

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



299
/lb



990



199
ea.

Angel Sweet Tomatoes 283 g
PRODUIT DU CANADA/DE MEXICO

Dole Garden Salad or Colourful Coleslaw 340 - 290 g
PRODUIT DU U.S.A.

Tomates Angel Sweet 283 g
PRODUIT DU CANADA/DU MEXIQUE

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

moi rewards member price



349
ea.

SPECIAL PRICE
3⁹⁹
for non-members

	TH	FR	SA	SU	MO
Effective January	8	9	10	11	12

[illegible]

New Lower Prices

30% OFF

Canada's Cheesecake
Bacon Cheddar 5.5 lbs
Tender Cheddar 5.5 lbs
Feta 5.5 lbs
Feta 5.5 lbs
Feta 5.5 lbs

7.99 ea.

8.99 ea.

Prime
Maple Leaf Prime Chicken
Wings or Breaded Chicken
100% Prime
Alois de poulet ou poulet
pané Prime Maple Leaf
100% Prime

3.99 ea.

Store Made
Mashed Potatoes 100% 100%
Préparé en magasin
100% Prime

2 for 14.00

mix
Tortillas, Cakes, and
Spicy California Rolls
200 100% Prime

10.99 ea.

High Line
Baked, Buttered or
Crispy Fish Fillets
100% Prime
Faites de poisson
Pain de mer High Line
pains ou en pain
100% Prime

6.49 ea.

ACTIVIA
GOT HEALTHY SWEET SWEET
Yogurt Achille ou
multigrain multigrain
100% Prime

4.99 ea.

OLYMPIA
GOT HEALTHY SWEET SWEET
Yogurt Achille ou
multigrain multigrain
100% Prime

3.49 ea.

LIBERTÉ
GOT HEALTHY SWEET SWEET
Yogurt Achille ou
multigrain multigrain
100% Prime

4.49 ea.

St. Hubert
Semi-Cured
Chestnuts
Pancake Mix 100% 100%
Tarte Tarte

2.49 ea.

GO
Lactose Go Pure
Cereal Go Pure
Malt's Frustrations
100% Prime

4.99 ea.

Native's Fruit, Cheese
Cereal, Earth's Own
Beverages or Organic
Milkshake Yogurt
100% Prime

Chex
Cinnamon
Caramel
100% Prime

3.99 ea.

Lay's Family Size Chips or
Mini Cucumber Snacks
100% Prime
Cucumbers Lay's
or Family Size
100% Prime

4.99 ea.

Minions
Lay's
Classic
100% Prime

4.99 ea.

Minions
Lay's
Classic
100% Prime

4.99 ea.

Reese's
Milk Chocolate
100% Prime

5.99 ea.

Hungry Man
Hungry Man
P.F. Chang's
100% Prime

5.49 ea.

eska
Eau de source
100% Prime

2.99 ea.

Veggie
Legumes
100% Prime

4.99 ea.

Kettle
Honey Onion
Mell T T Xion
100% Prime

4.99 ea.

Red Bull
Red Bull
100% Prime

2.49 ea.

Red Bull
Red Bull
100% Prime

5.49 ea.

Red Bull
Red Bull
100% Prime

4.49 ea.

Red Bull
Red Bull
100% Prime

Learn with mol rewards

60
5.99 ea.

75
10.99 ea.

We reserve the right to limit quantities.
DISCOUNTING THE PREVIOUS LOWEST PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.co
to see all the 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 20 points 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 2 Tor

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 Grove Burgers de soja
PRODUCT OF U.S.A.
5.49/kg
499 20 points ea.

Belle Grove Mushrooms
PRODUCT OF U.S.A.
5.49/kg
479 ea.

Belle Grove Radishes
PRODUCT OF U.S.A.
5.49/kg
249 10 points 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 Grove Burgers de soja
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 10 points 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 Leg Quarters
12.89/lb
Quarters de poulet
2.89/kg

3⁹⁹
/lb



Bacon Pork Saddle Chop Value Pack
11.09/lb
Côtelettes de porc
de saumonades de porc
et saumonades de porc
11.09/lb

4⁹⁹
/lb



Cubed Chicken Breast
11.09/lb
Cubed de poulet
2.89/kg

6⁹⁹
/lb



Medium Ground Beef Value Pack
16.29/lb
Bœuf haché mi-maigre en emballage économique
16.29/lb

12⁹⁹
/lb



Lean Ground Beef
16.29/lb
Bœuf haché mi-maigre
16.29/lb

9⁹⁹
ea.



