

[illegible]

ONLY

99¢

GREAT PRICE!



\$ New Lower Prices

[illegible]

Offers in this flyer are available at the following Metro locations only:
400 Bayfield Street and 640 Maplevue Drive East

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! www.metro.ca

[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.

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. TRADE

3.99 ea.

BLACKBERRIES 50g

4.99 ea.

20 pounds

CAULIFLOWER
PRODUCT OF U.S.A. & U.S. TRADE

6.99 /lb

JUMBO CHERRIES
PRODUCT OF CANADA, U.S. TRADE
75.41kg

4.99 ea.

AVOCADOS 400g
PRODUCT OF MEXICO

2.49 /lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF U.S.A.
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 U.S.A.

5.00

2 for

BROCCOLI CROWNS
PRODUCT OF U.S.A. & U.S. TRADE

1.99 /lb

SWEET POTATOES
PRODUCT OF CANADA
4.30kg

2.69 /lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA
5.53kg

2.49 /lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. & U.S. TRADE
5.40kg

2.99 /lb

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

3.99 /lb

HEIRLOOM TOMATOES
PRODUCT OF U.S. & U.S. TRADE
8.90kg

11.99 ea.

SUN DRYE
FRUIT & VEGGIE STRIPS 100g
PRODUCT OF U.S.A.

4.99 ea.

20 points

SAVORY TOFU BURGERS 400g

4.79 ea.

20 points

BELLE GROVE BROCCOLINI
PRODUCT OF U.S.A.
1.00kg (2.20lb)

2.49 ea.

10 pounds

RAIDIS RADISHES
PRODUCTS OF U.S.A. & U.S. TRADE

25
pieces

5⁹⁹
ea.

**READY TO COOK
VEGETABLES**
CUCUMBER 100g
TOMATOES 100g
PEPPERS 100g

4⁹⁹
ea.

CORED PINEAPPLES
100g

NEW

30⁰⁰
ea.

**ROSE REVERIE
BOUQUET**
100cm x 10cm

ORCHIDS
2.5L POT
40cm x 10cm

SAVE \$3.00

16⁹⁹
ea.

9⁹⁹
ea.

**STORE MADE
LARGE PINEAPPLE
FRUIT SALAD** 100g

1⁷⁷
/lb

**RED OR YELLOW SEEDLESS
WATERMELON QUARTERS**
2.5kg/10

ALOE VERA
6" POT

12⁹⁹
ea.

SPRING BULBS
6" POT
10cm x 10cm

9⁹⁹
ea.

NEW

30⁰⁰
ea.

ROSE REVERE BOUQUET
ROSE REVERE BOUQUET

ORCHIDS
2.5" POT
ORCHIDS

SAVE \$3.00

16⁹⁹
ea.

ALOE VERA
2" POT
ALOE VERA

12⁹⁹
ea.

SPRING BULBS
6" POT
SPRING BULBS

9⁹⁹
ea.

Our Butcher's Finest

**FRESH CHICKEN
QUARTERS**
1.80kg

3⁹⁹
/lb

**BONELESS PORK
LOIN CHOPS**
1.10kg

4⁹⁹
/lb

MEDIUM GROUND BEEF
1.41kg

6⁹⁹
/lb

**FRESH ROSEMARY
LAMB LEGS**
2.54kg

12⁹⁹
/lb

LEAN GROUND LAMB
1.13kg

9⁹⁹
ea.

FRESH SPLIT CHICKEN BREAST
1.10kg

4⁹⁹
/lb

**PLATINUM GRILL ANGUS
EYE OF ROUND ROAST**
1.81kg

7⁹⁹
/lb

**100% CANADIAN
ANGUS**
1.81kg

5⁹⁹
/lb

**LIFE SMART! NATURAL
GRASS FED ROUND STEAK**
1.81kg

19⁹⁹
/lb

**FRESH SALMON
FILLET**
1.81kg

19⁹⁹
/lb

**100% AUSTRALIAN
ANGUS**

Steaks appear to be a mixture of all three. Free range grass fed. Natural natural antibiotics. Natural without added hormones.

