



99¢
/lb

LARGE RED PRINCE APPLES
1.50 lb (680g) (approx. 12-14 apples)



22¢
ea.

CRISPER CRACKERS, CRACKERS, CRISPERS OR ALL DO BITE & BITE CRACKERS ALL DAY!
MONDELEZ CRISPERS OR ALL DO BITE & BITE CRACKERS ALL DAY!



59¢
ea.

ACTIVIA YOGURT
DANONE



27¢
ea.

DEMPSTER'S GRAINS
BIMBO



488¢
ea.

SMOKED SAUSAGES
MAPLE LEAF

Effective January-February

TH	FR	SA	SU	MO
29	30	31	1	2

More freshness,
more savings.

mmMAZING!

days



PINTY'S
BUFFALO CHICKEN WINGS
100g
\$11.99 ea.



PINTY'S
CHICKEN BREAST FILLETS
200g
\$11.99 ea.



RASPBERRIES
1kg
\$2.44 ea. or /lb



SWEET ONIONS
1kg
\$3.99 ea.



10 Deluxe
CRISPY CHICKEN
100g
\$2.99 ea.



SMART Ones
CRISPY CHICKEN
100g
\$2.99 ea.



RED SKIRT BEEF
1kg
\$6.88 /lb



Ruffles
REGULAR POTATOES
100g
\$3.49 ea.



Miss Vickie's
ORIGINAL RECIPE
100g
\$3.49 ea.



MAPLE LEAF PRIME
1kg
\$5.99 /lb or ea.



Unico
TOMATO PASTE
1kg
\$9.99 ea.



Unico
SOLID LIGHT TUNA
1kg
\$9.99 ea.



Black Diamond
OLD-FORT
1kg
\$4.77 ea.



TIDE SMARTWAY
1kg
\$7.99 ea.



Gain
DOWNY SOFTENERS
1kg
\$7.99 ea.



EGGS
18 PK
\$4.88 ea.

Effective January-February 2026 | my savings my metro

mmMAZING!
days



3.99
ea.

FRESH SKINLESS ATLANTIC SALMON PORTIONS
100 g or
ROCK LOBSTER TAIL
2 oz. TAIL



5.99
ea.

**BLUE WATER
BREADED SH
FISH FILLETS**
FROZEN, 210 - 516
SELECTED VARIETIES



299
ea.



3.49
/100 g

IRRESISTIBLES ARTISAN TURKEY BREAST, EMMENTAL CHEESE OR CASTELLO HAVARTI
SELECTED HARTIG'S DELI SLICED, 15.830g



125 points

59¢
ea.



799
ea.

**NATIONAL
CROISSANT DAY
JAN 30, 2026**

metro.ca

mmMAZING! days

1⁹⁹ ea.

BODYARMOR PEACH MANGO LOW CALORIE SPORTS DRINK 50% MORE FLAVOR THAN REGULAR SWEETENED SODA 1.5L (50 FL OZ)

POWER RIDE BLUE RASPBERRY SPORTS DRINK 1.5L (50 FL OZ)

Coca-Cola

4⁴⁹ ea.

mini COCA-COLA LIGHT CANADIAN SOFT DRINKS 125ml (4.2 FL OZ)

7⁴⁹ ea.

fuze LEMON LIME FLAVORED TEA 1.5L (50 FL OZ)

2⁹⁹ ea.

Campbell's

CHUNKY BEEF & OSCAR 1.5L (50 FL OZ)

Habitant PEASOUP with SMOKED HAM 1.5L (50 FL OZ)

2²² ea.

Campbell's

Italian Wedding 1.5L (50 FL OZ)

1²⁵ ea.

Campbell's

Broth 1.5L (50 FL OZ)

3⁹⁹ ea.

Pace PACE SALSA 1.5L (50 FL OZ)

3⁴⁹ ea.

Goldfish CRACKERS 1.5L (50 FL OZ)

3⁹⁹ ea.

DANONE 6 ESSENTIAL NUTRIENTS ESSENTIELLES 1.5L (50 FL OZ)

3⁹⁹ ea.

Silk BEVERAGE 1.5L (50 FL OZ)

4⁹⁹ ea.

Delight INTERNATIONAL DELIGHT COFFEE CREAMER 1.5L (50 FL OZ)

5⁹⁹ ea.

ACTIVIA DRINKABLE YOGURT 1.5L (50 FL OZ)

mmMAZING! days



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mmMAZING! days

6⁹⁹ ea.

