

Version

**New Year
NEW SAVINGS**



299
/lb

Extra Large Red or Green or Large Black Seedless Grapes
PRODUCT OF SOUTH AFRICA OR PERU, NO. 1 GRADE
6.59/kg

Extra gros raisins rouges ou verts ou gros raisins noirs sans pépins
PRODUIT DE L'AFRIQUE DU SUD-OU DU PÉROU, CAL. no 1
6.59/kg



6.59/kg

299
/lb



99



199
ea.

Angel Sweet Tomatoes 283 g
PRODUIT DU CANADA/DE MEXICO

Dole Garden Salad or Colourful Coleslaw 340 - 290 g
PRODUIT DU U.S.A.

Tomates Angel Sweet 283 g
PRODUIT DU CANADA/DU MEXIQUE

Salade du jardin ou de chou colorée Dole 340 - 290 g
PRODUIT DES E.-U.

moi rewards member price



349
ea.

SPECIAL PRICE
3⁹⁹
ea.
for non-members

	TH	FR	SA	SU	MO
Effective January	8	9	10	11	12

ONLY

99¢

GREAT PRICE!

Ben's Original

Fast & Fancy

Vite & Bon

99¢

HEINZ Alpha Getti

HEINZ BEANS ORIGINAL

HEINZ BEANS MAPLE

99¢

Campbell's Tomato

Campbell's Cream of Mushroom

HEINZ BEANS MAPLE

99¢

Campbell's Soup 300 g
Ben's Original Fast & Fancy Rice
12 x 100 g (3.5 oz) cans

99¢

Heinz Beans or Pasta
100 g (3.5 oz) cans

99¢

BURRITO

Michelina's

99¢

Irresistible

Reese's

KitKat

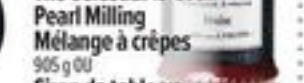
99¢

Coca-Cola or
Coke Zero
1 L

99¢

metro.ca

\$ New Lower Prices



4.49
ea.

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal

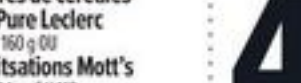


2.49
ea.

GO!
Cereal
GO! Mix
GO! Cereal

GO!
Cereal
GO! Mix
GO! Cereal

GO!
Cereal
GO! Mix
GO! Cereal



4.99
ea.

Nature's Path
Cereal
Nature's Path Mix
Nature's Path Cereal

Nature's Path
Cereal
Nature's Path Mix
Nature's Path Cereal

Nature's Path
Cereal
Nature's Path Mix
Nature's Path Cereal



4.99
ea.

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal



4.99
ea.

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal



4.99
ea.

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal

Chex
Cereal
Chex Mix
Chex Cereal

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.

Farm Fresh Produce

Organic

Sliced & Diced **Fresh Blooms**

Fresh Blooms

Fresh Blooms



NEW

30⁰⁰
ea.

Rose Bouquet
Bouquet Rose Révérence
DOZELLE 12/DOZELLE



Orchids
2-1/2" x 12"
ARRANGEMENT 12/DOZELLE

Orchids
12" x 12" x 12"
ARRANGEMENT 12/DOZELLE

SALE \$9.00

16⁹⁹
ea.



Aloe Vera
Aloë
ARRANGEMENT 12/DOZELLE

12⁹⁹
ea.



Spring Bulbs
ARRANGEMENT 12/DOZELLE

Bulbs Spring Bulbs
ARRANGEMENT 12/DOZELLE

9⁹⁹
ea.



12⁹⁹
ea.

Baked in my Metro



Front Street Bakery
Cheesecake Cheesecake
Patis au fromage extra
cheesecake
Front Street Bakery
\$1
book in
pocket

749
ea.



Front Street Bakery
Pain de mie
Pain de mie
Front Street Bakery
\$1
book in
pocket

449
ea.



Front Street Bakery
Pain de mie
Pain de mie
Front Street Bakery
\$1
book in
pocket

449
ea.



Front Street Bakery
Pain de mie
Pain de mie
Front Street Bakery
\$1
book in
pocket

449
ea.



Front Street Bakery
Pain de mie
Pain de mie
Front Street Bakery
\$1
book in
pocket

449
ea.



Front Street Bakery
Pain de mie
Pain de mie
Front Street Bakery
\$1
book in
pocket

449
ea.

