



[illegible]



New Lower Prices



30% OFF



CASTELLO CHEESE  
DANISH SWISS OR  
BLUE CHEESE 1/2 LBS  
TICKLER CHEDDAR 1/2 LBS  
SELECTED VARIETIES



7.99 ea.



MAPLE LEAF  
NATURAL SELECTIONS OR  
SMOKED PASTA  
FANTINO & MONDELLO  
ITALIAN MEAT 1/2 LBS  
SELECTED VARIETIES



2 for 7.00



DEMPPSTER'S  
WHITE 100% WHOLE  
WHEAT BREADS OR  
BAGELS  
SELECTED VARIETIES  
OR 2.00 ea.



8.99 ea.



MAPLE LEAF PRIME  
CHICKEN WINGS OR  
BREADED CHICKEN  
SELECTED VARIETIES



3.99 ea.



STONE MADE  
MILKSHAKE 1/2 LBS  
SELECTED VARIETIES



2 for 14.00



VEGETARIAN  
CALIFORNIA OR SPICY  
CALIFORNIA ROLLS  
SELECTED VARIETIES



10.99 ea.



HIGHLINE  
BREADED, BATTERED OR  
CRACK OF THE SKY  
FOAM FILLETS  
SELECTED VARIETIES



6.49 ea.



ACTIVIA  
GET HEALTHY SWEET CREAM  
SELECTED VARIETIES



4.99 ea.



OLYMPIC  
YOGURT  
SELECTED VARIETIES



3.49 ea.



LIBERTÉ MEDITERRANÉE  
GREEK YOGURT  
SELECTED VARIETIES



4.49 ea.



ST. DAVID'S  
SPREAD 1/2 LBS  
CELESTIAL  
PEAR, HILLING  
PASCARIE  
SELECTED VARIETIES



2.49 ea.



LECLERC GO PURE  
CEREAL BARS  
SELECTED VARIETIES



4.99 ea.



NATURE'S PATH  
CHOCOLATE  
BEVERAGES OR  
ORGANIC MANGOES  
SELECTED VARIETIES



4.99 ea.



Chex  
Cinnamon  
SELECTED VARIETIES



3.99 ea.



LAYS  
FAMILY SIZE CHIPS OR  
MINI CRISPER SNACKS  
SELECTED VARIETIES



4.99 ea.



MINI CRISPER  
SELECTED VARIETIES



4.99 ea.



HERSHEY'S NESTLE  
CHOCOLATE  
SELECTED VARIETIES



5.99 ea.



HUNGRY MAN  
HEALTHY CHOICE OR  
P.J. CLARK'S FROZEN MEAL  
SELECTED VARIETIES



5.49 ea.



ESKA  
NATURAL SPRING  
WATER 1/2 LBS  
SELECTED VARIETIES



2.99 ea.



VEGETABLE  
SELECTED VARIETIES



4.99 ea.



VEGETABLE  
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4.99 ea.



VEGETABLE  
SELECTED VARIETIES

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.