**100% AUSTRALIAN
ANGUS**

ESTABLISHED 1982

SPRING LAMB

1.13kg

1.13kg

2.99 ea. **SELECTION MEATLOAF** 10.50kg

4.99 1/lb **FLETCHER'S PORK COTTAGE ROLL** 11.00kg

4.99 ea. **SELECTION BACON** 10.50kg

6.99 ea. **MAPLE LOGS TOASTED CHICKEN WENERS OR ZIPPIN' HAWK 10.50kg**

8.99 ea. **MAPLE LARD FULLY COOKED CHICKEN** 20.50kg

12.99 ea. **KELSEYS ORIGINAL BACKSIDE PORK BACK RIBS** 11.00kg

15.99 ea. **POGO BREADED WENERS** 10.50kg

16.99 ea. **44TH STREET FULLY COOKED BEEF PORK CHAST** 10.50kg

7.99
ea.

duBreton
ORGANIC BACON 200g

7.99
ea.

duBreton
McLEAN ORGANIC
BREAKFAST SAUSAGES
200g

8.99
ea.

duBreton
ORGANIC PORK
SAUSAGES
200g

8.99
ea.

duBreton
ORGANIC
EXTRA LEAN
GROUND PORK 450g

14.99

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILLETS
1.5kg

14.99

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILLETS OR BITES
1kg

12.99

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
1kg

15.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
WINGS
1kg

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
POT PIE
1kg

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC MEAT PIES
1kg

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC PATE AU
POILET BIOLOGIQUE
1kg

Baked in my Metro



FRONT STREET BAKERY
CHEDDAR CHEESE BUNS
125 g

749

125

ea.

\$1

back in points



FRONT STREET BAKERY
RYE BREADS
200 g

449

ea.



FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
160 g (1 & 4.42) 400 g

599

ea.



FRONT STREET BAKERY
PANINI ROLLS
160 g (1 & 4.42) 400 g

399

ea.



FRONT STREET BAKERY
CAKE SLICES
200 g (1 & 4.42) 400 g

399

ea.



FRONT STREET BAKERY
MINI DESSERT CAKES
200 g (1 & 4.42) 400 g

1099

125

ea.

\$1

back in points



DEMPSTERS
FRESHLY BAKED
PUMPKIN BREAD
PUMPKINCKEL OR
MARBLE ea. 200 g

369

ea.



DEMPSTERS
HOT DOG OR
HAMBURGER BUNS
160 g (1 & 4.42) 400 g

399

ea.



FRONT STREET BAKERY
FAMILY PACK COOKIES
160 g (1 & 4.42) 400 g

899

125

ea.

\$1

back in points



FRONT STREET BAKERY
CUPCAKES
160 g (1 & 4.42) 400 g

699

ea.



DEMPSTERS
ENGLISH MUFFINS
160 g (1 & 4.42) 400 g

299

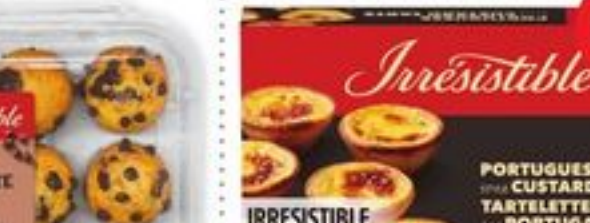
ea.



FRONTIER BAKERY
PITA
160 g (1 & 4.42) 400 g

199

ea.



INEVITABLE
MINI MUFFINS
160 g (1 & 4.42) 400 g

799

125

ea.

\$1

back in points



INEVITABLE
MINI MUFFINS
160 g (1 & 4.42) 400 g

649

ea.



