

[illegible]

\$ New Lower Prices



30% OFF

CASTELLO CHEESE
DANISH SWISS OR
BLUE CHEESE 1/2 LBS
TICKLER CRISPER 1/2 LBS
SELECTED VARIETIES



7.99

MAPLE LEAF
NATURAL SELECTIONS OR
SCHNEIDER'S
SLICED PEEL OR
FANTINO & MONDELLO
ITALIAN MEAT 1/2 LBS
SELECTED VARIETIES



2 for 7.00

DEMPSTERS'
WHITE 100% WHOLE
WHEAT BREADS OR
BAGELS
SELECTED VARIETIES
OR 2.00 EA.



8.99

MAPLE LEAF PRIME
CHICKEN WINGS OR
BREADED CHICKEN
SELECTED VARIETIES



3.99

STONE MADE
MILKSHAKES 16.99
SELECTED VARIETIES



2 for 14.00

mix match
VEGETARIAN
CALIFORNIA OR SPICY
CALIFORNIA ROLLS
2.00 EA.



10.99

HIGHLINER
BREADED, BATTERED OR
CATCH OF THE DAY
FISH FILLETS
2.00 EA. 12.99
SELECTED VARIETIES



6.49

ACTIVIA
GET HEALTHY SWEET DELICIOUS
SELECTED VARIETIES



4.99

OLYMPIC
YOGURT
SELECTED VARIETIES



3.49

LIBERTE
MEDITERRANÉE
GREEK YOGURT
SELECTED VARIETIES



4.49

ST. DALFOUR
SPREAD 214g
CELESTIAL
PEAR, HILLING
PASCARIE MIX
TABLE SYRUP 710g
SELECTED VARIETIES



2.49

GO
LECLERC GO PURE
CEREAL BARS
OR
MOTT'S FRUIT SATIONS
SELECTED VARIETIES



4.99

NATURE'S PATH
CHEX CEREAL
BEVERAGES OR
ORGANIC MUESLI
YOGURT
SELECTED VARIETIES



4.99

Chex
Cinnamon
Caramel
SELECTED VARIETIES



3.99

LAY'S
FAMILY SIZE CHIPS OR
MINI CRISPER SNACKS
SELECTED VARIETIES



4.99

ON THE BORDER
MAYNARDS
SELECTED VARIETIES



4.99

M&M'S
HERSHEY OR NESTLE
CHOCOLATE
SELECTED VARIETIES



5.99

HUNGRY MAN
HEALTHY CHOICE OR
P.J. CLARK'S FROZEN MEAL
SELECTED VARIETIES



5.49

eska
24 PACK
20% NATURAL SPRING
WATER 1.5 L



2.99

Vegetables
SENORILE
PUMPKIN, BURNED
SNAPS, SNACKS,
KETTLE CHIPS OR
POPPY SEED
SELECTED VARIETIES



4.99

KETTLE
POTATO CHIPS
CHOCOLATE
HONEY DRIZZ
MELT 17.5 OZ



4.99

PAM'S
FRESH KETCHUP 1/2 LBS
OR
PICKLES 1/2 LBS
SELECTED VARIETIES



2.49

BUSH'S
BEANS
CHICKEN
CANNED MEAL
SELECTED VARIETIES



5.49

AXE
Axe NIVEA OR
Dove
PERSONAL CARE
SELECTED VARIETIES



4.49

ENERGEL
BATTERIES
COPIC BAGS OR
SELECTION
GARDEN BAGS
SELECTED VARIETIES

I earn with mol rewards



60

5.99

BEW & BEW'S ICE CREAM OR MAGNOLIA BOUTEILLES
SELECTED VARIETIES



75

10.99

TIDE OR GAIN DETERGENT, DOWNY OR GAIN SOFTENERS
SELECTED VARIETIES

We reserve the right to limit quantities.
DISCOUNTS THAT PRECEDE OTHER PROMOTIONS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We reserve the right to limit quantities.
DISCOUNTS THAT PRECEDE OTHER PROMOTIONS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **micropo.ca**
to learn more about our rewards program.

Visit us at **micropo.ca**
to learn more about our rewards program.

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to learn more about our rewards program.

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.
5.70/kg

399
ea.

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

499
ea.

CAULIFLOWER
PRODUCT OF U.S.A. 10.14/kg

699
/lb

JUMBO CHERRIES
PRODUCT OF CANADA, U.S. 10.00/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.
6.59/kg

299
/lb

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

599
ea.

