



988
/lb

RED GRILL STRIP LOIN STEAK BONE IN
VALUE PACK
25.78 kg

CUT BY
OUR
BUTCHER



477
ea.

BLACK DIAMOND
SHARP CHEDDAR CHEESE
25.78 kg



199
ea.

BULL'S EYE
OR STEADY SAUCE
OR THOUSAND ISLAND
OR THOUSAND ISLAND
DRESSING 25.78 kg



199
ea.

DARE COOKIES.
CHOCOLATE
CRISPS OR
CHOCOLATE
CRISPS 25.78 kg



499
ea.

CASHMERE
BATHROOM
TISSUE
25.78 kg

Effective January

TH	FR	SA	SU	MO
22	23	24	25	26

VERSION 5

More freshness,
more savings.

mmMAZING!

days

 RED SHELL BEEF SHANK RIB 22.00kg \$9.99/lb	 GROUND IN-STORE DAILY \$4.99/lb
 YOGURT OR ACTIVA YOGURT OR SILK REFRESHED DRINKS \$3.49 ea.	 FRESH CHICKEN 1/2 QUARTERS \$1.99/lb
 \$10.98 ea.	 JUMBO \$3.44/lb
 \$2.99 ea.	 \$2.99 ea.
 \$4.99 ea.	 \$0.88/lb
 \$29.99 ea.	 \$4.99 ea.

Effective January

TH

FR

SA

SU

MO

TU

WE

2026

my savings my metro

mmMAZING!
days

FRESH COHO



10⁹⁹
/lb
of ea.

FRESH COHO SALMON FILLETS VALLEY PACK
SMOKED STEELHEAD TROUT
200g, 20g, 100g

Irresistible



7⁹⁹
ea.

COOKED WHITE
PACIFIC COAST
WILD COASTAL
SHRIMP
100g, 100g

ARGENTINE
21-25
51-60



2⁹⁹
/100 g

SELECTION OLD FASHIONED HAM OR BALDERSOHN CHEESE
100g, 100g

SCHNEIDERS



7⁹⁹
ea.

SCHNEIDERS
HAVARTI
100g, 100g

CLASSIC
BLUE RIBBON
100g, 100g



3⁹⁹
ea.

FRONT STREET BAKERY
CALABRESI, BELGIAN OR RUSTIC COUNTRY BREADS
100g, 100g, 100g

4 PACK



5⁹⁹
ea.

FRONT STREET BAKERY
DONUTS
100g, 100g, 100g, 100g

mmmAZING!
days



mmMAZING!
days

PRIMO
PRIMO PASTA
1.5L
1.99
ea.

PRIMO
PRIMO PASTA
16.5oz, 12oz (100% whole wheat)
2.49
ea.

PRIMO
PRIMO SAUCE
16.5oz, 12oz (100% whole wheat)
1.99
ea.

PRIMO
PRIMO BEANS
16.5oz, 12oz (100% whole wheat)
3 for 5.00

PRIMO
PRIMO TOMATOES
16.5oz, 12oz (100% whole wheat)
1.99
ea.

McCafé
McCafé Coffee Capsules
100% Ethically Sourced
Arabica Beans
30
26.99
ea.

Keurig Dr Pepper
Keurig Dr Pepper
100% Ethically Sourced
Arabica Beans
30
26.99
ea.

NESTEA
NESTEA Iced Tea
16.5oz, 12oz (100% whole wheat)
7.99
ea.

CLAMATO
CLAMATO
16.5oz, 12oz (100% whole wheat)
3.49
ea.

McCafé
McCafé Coffee Capsules
100% Ethically Sourced
Arabica Beans
30
26.99
ea.

McCafé
McCafé Coffee Capsules
100% Ethically Sourced
Arabica Beans
30
26.99
ea.

McCafé
McCafé Coffee Capsules
100% Ethically Sourced
Arabica Beans
30
26.99
ea.

McCafé
McCafé Coffee Capsules
100% Ethically Sourced
Arabica Beans
30
26.99
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz, 12oz (100% whole wheat)
6.99
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz, 12oz (100% whole wheat)
6.99
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz, 12oz (100% whole wheat)
6.99
ea.

