

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



990



199
ea.

Angel Sweet Tomatoes 283 g
PRODUCT OF CANADA OR MEXICO

Dole Garden Salad or Colourful Coleslaw 340 - 290 g
PRODUCT OF U.S.A.

Tomatoes Angel Sweet 283 g
PRODUIT DU CANADA OU DU MEXIQUE

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

[illegible]



ONLY

99¢

GREAT PRICE!



metro.ca

New Lower Prices



Worthington's White
100% Whole Wheat Bread or Bagels
200g (7.05 oz) 12/12
\$1.99 ea.



Pain Dempster's White
60" 100% Whole Wheat Bread or Bagels
200g (7.05 oz) 12/12
\$1.99 ea.



Maple Leaf Natural Selections or Schedules
100% Whole Wheat Bread or Bagels
200g (7.05 oz) 12/12
\$1.99 ea.



Characteristics Natural Selections or Schedules
100% Whole Wheat Bread or Bagels
200g (7.05 oz) 12/12
\$1.99 ea.



Maple Leaf Prime Chicken Wings or Breaded Chicken
100g (3.5 oz) 12/12
\$8.99 ea.



Store Made
100g (3.5 oz) 12/12
\$3.99 ea.



Tostitos Garden of Eatin' Spicy California Rolls
100g (3.5 oz) 12/12
\$14.00 ea.



Night Time Baked Buttered or Cash of the Day Fish Fillets
100g (3.5 oz) 12/12
\$10.99 ea.



Activia Multi Yogurt
100g (3.5 oz) 12/12
\$6.49 ea.



Activia Multi Yogurt
100g (3.5 oz) 12/12
\$6.49 ea.



Olympic Yogurt
100g (3.5 oz) 12/12
\$4.99 ea.



Liberte Yogurt
100g (3.5 oz) 12/12
\$3.49 ea.



St. Hubert Small
100g (3.5 oz) 12/12
\$4.49 ea.



Lactee Go Pure
100g (3.5 oz) 12/12
\$2.49 ea.



Nature's Path, One
100g (3.5 oz) 12/12
\$4.99 ea.



Cinnamon Chex
100g (3.5 oz) 12/12
\$4.99 ea.



Lay's Family Size Chips or Mini Cucumber Snacks
100g (3.5 oz) 12/12
\$3.99 ea.



Cheetos
100g (3.5 oz) 12/12
\$3.99 ea.



Mighty Morsels
100g (3.5 oz) 12/12
\$4.99 ea.



Reese's minis
100g (3.5 oz) 12/12
\$4.99 ea.



Hungry Man
100g (3.5 oz) 12/12
\$5.99 ea.



eska
100g (3.5 oz) 12/12
\$5.49 ea.



Veggie
100g (3.5 oz) 12/12
\$2.99 ea.



Kettle
100g (3.5 oz) 12/12
\$2.99 ea.



Ranch's Kitchen
100g (3.5 oz) 12/12
\$4.99 ea.



Bovardee
100g (3.5 oz) 12/12
\$2.49 ea.



Bush's
100g (3.5 oz) 12/12
\$2.49 ea.



Zigloc
100g (3.5 oz) 12/12
\$5.49 ea.



Mol Rewards
100g (3.5 oz) 12/12
\$5.99 ea.



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We reserve the right to limit quantities. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES. Visit us at micro.co to see all products and prices. WIN \$5000 in groceries.

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

Large Cosmic Apples
PRODUCT OF U.S.A.
5.49/kg
249 /lb

Strawberries
PRODUCT OF U.S.A.
5.49/kg
499 ea.

Blackberries
PRODUCT OF U.S.A.
5.49/kg
399 ea.

Cauliflower
PRODUCT OF U.S.A. No. 1 Loose
5.49/kg
499 ea.

Jumbo Cherries
PRODUCT OF U.S.A. No. 1 Loose
5.49/kg
699 /lb

Avocado
PRODUCT OF U.S.A.
5.49/kg
499 ea.