WINTER FROST PINKBERRIES 100%
PRODUCT OF CANADA, U.S.A.

500
/lb

BROCCOLI CROWNS
PRODUCT OF U.S.A. 10.14/kg

199
/lb

SWEET POTATOES
PRODUCT OF CANADA
4.39/kg

269
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA, U.S.A.
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. 10.14/kg

399
/lb

HEIRLOOM TOMATOES
PRODUCT OF CANADA
8.80/kg

1199
ea.

SUN DRYE
HEARTY FRUIT BARS 10.14/kg

499
ea.

SAVORY TOFU BURGERS 100%
PRODUCT OF CANADA

479
ea.

BELLE GROVE RASPBERRIES 100%
PRODUCT OF CANADA

249
ea.

BELLE GROVE RADISHES 100%
PRODUCT OF CANADA

55 points 1999 ea. SUNNY FRUIT ORGANIC CRISPED PIES IN PLUM 11.5oz	349 lb. ORGANIC SEEDLESS SWEET ORANGES PROCESSED IN U.S. 7.6lb	379 ea. BELLE GROVE ORGANIC SUPER WHITE CHEDDAR CHEESE MUSHROOMS 5.5lb	299 ea. LIFE SMART ORGANIC PLAIN TOFU 14.5oz	10 points ORGANIC MUSHROOM
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25
pieces

5⁹⁹
ea.

**READY TO COOK
VEGETABLES**
Assorted fresh vegetables
cut into 1/2" pieces
1 lb. bag

4⁹⁹
ea.

CORED PINEAPPLES
1 1/2 lb.

NEW

30⁰⁰
ea.

**ROSE REVERIE
BOUQUET**
Assorted colors

ORCHIDS
12" pot
10" wide

16⁹⁹
ea.

SAVE \$3.00
reg.

9⁹⁹
ea.

MIXED FRUIT
1 1/2 lb. bag

1⁷⁷
/lb

**RED OR YELLOW SEEDLESS
WATERMELON QUARTERS**
1/2 bag

ALOE VERA
6" pot

12⁹⁹
ea.

30⁰⁰
ea.

**ROSE REVERIE
BOUQUET**
Assorted colors

ALOE VERA
6" pot

12⁹⁹
ea.

ORCHIDS
12" pot
10" wide

16⁹⁹
ea.

SAVE \$3.00
reg.

ALOE VERA
6" pot

12⁹⁹
ea.

ORCHIDS
12" pot
10" wide

16⁹⁹
ea.

SAVE \$3.00
reg.

NEW

30⁰⁰
ea.

ROSE REVERIE
BOUQUET
12 FLOWERS MINIMUM

ORCHIDS
12" POT

SAVE \$3.00

16⁹⁹
ea.

ALOE VERA
POT

12⁹⁹
ea.

SPRING BULBS
6" POT

9⁹⁹
ea.

SPRING BULBS
6" POT

9⁹⁹
ea.

SPRING BULBS
6" POT

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
Have orange pinhead
Marbled pattern of fat
Branched without colour
homogeneity

**100%
CANADIAN
ANGUS**
100g pack

SPRING LAMB
Lamb is a young animal
born in the spring
months of the year
It is the most tender
of all lamb

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 LOGGED CHICKEN WENERS OR ZIPPIN' HAWK 100g**

8.99 ea. **MAPLE LUGGED FULLY COOKED CHICKEN** 20g

12.99 ea. **KELSEYS ORIGINAL BACKSIDE PORK BACK RIBS** 1000g

15.99 ea. **POGO BREADED WENERS** 1000g

16.99 ea. **44TH STREET FULLY COOKED BEEF PORK CHAST** 10g

7.99
ea.

duBreton
ORGANIC BACON 200g

7.99
ea.

duBreton
McLEAN ORGANIC
BREAKFAST SAUSAGES
400g
SELECTED VARIETIES

8.99
ea.

duBreton
ORGANIC PORK
SAUSAGES
400g
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILETS
1kg
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
FILLETS OR SKINS
1kg
SELECTED VARIETIES

12.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
1kg
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
MEAT PIES
1kg
SELECTED VARIETIES

15.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1kg
SELECTED VARIETIES

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
HAMPSTER'S RYE BREAD
125 g

369

ea.



FRONT STREET BAKERY
DORITOS HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONT STREET BAKERY
HAMPSTER'S RYE BREAD
125 g

369

ea.



FRONT STREET BAKERY
DORITOS HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.

