

[illegible]

\$ New Lower Prices

 30% off CASTELLA CHEESE DANISH with BLUEBERRY CHEESECAKE FILLING TWO LITERS REG. \$1.99	 7.99 ea. MAPLE LEAF DELI ITALIAN DELI MEAT SELECTIONS OF SAUCED DELI OR SMOKED & MARINATED ITALIAN DELI MEAT REG. \$10.99	 2 for 7.00 DEMPSSEN'S WHITE 100% WHOLE WHEAT BREAD OR BAGELS 12 SLICES REG. \$3.99	 2 for 7.00 DEMPSSEN'S WHITE 100% WHOLE WHEAT BREAD OR BAGELS 12 SLICES REG. \$3.99	 2 for 7.00 DEMPSSEN'S WHITE 100% WHOLE WHEAT BREAD OR BAGELS 12 SLICES REG. \$3.99
 8.99 ea. PRIME MAPLE LEAF DELI CHICKEN WINGS REG. \$10.99	 3.99 ea. MAPLE LEAF DELI CHICKEN WINGS REG. \$4.99	 2 for 14.00 MIX MATCH CALIFORNIA OR SPICY CALIFORNIA ROLLS REG. \$7.99	 10.99 ea. HIGHLINER BREADED, BATTER-DIPPED OR CRISP OF 16 PIECES OF FRIED FISH REG. \$12.99	 10.99 ea. HIGHLINER BREADED, BATTER-DIPPED OR CRISP OF 16 PIECES OF FRIED FISH REG. \$12.99
 6.49 ea. ACTIVIA! ACTIVE MULTI YOGURT SELECTED FLAVORS REG. \$7.99	 4.99 ea. OLYMPIC GREEK YOGURT SELECTED FLAVORS REG. \$5.99	 3.49 ea. LIBERTE METROPOLITAINE GREEK YOGURT SELECTED FLAVORS REG. \$4.99	 3.49 ea. LIBERTE METROPOLITAINE GREEK YOGURT SELECTED FLAVORS REG. \$4.99	 3.49 ea. LIBERTE METROPOLITAINE GREEK YOGURT SELECTED FLAVORS REG. \$4.99
 4.99 ea. CHEX CEREAL REG. \$5.99	 2.49 ea. GO PURE CEREAL BARS REG. \$2.99	 2.49 ea. GO PURE CEREAL BARS REG. \$2.99	 2.49 ea. GO PURE CEREAL BARS REG. \$2.99	 2.49 ea. GO PURE CEREAL BARS REG. \$2.99
 3.99 ea. LAYS POTATO CHIPS REG. \$4.99	 3.99 ea. LAYS POTATO CHIPS REG. \$4.99	 3.99 ea. LAYS POTATO CHIPS REG. \$4.99	 3.99 ea. LAYS POTATO CHIPS REG. \$4.99	 3.99 ea. LAYS POTATO CHIPS REG. \$4.99
 5.99 ea. HUNGRY MAN SANDWICHES REG. \$6.99	 5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49	 5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49	 5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49	 5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49
 3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	 3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	 3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	 3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	 3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99
5.99 ea. HUNGRY MAN SANDWICHES REG. \$6.99	5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49	5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49	5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49	5.49 ea. ESKA NATURAL SPRING WATER REG. \$6.49
3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	3.99 ea. PURINA'S FAMILY SIZE CHUNKS OR CHUNKS WITH GRAVY REG. \$4.99	

**Offers in this flyer are available at the following Metro locations only:
400 Bayfield Street and 640 Maplevue Drive East**

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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.

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
170 g

2⁹⁹
ea.



FRESH
CHICKEN DRUMSTICKS
5.05/kg

2²⁹
/lb



SARTORI PASILLA
CHILE BELLAVITANO
DELI CUT, PRICES AS MARKED
22.17/lb

5⁹⁹
/100 g



IRRESISTIBLE ARTISAN
DOUBLE CRÈME BRIE
170 g

5⁹⁹
ea.