Lamb Shoulder Roast
16.29/lb
Bœuf haché mi-maigre
16.29/lb

19⁹⁹
/lb



Pintado Grill Angus Eye and Round Brisket
16.29/lb
Bœuf haché mi-maigre
16.29/lb

7⁹⁹
/lb



Wet Beef de la viande Angus Grill
16.29/lb
Bœuf haché mi-maigre
16.29/lb

4⁹⁹
/lb



Fresh Split Chicken Breast
11.09/lb
Bœuf haché mi-maigre
16.29/lb

4⁹⁹
/lb



Bacon Pork Saddle Chop Value Pack
11.09/lb
Côtelettes de porc
de saumonades de porc
et saumonades de porc
11.09/lb

4⁹⁹
/lb



Lean Ground Beef
16.29/lb
Bœuf haché mi-maigre
16.29/lb

9⁹⁹
ea.



Lamb Shoulder Roast
16.29/lb
Bœuf haché mi-maigre
16.29/lb

19⁹⁹
/lb



Pintado Grill Angus Eye and Round Brisket
16.29/lb
Bœuf haché mi-maigre
16.29/lb

7⁹⁹
/lb



Wet Beef de la viande Angus Grill
16.29/lb
Bœuf haché mi-maigre
16.29/lb

4⁹⁹
/lb



Fresh Split Chicken Breast
11.09/lb
Bœuf haché mi-maigre
16.29/lb

4⁹⁹
/lb



Bacon Pork Saddle Chop Value Pack
11.09/lb
Côtelettes de porc
de saumonades de porc
et saumonades de porc
11.09/lb

4⁹⁹
/lb



Cubed Chicken Breast
11.09/lb
Cubed de poulet
2.89/kg

6⁹⁹
/lb



Medium Ground Beef Value Pack
16.29/lb
Bœuf haché mi-maigre en emballage économique
16.29/lb

12⁹⁹
/lb



Lean Ground Beef
16.29/lb
Bœuf haché mi-maigre
16.29/lb

9⁹⁹
ea.



Lamb Shoulder Roast
16.29/lb
Bœuf haché mi-maigre
16.29/lb

19⁹⁹
/lb

7.99
ea.

dubretón
Organic Chicken Pot Pie
Bœuf haché
dubretón 100g

7.99
ea.

Medium Organic Chicken Breast Fillets
Poulet biologique
Poulet biologique
Médium à dépeigner
100g, 100% BIOLOGIQUE

14.99
ea.

Yorkshire Valley Farms
Organic Chicken Meatballs
Filletos en boules de poulet biologique
Yorkshire Valley Farms
C000245 40 x 40g

14.99
ea.

ORGANIC CHICKEN POT PIE
PÂTE AU POULET BIOLOGIQUE
Yorkshire Valley Farms
Organic Chicken Pate
Yorkshire Valley Farms 14.99
C000245 14.99
100% BIOLOGIQUE

7.99
ea.

dubretón
Organic Pork Sausages
Saucisses de porc biologique
dubretón 100g

8.99
ea.

dubretón
Organic Extra Large Chicken Thighs
Poulet biologique dubretón
hache extra large
C002

12.99
ea.

Yorkshire Valley Farms
Organic Chicken Drumsticks
Poulet biologique Yorkshire Valley Farms
de poulet biologique
C000245 1kg

15.99
ea.