Knorr
Knorr Soup Mix
16.5oz, 12oz (100% whole wheat)
1.99
ea.

Knorr
Knorr Soup Mix
16.5oz, 12oz (100% whole wheat)
1.99
ea.

Knorr
Knorr Soup Mix
16.5oz, 12oz (100% whole wheat)
1.99
ea.

Knorr
Knorr Soup Mix
16.5oz, 12oz (100% whole wheat)
1.99
ea.

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 January 28, 2026, in-store or online



NOW
12.99
ea.
SAVE UP TO
\$7

~~19.99~~*
ea.
IRRESISTIBLES
COFFEE CAPSULES
30 un.
SELECTED VARIETIES



NOW
1.99
ea.
SAVE UP TO
\$1

~~2.99~~*
ea.
OCEAN'S
ALBACORE TUNA
170 g



NOW
2.49
ea.
SAVE UP TO
\$1

~~3.49~~*
ea.
CHEEMO
PEROGIES
SELECTED SIZES
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$4

~~13.99~~*
ea.
CORONA
NON-ALCOHOLIC BEER
6 x 330 ml



NOW
2.99
ea.
SAVE UP TO
\$2.50

~~5.49~~*
ea.
FEBREZE BATHROOM
AIR FRESHENER
75 ml
SELECTED VARIETIES



NOW
15.00
ea.
SAVE UP TO
\$1.99

~~16.99~~*
ea.
GERBERA
BOUQUET
ASSORTED COLOURS

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

 4⁹⁹ ea. STRAWBERRIES FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.)	 4⁹⁹ ea. BLUEBERRIES FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.)	 4⁹⁹ ea. ROMA HEARTS FRESH PRODUCT OF U.S.A.	 4⁹⁹ ea. ANCHO BOY FRESH PEPPERS PRODUCT OF U.S.A.	 1⁹⁹ /lb SWEET POTATOES WASHED & DRYED U.S.A. (WGT. 100 LB.)
 3⁹⁹ ea. BLACKBERRIES FRESH PRODUCT OF MEXICO	 2⁴⁹ /lb LARGE COSMIC CRISP APPLES PRODUCT OF U.S.A. (WGT. 100 LB.) 5.45kg	 2⁹⁹ /lb GREEN PEPPERS FRESH PRODUCT OF U.S.A. (WGT. 100 LB.) 6.55kg	 4⁹⁹ ea. CAULIFLOWER FRESH PRODUCT OF U.S.A. U.S. (WGT. 100 LB.)	 2⁴⁹ ea. RUSSET POTATOES FRESH PRODUCT OF U.S.A. U.S. (WGT. 100 LB.)
 5⁹⁹ /lb PINK MOSCATO GRAPES FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.) 13.25kg	 7⁹⁹ ea. PEACHES 1/2 NECTARINES 1/2 FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.) 13.25kg	 4⁴⁹ ea. BUNCH BEETS OR GREEN KNEEDER FRESH PRODUCT OF U.S.A. (WGT. 100 LB.) 13.25kg	 2⁴⁹ ea. RUSSET POTATOES FRESH PRODUCT OF U.S.A. U.S. (WGT. 100 LB.)	 2⁴⁹ ea. RUSSET POTATOES FRESH PRODUCT OF U.S.A. U.S. (WGT. 100 LB.)
 4⁹⁹ /lb DONUT PEACHES FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.) 11.60kg	 4⁴⁹ ea. JUMBO PINEAPPLES FRESH PRODUCT OF COSTA RICA	 99¢ /lb GREEN CABBAGE FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.) 2.25kg	 3⁹⁹ ea. RUSSET POTATOES FRESH PRODUCT OF U.S.A. U.S. (WGT. 100 LB.)	 5⁹⁹ ea. SWEET ONIONS FRESH PRODUCT OF CANADA U.S.A. (WGT. 100 LB.) 11.60kg

