



988
/lb

RED GRILL STRIP LOIN STEAK BONE IN
VALUE PACK
25.78 kg

CUT BY
OUR
BUTCHER







477
ea.

BLACK DIAMOND
SHARP CHEDDAR CHEESE
25.78 kg



199
ea.

BULL'S EYE
OR STEADY HAND MARINADE
OR HIDDEN VALLEY CREAMY RANCH DRESSING
25.78 kg



199
ea.

DARE COOKIES
CHOCOLATE CHIP
25.78 kg



199
ea.

BRETON ORIGINAL
25.78 kg



499
ea.

KRUGER CASHMERE
BATHROOM TISSUE
25.78 kg

Effective January

TH

22

FR

23

SA

24

SU

25

MO

26

mmMAZING!
days

FRESH COHO



10⁹⁹
/lb
of ea.

FRESH COHO SALMON FILLET VALLEY PICK
SMOKED STEELHEAD TROUT
200g, 20g, 10g

Irresistible



7⁹⁹
ea.

COOKED WHITE
PACIFIC COAST
WILD COASTAL
SHRIMP
100g, 10g, 10g

ARGENTINE
21-25
LARGE - COOKED
SHRIMP
51-60
MEDIUM - COOKED
SHRIMP



2⁹⁹
/100 g

SELECTION OLD FASHIONED HAM OR BALDERSOHN CHEESE
100g, 10g, 10g

SCHNEIDERS



7⁹⁹
ea.

SCHNEIDERS
HAVARTI
100g, 10g, 10g

CASTELLO
HAVARTI OR GORGONZOLA
100g, 10g, 10g

Blue Ribbon
CLASSIC BLUEBERRY
100g, 10g, 10g



3⁹⁹
ea.

FRONT STREET BAKERY
CALABRESI, BIELLIAN, OR RUSTIC COUNTRY BREADS
100g, 10g, 10g

4 PACK



5⁹⁹
ea.

FRONT STREET BAKERY
DONUTS
100g, 10g, 10g, 10g

mmmAZING!
days



mmMAZING!
days

PRIMO
PRIMO PASTA
1.5L
1⁹⁹
ea.

PRIMO
PRIMO PASTA
16.5oz (468g)
2⁴⁹
ea.

PRIMO
PRIMO SAUCE
16.5oz (468g)
1⁹⁹
ea.

PRIMO
PRIMO BEANS
16.5oz (468g)
3 for 5⁰⁰

PRIMO
PRIMO TOMATOES
16.5oz (468g)
1⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz (468g)
6⁹⁹
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz (468g)
6⁹⁹
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz (468g)
6⁹⁹
ea.

Knorr
Knorr Soup Mix
16.5oz (468g)
1⁹⁹
ea.

Knorr
Knorr Soup Mix
16.5oz (468g)
1⁹⁹
ea.

Knorr
Knorr Soup Mix
16.5oz (468g)
1⁹⁹
ea.

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

mmMAZING! days

BIMBO
CANADA

Stonemill
BAKEHOUSE • Boulangerie
NATURALLY FERMENTED
CRANBERRY PUMPKIN SEED
SLIM CRAFTED WHOLESEME BREAD | 454 g

4⁹⁹ ea.

SUNMAID
RAISIN
100% RAISINS
100% RAISINS
400 g

4⁹⁹ ea.

Dempsters
TORTILLAS
100% WHOLE WHEAT
10 TORTILLAS
10 TORTILLAS
10 TORTILLAS

4⁹⁹ ea.

Cupcakes
CHOCOLATE
12 CUPCAKES
12 CUPCAKES
12 CUPCAKES

3⁴⁹ ea.

Twinkies
HONEY
12 TWINKIES
12 TWINKIES
12 TWINKIES

3⁴⁹ ea.

Dempsters
MUFFINS
12 MUFFINS
12 MUFFINS
12 MUFFINS

2⁹⁹ ea.