Yorkshire Valley Farms
Organic Chicken Wings
Ailes biologiques
Yorkshire Valley Farms de poulet biologique
C000245 1kg

Baked in my Metro



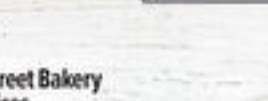
Fresh Street Bakery
Cheesecake Cheesecake
Patisserie française
cheesecake
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Pain de sauge
Pain de sauge
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Pain de sauge
Pain de sauge
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Pain de sauge
Pain de sauge
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Pain de sauge
Pain de sauge
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Pain de sauge
Pain de sauge
Fresh Street Bakery
\$1.99

FRONT STREET BAKERY

OUR ABSOLUTE FINEST



Fresh Street Bakery
Cake Slice
Cakes
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Patisserie française
Patisserie française
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Patisserie française
Patisserie française
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Patisserie française
Patisserie française
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Patisserie française
Patisserie française
Fresh Street Bakery
\$1.99



Fresh Street Bakery
Patisserie française
Patisserie française
Fresh Street Bakery
\$1.99

[illegible]

Deli Favourites

VALUE PICK

2.99 /100g

Maple Smoked Ham
Maple Smoked Ham
Maple Smoked Ham
Maple Smoked Ham

2.99 /100g

Smoked Capicola
Smoked Capicola
Smoked Capicola
Smoked Capicola

3.35 /100g

Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese

3.99 /100g

Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon

3.99 /100g

Olymel Smoked Beef Meat
Olymel Smoked Beef Meat
Olymel Smoked Beef Meat
Olymel Smoked Beef Meat

3.99 /100g

Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese

6.49 /175g

Smoked Capicola
Smoked Capicola
Smoked Capicola
Smoked Capicola

7.99

Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese

15.99

Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon

8.79 ea.

Smoked Maple Ham
Smoked Maple Ham
Smoked Maple Ham
Smoked Maple Ham

8.99 ea.

Smoked Capicola
Smoked Capicola
Smoked Capicola
Smoked Capicola

7.99

Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese

13.99 ea.

Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon

3.99 ea.

Smoked Maple Ham
Smoked Maple Ham
Smoked Maple Ham
Smoked Maple Ham

9.99 ea.

Smoked Capicola
Smoked Capicola
Smoked Capicola
Smoked Capicola

26.99 ea.

Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese
Irresistible Artisan Smoked Cheese

125.99 ea.

Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon
Belmonte Smoked Cheddar Bacon



