



99¢
/lb

Large Red Prince Apples
each 2 1/2 lbs. (1.13 kg)
or 10 lbs. (4.54 kg) each
or 20 lbs. (9.07 kg) each



222¢
ea.

Chocolate Cookies, Cookies
Chocolate Chip & Raisin Cookies
Biscuits, Cinnamon Chunks
Chocolate Chip or Raisin
Chocolate Chip or Raisin



597¢
ea.

Activia Yogurt
Vanilla or Strawberry
Yogurt Activia
Yogurt Activia



277¢
ea.

Dempsters's Granola
Peanut Butter Granola
or Raisin Granola



488¢
ea.

Schwaben Baking, Bakery Jambos or Strawberry Sausages or Maple Leaf Bacon
Bacon, Sausages, Bakery Jambos or Strawberry Sausages or Maple Leaf Bacon
or Maple Leaf Bacon

More freshness,
more savings.

mmMAZING!

days



PINTY'S

CHICKEN WINGS

11.99 ea.



PINTY'S

CHICKEN BREAST FILLETS

11.99 ea.



Raspberries 1 lb

2.44 ea. or /lb



Ristorante

3.49 ea.



Casa Mama

3.49 ea.



ANDY BOY

SWEET ONIONS

3.99 ea.



SWEET ONIONS

3.99 ea.



Crave

SMART Ones

2.99 ea.



Crave

SMART Ones

2.99 ea.



CUT BY OUR BUTCHER

6.88 /lb



RED BULL BUTCHER

6.88 /lb



Ruffles

3.49 ea.



Mrs. Vickie's

3.49 ea.



PRIME

CHICKEN BREAST

5.99 /lb or ea.



PRIME

CHICKEN BREAST

5.99 /lb or ea.



Reese's

minis

3.99 ea.



KitKat

MixUps

3.99 ea.



Black Diamond

OLD-FORT

4.77 ea.



Black Diamond

MARBLE

4.77 ea.



Tide

7.99 ea.



Gain

7.99 ea.



18 PK

4.88 ea.



18 PK

4.88 ea.

Effective January-February

TH

FR

SA

SU

MO

TU

WE

29

30

31

1

2

3

4

2026

my savings my metro

mmMAZING!
days



3.99
ea.

Fresh Salmon Fillets (Atlantic Salmon Portions) 11 g
Poids de la portion: 11 g
Poids de la portion: 11 g
Poids de la portion: 11 g



5.99
ea.

Blue Water Breaded Potato Crunch 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g



2.99
ea.

Summer Fresh Tzatziki 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g



3.49
/100 g

Brie de France 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g



125
points

\$1
back in points

5.99
ea.

Frost Street Bakery Danish, Turnovers or Pastries 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g



125
points

\$1
back in points

7.99
ea.

Frost Street Bakery All Butter Croissants 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g
Poids de la portion: 10 g

mmMAZING! days

199 ea.

BODYARMOR®
LOW CALORIE
PEACH FLAVORED
50% MORE FLAVOR
1.5L (50.7 FL OZ)

POWER RIDE®
50% MORE FLAVOR
1.5L (50.7 FL OZ)

Coca-Cola
Coca-Cola or Canada Dry Soft Drink
Bottles 12-pack
Coca-Cola or Canada Dry Soft Drink
1.5L (50.7 FL OZ)

449 ea.

mini
Coca-Cola or Canada Dry Soft Drink
1.5L (50.7 FL OZ)

749 ea.

fuze
Lemon
1.5L (50.7 FL OZ)

MONSTER Energy Drink
1.5L (50.7 FL OZ)

333 ea.

MONSTER Energy Drink
1.5L (50.7 FL OZ)

399 ea.

CORE POWER®
1.5L (50.7 FL OZ)

299 ea.

Campbell's
CHUNKY
BEEF & SOUP
1.5L (50.7 FL OZ)

Habitant®
PEA SOUP with SMOKED HAM
1.5L (50.7 FL OZ)

222 ea.

Campbell's
Italian Wedding
1.5L (50.7 FL OZ)

125 ea.

Campbell's
Soup 1.5L (50.7 FL OZ)

399 ea.

Rice-A-Roni®
1.5L (50.7 FL OZ)

349 ea.

Goldfish
CRISPER CROUSILLANTS
1.5L (50.7 FL OZ)

399 ea.

DANONE
6 ESSENTIAL NUTRIENTS
1.5L (50.7 FL OZ)

399 ea.

