (100% INSIDE)

3.49
ea.

Spinach
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 3.49 (100% INSIDE)

3.49
ea.

Spinach
FRESH
PRODUCT OF U.S.A.
CALIFORNIA, CA, USA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 3.49 (100% INSIDE)

5.99
ea.

Sweet Onions
FRESH
PRODUCT OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
Packed
Net 1.25 lb. (567g) in BAGGED
GAL. 5.99 (100% INSIDE)

Sliced & Sliced

Star Mode
Casseroles
1000g (2.2 lb)
PREPARED 1 Lb
Casseroles prepared
en magasin
\$13.99
ea.

my metro
m

Fresh Blooms

White
Candied
Orchids
7 1/2" x 10"
Orchids blanches
enrobées
\$34.99
ea.

Store Mode
Tupper
Parfaits (3.5 L)
Parfaits
au yogurt
préparés
en magasin
\$4.79
ea.

4.99
ea.

Carne Picadillo 100g
Ancho (400g/14oz)

30.00
ea.

Sweet Lily Bouquet
10" x 10" x 10"
Bouquet Lily
Sweet
10" x 10" x 10"

19.99
ea.

Cela Lilies
10" x 10" x 10"
Ancho d'Éthiopie
Cela de Céléstins

34.99
ea.

Poinsettia Bowl
10" x 10" x 10"
Bouquet de poinsettias
Cela de Céléstins

12.99
ea.

Passion Bowl
10" x 10" x 10"
Bouquet de passion
Cela de Céléstins

Fresh Blooms

30⁰⁰
ea.

Sweet Lily Bouquet
12 FRESH
ROSEBUDS
12 CARNATIONS
12 GLADIOLUS
12 HYDRANGEA
12 LILY

White
Candiding
Orchids
7 Pk
12 CARNATIONS
12 GLADIOLUS
12 HYDRANGEA
12 LILY

34⁹⁹
ea.

30⁰⁰
ea.

Secret Lily Bouquet
12 FRESH
ROSEBUDS
12 CARNATIONS
12 GLADIOLUS
12 HYDRANGEA
12 LILY

34⁹⁹
ea.

19⁹⁹
ea.

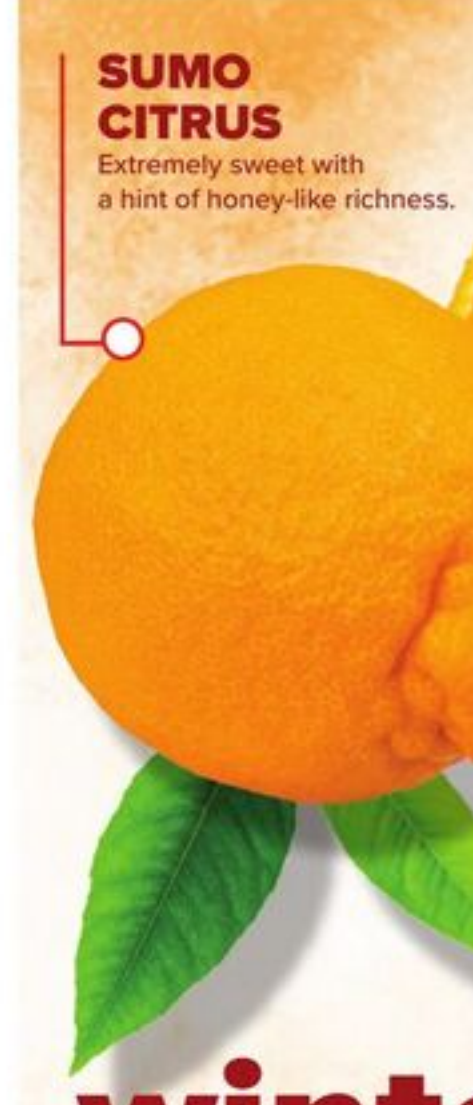
Calla Lilies
8" x 10" 12 FRESH
ROSEBUDS
12 CARNATIONS
12 GLADIOLUS
12 HYDRANGEA
12 LILY

12⁹⁹
ea.