Organic

 4.99 ea. ORGANIC ORGANIC LEMONS PRODUCT OF SOUTH AFRICA 100% ORGANIC NET WT. 1.5 LBS	 2.99 /lb ORGANIC ANJOU OR BOSC PEARS PRODUCT OF HUNGARY U.S. #1 PEARL GRADE 100% ORGANIC NET WT. 1.5 LBS	 5.49 ea. ORGANIC RUSSET OR YELLOW PEAR POTATOES PRODUCT OF CANADA 100% ORGANIC NET WT. 1.5 LBS	 5.49 ea. ATTITUDE ORGANIC SALAD MIX PRODUCT OF U.S.A. 100% ORGANIC NET WT. 1.5 LBS
---	--	--	--

Sliced & Diced **Fresh Blooms**

[illegible]

Fresh Blooms

Fresh Blooms



30⁰⁰
ea.

SWEET LILY BOUQUET
A mix of red, pink and white lilies



34⁹⁹
ea.

WHITE CASCADING ORCHIDS
A mix of white orchids



19⁹⁹
ea.

CALLALILIES
A mix of pink, white and yellow callalilies



12⁹⁹
ea.

PRIMROSE ROYAL
A mix of purple, yellow and white primroses

FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

Our Butcher's Finest

PLATINUM GRILL ANGUS
TOP SIRLOIN STEAK
11.99/lb

14⁹⁹
/lb

100% CANADIAN ANGUS
RED GRADE BEEF

PORK LOIN RIB OR
SALOIN ROAST
8.99/lb

3⁹⁹
/lb

CUT BY OUR BUTCHER

YORKSHIRE VALLEY FARMS
ORGANIC FRESH WHOLE CHICKEN
11.00/lb

4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
ORGANIC

PORK LOIN CHOPS
CENTRE CUT WHITE PACE
8.00/lb

4⁹⁹
/lb

FRESH

FRESH LAMB LAMB CHOPS
OR 2 LAMB TENDERS LAMB
8.50/lb

12⁹⁹
/lb

FRESH LAMB LEG
SHORT COKE
OR 2 LAMB AND PORK LOIN
19.50/lb

8⁹⁹
/lb

FRESH

FRESH SPICE
CHICKEN WINGS
13.75/lb

5⁹⁹
/lb

RED GRILL
FAST FRY STEAK
LOIN SIRLOIN BONE IN
OR 2 LAMB TENDERS OR 2 LAMB
19.99/lb

11⁸⁸
/lb

FAST FRY

5⁹⁹
ea.

STROUT'S
PICKLES AND PICKLED
EGGS 12oz (350g)

5⁹⁹
ea.

MAPLE LODGE OR
ZARINA HALAL
BREAKFAST
CHICKEN STRIPS 15%
150g

6⁹⁹
ea.

SCHWEDESBY'S
PICKLES AND PICKLED
EGGS 12oz (350g)

6⁹⁹
ea.

MARC ANGELO
SAUSAGES
10oz (283g)

4⁴⁴
ea.

MAPLE LEAF TOP DOGS OR
CHICKEN PIES
OR 2 LAMB TENDERS OR
ON TONDEPST SAUSAGE
10oz (283g)

13⁹⁹
ea.

MAPLE LEAF OR
ZARINA HALAL
SMOKED HAM
10oz (283g)

15⁹⁹
ea.

PINTY'S
WINGS OR BREADED
CHICKEN
10oz (283g)

16⁹⁹
ea.

44TH STREET
PILLY COOKED
BEEF POT ROAST 15%
150g

Halal

6⁹⁹
ea.

AL SAFA HALAL
BREADED CHICKEN
PIZZA 10oz (283g)

14⁹⁹
ea.

ZARINA HALAL
ORGANIC CHICKEN WINGS
10oz (283g)

11⁹⁹
ea.

AL SAFA HALAL
BEEF BURGER
10oz (283g)

8⁹⁹
ea.