Silk
OAT
1.5L (50.7 FL OZ)

399 ea.

Silk
ALMOND
1.5L (50.7 FL OZ)

499 ea.

Delight
1.5L (50.7 FL OZ)

599 ea.

ACTIVIA
1.5L (50.7 FL OZ)

mmMAZING! days



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

mmMAZING!
days



moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until February 4, 2026, in-store or online



NOW 9.99
ea.
SAVE UP TO \$4

13.99
ea.
SWISS CHALET
OR MONTANA'S
PORK BACK RIBS
FULLY COOKED, 600 - 650 g
SELECTED VARIETIES



NOW 4.99
ea.
SAVE UP TO \$2

6.99
ea.
BICK'S PICKLES
1 L
SELECTED VARIETIES



NOW 2.99
ea.
SAVE UP TO \$1

3.99
ea.
WERTHER'S OR
RIESEN CANDY
128 - 135 g
SELECTED VARIETIES



NOW 15.99
ea.
SAVE UP TO \$5

20.99
ea.
RED BULL
ENERGY DRINKS
8 x 250 mL
SELECTED VARIETIES



NOW 8.99
ea.
SAVE UP TO \$2

10.99
ea.
NEAR ZERO
NON-ALCOHOLIC BEER
4 x 473 mL
SELECTED VARIETIES



NOW 5.99
ea.
SAVE UP TO \$2

7.99
ea.
GLADE
STARTER KIT
1 m
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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

3⁹⁹
ea.
Blackberries 125g
PRODUCT OF MEXICO
PRODUIT DU MEXIQUE

4⁹⁹
ea.
Blueberries 150g
PRODUCT OF MEXICO
PRODUIT DU MEXIQUE

1⁶⁹
/lb
Sweet Potatoes
3.73kg
Produit de France
Produit de France

2⁹⁹
ea.
Iceberg Lettuce
3.73kg
Produit de France
Produit de France

1⁹⁹
ea.
Large Avocados
Produit de France
Produit de France

1⁹⁹
/lb
Large Seedless Oranges
Produit de France
Produit de France

3⁴⁹
/lb
Green Beans
Produit de France
Produit de France

2⁹⁹
/lb
Parsnips
Produit de France
Produit de France

3⁹⁹
/lb
Large Peaches or Nectarines
Produit de France
Produit de France

5⁹⁹
/lb
Jumbo Cherries
Produit de France
Produit de France

3⁴⁹
/lb
Green Beans
Produit de France
Produit de France

4⁹⁹
ea.
Sweet Corn
Produit de France
Produit de France

5⁹⁹
ea.
Red Grapefruit
Produit de France
Produit de France

6⁹⁹
ea.
Winter Frost Potatoes
Produit de France
Produit de France

4⁴⁹
ea.
Altitude Salad Mix
Produit de France
Produit de France

2⁴⁹
ea.
Assorted Colored Carrots
Produit de France
Produit de France

5⁹⁹
ea.
Sun-Lovin' Dates
Produit de France
Produit de France

4⁴⁹
ea.
Craisins
Produit de France
Produit de France

3⁹⁹
ea.
Russet Potatoes
Produit de France
Produit de France

4⁴⁹
ea.
Green Bean Casserole
Produit de France
Produit de France

Organic

6⁹⁹
ea.
Greenhouse Organic Juice or Smoothie
Produit de France
Produit de France

3⁹⁹
ea.
Booch Organic Kombucha
Produit de France
Produit de France

2⁹⁹
/lb
Organic Red Delicious Apples
Produit de France
Produit de France

5⁴⁹
ea.
Organic Sweet Potatoes
Produit de France
Produit de France

Sliced & Diced

6⁹⁹
ea.
Chicken Salad 125g
Produit de France
Produit de France

6⁹⁹
ea.
Large Melon Chunks 125g
Produit de France
Produit de France

6⁹⁹
ea.
Salad Mix 125g
Produit de France
Produit de France

6⁹⁹
ea.
Salad Mix 125g
Produit de France
Produit de France

Fresh Blooms

25⁰⁰
ea.
Seasonal Mixed Bouquet
Produit de France
Produit de France

24⁹⁹
ea.
Double Spike Bouquet
Produit de France
Produit de France

14⁹⁹
ea.
Asthurium
Produit de France
Produit de France

14⁹⁹
ea.
French Cut Tulips
Produit de France
Produit de France

Book your
**Valentine's Day
Flowers Now!**

Speak to one of our floral experts
to pre-book a bouquet or arrangement.

