

[illegible]

\$ New Lower Prices

 30% off CASTELLA DE CHEESE DANISH POTLUCK 1.6kg DANISH • CHEESE • FILLING • TROUBLE CHICKEN REGULAR PRICE \$1.39	 7.99 ea. MAPLE LEAF PRIME CHICKEN WINGS BREADED CHICKEN 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 2 for 7.00 DEMPSCO'S WHITE, 100% WHOLE WHEAT BREAD OR BAGELS 1.5kg REGULAR PRICE \$4.99	 2 for 7.00 DEMPSCO'S WHITE 100% WHOLE WHEAT BREAD 1.5kg REGULAR PRICE \$4.99
 8.99 ea. PRIME MAPLE LEAF PRIME CHICKEN WINGS BREADED CHICKEN 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 3.99 ea. MAPLE LEAF PRIME CHICKEN WINGS BREADED CHICKEN 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 2 for 14.00 MIX MATCH VEGETARIAN CALIFORNIA ON SPICY CALIFORNIA ROLLS 1.5kg REGULAR PRICE \$10.99	 10.99 ea. HIGHLANDER CHICKEN OR BEEF FILLETS 1.5kg REGULAR PRICE \$14.99
 6.49 ea. ACTIVEA MAPLE LEAF PRIME CHICKEN WINGS BREADED CHICKEN 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 4.99 ea. OLYSIAC KREMA GREEK YOGURT 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 3.49 ea. LIBERTE LIBERTE MEDITERRANEE GREEK YOGURT 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 4.49 ea. ST. ONOFRE SPREAD 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99
 4.99 ea. CHEX CEREAL 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 2.49 ea. GO PURE CEREAL 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 83¢ PER BOX KRAFT DINNER 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 2.50 ea. KD CEREAL 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99
 3.99 ea. LAYS CHEETOS 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 3.99 ea. LAYS CHEETOS 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 4.99 ea. M&M'S 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 4.99 ea. REESE'S 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99
 5.99 ea. HUNGRY MAN 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 5.49 ea. ESKAL 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 2.99 ea. WHITE 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 1.99 ea. CRISPY MINIS 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99
 4.99 ea. FRANK'S 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 2.49 ea. BUSH'S 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 5.49 ea. AXE 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 4.49 ea. ZIPLOC 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99
I earn with moi rewards			
 5.99 ea. BEN & JERRY'S ICE CREAM 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 5.99 ea. BEN & JERRY'S ICE CREAM 1.5kg NATURAL, SELECTION OF SKEIN DELI • 20% REGULAR PRICE \$10.99	 75¢ ea. DORITOS	

Offers in this flyer are available at the following Metro locations only:
400 Bayfield Street and 640 Maplevue Drive East

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.

Visit us at: **metro.ca**
 Give us your opinion for a chance to
 WIN \$1,000! www.metro.ca

[illegible]

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.

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
170 g

2⁹⁹
ea.



FRESH
CHICKEN DRUMSTICKS
5.05/kg

2²⁹
/lb



SARTORI PASILLA
CHILE BELLAVITANO
DELI CUT, PRICES AS MARKED
22.17/lb

5⁹⁹
/100 g



IRRESISTIBLE ARTISAN
DOUBLE CRÈME BRIE
170 g

5⁹⁹
ea.



249
/lb

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

499
ea.

STRAWBERRIES 10kg
PRODUCT OF FLORIDA, U.S.A. OR CANADA

399
ea.

BLACKBERRIES 10kg
PRODUCT OF CANADA

499
ea.

CAULIFLOWER
PRODUCT OF U.S.A. OR CANADA

699
/lb

JUMBO CHERRIES
PRODUCT OF CANADA, U.S.A. OR CHINA
75.41/kg

499
ea.

AVOCADOS 10kg
PRODUCT OF MEXICO

249
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
5.40/kg

149
/lb

ANISE-FENNEL
PRODUCT OF CANADA
3.28/kg

299
/lb

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

599
ea.

WINTER FROST POWDERBERRIES 10kg
PRODUCT OF CANADA, U.S.A.

500
ea.

BROCCOLI CROWNS
PRODUCT OF U.S.A. OR CANADA

199
/lb

SWEET POTATOES
PRODUCT OF CANADA
4.39/kg

269
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA, U.S.A. OR CHINA
5.53/kg

249
/lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF CANADA, U.S.A. OR MEXICO
5.40/kg

299
/lb

EXTRA LARGE GREEN SWEET PEPPERS
PRODUCT OF CANADA, U.S.A.

