





99¢
/lb

LARGE RED PRINCE APPLES
1.50 lb (0.68 kg) (12/12/12)



22¢
ea.

CRISPER CRACKERS, CRACKERS, CRISPERS OR ALL DO BITE & BITE CRACKERS ALL DAY!
180 g



59¢
ea.

ACTIVIA YOGURT
12x 125g (4.23 oz) (12/12/12)



27¢
ea.

DEMPSTER'S GRAINS
100% WHOLE GRAIN
MULTIGRAIN
12 GRAIN
180 g



488¢
ea.

SMOKED SAUSAGES, JAWY JUMBOS OR SMOKED SAUSAGES OF MAPLE LEAF BACON
100 g (3.52 oz) (12/12/12)

Effective January-February

29	30	31	1	2
TH	FR	SA	SU	MO

More freshness,
more savings.

mmMAZING!

days



PINTY'S
BUFFALO CHICKEN WINGS
100g
11⁹⁹
ea.



PINTY'S
CHICKEN BREAST FILLETS
200g
11⁹⁹
ea.



RASPBERRIES
1kg
2⁴⁴
ea. or /lb



LARGE RED, ORANGE OR YELLOW SWEET PEPPERS
1kg
2⁴⁴
ea. or /lb



Ristorante
PIZZA
349
ea.



Casa Mama
PIZZA
349
ea.



ANDY BOY
SWEET ONIONS
3⁹⁹
ea.



SWEET ONIONS
3⁹⁹
ea.



Crave 10 Deluxe
CHICKEN STRIPS
2⁹⁹
ea.



SMART Ones
Crave
2⁹⁹
ea.



RED SKILLET
BEEF
6⁸⁸
/lb



Ruffles
MISS VICKIE'S RUFFLES
349
ea.



Miss Vickie's
RUFFLES
349
ea.



PRIME
CHICKEN BREAST
5⁹⁹
/lb or ea.



Reese's
minis
3⁹⁹
ea.



KitKat
MixUps
3⁹⁹
ea.



PLANTERS
NUTS
4⁷⁷
ea.



Tide
SPRAY
7⁹⁹
ea.



Gain
DOWNY SOFTENERS
7⁹⁹
ea.



EGG
18 PK
4⁸⁸
ea.

Effective January-February 2026 | my savings my metro

mmMAZING!
days



3.99
ea.

FRESH SKINLESS ATLANTIC SALMON PORTIONS
100 g or
ROCK LOBSTER TAIL
2 oz. TAIL

FRESH SKINLESS ATLANTIC SALMON PORTIONS



5.99
ea.

BLUE WATER



299
ea.

SUMMER FRESH
HUMMUS OR DIP



349
/100 g

IRREDUCIBLE EG ARTIST IN TURKEY BREAST, EMMENTAL CHEESE OR CASTELLO HAMART



125 points



799
ea.

FRONT STREET BAKERY
ALL BUTTER CRISCCANTS

**NATIONAL
CROISSANT DAY
JAN 30, 2026**

JAN 30, 2026

metro.ca

mmMAZING! days

1⁹⁹ ea.

BODYARMOR PEACH MANGO LOW CALORIE SPORTS DRINK 50% MORE FLAVOUR THAN REGULAR SWEETENED SODA 1.5L

POWER RIDE BLUE RASPBERRY 50% MORE FLAVOUR THAN REGULAR SWEETENED SODA 1.5L

Coca-Cola

4⁴⁹ ea.

mini COCA-COLA LIGHT CANADIAN SOFT DRINKS 125ml

7⁴⁹ ea.

fuze LEMON LIME FLAVORED ICEE TEA 1.5L

2⁹⁹ ea.

Campbell's

CHUNKY BEEF & OSCAR 1.5L

Habitant PEASOUP with SMOKED HAM 1.5L

2²² ea.

Campbell's

Italian Wedding 1.5L

1²⁵ ea.

Campbell's

Broth 1.5L

3⁹⁹ ea.

Pace PACE SALSA 1.5L

3⁴⁹ ea.

Goldfish CRACKERS 1.5L

3⁹⁹ ea.