2.49 /lb LARGE COSMIC CRISP APPLES PRODUCT OF U.S.A. 5.49/kg	4.99 ea. STRAWBERRIES 4oz PRODUCT OF CANADA, U.S.A. & MEXICO	3.99 ea. BLACKBERRIES 1lb PRODUCT OF CANADA, U.S.A. & MEXICO	4.99 ea. CAULIFLOWER PRODUCT OF U.S.A. & CANADA	20 points
6.99 /lb JUMBO CHERRIES PRODUCT OF CANADA, U.S. & MEXICO 75.41/kg	4.99 ea. AVOCADOS 4oz PRODUCT OF MEXICO	2.49 /lb EXTRA LARGE BEEFSTEAK TOMATOES PRODUCT OF CANADA, U.S.A. & MEXICO 5.49/kg	1.49 /lb ANJOUS-FENNEL PRODUCT OF U.S.A. 3.28/kg	10 points
2.99 /lb LARGE CARA CARA ORANGES PRODUCT OF U.S.A. & CANADA 6.59/kg	5.99 ea. WINTER FROST PINKBERRIES 4oz PRODUCT OF CANADA, U.S.A. & MEXICO	2 for 5.00 BROCCOLI CROWNS PRODUCT OF U.S.A. & CANADA	1.99 /lb SWEET POTATOES PRODUCT OF CANADA 4.39/kg	10 points
2.69 /lb LARGE BOSCH OR ANJOUS PEARS PRODUCT OF CANADA, U.S.A. & MEXICO 5.93/kg	2.49 /lb EGGPLANTS OR GREEN ZUCCHINI PRODUCT OF CANADA, U.S.A. & MEXICO 5.49/kg	2.99 /lb EXTRA LARGE GREEN SWEET PEPPERS PRODUCT OF CANADA, U.S.A. & MEXICO 6.59/kg	3.99 /lb HEIRLOOM TOMATOES PRODUCT OF CANADA 8.90/kg	10 points
11.99 ea. SUN BYPE FRUIT & VEGGIE STRIPS 10 x 12 1/2 PRODUCT OF CANADA, U.S.A. & MEXICO	4.99 ea. SAVORY TOFU BURGERS 4oz PRODUCT OF CANADA, U.S.A. & MEXICO	20 points BELLA GROVE BEANS BEANS 10 x 12 1/2 PRODUCT OF CANADA, U.S.A. & MEXICO	2.49 ea. JAG RADISHES RADISHES 4oz PRODUCT OF CANADA, U.S.A. & MEXICO	10 points

55 points 1999 ea. SUNKIN FRUIT ORGANIC CRIED PIES ON PLUMS 100% PLUM 100% PLUM	349 lb. ORGANIC SEEDLESS WATER ORANGES 100% PLUM 7.5lb.	379 ea. BELLE GROVE ORGANIC SLICED WHITE OR CREAMY MICROGREENS 5.1lb.	299 ea. LIFE SMART ORGANIC PLAIN TOFU 100% TOFU	10 points 299 ea. ORGANIC BROCCOLI 100% BROCCOLI
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25
pieces

5⁹⁹
ea.

**READY TO COOK
VEGETABLES**
CUCUMBER 100g
TOMATOES 100g
PEPPERS 100g

4⁹⁹
ea.

CORED PINEAPPLES
100g

NEW

30⁰⁰
ea.

**ROSE REVERIE
BOUQUET**
100cm x 10cm

ORCHIDS
2.5L POT
40cm x 10cm

SAVE \$3.00

16⁹⁹
ea.

9⁹⁹
ea.

**STOVE MADE
LARGE CHILLI
FRUIT SALAD** 100g

1⁷⁷
/lb

**RED OR YELLOW SEEDLESS
WATERMELON QUARTERS**
2.5kg/10

ALOE VERA
6" POT

12⁹⁹
ea.

SPRING BULBS
6" POT
10cm x 10cm

9⁹⁹
ea.

NEW

30⁰⁰
ea.

ROSE REVERE
BOUQUET
ROSE HYDRANGEAS

ALOE VERA

12⁹⁹
ea.

ORCHIDS
2 1/2" POT
ORCHIDS

SAVE \$3.00

16⁹⁹
ea.

SPRING BULBS
6" POT
BULBS

9⁹⁹
ea.

Our Butcher's Finest

**FRESH CHICKEN
QUARTERS**
1.80kg

3⁹⁹
/lb

**BONELESS PORK
LOIN CHOPS**
100g pack

4⁹⁹
/lb

MEDIUM GROUND BEEF
WULFE BACK
5.47kg

6⁹⁹
/lb

**FRESH ROSEMARY
LAMB LEGS**
2.5kg

12⁹⁹
/lb

LEAN GROUND LAMB
2.5kg

9⁹⁹
ea.