Deli Favourites



VALUE PICK
SAN DANIELE
MORTADELLA
100 g

299

/100 g



MASTRO CAPICOLL
MILD OR HOT
100 g

299

/100 g



IRRESISTIBLES ARTISAN
EMMENTAL CHEESE
100 g

335

/100 g



IRRESISTIBLES ARTISAN
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.



GALBANI
MASCARPONE CHEESE
100 g

1599

ea.



SMOKE
HOUSE
SALAMI
100 g

879

ea.



SCHNEIDERS
BOLOGNA
100 g

899

ea.



THE STILLE
PETA CHEESE
100 g

799

ea.



IRRESISTIBLES ARTISAN
PARMIGIANO REGGIANO
24 MONTHS
100 g

1399

125

ea.

\$1

back in

points



FAMILY
PACK COOKIES
125 g

399

ea.



FAMILY
PACK COOKIES
125 g

999

ea.



FRESH STUFFED
PASTA OR SKILLET
125 g

2699

250

ea.

\$2

back in

points



FRESH STUFFED
PASTA OR SKILLET
125 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 BRIGHTON CRAB
FROZEN COIL, 220g



\$6.99 ea.

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM & WHITE SAUCE
PREPARED FROZEN, 350g



\$1.99 ea.

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN 100g



\$125 points

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN 100g



\$9.99 ea.

BETTER FISH BARRAMUNDI
FROZEN FILLETS 100g



\$125 points

TRUE WORTH DRIED HOT SMOKED 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

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, SELECT VARIETIES

3⁹⁹ ea

KIRI®. THE LARGEST CHOICE OF CHEESE SNACKS
SELECTED VARIETIES, SELECT LOCATIONS

START YOUR **GUT HEALTH CHALLENGE**

145 POINTS = 100 DAYS

4oz/50g

ACTIVA EXPERT
YOGURT
NEW! DIFLUSION™

ACTIVA PROBIOTIC
40 BAGS, SELECT VARIETIES

3⁹⁹ ea

ACTIVA EXPERT
YOGURT
NEW! DIFLUSION™

6⁴⁹ ea

ACTIVA PROBIOTIC
40 BAGS, SELECT VARIETIES

6⁴⁹ ea

ACTIVA EXPERT
YOGURT
NEW! DIFLUSION™

6⁴⁹ ea

A TASTE OF WINTER CHEER

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 1.99 ea. SPARKLING ICE DRINKS 16.9 FL OZ (500 mL) BOTTLES	 3.99 ea. FRUIT DRINKS 16.9 FL OZ (500 mL) BOTTLES POUR OVER OR ALL DAY'S JUICE OR COGNAC IN THE ICE MONO ON ICE BEVERAGE	 2.99 ea. FRUIT DRINKS 16.9 FL OZ (500 mL) BOTTLES	 4.69 ea. OASIS 100% FRUIT JUICE 16.9 FL OZ (500 mL) BOTTLES 6 PACK 16.9 FL OZ (500 mL) BOTTLES
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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 750ml
SELECTED VARIETIES

10⁹⁹
ea.

Bounty
PAPER TOWELS OR CLUSTER
BATHROOM TISSUE 6-8 ply
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLUSTER
BATHROOM TISSUE 6-8 ply
SELECTED VARIETIES

7⁵⁰
ea.

DOURNY
SCENT BOOSTERS 100g
SELECTED VARIETIES

10⁹⁹
ea.

DOURNY
SCENT BOOSTERS 100g
SELECTED VARIETIES

7⁵⁰
ea.

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

SCRUBBING
BUBBLES
CLEANER 500ml
SELECTED VARIETIES

6⁹⁹
ea.

GLAD
MADE AT HOME
FOR YOUR HOME.

GLAD
BLACK
GARBAGE BAGS 13L
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOROX

CLOROX
BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

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

Pet

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.

BRUSHING
CHEWS 100g
SELECTED VARIETIES

12⁹⁹
ea.

PURINA ONE
DRY CAT FOOD 100g
SELECTED VARIETIES

13⁹⁹
ea.

PENNERIE
WET CAT FOOD 100g
SELECTED VARIETIES

28⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 10L
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 10L
SELECTED VARIETIES

19⁹⁹
ea.