DANONE 6 ESSENTIAL NUTRIENTS ESSENTIELLES 1.5L

3⁹⁹ ea.

Silk BEVERAGE 1.5L

4⁹⁹ ea.

Delight INTERNATIONAL DELIGHT COFFEE CREAMER 1.5L

5⁹⁹ ea.

ACTIVIA DRINKABLE YOGURT 1.5L

mmMAZING! days



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mmMAZING! days

6⁹⁹ ea.

Jif NEW! **Crunchy** Peanut Butter 1kg 100% PEANUT BUTTER

Jif NEW! **Creamy** Crèmeux Peanut Butter 1kg 100% PEANUT BUTTER

21⁹⁹ ea.

Folgers Folgers Coffee Capsule 120 Capsules

4⁹⁹ ea.

Robin Hood ALL PURPOSE FLOUR ORIGINAL 2.5kg

10⁹⁹ ea.

Unstoppable Unstoppable Sandwiches 120g

21⁹ ea.

Carnation Carnation Milk 100% WHOLE MILK 1L

3⁹⁹ ea.

Maple Leaf Natural Bacon naturel Original 375g

1⁹⁹ ea.

Maple Leaf Mighty Protein Chicken Strips 12g 115g

4⁸⁸ ea.

Schneiders Bacon, Bicy Jambos or Smoked Sausages or Maple Leaf Bacon 250g

7⁹⁹ ea.

Schneiders Blue Ribbon Maple Leaf Top Dogs or Schneiders Red Hots or Protein Maple Pops 250g

6⁹⁹ ea.

Maple Leaf Natural Selections Schneiders or Farnio Marcella Deli Meat 250g

3⁹⁹ ea.

Marc Angelo Sliced Mortadella 175g

4⁴⁹ ea.

Marc Angelo Snackosmo Packs 200g

6⁴⁹ ea.

Marc Angelo Prosciutto Antipasto Genoa 250g

11⁹⁹ ea.

Marc Angelo Prosciutto Antipasto Quattro Tiri or Salami 250g

12⁹⁹ ea.

Marc Angelo Dry Cacciatore 250g

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

BLACKBERRIES
PRODUCT OF MEXICO
3⁹⁹
ea.

BLUEBERRIES (PINT)
PRODUCT OF MEXICO
No. 1 LARGE
4⁹⁹
ea.

SWEET POTATOES
PRODUCT OF MEXICO
No. 1 LARGE
4.39kg
1⁹⁹
/lb

KERBERG LETTUCE
PRODUCT OF U.S.A. & MEXICO
No. 1 LARGE
2⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO
1⁹⁹
ea.

LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.39kg
1⁹⁹
/lb

GREEN BEANS
PRODUCT OF MEXICO
U.S.A.
7.09kg
3⁴⁹
/lb

PARSHIP
PRODUCT OF MEXICO
U.S.A. No. 1 LARGE
6.39kg
2⁹⁹
/lb

LARGE PLUETS OR
BLACK PLUMS
PRODUCT OF U.S.A. & MEXICO
No. 1 LARGE
8.39kg
3⁹⁹
/lb

JUMBO CHERRIES
PRODUCT OF MEXICO
No. 1 LARGE
12.21kg
5⁹⁹
/lb

BELLE GROVE
WHITE SWEET OR
CREAM
MICHIGAN
PRODUCT OF MICHIGAN
U.S.A. No. 1 LARGE
3⁴⁹
ea.

SWEET CORN
PRODUCT OF MEXICO
U.S.A. No. 1 LARGE
4⁹⁹
ea.

RED GRAPEFRUIT
PRODUCT OF U.S.A.
5⁹⁹
ea.

WINTER FROST
PINEAPPLES
PRODUCT OF U.S.A.
6⁹⁹
ea.

ALTITUDE SALAD
PRODUCT OF U.S.A.
4⁴⁹
ea.

ASSORTED
COLOURED CARROTS
PRODUCT OF MEXICO
U.S.A. No. 1 LARGE
2⁴⁹
ea.

COCONUT DATE
ROLLS
5⁹⁹
ea.

CRAISINS
DRIED CRANBERRIES
4⁴⁹
ea.