FRESH SPLIT CHICKEN BREAST
2.5kg

4⁹⁹
/lb

**PLATINUM GRILL ANGUS
EYE OF ROUND ROAST**
100g pack

7⁹⁹
/lb

**100% CANADIAN
ANGUS**
100g pack

5⁹⁹
/lb

**LIFE SMART! NATURAL
GRASS FED ROUND STEAK**
100g pack

19⁹⁹
/lb

**FRESH SALMON
STEAKS**
100g pack

19⁹⁹
/lb

ANGUS NATURALIA
Angus
Steaks appear to be a mixture of all types. Free range grass fed. Natural natural antibiotics. Natural without added hormones.

100% CANADIAN ANGUS
100% CANADIAN ANGUS

SPRING LAMB
Lamb is a seasonal product. It is only available from May to September. The price of lamb is subject to change without notice.

2.99 ea. **SELECTION MEATLOAF** 1.00kg

4.99 1lb **FLETCHER'S PORK COTTAGE ROLL** 11.00kg

4.99 ea. **SELECTION BACON** 1.00kg

6.99 ea. **MAPLE LOGGIE CHICKEN** 1.00kg

8.99 ea. **MAPLE LOGGIE CHICKEN** 1.00kg

12.99 ea. **KELSEYS ORIGINAL BACKSIDE PORK BACK RIBS** 11.00kg

15.99 ea. **POGO BREADED WIENERS** 1.00kg

16.99 ea. **44TH STREET PULLED CHICKEN PASTA** 1.00kg

7⁹⁹
ea.

duBreton
ORGANIC BACON 200g

7⁹⁹
ea.

duBreton
ORGANIC BREAKFAST SAUSAGES 250g
SELECTED VARIETIES

8⁹⁹
ea.

duBreton
ORGANIC PORK SAUSAGES 400g
SELECTED VARIETIES

8⁹⁹
ea.

duBreton
ORGANIC EXTRA LEAN GROUND PORK 450g

14⁹⁹
ea.

YORKSIRE VALLEY FARMS
ORGANIC CHICKEN BREAST FILETS 1.5kg
SELECTED VARIETIES

14⁹⁹
ea.

YORKSIRE VALLEY FARMS
ORGANIC CHICKEN FILLETS OR STEAKS 1.5kg
PICKED, 404-405

12⁹⁹
ea.

YORKSIRE VALLEY FARMS
ORGANIC CHICKEN DRUMSTICKS 1.5kg
PICKED, 70

15⁹⁹
ea.

YORKSIRE VALLEY FARMS
ORGANIC CHICKEN WINGS 1.5kg
PICKED, 70

14⁹⁹
ea.

YORKSIRE VALLEY FARMS
ORGANIC CHICKEN POT PIE 1.5kg
PICKED, 404-405

14⁹⁹
ea.

YORKSIRE VALLEY FARMS
ORGANIC MEAT PIES 1.5kg
PICKED, 404-405

Baked in my Metro



**FRONT STREET BAKERY
CHEESE BREAD**
12oz

\$1
pound in 4

749
ea.

125
cents



**FRONT STREET BAKERY
PUFF BUNS**
12oz

449
ea.



**FRONT STREET BAKERY
CHEESY BREAD ON
CHEESE STICKS**
12oz

599
ea.



**FRONT STREET BAKERY
PANNINI ROLLS**
12oz

399
ea.

Front Street Bakery is a Metro brand. All prices are for 12oz unless otherwise specified. ©2014 Metro Stores Inc.

 369 ea. DEMETER'S ENGLISH MUFFINS	 399 ea. DEMETER'S HOT DOG OR HAMMERUNG BUNS	 599 ea. FRONT STREET BAKERY BRAIDS STRIPS	 899 ea. FRONT STREET BAKERY FAMILY PACK COOKIES	 125 ea. FRONT STREET BAKERY POTATO PUFFS	500 ea. FRONT STREET BAKERY POTATO PUFFS
 299 ea. DEMETER'S ENGLISH MUFFINS	 199 ea. FRONTIER BAKERY PITA	 649 ea. FRONT STREET BAKERY MINI MUFFINS	 799 ea. FRONT STREET BAKERY POTATO PUFFS	 125 ea. FRONT STREET BAKERY POTATO PUFFS	500 ea. FRONT STREET BAKERY POTATO PUFFS

Deli Favourites

VALUE PICK

2.99 /100 g

SAN DANIELE
ITALIAN SALAMI
100% CURED

2.99 /100 g

MASTRO CAPICOLLLO
MILD OR HOT

3.35 /100 g

IRRESISTIBLES ARTISAN
MARGINAL CHEESE
50% FAT

3.99 /100 g

FILDERSON
CHEDDAR CHEESE
10% FAT

3.99 /100 g

IRRESISTIBLES ARTISAN
PASTRAMI
100% CURED

6.49 /175 g

OLYME
SLICED DELI MEAT

7.99 ea.

