



988
/lb

Beef Gail Strip Loin Steak Bone In Value Pack
25.78kg
Contenu: Bœuf Gail Rouge avec Tige en emballage économique
25.78kg



477
ea.

Black Diamond
OLD • FORT
Cheddar Cheese
1.5kg (3.3lb)



477
ea.

Black Diamond
MARBLE • MARBRÉ
Cheddar Cheese
1.5kg (3.3lb)



477
ea.

Black Diamond
MARBLE • MARBRÉ
Cheddar Cheese
1.5kg (3.3lb)



199
ea.

Kraft Buffalo Style Dressing
500 mL (16.9 FL OZ)
Kraft Buffalo Style Dressing
500 mL (16.9 FL OZ)
Kraft Buffalo Style Dressing
500 mL (16.9 FL OZ)



199
ea.

Kraft Ranch Dressing
500 mL (16.9 FL OZ)
Kraft Ranch Dressing
500 mL (16.9 FL OZ)
Kraft Ranch Dressing
500 mL (16.9 FL OZ)



199
ea.

Kraft Thousand Island Dressing
500 mL (16.9 FL OZ)
Kraft Thousand Island Dressing
500 mL (16.9 FL OZ)
Kraft Thousand Island Dressing
500 mL (16.9 FL OZ)



199
ea.

Dare Bear Paws Cookies
Chocolate Chip
1.5kg (3.3lb)



199
ea.

Dare Breton Cookies
original
1.5kg (3.3lb)



499
ea.

Kruger Cashmere
12-24
Paper Towels
1.5kg (3.3lb)



499
ea.

Kruger Cashmere
12-24
Paper Towels
1.5kg (3.3lb)

More freshness,
more savings.

mmMAZING!

days



Beef Grill Beef Short Ribs
22.85kg
Côte: succulent de beef Grill Rouge
22.85kg ou équivalent



GROUND
IN-STORE
DAILY
Medium Ground Beef Value Pack
4.25kg
Bouf/faché de maigre en emballage économique
4.25kg



35%
Almond
Yogurt



ACTIVIA
EXPERT
Yogurt



DIKOS
Yogurt

Other or Active Yogurt or
Soy Refrigerated Yogurt
Yogurt (Other or Active or
Soy) Refrigerated Yogurt
Yogurt (Other or Active or
Soy) Refrigerated Yogurt
Yogurt (Other or Active or
Soy) Refrigerated Yogurt

349
ea.



Fresh Chicken Legs Quarters
4.25kg
Poulet en parties sans os
4.25kg



JUMBO
Cherries
7.5kg
Cerises grappes
7.5kg



Shreddies
Cereal



Eggo
Cereal



QUAKER
Cereal

Cereal Post ou autres Cereal
Cereal (Post ou autres Cereal)
Cereal (Post ou autres Cereal)
Cereal (Post ou autres Cereal)

299
ea.



CLASSICO
Pasta Sauce



CLASSICO
Pasta Sauce



CLASSICO
Pasta Sauce

Classico Pasta Sauce
Pasta Sauce
Pasta Sauce
Pasta Sauce

327
ea.



Häagen-Dazs
Ice Cream



Häagen-Dazs
Ice Cream



Häagen-Dazs
Ice Cream

Häagen-Dazs Ice Cream
Ice Cream
Ice Cream
Ice Cream

499
ea.



HUGGIES
Baby Wipes



Pampers
Baby Wipes



Pampers
Baby Wipes

Pampers or Huggies Baby Wipes or Similac
Pampers or Huggies Baby Wipes or Similac
Pampers or Huggies Baby Wipes or Similac
Pampers or Huggies Baby Wipes or Similac

2999
ea.



Lactantia
Purifit



Lactantia
Purifit



Lactantia
Purifit

Lactantia Milk
Lactantia Milk
Lactantia Milk
Lactantia Milk

499
ea.

