VERSION 14

metro

mmm

9.88 /lb

NOW GRILL STRIP LOIN FOR BONE IN SELECTION
AT YOUR METRO GRILLING STATION
2.18 kg

4.77 ea.

BLACK DIAMOND
BLOCK OR SHREDDED CHEESE
SELECTION
200 - 235 g

KRAFT
SELECTED
SALAD DRESSINGS
OR SAUCE
SELECTION
VARIETY DRESSING 475 ml

1.99 ea.

DARE COOKIES, BEAR PAWS CRISPS OR SELECTED BISCUITS
200 - 300 g

1.99 ea.

1.99 ea.

CASHMERE BATHROOM TISSUE
12 - 24 rolls

4.99 ea.

Effective January 22 23 24 25 26

VERSION 1

metro

More freshness, more savings.

MMMAZING! days

Effective January 22 23 24 25 26 27 28 2026 | my savings my metro

mmmAZING! days

FRESH COHO

10.99 LB 22 oz.

FRESH LOW SALMON FILLETS OR FILLET PACK
SMOKED COLD-BRAND TROUT
SELECTED VARIETIES

CHICKEN BREAST FILLETS, BURGER OR GRILLETTES
WILD LIBERTY HALL OR GRILLETTES
SELECTED VARIETIES

7.99 EACH

2.99 /100 g

SELECTION OLD FASHIONED SLICED OR DELI CUT CHEESE
SELECTED VARIETIES
SELECTED SIZES

CASTELLO DANISH HAVARTI OR SLICED HAVARTI OR SLICED

7.99 EA.

3.99 EA.

THREE STREET BAKERY
CIABATTA, BELGIAN OR RUSTIC COUNTRY BREADS
SELECTED VARIETIES

4 PACK

5.99 EA.

THREE STREET BAKERY
DONUTS
SELECTED VARIETIES
SELECTED SIZES

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mmmazing! days

pepsico

3.99 ea. LAY'S CHIPS OR SUN CHIPS

4.49 ea. MINI VALUES BY MINI MONSTERS

2.99 ea. POWER CRISPY MINIS OR RICE CAKES

16.00 PEPSI DIET DRINKS

9.99 HOPE SOAP

Coca-Cola

2.49 ea. FRUITÉ CHILLED OR SHELF STABLE 2.84 L

2.79 ea. DIET COKE OR COCA-COLA MINI MELODY

3.99 ea. ALLEN'S COCKTAIL 1.75 L

1.99 ea. ALLEN'S JUICE OR COCKTAIL

4.49 ea. OASIS SMOOTHIES OR HEALTH BREAK

Liberté

6.49 ea. LIBERTÉ GREEK YOGURT

3.49 ea. LIBERTÉ GREEK YOGURT OR TUBES

5.99 ea. LIBERTÉ GREEK 1 L

2.99 ea. TUBES YOGURT OR MINI TUBES YOGURT

2.99 ea. YOPLAIT SOURCE YOGURT

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PRIMO

PRIMO PASTA SAUCE
1.99 ea.

PRIMO PIZZA
2.49 ea.

PRIMO SAUCE
1.99 ea.

PRIMO BEANS
3 for 5.00

PRIMO TOMATOES
1.99 ea.

McCafé 100% ETHICALLY SOURCED COFFEE BEANS
30

McCafé Premium Roast
26.99 ea.

NESTEA ICED TEA
7.99 ea.

CLAMATO COCKTAIL OR NESTEA ICE TEA
3.49 ea.

McCafé
30.99 ea.

ZERO
10.99 ea.

HELLMANN'S MAYONNAISE OR REAL MAYONNAISE
6.99 ea.

General Mills FruitSations
2.99 ea.

NATURE VALLEY TRAIL MIX
2.99 ea.

Knorr SIDE DISHES
1.99 ea.

Knorr SOUP MIX
2.49 ea.

Bake Shop DINNER KIT OR HANDY MUFFINS
3.99 ea.

Sunmaid RAISIN CRUNCH OR YOGURT CRUNCH
3.49 ea.