THE STILL
TIRAMISU
100% CURED

15.99 ea.

GALBANI
MASCARPONE CHEESE
10% FAT

8.79 ea.

SMOKE HOUSE
SAUSAGES
100% CURED

8.99 ea.

SCHMID'S
Blue Ribbon
BOLOGNA
100% CURED

7.99 ea.

THE STILL
TIRAMISU
100% CURED

13.99 ea.

IRRESISTIBLES ARTISAN
PARMIGIANO REGGIANO
24 MONTHS

8.79 ea.

BELLINI'S
SALAMI
100% CURED

8.99 ea.

SCHMID'S
BOLOGNA
100% CURED

7.99 ea.

THE STILL
TIRAMISU
100% CURED

13.99 ea.

IRRESISTIBLES ARTISAN
PARMIGIANO REGGIANO
24 MONTHS

3.99 ea.

LUNCHables
SANDWICHES
100% CURED

8.99 ea.

SCHMID'S
BOLOGNA
100% CURED

7.99 ea.

THE STILL
TIRAMISU
100% CURED

13.99 ea.

IRRESISTIBLES ARTISAN
PARMIGIANO REGGIANO
24 MONTHS

3.99 ea.

LUNCHables
SANDWICHES
100% CURED

8.99 ea.

SCHMID'S
BOLOGNA
100% CURED

7.99 ea.

THE STILL
TIRAMISU
100% CURED

13.99 ea.

IRRESISTIBLES ARTISAN
PARMIGIANO REGGIANO
24 MONTHS

26.99 ea.

FRESH 260
PIZZERIA PIZZA COMBO

250 ea.

FRESH 260
PIZZERIA PIZZA COMBO

Seafood



2 for \$5.00

FROZEN PACIFIC COD LOW PORTIONS 100g

WILD CAUGHT



INCLUDES

SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

SEAFOOD BOX (12.500g)

\$9.99 /lb



40 points

\$3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
PREPARED FROZEN, 100g



\$3.99 ea.

SELECTION BRIGHTON CRAB
FINGERED CRAB, 100g



\$6.99

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM PIE WITH CHEESE
PREPARED FROZEN, 150g



\$1.99 ea.

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN, 100g



\$125 points

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN, 100g



\$1.99 ea.

BETTER FISH BARRAMUNDI
FILLETS, 100g



\$1.99 ea.

TRUE WORTH DRIED HOTT SMOKED SALMON
FROZEN, 100g

Four Invisibilté product boxes are displayed:

- 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. UNICO BEANS OR TOMATOES 14.5 oz. (410g) SWEETENED	249 ea. UNICO BEANS OR TOMATOES 14.5 oz. (410g) SWEETENED	129 ea. UNICO SWEETENED PASTE 14.5 oz. (410g)	199 ea. UNICO SOLID LIGHT TUNA 5 oz. (142g)	399 ea. UNICO OLIVES 14.5 oz. (410g)
279 ea. CLEARLY CANADIAN SPARKLING WATER 1.5L	279 ea. CLEARLY CANADIAN SPARKLING WATER 1.5L	1049 ea. CRAFT NON-ALCOHOLIC BEER 12 oz. (355ml) 4% ALC/VOL	1249 ea. COLLECTIVE ARTS NON-ALCOHOLIC BEER 12 oz. (355ml) 4% ALC/VOL	1279 ea. SAPPORO ZERO 12 oz. (355ml) 0.0% ALC/VOL
579 ea. SUN CHIPS BARBECUE 10.5 oz. (298g)	579 ea. SUN CHIPS BARBECUE 10.5 oz. (298g)	349 ea. PUNCH STACKS MEGA DRINK 12 oz. (355ml) 4% ALC/VOL	399 ea. PUNCH STACKS MEGA DRINK 12 oz. (355ml) 4% ALC/VOL	499 ea. SUN CHIPS MULTIGRAIN CHIPS 10.5 oz. (298g)
449 ea. RVVITA CROISSANTS 201g (7.1 oz.)	449 ea. RVVITA CROISSANTS 201g (7.1 oz.)	479 ea. CELEBRATION COOKIES 12 oz. (340g)	449 ea. EXCEL GUM 12 oz. (340g)	249 ea. OH HENRY! KING SIZE CHOCOLATE CANDY 12 oz. (340g)