Jif **Crunchy** Peanut Butter 1.5L
Jif **Creamy** Peanut Butter 1.5L

21⁹⁹ ea.

Folgers **Dark Chocolate** Coffee Capsule 12/100% Arabica Beans

4⁹⁹ ea.

Robin Hood **ALL PURPOSE FLOUR** ORIGINAL 5L

10⁹⁹ ea.

Unstoppable **Unstoppable** 12/100% Arabica Beans

21⁹ ea.

Carnation **Evaporated Milk** 12/100% Arabica Beans

3⁹⁹ ea.

Maple Leaf **Natural Bacon naturel** Original 12/100% Arabica Beans

1⁹⁹ ea.

Maple Leaf **Maple Leaf** 12/100% Arabica Beans

4⁸⁸ ea.

Schneiders **Bacon, Bicy Jambos or Smoked Sausages or Maple Leaf Bacon** 12/100% Arabica Beans

7⁹⁹ ea.

Schneiders **Blue Ribbon** 12/100% Arabica Beans

6⁹⁹ ea.

Maple Leaf **Natural Selection** 12/100% Arabica Beans

3⁹⁹ ea.

Marc Angelo **Antipasto Misto** 12/100% Arabica Beans

4⁴⁹ ea.

Marc Angelo **Antipasto Misto** 12/100% Arabica Beans

6⁴⁹ ea.

Marc Angelo **Antipasto Misto** 12/100% Arabica Beans

11⁹⁹ ea.

Marc Angelo **Antipasto Misto** 12/100% Arabica Beans

12⁹⁹ ea.

Marc Angelo **Antipasto Misto** 12/100% Arabica Beans

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until February 4, 2026, in-store or online



NOW 9.99
ea.
SAVE UP TO \$4

13.99
ea.
SWISS CHALET
OR MONTANA'S
PORK BACK RIBS
FULLY COOKED, 600 - 650 g
SELECTED VARIETIES



NOW 4.99
ea.
SAVE UP TO \$2

6.99
ea.
BICK'S PICKLES
1 L
SELECTED VARIETIES



NOW 2.99
ea.
SAVE UP TO \$1

3.99
ea.
WERTHER'S OR
RIESEN CANDY
128 - 135 g
SELECTED VARIETIES



NOW 15.99
ea.
SAVE UP TO \$5

20.99
ea.
RED BULL
ENERGY DRINKS
8 x 250 mL
SELECTED VARIETIES



NOW 8.99
ea.
SAVE UP TO \$2

10.99
ea.
NEAR ZERO
NON-ALCOHOLIC BEER
4 x 473 mL
SELECTED VARIETIES



NOW 5.99
ea.
SAVE UP TO \$2

7.99
ea.
GLADE
STARTER KIT
1 m
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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



3⁹⁹
ea.
BLACKBERRIES
PRODUCT OF MEXICO



4⁹⁹
ea.
BLUEBERRIES (PINT)
PRODUCT OF MEXICO
No. 164002



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.39kg



2⁹⁹
ea.
BAPINI
PRODUCT OF U.S.A.



1⁹⁹
ea.
LARGE AVOCADOS
PRODUCT OF MEXICO



1⁹⁹
/lb
LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.39kg



3⁴⁹
/lb
GREEN BEANS
PRODUCT OF MEXICO
U.S.A.
7.09kg



2⁹⁹
ea.
ICEBERG LETTUCE
PRODUCT OF U.S.A. OR
MEXICO No. 161002



2⁹⁹
/lb
STEM & LEAF
CLEMENTINES
PRODUCT OF MEXICO
6.39kg



3⁹⁹
/lb
LARGE PEACHES OR
BLACK PLUMS
PRODUCT OF CALIF. No. 161002
LARGE NECTARINES
PRODUCT OF CALIF.
8.89kg



3⁴⁹
ea.
BELLE GROVE
WHITE SWEET OR
CREAM
MICRONISED 2027g
PRODUCT OF MEXICO



4⁹⁹
ea.
SWEET CORN (1/2)
PRODUCT OF MEXICO
U.S.A. No. 161002



5⁹⁹
ea.
RED GRAPEFRUIT (1/2)
PRODUCT OF U.S.A.



