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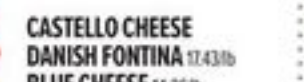
99¢

GREAT PRICE!



metro.ca

\$ New Lower Prices



CASTELLA CHEESE
DANONINI FONTINA
BRIE CHEESE
TOSTLER CHEESE - 150g

30% OFF



MAPLE LEAF
NATURAL SELECTIONS OR
SLICED DELI OR
SMOKED & MARINATED
ITALIAN DELI (up to 200g)

7.99 ea.



DEMPSER'S
WHITE TUNA MINCE
BREAD OR
BAGELS

2 for 7.00



Dempsters
BAGELS



Dempsters
WHITE
100% WHOLE WHEAT

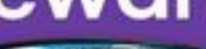


Dempsters
100% WHOLE WHEAT

I learn with **moi** rewards

60 **5.99** **ea.**

 NEW & READY-TO-EAT CREAMED MACARONI MIXTURES
 100% MILK, NO ARTIFICIAL FLAVORS

75 **10.99** **ea.**

 100% OF GAIN DETENTMENT: DORITY OR GAIN 2X FIBER,
 GAIN, CASCADIA, CRISTAL, ROYALTY OR CHAMPAGNE
 100% DETERGENT, NO PHOSPHATES, NO SULFATES, NO OPTIC

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

LARGE COSMIC CRISP APPLES
PRODUCT OF U.S.A.
5.49kg
249
/lb

STRAWBERRIES 40g ea.
PRODUCT OF FLORIDA, U.S.A.
499
ea.

BLACKBERRIES 170g
PRODUCT OF MEXICO
399
ea.

CAULIFLOWER
2.5 LBS. 10.45kg
499
ea.

JUMBO CHERRIES
10.45kg
699
/lb

AVOCADOS 40g ea.
PRODUCT OF MEXICO
499
ea.

EXTRA LARGE BEEFSTEAK TOMATOES
5.49kg
249
/lb

EXTRA LARGE GREEN SWEET PEPPERS
PRODUCT OF FLORIDA, U.S.A.
6.59kg
299
/lb

LARGE CARA CARA ORANGES
PRODUCT OF U.S.A.
6.59kg
299
/lb

WINTER FROST PINKBERRIES 475g
PRODUCT OF FLORIDA, U.S.A.
599
ea.

BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO
500
/lb

SWEET POTATOES
PRODUCT OF U.S.A.
4.39kg
199
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CALIFORNIA, U.S.A.
5.93kg
269
/lb

STEM & LEAF CUCUMBERS
PRODUCT OF SPAIN
8.80kg
399
/lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. OR MEXICO
5.49kg
249
/lb

HEIRLOOM TOMATOES
PRODUCT OF GERMANY
8.80kg
399
/lb

fruit to go STRIPS
1199
ea.

SOYBEAN TOFU BURGERS 100g ea.
499
ea.

BELLE GROVE MUSHROOMS
PRODUCT OF U.S.A.
100g ea.
479
ea.

JAG RADISHES
PRODUCT OF U.S.A.
100g ea.
249
ea.

Organic

SUNNY FRUIT ORGANIC DRIED FRIES OR PUFFS 100g ea.
1999
ea.

ORGANIC SEEDLESS SLICED MANGOES
PRODUCT OF U.S.A.
1.00kg
349
/lb

BELLE GROVE ORGANIC SLICED WHITE OR CREAMY MUSHROOMS 225g
PRODUCT OF MEXICO
379
ea.

LIFE SMART ORGANIC PLAIN FIRM TOFU 454g
299
ea.

Sliced & Diced

READY TO COOK VEGETABLES
100g ea.
599
ea.

CORED PINEAPPLES
499
ea.

RED OR YELLOW SEEDLESS WATERMELON QUARTERS
3.90kg
177
/lb

STORE MADE LARGE BELLINI FRUIT SALAD 100g
999
ea.

Fresh Blooms

ROSE REVERE BOUQUET
100g ea.
3000
ea.

SPRING BULBS
100g ea.
1699
ea.

ALOE VERA
6" pot
1299
ea.

SPRING BULBS
100g ea.
999
ea.

Our Butcher's Finest

**FRESH CHICKEN
QUARTERS**
1.80kg

3⁹⁹
/lb

**BONELESS PORK
LOIN CHOPS**
100g pack

4⁹⁹
/lb

MEDIUM GROUND BEEF
WULFE BACK
5.47kg

6⁹⁹
/lb

**FRESH ROSEMARY
LAMB LEGS**
2.5kg

12⁹⁹
/lb

LEAN GROUND LAMB
2.5kg

9⁹⁹
ea.