Roma Tomatoes
PRODUCT OF U.S.A.
5.49/kg
249 /lb

Extra Large Green Peppers
PRODUCT OF U.S.A.
5.49/kg
299 /lb

Large Cara Cara Oranges
PRODUCT OF U.S.A.
5.49/kg
299 /lb

Custard Apples
PRODUCT OF U.S.A.
5.49/kg
599 ea.

White Seedless Raisins
PRODUCT OF U.S.A.
5.49/kg
500 /lb

Beefsteak Cereals
PRODUCT OF U.S.A.
5.49/kg
169 /lb

Large Bosc or Anjou Pears
PRODUCT OF U.S.A.
5.49/kg
269 /lb

Roma & Leaf Tomatoes
PRODUCT OF U.S.A.
5.49/kg
399 /lb

Eggplants or Green Zucchini
PRODUCT OF U.S.A.
5.49/kg
249 /lb

Sweet Potatoes
PRODUCT OF U.S.A.
5.49/kg
399 /lb

Fruit to go 100% Fruit Strips
PRODUCT OF U.S.A.
5.49/kg
1199 ea.

Belle Glove Burgers de soja
PRODUCT OF U.S.A.
5.49/kg
499 ea.

Belle Glove Burgers de viande
PRODUCT OF U.S.A.
5.49/kg
479 ea.

Belle Glove Radishes
PRODUCT OF U.S.A.
5.49/kg
249 ea.

Sunny Fruit Organic Sweet Figs
PRODUCT OF U.S.A.
5.49/kg
1999 ea.

Organic Seedless Sweet Oranges
PRODUCT OF U.S.A.
5.49/kg
349 /lb

Belle Glove Burgers de viande
PRODUCT OF U.S.A.
5.49/kg
379 ea.

Life Smart Organic Plain Firm Tofu
PRODUCT OF U.S.A.
5.49/kg
299 ea.

Ready to Cook Vegetables
PRODUCT OF U.S.A.
5.49/kg
599 ea.

Cored Peaches
PRODUCT OF U.S.A.
5.49/kg
499 ea.

Red or Yellow Seedless Watermelon Quarters
PRODUCT OF U.S.A.
5.49/kg
177 /lb

Stone Made Fruit Salad
PRODUCT OF U.S.A.
5.49/kg
999 ea.

Aloe Vera
PRODUCT OF U.S.A.
5.49/kg
1299 ea.

Spring Bulbs
PRODUCT OF U.S.A.
5.49/kg
999 ea.

Our Butcher's Finest

Fresh Chicken
1/2 Chicken
1.5 kg
Poulet de poulet
fraîchement
1.5 kg

3⁹⁹
/lb

Like Smart Naturala Grass Fed
Beefsteak 100% Grass Fed
1.5 kg
Biftecks de bœuf de vache
crainte de la viande
Naturelle
1.5 kg

19⁹⁹
/lb

100%
CANADIAN
ANGUS
100% GRASS FED

Porter's 100% Angus
Dry of Bone
1.5 kg
Bœuf de bœuf de vache
Angus 100% Angus
1.5 kg

7⁹⁹
/lb

Business Park Sides
1.5 kg
Côte de porc
1.5 kg

4⁹⁹
/lb

Medium Ground Beef Value Pack
1.5 kg
Bœuf haché en vrac
1.5 kg

6⁹⁹
/lb

Fresh Soft Chicken Breast
1.5 kg
Demi-poulet de poulet
1.5 kg

4⁹⁹
/lb

Fresh Roastery
1.5 kg
Lamb Leg
1.5 kg

12⁹⁹
/lb

Lean Ground Lamb
1.5 kg
Bœuf haché en vrac
1.5 kg

9⁹⁹
ea.

Selection Wimmers
1.5 kg
Saucisses Wimmers
1.5 kg

2⁹⁹
ea.

Fletcher's Pork Cottage Roll
1.5 kg
Côte de porc
1.5 kg

4⁹⁹
/lb

Bacon
1.5 kg
Bacon
1.5 kg

4⁹⁹
ea.