RUSSET POTATOES
PRODUCT OF CANADA
U.S.A. No. 1 LARGE
3⁹⁹
ea.

BROCCOLI
FLORETS,
VEGETABLES
OR
BROCCOLI
CAULIFLOWER
MEXICO
4⁴⁹
ea.

Organic

GREENHOUSE
ORGANIC
JUICE OR
SMOOTHIES
PRODUCT OF MEXICO
6⁹⁹
ea.

BOOCH
ORGANIC KOMBUCHA
PRODUCT OF MEXICO
3⁹⁹
ea.

ORGANIC RED
DELICIOUS APPLES
PRODUCT OF MEXICO
No. 1 LARGE
6.39kg
2⁹⁹
/lb

ORGANIC
SWEET POTATO
PRODUCT OF MEXICO
No. 1 LARGE
5⁴⁹
ea.

Sliced & Diced

CHICKEN SALADS
No. 1 LARGE
6⁹⁹
ea.

LARGE NAVEL ORANGES
No. 1 LARGE
1⁹⁹
/lb

CRUNCH MIX KITES
No. 1 LARGE
1⁹⁹
/lb

FRUIT SALAD
No. 1 LARGE
1⁹⁹
/lb

Fresh Blooms

SEASONAL
MIXED BOUQUET
ASSORTED COLOURS
AND TYPES
25⁰⁰
ea.

DOUBLE
SPIKE
ORCHID
No. 1 LARGE
24⁹⁹
ea.

ANTHURUM
No. 1 LARGE
14⁹⁹
ea.

FRESH
CUT TULIPS
No. 1 LARGE
14⁹⁹
ea.

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

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



3.49
/lb



8.99
ea.



6.99
/lb



13.99
/lb



19.99
/lb



8.99
/lb



5.99
/lb



20.99
/lb



Steers aged for a minimum of 60 days
No added artificial preservatives
No added artificial hormones



8.99
/lb



5.99
/lb



20.99
/lb



SELECTED CANADIAN ANGUS



RED GRILL BEEF



BONELESS



LIFE SMART NATURAL GRASS FED BONELESS RIB STEAK 46.22kg



Steers aged for a minimum of 60 days
No added artificial preservatives
No added artificial hormones



8.99
/lb



5.99
/lb



20.99
/lb



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No added artificial preservatives
No added artificial hormones



8.99
/lb



5.99
/lb



20.99
/lb



SELECTED CANADIAN ANGUS



RED GRILL BEEF



BONELESS



LIFE SMART NATURAL GRASS FED BONELESS RIB STEAK 46.22kg

 2.99 ea. SELECTION WHEAT PASTA FUNNELS 100g (3.5oz)	 4.99 ea. PORK AND CHICKEN PASTA 400g (14oz)	 7.99 ea. IREDESISTIBLE BEEF & PORK PORK TENDERLOIN 500g (1.1lb)	 8.49 ea. IREDESISTIBLE PINK PASTA 400g (14oz)
 13.49 ea. SELECTION CORN DOG SAUSAGES 100g (3.5oz)	 14.49 ea. SELECTION CRISPY CHICKEN WINGS 400g (14oz)	 11.49 ea. IREDESISTIBLE SHEPHERD'S PIE 400g (14oz)	 16.49 ea. IREDESISTIBLE ANGUS BEEF BURGERS 400g (14oz)

Easy Meal Ideas

CHICKEN BALLS \$5⁹⁹ WATSON HOUSE CHICKEN BALLS	BUTTERBALL® SMOKED HAM WITH HAMMOND'S COUNTRY HARDWARE \$8⁹⁹ SELECTION SMOKED HAM 4½ lb.
STRIPS LAHERRES \$6⁹⁹ SELECTION BREADED CHICKEN STRIPS LAMERES	BUTTERBALL® Smiles Turkey Breast Roast \$22⁹⁹ BUTTERBALL SMILES TURKEY BREAST ROAST

[illegible]