 369 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free	 399 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free	 599 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free	 899 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free
 299 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free	 199 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free	 649 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free	 799 ea. Doritos® de Pasañito Family Pack Cookies 100% All Natural, Preservative Free 100% All Natural, Preservative Free 100% All Natural, Preservative Free

Seafood

2 Ter

5⁰⁰

Freeze Pacific Cod Lake Perfection

Petit poisson de la région de l'est du Pacifique

1 lb

Wild Caught

9⁹⁹

Seafood Boil

POISSON 2,270 kg

Casseroles de fruits de mer

1000 g

Includes

SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

40 points

3⁹⁹

True Blue Maryland Crab Cakes

POISSON 100 g

Croquettes True Blue

Crab cakes de Maryland

100 g

3⁹⁹

Selection Salmon Trout

POISSON 100 g

Salmon Trout

100 g

6⁹⁹

Fresh Seafood

POISSON 100 g

Assortiment de fruits de mer

100 g

8⁹⁹

Store Made Seafood Sampler with Sauce

POISSON 100 g

Assortiment de fruits de mer avec sauce

100 g

4⁹⁹

Clear Ocean Cod and Salmon Scallops

POISSON 100 g

Filets de saumon et de morue

100 g

125 points

9⁹⁹

Cedar Bay Mac & Cheese

POISSON 100 g

Macaroni au fromage

100 g

125 points

9⁹⁹

Better Fish Battered Fillets

POISSON 100 g

Filets de poisson enrobés

100 g

14⁹⁹

True North Seafood

POISSON 100 g

Assortiment de fruits de mer

100 g

30 points

6⁹⁹

Invisible Crispy Calamari

POISSON 100 g

Calamari croustillants

100 g

40 points

7⁹⁹

Invisible Shrimp Pad Thai

POISSON 100 g

Pad Thai invisible aux crevettes

100 g

50 points

10⁹⁹

Invisible Shrimp Cocktail

POISSON 100 g

Shrimp cocktail invisible

100 g

50 points

10⁹⁹

Invisible Coconut Shrimp

POISSON 100 g

Crevettes invisibles

100 g

Unico

2⁴⁹

Unico Beans

POISSON 100 g

Haricots

100 g

Unico

1²⁹

Unico Tomato Paste

POISSON 100 g

Pâte de tomate Unico

100 g

Unico

1⁹⁹

Unico Solid Light Tuna

POISSON 100 g

Thon solide

100 g

Unico

3⁹⁹

Unico Olives

POISSON 100 g

Olives

100 g

2⁷⁹

Clearly Canadian Sparkling Water

POISSON 100 g

Eau pétillante

100 g

10⁴⁹

CRAFT Beer

POISSON 100 g

Bière CRAFT

100 g

12⁴⁹

Collection Arts Non-Alcoholic Beer

POISSON 100 g

Bière Collection Arts

100 g

12⁷⁹

Sapporo Beer

POISSON 100 g

Bière Sapporo

100 g

5⁷⁹

Barbecue

POISSON 100 g

Assortiment de fruits de mer

100 g

3⁴⁹

Planters

POISSON 100 g

Assortiment de fruits de mer

100 g

3⁹⁹

Planters

POISSON 100 g

Assortiment de fruits de mer

100 g

4⁹⁹

Sun Chips

POISSON 100 g

Chips de pommes de terre

100 g

4⁴⁹

Ryvita

POISSON 100 g

Croûtes

100 g

4⁷⁹

Celebration

POISSON 100 g

Croûtes

100 g

4⁴⁹

Excel Gum

POISSON 100 g

Gomme Excel

100 g

2⁴⁹

Oh Henry!

POISSON 100 g

Chocolats

100 g

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

**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 SNACKS

START YOUR **GUT HEALTH CHALLENGE**

137 810-1111 (137-8101)

YOU COULD WIN FREE ACTIVA[®] FOR A YEAR!

SCAN NOW

1199 ea.

GO GO SQUEEZE SNACK
12.5gg (3.5oz) 100% WHOLE GRAIN CRACKERS

399 ea.

KIRI[®] THE LARGEST COFFIN FOR CHEESE
100% FULL CREAM, 100% GREEK YOGURT

649 ea.

ACTIVA[®] EXPERT[®] HEAVY YOGURT
500g (17.6oz) 100% GREEK YOGURT

649 ea.

ACTIVA[®] EXPERT[®] YOGURT
250g (8.8oz) 100% GREEK YOGURT

A TASTE OF WINTER CHEER

1.99 **SPARKLING ICE DRINKS** 100% JUICED FRUIT FLAVORED SWEETENED

3.99 **FRUIT DRINKS** 100% JUICED FRUIT FLAVORED SWEETENED
 POMEGRANATE OR ALLICHI JUICE OR COCKTAILS OR
 100% JUICED ORANGE JUICE BEVERAGE
 100% JUICED FRUIT FLAVORED SWEETENED

2.99 **FRUIT DRINKS** 100% JUICED FRUIT FLAVORED SWEETENED
 FRUIT JUICE OR FRUIT JUICE BEVERAGE

4.69 **DRINK MIXERS** 100% JUICED FRUIT FLAVORED SWEETENED
 OASIS MIXERS 100% JUICED FRUIT FLAVORED SWEETENED
 OASIS MIXERS 100% JUICED FRUIT FLAVORED SWEETENED

moi rewards



join today and save

Certain conditions apply,
see moirewards.ca for conditions.
Moi Rewards is a trademark of Metro Inc.