5⁹⁹
/lb
JUMBO CHERRIES
PRODUCT OF CALIF. No. 161002
13.29kg



4⁴⁹
ea.
ALTITUDE SALADS (1/2)
PRODUCT OF FLORIDA, U.S.A.
3.09kg



2⁴⁹
ea.
ASSORTED
COLOURED CARROTS
PRODUCT OF MEXICO
CARROTS No. 161002



5⁹⁹
ea.
COCONUT DATE
ROLLS (1/2)
11.9kg



4⁴⁹
ea.
CRAISINS
DRIED CRANBERRIES
10.9kg



3⁹⁹
ea.
RUSSET POTATOES (1/2)
PRODUCT OF CANADA
CANADA No. 161002



4⁴⁹
ea.
BROCCOLI
FLORETS,
MIREX OR
BROCCOLI
CALIFORNIA
MIREX (1/2)
10.9kg



6⁹⁹
ea.
GREENHOUSE
ORGANIC
JUICE OR
SMOOTHIES
100% FRUIT
100% FRUIT
100% FRUIT



3⁹⁹
ea.
BOOCH
ORGANIC KOMBUCHA
100% ORGANIC
100% ORGANIC
100% ORGANIC



2⁹⁹
/lb
ORGANIC RED
DELICIOUS APPLES
PRODUCT OF CANADA
6.39kg



5⁴⁹
ea.
ORGANIC
SWEET POTATOES
PRODUCT OF MEXICO
No. 161002



6⁹⁹
ea.
CHICKEN SALADS (1/2)
LARGE MEXICAN CHICKEN (1/2)
CRUNCHY MIX KITS (1/2)
FRUIT SANGRANOS (1/2)



25⁰⁰
ea.
SEASONAL
MIXED SALAD
ASSORTED COLOURED
AND TASTY



14⁹⁹
ea.
ANTHURUM
100% ORGANIC
ASSORTED COLOURED
AND TASTY



14⁹⁹
ea.
FRESH
CUT TRULIPS
100% ORGANIC
ASSORTED COLOURED
AND TASTY

Book your
**Valentine's Day
Flowers Now!**

Speak to one of our floral experts
to pre-book a bouquet or arrangement.

FROM FEBRUARY 1ST TO FEBRUARY 10TH, 2026



Our Butcher's Finest

FRESH ROASTING CHICKEN 1.5kg

3⁴⁹ /lb

PLATINUM GRILL ANGUS STEAK 100% CANADIAN ANGUS 4.53kg

19⁹⁹ /lb

LIFE SMART NATURALIA GRASS FED LEAN HIND BEEF 1.81kg

8⁹⁹ ea.

RED GRILL BEEF 1.81kg

8⁹⁹ /lb

MAPLE LEAN PRIME BAGED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN THIGHS VALUE PACK 1.81kg

6⁹⁹ /lb

BONELESS PORK LOIN CHOPS 1.81kg

5⁹⁹ /lb

VEAL LOIN CHOPS 1.81kg

13⁹⁹ /lb

LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK 4.53kg

20⁹⁹ /lb

SELECTION WIENERS 4.53kg

2⁹⁹ ea.

FORNIE BEEF OR CHICKEN 2.27kg

4⁹⁹ ea.

NEW IRRESISTIBLE PORK TENDERLOIN 1.81kg

7⁹⁹ ea.

IRRESISTIBLE MINI HAM 1.81kg

8⁴⁹ ea.

SELECTION CORN DOG 1.81kg

13⁴⁹ ea.

CRISPY CHICKEN WINGS 1.81kg

14⁴⁹ ea.

IRRESISTIBLE SHEPHERD'S PIE 1.81kg

11⁴⁹ ea.

IRRESISTIBLE BEEF BURGERS 1.81kg

16⁴⁹ ea.

Easy Meal Ideas

CHICKEN BALLS 1.81kg

5⁹⁹ ea.

SMOKED HAM 1.81kg

8⁹⁹ ea.

SELECTION BREADED CHICKEN 1.81kg

6⁹⁹ ea.

BUTTERBALL BONELESS TURKEY BREAST ROAST 1.81kg

22⁹⁹ ea.

Plant-Based

BEYOND PLANT-BASED SAUSAGES, BURGERS OR FROZEN CHICKEN TENDERS 1.81kg

7⁹⁹ ea.

BEYOND BURGERS 1.81kg

20⁹⁹ ea.

IMPOSSIBLE PLANT-BASED BURGERS OR GROUND 1.81kg

7⁹⁹ ea.