 3⁹⁹ ea. PREMIERE MOISSON BAGUETTES 150g (5.3oz ean100)	 4²⁹ ea. FRONT STREET BAKERY RUSTIC COUNTRY BREAD 500g	 4⁹⁹ ea. Stonemill NATURALLY FERMENTED SPROUTED RYE & SOURDOUGH 500g	 4⁹⁹ ea. SUN MAID RAISIN BREAD 500g
 4²⁹ ea. FRONT STREET BAKERY PUMPKIN ROLLS MADE AT 400g	 4²⁹ ea. FRONT STREET BAKERY MAPLE ROLLS MADE AT 400g	 2⁹⁹ ea. Dempsie's ENGLISH MUFFINS ANGLES MADE AT 400g	 4⁹⁹ ea. Dempsie's CHOCOLATE CHIP COOKIES MADE AT 400g

Seafood

SEAFOOD BOUL
PICKED 2.25 LBS
9⁹⁹
/lb

INCLUDES
SHOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

15⁹⁹
/lb
WILD SOCKEYE SALMON FILLETS
PICKED 1.5 LBS

1²⁹
ea.
PACIFIC WHITE SHRIMP TACOS
PICKED 100% FRESH, 10 S

7⁹⁹
/lb
STORE MADE SEAFOOD SALADS
PICKED 1.5 LBS

7⁹⁹
ea.
HOT SMOKED WISKEY WILD PINK SALMON NUGGETS
PICKED 10 S

19⁹⁹
ea.
WILDER PASTEURIZED CRAB MEAT
PICKED 4.5 LBS

3⁹⁹
ea.
LOBSTER MEAT
PICKED 1.5 LBS

4⁴⁹
ea.
OCEAN FRESH WHOLE CLAMS
PICKED 1.5 LBS

6⁹⁹
ea.
CHELSEA SILVERSMOKE SALMON FILLETS
PICKED 1.5 LBS

9⁹⁹
ea.
BETTER FISH BARRAMUNDI FILLETS
PICKED 1.5 LBS

125
ea.
BETTER FISH BARRAMUNDI FILLETS
PICKED 1.5 LBS

Irresistible

5⁹⁹
ea.
IRRESISTIBLE SMOKED ATLANTIC SALMON
PICKED 1.5 LBS

7⁹⁹
ea.
IRRESISTIBLE SHRIMP PASTA OR DON SUM PUMPKINS
PICKED 1.5 LBS

9⁹⁹
ea.
IRRESISTIBLE MUSHROOM MUSSELS
PICKED 1.5 LBS

19⁹⁹
ea.
IRRESISTIBLE BLACK TIGER SHRIMP PING
PICKED 1.5 LBS

Kraft
Hockeyville
BUILDING COMMUNITY
One Rink at a Time

3⁹⁹
ea.
KRAFT SALAD DRESSING
PICKED 1.5 LBS

1⁵⁰
ea.
KRAFT DELUXE DINNER
PICKED 1.5 LBS

2⁹⁹
ea.
KRAFT NEW CRAB AND ZUCCHINI PROCEIN MEAL
PICKED 1.5 LBS

5⁴⁹
ea.
HEINZ KETCHUP
PICKED 1.5 LBS

4⁹⁹
ea.
PHILADELPHIA CREAM CHEESE
PICKED 1.5 LBS

11⁹⁹
ea.
NABOB TOSSIMO NABOB COFFEE CAPSULE
PICKED 1.5 LBS

BRING THE HEAT

2⁴⁹
ea.
FRANK'S MUSTARD
PICKED 1.5 LBS

4⁹⁹
ea.
FRANK'S REDHOT SAUCE
PICKED 1.5 LBS

5⁴⁹
ea.
FRANK'S KETCHUP
PICKED 1.5 LBS

1²⁹
ea.
STUBBS'S CHILI
PICKED 1.5 LBS

4⁴⁹
ea.
STUBBS'S BBQ SAUCE
PICKED 1.5 LBS

4⁹⁹
ea.
CLUB HOUSE LA GRILLE
PICKED 1.5 LBS

4⁹⁹
ea.
CHOLULA HOT SAUCE
PICKED 1.5 LBS

metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.