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BIMBO

STONEMILL BREAD OR BAGELS
4.99 ea.

SUNBAKE SALSA DIPS
4.99 ea.

SUNBAKE 8" TORTILLAS
4.99 ea.

BIMBO SWEET CAKES
3.49 ea.

SUNBAKE MUFFINS OR ENGLISH MUFFINS
2.99 ea.

Jamieson

SAVE UP TO
30% off

JAMIESON VITAMINS C OR D
SELECTED VARIETIES

SAVE UP TO
30% off

JAMIESON B12 OR CALCIUM
SELECTED VARIETIES

SAVE UP TO
30% off

JAMIESON OMEGA-3 OR PROBIOTICS
SELECTED VARIETIES

SAVE UP TO
30% off

JAMIESON DAILY VITAMINS
SELECTED VARIETIES

SAVE UP TO
30% off

JAMIESON MAGNESIUM OR ZINC
SELECTED VARIETIES

CLOROX

6.99 ea.

GLAD GARBAGE BAGS
SELECTED VARIETIES

GLAD OR CLOROX SCENTED GARBAGE BAGS
SELECTED VARIETIES
6.99 ea.

CLOROX SCENTIVA CLEANER
SELECTED VARIETIES
3.99 ea.

BRITA
23.99 ea.

BRITA WATER DISPENSER OR REFILLS
SELECTED VARIETIES

4.99 ea.

CLOROX BLEACH
SELECTED VARIETIES

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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 1 un 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 moiID account. Limit of one coupon redemption with a moiID 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