Seafood

2 Ter

5⁰⁰

Freeze Pacific Cod Lake Perch

Petit poisson de mer congelé du Pacifique

1 lb

Wild Caught

9⁹⁹

Seafood Boil

Boîte de 2,25 lb

Capitaine de fruits de mer

100% naturel

Includes

SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

40 points

3⁹⁹

True Blue Maryland Crab Cakes

100% naturel

1 lb

3⁹⁹

Selection Salmon Trout

Boîte de 1 lb

Salmon de l'Alaska

100% naturel

6⁹⁹

Fresh Seafood Sampler

Boîte de 1 lb

Assortiment de fruits de mer

100% naturel

8⁹⁹

Store Made Seafood Sampler with Sauce

Boîte de 1 lb

Assortiment de fruits de mer avec sauce

100% naturel

4⁹⁹

Clear Ocean Cod and Salmon

Boîte de 1 lb

Capitaine de fruits de mer

100% naturel

9⁹⁹

Clear Ocean Cod and Salmon

Boîte de 1 lb

Capitaine de fruits de mer

100% naturel

9⁹⁹

Better Fish Battered Fillets

Boîte de 1 lb

Filets de poisson enrobés

100% naturel

14⁹⁹

True North Seafood Sampler

Boîte de 1 lb

Assortiment de fruits de mer

100% naturel

30 points

6⁹⁹

Invisible Crispy Calamari

Boîte de 1 lb

Calamari croustillant

100% naturel

40 points

7⁹⁹

Invisible Shrimp Pad Thai

Boîte de 1 lb

Pad Thai invisible aux crevettes

100% naturel

50 points

10⁹⁹

Invisible Shrimp Pad Thai

Boîte de 1 lb

Pad Thai invisible aux crevettes

100% naturel

50 points

10⁹⁹

Invisible Coconut Shrimp

Boîte de 1 lb

Shrimp coco invisible

100% naturel

Unico

2⁴⁹

Unico Beans

Boîte de 1 lb

Haricots

100% naturels

Unico

1²⁹

Unico Tomato Paste

Boîte de 1 lb

Pâte de tomate

100% naturel

Unico

1⁹⁹

Unico Solid Light Tuna

Boîte de 1 lb

Thon solide

100% naturel

Unico

3⁹⁹

Unico Olives

Boîte de 1 lb

Olivettes

100% naturels

Cherry Canadian Sparkling Water

Boîte de 1,5 l

2⁷⁹

CRAFT

10⁴⁹

CRAFT Non-Alcoholic Beer

Boîte de 1,5 l

Bière CRAFT

100% naturel

HAZY PALE ALE

12⁴⁹

Collection Arts Non-Alcoholic Beer

Boîte de 1,5 l

Bière CRAFT

100% naturel

SAPPORO

12⁷⁹

Signature Beer

Boîte de 1,5 l

Bière SAPPORO

100% naturel

BARBECUE

5⁷⁹

Planters Mango Chips

Boîte de 1 lb

Chips de mangue

100% naturels

Planters

3⁴⁹

Planters Mango Chips

Boîte de 1 lb

Chips de mangue

100% naturels

Planters

3⁹⁹

Planters Trail Mix

Boîte de 1 lb

Mélange de fruits secs

100% naturels

Sun Chips

4⁹⁹

Sun Chips

Boîte de 1 lb

Chips de maïs

100% naturels

RYVITA

4⁴⁹

Ryvita Crackers

Boîte de 1 lb

Crackers

100% naturels

CELEBRATION

4⁷⁹

Lindt Cookies

Boîte de 1 lb

Biscuits

100% naturels

Excel

4⁴⁹

Excel Gum

Boîte de 1 lb

Gomme

100% naturels

Oh Henry!

2⁴⁹

Oh Henry! Candy

Boîte de 1 lb

Caramels

100% naturels

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

More Great Savings

[illegible]

**THE SNACK
CHALLENGE**

KIRI **GoGo's** **GoGo's**

YOU CAN **win** **\$25,000**

11⁹⁹ ea.

GOGO'S SNACK
in 10g. 10g. 10g.

3⁹⁹ ea.

**KIRI® THE LAUGHING
YOGURT** in 10g. 10g. 10g.

**START YOUR
GUT HEALTH
CHALLENGE** 15g. 15g. 15g.

YOU CAN **WIN**
**FREE ACTIVIA
FOR A YEAR!**

SCAN NOW

ACTIVIA
EXPERIENCE
in 10g. 10g. 10g.

ACTIVIA
EXPERIENCE
in 10g. 10g. 10g.

3⁹⁹ ea.

ACTIVIA
EXPERIENCE
in 10g. 10g. 10g.

6⁴⁹ ea.

ACTIVIA
MILKY YOGURT
in 10g. 10g. 10g.

6⁴⁹ ea.

ACTIVIA
EXPERT
YOGURT
in 10g. 10g. 10g.

[illegible]

moi rewards



join today and save

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



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

ST. ALBERT
MILD CHEDDAR CHEESE
270 g
SELECTED VARIETIES

8⁹⁹
ea.



L'ORIGINAL
HAMS
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



ST. ALBERT
MEDIUM OR OLD
CHEDDAR CHEESE
270 g
SELECTED VARIETIES

9⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



JOE THE DOG ORGANIC
GROUND COFFEE
OR COFFEE BEANS
340 g
SELECTED VARIETIES

12⁹⁹
ea.