Effective January

22

23

24

25

26

27

28

2026

my savings my metro

mmMAZING!
days

FRESH COHO



10⁹⁹
/lb
OF EA.

Fresh Coho Salmon Fillet (skin on) Pack
200g (7oz) each
From **FRESH** to **EXPRESS** (also see **mmMAZING** **EXPRESS**)
See Metro Terms & Conditions
Valid on our website only (ET, 24h, 9:00-24h)

7⁹⁹
ea.



Irresistible
ARGENTINEAN
SHRIMP
21-25 g
LARGE - COOKED
51-60 g
LARGE - COOKED

Cooked White
Firm Shrimp
Wild Argentinean
Sea Shrimp
21-25 g (0.75 oz)
Cooked Argentinean
Shrimp (skin on)
Cooked Argentinean
Shrimp (skin on)
Cooked Argentinean
Shrimp (skin on)

2⁹⁹
/100 g



Selection of Swiss Emmentaler and Boursin Cheese
100 g (3.5 oz)
Boursin & Emmentaler Selection (see **mmMAZING** **EXPRESS**)
Valid on our website only (ET, 24h, 9:00-24h)

7⁹⁹
ea.



CASTELLO
HAVARTI
CHEESE
100 g (3.5 oz)
SCHNEIDER
Blue Ribbon
CLASSIC BLUE CHEESE
100 g (3.5 oz)

Schneiders Blue Ribbon
Classic Blue Cheese
100 g (3.5 oz)
Schneiders Blue Ribbon
Classic Blue Cheese
100 g (3.5 oz)
Schneiders Blue Ribbon
Classic Blue Cheese
100 g (3.5 oz)

3⁹⁹
ea.



Frost Street Bakery (Columbus, Belgium or Rustic Country Bread)
100 g (3.5 oz)
Pain collinaire, brioche ou rustique Frost Street Bakery
100 g (3.5 oz)

5⁹⁹
ea.

4 PACK



Frost Street Bakery (Donuts)
100 g (3.5 oz)
Donuts Frost Street Bakery
100 g (3.5 oz)

mmMAZING! days

Lays
Classic
399^{ea.}

Lays
Sour Cream & Onion
399^{ea.}

pepsico
449^{ea.}

Mr. Vick's
Crispy Minis
299^{ea.}

Mr. Vick's
Crispy Minis
299^{ea.}

PEPSI
1600^{ea.}

PEPSI
1600^{ea.}

poppi
999^{ea.}

fruité
Grape-Raisin
249^{ea.}

fruité
Limonade
249^{ea.}

fruité
Limonade
249^{ea.}

OASIS
279^{ea.}

OASIS
279^{ea.}

ALLEN'S
199^{ea.}

ALLEN'S
199^{ea.}

OASIS
449^{ea.}

OASIS
449^{ea.}

LIBERTÉ
GREEK
649^{ea.}

LIBERTÉ
GREEK
649^{ea.}

LIBERTÉ
349^{ea.}

LIBERTÉ
599^{ea.}

TUBES
299^{ea.}

Source
299^{ea.}

mmmmAZING! days

PRIMO

1⁹⁹
ea.

Primo Pasta
Cape
Pasta Primo
100 g

2⁴⁹
ea.

Primo Pasta
Pasta Primo
100 g

1⁹⁹
ea.

Primo Sauce
Pasta Primo
100 g

**3 for
5⁰⁰**

Primo Beans
Red Kidney Beans
100 g

1⁹⁹
ea.

Primo Beans
Chick Peas
100 g

1⁹⁹
ea.

Primo Beans
Whole Plum Tomatoes
100 g

1⁹⁹
ea.

Primo Beans
Diced Tomatoes
100 g

26⁹⁹
ea.

McCafé
Coffee Capsules 100
Café McCafé capsules 100

30⁹⁹
ea.

McCafé
Ground Coffee
Café McCafé ground
100 g

10⁹⁹
ea.

