

VERSION 3

New Year
NEW SAVINGS

EXTRA
LARGE



2⁹⁹
/lb

EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
EXTRA 2.50/kg (10% OFF) 10.50/kg



LARGE PEACHES
LARGE NECTARINES
LARGE BLACK PLUMS
EXTRA 2.50/kg (10% OFF) 10.50/kg

2⁹⁹
/lb



STEAM & GO
YELLOW POTATOES 1lb
PRODUCT OF CANADA
CANADIAN FARM TURKEY

99¢
ea.



ANGEL SWEET TOMATOES 1lb
DOLE GARDEN SALAD OR CUCUMBER COLESLAW 100% 100%
PRODUCT OF U.S.A.

1⁹⁹
ea.

moi rewards member price

JORDAN'S CEREAL
227-287g (8-10oz)
MORNING CRISP
CROQUE-MATIN

JORDAN'S
MORNING MUESLI
454g (16oz)
50% MORE
MUESLI

3⁴⁹
ea.

SPECIAL PRICE
3⁹⁹
for non-members

Effective January 8 9 10 11 12 1

[illegible]

\$ New Lower Prices

[illegible]

Special prices in this flyer are available at select Metro stores only. See store for details.

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.

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.
5.40kg

4.99 ea.

STRAWBERRIES 40g
PRODUCT OF CANADA, U.S.A. & U.S. GROWN

3.99 ea.

BLACKBERRIES 50g

4.99 ea.

CAULIFLOWER
PRODUCT OF U.S.A. 10.70kg

6.99 /lb

JUNIOR CHERRIES
PRODUCT OF CANADA, U.S. GROWN
75.41kg

4.99 ea.

AVOCADOS 400g
PRODUCT OF MEXICO

2.49 /lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
5.40kg

1.49 /lb

ANISE-FENNEL
PRODUCT OF U.S.A.
3.28kg

2.99 /lb

LARGE CAR CARA ORANGES
PRODUCT OF U.S.A.
6.50kg

5.99 ea.

WINTER FROST PINKBERRIES 400g
PRODUCT OF CANADA

5.00

BROCCOLI CROWNS
PRODUCT OF U.S.A. 10.70kg

1.99 /lb

SWEET POTATOES
PRODUCT OF CANADA
4.30kg

2.69 /lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA
5.50kg

2.49 /lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. 10.70kg

2.99 /lb

EXTRA LARGE GREEN SWEET PEPPERS
PRODUCT OF U.S.A.
6.50kg

3.99 /lb

HEIRLOOM TOMATOES
PRODUCT OF CANADA
8.80kg

11.99 ea.

SUN DRYE
Fruit & Veggie Strips 10.70kg

4.99 ea.

SAVORY TOFU BURGERS 400g

4.79 ea.

BELLE GROVE BROCCOLINI
PRODUCT OF U.S.A.
10.70kg

2.49 ea.

BELLE GROVE BROCCOLINI
PRODUCT OF U.S.A.
10.70kg

10 points

RAIDIS RADISHES
PRODUCTS OF CANADA

25
pieces

5⁹⁹
ea.

READY TO COOK
VEGETABLES
CUT TO ORDER
VEGETABLES WASHED &
PACKED FOR YOU

4⁹⁹
ea.

CORED PINEAPPLES
WASHED

NEW

30⁰⁰
ea.

ROSE REVERIE
BOUQUET
APPROXIMATE 100S

ORCHIDS
2.5' W/ 4" POT
APPROXIMATE 100S

SAVE \$3.00

16⁹⁹
ea.

9⁹⁹
ea.

RED OR YELLOW SEEDLESS
WATERMELON QUARTERS
2.5kg/5lb

ALOE VERA
4' W/ 6" POT

12⁹⁹
ea.

STORE MADE
LARGE ICELAND
FROST SALAD 10kg

SPRING BULBS
8" W/ 6" POT
APPROXIMATE 100S

9⁹⁹
ea.

NEW

30⁰⁰
ea.

ROSE REVERE
BOUQUET
ROSEAU & COUSINS

ORCHIDS
2.5" POT
BLOOMING

SAVE \$3.00

16⁹⁹
ea.

ALOE VERA

12⁹⁹
ea.