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 

FREE TOQUE*

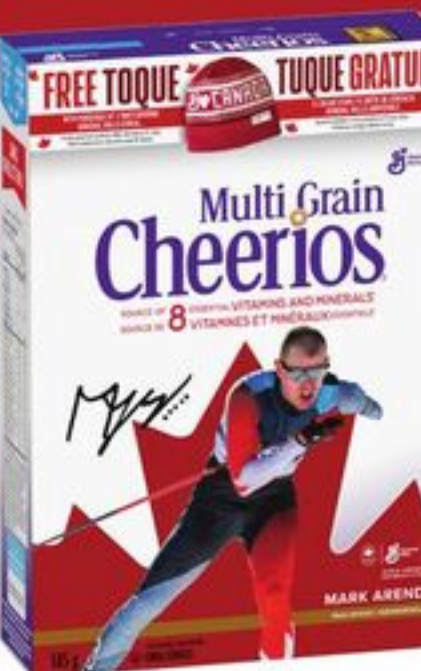
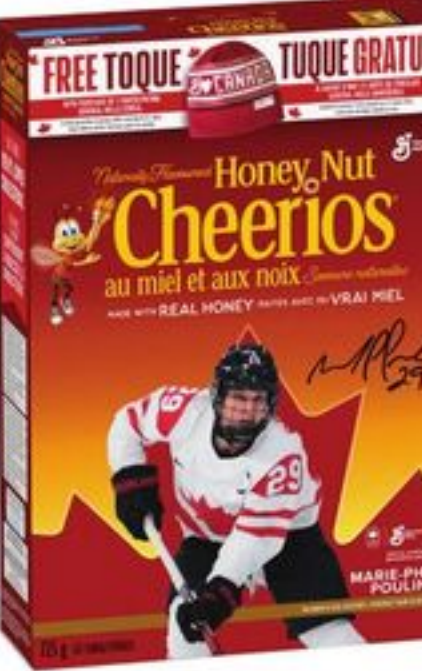
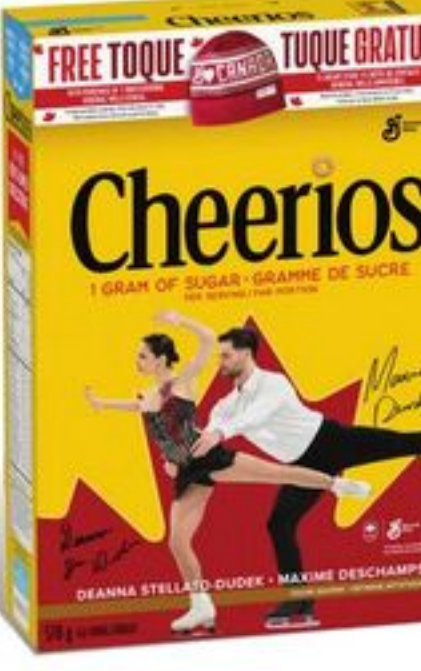


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



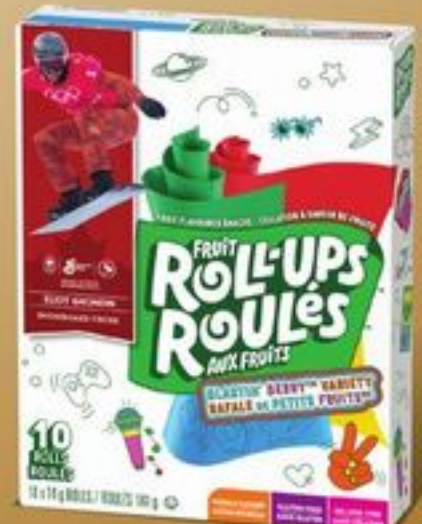
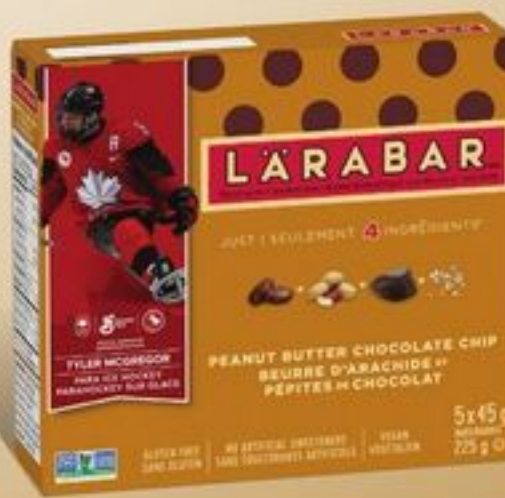
BUY 2 OLD EL PASO® KITS AND GET **\$10 TO FILL UP**** YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE

**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 BARS
SELECTED VARIETIES

9⁹⁹ ea.

BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.