

[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.
5.49/kg

499
ea.

STRAWBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

399
ea.

BLACKBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

499
ea.

CAULIFLOWER
PRODUCT OF U.S.A. & MEXICO

699
/lb

JUMBO CHERRIES
PRODUCT OF CANADA, U.S. & MEXICO
75.41/kg

499
ea.

AVOCADOS 100%
PRODUCT OF MEXICO

249
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
5.49/kg

299
/lb

EXTRA LARGE GREEN PEPPERS
PRODUCT OF CANADA, U.S.A. & MEXICO
4.99/kg

299
/lb

LARGE CARA CARA ORANGES
PRODUCT OF U.S.A.
4.99/kg

599
ea.

WINTER FROST PINKERBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

500
/lb

BROCCOLI CROWNS
PRODUCT OF U.S.A. & MEXICO

199
/lb

SWEET POTATOES
PRODUCT OF CANADA
4.39/kg

269
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA, U.S.A. & MEXICO
5.93/kg

399
/lb

STEM & LEAF CLEMENTINES
PRODUCT OF CANADA
8.80/kg

249
/lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. & MEXICO
5.49/kg

399
/lb

HEIRLOOM TOMATOES
PRODUCT OF CANADA
8.80/kg

1199
ea.

SUN DRYE FRUIT & VEGGIE STRIPS 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

499
ea.

SAVORY TOFU BURGERS 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

479
ea.

BELLE GROVE RASPBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

249
ea.

JAG RADISHES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

25
pieces

5⁹⁹
ea.

READY TO COOK
VEGETABLES
CUT TO 1/2" SLICES
TOMATOES WASH ONLY
PELLETS WASH ONLY

4⁹⁹
ea.

CORED PINEAPPLES
WASH

NEW

30⁰⁰
ea.

ROSE REVERIE
BOUQUET
WASHED & READY

ORCHIDS
2 1/2" POT
WASHED & READY

SAVE \$3.00

16⁹⁹
ea.

9⁹⁹
ea.

STORE MADE
WATERMELON QUARTERS
2.56kg

1⁷⁷
/lb

RED OR YELLOW SEEDLESS
WATERMELON QUARTERS
2.56kg

12⁹⁹
ea.

ALOE VERA
6" POT

9⁹⁹
ea.

SPRING BULBS
6" POT
WASHED & READY

9⁹⁹
ea.

SPRING BULBS
6" POT
WASHED & READY

NEW

30⁰⁰
ea.

ROSE REVERE
BOUQUET
ROSEBUSHES

ORCHIDS
2.5" POT
ORCHIDS

SAVE \$3.00

16⁹⁹
ea.

ALOE VERA

12⁹⁹
ea.

SPRING BULBS
6" POT
SPRING BULBS

9⁹⁹
ea.

Our Butcher's Finest



FRESH CHICKEN
8.5lb/kg

3⁹⁹
/lb



BONELESS PORK
CHOPIN CHOPS
11.5lb/kg

4⁹⁹
/lb



MEDIUM GROUND BEEF
15.4lb/kg

6⁹⁹
/lb



FRESH ROSEMARY
LEG
23.6lb/kg

12⁹⁹
/lb



LIFE SMART NUTRITION
GRASS FED BONELESS
BEEF STRIP LOIN STEAK
44.8lb/kg

19⁹⁹
/lb



PLATINUM GRILL ANGUS
EYE OF ROUND ROAST
19.4lb/kg

7⁹⁹
/lb



FRESH SPLIT CHICKEN BREAST
11.00kg

4⁹⁹
/lb



LEAN GROUND LAMB
9.1lb/kg

9⁹⁹
ea.