399
/lb

HEIRLOOM TOMATOES 10kg
PRODUCT OF CANADA

1199
ea.

SUN GUTS
HEARTY STRIPS 10kg 12.5g
HEARTY STRIPS 10kg 12.5g

499
ea.

SAVORY TORT BURGERS 10kg
PRODUCT OF CANADA

479
ea.

BELLE GROVE MUSHROOMS 10kg
PRODUCT OF CANADA

249
ea.

RAINBOW RADISHES 10kg
PRODUCT OF U.S.A. OR CANADA

10
points

25
pieces

5⁹⁹
ea.

**READY TO COOK
VEGETABLES**
CUCUMBER 100g
TOMATOES 100g
BELL PEPPERS 200g

4⁹⁹
ea.

CORED PINEAPPLES
100g

NEW

30⁰⁰
ea.

**ROSE REVERIE
DOUZIET**
DOUZIET DOUZIET

ORCHIDS
1.5" HIGHER
ASSORTED COLORS

SAVE \$5.00

16⁹⁹
ea.

1⁷⁷
/lb

**RED OR YELLOW SEEDLESS
WATERMELON QUARTERS**
3.96kg

9⁹⁹
ea.

**STORE MADE
LARGE DOLLAR
FRUIT SALAD 750g**

ALOE VERA
1.5" HIGHER

12⁹⁹
ea.

SPRING BULBS
1.5" HIGHER
ASSORTED COLORS

9⁹⁹
ea.

NEW

30⁰⁰
ea.

ROSE REVERIE
DOUCELITE
ROSEBUSHES

ORCHIDS
1.5" HIG
ASSORTED COLORS

SAVE \$5.00

16⁹⁹
ea.

ALOE VERA

12⁹⁹
ea.

SPRING BULBS
10" HIG
ASSORTED COLORS

9⁹⁹
ea.

Our Butcher's Finest



FRESH CHICKEN
LEG QUARTERS
2.50kg

3⁹⁹
/lb



LIFE SMART NATURAL
GRASS FED BONELESS
BEEF STEAK OR
STEAK LOIN STEAK
1.50kg

19⁹⁹
/lb



BONELESS PORK
SIRLOIN CHOPS
WILLIE PICK
1.00kg

4⁹⁹
/lb



PLATINUM GRILL ANGUS
EYE OF ROUND ROAST
1.50kg

7⁹⁹
/lb



MEDIUM GROUND BEEF
WILLIE PICK
1.50kg

6⁹⁹
/lb



FRESH SPLIT CHICKEN BREAST
1.00kg

4⁹⁹
/lb



FRESH ROSEMARY
& GARLIC BONELESS
LAMB LEG
2.50kg

12⁹⁹
/lb



LEAN GROUND LAMB
WILLIE PICK
1.00kg

9⁹⁹
ea.



SELECTION
WIENERS
1.00kg

2⁹⁹
ea.



FLETCHER'S PORK
COTTAGE ROLL
1.00kg

4⁹⁹
/lb



BACON
1.00kg

4⁹⁹
ea.



MAPLE GOOSE ULTIMATE
CHICKEN WINGS OR
ZUCCHINI NOODLES
1.00kg

6⁹⁹
ea.



MAPLE LEAF
FULLY COOKED
CHICKEN
1.00kg

8⁹⁹
ea.



KELSEY'S ORIGINAL
PORK SAUSAGES
1.00kg

12⁹⁹
ea.



POGO
BREADED WIENERS
1.00kg

15⁹⁹
ea.



4TH STREET
FULLY COOKED BEEF
POT ROAST
1.00kg

16⁹⁹
ea.



duBreton
ORGANIC BACON
1.00kg

7⁹⁹
ea.



duBreton
ORGANIC BREAKFAST
SAUSAGES
1.00kg

7⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILETS OR BITES
1.00kg

14⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC MEAT PIES
1.00kg

14⁹⁹
ea.



duBreton
ORGANIC PORK
SAUSAGES
1.00kg

8⁹⁹
ea.



duBreton
ORGANIC EXTRA LEAN
GROUND PORK
1.00kg

8⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC
DRUMSTICKS
1.00kg

12⁹⁹
ea.



YORKSHIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1.00kg

15⁹⁹
ea.

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

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



FAMILY
PACK COOKIES
125 g

399

ea.



FAMILY
PACK COOKIES
125 g

999

ea.



FRESH STUFFED
PASTA OR SKILLET
125 g

2699

250

ea.