SAN DANIELE
MORTADELLA
100 g

299

/100 g



MASTRO CAPICOLL
MILD OR HOT
100 g

299

/100 g



EMMENTAL CHEESE
100 g

335

/100 g



EMMENTAL CHEESE
100 g

399

/100 g



OLYME
SLICED DELI MEAT
100 g

399

/100 g



OLYME
SLICED DELI MEAT
100 g

649

/100 g



THE STILLE
BOCETTA OR BOCCONCINI
100 g

799

/100 g



THE STILLE
BOCETTA OR BOCCONCINI
100 g

1599

/100 g



SMOKE
HOUSE
SALAMI
100 g

879

/100 g



SCHNEIDERS
BOLOGNA
100 g

899

/100 g



THE STILLE
PETA CHEESE
100 g

799

/100 g



THE STILLE
PETA CHEESE
100 g

1399

/100 g



FAMILY
PACK
LUNCH MATES
100 g

399

/100 g



FAMILY
PACK
LUNCH MATES
100 g

999

/100 g



FRESH STUFFED
PASTA OR SKILLET
100 g

2699

/100 g



FRESH STUFFED
PASTA OR SKILLET
100 g

250

/100 g







[illegible]

Seafood

2 for \$5.00

FROZEN PACIFIC COD LOW PORTIONS 100g

WILD CAUGHT

SEAFORD BOX
FROZEN 2.575kg

\$9.99 /lb

INCLUDES

SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

40 points

\$3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
PREPARED FROZEN, 100g

\$3.99 ea.

SELECTION BOSTON CRAB
FROZEN COIL, 220g

\$6.99 ea.

FRESH ATLANTIC SALMON PINWHEEL 100g

\$8.99 ea.

STORE MADE SEAFOOD CLAM PIE WITH CHEESE
PREPARED FROZEN, 350g

\$1 bonus points

\$4.99 ea.

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN, 100g

\$125 points

\$9.99 ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN, 100g

\$125 points

\$9.99 ea.

BETTER FISH BARRAMUNDI BUTTERFISH BARRAMUNDI FILLETS
FROZEN, 100g

\$125 points

\$14.99 ea.

TRUE WORTH DRIED HONEY SMOKED SALMON
FROZEN, 100g

Four boxes of Invisibilté frozen seafood products are displayed. Each box features the brand name 'Invisibilté' in a script font at the top. The first box is 'Invisibilté CRISPY CALAMARI' with 30 pieces, priced at \$6.99. The second is 'Invisibilté CHICKEN PAO' with 40 pieces, priced at \$7.99. The third is 'Invisibilté SALMON' with 50 pieces, priced at \$10.99. The fourth is 'Invisibilté CHICKEN STRIP' with 50 pieces, priced at \$10.99. Each box also includes a 'Nutrition Facts' label on the right side.

249 ea. UNICO BEANS OR TOMATOES 14.5 oz. (410g) SWEETENED	249 ea. UNICO BEANS OR TOMATOES 14.5 oz. (410g) SWEETENED	129 ea. UNICO SWEETENED PASTE 14.5 oz. (410g)	199 ea. UNICO SOLID LIGHT TUNA 5 oz. (142g)	399 ea. UNICO OLIVES 14.5 oz. (410g)
279 ea. CLEARLY CANADIAN SPARKLING WATER 16.9 FL. OZ. (500 mL)	279 ea. CLEARLY CANADIAN SPARKLING WATER 16.9 FL. OZ. (500 mL)	1049 ea. CRAFT NON-ALCOHOLIC BEER 12 oz. (355 mL) 0% ALC/VOL	1249 ea. COLLECTIVE ARTS NON-ALCOHOLIC BEER 12 oz. (355 mL) 0% ALC/VOL	1279 ea. SAPPORO ZERO 12 oz. (355 mL) 0% ALC/VOL
579 ea. SELECTION PEANUTS 12 oz. (340g) SWEETENED	579 ea. SELECTION PEANUTS 12 oz. (340g) SWEETENED	349 ea. PRINGLES MEGA CHIPS 12 oz. (340g) SWEETENED	399 ea. PLANTERS TRAIL MIX 12 oz. (340g) SWEETENED	499 ea. SUN CHIPS MULTIGRAIN CHIPS 12 oz. (340g) SWEETENED
449 ea. RVVITA CROISSANTS 12 oz. (340g) SWEETENED	449 ea. RVVITA CROISSANTS 12 oz. (340g) SWEETENED	479 ea. CELEBRATION COOKIES 12 oz. (340g) SWEETENED	449 ea. EXCEL GUM 12 oz. (340g) SWEETENED	249 ea. HERSHEY KING SIZE NOUGATE CANDY 12 oz. (340g) SWEETENED



