New Year
NEW SAVINGS

2.99 /lb

EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
6.60kg

LARGE PEACHES
LARGE NECTARINES
OR
LARGE BLACK PLUMS
6.60kg

2.99 /lb

ANGEL SWEET
BABY CARROTS
OR
DOLE
GARDEN SALAD OR
TH-SUPPR CREOLEAN
CHOPS
454g-510g

1.99 ea.

2.99 ea.

YELLOW ONIONS 10 LB
CANADA, NO. 1
ORIGINAL, FRESH

99¢ ea.

STEAM & GO
YELLOW
POTATOES 1.36 kg
CANADA, NO. 1
ORIGINAL, FRESH

moi rewards member price

JORDANS CEREAL
OR MUESLI
325-500GRAMS

3.49 ea.

SPECIAL PRICE
3.99
for non-members

Effective January 8 9 10 11 12 13

VERSION A

metro
CANADIAN AND PROUD

MIXED FLOWER BOUQUET
CONTAINS NO NEONICOTINOIDS
20.00 ea.

FRESH ATLANTIC SALMON PORTIONS
PRINCE EDWARD
3.99 ea.

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST
CANADIAN ANGUS
15.100kg
8.88 /lb

MONTREGINO'S ARTISAN TURKEY BREAST, BRIANPUR/BIGELLA OR MOLLICAKE, POLISH OR PORK/CHAPUIS HAM OR CASTELLO BRANDY
DELI CASE, 12 WEEK, RESTRICTED AREAS
2.99 /100 g

FRESH
FRESH PORK TENDERLOIN VALUE PACK
0.770kg
2.99 /lb

$1 bonus in points*
125 points

FRONT STREET BAKERY CHOCOLATE CHUNK COOKIES OR CHOCOLATE CHUNK WALNUT COOKIES
24-30CT, RESTRICTED AREAS
5.99 ea.

FRESH LAMB SHOULDER CHOPS
VALUE PACK
12.250kg
5.99 /lb

MOCCA® OR DECKER'S CHOICE INSTANT COFFEE 60-100 GR
OIKOS® YOGURT TUBE 650-750 GR
6.49 ea.

PHILADELPHIA CREAM CHEESE, CHEEZ WHIZ OR PHILLY SPREAD
3.99 ea.

GREAT PRICE! **4.44** ea.
SELECTION DAIRY OR DELICATESSEN PRODUCTS
SHREDDED CHEESE, SOUR CREAM, DIP OR SPREAD

RUFFLES® CHIPS, DORITOS® OR TOSTITOS® CHIPS
CHEETOS® SNACKS
3.49 ea.

LACTAID® PURFILTRE® 2 LITRE MILK OR REGULAR CARTON
KELLOGG'S® RAISIN BRAN CEREAL
3.99 ea.

GREAT PRICE! **8.88** ea.
2.84L
MAZOLA® CANOLA OR CORN OIL
2.84 LITRES

SCOTTIES® SUPREME OR CASHMERE® SPONGE TOWELS OR SUPREME PAPER TOWELS
6.99 ea.

MUTTI® PASSATA OR PELATI
3.49 ea.

CLOVER LEAF SOLID WHITE TUNA OR FLAKED WHITE TUNA
1.99 ea.

Effective January 8 9 10 11 12 13 14 2026 | my savings my metro

ONLY
99¢
GREAT PRICE!
Ben's Original
Fast & Fancy Vite & Bon
HEINZ ALPHABETTI
HEINZ BEANS ORIGINAL
HEINZ BEANS MAPLE
99¢
Campbell's
Tomato Tomate
Cream of Mushroom Crème de champignons
CAMPBELL'S SOUP
BEN'S ORIGINAL RICE & FANCY RICE
HEINZ BEANS OR PASTA
BURRITO
Michelina's
Macaroni and Cheese
Macaroni au fromage
99¢
MICHELINA'S FROZEN ENTREES OR TAKE'S DINNERS
Irresistible
SEA SALT
SEL DE MER
Reese's
KitKat
99¢
NESTLÉ, HERSHEY'S OR CADBURY CHOCOLATE BARS OR REESE'S OR HERSHEY'S CHIPS
Dasani
Coca-Cola
POWERADE
99¢
COCA-COLA OR DASANI SOFT DRINKS OR POWERADE SPORT DRINKS
metro.ca

New Lower Prices

30% CASTELLO CHEESE 200 g–400 g, BLUE CHEESE 125 g–175 g, BLUE CHEESE 125 g–175 g, TODLER CHEESINGS 10.5 g–24 g, SELECTED VARIETIES/FLAVOURS

7.99 ea.