SPRING BULBS
6" POT
BLOOMING

9⁹⁹
ea.

Our Butcher's Finest



FRESH CHICKEN
LEG QUARTERS
2.50kg

3⁹⁹
/lb



LIFE SMART NATURAL
GRASS FED BONELESS
BEEF STEAK OR
STEAK LOIN STEAK
1.50kg

19⁹⁹
/lb



BONELESS PORK
SADDLE CHOPS
WILLIE PINK
1.00kg

4⁹⁹
/lb



PLATINUM GRILL ANGUS
EYE OF ROUND ROAST
1KG PACK
1.00kg

7⁹⁹
/lb



MEDIUM GROUND BEEF
WILLIE PINK
1.50kg

6⁹⁹
/lb



FRESH SPLIT CHICKEN BREAST
1.00kg

4⁹⁹
/lb



FRESH ROSEMARY
& GARLIC BONELESS
LAMB LEG
2.50kg

12⁹⁹
/lb



LEAN GROUND LAMB
WILLIE PINK
1.00kg

9⁹⁹
ea.



SELECTION
WIENERS
1.00kg

2⁹⁹
ea.



FLETCHER'S PORK
COTTAGE ROLL
1.00kg

4⁹⁹
/lb



BACON
1.00kg

4⁹⁹
ea.



MAPLE GOOSE ULTIMATE
CHICKEN WINGS OR
ZUCCHINI NOODLES
1.00kg

6⁹⁹
ea.



MAPLE LEAF
FULLY COOKED
CHICKEN
1.00kg

8⁹⁹
ea.



KELSEY'S ORIGINAL
BREAKFAST PORK
SAUSAGES
1.00kg

12⁹⁹
ea.



POCO ORIGINAL
1.00kg

15⁹⁹
ea.



4TH STREET
FULLY COOKED BEEF
POT ROAST
1.00kg

16⁹⁹
ea.

Organic



duBreton
ORGANIC BACON
1.00kg

7⁹⁹
ea.



duBreton
ORGANIC BREAKFAST
SAUSAGES
1.00kg

7⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILETS OR BITES
1.00kg

14⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC MEAT PIES
1.00kg

14⁹⁹
ea.



duBreton
ORGANIC PORK
SAUSAGES
1.00kg

8⁹⁹
ea.



duBreton
ORGANIC EXTRA LEAN
GROUND PORK
1.00kg

8⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC
DRUMSTICKS
1.00kg

12⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1.00kg

15⁹⁹
ea.

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

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
CUPCAKES
125 g

699

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
DORITOS' HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

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
BOCCONCINI
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



metro

FRESH & GO

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 100g, 120g



\$6.99 ea.

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM & WHITE SAUCE
PREPARED FROZEN, 150g



\$1 bonus points

\$4.99 ea.

125 points

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN 100g, 120g



\$9.99 ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN 100g, 120g



\$9.99 ea.

125 points

BETTER FISH BARRAMUNDI
FROZEN 100g, 120g



\$1 bonus points

\$14.99 ea.

TRUE WORTH DRIED HOT SMOKED SALMON
FROZEN 100g, 120g

30 pieces
INVISIBITE
CRISPY CALAMARI
INDIVIDUALLY WRAPPED
NET WT. 1.5 LBS (680g)

40 pieces
INVISIBITE
CHICKEN PAO
INDIVIDUALLY WRAPPED
NET WT. 1.5 LBS (680g)

50 pieces
INVISIBITE
SMOKED Sockeye
SALMON COAT ALL NATURAL
SMOKED Sockeye SALMON
INDIVIDUALLY WRAPPED
NET WT. 1.5 LBS (680g)

50 pieces
INVISIBITE
CRISPY CHICKEN STRIP
INDIVIDUALLY WRAPPED
NET WT. 1.5 LBS (680g)