White
Candiding
Orchids
7 Pk
12 CARNATIONS
12 GLADIOLUS
12 HYDRANGEA
12 LILY

34⁹⁹
ea.

12⁹⁹
ea.



SUMO CITRUS
Extremely sweet with a hint of honey-like richness.

4⁹⁹
/lb

SUMO CITRUS
PRODUCT OF U.S.A.
11.00kg



CHOCOLATE ORANGES
Very sweet and juicy with low acidity.

5⁹⁹
/lb

CHOCOLATE ORANGES
PRODUCT OF SPAIN
11.75kg



LARGE CARA CARA ORANGES
PRODUCT OF U.S.A.
6.59kg

2⁹⁹
/lb

citrus

winter's main squeeze

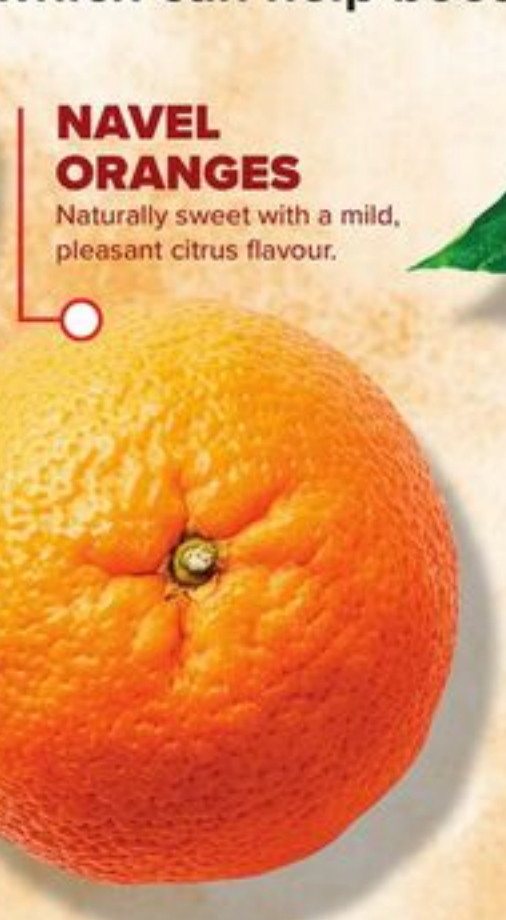
These zesty fruits are packed with flavour – & vitamin C, which can help boost your immune system.



NAVEL ORANGES
Naturally sweet with a mild, pleasant citrus flavour.

1⁹⁹
/lb

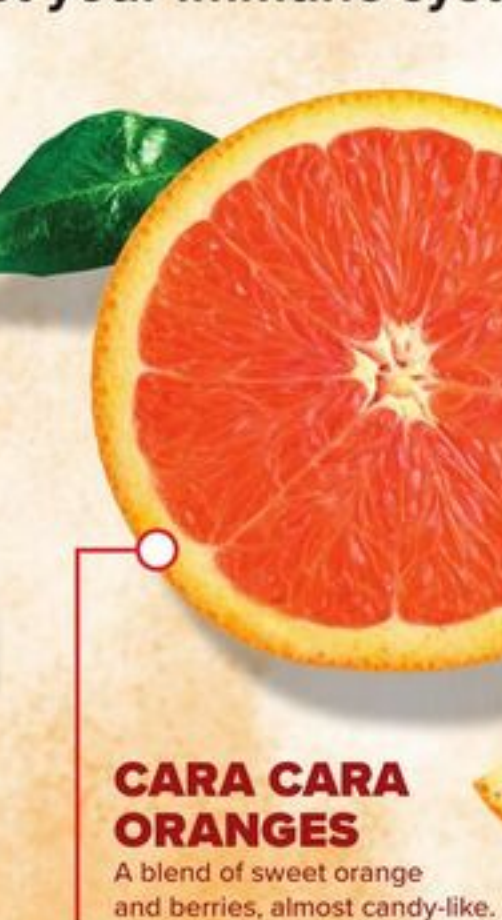
NAVEL ORANGES
PRODUCT OF U.S.A.
6.59kg



MEYER LEMONS
A fusion of lemon and tangerine – sweeter than standard lemons.