ZARINA HALAL
SPICY BREADED
CHICKEN
10oz (283g)

Organic

14⁹⁹
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILLETS OR BITES
10oz (283g)

14⁹⁹
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC MEXICAN
PILLY COOKED
BEEF POT ROAST 15%
150g

7⁹⁹
ea.

duBRETON
ORGANIC PORK
SAUSAGES 10oz (283g)

8⁹⁹
ea.

duBRETON
ORGANIC BLOC ON 15%
150g



6⁹⁹
ea.
FRONT STREET BAKERY
LEMON MERINGUE PIE
175 g



NOW 4⁹⁹
ea.
was 6.99 ea.
INESISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES

Celebrate
NATIONAL
PIE DAY
JAN 23



FRONT STREET BAKERY
STRAWBERRY
CUSTARD PIE
200 g

6⁹⁹
ea.



7⁹⁹
ea.
FRESH 2 GO
HANDHELD PASTRY PIE
1 ea.
SELECTED VARIETIES



SWISS CHALET
FRESH POT PIE
600 g
SELECTED VARIETIES

9⁹⁹
ea.

CREATE YOUR OWN
MEAT PIES



3⁹⁹
lb
LEAN GROUND PORK
VALUE PACK, 8.80 kg



SWISS CHALET,
ST. HUBERT
OR MONTANA'S
MEAT PIES
PIZZA, 650 - 800 g
SELECTED VARIETIES

8⁹⁹
ea.



StHubert
SWISS CHALET
BEEF
POT PIE - PÂTE
684 g

MAKE THE PERFECT PIE



5⁹⁹
ea.
FRANCIS HUBERT
PIE DOUGH
1 kg

5⁴⁹
ea.
TENDERLAKES
PIE CRUST
SELECTED VARIETIES



5⁹⁹
ea.
E.D. SMITH
PIE FILLING
600 g
SELECTED VARIETIES



3⁹⁹
ea.
INESISTIBLES
WHIPPED
TOPPING SPRAY
225 g
SELECTED VARIETIES



3⁴⁹

ea.

FRONT STREET BAKERY

ITALIAN OR
FRENCH BREAD 400 g

SELECTED VARIETIES



4²⁹

ea.

FRONT STREET BAKERY

KAISER ROLLS
100 g (35)

SELECTED VARIETIES



4⁴⁹

ea.

FRONT STREET BAKERY

GRAN BREAD 400 g

SELECTED VARIETIES



4²⁹

ea.

FRONT STREET BAKERY

SUPERNODE ROLLS
100 g (35)

SELECTED VARIETIES



22⁹⁹

ea.

FRONT STREET BAKERY

DELICIOUS CAKES
200 g (70)

SELECTED VARIETIES



26⁹⁹

ea.

FRONT STREET BAKERY

CHOCO MILK
CHOCOLATE
TRUFFLE CAKE
100 g

SELECTED VARIETIES



2⁹⁹

ea.

FRONT STREET BAKERY

CAKESHOP Cakes
100 g

SELECTED VARIETIES



5⁹⁹

ea.

PREMIERE WOODSON COUNTRY BREADS
400 g (140)

SELECTED VARIETIES



1⁹⁹

ea.

SANTITAS BEANS
400 g (140)

SELECTED VARIETIES



5⁹⁹

ea.

FRONT STREET BAKERY

TOWNERS
100 g (35)

SELECTED VARIETIES



3⁴⁹

ea.

HOTTEST
SNACK CAKES
100 g (35)

SELECTED VARIETIES



7⁴⁹

ea.

SELECTION
SUPER MOIST CAKE 100 g

SELECTED VARIETIES



1⁹⁹

ea.

STONEFIRE
PIZZA CRUST,
FLAT BREAD,
NAAN ROUNDS OR
DOPPELS
200 (60)

SELECTED VARIETIES



1⁹⁹

ea.

SANTITAS BEANS
400 g (140)

SELECTED VARIETIES



4⁹⁹

ea.

FRONT STREET BAKERY

FRUIT RINGS
100 g (35)

SELECTED VARIETIES



3⁴⁹

ea.

HOTTEST
SNACK CAKES
100 g (35)

SELECTED VARIETIES



7⁴⁹

ea.