Jamieson

Jamieson
CHEWABLE
VITAMIN C
500 mg
BONUS 100+20
Supports a healthy immune system

Jamieson
esentials
VITAMIN D3
1,000 IU
BONUS 200+60
Supports a healthy immune system and bone health

SAVE UP TO 30% off

Jamieson
B12
100% B12
100% B12
100% B12

30% off

Jamieson
Calcium
1,000 mg
100% Calcium
100% Calcium
100% Calcium

30% off

Jamieson
Omega-3
1,000 mg
100% Omega-3
100% Omega-3
100% Omega-3

30% off

Jamieson
Probiotic
10 Billion
10 Billion
10 Billion

30% off

Jamieson
Multi
100% Multi
100% Multi
100% Multi

30% off

Jamieson
Magnesium
100% Magnesium
100% Magnesium
100% Magnesium

30% off

Jamieson
Zinc
100% Zinc
100% Zinc
100% Zinc

30% off

CLOROX

GLAD
GUARANTEED STRONG
WHITE
ROOMMATE® 15 L 52 BAGS
42 x 51 cm | 17 x 20 in
Febreze
Fresh Clean by Febreze

6⁹⁹ ea.

GLAD
CHERRY BLOSSOM
3 x 100% GLAD
100% GLAD
100% GLAD

6⁹⁹ ea.

GLAD
LAVENDER
3 x 100% GLAD
100% GLAD
100% GLAD

6⁹⁹ ea.

CLOROX
SCENTIVA
100% SCENTIVA
100% SCENTIVA
100% SCENTIVA

3⁹⁹ ea.

CLOROX
SCENTIVA
100% SCENTIVA
100% SCENTIVA
100% SCENTIVA

3⁹⁹ ea.

CLOROX
BLEACH
100% BLEACH
100% BLEACH
100% BLEACH

4⁹⁹ ea.

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

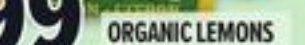
~~16.99~~*
ea.
GERBERA
BOUQUET
ASSORTED COLOURS

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.

Farm Fresh Produce

 4⁹⁹ ea. STRAWBERRIES FRESH PRODUCT OF CANADA U.S.A. (W800) 16.2000	 4⁹⁹ ea. BLUEBERRIES FRESH PRODUCT OF CANADA U.S.A. (W800) 16.2000	 4⁹⁹ ea. ROMA HEARTS 1/6 PRODUCT OF U.S.A.	 4⁹⁹ ea. ANCHO BOY PEPPERS PRODUCT OF U.S.A.	 1⁹⁹ /lb SWEET POTATOES WASHED & DRYED U.S.A. (W800) 16.2000
 3⁹⁹ ea. BLACKBERRIES FRESH PRODUCT OF MEXICO	 2⁴⁹ /lb LARGE COSMIC CRISP APPLES PRODUCT OF U.S.A. (W800) 16.2000	 2⁹⁹ /lb EXTRA LARGE GREEN SWEET PEPPERS PRODUCT OF U.S.A. (W800) 16.2000	 4⁹⁹ ea. CAULIFLOWER PRODUCT OF U.S.A. U.S.A. (W800) 16.2000	 2⁴⁹ ea. RUSSET POTATOES PRODUCT OF U.S.A. U.S.A. (W800) 16.2000
 5⁹⁹ /lb PINK MOSCATO GRAPES FRESH PRODUCT OF CANADA U.S.A. (W800) 16.2000	 7⁹⁹ ea. JUMBO PINEAPPLES PRODUCT OF CANADA U.S.A. (W800) 16.2000	 4⁴⁹ ea. BUNCH BEETS OR GREEN KNEEBEETS PRODUCT OF U.S.A. (W800) 16.2000	 2⁴⁹ ea. RUSSET POTATOES PRODUCT OF U.S.A. U.S.A. (W800) 16.2000	 5⁹⁹ ea. SWEET ONIONS PRODUCT OF U.S.A. U.S.A. (W800) 16.2000
 4⁹⁹ /lb DONUT PEACHES FRESH PRODUCT OF CANADA U.S.A. (W800) 16.2000	 7⁹⁹ ea. JUMBO PINEAPPLES PRODUCT OF CANADA U.S.A. (W800) 16.2000	 99¢ /lb GREEN CABBAGE PRODUCT OF CANADA U.S.A. (W800) 16.2000	 2⁴⁹ ea. RUSSET POTATOES PRODUCT OF U.S.A. U.S.A. (W800) 16.2000	 5⁹⁹ ea. SWEET ONIONS PRODUCT OF U.S.A. U.S.A. (W800) 16.2000
 13⁹⁹ ea. NATURESOURCE ALMONDS OR TRAIL MIX PRODUCT OF CANADA U.S.A. (W800) 16.2000	 5⁹⁹ ea. DAIYA SOY CHEESECAKE PRODUCT OF CANADA U.S.A. (W800) 16.2000	 5⁹⁹ ea. DAIYA SOY CHEESECAKE PRODUCT OF CANADA U.S.A. (W800) 16.2000	 3⁴⁹ ea. HARVEST SPINACH PRODUCT OF CANADA U.S.A. (W800) 16.2000	 5⁹⁹ ea. SWEET ONIONS PRODUCT OF U.S.A. U.S.A. (W800) 16.2000

