

Version 1

**New Year
NEW SAVINGS**

2.99 /lb

EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA OR PERU, NO. 1 GRADE
6.59kg

[illegible]

ONLY

99¢

GREAT PRICE!

Ben's Original

Fast & Fancy

Vite & Bon

99¢

HEINZ Alpha Getti

HEINZ BEANS ORIGINAL

HEINZ BEANS MAPLE

Campbell's Tomato

Campbell's Cream of Mushroom

HEINZ BEANS OR PASTA

CAMPBELL'S SOUP

BEN'S ORIGINAL FAST & FANCY RICE

HEINZ BEANS OR PASTA

MICHELINA'S BURRITO

MICHELINA'S MACARONI AND CHEESE

99¢

Irresistible SEA SALT

Reese's KIT KAT

99¢

CANADA DRY

Coca-Cola

POWERADE

99¢

metro.ca

\$ New Lower Prices



i earn with **moi** rewards



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

We are a part of a multi-product company serving various clients. Please recycle where facilities exist.

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.



NOW
4.99
ea.
SAVE UP TO
\$3

7.99
ea.
NESTLÉ
HOT CHOCOLATE
400 - 450 g
SELECTED VARIETIES

THIS WEEK'S DEALS:

Only until January 15, 2026, in-store or online



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.
5.45kg
249
/lb

STRAWBERRIES 400g
PRODUCT OF FLORIDA, U.S.A.
499
ea.

BLACKBERRIES 170g
PRODUCT OF MEXICO
399
ea.

CAULIFLOWER
PRODUCT OF U.S.A. NO. 1 LARGE
499
ea.

JUMBO CHERRIES
PRODUCT OF CHILE, NO. 1 LARGE
16.45kg
699
/lb

AVOCADOS 400g
PRODUCT OF MEXICO
499
ea.

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
5.45kg
249
/lb

EXTRA LARGE GREEN SWEET PEPPERS
PRODUCT OF FLORIDA, U.S.A.
6.50kg
299
/lb

LARGE CARA CARA ORANGES
PRODUCT OF U.S.A.
6.50kg
299
/lb

WINTER FROST PINKBERRIES 400g
PRODUCT OF FLORIDA, U.S.A.
599
ea.

BROCCOLI CROWNS
PRODUCT OF U.S.A. NO. 1 LARGE
500
/lb

SWEET POTATOES
PRODUCT OF U.S.A. NO. 1 LARGE
4.30kg
199
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA
5.95kg
269
/lb

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

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. NO. 1 LARGE
5.45kg
249
/lb

HEIRLOOM TOMATOES
PRODUCT OF CANADA
8.80kg
399
/lb

fruit to go STRIPS
1199
ea.

SOYBEAN TOFU BURGERS 100g
PRODUCT OF CANADA
499
ea.

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

JAG RADISHES
PRODUCT OF CANADA
249
ea.

Organic

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

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

BELLE GROVE ORGANIC CREAMY MUSHROOM BURGERS 100g
PRODUCT OF MEXICO
379
ea.

LIFE SMART ORGANIC PLAIN FIRM TOFU 400g
299
ea.

Sliced & Diced

READY TO COOK VEGETABLES
PRODUCT OF CANADA
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
PRODUCT OF CANADA
3000
ea.

ORCHIDS
2.50kg
1699
ea.

ALOE VERA
6" POT
1299
ea.

SPRING BULBS
1.5" POT
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**
SILVER BRISKET

19⁹⁹
/lb

**LIFE SMART! NATURAL
GRASS FED BONELESS
RIB STEAK OR
STRIP LOIN STEAK**
1.80kg

19⁹⁹
/lb

**FRESH NATURAL
ANGUS**

Steaks appear to be a mixture of all types.
Free range grass fed.
Absolutely natural & delicious.
Braised without additives.
Homemade.

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** 1.00kg

8.99 ea. **MAPLE LOGGIE CHICKEN** 1.00kg

12.99 ea. **KELSEY'S ORIGINAL ROASTBONE PORK BACK RIBS** 11.00kg

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

16.99 ea. **44TH STREET PULLED CHICKEN PASTA** 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

8.99
ea.

duBreton
ORGANIC
EXTRA LEAN
GROUND PORK 450g

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILETS
1KG
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
FILLETS OR SKINS
1KG
SELECTED VARIETIES

12.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
1KG
SELECTED VARIETIES

15.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1KG
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC CHICKEN
POT PIE
1KG
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC MEAT PIES
1KG
SELECTED VARIETIES

14.99
ea.