4.99 ea. STRAWBERRIES
PRODUCE OF CANADA, CALIFORNIA, MEXICO OR PERU

4.99 ea. PINT BLUEBERRIES 340 g
PRODUCE OF CANADA

4.99 ea. BONNIE BLUE BERRY 454 g

1.99 /lb SWEET POTATOES
PRODUCE OF CANADA

3.99 ea. BLACKBERRIES 170 g
PRODUCE OF MEXICO

2.49 /lb MIXED COSMIC CRISP® APPLES
PRODUCE OF CANADA 0.40 kg

2.99 /lb EXTRA LARGE GREEN SWEET PEPPERS
PRODUCE OF CANADA 0.30 kg

4.99 ea. CAULIFLOWER
PRODUCE OF CANADA 1 kg

5.99 /lb PINK MUSCAT GRAPES
PRODUCE OF CHILE 0.284 kg

7.99 ea. PEACHES 1 kg
PRODUCE OF CANADA, CHILE, MEXICO, PERU, UNITED STATES OR URUGUAY

4.49 ea. BUNCH BEETS OR BUNCH CARROTS
PRODUCE OF CANADA

2.49 ea. BUNCH RADISHES
PRODUCE OF CANADA

4.99 /lb DONUT PEACHES
PRODUCE OF CHILE 0.284 kg

4.49 ea. JUMBO GOLD PINEAPPLES
PRODUCE OF COSTA RICA

99¢ /lb GREEN CABBAGE
PRODUCE OF MEXICO, CANADA, CHILE, COSTA RICA 1.78 kg

3.99 ea. RUSSET POTATOES 2.27 kg
PRODUCE OF CANADA, CHILE, COSTA RICA

13.99 ea. NATURE'S PATH ORGANIC FROZEN WAFFLES 340 g
TURKEY ALMONDS AVOCADO & TOMATO

5.99 ea. Daiya FROZEN PIZZA 340 g
CHEESE LOVERS OR SPICY SAUSAGE, PEPPERONI, SPINACH OR BUFFALO CHICKEN

3.49 ea. SPINACH 454 g
PRODUCE OF CANADA, MEXICO OR PERU

5.99 ea. SWEET ONIONS 1.36 kg
PRODUCE OF CHILE, PERU OR TURKEY

Organic

4.99 ea. ORGANIC TRUE TASTE BOLOGNESE
ORGANIC CUCUMBERS
PRODUCE OF CHILE, CANADA, MEXICO OR PERU

2.99 /lb ORGANIC ANJOU OR BOSC PEARS
PRODUCE OF CHILE, CANADA, MEXICO OR PERU 0.350 kg

5.49 ea. ORGANIC PRODUCT OR ORGANIC FROZEN POTATOES 1.36 kg
PRODUCE OF CANADA, CHILE, COSTA RICA

5.49 ea. ATTITUDE ORGANIC SALADS 142 g
ORGANIC SPRING MIX OR ORGANIC BABY SPINACH

Sliced & Diced

Available in-store only

13.99 ea. STORE MADE CARVEDICS
PRODUCE OF CANADA, MEXICO OR PERU

4.79 ea. STORE MADE YOGURT PARFAITS
PRODUCE OF CANADA

4.99 ea. CORED PINEAPPLES 875 g
PRODUCE OF COSTA RICA

Fresh Blooms

30.00 ea. WHITE LILY BASKET
PRODUCE OF CANADA, CHILE, COSTA RICA

34.99 ea. WHITE CASCADING ORCHIDS
PRODUCE OF CHINA

19.99 ea. 12 CALLA LILIES
PRODUCE OF CHINA, COLOMBIA OR ECUADOR

12.99 ea. PRIMROSE BOWL
PRODUCE OF CHINA, COLOMBIA OR ECUADOR

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Scan to download the app

SUMO CITRUS
Extremely sweet with a hint of honey-like richness.
4.99 ea.
SUMO CITRUS
PRODUCT OF U.S.A.
1.03kg
CHOCOLATE ORANGES
Very sweet and juicy with low acidity.
CHOCOLATE ORANGES
PRODUCT OF CHINA
5.99 lb.
citrus
winter's main squeeze
These zesty fruits are packed with flavour – & vitamin C, which can help boost your immune system.
NAVEL ORANGES
Naturally sweet with a mild, pineapple citrus flavour.
NAVEL ORANGES
PRODUCT OF U.S.A.
1.36kg
1.99 ea.
LARGE CARA CARA ORANGES
PRODUCT OF U.S.A.
1.36kg
2.99 lb.
CARA CARA ORANGES
A blend of sweet orange and berries, almost candy-like.
LARGE BLOOD ORANGES
PRODUCT OF U.S.A.
1.36kg
2.99 lb.
MEYER LEMONS
PRODUCT OF U.S.A.
4.99 ea.
BLOOD ORANGES
Sweet, berry-like notes with a citrusy base.
MEYER LEMONS
A fusion of lemon and tangerine – sweeter than standard lemons.
TANGELO MINNEOLAS
A delicious blend of tangerine sweetness and grapefruit tang.
RED GRAPEFRUIT
PRODUCT OF U.S.A.
1kg
5.99 ea.
TANGELO MINNEOLAS
PRODUCT OF U.S.A.
1.36kg
2.99 lb.
STEM & LEAF CLEMENTINES
Naturally sweeter than standard oranges with a gentle citrus tang.
RED GRAPEFRUIT
A balanced blend of sweet and tangy with minimal bitterness.
3.99 lb.
STEM & LEAF CLEMENTINES
PRODUCT OF CHINA
1.81kg