Maple Lager Wimmers
1.5 kg
Saucisses Wimmers
1.5 kg

6⁹⁹
ea.

Maple Leaf Fully Cooked Chicken
1.5 kg
Poulet entièrement cuit
1.5 kg

8⁹⁹
ea.

Kelsey's Original
1.5 kg
Côte de porc
1.5 kg

12⁹⁹
ea.

Pops Branded Wimmers
1.5 kg
Saucisses Wimmers
1.5 kg

15⁹⁹
ea.

4th Street Fully Cooked
1.5 kg
Poulet entièrement cuit
1.5 kg

16⁹⁹
ea.

Organic

duBreton
1.5 kg
Saucisses duBreton
1.5 kg

7⁹⁹
ea.

duBreton
1.5 kg
Côte de porc
1.5 kg

7⁹⁹
ea.

Yorkshire Valley Farms
1.5 kg
Saucisses Yorkshire Valley Farms
1.5 kg

14⁹⁹
ea.

Yorkshire Valley Farms
1.5 kg
Saucisses Yorkshire Valley Farms
1.5 kg

14⁹⁹
ea.

duBreton Organic
1.5 kg
Saucisses duBreton
1.5 kg

8⁹⁹
ea.

duBreton Organic
1.5 kg
Côte de porc
1.5 kg

8⁹⁹
ea.

Yorkshire Valley Farms
1.5 kg
Saucisses Yorkshire Valley Farms
1.5 kg

12⁹⁹
ea.

Yorkshire Valley Farms
1.5 kg
Saucisses Yorkshire Valley Farms
1.5 kg

15⁹⁹
ea.

Frost Street Bakery
Double Cheese Bread
Pasta to Accompany
Frost Street Bakery
City

Frost Street Bakery
Cheese Burger
Cheese Sliders
Pasta to Accompany
Frost Street Bakery
City

Frost Street Bakery
Pork Chops
Pasta to Accompany
Frost Street Bakery
City

Frost Street Bakery
Chicken Sandwich
Pasta to Accompany
Frost Street Bakery
City

Frost Street Bakery
Chicken Salad
Pasta to Accompany
Frost Street Bakery
City

Frost Street Bakery
Chicken Sandwich
Pasta to Accompany
Frost Street Bakery
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Frost Street Bakery
Chicken Sandwich
Pasta to Accompany
Frost Street Bakery
City

[illegible]

\$1
back in
points*

125
points

VALUE PICK

299 /100g

San Daniele Moricella
Moricella San Daniele
100% 100% PURE
100% PURE
100% PURE

299 /100g

Maple Cappello
Maple Hat
100% PURE
100% PURE
100% PURE

335 /100g

Irresistibles Artisan
Emmental Cheese
100% PURE
100% PURE
100% PURE

399 /100g

Irresistibles Artisan
Emmental Cheese
100% PURE
100% PURE
100% PURE

399 /100g

Irresistibles Artisan
Emmental Cheese
100% PURE
100% PURE
100% PURE

649 /100g

Olymel Sliced Deli Meat
100% PURE
100% PURE
100% PURE

799 /100g

Irresistibles Artisan
Emmental Cheese
100% PURE
100% PURE
100% PURE

1599 /100g

Irresistibles Artisan
Emmental Cheese
100% PURE
100% PURE
100% PURE

879 /100g

Santalini's Smoke House
100% PURE
100% PURE
100% PURE

899 /100g

Santalini's Smoke House
100% PURE
100% PURE
100% PURE

799 /100g

Santalini's Smoke House
100% PURE
100% PURE
100% PURE

1399 /100g

Santalini's Smoke House
100% PURE
100% PURE
100% PURE

125 /100g

Santalini's Smoke House
100% PURE
100% PURE
100% PURE

2699 /100g

Santalini's Smoke House
100% PURE
100% PURE
100% PURE

metro.ca

Seafood

2 for \$5.00

Frozen Pacific Cold Lake Perchons
10lb

Pinto sausage de toro de carneiro 10 lb

40 points

3.99 ea.