**249**  
/lb

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

**499**  
ea.

**STRAWBERRIES** 100%  
PRODUCT OF CANADA, U.S.A.  
5.79/kg

**399**  
ea.

**BLACKBERRIES** 100%  
PRODUCT OF CANADA, U.S.A.

**499**  
ea.

**CAULIFLOWER**  
PRODUCT OF U.S.A. 10.14/kg

**699**  
/lb

**JUMBO CHERRIES**  
PRODUCT OF CANADA, U.S. 10.14/kg

**499**  
ea.

**AVOCADOS** 100%  
PRODUCT OF MEXICO

**249**  
/lb

**EXTRA LARGE BEEFSTEAK TOMATOES**  
PRODUCT OF CANADA  
5.49/kg

**299**  
/lb

**EXTRA LARGE GREEN PEPPERS**  
PRODUCT OF CANADA, U.S.A.  
6.59/kg

**299**  
/lb

**LARGE CARA CARA**  
PRODUCT OF U.S.A.  
6.59/kg

**599**  
ea.

**WINTER FROST PINKBERRIES** 100%  
PRODUCT OF CANADA, U.S.A.

**500**

**BROCCOLI CROWNS**  
PRODUCT OF U.S.A. 10.14/kg

**199**  
/lb

**SWEET POTATOES**  
PRODUCT OF CANADA  
4.39/kg

**269**  
/lb

**LARGE BOSCH OR ANJOU PEARS**  
PRODUCT OF CANADA, U.S.  
5.93/kg

**399**  
/lb

**STEM & LEAF CLEMENTINES**  
PRODUCT OF CANADA  
8.80/kg

**249**  
/lb

**EGGPLANTS OR GREEN ZUCCHINI**  
PRODUCT OF U.S.A. 10.14/kg

**399**  
/lb

**HEIRLOOM TOMATOES**  
PRODUCT OF CANADA  
8.80/kg

**1199**  
ea.

**SUN BYPE**  
HEARTY PEAS 10.14/kg

**499**  
ea.

**SAVORY TOFU BURGERS** 100%  
PRODUCT OF CANADA

**20**  
points

**BELLE GROVE BEANS**  
100% ORGANIC  
PRODUCT OF CANADA

**479**  
ea.

**BELLE GROVE BEANS**  
100% ORGANIC  
PRODUCT OF CANADA

**249**  
ea.

**JAG RADISHES**  
100% ORGANIC  
PRODUCT OF CANADA

|                                                                                                                                |                                                                                                 |                                                                                                         |                                                                                     |                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <p><b>55</b><br/>points</p> <p><b>1999</b><br/>ea.</p> <p><b>SUNNY FRUIT</b><br/>ORGANIC CRIED PIES ON<br/>PLUMS 100% PLUM</p> | <p><b>349</b><br/>lb.</p> <p><b>ORGANIC SEEDLESS</b><br/>WATER ORANGES<br/>100% PLUM 7.69lb</p> | <p><b>379</b><br/>ea.</p> <p><b>BELLE GROVE ORGANIC</b><br/>SLICED WHITE<br/>CHEDDAR MACARONI 5.1lb</p> | <p><b>299</b><br/>ea.</p> <p><b>LIFE SMART ORGANIC</b><br/>PLAIN TOFU 100% TOFU</p> | <p><b>10</b><br/>points</p> <p><b>10</b><br/>points</p> <p><b>ORGANIC BISCUITS</b></p> |
|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|