KOKO NANO
DRINKABLE YOGURT
6 x 10 mL SELECTED VARIETIES



VITA COCO
COCONUT WATER
SELECTED VARIETIES



BOB'S RED MILL ROLLED OATS
SELECTED VARIETIES



LACTANTIA
PURIFIED MILK
SELECTED VARIETIES



MAPLE LEAF
NATURAL SELECTIONS
SLICED DELI MEAT
SELECTED VARIETIES



HARVEST
HARVEST CRUNCH
CEREAL
SELECTED VARIETIES



McGILL'S
FRIES
SELECTED VARI, SELECTED VARIETIES



BEAR PAWS
COOKIES
SELECTED VARI, SELECTED VARIETIES



MADE GOOD
BARS
SELECTED VARIETIES



SIMPLY
ORANGE JUICE
SELECTED VARIETIES



GREEN GIANT
FROZEN VEGETABLES
SELECTED VARI, SELECTED VARIETIES



KRAFT
PEANUT BUTTER
SELECTED VARIETIES



V8
SAUCE
SELECTED VARIETIES



LITTLE BITES
SELECTED VARI, SELECTED VARIETIES



BLACK DIAMOND
CHEESECAKE
MINI WAFFLES
SELECTED VARI, SELECTED VARIETIES



MINI WHEATS
CEREAL
SELECTED VARI, SELECTED VARIETIES



NUTRI GRAIN
BARS
SELECTED VARIETIES



BUBLY
SPARKLING WATER
SELECTED VARI, SELECTED VARIETIES



LINDT
EXCELLENCE
BITTERSWEET CHOCOLATE
SELECTED VARIETIES



DANONE
DANINO
DRINKABLE YOGURT
SELECTED VARI, SELECTED VARIETIES



SPONGE
TOWELS
SELECTED VARIETIES



CHOWILLA
HOT SAUCE
SELECTED VARIETIES



BURNBRAE
EGG BAKES
QUICHE
SELECTED VARI, SELECTED VARIETIES



GOLDFISH
CRACKERS
SELECTED VARI, SELECTED VARIETIES



NESQUIK
DRINK
SELECTED VARIETIES



PINTY'S
BREADED CHICKEN OR WINGS
SELECTED VARI, SELECTED VARIETIES



OREO
MINI
SNACK PACKS
SELECTED VARI, SELECTED VARIETIES



CLOVER LEAF
TUNA
SELECTED VARI, SELECTED VARIETIES



SIMPLY
PROTEIN BARS
SELECTED VARIETIES



MAPLE LODGE
CIRCLE LOAVES
SELECTED VARI, SELECTED VARIETIES



OASIS
JUICE
SELECTED VARIETIES



KELOGG'S
RICE KRISPIES
SELECTED VARI, SELECTED VARIETIES

Products may be sold in a format other than as shown and/or may not be available at all stores.

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 total 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

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Non-GMO

9⁹⁹

ea.

15⁹⁹

ea.

2⁹⁹

ea.

10⁹⁹

ea.

4⁴⁹

ea.

7⁹⁹

ea.

4⁴⁹

ea.

6⁴⁹

ea.

Gluten-Free

8⁴⁹

ea.

9⁹⁹

ea.

8⁴⁹

ea.

18⁹⁹

ea.

5⁹⁹

ea.

6⁹⁹

ea.

9⁹⁹

ea.

7⁴⁹

ea.

Baby & Beauty

5⁹⁹

ea.

8⁹⁹

ea.

7⁴⁹

ea.

8⁹⁹

ea.

5⁹⁹

ea.

8⁹⁹

ea.

Household Helpers

8⁹⁹

ea.

23⁹⁹

ea.

8⁹⁹

ea.

23⁹⁹

ea.

8⁹⁹

ea.

23⁹⁹

ea.

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FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

YAY OR LUCKY KOI
THAI FISH MALLOR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CANOLA OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
500 - 540 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100, 400, 750 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
10, 100 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR YET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml, 43, 63 g
SELECTED VARIETIES

99¢
ea.

YAY OR LUCKY KOI
THAI FISH MALLOR
MEXICAN JASMINE RICE
15
SELECTED VARIETIES

3⁸⁸
7 lb

DRAGON
FRUIT/SHAMBA
PRODUCT OF GUADALUPE
8.50 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.

LIFEMART
TOFU
300, 454 g
SELECTED VARIETIES

2⁴⁸
ea.