100% CANADIAN ANGUS
BEEF



SPRING LAMB

GREEN NATURAL
Choose good for a minimum of 28 days
Have your goods here
No artificial preservatives
Natural without added hormones

 2⁹⁹ ea.	 4⁹⁹ 1 lb	 4⁹⁹ ea.	 6⁹⁹ ea.
 2⁹⁹ ea.	 4⁹⁹ ea.	 4⁹⁹ ea.	 6⁹⁹ ea.
 2⁹⁹ ea.	 4⁹⁹ ea.	 4⁹⁹ ea.	 6⁹⁹ ea.
 2⁹⁹ ea.	 4⁹⁹ ea.	 4⁹⁹ ea.	 6⁹⁹ ea.

7⁹⁹
e.a.

duBreton
ORGANIC BACON 200g

7⁹⁹
e.a.

duBreton
McLEAN ORGANIC
BREAKFAST SAUSAGES
400g
SELECTED VARIETIES

14⁹⁹
e.a.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILLETS
400g
SELECTED VARIETIES

14⁹⁹
e.a.

YORKSHIRE
VALLEY FARMS
ORGANIC MEAT PIES
400g
SELECTED VARIETIES

8⁹⁹
e.a.

duBreton
ORGANIC PORK
SAUSAGES
400g
SELECTED VARIETIES

8⁹⁹
e.a.

duBreton
ORGANIC
EXTRA LEAN
GROUND PORK 450g

12⁹⁹
e.a.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
400g
SELECTED VARIETIES

15⁹⁹
e.a.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
WINGS
400g
SELECTED VARIETIES

 4²⁹ ea. NATURAL RYE BREAD 200g	 3⁹⁹ ea. DEMETER'S[®] HOT DOG OR HAMBURGER BUNS 12 ea. HOT DOG	 5⁹⁹ ea. FRODO STREET BAKERY BRAIDED STRIDOLS GLAZED VANILLA	 8⁹⁹ ea. FRODO STREET BAKERY FAMILY PACK COOKIES SUGAR & VANILLA \$1 book in points!
 3⁹⁹ ea. DEMETER'S[®] ENGLISH MUFFINS 12 ea. ENGLISH MUFFINS GLAZED VANILLA	 2⁴⁹ ea. DEMETER'S[®] PITA 200g REGULAR, KOSHER	 6⁴⁹ ea. INEVITABLE[®] MINI MUFFINS 200g SHOCKEY ICE PEACHY FANTASY GLAZED VANILLA	 7⁹⁹ ea. INEVITABLE[®] PASTRIES 200g PASTRIES GLAZED VANILLA PORTUGUESE CUSTARD TARTS \$1 book in points!

metro.ca

Seafood

2 for
\$5.00

FROZEN PACIFIC
COD LOW PORTIONS
100g

**WILD
CAUGHT**

SEAFORD BOX
2.75lb

\$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
BOSTON CRAB
FLAVORED STICK, 120g

\$6.99
ea.

FRESH ATLANTIC
SALMON PINWHEEL 100g

\$8.99
ea.

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

\$1
bonus points

\$4.99
ea.

125
points

CLEAR OCEAN
COATED SALAD SCALLOPS
100g

\$1
bonus points

\$9.99
ea.

125
points

CEAR BAY
CANADIAN LOBSTER
MAC & CHEESE
100g

\$1
bonus points

\$9.99
ea.

125
points

BETTER FISH
BARRAMUNDI
BUTTERFISH
BARRAMUNDI
FILLETS
100g

\$1
bonus points

\$14.99
ea.