**25**  
pieces

**5<sup>99</sup>**  
ea.

READY TO COOK  
VEGETABLES  
CUT TO ORDER  
VEGETABLES WASHED &  
PACKED FOR YOU



**4<sup>99</sup>**  
ea.

CORED PINEAPPLES  
WASHED



**NEW**

**30<sup>00</sup>**  
ea.

ROSE REVERIE  
BOUQUET  
APPROXIMATE 100S



**ORCHIDS**  
2.5' W/ 4" BASKET

**SAVE \$3.00**

**16<sup>99</sup>**  
ea.



**9<sup>99</sup>**  
ea.

RED OR YELLOW SEEDLESS  
WATERMELON QUARTERS  
3.50kg



**ALOE VERA**  
6" W/ P

**12<sup>99</sup>**  
ea.

STORE MADE  
LARGE ICELAND  
FROST SALAD 10kg



**SPRING BULBS**  
6" W/ P  
PINK BLOSSOM BOUTIQUE

**9<sup>99</sup>**  
ea.



**NEW**

**30<sup>00</sup>**  
ea.

**ROSE REVERE**  
BOUQUET  
ROSEAU & BOUQUET



**ORCHIDS**  
2.5" POT  
ORCHIDS

**SAVE \$3.00**

**16<sup>99</sup>**  
ea.



**ALOE VERA**

**12<sup>99</sup>**  
ea.



**SPRING BULBS**  
6" POT  
SPRING BULBS

**9<sup>99</sup>**  
ea.

## Our Butcher's Finest

**FRESH CHICKEN 8.64kg**

**3<sup>99</sup>** /lb

**BONELESS PORK CHOP 11.36kg**

**4<sup>99</sup>** /lb

**MEDIUM GROUND BEEF 15.41kg**

**6<sup>99</sup>** /lb

**FRESH ROSEMARY 23.64kg**

**12<sup>99</sup>** /lb

**SPRING LAMB 14.18kg**

**9<sup>99</sup>** ea.

**LIFE SMART METABOLISM GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK 44.07kg**

**19<sup>99</sup>** /lb

**PLATINUM GRILL ANGUS EYE OF ROUND ROAST 19.05kg**

**7<sup>99</sup>** /lb

**FRESH SPLIT CHICKEN BREAST 11.00kg**

**4<sup>99</sup>** /lb

**LEAN GROUND LAMB 14.18kg**

**9<sup>99</sup>** ea.

**100% CANADIAN ANGUS BEEF 15.41kg**

**Aussie NATURAL**  
Choose Aussie for a minimum of 28 days. Have your Aussie logo on all labels. Aussie products are natural without added hormones.

|                                                                                                                                                                   |                                                                                                                                                                    |                                                                                                                                                                                                |                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>2.99</b><br/>ea.</p> <p>SELECTION<br/>WIENERS (10)<br/>\$2.99/10 LINKS</p> |  <p><b>4.99</b><br/>lb</p> <p>FLETCHER'S PORK<br/>COTTAGE ROLL<br/>11.00lb</p>    |  <p><b>4.99</b><br/>ea.</p> <p>SELECTION BACON<br/>(10.25oz)<br/>20 PCE/PCS OF PANTRIES</p>                   |  <p><b>6.99</b><br/>ea.</p> <p>MAPLE LORE ULTIMATE<br/>CHICKEN WIENERS OR<br/>SAUSAGES 100% CHICKEN<br/>ULTIMATE CHICKEN<br/>SAUSAGES 100% 100%<br/>CHICKEN/BEEF</p> |
|  <p><b>2.99</b><br/>ea.</p> <p>SELECTION<br/>WIENERS (10)<br/>\$2.99/10 LINKS</p> |  <p><b>2.99</b><br/>ea.</p> <p>SELECTION<br/>WIENERS (10)<br/>\$2.99/10 LINKS</p> |  <p><b>5.99</b><br/>ea.</p> <p>POGO<br/>PREPARED WIENERS<br/>PREP. MEAT 1.15lb<br/>20 PCE/PCS OF PANTRIES</p> |  <p><b>16.99</b><br/>ea.</p> <p>4.47lb STEAK<br/>100% BEEF<br/>POT ROAST</p>                                                                                         |

**7<sup>99</sup>**  
ea.

**dubRETON**  
ORGANIC BACON 200g

**7<sup>99</sup>**  
ea.

**McLEAN ORGANIC**  
BREAKFAST SAUSAGES  
400g

**14<sup>99</sup>**

**YORKSHIRE VALLEY FARMS**  
ORGANIC CHICKEN  
BREAST FILLETS  
400g

**14<sup>99</sup>**  
ea.

**YORKSHIRE VALLEY FARMS**  
ORGANIC MEAT PIES  
400g

**8<sup>99</sup>**  
ea.

**dubRETON**  
ORGANIC PORK  
SAUSAGES  
400g

**8<sup>99</sup>**  
ea.

**dubRETON**  
ORGANIC  
EXTRA LEAN  
GROUND PORK 450g

**12<sup>99</sup>**  
ea.

**YORKSHIRE VALLEY FARMS**  
ORGANIC CHICKEN  
DRUMSTICKS  
400g

**15<sup>99</sup>**  
ea.

**YORKSHIRE VALLEY FARMS**  
ORGANIC CHICKEN  
WINGS  
400g

**Baked in my Metro**



FRONT STREET BAKERY  
CHEESE BUNS ON  
CHEESE STICKS  
125 g

749

125

ea.

\$1

back in

points



FRONT STREET BAKERY  
RYE BREADS  
200 g

449

ea.



FRONT STREET BAKERY  
CHEESE STICKS  
125 g

599

ea.



FRONT STREET BAKERY  
PANIN ROLLS  
125 g

399

ea.



FRONT STREET BAKERY  
CHEESE BUNS ON  
CHEESE STICKS  
125 g

749

125

ea.

\$1

back in

points



FRONT STREET BAKERY  
RYE BREADS  
200 g

449

ea.



FRONT STREET BAKERY  
CHEESE STICKS  
125 g

599

ea.