McCafé
Non-Alcoholic
Café McCafé
100 g

6⁹⁹
ea.

HELLMANN'S
Mayonnaise
Mayonnaise
100 g

2⁹⁹
ea.

HELLMANN'S
REAL VEGAN
Mayonnaise
100 g

1⁹⁹
ea.

Knorr
Sauté
Knorr
Sauté
100 g

2⁴⁹
ea.

Knorr
Sauté
Knorr
Sauté
100 g

3⁹⁹
ea.

Knorr
Sauté
Knorr
Sauté
100 g

3⁴⁹
ea.

Knorr
Sauté
Knorr
Sauté
100 g

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

mmMAZING! days

BIMBO
CANADA

Stonemill
BAKEHOUSE • BOULANGERIE
NATURALLY FERMENTED
CRANBERRY PUMPKIN SEED
SLIM CRAFTED WHOLELOAF BREAD | 454 g

4⁹⁹ ea.

SUNMAID
Raisin
Pain aux raisins
Sécherie
454 g

4⁹⁹ ea.

Dempsters
TORTILLAS
Tortillas de maïs
10 paquets
10 paquets

4⁹⁹ ea.

Cupcakes
Twinkies
Pain de sucre
454 g

3⁴⁹ ea.

Dempsters
MUFFINS
Muffins
454 g

2⁹⁹ ea.

Jamieson

Jamieson
CHEWABLE
C
500 mg
BONUS 100+20
Supports a healthy immune system

Jamieson
essentials
D₃
1,000 IU
BONUS 200+60
Supports a healthy immune system and bone health

SAVE UP TO 30% off

Jamieson
B₁₂
100 mcg
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

Jamieson
Calcium
1,000 mg
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

Jamieson
Omega-3
1,000 mg
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

Jamieson
Probiotic
10 Billion
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

Jamieson
Multi
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

Jamieson
Magnesium
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

Jamieson
Zinc
BONUS 100+20
Supports a healthy immune system

SAVE UP TO 30% off

CLOROX

GLAD
GUARANTEED STRONG
WHITE
ROOMMATE® 15 L 52 BAGS
42 x 51 cm | 17 x 20 in
febreze
Fresh Clean scent

6⁹⁹ ea.

GLAD
CHERRY BLOSSOM
3 x 100 g
BONUS 100+20
Supports a healthy immune system

6⁹⁹ ea.

CLOROX
SCENTIVA
NEW
399 ea.

BRITA
NEW
23⁹⁹ ea.

CLOROX
SCENTIVA
NEW
4⁹⁹ ea.

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until January 28, 2026, in-store or online



NOW
12.99
ea.
SAVE UP TO
\$7

~~19.99~~*
ea.
IRRESISTIBLES
COFFEE CAPSULES
30 un.
SELECTED VARIETIES



NOW
1.99
ea.
SAVE UP TO
\$1

~~2.99~~*
ea.
OCEAN'S
ALBACORE TUNA
170 g



NOW
2.49
ea.
SAVE UP TO
\$1

~~3.49~~*
ea.
CHEEMO
PEROGIES
SELECTED SIZES
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$4

~~13.99~~*
ea.
CORONA
NON-ALCOHOLIC BEER
6 x 330 ml



NOW
2.99
ea.
SAVE UP TO
\$2.50

~~5.49~~*
ea.
FEBREZE BATHROOM
AIR FRESHENER
75 ml
SELECTED VARIETIES



NOW
15.00
ea.
SAVE UP TO
\$1.99

~~16.99~~*
ea.
GERBERA
BOUQUET
ASSORTED COLOURS

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.

4.99
ea.

Strawberries
PRODUCE OF CANADA
U.S.A. - WASHINGTON, WA, USA
PRODUCT BY MEXICO

4.99
ea.

Blueberries
PRODUCE OF CANADA
U.S.A. - WASHINGTON, WA, USA
PRODUCT BY MEXICO

4.99
ea.