125
points

TRUE WORTH
DIRTY HOT
SMOKED
SALMON
100g

249 ea. UNICO BEANS OR TOMATOES in Milk SWEETENED CONDENSED MILK	129 ea. UNICO SWEETENED CONDENSED MILK PASTE 14.1 FL. OZ.	199 ea. UNICO SOLID LIGHT TINS 100g (3.5 oz)	399 ea. UNICO OLIVES IN OIL 100g (3.5 oz)
279 ea. CLEARLY CANADIAN SPARKLING WATER 1.5L (50.7 FL. OZ.)	1049 ea. CRAFT NON-ALCOHOLIC BEER ALCOHOL FREE 330ML (11.3 FL. OZ.)	1249 ea. COLLECTIVE ARTS HAZY PALE ALE 6 x 330ML (11.3 FL. OZ.)	1279 ea. SAPPORO ZERO NON-ALCOHOLIC BEER 500ML (16.9 FL. OZ.)
579 ea. SELECTION PEANUTS SWEETENED HONEY	349 ea. PRINCELES MEGA CHIPS SWEETENED HONEY	399 ea. PLANTERS TRAIL MIX SWEETENED HONEY	499 ea. SUN CHIPS MULTIGRAIN CHIPS SWEETENED HONEY
449 ea. RYVITA CRACKERS SWEETENED HONEY	479 ea. CELEBRATION COOKIES SWEETENED HONEY	449 ea. EXCEL GUM SWEETENED HONEY	249 ea. HERSHEY KING SIZE CHOCOLATE BARS 60g (2.1 oz)



More Great Savings



349 ea.
ON THE BORDER PIZZA POP OR
TOASTER STRUDEL SAUCE
100g (3.5oz)



349 ea.
DOLE FRUIT CUPS
100g (3.5oz)



1099 ea.
SPLENDA SWEETENER
100g (3.5oz)



499 ea.
SMOOTH PEANUT BUTTER
100g (3.5oz)



549 ea.
LIFE CEREAL
100g (3.5oz)



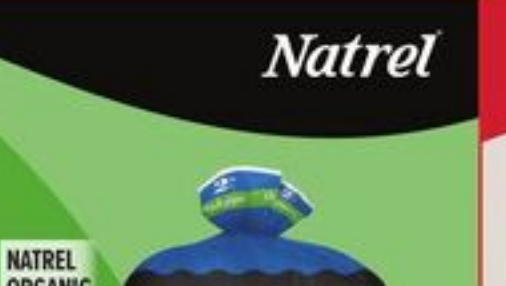
1999 ea.
MAXWELL HOUSE COFFEE CAPSULES
100g (3.5oz)



399 ea.
HELLMANN'S MAYONNAISE
100g (3.5oz)



579 ea.
NATREL ORGANIC COFFEE CREAM
100g (3.5oz)



629 ea.
LACTANTIA LACTOSE FREE MILK
100g (3.5oz)



569 ea.
LACTANTIA ULTRA-PUR MILK
100g (3.5oz)



1199 ea.
KIRI CHEESE
100g (3.5oz)



399 ea.
GOGOSQUEEZE SNACK
100g (3.5oz)



399 ea.
ACTIVIA YOGURT
100g (3.5oz)



649 ea.
ACTIVIA EXPERT YOGURT
100g (3.5oz)



199 ea.
ICEBERG JUICE
100g (3.5oz)



399 ea.
ALLEN'S JUICE
100g (3.5oz)



299 ea.
FRUITE DRINKS
100g (3.5oz)



469 ea.
OASIS JUICE
100g (3.5oz)



699 ea.
REAL DAIRY FROZEN DESSERT
100g (3.5oz)



699 ea.
NESTLE FROZEN TREATS
100g (3.5oz)



599 ea.
HÄAGEN-DAZS ICE CREAM
100g (3.5oz)



349 ea.
CRISP CEREAL
100g (3.5oz)



349 ea.
GOLDENFISH CRACKERS
100g (3.5oz)

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
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 500ml
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. CLOROX
CLOROX
BLEACH 500ml
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!
JORN A HAMMER
CLUMPING LITTER 100g
SELECTED VARIETIES

19⁹⁹
ea.



We take pride in sourcing locally from the
Lakehead Region.

**NORTH COUNTRY
KIELBASA HAM**
325 g
SELECTED VARIETIES

7⁴⁹
ea.



**THUNDER OAK
MILD GOUDA**
17.19/lb

3⁷⁹
/100g



**SUPERIOR BAKES
CHOCOLATES**
180 - 324 g
SELECTED VARIETIES

12⁹⁹
ea.



**DONATO'S
PIZZA**
675 g

12⁹⁹
ea.