FROM FEBRUARY 1ST TO FEBRUARY 10TH, 2026



Our Butcher's Finest

Fresh Roasting Chicken
Poulet à rôtir frais
1.9 kg

3⁴⁹
/lb

Platinum Grill Angus
Steak sans os
44.08 kg

19⁹⁹
/lb

Bûcher de contre-filet Angus Grill Platinum
19.99 \$/lb

Life Smart Naturala
Ground Beef
1.8 kg (3.96 lb)

8⁹⁹
ea.

Boeuf moulu à l'herbe Naturala Mince sans huile assaisonné
avec 1% de sel et 0.5% de nitrite

RED GRILL
BEEF

Beef Grill Boneless Stewing Beef Cubes
15.25 kg
Cubes de bœuf Beef Grill sans os à mijoter
15.25 kg

8⁹⁹
/lb

Maple Leaf Prime Spiced
natural Antibiotic Free Boneless
Smoking Chicken Single Value Pack
15.45 kg
Cuisse de poulet fumée avec
antibiotique Prime Maple Leaf.
Poulet fumé naturel sans antibiotique
en emballage économique
15.45 kg

6⁹⁹
/lb

PRIME
WET COAT
antibiotic free

Boneless Pork
Loin Chop
Value Pack or Bone
13.7 kg
Longe de porc déossée en emballage économique de côtelettes ou en rôti
13.7 kg

5⁹⁹
/lb

Maple Leaf Prime Spiced
natural Antibiotic Free Boneless
Smoking Chicken Single Value Pack
15.45 kg
Cuisse de poulet fumée avec
antibiotique Prime Maple Leaf.
Poulet fumé naturel sans antibiotique
en emballage économique
15.45 kg

6⁹⁹
/lb

Life Smart Naturala
Grand Top Round Roast Steak
46.23 kg

20⁹⁹
/lb

Côte de bœuf moulu à l'herbe Naturala Mince sans huile en bûcher déossé
19.99 \$/lb

Wet Loin Chops
15.45 kg

13⁹⁹
/lb

Côtelettes de longe de porc
15.45 kg

Life Smart Naturala
Grand Top Round Roast Steak
46.23 kg

20⁹⁹
/lb

Côte de bœuf moulu à l'herbe Naturala Mince sans huile en bûcher déossé
19.99 \$/lb

Selection Wingers
15.45 kg (3.41 lb)

2⁹⁹
ea.

Fondue Beef or Chicken
15.45 kg (3.41 lb)

4⁹⁹
ea.

NEW
Irresistible Pork Tenderloin
15.45 kg (3.41 lb)

7⁹⁹
ea.

Irresistible Mini Quiche
15.45 kg (3.41 lb)

8⁴⁹
ea.

Selection Corn Dogs
15.45 kg (3.41 lb)

13⁴⁹
ea.

CRISPY CHICKEN WINGS
15.45 kg (3.41 lb)

14⁴⁹
ea.

Irresistible Shepherd's Pie
15.45 kg (3.41 lb)

11⁴⁹
ea.

Irresistible Beef Burgers
15.45 kg (3.41 lb)

16⁴⁹
ea.

Easy Meal Ideas

Chicken Balls
15.45 kg (3.41 lb)

5⁹⁹
ea.

Selection Smoked Ham
15.45 kg (3.41 lb)

8⁹⁹
ea.

Selection Breaded Chicken
15.45 kg (3.41 lb)

6⁹⁹
ea.

Butterball Boneless
Turkey Breast Roast
15.45 kg (3.41 lb)

22⁹⁹
ea.

Plant-Based

Beyond Plant Based
Sausages
Burgers or
Frozen Chicken
15.45 kg (3.41 lb)

7⁹⁹
ea.

Beyond Plant Based
Burgers
15.45 kg (3.41 lb)

20⁹⁹
ea.

Impossible Plant Based
Burgers or Fried
Chicken Nuggets
15.45 kg (3.41 lb)

7⁹⁹
ea.

Impossible Plant Based
Burgers or Fried
Chicken Nuggets
15.45 kg (3.41 lb)

7⁹⁹
ea.

Chocolate Treats

Irresistible Double Chocolate Brownie Cake 10 1/2
Gâteau au chocolat double chocolat
Irresistible
26⁹⁹ ea.

Front Street Bakery Chocolate Torte Extreme Cake 10 1/2
Gâteau Front Street Bakery au chocolat
22⁹⁹ ea.