Romaine Lettuce
PRODUCE OF U.S.A.
COLUMBIA, SC, USA
PRODUCT BY U.S.A.

1.69
/lb

Sweet Potatoes
PRODUCE OF MEXICO
3-2 1/2 LBS
Packets 10/box
U.S.A. - TEXAS
PRODUCT BY MEXICO

3.99
ea.

Blackberries
PRODUCE OF MEXICO
More 100
PRODUCT BY MEXICO

2.49
/lb

Larger Cosmic Crops Apples
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

2.99
/lb

Extra Large Green Sweet Peppers
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

4.99
ea.

Cauliflower
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

5.99
/lb

Pink Peak Grapes
PRODUCE OF CANADA
U.S.A. - BRITISH COLUMBIA, BC, CANADA
PRODUCT BY MEXICO

7.99
ea.

Peaches
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

1.99
ea.

Ranch Butters
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

4.49
ea.

Jumbo Pineapple
PRODUCE OF CANADA
U.S.A. - HAWAII, HI, USA
PRODUCT BY U.S.A.

4.99
/lb

Donut Peaches
PRODUCE OF CANADA
U.S.A. - CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

99¢
/lb

Spinach
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

3.99
ea.

Russet Potatoes
PRODUCE OF CANADA
U.S.A. - IDAHO, ID, USA
PRODUCT BY U.S.A.

5.99
ea.

Daiyu Cheese
PRODUCE OF CANADA
U.S.A. - CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

3.49
ea.

Spinach
PRODUCE OF U.S.A.
CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

5.99
ea.

Sweet Onions
PRODUCE OF CANADA
U.S.A. - CALIFORNIA, CA, USA
PRODUCT BY U.S.A.

Sliced & Sliced

Star Made
Casseroles
100% REAL
PREPARED 1 Lb.
Casseroles prepared
in magazines
\$13.99 ea.

my metro
m

Fresh Blooms

White
Candids
Orchids
7 1/2" H
Orchids blanches
en cascade
\$34.99 ea.

Store Made
Toppings
Parfaits 12.5 Lb.
Parfaits
au yogurt
préparés
en magasin
\$4.79 ea.

4.99
ea.

Carne Picadillo 10 Lb.
Ancho \$49.99 ea.

30.00
ea.

Sweet Lily Bouquet
10 1/2" H
Sweet Lily
Bouquet 10 1/2" H
\$30.00 ea.

19.99
ea.

Celia Lilies
10 1/2" H
Ancho \$19.99 ea.

12.99
ea.

Poinsettia Bowl
10 1/2" H
Ancho \$12.99 ea.

12.99
ea.

Cherry Blossom
10 1/2" H
Ancho \$12.99 ea.

Fresh Blooms

30⁰⁰
ea.

Sweet Lily Bouquet
Includes:
- 100% Guaranteed
- Assortment Lily
- 100% in Season
- 100% All Day

White
Cascading
Orchids
7" x 9"
Orchids 100% in season
Orchids 100% All Day

34⁹⁹
ea.

19⁹⁹
ea.

Calla Lilies
8" x 10" x 10" (100% in season)
Assort. of 100%
Calla Lilies
100% in season
100% All Day

12⁹⁹
ea.

Primrose Bowl
8" x 10" x 10" (100% in season)
Bowl of primrose
Calla Lilies
100% in season
100% All Day

Our Butcher's Finest

Prosciutto Cotto Sliced
Top Grade Sliced
23.50/kg
Bacon de haut de porc
Angus Côté Pâté
23.50/kg

14⁹⁹
/lb

Yorkshire Valley Farms
15.99/kg
Poulet entier biologique
Yorkshire Valley Farms
11.00/kg

4⁹⁹
/lb

FRESH
Fresh Lamb Loin Chops
23.50/kg
28.64/kg
Côtelettes de mouton
de haut de porc
23.50/kg
28.64/kg