FRONT STREET BAKERY  
PANIN ROLLS  
125 g

399

ea.

**FRONT STREET BAKERY**  
OUR ABSOLUTE FINEST



FRONT STREET BAKERY  
CAKE SLICES  
125 g

399

ea.



FRONT STREET BAKERY  
MINI DESSERT CAKES  
125 g

1099

125

ea.

\$1

back in

points



FRONT STREET BAKERY  
HAMPSTER'S RYE BREAD  
125 g

369

ea.



FRONT STREET BAKERY  
DORITOS' HOT DOG OR  
HAMBURGER BUNS  
125 g

399

ea.



FRONTIER BAKERY  
PITA  
125 g

199

ea.



FRONTIER BAKERY  
PITA  
125 g

199

ea.



FRONT STREET BAKERY  
HAMPSTER'S RYE BREAD  
125 g

369

ea.



FRONT STREET BAKERY  
DORITOS' HOT DOG OR  
HAMBURGER BUNS  
125 g

399

ea.



FRONTIER BAKERY  
PITA  
125 g

199

ea.



FRONTIER BAKERY  
PITA  
125 g

199

ea.

**Deli Favourites**



VALUE PICK  
SAN DANIELE  
MORTADELLA  
100 g

299

/100 g



MASTRO CAPICOLL  
MILD OR HOT  
100 g

299

/100 g



IRRESISTIBLES ARTISAN  
EMMENTAL CHEESE  
100 g

335

/100 g



IRRESISTIBLES ARTISAN  
EMMENTAL CHEESE  
100 g

399

/100 g



OLYME  
SLICED DELI MEAT  
100 g

399

/100 g



OLYME  
SLICED DELI MEAT  
175 g

649

ea.



THE STILLE  
BOCETTA OR BOCCONCINI  
175 g

799

ea.



GALBANI  
MASCARPONE CHEESE  
175 g

1599

ea.



SMOKE  
HOUSE  
SALAMI  
125 g

879

ea.



SCHNEIDERS  
BOLOGNA  
125 g

899

ea.



THE STILLE  
PETA CHEESE  
125 g

799

ea.



IRRESISTIBLES ARTISAN  
PARMIGIANO REGGIANO  
24 MONTHS  
125 g

1399

125

ea.

\$1

back in

points



FRONT STREET BAKERY  
FAMILY PACK COOKIES  
125 g

399

ea.



FRONT STREET BAKERY  
FAMILY PACK COOKIES  
125 g

999

ea.



FRONT STREET BAKERY  
FRESH STUFFED  
PASTA OR SKILLET  
125 g

2699

250

ea.

\$2

back in

points







# 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 MUTTATON CRAB  
FROZEN 100g, 120g



**\$6.99 ea.**

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 HOTT SMOKED SALMON  
FROZEN 100g

**30 pieces**  
**Calamari**  
 INGREDIENTS: CALAMARI, BUTTER, GARLIC, ONION, BREAD CRUMBS, PARSLEY, PEPPER, SALT, LEMON JUICE, LEMON ZEST, MAYONNAISE, KETCHUP, MUSTARD, CABBAGE, CARROT, CELERY, CORN, CUCUMBER, DILL, EGGS, FLOUR, GARLIC, GINGER, KETCHUP, LEMON JUICE, LEMON ZEST, MAYONNAISE, MUSTARD, ONION, PEPPER, PARSLEY, POTATOES, RICE, SALT, SUGAR, TAPENADE, TOMATOES, TURKEY, VINEGAR, WHEAT FLOUR, YEAST, YOGURT, ZUCCHINI.

**40 pieces**  
**Chicken Pasa Pasa**  
 INGREDIENTS: CHICKEN, BUTTER, GARLIC, ONION, BREAD CRUMBS, PARSLEY, PEPPER, SALT, LEMON JUICE, LEMON ZEST, MAYONNAISE, KETCHUP, MUSTARD, CABBAGE, CARROT, CELERY, CORN, CUCUMBER, DILL, EGGS, FLOUR, GARLIC, GINGER, KETCHUP, LEMON JUICE, LEMON ZEST, MAYONNAISE, MUSTARD, ONION, PEPPER, PARSLEY, POTATOES, RICE, SALT, SUGAR, TAPENADE, TOMATOES, TURKEY, VINEGAR, WHEAT FLOUR, YEAST, YOGURT, ZUCCHINI.