4⁹⁹
ea.

MEYER LEMONS
PRODUCT OF U.S.A.
1lb



CARA CARA ORANGES
A blend of sweet orange and berries, almost candy-like.



LARGE BLOOD ORANGES
PRODUCT OF U.S.A.
6.59kg

2⁹⁹
/lb



RED GRAPEFRUIT
A balanced blend of sweet and tangy with minimal bitterness.

5⁹⁹
ea.

RED GRAPEFRUIT
PRODUCT OF U.S.A.
3lb



BLOOD ORANGES
Sweet, berry-like notes with a citrusy base.



TANGELO MINNEOLAS
A balanced blend of tangerine sweetness and grapefruit tang.

2⁹⁹
/lb

TANGELO MINNEOLAS
PRODUCT OF U.S.A.
6.59kg



STEM & LEAF CLEMENTINES
Naturally sweeter than standard oranges with a gentle citrus tang.

3⁹⁹
/lb

STEM & LEAF CLEMENTINES
PRODUCT OF SPAIN
& BRAZIL

Freshly Squeezed, In-Store



7⁹⁹
ea.

STORE MADE UNPASTEURIZED ORANGE OR GRAPEFRUIT JUICE
AVERAGE 100% IN SELECTED STORES

Our Butcher's Finest

Platform Grill Angus Top Sirloin Steak 21.99/kg

33.00/kg

Minced de bœuf de boucherie Angus Grill Piedmont 22.99/kg

33.99/kg

14.99 /lb

YORKSHIRE VALLEY Since 1988

Yorkshire Valley Farms

Yorkshire Valley Farms

Beefsteak from British Cheddar 11.99/kg

Poulet entier biologique local Yorkshire Valley Farms 11.99/kg

4.99 /lb

FRESH

Fresh Lamb Loin Chops 26.49/kg

Côtelettes biochicken de boucherie d'Europe 26.49/kg

26.49/kg

12.99 /lb

Fresh Split Chicken Wings 11.99/kg

Alcega de poulet 11.99/kg

11.99/kg

5.99 /lb

CUT FROM 100% CANADIAN ANGUS

Pork Loin Rib or Sirloin Roast 20.99/kg

8.99/kg

Côte de bœuf ou côtes de bœuf de porc 20.99/kg

3.99 /lb

CUT BY OUR BUTCHER

Pork Loin Chops Center Cut Value Pack 8.99/kg

Côtelettes de bœuf de porc coupe du centre en emballage sous-vide 8.99/kg

4.99 /lb

FRESH

Fresh Lamb Leg Bone Cut 19.99/kg

93.22/kg

Gigot raccourci d'agneau frais 93.22/kg

93.22/kg

8.99 /lb

Red-Girl

Red-Girl Beef Sirloin Loin Steak Bone In 26.99/kg

Côte de bœuf ou côtes de bœuf de porc coupe du centre en emballage sous-vide 26.99/kg

11.88 /lb



5.99
ea.

Spicy Pickled Eggs
Spicy Pickled Eggs and Pickled Eggs
Canned eggs and pickled mushrooms. Spicy Pickled Eggs 100g



5.99
ea.

Spicy Pickled Eggs
Spicy Pickled Eggs and Pickled Eggs
Canned eggs and pickled mushrooms. Spicy Pickled Eggs 100g



6.99
ea.

Zabihah Halal Meat
Meat Leg and Zabihah Halal Meat
Canned meat and Zabihah Halal Meat 100g



6.99
ea.

Schwenders Breakfast Sandwiches
Schwenders Breakfast Sandwiches
Canned meat and Zabihah Halal Meat 100g



6.99
ea.