12⁹⁹
/lb

Fresh Split
Chicken Wings
12.79/kg
Bœuf de porc
moyenne
12.79/kg

5⁹⁹
/lb

CUT BY 100% CANADIAN ANGUS
Pork Loin Rib on
Sofon Round
23.50/kg
Côte de longe ou ribs
de porc
23.50/kg

3⁹⁹
/lb

CUT BY OUR BUTCHER
Pork Loin Chops
Center Cut Value Pack
23.50/kg
Côtelettes de longe de porc
au centre
23.50/kg

4⁹⁹
/lb

FRESH
Fresh Lamb Leg Shanks
23.50/kg
28.64/kg
Côtelettes de mouton
de haut de porc
23.50/kg
28.64/kg

8⁹⁹
/lb

FAST FRY
Beef Sirloin
23.50/kg
28.64/kg
Côte de longe de porc
au centre
23.50/kg
28.64/kg

11⁸⁸
/lb

5⁹⁹
ea.

Shrimp & Pickles and
Pickles
23.50/kg
Côte de longe de porc
au centre
23.50/kg

5⁹⁹
ea.

Maple Lodge
23.50/kg
Côte de longe de porc
au centre
23.50/kg

6⁹⁹
ea.

Schweizer Braten
23.50/kg
Côte de longe de porc
au centre
23.50/kg

6⁹⁹
ea.

Mar. Angeln
23.50/kg
Côte de longe de porc
au centre
23.50/kg

4⁴⁴
ea.

Maple Leaf Top Sides
23.50/kg
Côte de longe de porc
au centre
23.50/kg

13⁹⁹
ea.

Maple Leaf
23.50/kg
Côte de longe de porc
au centre
23.50/kg

15⁹⁹
ea.

Pinty's
23.50/kg
Côte de longe de porc
au centre
23.50/kg

16⁹⁹
ea.

44th Street Fully
Cooked Beef
23.50/kg
Côte de longe de porc
au centre
23.50/kg

Halal

6⁹⁹
ea.

Halal
23.50/kg
Côte de longe de porc
au centre
23.50/kg

14⁹⁹
ea.

Halal
23.50/kg
Côte de longe de porc
au centre
23.50/kg

11⁹⁹
ea.

Halal
23.50/kg
Côte de longe de porc
au centre
23.50/kg

8⁹⁹
ea.

Halal
23.50/kg
Côte de longe de porc
au centre
23.50/kg

7⁹⁹
ea.

Halal
23.50/kg
Côte de longe de porc
au centre
23.50/kg

8⁹⁹
ea.

Halal
23.50/kg
Côte de longe de porc
au centre
23.50/kg



6⁹⁹
ea.
FRONT STREET BAKERY
LEMON MERINGUE PIE
175 g



4⁹⁹
ea.
was 6.99 ea.
INESISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES

Celebrate
NATIONAL
PIE DAY
JAN 23



FRONT STREET BAKERY
STRAWBERRY
CUSTARD PIE
200 g

6⁹⁹
ea.



7⁹⁹
ea.
FRESH 2 GO
HANDHELD PASTRY PIE
1 ea.
SELECTED VARIETIES



9⁹⁹
ea.
SWISS CHALET
FRESH POT PIE
600 g
SELECTED VARIETIES

CREATE YOUR OWN
MEAT PIES



3⁹⁹
lb
LEAN GROUND PORK
VALUE PACK, 8.80 kg



8⁹⁹
ea.
SWISS CHALET,
ST. HUBERT
OR MONTANA'S
MEAT PIES
PIZZA, 650 - 800 g
SELECTED VARIETIES



8⁹⁹
ea.
ST. HUBERT
BEEF
POT PIE - PÂTE
600 g
SELECTED VARIETIES

MAKE THE PERFECT PIE



5⁹⁹
ea.
FRANCIS HUBERT
PIE DOUGH
1 kg

5⁴⁹
ea.
TENDERLAKES
PIE CRUST
SELECTED VARIETIES



5⁹⁹
ea.
E.D. SMITH
PIE FILLING
600 g
SELECTED VARIETIES



3⁹⁹
ea.
INESISTIBLES
WHIPPED
TOPPING SPRAY
225 g
SELECTED VARIETIES

Baked in my Metro



3.49
ea.