Our Butcher's Finest

Halal

Organic

6.99 ea. FRONT STREET BAKERY LEMON MERINGUE PIE 675 g

NOW **4.99 ea.** WAS 6.99 ea. IRRÉSISTIBLE ICE CREAM 1.5 L SELECTED VARIETIES

Celebrate NATIONAL PIE DAY JAN 23

FRONT STREET BAKERY STRAWBERRY RHUBARB PIE 675 g **6.99 ea.**

7.99 ea. FROZEN 2 KG SUGARBUSH BAKERY PIE SELECTED VARIETIES

SWISS CHALET CHICKEN POT PIE 425 g SELECTED VARIETIES **9.99 ea.**

CREATE YOUR OWN MEAT PIES

3.99 lb. LEAN GROUND PORK VALUE PACK, 0.85 kg

SWISS CHALET, ST HUBERT OR MARGUERITE MEAT PIES 425 g - 1.08 kg SELECTED VARIETIES **8.99 ea.**

MAKE THE PERFECT PIE

5.99 ea. FRANCES HUBERT PIE CRUSH 75g

5.49 ea. TENDERFLAKE CREST SELECTED VARIETIES 454 g - 1.36 kg

5.99 ea. J.D. SMITH PIE FILLING SELECTED VARIETIES

IRRÉSISTIBLES PIE TOPPING SPRAY 225 g SELECTED VARIETIES **3.99 ea.**

Baked in my Metro

3.49 ea. FRONT STREET BAKERY FRENCH BAGUETTE FRENCH BAGUETTE 454 g. (0.77 ¢/100 g)

4.49 ea. FRONT STREET BAKERY GRAIN BREADS 454 g. (0.99 ¢/100 g)

4.29 ea. FRONT STREET BAKERY KAISER ROLLS 6 pk. (0.72 ¢/100 g)

4.29 ea. FRONT STREET BAKERY CROISSANTS 6 pk. (0.95 ¢/100 g)

FRONT STREET BAKERY
OUR ARTISANS PASSION

FRONT STREET BAKERY DESSERT CAKES 22.99 ea.

26.99 ea. CHOCO MILK CHOCOLATE CHEESECAKE CHEESECAKE 1.5 kg. (1.80 ¢/100 g)

2.99 ea. FRONT STREET BAKERY CHOCOLATE ÉCLAIRS 2 pk. (1.33 ¢/100 g)

5.99 ea. PROMENADE MEDITERRANEAN COUNTRY BREADS. 454 g. 454 g. (1.32 ¢/100 g)

5.99 ea. FRONT STREET BAKERY MINI BUNS 12 pk. (0.66 ¢/100 g)

4.99 ea. FRONT STREET BAKERY BREAD BOWL 454 g. (1.10 ¢/100 g)

1.99 ea. SUNFLOWER BAGUETTE 454 g. (0.44 ¢/100 g)

3.99 ea. STONEFIRE PIZZA CRUSTS, FLAT BREADS, WRAPS, BAGUETTES OR BUNS 300 g. (1.33 ¢/100 g)

3.49 ea. HOSTESS SNACK CAKES 385 g. (0.91 ¢/100 g)

7.49 ea. SELECTION SUPER MOIST CAKE 454 g. (1.65 ¢/100 g)

Deli Favourites

3.99 /100 g. SMOKEHOUSE ARTISAN MONTREAL SMOKED MEAT 454 g. (0.88 ¢/100 g)

3.99 /100 g. BONCHESTER ARTISAN PASTRAMI OR CORNED BEEF 454 g. (0.88 ¢/100 g)

3.99 /100 g. BONCHESTER ARTISAN ORIENTAL CHEESE 454 g. (0.88 ¢/100 g)

BUY MORE SAVE MORE!
3.99 /100 g. when you buy 500 g or more SALAMPICO SILVER BARS SHAVE CHEESE 454 g. (0.88 ¢/100 g)

8.99 ea. BONCHESTER ARTISAN DRY SAUSAGE 454 g. (1.98 ¢/100 g)

8.99 ea. SMOKEHOUSE ARTISAN CHEESE OR PROFESSIONAL SALAMI OR SAUSAGE 454 g. (1.98 ¢/100 g)

BUY MORE SAVE MORE!
4.49 /100 g. when you buy 500 g or more EXTRA SHARP CHEDDAR BRIE 454 g. (0.99 ¢/100 g)

BUY MORE SAVE MORE!
4.59 /100 g. when you buy 500 g or more JAN SWISS CHEESE 454 g. (1.01 ¢/100 g)

5.99 ea. OLYMEL SLICED DELI MEAT 454 g. (1.32 ¢/100 g)

10.99 ea. SELECTION SUPER SIZE FAMILY PACK 454 g. (2.42 ¢/100 g)

6.49 ea. BONCHESTER ARTISAN GOAT CHEESE 454 g. (1.43 ¢/100 g)