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

FREE

3-CHEESE TORTELLINI

800 g

WHEN YOU SPEND \$130 OR MORE*



\$9⁴⁹
VALUE

PROMO CODE
TORTELLINI

*Certain conditions apply. Details on metro.ca

More Great Savings

THE SNACK AVALANCHE CONTEST

YOU COULD win \$25,000

GoGo's **Kiri**

YOU COULD WIN FREE ACTIVA FOR A YEAR!

SCAN NOW

11⁹⁹ ea.

GOGO SWEETZ SNACK
40 bags, 5.6 oz. ea. (320 g ea.)

3⁹⁹ ea.

KIRI®. THE LARGEST CHEESE ON WHEEL SNACKS
36 sticks, 5.6 oz. ea. (158 g ea.)

START YOUR **ACTIVA GUT HEALTH CHALLENGE**

145 mg - 100 mg

4oz/113g

ACTIVA EXPERT
PROBIOTIC YOGURT
NEW! **0% SUGAR**

3⁹⁹ ea.

ACTIVA PROBIOTIC YOGURT
40 bags, 3.5 oz. ea. (99 g ea.)

6⁴⁹ ea.

ACTIVA EXPERT PROBIOTIC YOGURT
20 bags, 3.5 oz. ea. (99 g ea.)

A TASTE OF WINTER CHEER

At participating Safeway/PriceSmart locations. While supplies last. ©2015 Safeway Inc. or Safeway. All rights reserved. Safeway and PriceSmart are trademarks of Safeway Inc.

			
1.99 ea.	3.99 ea.	2.99 ea.	4.69 ea.
SPARKLING ICE DRINKS 100% JUICE • 100% SWEET • 100% NATURAL	FRUITE DRINKS • 100% JUICE • 100% SWEET • 100% NATURAL POUR-OVER OR ALL DAY'S JUICE OR COCKTAILS • 100% JUICE • 100% SWEET • 100% NATURAL	FRUITE DRINKS • 100% JUICE • 100% SWEET • 100% NATURAL	OASIS WATER • 100% PURE • 100% NATURAL 1.2 LITER BOTTLES • 100% PURE • 100% NATURAL

Winter Treats for all!

6⁹⁹ ea.

REAL DAIRY ICE CREAM ON PROTEIN POWDER
13% SUGAR ALTERNATE

6⁹⁹ ea.

NESTLE PROTEIN TREATS OR DRINKMIX
SUGAR ALTERNATE

THE GOAT OF SNACKS
CASHIUS

3⁴⁹

CASHIUS CRISPS
SUGAR ALTERNATE

3⁴⁹ ea.

CASHIO'S CRACKERS
SUGAR ALTERNATE

5⁹⁹

HILGEM DAI'S
ICE CREAM
SUGAR ALTERNATE

YOU CRAVED, WE CRINKLED.

3⁹⁹

CAVENDISH FIBRE
SUGAR ALTERNATE

HILGEM DAI'S FRAGRANCES REPRODUCED UNDER LICENSE BY NESTLE, CANADA INC. UNDER CHINA. HILGEM DAI'S FRAGRANCES REPRODUCED UNDER LICENSE BY NESTLE, CANADA INC. UNDER CHINA. HILGEM DAI'S FRAGRANCES REPRODUCED UNDER LICENSE BY NESTLE, CANADA INC. UNDER CHINA. HILGEM DAI'S FRAGRANCES REPRODUCED UNDER LICENSE BY NESTLE, CANADA INC. UNDER CHINA.

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.

GOLDS
SUPERIOR CEREAL 250g
SELECTED VARIETIES

7⁴⁹
ea.

BARNEY BUTTER
ALMOND BUTTER 250g
SELECTED VARIETIES

8⁹⁹
ea.

SEAMARK
MINI BISCOTTI 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 OR CLUSTER
BATHROOM TISSUE 6 Roll
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLUSTER
BATHROOM TISSUE 6 Roll
SELECTED VARIETIES

7⁵⁰
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 100g
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOROX
CLOROX 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 surgery or
drugs.

nicorette
NICHOLAS L. GLASSER, M.D.
Pharm.D.