\$2

back in

points



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

SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS



40 points

\$3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
PREPARED FROZEN, 100g



\$3.99 ea.

SELECTION BOSTON CRAB
FROZEN 100g, 120g



\$6.99 ea.

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD
CLAMS & WHITE CAKE
PREPARED FROZEN, 100g



\$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
FILLETS FROZEN 100g



\$1 bonus points

\$14.99 ea.

125 points

TRUE WORTH DRIED HOTT SMOKED SALMON
FROZEN 100g

Five Invisibile product boxes are displayed. Each box features the 'Invisibile' logo at the top. The first box shows 'Crispy Chicken' with a price tag of 30 pieces for \$6.99. The second box shows 'Breaded Chicken' with a price tag of 40 pieces for \$7.99. The third box shows 'Smoked Salmon' with a price tag of 50 pieces for \$10.99. The fourth box shows 'Crispy Shrimp' with a price tag of 50 pieces for \$10.99. Each box also includes a small image of the product and a list of ingredients.

249 ea. UNICO BEANS OR LENTILS 100% SOYBEAN SELECTED VARIETIES	129 ea. UNICO PASTA 100% SOYBEAN SELECTED VARIETIES	199 ea. UNICO SOLID LIGHT TUNA 100% SOYBEAN SELECTED VARIETIES	399 ea. UNICO OLIVES 100% SOYBEAN SELECTED VARIETIES
279 ea. CLEARLY CANADIAN SPARKLING WATER 100% SOYBEAN SELECTED VARIETIES	1049 ea. CRAFT NON-ALCOHOLIC BEER 100% SOYBEAN SELECTED VARIETIES	1249 ea. COLLECTIVE ARTS HAZY PALE ALE 100% SOYBEAN SELECTED VARIETIES	1279 ea. SAPPORO ZERO 100% SOYBEAN SELECTED VARIETIES
579 ea. PURITOS BARBECUE 100% SOYBEAN SELECTED VARIETIES	349 ea. PURITOS NACHO CHIPS 100% SOYBEAN SELECTED VARIETIES	399 ea. PLANTERS TRAIL MIX 100% SOYBEAN SELECTED VARIETIES	499 ea. SUNCHIPS 100% SOYBEAN SELECTED VARIETIES
449 ea. RYVITA CINNAMON BUNS 100% SOYBEAN SELECTED VARIETIES	479 ea. CELEBRATION LEBKUCHEN COOKIES 100% SOYBEAN SELECTED VARIETIES	449 ea. EXCEL GUM 100% SOYBEAN SELECTED VARIETIES	249 ea. OH HENRY'S REESE'S CHOCOLATE BARS 100% SOYBEAN SELECTED VARIETIES

**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*



\$9⁴⁹
VALUE

PROMO CODE
TORTELLINI

More Great Savings



349 ea.
ON THE BORDER PIZZERIA POP OR
TOASTER STRUDEL SAUCES
100g (3.5oz)



349 ea.
DOLE FRUIT CUPS
100g (3.5oz)



1099 ea.
SPLENDA SWEETENER
100g (3.5oz)



499 ea.
SMOOTH PEANUT BUTTER
100g (3.5oz)



549 ea.
LIFE CEREAL
100g (3.5oz)



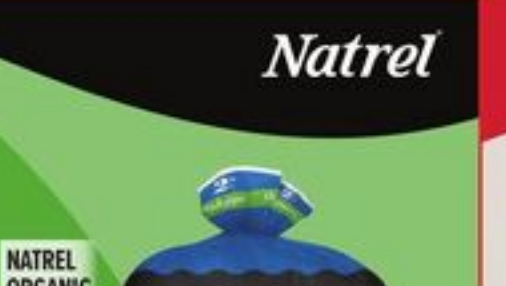
1999 ea.
MAXWELL HOUSE COFFEE CAPSULES
100g (3.5oz)



399 ea.
HELLMANN'S MAYONNAISE
100g (3.5oz)



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



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



569 ea.
LACTANTIA ULTRA-PUR MILK
100g (3.5oz)



1199 ea.
KIRI CHEESE
100g (3.5oz)



399 ea.
GOGOSQUEEZE SNACK
100g (3.5oz)



399 ea.
ACTIVIA YOGURT
100g (3.5oz)



649 ea.
ACTIVIA EXPERT YOGURT
100g (3.5oz)



199 ea.
ICEBERG WATER
100g (3.5oz)



399 ea.
FRUIT DRINKS
100g (3.5oz)



299 ea.
OASIS JUICE
100g (3.5oz)



469 ea.
ALLEN'S JUICE
100g (3.5oz)



699 ea.
REAL DAIRY FROZEN TREATS
100g (3.5oz)



699 ea.
NESTLE FROZEN TREATS
100g (3.5oz)



599 ea.
HÄAGEN-DAZS ICE CREAM
100g (3.5oz)



349 ea.
CRISP CEREAL
100g (3.5oz)



349 ea.
GOLDENFISH CRACKERS
100g (3.5oz)

moi rewards



join today and save

Certain conditions apply,
see moirewards.ca for conditions.
Moi Rewards is a trademark of Metro Inc.