9.99 ea. BALDERSON CHEDDAR CHEESE 454 g. (2.20 ¢/100 g)

4.29 ea. SELECTION SALADS 454 g. (0.95 ¢/100 g)

13.00 ea. FRESH 2 GO WRAPS 454 g. (2.86 ¢/100 g)

13.00 ea. FRESH 2 GO PANINI SANDWICHES 454 g. (2.86 ¢/100 g)

13.99 ea. FRESH 2 GO CHICKEN WOGS 454 g. CHICKEN TENDERS 454 g. (3.08 ¢/100 g)

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Seafood

WILD CAUGHT

12.99 /lb. WILD CAUGHT TUNA STEAKS
FROZEN SOCKEYE SALMON, CAPELIN, ...

WILD CAUGHT

125 g 51 ¢ /100 g

4.99 ea. FRESH DELI WITH SMOKEDOM EGGS & CHORIZO
FRESH DELI WITH SMOKEDOM EGGS & CHORIZO 125 g

9.99 /lb. FRESH WILD CAUGHT OCEAN SMELTS
FRESH WILD CAUGHT OCEAN SMELTS

Make your own

POKÉ BOWL

NEW

To serve, add cooked rice to the bottom of your bowl. Top with your favourite of your choice: Avocado, Cucumber, Carrot, Edamame, Mango, Shredded Lettuce, ...

Garnish with wasabi or sesame seeds and serve with your favourite sauce.

NEW

MANGO & PEANUT VINAIGRETTE

4.99 ea.

17.99 ea. ATLANTIC SALMON OR YELLOWFIN TUNA POKÉ BOWL
ATLANTIC SALMON OR YELLOWFIN TUNA POKÉ BOWL 320g - 400g

2.99 ea. RAW BENTO SALMON SAMURAI SNACK
RAW BENTO SALMON SAMURAI SNACK

20 ¢ /100 g

7.99 ea. HIGH GRADE WILD PACIFIC SALMON PORTIONS
HIGH GRADE WILD PACIFIC SALMON PORTIONS

9.99 /lb. BAY SCALLOPS
BAY SCALLOPS

SPRINGHILLS FARMS

11.99 ea. SPRINGHILLS FARMS GROUP FILLETS
SPRINGHILLS FARMS GROUP FILLETS

19.99 ea. ROCK GARDEN CANADIAN LOBSTER CLAW & LEG
ROCK GARDEN CANADIAN LOBSTER CLAW & LEG

I earn with moi rewards

30 ¢ /100 g — **3.99** ea. BRIDGETABLE® ORGANIC CHICKEN CHOWDER
BRIDGETABLE® ORGANIC CHICKEN CHOWDER 355 ml

30 ¢ /100 g — **4.99** ea. MICHELLA® FILLEYS OR SEGA FILLETS
MICHELLA® FILLEYS OR SEGA FILLETS 454 g - 907 g

40 ¢ /100 g — **7.99** ea. BRIDGETABLE® ORGANIC CHICKEN OR ZUPPA DI VERDURE
BRIDGETABLE® ORGANIC CHICKEN OR ZUPPA DI VERDURE 355 ml - 473 ml