MAPLE LEAF CLASSICS SLICED MEATS SELECTION OF SCHNEIDERS, MAPLE LEAF OVEN ROASTED & MONTREAL STEAMED HAM 150 g–200 g, SELECTED VARIETIES

DEMPSTER'S 100% WHOLE WHEAT, WHITE, WHOLE GRAIN OR BAGELS 675 g–700 g, SELECTED VARIETIES

2 for 7.00

8.99 ea.

PRIME FARMS BONELESS BREADED CHICKEN 1.36 kg, SELECTED VARIETIES

3.99 ea.

STORE MADE 1 kg–1.5 kg, SELECTED VARIETIES

2 for 14.00

MILLER'S SELECTIONS SPICY CALIFORNIA ROLLS 340 g–360 g, SELECTED VARIETIES

10.99 ea.

HIGHLINER BREADED BUTTERFLY CATCH OF THE DAY 1.36 kg–1.5 kg, SELECTED VARIETIES

6.49 ea.

ACTIVIA 650 g–750 g, ALL OTHER VARIETIES AVAILABLE

4.99 ea.

OLYMPIC GREEK YOGURT 650 g–750 g, SELECTED VARIETIES

3.49 ea.

OLYMPIC MEDITERRANEAN 650 g–750 g, GREEK YOGURT 650 g–750 g, SELECTED VARIETIES

4.49 ea.

ST. DALFOUR SPREAD 175 g–250 g, TRADITIONAL FRUIT, PEARL MILLING TRADITIONS 500 g, TABLE SYRUP 500 g–750 g, SELECTED VARIETIES

4.99 ea.

NATURE'S PATH, CHEX 300 g–400 g, ALL OTHER VARIETIES AVAILABLE, OLYMPIC MEADOW YOGURT 650 g–750 g, SELECTED VARIETIES

2.49 ea.

LECLERC GO PURE 500 g–750 g, ALL OTHER VARIETIES AVAILABLE, OLYMPIC 650 g–750 g, SELECTED VARIETIES

88¢ PER BOX!

KEBBY DINNER 162 g–206 g

9.99 ea.

KD 52 ORIGINAL 250 g, SELECTED VARIETIES

LAY'S SUNNY SEED CHIPS OR SUNNY SEED CRACKER SNACKS 125 g–150 g

3.99 ea.

LAY'S 200 g–235 g, SELECTED VARIETIES

4.99 ea.

MAPLE LEAF MOZNAKERS 300 g–350 g, SELECTED VARIETIES

4.99 ea.

CADBURY OR NESTLÉ CHOCOLATE 100 g–150 g, SELECTED VARIETIES

5.99 ea.

HEALTHY HABITS 1.36 kg–1.7 kg, HEALTHY CHOICE OR STAINLESS FOREVER WOKS, SELECTED VARIETIES

24 PACK

ESKA NATURAL SPRING WATER 24 x 500 ml

2.99

MAPLE PORTIONS, MARKET CHOICE SNACKS, SELECTED VARIETIES OR PURE LOOK 30 ct–50 ct, SELECTED VARIETIES

1.99 ea.

BRAUN FACEFT OR DIPPS 125 g–175 g, SELECTED VARIETIES

4.99 ea.

HEINZ 475 ml–500 ml, SELECTED VARIETIES

2.49 ea.

BUSH'S CROCKS 540 ml–570 ml, CAN DRINKER CANNED MEAT, SELECTED VARIETIES

5.49 ea.

AXE, NIVEA OR DOVE PERSONAL CARE 355 ml–500 ml, SELECTED VARIETIES

4.49 ea.

DEFENDER 3 PLY TISSUES OR PAPER TOWELS 12 ct–24 ct, SELECTED VARIETIES, CHARMIN BASIC 12 ct–24 ct, SELECTED VARIETIES

I earn with moi rewards

60 5.99 ea. LIPTON 1 STEP 1 LITER, SELECTED VARIETIES

75 10.99 ea. DOWNY 1.36 L–1.7 L, SELECTED VARIETIES, TIDE 1.36 L–1.7 L, SELECTED VARIETIES, GAIN 1.36 L–1.7 L, SELECTED VARIETIES, ARIEL 1.36 L–1.7 L, SELECTED VARIETIES, GAIN 1.36 L–1.7 L, SELECTED VARIETIES, ARIEL 1.36 L–1.7 L, SELECTED VARIETIES

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

We reserve the right to limit quantities.
CASH REFUND / MAIL-IN REFUND CARD PROMO.
Valid from Thursday, September 25 to Wednesday, October 1, 2025.