SELECTION
SUPER MOIST CAKE 100 g

SELECTED VARIETIES



3⁹⁹

/100 g

INRESISTIBLES ARTISAN

MONTREAL SMOKED MEAT
100 g (35)

SELECTED VARIETIES



3⁹⁹

/100 g

INRESISTIBLES ARTISAN

PASTAMI OF CORNED BEEF
100 g (35)

SELECTED VARIETIES



3⁹⁹

/100 g

INRESISTIBLES

CHEDDAR CHEESE
100 g (35)

SELECTED VARIETIES



3⁹⁹

/100 g

AGROPUR 5 YEAR AGED
GRAND CHEDDAR
100 g (35)

SELECTED VARIETIES



8⁹⁹

ea.

INRESISTIBLES ARTISAN

DRY SAUSAGE 400 g

SELECTED VARIETIES



8⁹⁹

ea.

STONE HOUSE

MINI PEPPERS
400 g (140)

SELECTED VARIETIES



4⁴⁹

/100 g

GOLD LABEL

HOT PEPPERONI STICKS OR
BELLINI SALAMI 100 g

SELECTED VARIETIES



4⁴⁹

/100 g

EXTRA

DOUBLE CHEESE BRIE
100 g (35)

SELECTED VARIETIES



4⁵⁹

/100 g

JALISCO CHEESE

100 g (35)

SELECTED VARIETIES



5⁹⁹

ea.

OLYMEL

SLICED DELI MEAT 100 g

SELECTED VARIETIES



10⁹⁹

ea.

SELECTION

DELI MEAT
FAMILY PACK 400 g

SELECTED VARIETIES



6⁴⁹

ea.

INRESISTIBLES

ARTISAN
GOAT CHEESE 100 g

SELECTED VARIETIES



9⁹⁹

ea.

BALDERSON

CHEDDAR CHEESE
200 g (70)

SELECTED VARIETIES



4²⁹

ea.

SELECTION

SALADS 100 g

SELECTED VARIETIES



13⁰⁰

ea.

FRESH 2 GO

WRAPS
200 g (70)

SELECTED VARIETIES



13⁰⁰

ea.

FRESH 2 GO

PANINI SANDWICHES
200 g (70)

SELECTED VARIETIES



13⁹⁹

ea.

FRESH 2 GO

CHICKEN BITES 200 g

SELECTED VARIETIES

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

— AND THE WINNER IS... —

A-LIST SNACKS

Celebrate award season with a tasty mix of fan favourites.



3⁹⁹ ea. **TOSTITOS**
TORTILLA CHIPS
SELECTED SIZES
SELECTED VARIETIES

3⁴⁹ ea. **SELECTION SNACKS OR**
IRRESISTIBLES POPCORN
SELECTED SIZES
SELECTED VARIETIES

BEST BUBBLES & SWEETS NOMINEES

[illegible]

BEST SALTY & CRUNCHY NOMINEES



metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

Non-GMO



LIFE SMART
MAPLE SYRUP
100% PURE
SELECTED VARIETIES

5⁴⁹
ea.



MUSH
OVERNIGHT OATS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁴⁹
ea.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



BARNEY
BUTTER
100% PURE
SELECTED VARIETIES

8⁹⁹
ea.



Kashi
GRANOLA CEREAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



LIFE SMART
SOUP
100% WHOLE GRAIN
SELECTED VARIETIES

3⁹⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% WHOLE GRAIN
SELECTED VARIETIES

8⁹⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% WHOLE GRAIN
SELECTED VARIETIES

1⁴⁹
ea.



GREENHOUSE
CREAMER
100% WHOLE GRAIN
SELECTED VARIETIES

6⁴⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% WHOLE GRAIN
SELECTED VARIETIES

9⁹⁹
ea.



Flourish
PANCAKE MIX
100% WHOLE GRAIN
SELECTED VARIETIES

4⁹⁹
ea.



PRANA
GRANOLA
100% WHOLE GRAIN
SELECTED VARIETIES

6⁴⁹
ea.



ORGANIC MEADOW
KEFIR
100% WHOLE GRAIN
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty



GERBER
BABY SNACKS
100% WHOLE GRAIN
SELECTED VARIETIES

4⁴⁹
ea.