FRESH SPLIT CHICKEN BREAST
2.5kg

4⁹⁹
/lb

**PLATINUM GRILL ANGUS
EYE OF ROUND ROAST**
100g pack

7⁹⁹
/lb

**100%
CANADIAN
ANGUS**
100g pack

5⁹⁹
/lb

**LIFE SMART! NATURAL
GRASS FED ROUND STEAK**
100g pack

19⁹⁹
/lb

GRASS FED BRISKET
100g pack

19⁹⁹
/lb

ANGUS NATURALIA
Angus
Steaks appear to be
a mixture of all types
Have orange pin for full
detail of natural products
Available without adding
hormones

**100%
CANADIAN
ANGUS**
100g pack

SPRING LAMB
Lamb is a seasonal product
and is only available
from May to September

2.99 ea. **SELECTION MEATLOAF** 1.00kg

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

4.99 ea. **SELECTION BACON** 1.00kg

6.99 ea. **MAPLE LOGGIE CHICKEN WENCHERS OR ZIPPIN' HAWK 1.00kg**

8.99 ea. **MAPLE LOGGIE CHICKEN WENCHERS OR ZIPPIN' HAWK 1.00kg**

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

15.99 ea. **POGO BREADED WENCHERS 1.00kg**

16.99 ea. **44TH STREET PULLED CHICKEN BEEF PORK CHAST 1.00kg**

7.99
ea.

duBreton
ORGANIC BACON 200g

7.99
ea.

duBreton
McLEAN ORGANIC
BREAKFAST SAUSAGES
400g
SELECTED VARIETIES

8.99
ea.

duBreton
ORGANIC PORK
SAUSAGES
400g
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILETS
1.5kg
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILETS OR SKINS
1.5kg
SELECTED VARIETIES

12.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
1.5kg
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC MEAT PIES
1.5kg
SELECTED VARIETIES

15.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1.5kg
SELECTED VARIETIES

Baked in my Metro

FRONT STREET BAKERY
CHEDDAR CHEESE BUNS
125 g

749
ea.

FRONT STREET BAKERY
RYE BREADS
250 g

449
ea.

FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
160 g (1 & 1/2)

599
ea.

FRONT STREET BAKERY
PANIN ROLLS
160 g (1 & 1/2)

399
ea.

FRONT STREET BAKERY
CUPCAKES
160 g (1 & 1/2)

699
ea.

FRONT STREET BAKERY
MINI DESSERT CAKES
160 g (1 & 1/2)

1099
ea.

FRONT STREET BAKERY
PUMPKIN BREAD
160 g (1 & 1/2)

369
ea.

FRONT STREET BAKERY
HOT DOG BUNS
160 g (1 & 1/2)

399
ea.

FRONT STREET BAKERY
FAMILY PACK COOKIES
160 g (1 & 1/2)

899
ea.

FRONT STREET BAKERY
ENGLISH MUFFINS
160 g (1 & 1/2)

299
ea.

FRONTIER BAKERY
PITA BREAD
160 g (1 & 1/2)

199
ea.

FRONT STREET BAKERY
MINI MUFFINS
160 g (1 & 1/2)

649
ea.

FRONT STREET BAKERY
PORTUGUESE PASTRIES
160 g (1 & 1/2)

799
ea.

VALUE PICK

SAN DAMIANO
MORTADELLA
100 g

299
ea.

MASTRO CAPICOLLIO
MILD AND HOT
100 g

299
ea.

EMMENTALER ARTISAN
CHEESE
100 g

335
ea.

EMMENTALER ARTISAN
CHEDDAR CHEESE
100 g

399
ea.

OLYME
SLICED DELI MEAT
100 g

399
ea.

OLYME
PROSCIUTTO
175 g

649
ea.

THE STILLE
BOCETTA OR BOCCONCINI
175 g

799
ea.

GALBANI
MASCARPONE CHEESE
175 g

1599
ea.

SANTITAS
SLICED DELI MEAT
100 g

879
ea.

SCHNEIDERS
BOLOGNA
175 g

899
ea.

THE STILLE
PETA CHEESE
175 g

799
ea.

EMMENTALER ARTISAN
PARMIGIANO REGGIANO
24 MONTHS
175 g

1399
ea.

FAMILY
PACK MUFFINS
160 g (1 & 1/2)

399
ea.

FAMILY
PACK MUFFINS
160 g (1 & 1/2)

999
ea.

FRESH STUFFED
PASTA OR SKILLET
160 g (1 & 1/2)

2699
ea.

FRESH STUFFED
PASTA OR SKILLET
160 g (1 & 1/2)

250
ea.



Seafood



2 for \$5.00

FROZEN PACIFIC COD LOW PORTIONS 100g

WILD CAUGHT



SEAFORD BOX
FROZEN 2.575kg

\$9.99 /lb

INCLUDES

SHOW 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 100g, 120g



\$6.99

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM & WHITE SAUCE
PREPARED FROZEN, 150g



\$1 bonus points

\$4.99 ea.

125 points

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN 100g



\$9.99 ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN 100g



\$9.99 ea.

BETTER FISH BARRAMUNDI
FROZEN 100g



\$1 bonus points

\$14.99 ea.