SKOTIDAKIS
GREEK YOGURT
500 g
SELECTED VARIETIES

5⁴⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

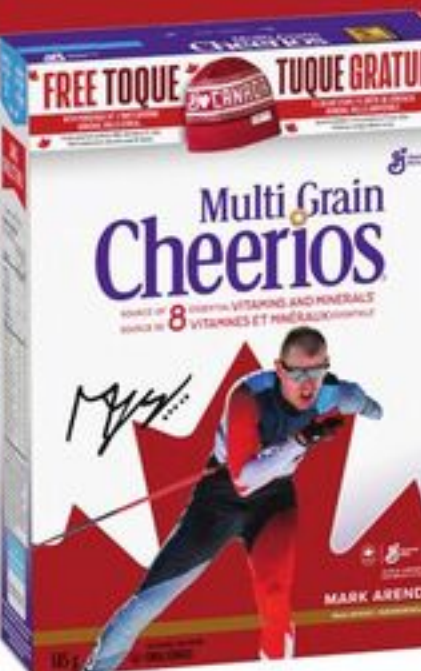
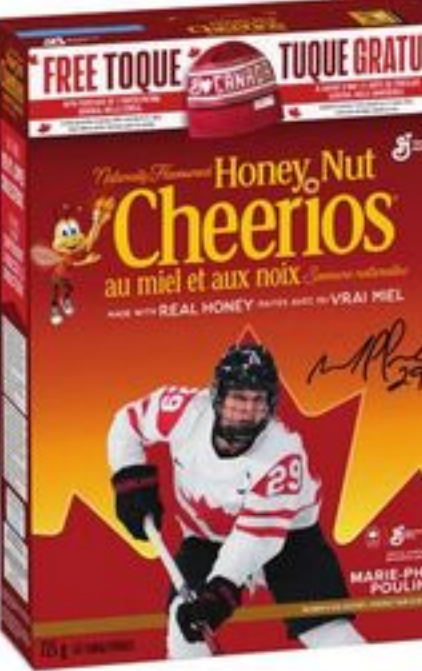
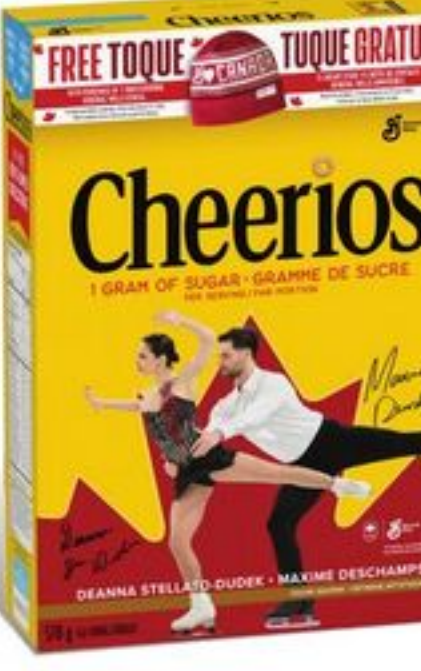


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



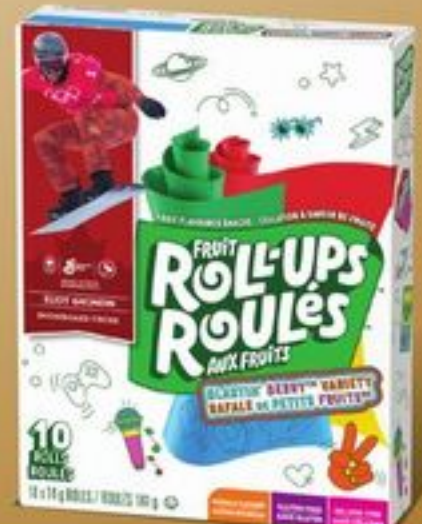
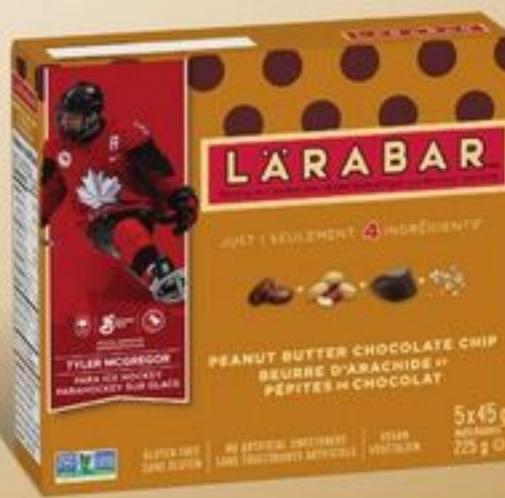
BUY 2 OLD EL PASO® KITS AND GET **\$10 TO FILL UP**** YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE

**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.