Organic

 4.99 ea.	 2.99 /lb	 5.49 ea.	 5.49 ea.
ORGANIC ORGANIC LEMONS PRODUCT OF SOUTH AFRICA 100% ORGANIC 100% BIOLOGIQUE	ORGANIC ANJOU OR BOSC PEARS PRODUCT OF HUNGARY 100% ORGANIC 100% BIOLOGIQUE	ORGANIC RUSSET OR YELLOW PEARS PRODUCT OF CANADA 100% ORGANIC 100% BIOLOGIQUE	ATTITUDE ORGANIC ORGANIC SALAD MIX PRODUCT OF U.S.A. 100% ORGANIC 100% BIOLOGIQUE

Sliced & Diced **Fresh Blooms**

STORE MADE CARROTTES

100% CARROT, NO SUGAR ADDED

13⁹⁹
ea.

STORE MADE YOGURT PARFAYS

100% YOGURT, NO SUGAR ADDED

4⁷⁹
ea.

CONED PINEAPPLES

100% PINEAPPLE, NO SUGAR ADDED

4⁹⁹
ea.

my metro m

FRESH BLOOMS

WHITE CASCADING PHLOXES

100% PHLOXES, NO SUGAR ADDED

34⁹⁹
ea.

SWEET LILY BOUTIQUE

100% LILIES, NO SUGAR ADDED

30⁰⁰
ea.

CALLALIES

100% CALLALIES, NO SUGAR ADDED

19⁹⁹
ea.

PINKISHORE BOWL

100% PINKISHORE BOWL, NO SUGAR ADDED

12⁹⁹
ea.

Fresh Blooms

Fresh Blooms



30⁰⁰
ea.

SWEET LILY BOUQUET
A mix of red, pink and white lilies



34⁹⁹
ea.

WHITE CASCADING ORCHIDS
A mix of white orchids



19⁹⁹
ea.

CALLALILIES
A mix of pink, white and yellow callalilies



12⁹⁹
ea.

PRIMROSE ROYAL
A mix of purple, white and yellow primroses

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

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

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

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.

2⁹⁹
/lb

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

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

1L

7⁹⁹
ea.

STORE MADE UNPASTEURIZED ORANGE OR GRAPEFRUIT JUICE
AVAIL. ARE IN SELECTED STORES

7⁹⁹
ea.

Our Butcher's Finest

PLATINUM GRILL ANGUS
TOP SIRLOIN STEAK
11.99/lb

14⁹⁹
/lb

CUT BY OUR BUTCHER

100% CANADIAN ANGUS
RED GRADE BEEF

PORK LOIN RIB OR
SALOIN ROAST
8.99/lb

3⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FRESH WHOLE CHICKEN
11.00/lb

4⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FRESH WHOLE CHICKEN
11.00/lb

4⁹⁹
/lb

FRESH

FRESH LAMB LAMB CHOPS
OR 2 LAMB TENDERS/LAMB
8.50/lb

12⁹⁹
/lb

FRESH LAMB LEG
SHORT COKE
OR 2 LAMB AND PORK LOIN
19.99/lb

8⁹⁹
/lb

FRESH

FRESH SPIT
CHICKEN WINGS
13.99/lb

5⁹⁹
/lb

RED GRILL
FAST FRY STEAK
LOIN/STAKE BONE IN
OR 2 LAMB TENDERS/LAMB
19.99/lb

11⁸⁸
/lb

FAST FRY

5⁹⁹
ea.

STIRRY'S
PICKLES AND PICKLED
EGGS 12oz (350g)
00000000000000

5⁹⁹
ea.

MAPLE LOOSE OR
ZABINA HALAL
BREAKFAST
CHICKEN STRIPS 15%
00000000000000

6⁹⁹
ea.