IMPOSSIBLE PLANT-BASED CHICKEN NUGGETS 1.81kg

7⁹⁹ ea.

 3⁹⁹ ea. PREMIERE MOISSON BAGUETTES 150g (5.3oz ean100)	 4²⁹ ea. FRONT STREET BAKERY RUSTIC COUNTRY BREAD 500g	 4⁹⁹ ea. Stonemill NATURALLY FERMENTED SPROUTED RYE & SOURDOUGH BREAD 500g	 4⁹⁹ ea. SUN MAID RAISIN BREAD 500g
 4²⁹ ea. FRONT STREET BAKERY PUMPKIN ROLLS MADE AT 400g	 4²⁹ ea. FRONT STREET BAKERY PUMPKIN ROLLS MADE AT 400g	 2⁹⁹ ea. Dempsie's ENGLISH MUFFINS ANGLOIS MADE AT 400g	 4⁹⁹ ea. Dempsie's CHOCOLATE CHIP MUFFINS MADE AT 400g

FLAVOURS OF

italy

ANISE-PENNEL

PRODUCE OF U.S.A.

2.24kg

12⁹⁹

/lb

MARZANFIOLO CACCIAIORE

SALAMI (10)

SELECTED CURED MEATS

12⁹⁹

ea.

NEW

IRRESISTIBLES

UNCOLORED

SOLID RINGS

PRODUCE OF U.S.A.

4⁹⁹

ea.

FRONT STREET BAKERY

RACHO HAZELNUT

CAKE (10)

31⁹⁹

ea.

UNICO

HOT PEPPER RINGS,

MARINATED

OLIVES OR

ARTICHOKE HEARTS

(10, 20 & 30)

2⁴⁹

ea.

BOTTLED RED OR WHITE

WINE VINEGAR (16.9 FL OZ)

2⁴⁹

ea.

3 For

5⁰⁰

LARGE ARTICHOKE

PRODUCE OF U.S.A.

8⁹⁹

ea.

IRRESISTIBLES

UNCOLORED

SOLID RINGS

PRODUCE OF U.S.A.

30

points

FRONT STREET BAKERY

LONG CARAMEL BREAD (10)

4²⁹

ea.

UNICO

MUFFULETTA

OLIVE SALAD (10)

4⁹⁹

ea.

SANPELLEGRINO

SPARKLING DRINKS

16.9 FL OZ

5⁹⁹

ea.

FRONT STREET BAKERY

SEMI RINGS

ROUNDELLES DE CALMAN

PRODUCE OF U.S.A.

6⁹⁹

ea.

UNICO

MUFFULETTA

OLIVE SALAD (10)

4⁹⁹

ea.

SANPELLEGRINO

SPARKLING DRINKS

16.9 FL OZ

5⁹⁹

ea.

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Seafood

SEAFORD BOWL
1.250g (x4)

9⁹⁹
/lb

INCLUDES

**SHOW CRAB,
RAW SHRIMP
LOBSTER CLAWS
AND CLAMS**

WILD SOCKEYE SALMON FILLETS
1.000g (x12)

15⁹⁹
/lb

**PACIFIC WHITE
SHRIMP SCRAMBLES**
1.000g (x12) PREPARED / PRECOOKED / FROZEN, 5kg

12⁹⁹
ea.

**TOMMY HANK
SEAFORD SALADS**
1.000g (x12) PREPARED / PRECOOKED / FROZEN, 5kg

7⁹⁹
/lb

**HOT SMOKED
WILD SOCKEYE
WILD PINK
SALMON
MUGGETS** 100g

7⁹⁹
ea.

**Claw
Crab Meat
WILDER**

19⁹⁹
ea.

**WILDER
PASTEURIZED
CRAB MEAT** 400g

**LOBSTER MEAT
CHAIN DE HORDAARD**
1.000g (x12) PREPARED / PRECOOKED / FROZEN, 5kg

3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
1.000g (x12)

4⁹⁹
ea.

**OCEAN PRIME
WHOLE CLAMS**
1.000g (x12)

**CHELSEA
SEAWEED
SMILETS**
1.000g (x12)

6⁹⁹
ea.

**BETTER FISH
BARRAMUNDI**
1.000g (x12) PREPARED / PRECOOKED / FROZEN, 5kg

125⁹⁹
ea.

**BETTER FISH
BARRAMUNDI
FILLETS**
1.000g (x12)

Invisitable
SMOKED ATLANTIC SALMON
6.5 OZ. ea.