4.49
ea.



4.29
ea.



4.29
ea.



4.49
ea.



4.29
ea.



4.29
ea.



4.29
ea.



5.99
ea.



5.99
ea.



1.99
ea.



3.99
ea.



5.99
ea.



5.99
ea.



1.99
ea.



3.99
ea.

Deli Favourites



3.99
/100 g



3.99
/100 g



8.99
ea.



8.99
ea.



5.99
ea.



10.99
ea.



6.49
ea.



9.99
ea.



3.99
/100 g



3.99
/100 g



8.99
ea.



8.99
ea.



5.99
ea.



10.99
ea.



6.49
ea.



9.99
ea.

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Seafood

WILD CAUGHT!

Wild Caught Tuna Steaks
Poids net 1 lb 10 oz (453 g)
Barres de thon saumon
SAISON 10/10/2024 - 01/11/2024

12⁹⁹

/lb

WILD CAUGHT!

Sole 7 Seins avec détail
Poids net 1 lb 10 oz (453 g)

125

\$1

points

4⁹⁹

ea.

WILD CAUGHT!

Fresh Wild Caught Trout
Poids net 1 lb 10 oz (453 g)

9⁹⁹

/lb

FISH STICKS

High Line Wild Pacific Salmon Portions
Poids net 1 lb 10 oz (453 g)

20

points

7⁹⁹

ea.

WILD CAUGHT!

Bay Scallops
Poids net 1 lb 10 oz (453 g)

9⁹⁹

/lb

Foodland

Springhill Rainbow Trout Fillets
Poids net 1 lb 10 oz (453 g)

11⁹⁹

ea.

NEW

Poké Bowl
To serve, add cooked rice to the bottom of your bowl. Top with salmon and toppings of your choice. Avocado, Cucumber, Carrot, Edamame, Mango, Shredded carrots.
Rumble & Rumble
Rumble & Rumble
Rumble & Rumble
Garnish with sesame or goyshi seeds and drizzle with your favourite sauce.

4⁹⁹

ea.

NEW

San Bento Snack Mix
Café de la table
Poids net 1 lb 10 oz (453 g)

2⁹⁹

ea.

NEW

Scavenger Bouillabaisse
Bouillabaisse
Poids net 1 lb 10 oz (453 g)

17⁹⁹

ea.

NEW

Rock Harbour Canadian Lobster Claw & Arm
Poids net 1 lb 10 oz (453 g)

19⁹⁹

ea.

Learn with moi rewards

30 points

3⁹⁹

ea.

40 points

7⁹⁹

ea.

50 points

10⁹⁹

ea.

Low Price Every Day

Irresistible Ground Coffee

Irresistible Ground Coffee
Poids net 1 lb 10 oz (453 g)

10⁹⁹

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

99¢

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

5⁹⁹

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

4⁹⁹

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

3⁴⁹

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

2⁴⁹

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

4⁹⁹

ea.

Now

Selection or Irresistible Sparkling Water
Poids net 1 lb 10 oz (453 g)

3⁹⁹

ea.

Celebrate Lunar New Year with Kellogg's Cereal

Scan for recipes

5⁹⁹

ea.

Rice Krispies

Corn Flakes

Tabasco Sauce

3⁴⁹

ea.

National Hot Sauce Day

5⁹⁹

ea.

6⁹⁹

ea.

7⁴⁹

ea.

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A-LIST SNACKS

Celebrate award season with a tasty mix of fan favourites.