Man Hing Sausages
Man Hing Sausages
Canned meat and Zabihah Halal Meat 100g



6.99
ea.

Man Hing Sausages
Man Hing Sausages
Canned meat and Zabihah Halal Meat 100g



6.99
ea.

Man Hing Sausages
Man Hing Sausages
Canned meat and Zabihah Halal Meat 100g



6.99
ea.

Man Hing Sausages
Man Hing Sausages
Canned meat and Zabihah Halal Meat 100g



6.99
ea.

Man Hing Sausages
Man Hing Sausages
Canned meat and Zabihah Halal Meat 100g

Halal



6.99 ea.

35 Sada Head (Bawal)
Bawal Chicken Head
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Poulet sans halal
Chicken Head
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Neck (Tikka)
Tikka Neck
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Neck
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Organic



6.99 ea.

35 Sada Head (Bawal)
Bawal Chicken Head
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Poulet sans halal
Chicken Head
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Neck (Tikka)
Tikka Neck
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Neck
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Halal



6.99 ea.

35 Sada Head (Bawal)
Bawal Chicken Head
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Poulet sans halal
Chicken Head
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Neck (Tikka)
Tikka Neck
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Neck
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Halal
100% Free Range
100% No Antibiotics
100% No Hormones

Organic



6.99 ea.

35 Sada Head (Bawal)
Bawal Chicken Head
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Poulet sans halal
Chicken Head
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Neck (Tikka)
Tikka Neck
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Neck
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones



14.99 ea.

Zabihah Halal Tikka Feet (Tikka)
Tikka Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

Alas de poulet
Chicken Feet
100% Organic
100% Free Range
100% No Antibiotics
100% No Hormones

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6⁹⁹
ea.
FRONT STREET BAKERY
LEMON MERINGUE PIE
175 g



4⁹⁹
ea.
was 6.99 ea.
INESISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES

Celebrate
**NATIONAL
PIE
DAY**
JAN 23



FRONT STREET BAKERY
STRAWBERRY
CUSTARD PIE
200 g

6⁹⁹
ea.



7⁹⁹
ea.
FRESH 2 GO
HANDHELD PASTRY PIE
1 ea.
SELECTED VARIETIES



9⁹⁹
ea.
SWISS CHALET
FRESH POT PIE
600 g
SELECTED VARIETIES

CREATE YOUR OWN
MEAT PIES



3⁹⁹
lb
LEAN GROUND PORK
VALUE PACK, 8.80 kg



8⁹⁹
ea.
SWISS CHALET,
ST. HUBERT
OR MONTANA'S
MEAT PIES
PIZZA, 650 - 800 g
SELECTED VARIETIES



8⁹⁹
ea.
ST. HUBERT
BEEF
POT PIE - PÂTE
600 g
SELECTED VARIETIES

MAKE THE PERFECT PIE



5⁹⁹
ea.
FRANCIS HUBERT
PIE DOUGH
1 kg

5⁴⁹
ea.
TENDERLAKES
PIE CRUST
SELECTED VARIETIES



5⁹⁹
ea.
E.D. SMITH
CHERRY
CHEESE
CAKE
1.5 L
SELECTED VARIETIES



3⁹⁹
ea.
E.D. SMITH
WHIPPED
TOPPING SPRAY
225 g
SELECTED VARIETIES

Baked in my Metro



3.49
ea.



4.49
ea.



4.29
ea.



4.29
ea.

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



22.99
ea.



26.99
ea.



2.99
ea.



2.99
ea.



2.99
ea.



5.99
ea.



5.99
ea.



1.99
ea.



3.99
ea.



3.49
ea.



7.49
ea.



3.99
/100 g



3.99
/100 g



8.99
ea.



8.99
ea.



5.99
ea.



10.99
ea.



6.49
ea.



9.99
ea.



4.29
ea.



13.00
ea.



13.00
ea.