**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.
PILLSBURY PIZZA POP OR
TOASTER STRUDEL SAUCKS
100g (3.5oz)



349 ea.
DOLE FRUIT CUPS
100g (3.5oz)



1099 ea.
SPLENDA
SWEETENER
200g (7.1oz)



499 ea.
SELECTION
PEANUT BUTTER
250g (8.8oz)



549 ea.
LIFE
CEREAL
100g (3.5oz)



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



399 ea.
HELLMANN'S
MAYONNAISE
200g (7.1oz)



579 ea.
NATREL
ORGANIC
COFFEE CREAM
100g (3.5oz)



1079 ea.
NATREL
ORGANIC
MILK
1L (33.8oz)



629 ea.
LACTANTIA
LACTOSE FREE MILK
1L (33.8oz)



569 ea.
LACTANTIA
ULTRA-PUR MILK
1L (33.8oz)



1199 ea.
KIRI
YOGURT
100g (3.5oz)



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



399 ea.
ACTIVIA
GUT HEALTH
CHALLENGE
100g (3.5oz)



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



199 ea.
ICEBERG
JUICE
100g (3.5oz)



399 ea.
ALLEN'S
JUICE
100g (3.5oz)



299 ea.
FRUITE
DRINKS
100g (3.5oz)



469 ea.
OASIS
JUICE
100g (3.5oz)



699 ea.
REAL DAIRY ICE CREAM OR
FROZEN DESSERT
100g (3.5oz)



699 ea.
NESTLE
FROZEN TREATS OR
DRINKS
100g (3.5oz)



599 ea.
HÄAGEN-DAZS
ICE CREAM
100g (3.5oz)



399 ea.
CRISP
CRISPS
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.

FLAVOURS
OF
**South
Asia**



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-SIZED 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 250g
SELECTED VARIETIES

4⁹⁹
ea.

ALLERGY SMART
COOKIES 100g
SELECTED VARIETIES

4⁹⁹
ea.

ALLERGY SMART
COOKIES 100g
SELECTED VARIETIES

4⁹⁹
ea.

Gluten-Free

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 100% COTTON
SELECTED VARIETIES

7⁵⁰
ea.

Charmin
BATHROOM TISSUE 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

Dority
SCENT BOOSTERS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

Pet

DELICIOUS
CAT TREATS 100g
SELECTED VARIETIES

8⁴⁹
ea.

WUNDERBARK
DOG TREATS 100g
SELECTED VARIETIES

6⁹⁹
ea.

BRUSHING
CHEWS 100g
SELECTED VARIETIES

12⁹⁹
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 100% COTTON
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOROX

CLOROX
BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

DOUBLE DUTY
CLUMP SEAL
CLUMPING LITTER 100g
SELECTED VARIETIES

19⁹⁹
ea.

CLUMP SEAL
CLUMPING LITTER 100g
SELECTED VARIETIES

19⁹⁹
ea.

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



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

NORTH COUNTRY
KIELBASA HAM
325 g
SELECTED VARIETIES

7⁴⁹
ea.



LEADBETTERS
BACON
375 g
SELECTED VARIETIES

5⁹⁹
ea.



MUSKOKA
FLAVOURED OIL
250 ml
SELECTED VARIETIES

6⁹⁹
ea.