Organic

LUNDBERG
RICE CAKES 375g
SELECTED VARIETIES

7⁹⁹
ea.

Kashi
KASHI
GRANOLA BARS 175g
SELECTED VARIETIES

3⁴⁹
ea.

KICKING HORSE
GROUND COFFEE 100g
SELECTED VARIETIES

13⁹⁹
ea.

ROCKWELL'S
COCONUT OIL 500ml
SELECTED VARIETIES

21⁹⁹
ea.

BETTER THAN
NOODLES
KONJAC NOODLES 500g
SELECTED VARIETIES

4⁹⁹
ea.

KOUKLA
DELIGHTS
BITE SIZE COCONUT BEVERAGE 1L
SELECTED VARIETIES

8⁹⁹
ea.

VITA COCO
COCONUT BEVERAGE 1L
SELECTED VARIETIES

3⁹⁹
ea.

Whole Grains

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

PRANA
GRANOLA 250g
SELECTED VARIETIES

4⁹⁹
ea.

ALLERGY SMART
COOKIES 100g
SELECTED VARIETIES

4⁹⁹
ea.

GOLDYS
SUPERSEED CEREAL 250g
SELECTED VARIETIES

7⁴⁹
ea.

BARNEY BUTTER
ALMOND BUTTER 250g
SELECTED VARIETIES

8⁹⁹
ea.

SEAMARK
CRACKERS 100g
SELECTED VARIETIES

7⁴⁹
ea.

humble
POTATO CHIPS 100g
SELECTED VARIETIES

4⁴⁹
ea.

Household Helpers

SELECTION DISH
DETERGENT OR
FOOD WRAP 500ml
SELECTED VARIETIES

2⁴⁹
ea.

CASCADE
DISHWASHER
DETERGENT 750ml
SELECTED VARIETIES

10⁹⁹
ea.

Bounty
PAPER TOWELS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLOSET
BATHROOM TISSUE 100% COTTON
SELECTED VARIETIES

7⁵⁰
ea.

Dority
LIGHT SCENT BOOSTERS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

BRUSHING
CHEWS 100% COTTON
SELECTED VARIETIES

12⁹⁹
ea.

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

SCUBING
BUBBLES
CLEANER 500ml
SELECTED VARIETIES

6⁹⁹
ea.

GLAD
MADE AT HOME
FOR YOUR HOME
BLACK GARAGE BAGS 100% COTTON
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOROX
CLOROX BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 100% COTTON
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 100% COTTON
SELECTED VARIETIES

28⁴⁹
ea.

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



We take pride in sourcing locally from the
Escarpment Region.