13.99
ea.

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Seafood

WILD CAUGHT!

Wild Caught Tuna Steaks
Poids net 1 lb (454 g)
Barres de thon saumon
SAISON DE LA SAISON, 1 lb (454 g)

12⁹⁹

/lb

WILD CAUGHT!

Sole 7 Seins avec détail
Poids net 1 lb (454 g)

4⁹⁹

ea.

20 points

Fish Sticks
Poids net 1 lb (454 g)

7⁹⁹

ea.

WILD CAUGHT!

Fresh Wild Caught
Salmon
Poids net 1 lb (454 g)

9⁹⁹

/lb

20 points

Bay Scallops
Poids net 1 lb (454 g)

9⁹⁹

/lb

NEW

Make your own
POKÉ BOWL
To serve, add cooked rice
to the bottom of your bowl.
Top with salmon and toppings
of your choice. Avocado,
Cucumber, Carrot, Edamame,
Mango, Shredded carrots.
Garnish with sesame or
ponzu sauce and drizzle
with your favourite sauce.

4⁹⁹

ea.

17⁹⁹

ea.

2⁹⁹

ea.

11⁹⁹

ea.

19⁹⁹

ea.

Learn with moi rewards

30 points

Invisiole Smoked
Salmon
Poids net 1 lb (454 g)

3⁹⁹

ea.

30 points

Kani Maki
Poids net 1 lb (454 g)

4⁹⁹

ea.

40 points

Invisiole Salmon
Poids net 1 lb (454 g)

7⁹⁹

ea.

50 points

Invisiole Salmon
Poids net 1 lb (454 g)

10⁹⁹

ea.

Low Price Every Day

10⁹⁹

ea.

4⁹⁹

ea.

3⁴⁹

ea.

2⁴⁹

ea.

99¢

ea.

5⁹⁹

ea.

4⁹⁹

ea.

3⁹⁹

ea.

Celebrate Lunar New Year
with Kellogg's Cereal

5⁹⁹

ea.

3⁴⁹

ea.

5⁹⁹

ea.

6⁹⁹

ea.

7⁴⁹

ea.

25% off

metro.ca

— AND THE WINNER IS... —

A-LIST SNACKS

Celebrate award season with a tasty mix of fan favourites.



3⁹⁹
ea.

TOSTITOS
TORTILLA CHIPS
SELECTED SIZES
SELECTED VARIETIES

3⁴⁹
ea.

SELECTION SNACKS OR
IRRÉSISTIBLES POPCORN
SELECTED SIZES
SELECTED VARIETIES

BEST BUBBLES & SWEETS NOMINEES

[illegible]

BEST SALTY & CRUNCHY NOMINEES



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mmMAZING!
offer

60%

OFF*
**12-MONTH
DELIVERY PASS**

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

19⁹⁹

ea.

FROM STREET BAKERY
MANGO BAR CAKE
85 g

3⁸⁸

lb

FROM STREET BAKERY
WHOLE DUCKS
PROVEN GRADE A
8.55 kg

2⁸⁸

lb

DRAGON FRUIT/PITAHAYA
PRODUCT OF GUATEMALA
6.55 kg

12⁹⁹

ea.

TEU MILL OR
ROYAL ORCHID
PEANUT BUTTER
8.5 g
SELECTED VARIETIES

1⁹⁸

ea.

SHANGHAI OR BABY BOK CHOY
PRODUCT OF MEXICO
454 g

1⁸⁸

lb

ASIAN
YELLOW PEARS
PRODUCT OF CHINA
EXTRA FANCY GRADE
4.5 kg

99^c

ea.

LUCKY KOI OR
YAT CHESTNUTS,
BAMBOO SHOOTS,
ONE BUCKY NOODLES,
OR CHICKEN SOUP
227 ml, 43, 45 g
SELECTED VARIETIES

9⁹⁹

ea.

BILLY BEE
TART
SELECTED VARIETIES

3⁴⁹

ea.