Front Street Bakery Raspberry Cheesecake 10 1/2
Gâteau Front Street Bakery au fromage de chèvre
22⁹⁹ ea.

Jamocha Almond Crunch Cake 11 1/2
Gâteau Jamocha garni de croustillant d'amandes
31⁹⁹ ea.

Front Street Bakery Presimone Mission Baguette 10 1/2
Baguette
3⁹⁹ ea.

Front Street Bakery Rustic Country Bread 10 1/2
Pain rustique
4²⁹ ea.

Stonemill Naturally Fermented Pain 10 1/2
Pain
4⁹⁹ ea.

Sun-Maid Raisin Bread 10 1/2
Pain aux raisins
4⁹⁹ ea.

Front Street Bakery Onion Rolls 10 1/2
Pain à l'oignon
4²⁹ ea.

Front Street Bakery Potato Rolls 10 1/2
Pain patate
4²⁹ ea.

Dampier's English Muffins 10 1/2
Muffins anglais
2⁹⁹ ea.

Irresistible Mini Muffins 10 1/2
Mini-muffins
4⁹⁹ ea.

Deli Favourites

Maple Long Chicken Breast 100 g
3⁴⁹ /100 g

Original Meats Chicken 100 g
2⁴⁹ /100 g

Original Meats Chicken 100 g
4⁴⁹ /100 g

Original Meats Chicken 100 g
4⁷⁹ /100 g

Original Meats Chicken 100 g
2⁹⁹ /100 g

Original Meats Chicken 100 g
3⁹⁹ /100 g

Original Meats Chicken 100 g
10⁹⁹ ea.

Original Meats Chicken 100 g
5⁷⁹ /100 g

Original Meats Chicken 100 g
5⁹⁹ ea.

Original Meats Chicken 100 g
6⁹⁹ ea.

Original Meats Chicken 100 g
9⁴⁹ ea.

Original Meats Chicken 100 g
15⁹⁹ ea.

Seafood

Seafood Bar

PRODUITS DE MER

9⁹⁹

/lb

Assortiment de fruits de mer

Assortiment de fruits de mer

Assortiment de fruits de mer

INCLUDES

SHOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

Wild Sockeye Salmon Fillets

PRODUITS DE MER

15⁹⁹

/lb

Wild Sockeye Salmon Fillets

PRODUITS DE MER

15⁹⁹

/lb

Pacific White Shrimp

Shrimp

Shrimp

12⁹⁹

ea.

Stone Medley

Salade de fruits de mer

Salade de fruits de mer

7⁹⁹

/lb

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

Wild Pink Salmon Nuggets

7⁹⁹

ea.

Claw Crab Meat

WILDER

Wild Pink Salmon Nuggets

19⁹⁹

ea.

Minced Cooked Salmon Meat

Minced Cooked Salmon Meat

Minced Cooked Salmon Meat

3⁹⁹

ea.

Ocean Prime Whole Clams

Ocean Prime Whole Clams

Ocean Prime Whole Clams

4⁴⁹

ea.

Chickadee

Chickadee

Chickadee

6⁹⁹

ea.

Better Fish

Better Fish

Better Fish

9⁹⁹

ea.

Irresistible

Irresistible

Irresistible

5⁹⁹

ea.

Irresistible

Irresistible

Irresistible

7⁹⁹

ea.

Irresistible

Irresistible

Irresistible

9⁹⁹

ea.

Irresistible

Irresistible

Irresistible

19⁹⁹

ea.

Kraft

Hockeyville

BUILDING COMMUNITY

One Rink at a Time

KRAFT SALAD DRESSING

KRAFT SALAD DRESSING

KRAFT SALAD DRESSING

3⁹⁹

ea.

KRAFT DELUXE CHICKEN

KRAFT DELUXE CHICKEN

KRAFT DELUXE CHICKEN

1⁵⁰

ea.

CRAV NEW CRAV NEW CRAV NEW

CRAV NEW CRAV NEW CRAV NEW

CRAV NEW CRAV NEW CRAV NEW

2⁹⁹

ea.

HEINZ KETCHUP

HEINZ KETCHUP

HEINZ KETCHUP

5⁴⁹

ea.

PHILADELPHIA CREAM CHEESE

PHILADELPHIA CREAM CHEESE

PHILADELPHIA CREAM CHEESE

4⁹⁹

ea.