125 points

TRUE WORTH DRIED HONEY SMOKED SALMON
FROZEN 100g

Four Invisibilté product boxes are displayed. Each box features the brand name 'Invisibilté' at the top and a large circular graphic on the left indicating the number of pieces. The products and their prices are:

- 30 pieces** Invisibilté CRISPY CALAMARI. Price: **6.99** ea.
- 40 pieces** Invisibilté CHICKEN PAO. Price: **7.99** ea.
- 50 pieces** Invisibilté SALMON. Price: **10.99** ea.
- 50 pieces** Invisibilté CHICKEN STRIP. Price: **10.99** ea.

249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.
249 ea.	249 ea.	129 ea.	199 ea.	399 ea.	399 ea.	399 ea.	399 ea.



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

FREE

3-CHEESE TORTELLINI

800 g

WHEN YOU SPEND \$130 OR MORE*



\$9⁴⁹
VALUE

PROMO CODE
TORTELLINI

*Certain conditions apply. Details on metro.ca

More Great Savings



349 ea.
ON THE BORDER PIZZERIA POPS 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
200g (7.1oz)



629 ea.
LACTANTIA LACTOSE FREE MILK
200g (7.1oz)



569 ea.
LACTANTIA ULTRA-PUR MILK
200g (7.1oz)



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.

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 SIZE 100g
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.

GOLD'S
SUPERIOR
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

10⁹⁹
ea.

Charmin
TOILET OR CLOSET
BATHROOM TISSUE 100% COTTON
SELECTED VARIETIES

7⁵⁰
ea.

Dority
LIGHT
SCENT BOOSTERS 100% COTTON
SELECTED VARIETIES

10⁹⁹
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
BLACK GARAGE BAGS 100% COTTON
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOROX
CLOROX BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 100% COTTON
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 100% COTTON
SELECTED VARIETIES

28⁴⁹
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*

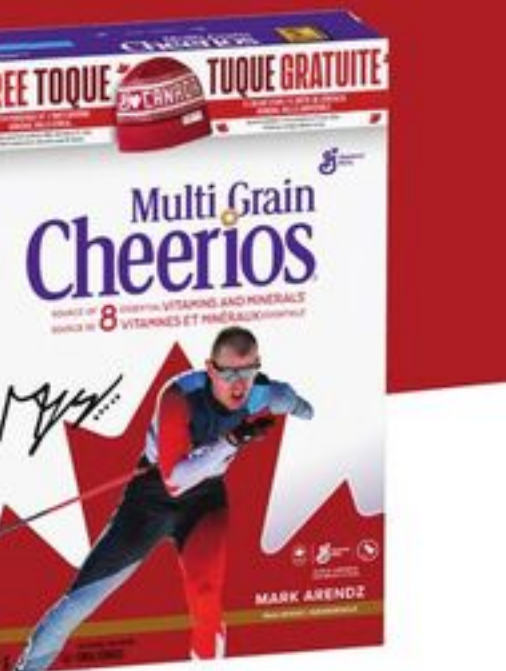
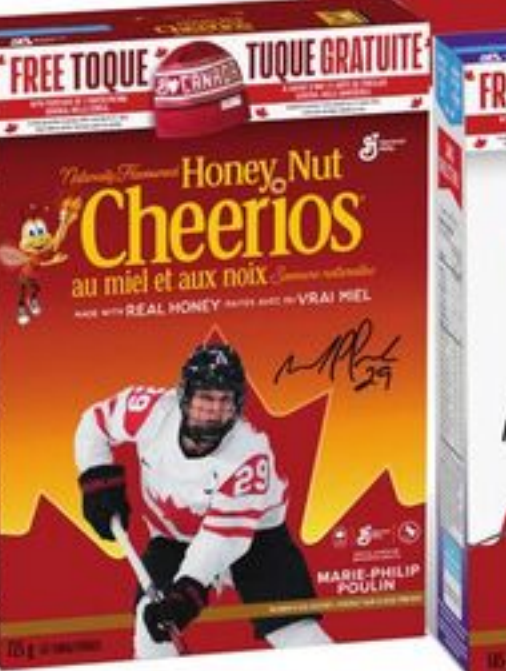
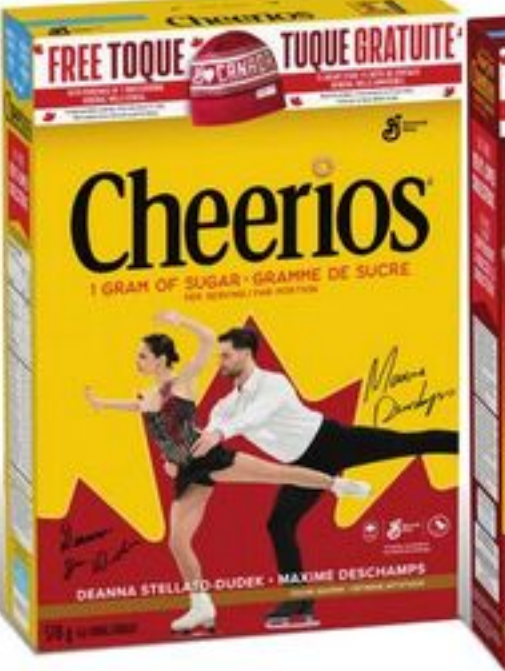


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



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**** 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.