KJ DUMPLINGS
200 g
SELECTED VARIETIES

14⁹⁹

ea.

RAINBOW CHARM
BOUQUET
FRESH FLOWERS
2.5 kg

1²⁵

ea.

CHANGHAI
CASABLANCA OR
COOL BUNNINGS
COCONUT MILK
OR MILK
600 ml
SELECTED VARIETIES

2⁹⁹

ea.

LUCKY ME NOODLES OR
YAT BUNNETS/SEAWEEED
28 g, 5, 6, 9 g
SELECTED VARIETIES

13⁹⁹

ea.

HIBBON
LAYERED
SEAWEED
24 x 5 g

3⁴⁹

ea.

THAI KITCHEN
COCONUT MILK,
MANGUIN OR
KIKKOMAN
RICE VERDAR OR
MAGGI SAUCE
750 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
BUTTER COOKIES,
ONY AISE BUNNINGS
454 g, 1.5 L
SELECTED VARIETIES

1⁶⁹

ea.

YAT OR LUCKY KOI
CHOW MEIN NOODLES FOR
NONGSHIM BOWLS
454 g, 1.5 L
SELECTED VARIETIES

1⁶⁷

ea.

MAPLE LEAF SAUSAGE OR
LUCKY FOR
VERMICELLI NOODLES
151 g, 40 g
SELECTED VARIETIES

5⁹⁹

ea.

HUY FONG, SHIBACHIA,
LEE KUM HEE SOY SAUCE,
KIKKOMAN TERIYAKI
OR SOY SAUCE
200, 750 ml
SELECTED VARIETIES

6⁹⁹

ea.

QUALITY DRINKS:
MILK, ICE CREAM OR
GRACE COCONUT SUGAR
100, 250 g
SELECTED VARIETIES

6⁹⁹

ea.

KEMPIE MAYO OR
LEE KUM HEE SESAME
OIL OR SHIBACHIA MAYO
100, 180 ml
SELECTED VARIETIES

2⁴⁹

ea.

GLICO POCKY,
GARDON WAFERS,
HELLO PANDA COOKIES
10, 200 g
SELECTED VARIETIES

from availability varies by store

Non-GMO

Life Smart
Maple Syrup
100% Pure Maple Syrup
500 mL (16.9 FL OZ)
WANT TO SELECT THEM?

5.49

ea.

MUSH
Mush Overnight Oats
1.5 L (50.7 FL OZ)
WANT TO SELECT THEM?

2.49

ea.

Snack like it's
your birthday
every day.

Simply Protein
Simply Protein
1.5 L (50.7 FL OZ)
WANT TO SELECT THEM?

5.99

ea.

Garney
Garney Butter
250 g (8.8 OZ)
WANT TO SELECT THEM?

8.99

ea.

Kashi
Kashi Granola Cereal
27.5 g (0.97 OZ)
WANT TO SELECT THEM?

5.99

ea.

Go Macro Bars
Go Macro Bars
40 g (1.41 OZ)
WANT TO SELECT THEM?

2.99

ea.

Life Smart
Maple Syrup
500 mL (16.9 FL OZ)
WANT TO SELECT THEM?

3.99

ea.

Organic

Greenhouse
Creamer
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

6.49

ea.

Greenhouse
Creamer
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

8.99

ea.

Pacific Foods
Pacific Foods
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

8.99

ea.

Vegetarian

French
Pancake &
Milkshake
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

1.49

ea.

French
Pancake &
Milkshake
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

9.99

ea.

Kidding Horse
Kidding Horse
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

13.99

ea.

Prana
Prana Granola Cereal
27.5 g (0.97 OZ)
WANT TO SELECT THEM?

4.99

ea.

Organic Meadow
Organic Meadow
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

6.49

ea.

Baby & Beauty

Earth's Best Baby Snacks
Earth's Best Baby Snacks
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

4.49

ea.

Earth's Best Baby Snacks
Earth's Best Baby Snacks
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

4.49

ea.