GERBERA BOUTIQUE
ASSORTED COLOURS

16⁹⁹
ea.

43 DUMPLINGS
OR MANGO SAUCE
300, 450 & 340 ml
SELECTED VARIETIES

3⁴⁹
ea.

RUBICON
DRINKS
1L
SELECTED VARIETIES

2⁸⁸
ea.

INDONESIAN NOODLES,
LUCKY KOI 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 KOI
SOY SAUCE
400, 454 g
SELECTED VARIETIES

1⁹⁹
ea.

KIKKOMAN TONYAKI
OR SOY SAUCE,
PANKO BREAD CRUMBS
200, 200 ml, 454 g
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
VERMICELLI OR
CHOW MEEN
NOODLES
400, 454 g
SELECTED VARIETIES

1⁶⁷
ea.

NONSHIM
NOODLES MULTIPACK
4 x 100 g
SELECTED VARIETIES

6⁴⁹
ea.

With availability varies by store.

\$ New Lower Prices



5⁹⁹
ea.
SKIROSKY
SAUSAGES



2⁹⁹
/100 g
BALDERSON 2-YEAR AGED CHEDDAR
100% NATURAL CHEESE
SELECTED MILK, BUTTER & SALT



1⁹⁹
/100 g
SKIROSKY GRANDMA OR
GRANDPA HAM
SELECTED PORK



7⁹⁹
ea.
PEPPERONI STICKS



5⁹⁹
ea.
STONE MADE
SMALL SALADS



1⁹⁹
ea.
COOKED SALMON



800¢
ea.
WILD BOAR SAUSAGES



3⁹⁹
ea.
MINUTE MAID ORANGE
JUICE



4⁹⁹
ea.
MINUTE MAID
APPLE JUICE



2⁷⁹
ea.
MINUTE MAID
LEMONADE



5⁴⁹
ea.
EGGO FAMILY SIZE WAFFLES



4⁹⁹
ea.
EGGO ORIGINAL
WAFFLES



4⁹⁹
ea.
KELLOGG'S CEREAL



4⁹⁹
ea.
MCCAIN
SUPERFRIES



4⁹⁹
ea.
OREO COOKIES



7⁹⁹
ea.
RITZ DRIZZLED
MINTS



6⁹⁹
ea.
CAKESTERS COOKIES



6⁹⁹
ea.
HILLMAN'S
MACARONI



5⁹⁹
ea.
OCEAN SPRAY SPARKLING
CRANBERRY DRINK



26⁹⁹
ea.
MCCAFE COFFEE



30% off
ea.
JAMIESON
VITAMIN C OR D



5⁴⁹
ea.
IVORY SOAP



2⁹⁹
ea.
GLAD DISH WIPES



8⁹⁹
ea.
CASHMERE BATHROOM
TISSUE



60
ea.
SCOTTIES FACIAL
TISSUE



4⁴⁹
ea.
TOSTITOS
TORTILLA CHIPS



2⁹⁹
ea.
LIBERTE GREEK
YOGURT

earn with mo! rewards

65
ea.
TOSTITOS
TORTILLA CHIPS

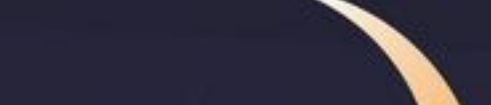
65
ea.
LIBERTE GREEK
YOGURT

WIN \$5000
in groceries

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FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL





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

**NORTH COUNTRY
PEPPERETTES**
454 g
SELECTED VARIETIES

8⁴⁹
ea.



**HUBBERT'S
MAPLE SYRUP**
500 ml
SELECTED VARIETIES

10⁹⁹
ea.



**SAUGEEN COUNTRY
DAIRY**
908 g
SELECTED VARIETIES

5⁹⁹
ea.



**QUINTA
QUINOA**
400 g

6⁹⁹
ea.



**CRAZY GOOD
SPICES**
28 - 90 g
SELECTED VARIETIES

6⁹⁹
ea.



**LEADBETTERS
WOOD FIRED BACON**
250 g
SELECTED VARIETIES

5⁹⁹
ea.



Effective January 29 - February 25, 2026

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