NABOB TOSSIMO

NABOB TOSSIMO

NABOB TOSSIMO

11⁹⁹

ea.

BRING THE HEAT

BRING THE HEAT

BRING THE HEAT

FRANK'S MUSTARD

FRANK'S MUSTARD

FRANK'S MUSTARD

2⁴⁹

ea.

FRANK'S REDHOT SAUCE

FRANK'S REDHOT SAUCE

FRANK'S REDHOT SAUCE

4⁹⁹

ea.

FRANK'S KETCHUP

FRANK'S KETCHUP

FRANK'S KETCHUP

5⁴⁹

ea.

STUBBS' BBQ SAUCE

STUBBS' BBQ SAUCE

STUBBS' BBQ SAUCE

4⁹⁹

ea.

CLUB HOUSE LA GRILLE

CLUB HOUSE LA GRILLE

CLUB HOUSE LA GRILLE

4⁹⁹

ea.

CHOLULA HOT SAUCE

CHOLULA HOT SAUCE

CHOLULA HOT SAUCE

4⁹⁹

ea.

metro.ca



Lipo Nano
Endulzante Vegetal
6 x 100 mL (3.38 FL OZ) each
Yogourt à base de Rem Lipo
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Vita Coco
Coconut Water 1 L
Eau de noix de coco
1 L (33.8 FL OZ)
VARIÉTÉS SÉLECTIONNÉES



Bob's Red Mill
Whole Grain Rolled Oats
1 L (33.8 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Lactantia
Purified Water
1 L (33.8 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Maple Leaf
Natural Selections
Sliced Deli Meat
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Harvest Crunch
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



McCa's
Smiles
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Bear Paws
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Made Good
Barnes
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Simply
Orange Juice
1 L (33.8 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Green Giant
Frozen Vegetables
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Kraft
Peanut Butter
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



VH
Sauce
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Little Bites
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Back Bonnet
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Kellogg's
Mini Wheat
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Nutri Grain
Barnes
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Bubly
Sparkling Water
1 L (33.8 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Lactantia
Purified Water
1 L (33.8 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Danone
Dannon
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Sponge Towels
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



On the Border
Sauce
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Baron's
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Goldfish
Crispies
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Nesquik
Milk
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Pinty's
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Oreo
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Clover
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Simply Protein
Barnes
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Maple Lodge
Cereal
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Coca-Cola
Soda
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES



Kellogg's
Rice Krispies
100 g (3.52 FL OZ) each
VARIÉTÉS SÉLECTIONNÉES

Donation Match Days

January 31 and February 7

We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

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

[illegible]

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

YAY OR LUCKY KID
THAI FISH BALLS OR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CARBIDE OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
100 - 400 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KID OR YET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 431 - 631 g
SELECTED VARIETIES

99¢
ea.

YAY OR LUCKY KID
THAI FISH BALLS OR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CARBIDE OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
100 - 400 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KID OR YET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 431 - 631 g
SELECTED VARIETIES

99¢
ea.

DRAGON
FRUIT/SHAMBA
PRODUCT OF GUADALUPE
0.50 kg

3⁸⁸
7 lb

FRESH PORK SOLE RIBS
CENTRE CUT REMOVED
3.75 kg

3⁸⁸
7 lb

POMELO
PRODUCT OF CHINA

2⁸⁸
ea.

SELECTION
BASSA FILLETS
FRESH 1 kg

9⁹⁹
ea.

LIFESMART
TOFU
300 - 454 g
SELECTED VARIETIES

2⁴⁸
ea.

GERBERA BOUTIQUE
ASSORTED COLOURS

16⁹⁹
ea.

4J DUMPLINGS
OR MANGO SAUCE
300 - 450 - 540 ml
SELECTED VARIETIES

3⁴⁹
ea.

RUBICON
DRINKS
1L
SELECTED VARIETIES

2⁸⁸
ea.

INDONESIAN NOODLES,
LUCKY KID SHIRAZ SALAD
OR CHICKEN SAUCE
5 x 75 - 105 g - 400 - 500 ml
SELECTED VARIETIES

2⁹⁹
ea.

BLUE DRAGON SAUCES
OR EELLY CUPPY SAUCE
200 g - 200 ml
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KID
SOY SAUCE
400 - 454 g
SELECTED VARIETIES

1⁹⁹
ea.