YORKSIRE
VALLEY FARMS
ORGANIC MEAT PIES
1KG
SELECTED VARIETIES

 369 ea. DEMPSTERS' PREMIUM PIES RASPBERRY CHEESECAKE 6.5 LBS.	 399 ea. DEMPSTERS' HOT DOGS SANDWICHES 8 COUNT	 599 ea. FRONT STREET BAKERY BRAIDED DOUGHNUTS 12 COUNT	 899 ea. FRONT STREET BAKERY FAMILY PACK COOKIES 125 COUNT
 299 ea. DEMPSTERS' ENGLISH MUFFINS 12 COUNT	 199 ea. FRONTIER BAKERY PITA BREAD 12 COUNT	 649 ea. INEVITABLE MINI MUFFINS 125 COUNT	 799 ea. INEVITABLE PORTUGUESE CUSTARD TARTS 125 COUNT

metro.ca

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 100g, 120g



\$6.99

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD SAMPLER WITH CHEESE
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 HOTT SMOKED SALMON
FROZEN 100g

Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.
Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 249 ea.	Unico SEASONED BEANS 129 ea.	Unico SEASONED BEANS 199 ea.	Unico SEASONED BEANS 399 ea.



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 100
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.

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 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

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 500ml
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
GARAGE 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.

ARM & HAMMER
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
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR
250 g
SELECTED VARIÉTÉS

7⁹⁹
ea.



THE COUNTY BOUNTY
SODA
355 ml
SELECTED VARIÉTÉS

2 for
5⁰⁰



O'HARA SUGAR
MAPLE SYRUP
500 ml
SELECTED VARIÉTÉS

13⁹⁹
ea.



REID'S
ICE CREAM
1.5 L
SELECTED VARIÉTÉS

5⁹⁹
ea.



SPRAGUE
BAKED BEANS
398 ml
SELECTED VARIÉTÉS

1⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

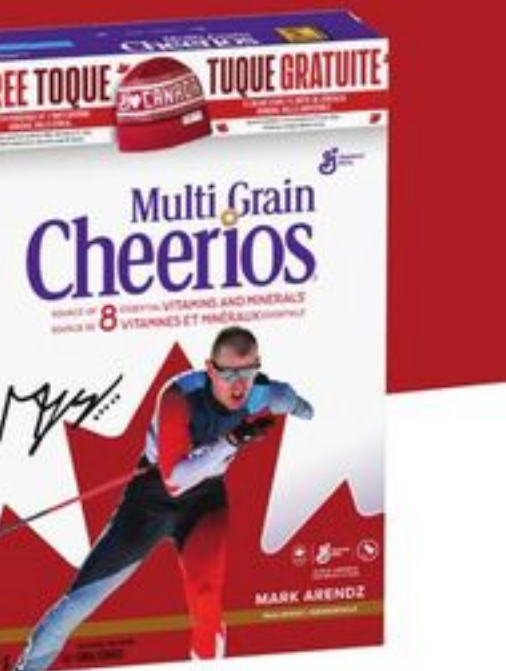
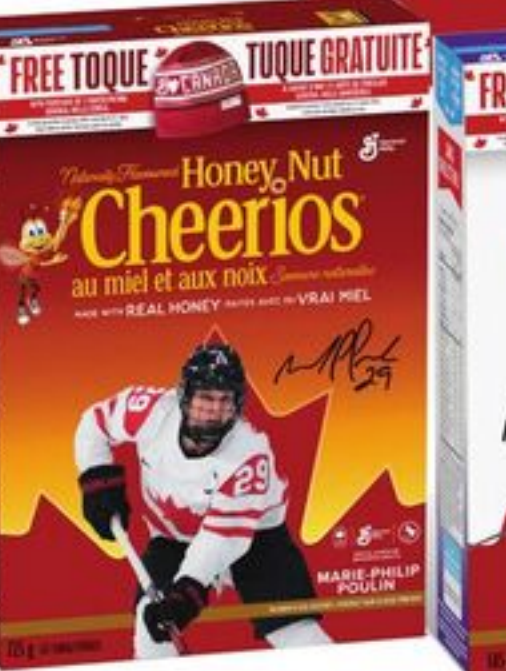
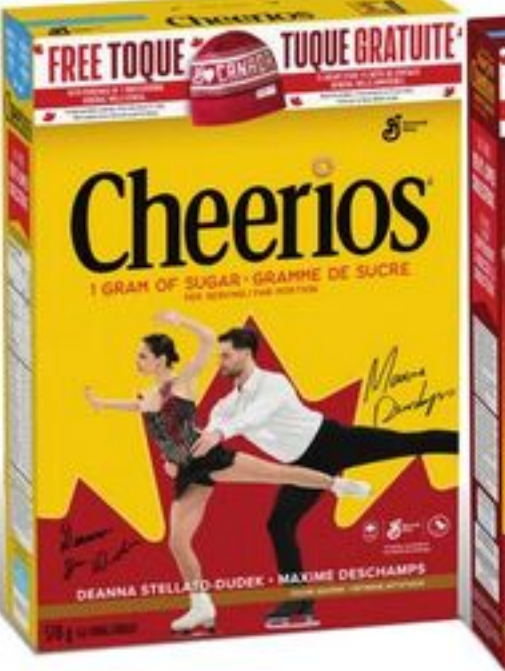


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



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.