**50 pieces**  
**Smoked Salmon**  
 INGREDIENTS: SALMON, BUTTER, GARLIC, ONION, BREAD CRUMBS, PARSLEY, PEPPER, SALT, LEMON JUICE, LEMON ZEST, MAYONNAISE, KETCHUP, MUSTARD, CABBAGE, CARROT, CELERY, CORN, CUCUMBER, DILL, EGGS, FLOUR, GARLIC, GINGER, KETCHUP, LEMON JUICE, LEMON ZEST, MAYONNAISE, MUSTARD, ONION, PEPPER, PARSLEY, POTATOES, RICE, SALT, SUGAR, TAPENADE, TOMATOES, TURKEY, VINEGAR, WHEAT FLOUR, YEAST, YOGURT, ZUCCHINI.

**50 pieces**  
**Coconut Shrimp**  
 INGREDIENTS: SHRIMP, BUTTER, GARLIC, ONION, BREAD CRUMBS, PARSLEY, PEPPER, SALT, LEMON JUICE, LEMON ZEST, MAYONNAISE, KETCHUP, MUSTARD, CABBAGE, CARROT, CELERY, CORN, CUCUMBER, DILL, EGGS, FLOUR, GARLIC, GINGER, KETCHUP, LEMON JUICE, LEMON ZEST, MAYONNAISE, MUSTARD, ONION, PEPPER, PARSLEY, POTATOES, RICE, SALT, SUGAR, TAPENADE, TOMATOES, TURKEY, VINEGAR, WHEAT FLOUR, YEAST, YOGURT, ZUCCHINI.

|                                                                                                              |                                                                                                               |                                                                                                                |                                                                                                                |                                                                                                                |                                                                                                                |                                                                                                                |                                                                                                                |
|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  <p><b>249</b><br/>ea.</p>   |  <p><b>249</b><br/>ea.</p>   |  <p><b>129</b><br/>ea.</p>    |  <p><b>199</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |
|  <p><b>249</b><br/>ea.</p>   |  <p><b>249</b><br/>ea.</p>   |  <p><b>129</b><br/>ea.</p>    |  <p><b>199</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |  <p><b>399</b><br/>ea.</p>    |
|  <p><b>279</b><br/>ea.</p>   |  <p><b>279</b><br/>ea.</p>   |  <p><b>1049</b><br/>ea.</p>   |  <p><b>1049</b><br/>ea.</p>   |  <p><b>1249</b><br/>ea.</p>   |  <p><b>1249</b><br/>ea.</p>   |  <p><b>1279</b><br/>ea.</p>   |  <p><b>1279</b><br/>ea.</p>   |
|  <p><b>279</b><br/>ea.</p>   |  <p><b>279</b><br/>ea.</p>   |  <p><b>1049</b><br/>ea.</p>   |  <p><b>1049</b><br/>ea.</p>   |  <p><b>1249</b><br/>ea.</p>   |  <p><b>1249</b><br/>ea.</p>   |  <p><b>1279</b><br/>ea.</p>   |  <p><b>1279</b><br/>ea.</p>   |
|  <p><b>279</b><br/>ea.</p>  |  <p><b>279</b><br/>ea.</p>  |  <p><b>1049</b><br/>ea.</p>  |  <p><b>1049</b><br/>ea.</p>  |  <p><b>1249</b><br/>ea.</p>  |  <p><b>1249</b><br/>ea.</p>  |  <p><b>1279</b><br/>ea.</p>  |  <p><b>1279</b><br/>ea.</p>  |
|  <p><b>279</b><br/>ea.</p> |  <p><b>279</b><br/>ea.</p> |  <p><b>1049</b><br/>ea.</p> |  <p><b>1049</b><br/>ea.</p> |  <p><b>1249</b><br/>ea.</p> |  <p><b>1249</b><br/>ea.</p> |  <p><b>1279</b><br/>ea.</p> |  <p><b>1279</b><br/>ea.</p> |
|  <p><b>279</b><br/>ea.</p> |  <p><b>279</b><br/>ea.</p> |  <p><b>1049</b><br/>ea.</p> |  <p><b>1049</b><br/>ea.</p> |  <p><b>1249</b><br/>ea.</p> |  <p><b>1249</b><br/>ea.</p> |  <p><b>1279</b><br/>ea.</p> |  <p><b>1279</b><br/>ea.</p> |
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**ONLINE  
EXCLUSIVE**