249 ea. UNICO BEANS OR TOMATOES in Milk SWEETENED CONDENSED	129 ea. UNICO SWEETENED CONDENSED MILK	199 ea. UNICO SOLID LIGHT TUNA	399 ea. UNICO OLIVES with GARLIC
279 ea. CLEARLY CANADIAN SPARKLING WATER	1049 ea. CRAFT NON-ALCOHOLIC BEER GLACIERS UNBOTTLED	1249 ea. COLLECTIVE ARTS NON-ALCOHOLIC BEER	1279 ea. SAPPORO ZERO SAPPORO 0.0
579 ea. SELECTION PEANUTS SWEETENED HONEY	349 ea. PRINGLES MEGA CHIP SWEETENED HONEY	399 ea. PLANTERS TRAIL MIX	499 ea. SUN CHIPS MULTIGRAIN CHIPS SWEETENED HONEY
449 ea. RYVITA CRACKERS	479 ea. CELEBRATION COOKIES	449 ea. EXCEL GUM SWEETENED HONEY	249 ea. OH HENRY! REESER'S HERSHEY KING SIZE MILK CHOCOLATE BARS SWEETENED HONEY



**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



349 ea.
ON THE BORDER PIZZERIA 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)



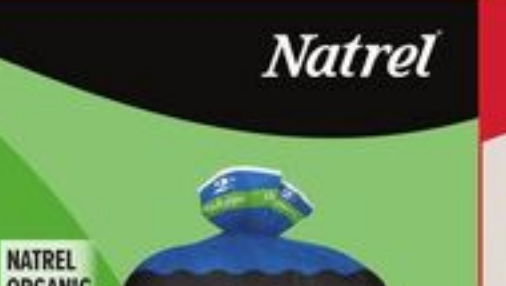
1999 ea.
MAXWELL HOUSE COFFEE CAPSULES
100g (3.5oz)



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 YOGURT
100g (3.5oz)



399 ea.
GOGO SQUEEZE SNACK
100g (3.5oz)



399 ea.
ACTIVIA YOGURT
100g (3.5oz)



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



199 ea.
ICEBERG WATER
100g (3.5oz)



399 ea.
FRUIT DRINKS
100g (3.5oz)



299 ea.
OASIS JUICE
100g (3.5oz)



469 ea.
ALLEN'S 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
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.

GOLDYS
SUPERSEED CEREAL 250g
SELECTED VARIETIES

7⁴⁹
ea.

BARNEY BUTTER
ALMOND BUTTER 250g
SELECTED VARIETIES

8⁹⁹
ea.

SEAMARK
MINI BREAD CRUMBS 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 36
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLOSET
BATHROOM TISSUE 16
SELECTED VARIETIES

10⁹⁹
ea.

DOURNY
LIGHT
SCENT BOOSTERS 16
SELECTED VARIETIES

10⁹⁹
ea.

DOURNY
LIGHT
SCENT BOOSTERS 16
SELECTED VARIETIES

10⁹⁹
ea.

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

SCRUBBING
BUBBLES
GEL PEST
CLEANER 500ml
SELECTED VARIETIES

6⁹⁹
ea.

GLAD
MADE AT HOME
FOR YOUR HOME.

GLAD
BLACK
GARAGE BAGS 10
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.

BRUSHING
CHEWS 100g
SELECTED VARIETIES

12⁹⁹
ea.

PURINA ONE
DRY CAT FOOD 100g
SELECTED VARIETIES

13⁹⁹
ea.

PENNERIE
ANY DAY PUP
DOG TREATS 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
Southwestern Ontario Region.

BEAU'S
ABBEY STYLE CHEESE
26.26/lb

5⁷⁹
/100g



GRAND TRUNK
FIRM CHEESE
26.26/lb

5⁷⁹
/100g



HALENTA'S MINI
SMOKED HAM,
SLICED BACK BACON OR
SMOKED PORK CHOPS
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



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

4⁹⁹
ea.



LAKESIDE
QUARTER OR
BABY DILL PICKLES
750 ml
SELECTED VARIETIES

5⁴⁹
ea.