SCHWEDDY'S
PICKLES AND PICKLED
EGGS 12oz (350g)
00000000000000

6⁹⁹
ea.

MARCO ANGELO
SAUSAGES
12oz (350g)
00000000000000

4⁴⁴
ea.

MAPLE LEAF TOP DOGS OR
CHICKEN PIES
OR 2 LAMB TENDERS/LAMB
ON TONDEPST SAUSAGE
12oz (350g)
00000000000000

13⁹⁹
ea.

MAPLE LEAF OR
ZABINA HALAL
SMOKED HAM
12oz (350g)
00000000000000

15⁹⁹
ea.

PINTY'S
PICKLES AND PICKLED
EGGS 12oz (350g)
00000000000000

16⁹⁹
ea.

44TH STREET
PILLY COOKED
BEEF POT ROAST 15%
00000000000000

Halal

6⁹⁹
ea.

AL SABA HALAL
BREADED CHICKEN
PIZZA 12oz (350g)
00000000000000

14⁹⁹
ea.

ZABINA HALAL
ORGANIC CHICKEN WINGS
12oz (350g)
00000000000000

11⁹⁹
ea.

AL SABA HALAL
BEEF BURGER
12oz (350g)
00000000000000

8⁹⁹
ea.

ZABINA HALAL
SPICY BREADED
CHICKEN
12oz (350g)
00000000000000

Organic

14⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
FILLETS OR BITES
12oz (350g)
00000000000000

14⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC MEXICAN
PILLY COOKED
BEEF POT ROAST 15%
00000000000000

7⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
WINGS 12oz (350g)
00000000000000

8⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
WINGS 12oz (350g)
00000000000000



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
PIZZA
PIE
650 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
PIE FILLING
600 g
SELECTED VARIETIES



3⁹⁹
ea.
INESISTIBLES
WHIPPED
TOPPING SPRAY
225 g
SELECTED VARIETIES



3⁴⁹

ea.

FRONT STREET BAKERY
ITALIAN OR
FRENCH BREAD 400 g
SELECTED VARIETIES



4²⁹

ea.

FRONT STREET BAKERY
KAISER ROLLS
100 g, 100 g, 100 g
SELECTED VARIETIES



4²⁹

ea.

FRONT STREET BAKERY
SUPERNODE ROLLS
100 g, 100 g, 100 g
SELECTED VARIETIES



4⁴⁹

ea.

FRONT STREET BAKERY
GRAN BREADS 400 g
SELECTED VARIETIES



2⁶⁹⁹

ea.

FRONT STREET BAKERY
CHOCOLATE
TRUFFLE CAKE
100 g



2⁹⁹

ea.

FRONT STREET BAKERY
CAKEPOP 70 g
SELECTED VARIETIES



2²⁹⁹

ea.

FRONT STREET BAKERY
DESSERT CAKES
200 g, 100 g, 100 g, 100 g



2⁶⁹⁹

ea.

FRONT STREET BAKERY
CHOCOLATE
TRUFFLE CAKE
100 g



2⁹⁹

ea.

FRONT STREET BAKERY
CAKEPOP 70 g
SELECTED VARIETIES



5⁹⁹

ea.

PREMIERE WOODSON COUNTRY BREADS
400 g, 400 g, 400 g, 400 g



5⁹⁹

ea.

FRONT STREET BAKERY
TOWNERS
100 g, 100 g, 100 g, 100 g
SELECTED VARIETIES



4⁹⁹

ea.

FRONT STREET BAKERY
FRUIT RITES
100 g, 100 g, 100 g, 100 g
SELECTED VARIETIES



1⁹⁹

ea.

SANTITOS BUNS
100 g, 100 g, 100 g, 100 g



3⁹⁹

ea.

STONEFIRE
PIZZA CRUST,
FLAT BREAD,
NAAN ROUNDS OR
DOPPELS
200 g, 100 g, 100 g, 100 g



3⁴⁹

ea.

HOTNESS
SNACK CAKES
100 g, 100 g, 100 g, 100 g
SELECTED VARIETIES



7⁴⁹

ea.