***metro.ca***

**Enjoy the Offer**

\*Certain conditions apply. Details on metro.ca

# FREE

## 3-CHEESE TORTELLINI

### 800 g

**WHEN YOU SPEND \$130 OR MORE\***



**\$9<sup>49</sup>**  
VALUE

PROMO CODE  
**TORTELLINI**



More Great Savings



**349** ea.  
ON THE BORDER PIZZERIA POP OR  
TOASTER STRUDEL SAUCCS  
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)



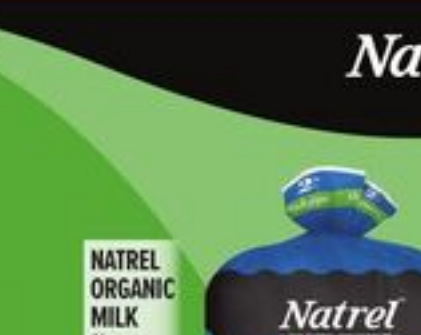
**1999** ea.  
MAXWELL HOUSE OR  
HARDON COFFEE CAPSULES  
100g (3.5oz)



**399** ea.  
HELLMANN'S MAYONNAISE  
200g (7.1oz)



**579** ea.  
NATREL ORGANIC COFFEE CREAM  
100g (3.5oz)



**1079** ea.  
NATREL ORGANIC MILK  
100g (3.5oz)



**629** ea.  
LACTANTIA LACTOSE FREE MILK  
100g (3.5oz)



**1199** ea.  
KIRI YOGURT  
100g (3.5oz)



**399** ea.  
GOGO SQUEEZE SNACK  
100g (3.5oz)



**399** ea.  
ACTIVIA GUT HEALTH CHALLENGE  
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)



**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)

# moi rewards



**join today and save**

Certain conditions apply,  
see [moirewards.ca](https://moirewards.ca) for conditions.  
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Organic

LUNDBERG  
RICE CAKES 375g  
SELECTED VARIETIES

7<sup>99</sup>  
ea.

Kashi  
KASHI  
GRANOLA BARS 175g  
SELECTED VARIETIES

3<sup>49</sup>  
ea.

KICKING HORSE  
GROUND COFFEE 100g  
SELECTED VARIETIES

13<sup>99</sup>  
ea.

ROCKWELL'S  
COCONUT OIL 500ml  
SELECTED VARIETIES

21<sup>99</sup>  
ea.

BETTER THAN  
NOODLES  
KONJAC NOODLES 500g  
SELECTED VARIETIES

4<sup>99</sup>  
ea.

KOUKLA  
DELIGHTS  
BITE-SIZED COCONUT BEVERAGE 1L  
SELECTED VARIETIES

8<sup>99</sup>  
ea.

VITA COCO  
COCONUT BEVERAGE 1L  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

Whole Grains

CRUNCHMASTER  
CRACKERS 100g  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

PRANA  
GRANOLA 250g  
SELECTED VARIETIES

4<sup>99</sup>  
ea.

ALLERGY SMART  
COOKIES 100g  
SELECTED VARIETIES

4<sup>99</sup>  
ea.

ALLERGY SMART  
COOKIES 100g  
SELECTED VARIETIES

4<sup>99</sup>  
ea.

Gluten-Free

GOLDYS  
SUPERSEED CEREAL 250g  
SELECTED VARIETIES

7<sup>49</sup>  
ea.

BARNEY BUTTER  
ALMOND BUTTER 250g  
SELECTED VARIETIES

8<sup>99</sup>  
ea.

SEAMARK  
CRACKERS 100g  
SELECTED VARIETIES

7<sup>49</sup>  
ea.

humble  
POTATO CHIPS 100g  
SELECTED VARIETIES

4<sup>49</sup>  
ea.