Tostitos Marjand Crab Cakes
4oz

Coqueletes Flao Blue de color de Marjand
SABOR DE PASTEL DE CARNE, 100g

3.99 ea.

Selection
Frozen Seafood 10lb

Coqueletes Flao Blue de color de Marjand
SABOR DE PASTEL DE CARNE, 100g

3.99 ea.

Cador Bay Crabmeat Lobster Mac & Cheese
10lb

Macaroni
Cador Bay de Marjand
de la Canada 10lb

4.99 ea.

Clear Ocean Cooked Crab Scallops
10lb

Pequeños de scallop
Clear Ocean 10lb

125 points

\$1 back on purchase

3.99 ea.

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10lb

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Clear Ocean 10lb

Invisible 30 points 6⁹⁹ ea. Invisible Crispy Calamari Caramelo crocanti Caramelo crocanti Caramelo crocanti Caramelo crocanti Caramelo crocanti	Invisible 40 points 7⁹⁹ ea. Invisible Shrimp Pad Thai Pad Thai con caridei Pad Thai con caridei Pad Thai con caridei Pad Thai con caridei Pad Thai con caridei	Invisible 50 points 10⁹⁹ ea. Invisible Salsiccia Salsiccia Salsiccia Salsiccia Salsiccia	Invisible 50 points 10⁹⁹ ea. Invisible Coconut Shrimp Caramelo crocanti Caramelo crocanti Caramelo crocanti Caramelo crocanti Caramelo crocanti
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249 ea. Unico Smoothie Orange Pineapple 240 ml (8 FL OZ) Légumineuses aux orange et ananas 240 ml (8 ONCES LIQUIDES)	129 ea. Unico Smoothie Peach Pineapple 240 ml (8 FL OZ) Fruit de la tamarinde et ananas 240 ml (8 ONCES LIQUIDES)	199 ea. Unico Fruit Light Peach Pineapple 240 ml (8 FL OZ) Fruit de la tamarinde et ananas 240 ml (8 ONCES LIQUIDES)	399 ea. Unico Smoothie Peach Pineapple 240 ml (8 FL OZ) Fruit de la tamarinde et ananas 240 ml (8 ONCES LIQUIDES)
279 ea. Clearly Canadian Sparkling Water Lemon 500 ml (16.9 FL OZ) Eau pétillante Citron Canadienne 500 ml (16.9 ONCES LIQ.)	1049 ea. CRFT Non-Alcoholic Beer Black CRFT Unalcoholic Beer 330 ml (11.3 FL OZ) Bière CRFT sans alcool 330 ml (11.3 ONCES LIQUIDES)	1249 ea. Collaborative Arts Hazy Pale Ale 330 ml (11.3 FL OZ) Bière Collaborative Arts Hazy Pale Ale 330 ml (11.3 ONCES LIQUIDES)	1279 ea. Sapporo Lager Beer 330 ml (11.3 FL OZ) Bière Lager Sapporo 330 ml (11.3 ONCES LIQUIDES)
579 ea. Barbecue Seasoning 100 g (3.5 OZ) Saisonings Barbecue 100 g (3.5 ONCES LIQUIDES)	349 ea. Pumpkin Seeds 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)	399 ea. Planters Planters 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)	499 ea. Sun Chips 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)
449 ea. RVITA Cereals 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)	479 ea. Celebration Cakes 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)	449 ea. Excel Cakes 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)	249 ea. Oh Henry! Cakes 100 g (3.5 OZ) Graines Cocolettes 100 g (3.5 ONCES LIQUIDES)



More Great Savings

[illegible]

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
16 bag, 5.6 oz (156g)

3⁹⁹ ea.

KIRI®: THE LARGEST CHOICE OF KIRI CHOICES
16 oz (454g) 3% Greek Yogurt

START YOUR **ACTIVA GUT HEALTH CHALLENGE**

145 mg - 100 mg

4oz 40g

ACTIVA EXPERT
PROBIOTIC YOGURT
100% GREEK YOGURT
NEW!