SELECTION
SOFT MOIST CAKE 100 g
SELECTED VARIETIES



3⁹⁹

/100 g

INRESISTIBLES ARTISAN
MONTREAL SMOKED MEAT
100 g, 100 g, 100 g, 100 g



3⁹⁹

/100 g

INRESISTIBLES ARTISAN
PASTAMI OF CORNED BEEF
100 g, 100 g, 100 g, 100 g



3⁹⁹

/100 g

INRESISTIBLES
CHEDDAR CHEESE
100 g, 100 g, 100 g, 100 g



3⁹⁹

/100 g

AGROPUR 5 YEAR AGED
GRAND CHEDDAR
100 g, 100 g, 100 g, 100 g



8⁹⁹

ea.

INRESISTIBLES ARTISAN
DRY SAUSAGE 400 g
SELECTED VARIETIES



8⁹⁹

ea.

STONE HOUSE
MINI PEPPERS
100 g, 100 g, 100 g, 100 g



4⁴⁹

/100 g

GOLD LABEL
HOT PEPPERONI STICKS OR
BELLINI SALAMI 400 g
SELECTED VARIETIES



4⁴⁹

/100 g

EXTRA
DOUBLE CHEESE BRIE
100 g, 100 g, 100 g, 100 g



8⁹⁹

ea.

INRESISTIBLES ARTISAN
DRY SAUSAGE 400 g
SELECTED VARIETIES



8⁹⁹

ea.

STONE HOUSE
MINI PEPPERS
100 g, 100 g, 100 g, 100 g



4⁴⁹

/100 g

GOLD LABEL
HOT PEPPERONI STICKS OR
BELLINI SALAMI 400 g
SELECTED VARIETIES



4⁴⁹

/100 g

EXTRA
DOUBLE CHEESE BRIE
100 g, 100 g, 100 g, 100 g



5⁹⁹

ea.

OLYMEL
SLICED DELI MEAT 200 g
SELECTED VARIETIES



10⁹⁹

ea.

SELECTION
DELI MEAT
FAMILY PACK 400 g
SELECTED VARIETIES



6⁴⁹

ea.

INRESISTIBLES
ARTISAN
GOAT CHEESE 100 g
SELECTED VARIETIES



9⁹⁹

ea.

BALDERSON
CHEDDAR CHEESE
200 g, 100 g, 100 g, 100 g



4²⁹

ea.

SELECTION
SANDWICHES 100 g
SELECTED VARIETIES



13⁰⁰

ea.

FRESH 2 GO
WRAPS
200 g, 100 g, 100 g, 100 g



13⁰⁰

ea.

FRESH 2 GO
PANINI SANDWICHES
200 g, 100 g, 100 g, 100 g



13⁹⁹

ea.

FRESH 2 GO
CHICKEN BITES 200 g
SELECTED VARIETIES

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](https://www.metro.ca)

FLAVOURS OF

italy

LARGE BLOOD ORANGES
100% ITALY
6.59 kg

2⁹⁹
/lb

BABY ARTICHOKE
PRODUCT OF U.S.A.

6⁹⁹
ea.

MARCANDELO
PROSCUITTO OR
QUARTO TRAYS
100% ITALY

11⁹⁹
ea.

SAPUTO
ASAGO
PREPARED
24 OZ

4⁴⁹
/100 g

MARCANDELO
LAME STELLINI
VITELLO
A L'ALCANTARA
24

21⁹⁹
ea.

NEW
MARCANDELO
PORK MEATBALLS
100% ITALY

4⁹⁹
ea.

ALMONDO PRISCHINGO
CAKE
110g

31⁹⁹
ea.

ARROBA TARTALI
20g (0.705 oz)

4⁹⁹
ea.

DAVID BOCCO
PASTA SAUCE
100% ITALY

8⁹⁹
ea.

UNICO
ROASTED PEPPERS OR
SHREDDED TOMATOES
24 OZ

3⁹⁹
ea.

VITAVIGOR
BRANDSTICKS
100% ITALY

3⁴⁹
ea.

UNICO
BLACK OLIVES
100% ITALY

1⁹⁹
ea.

— 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
IRRISISTIBLES POPCORN
SELECTED SIZES
SELECTED VARIETIES

BEST BUBBLES & SWEETS NOMINEES



Maison Perrier
CRISP NON-ALCOHOLIC
SPARKLING BEVERAGE
4.25oz fl oz
SELECTED VARIETIES

7⁹⁹
ea.

HARIBO GUMMY CANDIES
100% SUGAR
SELECTED VARIETIES

2⁹⁹
ea.