7.99
BAKED STRAWS
CHICKEN CUPPES
OR CHICKEN COMPLETES
6 OZ. ea.

9.99
INVISIBLES
ASSORTED BURGERS
6 OZ. ea.

19.99
INVISIBLES
BLACK TRUFFLE SHRIMP POPS
10 OZ. ea.



Hockeyville

Kraft

One Rink at a Time

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 KRAFT SALAD DRESSING DRESSING DRESSING 3.99 ea.	 KRAFT ORIGINAL MACARONI & CHEESE 1.50 ea.	 KRAFT DELUXE MACARONI & CHEESE 1.50 ea.	 KRAFT BOWL OF SOUP 2.99 ea.	 KRAFT 40/40 SMART ONES FROZEN MEAL 2.99 ea.
 HEINZ KETCHUP KETCHUP 5.49 ea.	 PHILADELPHIA CREAM CHEESE 4.99 ea.	 NABOB GOLD 1.99 ea.	 TASSIMO COFFEE CAPSULE 11.99 ea.	 NABOB COFFEE 11.99 ea.

*TAXES, FEES, AND SIZES MAY VARY BY LOCATION. © 2014 KRAFT FOODS INC.

BRING THE HEAT

- FRENCH'S MUSTARD**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$2.49 ea.
- FRENCH'S REDHOT SAUCE**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$4.99 ea.
- FRENCH'S KETCHUP**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$5.49 ea.
- CLUB HOUSE CHILI**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$1.29 ea.
- STUBBS' BBQ SAUCE**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$4.49 ea.
- CLUB HOUSE LIL' GRILLE SPICES**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$4.99 ea.
- FRANCHI'S HOT SAUCE**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$4.99 ea.
- FRANCHI'S CHILI SAUCE**
NET WT. 10 OZ.
SELECTED SANDWICHES
\$4.99 ea.

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mmMAZING!
offer

60%

OFF*
**12-MONTH
DELIVERY PASS**

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.



KOKO NANO
DRINKABLE YOGURT
6 x 10 mL SELECTED VARIETIES



VITA COCO
COCONUT WATER
SELECTED VARIETIES



BOB'S RED MILL ROLLED OATS
SELECTED VARIETIES



LACTANTIA
PURIFIED MILK
SELECTED VARIETIES



MAPLE LEAF
NATURAL SELECTIONS
SLICED DELI MEAT
SELECTED VARIETIES



HARVEST
HARVEST CRUNCH
CEREAL
SELECTED VARIETIES



McGILL'S
FRIES
SELECTED VARI, SELECTED VARIETIES



BEAR PAWS
COOKIES
SELECTED VARI, SELECTED VARIETIES



MADE GOOD
BARS
SELECTED VARIETIES



SIMPLY
ORANGE JUICE
SELECTED VARIETIES



GREEN GIANT
FROZEN VEGETABLES
SELECTED VARI, SELECTED VARIETIES



KRAFT
PEANUT BUTTER
SELECTED VARIETIES



V8
SAUCE
SELECTED VARIETIES



LITTLE BITES
SELECTED VARI, SELECTED VARIETIES



BLACK DIAMOND
CHEESECAKE
MINI WAFFLES
SELECTED VARI, SELECTED VARIETIES



MINI WHEATS
CEREAL
SELECTED VARI, SELECTED VARIETIES



NUTRI GRAIN
BARS
SELECTED VARIETIES



BUBLY
SPARKLING WATER
SELECTED VARI, SELECTED VARIETIES



LINDT
EXCELLENCE
BITTERSWEET CHOCOLATE
SELECTED VARIETIES



DANONE
DANINO
DRINKABLE YOGURT
SELECTED VARI, SELECTED VARIETIES



SPONGE
TOWELS
SELECTED VARIETIES



CHOWILLA
HOT SAUCE
SELECTED VARIETIES



BURNBRAE
EGG BAKES
QUICHE
SELECTED VARI, SELECTED VARIETIES



GOLDFISH
CRACKERS
SELECTED VARI, SELECTED VARIETIES



NESQUIK
DRINK
SELECTED VARIETIES



PINTY'S
BREADED CHICKEN OR WINGS
SELECTED VARI, SELECTED VARIETIES



OREO
MINI
SNACK PACKS
SELECTED VARI, SELECTED VARIETIES



CLOVER LEAF
TUNA
SELECTED VARI, SELECTED VARIETIES



SIMPLY
PROTEIN BARS
SELECTED VARIETIES



MAPLE LODGE
CIRCLE LOAVES
SELECTED VARI, SELECTED VARIETIES



OASIS
JUICE
SELECTED VARIETIES



KELOGG'S
RICE KRISPIES
SELECTED VARI, SELECTED VARIETIES

Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

January 31 and February 7

We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative total of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

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Non-GMO

9⁹⁹

ea.