3.99 ea. **TOSTITOS**
TORTILLA CHIPS
SELECTED SIZES
SELECTED VARIETIES

3.49 ea. **SELECTION SNACKS OR**
IRRESISTIBLES POPCORN
SELECTED SIZES
SELECTED VARIETIES

BEST BUBBLES & SWEETS NOMINEES

[illegible]

BEST SALTY & CRUNCHY NOMINEES



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DELIVERY PASS**

~~\$99⁹⁹~~
\$39⁹⁹



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*Certain conditions apply. Details on metro.ca

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

19⁹⁹

ea.

FROM STREET BAKERY
MANGO BAR CAKE
85 g

3⁸⁸

lb

FROM STREET BAKERY
WHOLE DUCKS
PROVEN GRADE A
8.55 kg

2⁸⁸

lb

DRAGON FRUIT/PITAHAYA
PRODUCT OF GUATEMALA
6.55 kg

12⁹⁹

ea.

TEU MILL OR
ROYAL ORCHID
PEANUT BUTTER
8.5 g
SELECTED VARIETIES

1⁹⁸

ea.

SHANGHAI OR BABY BOK CHOY
PRODUCT OF MEXICO
454 g

1⁸⁸

lb

ASIAN
YELLOW PEARS
PRODUCT OF CHINA
EXTRA FANCY GRADE
4.5 kg

99^c

ea.

LUCKY KOI OR
YAT CHESTNUTS,
BAMBOO SHOOTS,
ONE BUCKY NOODLES,
CHICK SOUP
227 ml, 43, 45 g
SELECTED VARIETIES

9⁹⁹

ea.

BILLY BEE
TART
SELECTED VARIETIES

3⁴⁹

ea.

KJ DUMPLINGS
200 g
SELECTED VARIETIES

14⁹⁹

ea.

RAINBOW CHARM
BOUQUET
FRESH FLOWERS

1²⁵

ea.

CHANGHAI
CASABLANCA OR
COOL RUNNING
COCONUT MILK
OR MILK
600 ml
SELECTED VARIETIES

2⁹⁹

ea.

LUCKY ME NOODLES OR
YAT BUNTED STEWED
28 g, 5.4 kg
SELECTED VARIETIES

13⁹⁹

ea.

HIBERN
LAVENDER
SCENTED
24 x 5 g

3⁴⁹

ea.

THAI KITCHEN
COCONUT MILK,
MANGKAP OR
KIKKOMAN
RICE VERDOR OR
MAGGI SAUCE
750 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
BUTTER COOKIES,
ONY ALICE BUNS
454 g, 1.5 l
SELECTED VARIETIES

1⁶⁹

ea.

YAT OR LUCKY KOI
CHOW MEIN NOODLES FOR
WONGSUNG BOWLS
454 g, 1.5 l
SELECTED VARIETIES

1⁶⁷

ea.

MAPLE LEAF SAUSAGE OR
LUCKY FOR
VERMICELLI NOODLES
151 g, 454 g
SELECTED VARIETIES

5⁹⁹

ea.

HUY FONG, SHIBACHA,
LEE KUM HEE SOY SAUCE,
KIKKOMAN TERIYAKI
OR SOY SAUCE
200, 750 ml
SELECTED VARIETIES

6⁹⁹

ea.

QUALITY DRINKS:
MILK, ICE CREAM OR
GRACE COCONUT SUGAR
100, 250 g
SELECTED VARIETIES

6⁹⁹

ea.

KEMPIE MAYO OR
LEE KUM HEE SESAME
OIL OR SHIBACHA MAYO
100, 250 g
SELECTED VARIETIES

2⁴⁹

ea.

GLICO POCKY,
GARDON WAFERS,
HELLO PANDA COOKIES
10, 200 g
SELECTED VARIETIES

from availability varies by store

[illegible]

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30% off

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Simply

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soupe Campbell's

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Popcorn

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Ben's Original

3.33 ea.

Ben's Original

Ben's Original

1.99 ea.

Ben's Original

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MADE D

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Scrub

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Scrub

Scrub

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PEPSI

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Tide

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