Maison Perrier
la maison de la boisson pétillante
FRUIT
MILITO
ORANGE & CITRUS
NON-ALCOHOLIC SPARKLING BEVERAGE
4.25oz fl oz

Maison Perrier
la maison de la boisson pétillante
PINK COLORED
NON-ALCOHOLIC SPARKLING BEVERAGE
4.25oz fl oz

HARIBO Goldbears
Gummy Bears
100% SUGAR
CANDY COATED CHOCOLATE
NET WT 100g (3.52oz)

HARIBO Goldbears
Gummy Bears
100% SUGAR
CANDY COATED CHOCOLATE
NET WT 100g (3.52oz)

BEST SALTY & CRUNCHY NOMINEES



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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 CHINA
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

4⁹⁹

ea.

THAI KITCHEN
FISH SAUCE OR
CURRY PASTE,
KIKKOMAN SOY OR
TERIYAKI SAUCE
112 g, 200, 290 ml
SELECTED VARIETIES

14⁹⁹

ea.

RAINBOW CHARM
BOUQUET
FLOUNCE COLOURS

1²⁵

ea.

CHANGHAI,
CASABLANCA OR
COOL RUNNING
COCONUT MILK
OR MILK
600 ml
SELECTED VARIETIES

2⁹⁹

ea.

LUCKY ME NOODLES OR
YAT BUNTED STEWED
28 g, 5, 6, 9, 10 g
SELECTED VARIETIES

13⁹⁹

ea.

HIBERN
LAVENDERED
SWEET
24 x 5 g

3⁴⁹

ea.

THAI KITCHEN
COCONUT MILK,
MANGKON OR
KIKKOMAN
RICE VERDOR OR
MAGGI SAUCE
750 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
BUTTER COOKIES,
ONY RICE BUNS
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, 200 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

[illegible]

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Dempsco's
WHITE, 100% WHOLE
WHEAT TORTILLAS
8 1/2" DIAMETER
100% WHOLE
WHEAT FLOUR

2 for \$7.00



Dempsco's
WHITE, 100% WHOLE
WHEAT TORTILLAS
8 1/2" DIAMETER
100% WHOLE
WHEAT FLOUR



Dempsco's
WHITE, 100% WHOLE
WHEAT TORTILLAS
8 1/2" DIAMETER
100% WHOLE
WHEAT FLOUR



JAMES HADDOCK'S
LIGHTLY DRESSED
POTATO PELLETS
200g (7oz) per bag

\$12.99
ea.



JAMES HADDOCK'S
LARGE RAM SHRIMP
200g (7oz) per bag



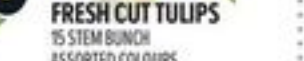
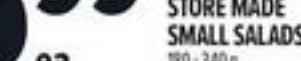
JAMES HADDOCK'S
JAMBO'S RAMCHOP
PORTNIA
200g (7oz) per bag



JAMES HADDOCK'S
TICKLER HEAD
CHEDDAR
200g (7oz) per bag



JAMES HADDOCK'S
DANIOS BLUE
CHEDDAR
200g (7oz) per bag

 16.99 ea. PIKE CUT CANNED TOMATOES 100% TOMATOES 1 L	 5.99 ea. STORE-MADE SMALL MALAGA 1 L	 9.99 ea. SELECTION CHICKEN WINGS OR BREADSTICKS POM. SAUCE 100% CHICKEN 1.5 L	 6.99 MAPLE LEAF NATURAL SELECTIONS ON SANDWICHES SLICED MEAT 1 L
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A row of grocery items including two cans of Campbell's soup (Cream of Mushroom and Chicken Noodle), a bag of Ron's Chicka Pop (Chicken Noodle), a bag of Ron's Chicka Pop (Pasta & Macaroni), a bag of Primo Cream of Chicken soup, and a can of Primo Beans (Great Beanitos). The prices are \$1.25 for the soup, \$3.99 for the Chicka Pop, and \$5.00 for the Primo products.

Ben's Original Tasty Bite Cheesy Macaroni \$3.33 ea.

Ben's Original Pasta Sauce \$1.99 ea.

Bear Paws Active \$1.99 ea.

Rice Krispies \$3.49 ea.

Nutri Grain \$3.49 ea.

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16.00
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NEW
12
90
2.99
TIDE
TIDE OF GARD DETRINGER
TOWNS SOUTHERN OR CASSIDE

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