50 ¢ /100 g — **10.99** ea. BRIDGETABLE® ORGANIC CAPPELLI GRANDI
BRIDGETABLE® ORGANIC CAPPELLI GRANDI 454 g

Low Price Every Day

BRIDGETABLE® ORGANIC COFFEE
BRIDGETABLE® ORGANIC COFFEE 454 g

NOW **10.99**

NOW **4.99** SELECTION OR LIFE SMART CEREAL
SELECTION OR LIFE SMART CEREAL 400 g - 650 g

TRADITIONAL CHEESE CHEESECAKE PACKAGED

NOW **3.49** SELECTION CREAM CHEESE
SELECTION CREAM CHEESE 250 g - 454 g

Strawberry

NOW **2.49** SELECTION PUDDING
SELECTION PUDDING 125 g - 150 g

NOW **99¢** SELECTION OR SPARKLING WATER
SELECTION OR SPARKLING WATER 355 ml - 1.5 L

SPARKLING

NOW **5.99** SELECTION SPARKLING WATER
SELECTION SPARKLING WATER 355 ml - 1.5 L

SELECTION PEANUTS
SELECTION PEANUTS 454 g - 500 g

NOW **4.99**

NOW **3.99** BRIDGETABLE® FROZEN VEGETABLE
BRIDGETABLE® FROZEN VEGETABLE 454 g - 907 g

Celebrate Lunar New Year with Kellogg's Cereal

SAVOUR DELICIOUS MOMENTS

Buy 2 Get 1 Free

5.99 ea. KELLOGG'S RICE KRISPIES
KELLOGG'S RICE KRISPIES 300 g - 340 g

RICE KRISPIES

CORN FLAKES

NATIONAL HOT SAUCE DAY

TABASCO® SAUCE
TABASCO® SAUCE 60 ml - 350 ml

3.49 ea.

5.99 ea. BRIANT'S PUB PUB SAUCE
BRIANT'S PUB PUB SAUCE 250 ml - 500 ml

6.99 ea. STEVENS SOUP
STEVENS SOUP 284 ml - 540 ml

7.49 ea. HAILIE® DLUXE MAYONNAISE
HAILIE® DLUXE MAYONNAISE 473 ml - 946 ml

25.% off TIM HORTONS HOT CHOCOLATE OR FRENCH VANILLA
TIM HORTONS HOT CHOCOLATE OR FRENCH VANILLA 140 g - 400 g

Tim Hortons

AND THE WINNER IS...

A-LIST SNACKS

Celebrate award season with a tasty mix of fan favourites.

3.99 ea. TOSTITOS TORTILLA CHIPS SELECTED SIZES SELECTED VARIETIES

3.49 ea. SELECTION SNACKS OR IRRESISTIBLES POPCORN SELECTED SIZES SELECTED VARIETIES

BEST BUBBLES & SWEETS NOMINEES

1.49 ea. SELECTION SOFT DRINKS 2 L SELECTED VARIETIES

MONSTER ENERGY DRINKS 473 ml SELECTED VARIETIES

3.33 ea.

ALIAN ENERGY DRINKS 355 ml SELECTED VARIETIES

2.99 ea.

MASSON PERRIER SOUL DRINK, MOCKTAIL OR SPARKLING BEVERAGE 4 x 750 ml SELECTED VARIETIES

7.99 ea.

HARIBO GUMMY CANDIES 175 g SELECTED VARIETIES

2.99 ea.

BEST SALTY & CRUNCHY NOMINEES

PLANTERS PEANUTS OR CASHEWS 454 g SELECTED VARIETIES

4.49 ea.

IRRESISTIBLE CHIPS 200 g SELECTED VARIETIES

1.99 ea.

CRISPERS OR BITS & BITES 150 g - 200 g SELECTED VARIETIES

2.99 ea.

McSWEENEY'S JERKY SNACKS 60 g - 90 g SELECTED VARIETIES

5.99 ea.

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mmmazing! offer

60% OFF*

12-MONTH DELIVERY PASS

~~$99.99~~

$39.99

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*Certain conditions apply. Details on metro.ca

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

19.99 ea. — ASIAN STREET BAKERY MANGO BUN CAKE 570 g

3.88 lb. — WHOLE DUCKS FROZEN, INDIA 2.5-3.5 kg

2.88 lb. — DRAGON FRUIT PITAYA/ PITAYA / DE CHAMOR 1 lb/lb

12.99 ea. — TOY, MEILI OR ROYAL SPECIAL JASMINE RICE 2 kg (SELECTED VARIETIES)

1.98 ea. — CHINESE CHY BABY BOK CHOY PRODUCE OF MEXICO 454 g

1.88 lb. — FUJI PEARS PRODUCE OF CHINA EXTRA FANCY GRADE 4.54 kg

99.99 ea. — LUCKY BOX OR LUCKY BOX LIGHT BAMBOO SHOOTS, DRY BUCKY BAGELS, DRY BUCKY BAGELS LIGHT OR DRY BUCKY BAGELS SPICY 454 g (SELECTED VARIETIES)