2mg
Use 1 piece after
meals and at bedtime
at 15 mg or less of
tar.

105 mg.
100 pieces. © 1999 Nicorette, Inc.

[illegible]

**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
104g

12.99
ea.

MAX PROTEIN PROTEINES O-MAX
ORGANIC | BIOLOGIQUE
NET WT 20g (0.71oz) / NET WT 20g (0.71oz)



CHOCOLATE + CHOCOLATE

Sperri

Complete meal replacement
with essential vitamins and minerals

15.99

Sperri
MEAL REPLACEMENT
4 x 330 ml
SELECTED VARIETIES

PVL
CREATINE CHEWS
30 tabs.

26⁹⁹

CREATINE CHEWZ
DIETARY SUPPLEMENT
SUGAR FREE • GUM SUGAR
NO TOBACCO • CHLOROPHYLL
CONTAINS 100% PURE CREATINE MONOHYDRATE



NEW NORDIC
Apple Cider GUMMIES
60 caps
SELECTED VARIETIES

100% gummies - 60 gummies
VEGAN GUMMIES

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 sugar, no gluten, and no animal products.

21.99
 ea.

RESTORALAX DAILY GUMMIES
175 units

19⁹⁹
ea.

Restoralax®
Daily Gummies
Restora FIBRE
Fibres alimentaires
Good Health Supports
Santé de la Santé et le Bien-être



METAMUCIL
FIBRE
SELECTED SIZES
SELECTED VARIETIES

21⁴⁹
ea.

A container of Metamucil 4 in 1 Fibre supplement. The container is yellow and orange with the Metamucil logo and '4 in 1 FIBRE' text. It also mentions 'SWEETENED, FLAVORED' and '40g e'.

align
PROBIOTIC

DIGESTIVE SUPPORT

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

29.99 ea.

28 CAPSULES

ALIGN PROBIOTIC
28-ct. 28-day
SELECTED VARIETIES



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

13⁹⁹
ea.

ADVIL
IBUPROFEN
200 mg
SELECTED VARIETIES



1.99
ea.

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

VICKS COUGH SYRUP
2.06 FL OZ (59 mL)
SELECTED VARIETIES

12⁴⁹
ea.

A bottle of Nyquil cough syrup with a blue cap and a label that reads "Nyquil" and "Vicks".

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

Two blue plastic tubs of Vega nutritional supplements are shown side-by-side. The left tub is labeled 'VEGA PROTEIN & PROBIOTICS' and features an image of a bowl of food. The right tub is labeled 'VEGA PROTEIN & GLUTAMIC ACID' and also features an image of a bowl of food. Both tubs have white labels with blue and green accents.[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 (300g)
ea.

449



HUGGIES
natural care
BABY WIPES
160 WIPES
ea.

999



PAMPERS
natural care
BABY WIPES
160 WIPES
ea.

2299



GERBER
BABY WIPES
160 WIPES
ea.

599



L'ORÉAL KIDS
BABY SHAMPOO
200 ml
ea.

1299



L'ORÉAL KIDS
BABY SHAMPOO
200 ml
ea.

649

Health & Beauty



NIVEA
LIP CARE
1.5 oz (42g)
ea.

549



POND'S
FACIAL MOISTURIZING
CREAM
1.5 oz (42g)
ea.

1149



OLAY
FACE CARE
CREAM
1.5 oz (42g)
ea.

1399



HERBAL ESSENCES
HAIR MOUSSE
1.5 oz (42g)
ea.

599



HERBAL ESSENCES
HAIR CARE
1.5 oz (42g)
ea.

999



BARE
HEAD & SHOULDERS
HAIR CARE
1.5 oz (42g)
ea.

1349



PANTENE PRO-V
HAIR CARE
1.5 oz (42g)
ea.

649



THE UNSCENTED
COMPANY
BODY SOAP
1.5 oz (42g)
ea.

1249



LIVE CLEAN
BODY WASH
1.5 oz (42g)
ea.

899



EVERY MAN JACK
BODY WASH
1.5 oz (42g)
ea.

949



AVEENO
BODY WASH
1.5 oz (42g)
ea.

1249



AVEENO
BODY LOTION
1.5 oz (42g)
ea.

1299



SENSODYNE
TOOTHPASTE
1.5 oz (42g)
ea.

649



CREST
TOOTHPASTE
1.5 oz (42g)
ea.

499



ORAL-B
DENTAL FLOSS
1.5 oz (42g)
ea.