Live Clean
Baby Shampoo
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

12.99

ea.

Huggies
Huggies Baby Wipes
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

23.99

ea.

Nivea
Nivea Lip Care
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

5.49

ea.

Softsoap
Softsoap Shower Gel
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

4.99

ea.

Neutrogena
Neutrogena Body Lotion
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

11.49

ea.

Neutrogena
Neutrogena Body Lotion
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

12.99

ea.

Household Helpers

Pine Sol
Pine Sol
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

5.49

ea.

Carex
Carex Bathroom Cleaners
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

3.49

ea.

Liquid Plumr
Liquid Plumr
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

8.99

ea.

Fabricze Air Freshener
Fabricze Air Freshener
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

8.49

ea.

Cascade Dishwasher Detergent
Cascade Dishwasher Detergent
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

23.99

ea.

Gain
Gain Flings
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

23.99

ea.

Tempurpedic Cat Treats
Tempurpedic Cat Treats
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

6.99

ea.

Whiskas Dry Cat Food
Whiskas Dry Cat Food
1 L (33.8 FL OZ)
WANT TO SELECT THEM?

6.99

ea.

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\$ New Lower Prices



Tostitos® Salsa Verde 100% White
 100% TOMATOES, 100% PEPPERS
 100% ONIONS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

2.700



Doritos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000



Tostitos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000



Tostitos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000



Tostitos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000



Tostitos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000



Tostitos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000



Tostitos®
 100% WHOLE WHEAT
 100% CORN, 100% LIME
 100% PEPPERS, 100% GARLIC
 100% HERBS, 100% SEASONINGS

7.000

- 16.99** ea. **French Cut Peas** (1 lb)  **Robyn's Food Emporium** Robyn's Food Emporium Inc. 10000 Kennedy Rd. Unit 10, Richmond Hill, ON L4B 3N2
- 5.99** ea. **Great Made Small Salads** (1 lb)  **Market Village** Market Village Inc. 10000 Kennedy Rd. Unit 10, Richmond Hill, ON L4B 3N2
- 9.99** ea. **Alors et maintenant en ciao de pas de pain** (1 lb)  **L'Assiette** L'Assiette Inc. 10000 Kennedy Rd. Unit 10, Richmond Hill, ON L4B 3N2
- 6.99** ea. **Charcuterie Natural**  **Natural** Natural Inc. 10000 Kennedy Rd. Unit 10, Richmond Hill, ON L4B 3N2

6.99 ea. **iögo** 4pk 8oz
Yoga Yogurt
Tender Creamy
Tenderly Soft
VANILLA FLAVORED

6.49 ea. **LIBERTÉ** 12oz
Liberté Greek Yogurt
MILK-BASED, 5% GREEK
YOGURT per 1/2 cup
VANILLA FLAVORED

5.49 ea. **Black Diamond** 12oz
Black Diamond or
Black Diamond
Cereal
CRACKER BARREL
ORANGE Black Diamond or
Black Diamond Cereal
CRACKER BARREL
ORANGE Black Diamond or
Black Diamond Cereal
CRACKER BARREL
ORANGE

Simply Orange juice (3 bottles), K&L Men's soccer jersey (red with white accents), and Twizzlers candy (red and white packaging).

Campbell's Soup
\$1.25 ea.

2 Cans of Campbell's Soup
Cream of Mushroom / Crème de champignons
Chicken Noodle / Poulet et nouilles
\$3.99 ea.

Boom Chicka Pop
Cereal
\$3.99 ea.

Primo Pilsener Beer
Brewery
500¢

[illegible][illegible]

Learn with **mol** rewards

85¢
2
1600

NEW

121

90

23.99

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Delicieux Tide de Sable, adoucissants, Douceur ou Essentiel
Tide® de Sable Détergent, Douceur Supérieure et Essentiel

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[illegible]

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at Metro, Food Basics or Jean Coutu
by Feb 28. Terms and conditions apply.



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value**
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