KIKKOMAN TERIYAKI
OR SOY SAUCE,
PANKO BREAD CRUMBS
100 - 200 g - 400 g
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KID
VERMICELLI OR
CHOW MEEN
NOODLES
400 - 454 g
SELECTED VARIETIES

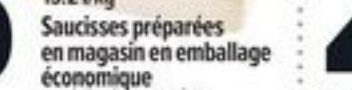
1⁶⁷
ea.

NONSHIM
NOODLES MULTIPACK
14 PCK
SELECTED VARIETIES

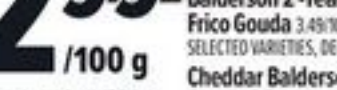
6⁴⁹
ea.

With availability varies by store.

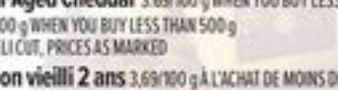
\$ New Lower Prices



Stoverson's Maple Pack Sausages
 These Maple Sausages are packed with delicious maple flavor. Perfect for grilling or sautéing and an excellent addition to your sausage repertoire.
\$5.99
 /lb



Stoverson's 2-Pass Apple Cheddar Sausage
 This sausage is made with a blend of apples and cheddar cheese. It's perfect for grilling or sautéing and an excellent addition to your sausage repertoire.
\$2.99
 /100 g
 when you buy 500 g or more



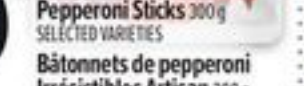
Stoverson's Sausages and Ground Meat
 This sausage is made with a blend of apples and cheddar cheese. It's perfect for grilling or sautéing and an excellent addition to your sausage repertoire.
\$2.99
 /100 g



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\$2.99
 /100 g



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 This sausage is made with a blend of apples and cheddar cheese. It's perfect for grilling or sautéing and an excellent addition to your sausage repertoire.
\$2.99
 /100 g



99¢
ea.

Predefinições Artisanas
Pepperlilk® para frango e carne de bovino
Borracha de pimenta preta
Pepperlilk® para frango e carne de bovino
Borracha de pimenta preta



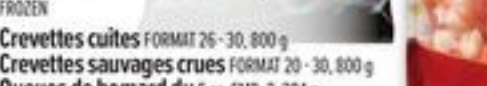
599¢
ea.

Shore Made Small Salads
Saladas artesanais pequenas
em magnólia (10 oz.)



1999¢
ea.

Cooked Shrimp 16 oz. (1 lb.) 100% Wild-Catch
Shrimp 100% Wild-Catch
Wild-Catch Seafood
Wild-Catch Seafood
Wild-Catch Seafood



800¢

Pacific Wild Salmon
Wild-Catch Salmon
Wild-Catch Salmon
Wild-Catch Salmon

Minute Maid® Fruit Drinks
 399 ea.

Minute Maid® Fruit Flavors
 399 ea.

Minute Maid® Fruit Flavors
 399 ea.

Minute Maid® Fruit Flavors
 399 ea.

Minute Maid® Fruit Flavors
 399 ea.

Minute Maid® Fruit Flavors
 399 ea.

5.99 ea. Ocean Spray Sparkling Cranberry Drinks. Ocean Spray Sparkling Cranberry Drinks are a delicious, refreshing way to enjoy Ocean Spray's award-winning cranberry juice. Ocean Spray Sparkling Cranberry Drinks are available in 12 oz. cans and 6 oz. cans. Ocean Spray Sparkling Cranberry Drinks are available in 12 oz. cans and 6 oz. cans.

26.99 ea. McCafe. McCafe is a delicious, refreshing way to enjoy Ocean Spray's award-winning cranberry juice. McCafe is available in 12 oz. cans and 6 oz. cans. McCafe is available in 12 oz. cans and 6 oz. cans.

30% off Nature's Bounty. Nature's Bounty is a delicious, refreshing way to enjoy Ocean Spray's award-winning cranberry juice. Nature's Bounty is available in 12 oz. cans and 6 oz. cans. Nature's Bounty is available in 12 oz. cans and 6 oz. cans.

Learn with mol rewards

65¢
4.49
ea.

Insulated, Stainless Steel
Tostitos® Soft Sided Cooler
Covers up to 150 lbs.
Includes 100% Recycled
Insulation and 100% Recycled
Stainless Steel Latches



65¢
2.99
ea.

Liberty Creek, Top Source or
Sage River Apples
100% Oregon Grown
Available in 10 lb. and 25 lb. quantities
Source and Sublet Top
Products Only



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.

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Give us your opinion for a chance to **WIN \$1000** in groceries

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