Household Helpers

SELECTION DISH  
DETERGENT OR  
FOOD WRAP 500ml  
SELECTED VARIETIES

2<sup>49</sup>  
ea.

CASCADE  
DISHWASHER  
DETERGENT 750ml  
SELECTED VARIETIES

10<sup>99</sup>  
ea.

Bounty  
PAPER TOWELS 100% COTTON  
SELECTED VARIETIES

75  
ea.

Charmin  
BATHROOM TISSUE 100% COTTON  
SELECTED VARIETIES

10<sup>99</sup>  
ea.

Dority  
SCENT BOOSTERS 100% COTTON  
SELECTED VARIETIES

75  
ea.

Dority  
SCENT BOOSTERS 100% COTTON  
SELECTED VARIETIES

10<sup>99</sup>  
ea.

Pet

DELICIOUS  
CAT TREATS 100g  
SELECTED VARIETIES

8<sup>49</sup>  
ea.

WUNDERBARK  
DOG TREATS 100g  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

BRUSHING  
CHEWS 100g  
SELECTED VARIETIES

12<sup>99</sup>  
ea.

5X  
faster  
vs. leading all-  
purpose cleaners\*  
\*on limescale

SCRUBBING  
BUBBLES  
CLEANER 500ml  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

GLAD  
MADE AT HOME  
FOR YOUR HOME.

GLAD  
BLACK  
GARBAGE BAGS 100% COTTON  
SELECTED VARIETIES

12<sup>99</sup>  
ea.

Start clean. CLOROX

CLOROX  
BLEACH 1L  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

GET TOUGH ON ODOUR  
AND SAVE!

DOUBLE DUTY  
CLUMP SEAL  
CLUMPING LITTER 100g  
SELECTED VARIETIES

19<sup>99</sup>  
ea.

ARM & HAMMER  
CLUMPING LITTER 100g  
SELECTED VARIETIES

19<sup>99</sup>  
ea.

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



We take pride in sourcing locally from the  
Greater Toronto Region.

HALENDIA'S  
MILD OR HOT  
PEPPERETTES  
100 g  
SELECTED VARIETIES

3<sup>99</sup>  
ea.



THE PIE COMMISSION  
PIES  
FROZEN, 290 - 330 g  
SELECTED VARIETIES

9<sup>99</sup>  
ea.



HALENDIA'S  
KOBASSA SAUSAGE  
275 g  
SELECTED VARIETIES

6<sup>49</sup>  
ea.



NO.7  
HOT SAUCES  
150 ml  
SELECTED VARIETIES

7<sup>99</sup>  
ea.



BUBBIE'S  
BISCOTTI THINS  
100 g  
SELECTED VARIETIES

4<sup>49</sup>  
ea.



CRAZY D'S  
SPARKLING  
PREBIOTIC SODA  
355 ml  
SELECTED VARIETIES

2<sup>99</sup>  
ea.