15⁹⁹

ea.

2⁹⁹

ea.

4⁴⁹

ea.

4⁴⁹

ea.

10⁹⁹

ea.

7⁹⁹

ea.

6⁴⁹

ea.

Gluten-Free

8⁴⁹

ea.

2⁹⁹

ea.

9⁹⁹

ea.

18⁹⁹

ea.

6⁹⁹

ea.

6⁹⁹

ea.

Baby & Beauty

5⁹⁹

ea.

8⁹⁹

ea.

7⁴⁹

ea.

9⁹⁹

ea.

9⁹⁹

ea.

6⁹⁹

ea.

7⁹⁹

ea.

\$10 OFF

\$50 Boston Pizza gift cards

8⁹⁹

ea.

7⁹⁹

ea.

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

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

YAY OR LUCKY KOI
THAI FISH BALLS OR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CARBIDE OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
10 - 100 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR YET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 43 - 65 g
SELECTED VARIETIES

99¢
ea.

YAY OR LUCKY KOI
THAI FISH BALLS OR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CARBIDE OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
10 - 100 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR YET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 43 - 65 g
SELECTED VARIETIES

99¢
ea.

DRAGON
FRUIT/SHAMBA
PRODUCT OF GUADALUPE
0.55 kg

3⁸⁸
7 lb

FRESH PORK SOLE RIBS
CENTRE CUT REMOVED
3.25 kg

3⁸⁸
7 lb

POMELO
PRODUCT OF CHINA

2⁸⁸
ea.

SELECTION
BASSA FILLETS
FRESH 1 kg

9⁹⁹
ea.

LIFESMART
TOFU
300 - 54 g
SELECTED VARIETIES

2⁴⁸
ea.

GERBERA BOUTIQUE
ASSORTED COLOURS

16⁹⁹
ea.

4J DUMPLINGS
OR MANGO SAUCE
300 - 400 - 540 ml
SELECTED VARIETIES

3⁴⁹
ea.

RUBICON
DRINKS
1L
SELECTED VARIETIES

2⁸⁸
ea.

INDONESIAN NOODLES,
LUCKY KOI SHIRAZ SALAD
OR CHICKEN SAUCE
5 x 75 - 105 g - 400 - 500 ml
SELECTED VARIETIES

2⁹⁹
ea.

BLUE DRAGON SAUCES
OR EELLY CUPPY SAUCE
200 g - 200 ml
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
SOY SAUCE
400 - 454 g
SELECTED VARIETIES

1⁹⁹
ea.

KIKKOMAN TERIYAKI
OR SOY SAUCE,
PANKO BREAD CRUMBS
100 - 200 g - 100 g
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
VERMICELLI OR
CHOW MEEN
NOODLES
400 - 454 g
SELECTED VARIETIES

1⁶⁷
ea.

NONSHIM
NOODLES MULTIPACK
14 PCK
SELECTED VARIETIES

6⁴⁹
ea.

With availability varies by store.

\$ New Lower Prices



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.

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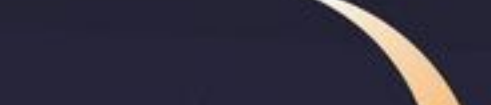
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WIN \$1,000 in groceries

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FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL





We take pride in sourcing locally from the
Escarpment Region.

JENSEN
CHEDDAR CHEESE
11.75/lb
SELECTED VARIETIES

2⁵⁹
/100g



MAMA YOLANDA'S
LASAGNA
FROZEN, 2.27 kg
SELECTED VARIETIES

24⁹⁹
ea.



WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



UNIOPOL
ROLLED CHICKEN
WITH GARLIC, DILL
OR JALAPEÑO
DELI SLICED, 11.75/lb
SELECTED VARIETIES

2⁵⁹
/100g



DUTCHMAN'S GOLD
HONEY
500 g
SELECTED VARIETIES

8⁹⁹
ea.



Effective January 29 - February 25, 2026

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