**QUINTA
CANADIAN QUINOA**
400 g

6⁹⁹
ea.



**DONATO'S
TRADITIONAL
SEASONING
OR PIZZA DOUGH**
434 - 726 g
SELECTED VARIETIES

7⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM 

FREE TOQUE*

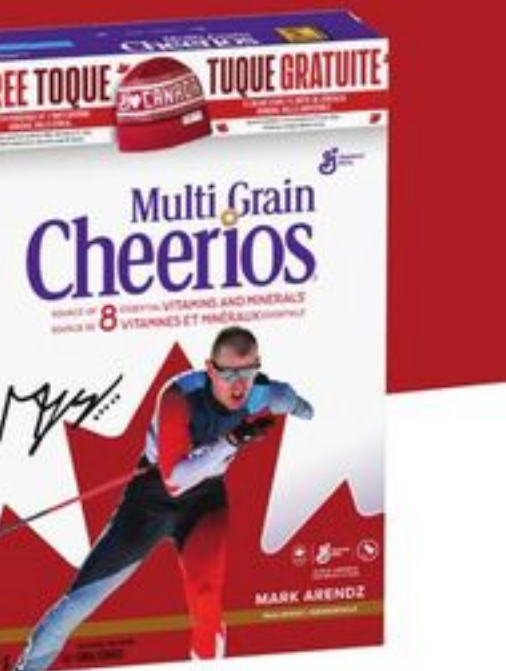
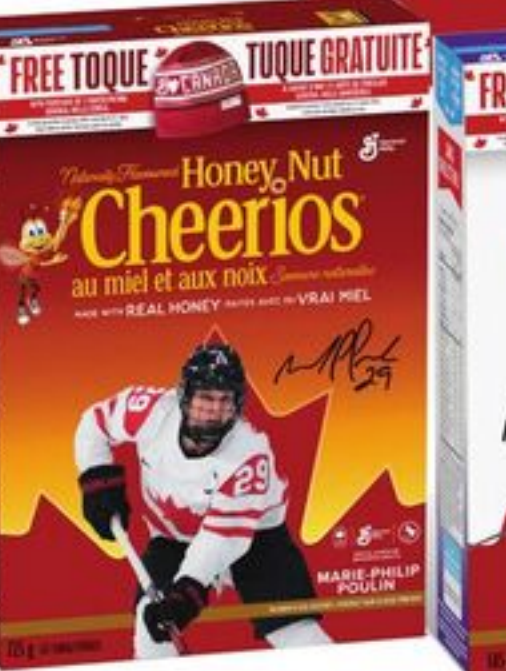
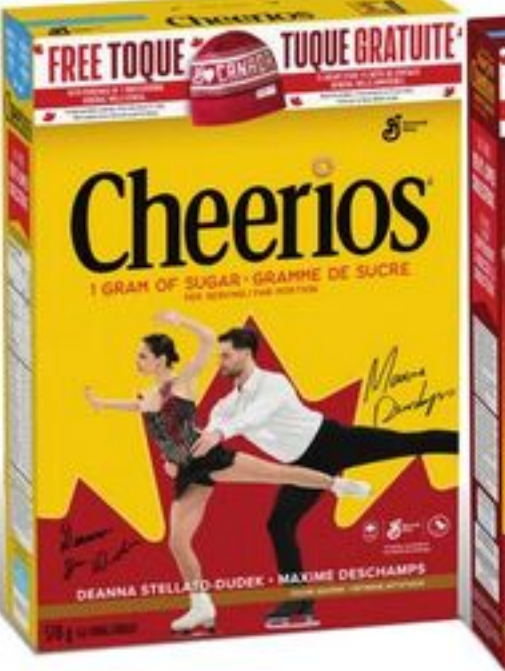


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



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**** YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE

**Must redeem online. Limited offer available. Offer ends March 31, 2024. See participating packaging for details.



NATURE VALLEY GRANOLA BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹ ea.



LARABAR BARS
54% FRUIT
SELECTED VARIETIES

9⁹⁹ ea.

BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.