Earth's Best
BABY SNACKS
100% WHOLE GRAIN
SELECTED VARIETIES

4⁴⁹
ea.



LIVE CLEAN
BABY SHAMPOO
100% WHOLE GRAIN
SELECTED VARIETIES

12⁹⁹
ea.



HUGGIES
BABY WIPES
100% WHOLE GRAIN
SELECTED VARIETIES

23⁹⁹
ea.



NIVEA
LIP CARE
100% WHOLE GRAIN
SELECTED VARIETIES

5⁴⁹
ea.



SOFTSOAP
SHOWER GEL
100% WHOLE GRAIN
SELECTED VARIETIES

4⁹⁹
ea.



NIVEA
MOISTURE OR
HAIR CARE
100% WHOLE GRAIN
SELECTED VARIETIES

11⁴⁹
ea.



ACACIA
BODY LOTION
100% WHOLE GRAIN
SELECTED VARIETIES

12⁹⁹
ea.



CASCADE
DISHWASHER
DETERGENT
100% WHOLE GRAIN
SELECTED VARIETIES

23⁹⁹
ea.



Gain
FLINGS OR
IVORY SNOW
DETERGENT
100% WHOLE GRAIN
SELECTED VARIETIES

23⁹⁹
ea.



TEMPTATIONS
CAT TREATS
100% WHOLE GRAIN
SELECTED VARIETIES

6⁹⁹
ea.



WHISKAS
DRY CAT FOOD
100% WHOLE GRAIN
SELECTED VARIETIES

6⁹⁹
ea.

Snack like it's
your birthday
every day.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



BARNEY
BUTTER
100% PURE
SELECTED VARIETIES

8⁹⁹
ea.



Kashi
GRANOLA CEREAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



LIFE SMART
SOUP
100% WHOLE GRAIN
SELECTED VARIETIES

3⁹⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% WHOLE GRAIN
SELECTED VARIETIES

8⁹⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% WHOLE GRAIN
SELECTED VARIETIES

1⁴⁹
ea.



GREENHOUSE
CREAMER
100% WHOLE GRAIN
SELECTED VARIETIES

6⁴⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% WHOLE GRAIN
SELECTED VARIETIES

9⁹⁹
ea.



Flourish
PANCAKE MIX
100% WHOLE GRAIN
SELECTED VARIETIES

4⁹⁹
ea.



PRANA
GRANOLA
100% WHOLE GRAIN
SELECTED VARIETIES

6⁴⁹
ea.



ORGANIC MEADOW
KEFIR
100% WHOLE GRAIN
SELECTED VARIETIES

6⁴⁹
ea.

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

\$ New Lower Prices

DEMPESTER'S
WHITE, 100% WHOLE
WHEAT BREADS OR
8" TORTILLAS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

2 for 7.00



16⁹⁹



6.99



SIMPLY
 REFRIGERATED
 JUICE
 5 GAL
 MIXED VARIETIES
6⁹⁹



CAMPBELL'S
SOUP
104 ent
SELECTED VARIETIES



ea.

.....

REN'S ORIGINAL
DISTRO EXPRESS
PRICE
100-250 g or
TASTY BITE
SIDE DISH
100 g
SELECTED VARIETIES

333



ea.

Swanson's
Signature Chicken

149



ea.

i earn

85
points
when you buy 2

2 for

1600



We reserve the right to limit descriptions take price. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL AREAS.



Get an extra 2,500 Moi points

Link your eligible RBC® Card to your
Moi Rewards card by Jan 31 and shop
at Metro, Food Basics or Jean Coutu
by Feb 28. Terms and conditions apply.



avionrewards.com/moi

**\$20
value**

Ontario only. Limited time offer.

Offer valid in Ontario only. Link by Jan 31, 2026 and shop by Feb 28, 2026 to receive 2,500 Moi points.
For full program details visit avionrewards.com/moi. Moi and Moi Rewards are trademarks of Metro Inc.
All other trademark(s) is/are the property of their respective owner(s). Used under license.

AVION
REWARDS™

moi
rewards