COPPA
GELATO OR SORBET
188 ml
SELECTED VARIETIES

3⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM 

FREE TOQUE*

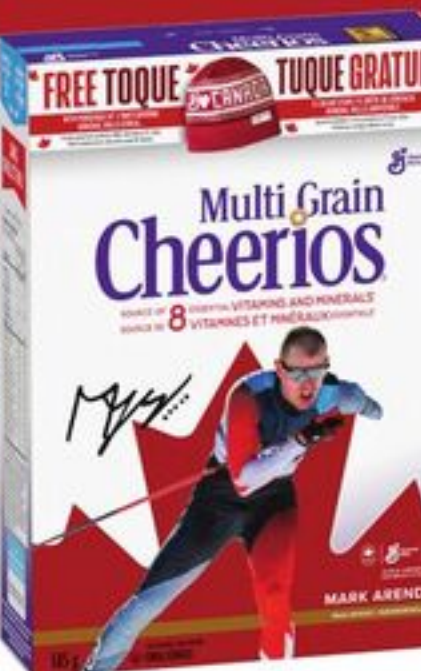
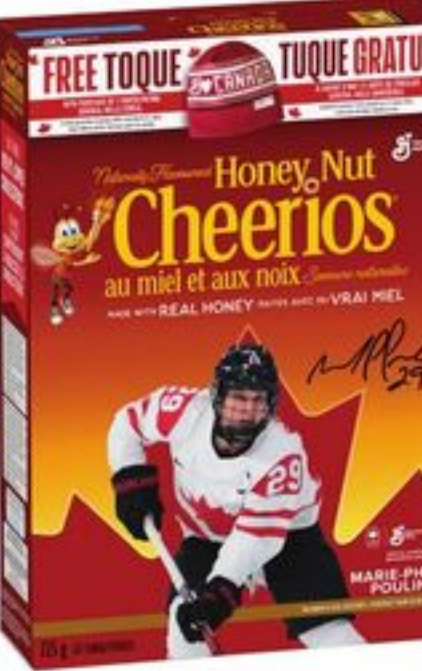
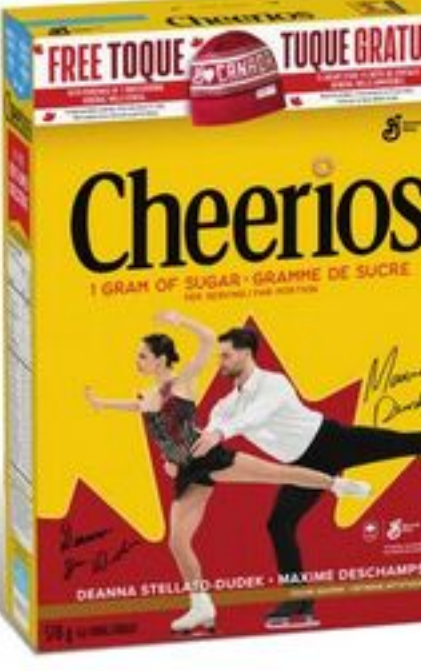


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



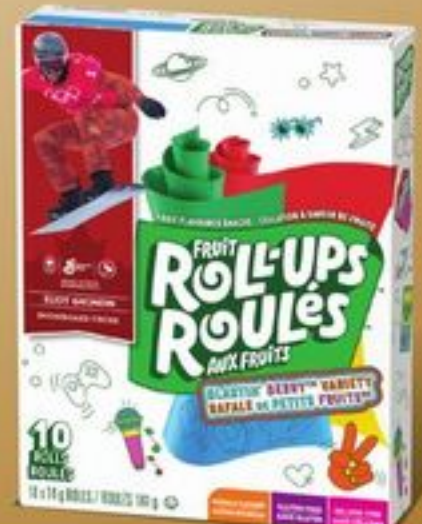
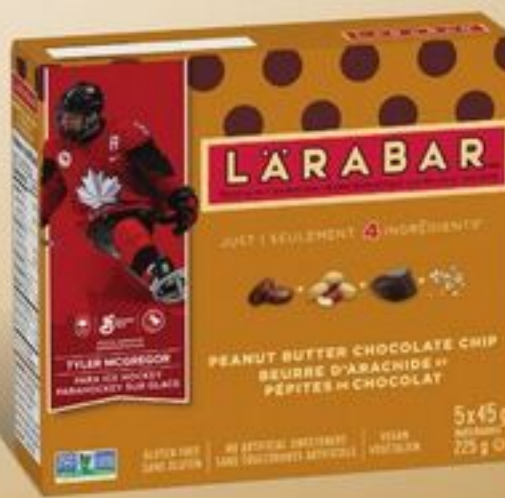
BUY 2 OLD EL PASO® KITS AND GET **\$10 TO FILL UP**** YOUR TACOS
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2⁹⁹ ea.



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