799



LISTERINE
MOUTHWASH
1.5 oz (42g)
ea.

749



IRISH SPRING
BAR SOAP
1.5 oz (42g)
ea.

449



SOFTSOAP
HAND SOAP
1.5 oz (42g)
ea.

799



SOFTSOAP
HAND SOAP
1.5 oz (42g)
ea.

599



EVERY MAN JACK
DEODORANT
1.5 oz (42g)
ea.

749



PERSONNELLE
DISPOSABLE RAZORS
1.5 oz (42g)
ea.

399



POISE
ADULT INCONTINENCE
PADS
1.5 oz (42g)
ea.

799



TAMPAX
SANITARY TAMPONS
1.5 oz (42g)
ea.

699



DIVA
MENSTRUAL CUP
1.5 oz (42g)
ea.

20%
OFF



High Performance
Moisturizer



1

IPPE
ns and
time
tômes et
infection



Exclusive In-Store Price goodprotein® Strawberries & Cream Plant-based protein blend providing complete amino acids to support muscle recovery and daily nutrition.		Entire Brand Up To 30% OFF Organika Electrolytes +Collagen Wild Berry Electrolyte hydration blend with added collagen to support recovery, joints, and connective tissue.	Entire Brand Up To 20% OFF Iron Vegan Athlete's Gainer Plant-based mass gainer delivering calories, protein, and nutrients to support muscle growth.
Entire Brand Up To 15% OFF ALT Pre-Workout Blue Raspberry Lemonade Clean pre-workout formula designed to enhance focus, energy, and training performance.	Entire Brand Up To 15% OFF Niyama Clean Plant Protein Smooth plant-based protein formulated to support daily nutrition and muscle recovery.	Entire Brand Up To 25% OFF Genuine Health FO Vegan Proteins+ Fermented organic plant protein designed for improved digestion and amino acid absorption.	Entire Brand Up To 26% OFF Vega Protein + Recovery Plant-based protein with recovery nutrients to support muscle repair after training.
Entire Brand Up To 25% OFF Progressive Grass-Fed Whey Protein Complete amino acid profile to support muscle repair, strength, and post-exercise recovery.	Selected Items Up To 30% OFF Schinoussa Creatine Pure micronized creatine monohydrate designed to enhance strength, performance, and muscle recovery.	Entire Brand Up To 20% OFF Confident Sports Big Beef Protein Chocolate Beef protein isolate providing a clean, dairy-free protein option for muscle recovery.	Selected Items Up To 10% OFF Cwench Sports Drink Cherry Lime Electrolyte-rich hydration formula to support performance, endurance, and recovery.
Entire Brand Up To 10% OFF Maiga Shea Butter with Cocoa Deeply nourishing shea butter blended with cocoa to support skin barrier repair and hydration.		Entire Brand Up To 20% OFF Herbatint 10C Light Golden Blonde Permanent hair colour enriched with herbal extracts for gentle colouring and scalp care.	
		Entire Brand Up To 10% off UpNorth NATURALS Uplift Styling Foam Lightweight styling foam formulated to add volume and hold while maintaining hair health.	

10% OFF

Himalaya
Hydroxyapatite Whitening
Long-lasting natural hair colour for men, enriched with plant extracts for scalp comfort.

10% OFF

Desert Essence
Activated Charcoal Toothpaste Mint
Biotin and lavender shampoo that adds volume and strength to fine, limp hair.

10% off

6X Pain Relief Massaging gel
Fast-acting topical pain relief formulated with herbal extracts to ease sore muscles and joints.

10% off

Mina Pitcher
Mineral-enhancing water filtration system designed to improve taste and hydration quality.

15% OFF

Blume SuperBelly Acai Pomegranate
Gut-focused latte blend with prebiotic fibre and polyphenols to support digestion and daily balance.

Displayer Special Price

Manitoba Harvest Hemp Hearts Natural
Shelled hemp seeds delivering plant-based protein, omega fatty acids, and essential minerals.

10% OFF

Organic Traditions Lavender Dream Latte
Caffeine-free herbal latte blend designed to promote relaxation and restful evenings.

10% OFF

Rise Kombucha Orange & Turmeric
Lightly fermented kombucha with turmeric to support gut health and antioxidant intake.

15% OFF

Bragg Raw Unfiltered Apple Cider Vinegar
Raw, unfiltered apple cider vinegar with the "mother" to support gut digestion and metabolic health.