MUSKOKA
SAUCES
355 ml
SELECTED VARIETIES

6⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



OUTDOOR FLAVOURS
SPICE MIXES
88 - 160 g
SELECTED VARIETIES

7⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

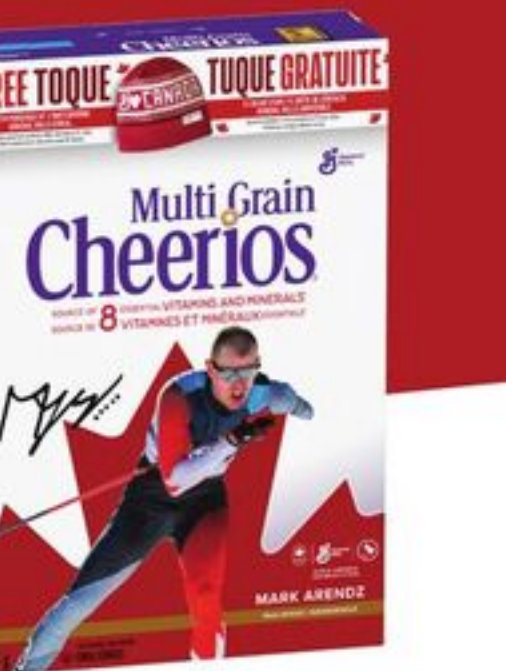
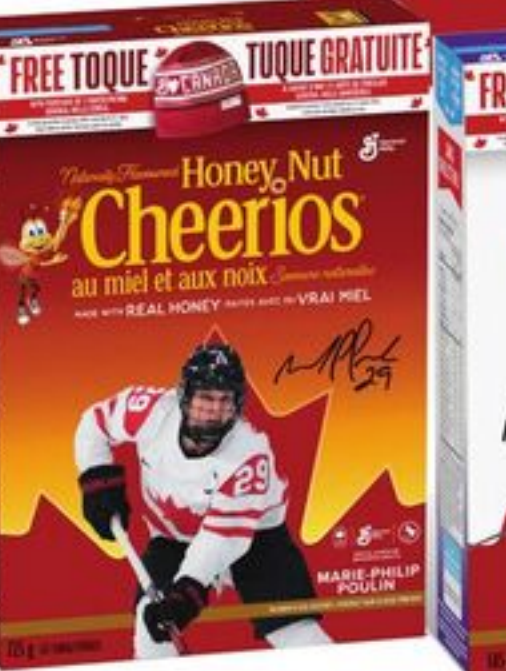
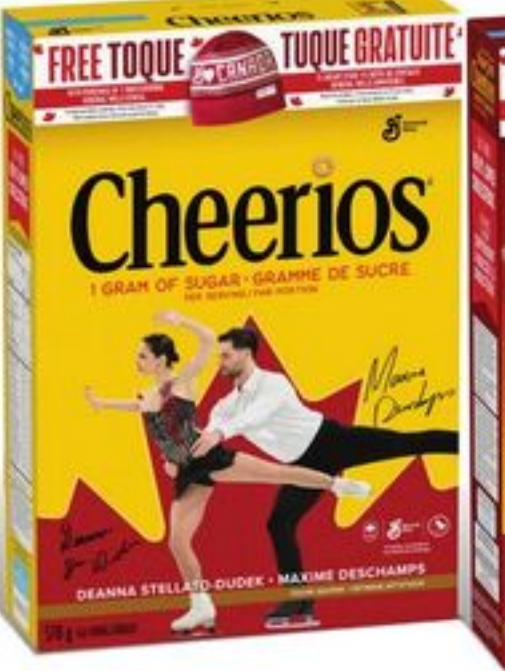


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



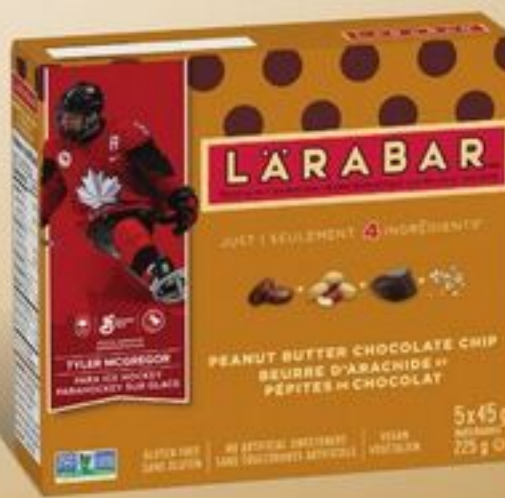
BUY 2 OLD EL PASO® KITS AND GET
\$10 TO FILL UP**
TO YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE

**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.