9.99 ea. — BULLS BBQ SAUCE 1 L (SELECTED VARIETIES)

3.49 ea. — K.T. DUMPLINGS 454 g (SELECTED VARIETIES)

4.99 ea. — THAI KITCHEN COCONUT MILK, COCONUT MILK KHAOMANA LITE OR THAI RED CURRY PASTE 400 ml (SELECTED VARIETIES)

14.99 ea. — RAINBOW CHARM BOUQUET 10 STEMS (SELECTED COLOURS)

1.25 ea. — CANADIAN CHEAPLANDS 6 OR 12 OZ. BONANZA, CHEAPLANDS MAPLE OR MILK 355 - 1.18 L (SELECTED VARIETIES)

2.99 ea. — LUCKY ME NOODLES OR LUCKY ME CUP NOODLES 55 - 70 g (SELECTED VARIETIES)

13.99 ea. — GORGIA LAKEFORED SMOKED SALMON 454 g

3.49 ea. — THAI KITCHEN COCONUT MILK, MAGNOLIA OR COCONUT MILK, RICE VINEGAR OR WASABI SAUCE 400 - 750 ml (SELECTED VARIETIES)

3.99 ea. — GOLDEN LAKE, CHEAPLANDS OR CHEAPLANDS ORGANIC 1 L (SELECTED VARIETIES)

1.69 ea. — TOY OR LUCKY BOX CHOW MEIN NOODLES OR CHOW MEIN 454 g, 85 g (SELECTED VARIETIES)

1.67 ea. — MAPLE LEAF SAUSAGE OR SLICE 454 g (SELECTED VARIETIES)

5.99 ea. — NOY YONG SEAFOOD, LEE KUM KEE OYSTER SAUCE, SESAME OIL OR SOY SAUCE 355 - 750 ml (SELECTED VARIETIES)

6.99 ea. — THAI THE DERNIER, HOME, E.D. CEDAR OR SERVICE COCONUT CREAM 400 - 560 ml (SELECTED VARIETIES)

6.99 ea. — KIKKOMAN SAUCES OR LEE KUM KEE SESAME OIL, SOY SAUCE OR OYSTER SAUCE 355 - 500 ml (SELECTED VARIETIES)

2.49 ea. — POCKY POCKY, CHOCOLATE MASTERS, CHOCOLATE MASTERS LOUNGES 35 - 170 g (SELECTED VARIETIES)

Item availability varies by store

Non-GMO

LIFE SMART MAPLE SYRUP
5.49 ea.

MUSH HIGH FIBER OATMEAL OATS
2.49 ea.

Snack like it's your birthday every day.
SIMPLY PROTEIN SUPPLEMENTS
5.99

BARNEY BUTTER ALMOND BUTTER
8.99 ea.

KASHI GRANOLA CEREAL
5.99 ea.

GO NACHO BARS
2.99 ea.

LIFE SMART PASTA
3.99 ea.

Organic

GREENHOUSE CREAMER
6.49 ea.

PACIFIC FOODS BROTH
8.99 ea.

KICKING HORSE GROUND COFFEE
13.99 ea.

Vegetarian

LIFE SMART BBQ CHICKENS
1.49 ea.

FLAVORED PANCAKE & WAFFLE MIXES
9.99 ea.

PEPSICO FOODS CHEETOS CEREAL
4.99 ea.

ORGANIC MEADOW OATS
6.49 ea.

Baby & Beauty

GERBER BABY SNACKS
4.49 ea.

SMITH'S BEST BABY SNACKS
4.49 ea.

LIKE CLEAN BABY SHAMPOO
12.99 ea.

HUGGIES BABY WIPES
23.99 ea.

NIVEA LIP CARE
5.49 ea.

SOFTSOAP SHOWER GEL
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