10% OFF

Rviita Prosperity Apple Pear Energy Tea
Naturally caffeinated energy tea formulated to enhance focus and clean energy without sugar spikes.

10% OFF

Uncle Lee's Tea Legends of China Organic Green
Organic green tea rich in catechins to support metabolism, focus, and antioxidant protection.

15% OFF

SimplyProtein Plant Protein+ Shake
Ready-to-drink plant protein providing balanced nutrition and sustained energy on the go.

10% OFF

Dutchman's Gold Summer Blossom Jar
Pure Canadian honey offering natural enzymes and antioxidants for everyday immune and energy support.

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Find Your Nearest Location

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Best Health Store 18 years in a row

Brock Elliott Retailer of Excellence Award

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We take pride in sourcing locally from the
Escarpment Region.

UNIOPOL ROLLED
CHICKEN WITH
GARLIC, DILL
OR JALAPENO
11.75/lb

2⁵⁹
/100g



JENSEN
CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2⁷⁹
/100g



NOSTRAS ENTRÉES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



JAKEMAN'S
MAPLE CREAM COOKIES
OR PANCAKE MIX
400 - 500 g

4⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



DUTCHMAN'S
GOLD BEE POLLEN
250 g
SELECTED VARIETIES

15⁹⁹
ea.



Effective January 8 - 28, 2026

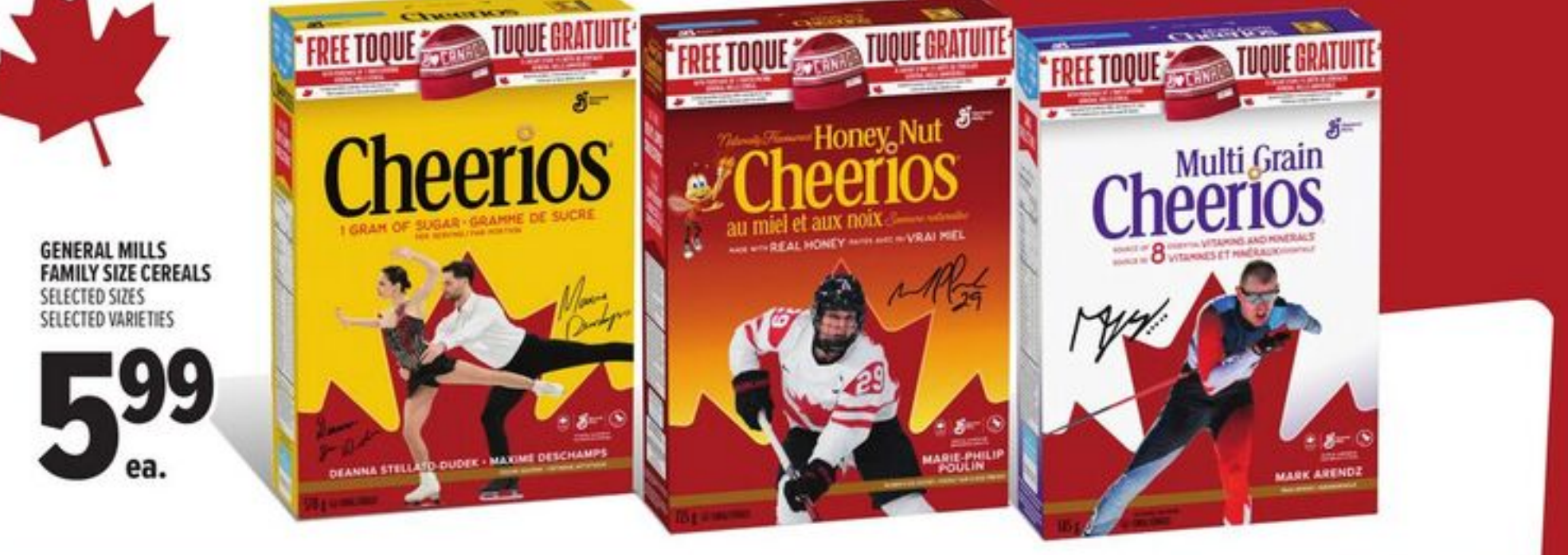
BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

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
5.99 ea.



OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES
2 for 9.00

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
2.99 ea.



LARABAR BARS
54% LESS SUGAR
SELECTED VARIETIES
9.99 ea.

BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES
2.99 ea.

ROLL-UPS ROULES
100% WHOLE GRAIN
SELECTED VARIETIES
1.99 ea.