Effective January 8 - 28, 2026



BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

# FREE TOQUE\*

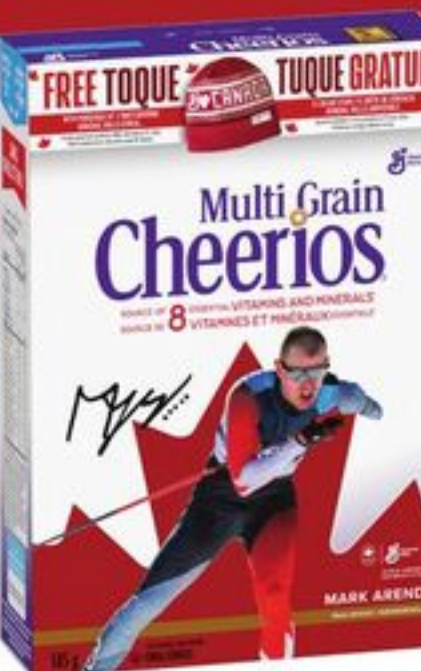
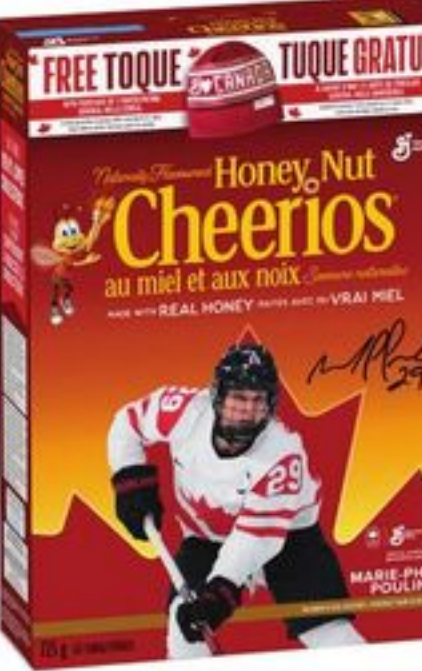
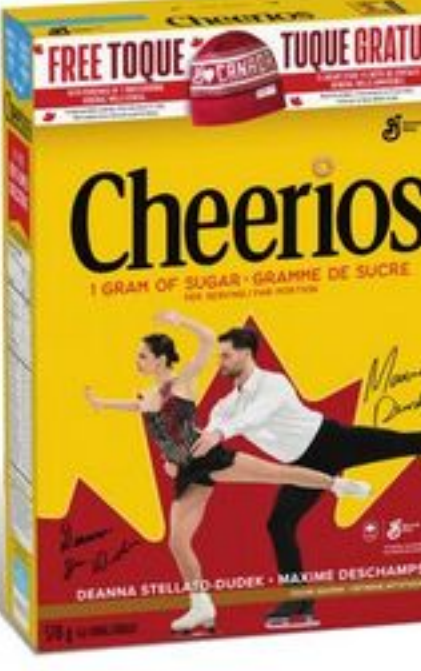


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.  
\*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS  
SELECTED SIZES  
SELECTED VARIETIES

**5<sup>99</sup>** ea.





OLD EL PASO MEXICAN KITS  
SELECTED SIZES  
SELECTED VARIETIES

**2 for 9<sup>00</sup>**



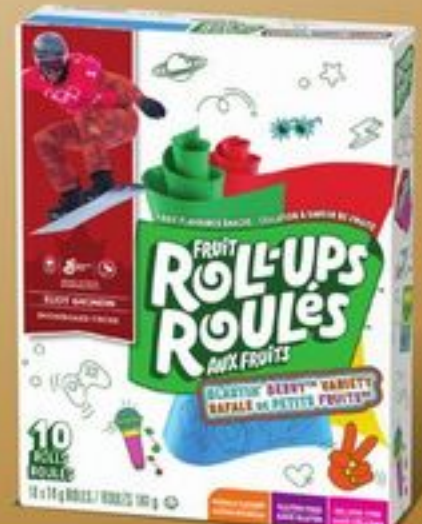
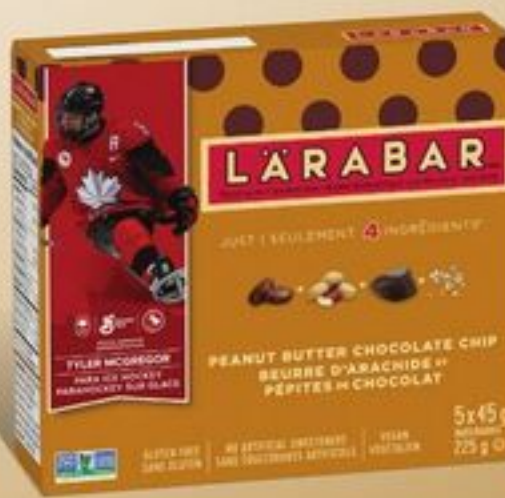
BUY 2 OLD EL PASO® KITS AND GET  
**\$10 TO FILL UP\*\***  
TO YOUR TACOS  
UPLOAD YOUR RECEIPT ONLINE

\*\*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

**2<sup>99</sup>** ea.



LARABAR BARS  
54 BARS  
SELECTED VARIETIES

**9<sup>99</sup>** ea.

BETTY CROCKER FRUIT SNACKS  
100% FRUIT  
SELECTED VARIETIES

**2<sup>99</sup>** ea.