We take pride in sourcing locally from the
Eastern Ontario Region.

ST. ALBERT
MILD CHEDDAR CHEESE
270 g
SELECTED VARIETIES

8⁹⁹
ea.



L'ORIGINAL
HAMS
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



ST. ALBERT
MEDIUM OR OLD
CHEDDAR CHEESE
270 g
SELECTED VARIETIES

9⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



JOE THE DOG ORGANIC
GROUND COFFEE
OR COFFEE BEANS
340 g
SELECTED VARIETIES

12⁹⁹
ea.



SKOTIDAKIS
GREEK YOGURT
500 g
SELECTED VARIETIES

5⁴⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

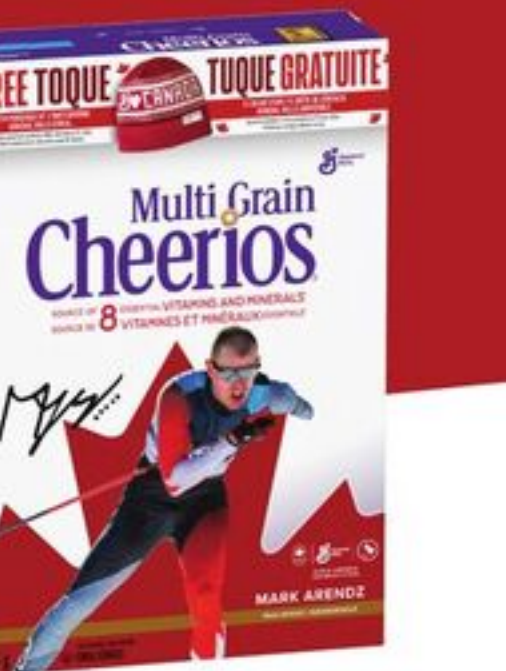
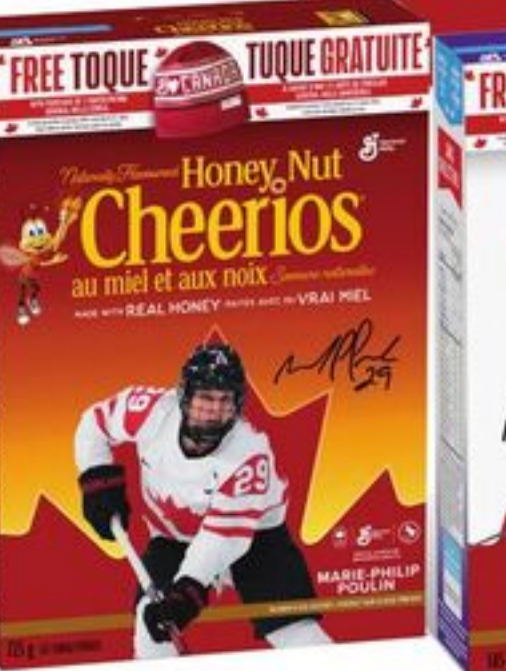
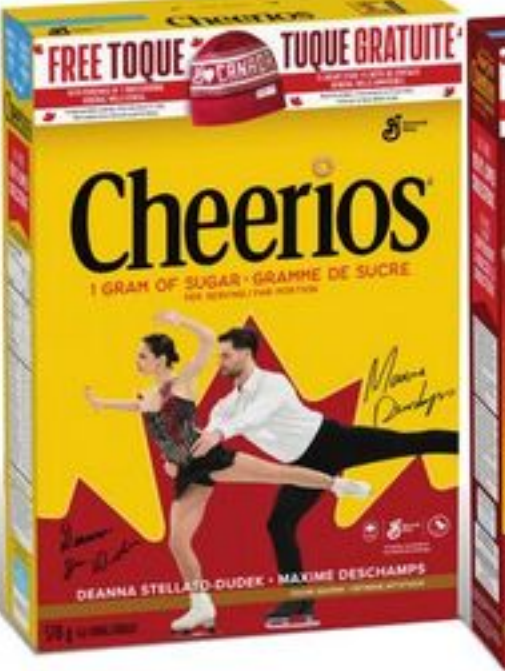


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

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.