6⁴⁹ ea.

ACTIVA PROBIOTIC YOGURT
5.3 oz (150g) 3% Greek Yogurt

6⁴⁹ ea.

ACTIVA EXPERT PROBIOTIC YOGURT
5.3 oz (150g) 3% Greek Yogurt
NEW!

[illegible][illegible]

moi rewards



join today and save

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

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

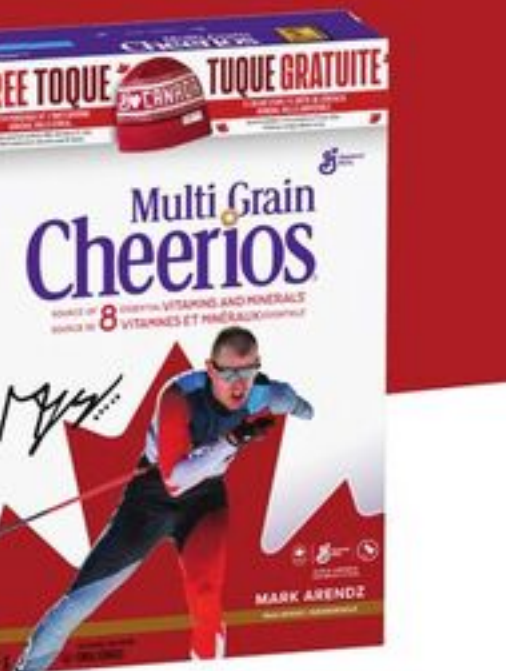
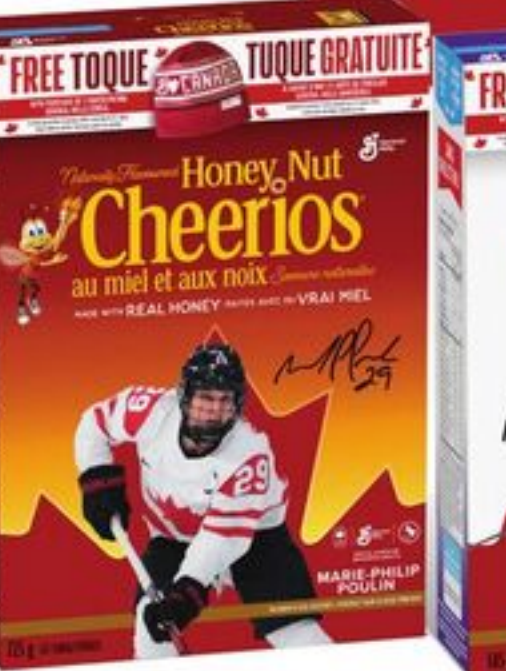
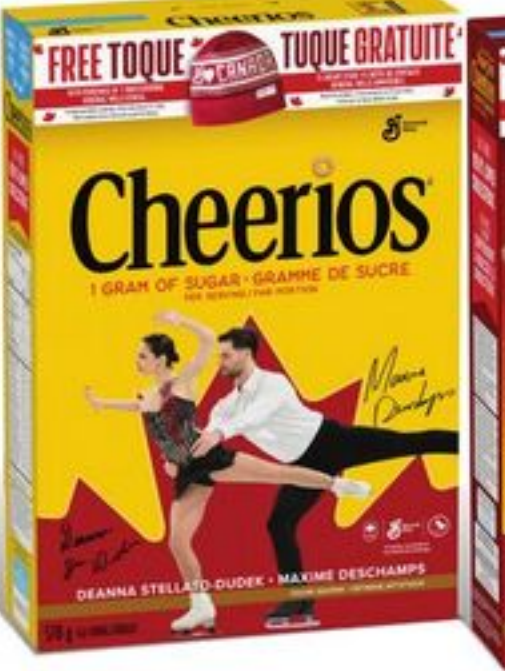


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



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% DARK CHOCOLATE
SELECTED VARIETIES

9⁹⁹ ea.



BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.