UNIOPOL ROLLED
CHICKEN WITH
GARLIC, DILL
OR JALAPENO
11.75/lb

2⁵⁹
/100g



JENSEN
CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2⁷⁹
/100g



NOSTRAS ENTRÉES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



JAKEMAN'S
MAPLE CREAM COOKIES
OR PANCAKE MIX
400 - 500 g

4⁹⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



DUTCHMAN'S
GOLD BEE POLLEN
250 g
SELECTED VARIETIES

15⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM 

FREE TOQUE*

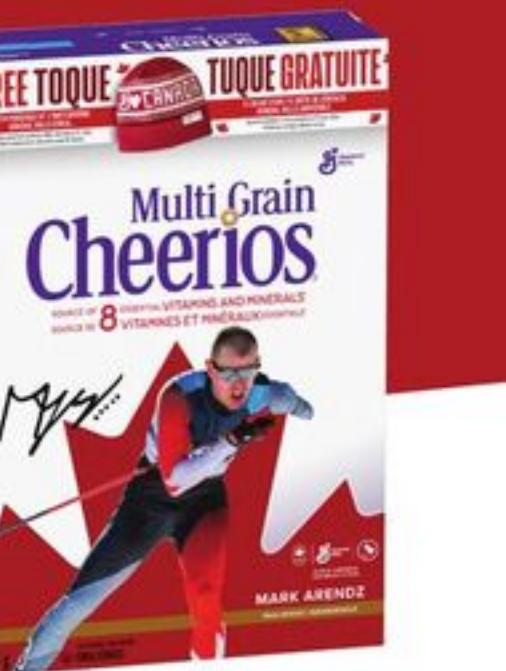
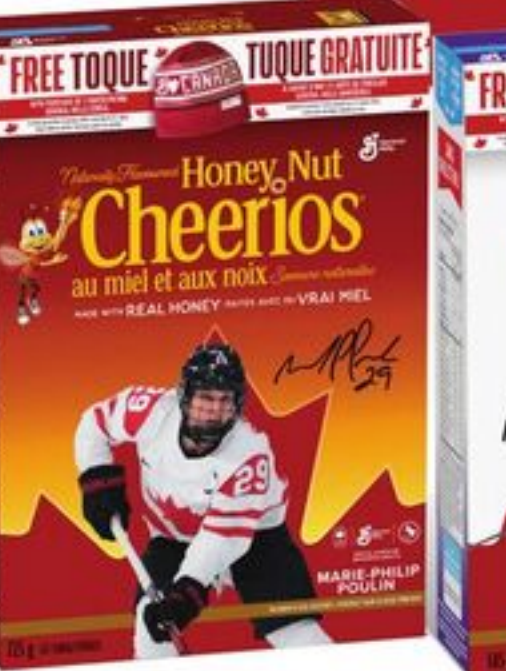
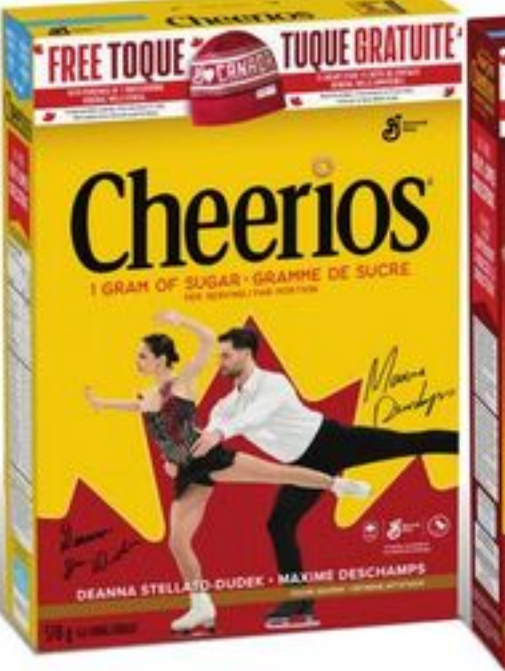


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



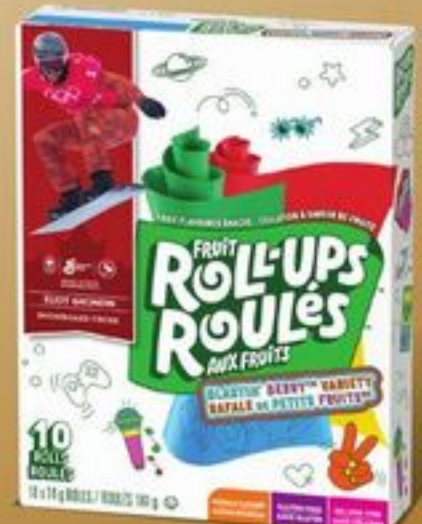
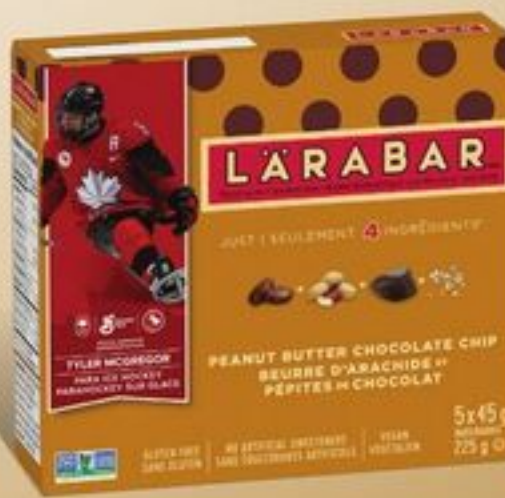
BUY 2 OLD EL PASO® KITS AND GET **\$10 TO FILL UP**** YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE

**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

2⁹⁹ ea.



LARABAR BARS
54 BARS
SELECTED VARIETIES

9⁹⁹ ea.

BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.