Visit us at: metro.ca
Download our app!
Where we serve food, we care about your health.
WIN $1,000 in groceries.

Thursday, September 25 to Wednesday, October 1, 2025. Prices may vary in other Metro stores. Prices may vary in other Metro and Super C stores. Please visit your nearby Super C or Metro store for details and flyer. Prices are in effect while supplies last and are valid only at participating Metro or Super C stores. Not responsible for typographical or pictorial errors. Prices are in Canadian dollars. Quantities, sizes and weights are approximate. Some products may be sold in other sizes or packaging. Some products may be sold in other stores. Some products may be sold in other flavours or varieties. Some products may be sold in other stores or in other sizes. Some products may be sold in other stores or in other sizes. Some products may be sold in other stores or in other sizes

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 1 L SELECTED VARIETIES

NOW 9.99 ea. SAVE UP TO $4.50 | 14.49* ea. P.F. CHANG'S MEALS 626 g SELECTED VARIETIES

NOW 2/$12 SAVE UP TO $5.98 | 2/17.98* ea. ST. HUBERT, SWISS CHALET OU MONTANA'S PIES FROZEN, 450 - 800 g SELECTED VARIETIES

NOW 3.49 ea. SAVE UP TO $2 | 5.49* ea. DAWN EZ-SQUEEZE DISH DETERGENT 535 - 950 ml SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $2.50 | 5.49* ea. ZIPLOC SANDWICH BAGS 30 - 50 un SELECTED VARIETIES

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.*

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

2.99 ea.

FRESH
CHICKEN DRUMSTICKS
5.05kg

2.29 /lb

SARTORI PASILLA CHILE BELLAVITANO
DELI CUT, PRICES AS MARKED
22.33lb

5.99 /100 g

IRRESISTIBLE ARTISAN DOUBLE CRÈME BRIE
170 g

5.99 ea.

Farm Fresh Produce

2.49 /lb — COSMIC CRISP® APPLES
4.99 ea. — STRAWBERRIES 454g
3.99 ea. — BLACKBERRIES 6 oz.
4.99 ea. — CAULIFLOWER
20 REWARDS

JUMBO
6.99 /lb — JUMBO CHERRIES
4.99 ea. — AVOCADOS
5 PK
2.49 /lb — EXTRA LARGE BEEFSTEAK TOMATOES
1.49 /lb — LARGE FENNEL

2.99 /lb — LARGE CARA CARA ORANGES
5.99 ea. — WATER FRUIT WATERMELON
2 PK
5.00 ea. — BROCCOLI CROWNS
1.99 /lb — SWEET POTATOES

2.69 /lb — LARGE BOSC OR ANJOU PEARS
2.49 /lb — EGGPLANTS OR GREEN ZUCCHINI
2.99 /lb — EXTRA LARGE RED BELL PEPPERS
3.99 /lb — HEIRLOOM TOMATOES

100% 100 CALORIES
fruit to go 100%
100% 100 CALORIES
fruitsource
11.99 ea. — SUN RIPE
SNACK SIZE FRUIT TO GO 4 PK
FRUITSOURCE 8 PK
4.99 ea. — SATSUMA SWEET MANDARINS
NEW
20 REWARDS
4.79 ea. — BELLE GROVE MUSHROOMS
BADIA SAZÓN & ADOBO
2.49 ea. — BADIA SAZÓN & ADOBO SEASONINGS
10 REWARDS

Organic

55
19.99 ea. — ORGANIC GRAPES
3.49 /lb — ORGANIC "SUNGOLD" NAVEL ORANGES
3.79 ea. — BELLE GROVE ORGANIC SLICED WHITE OR BROWN MUSHROOMS
LIFE SMART ORGANIC PLANT-FIBRE TOFU
2.99 ea. — 350g
10

Sliced & Diced

25
5.99 ea. — READY TO COOK VEGETABLES
4.99 ea. — CORED PINEAPPLES
1.77 /lb — RED OR YELLOW SEEDLESS WATERMELON QUARTERS
9.99 ea. — CITRUS MAGIC LARGE DELUXE FRUIT SALAD

Fresh Blooms

NEW
30.00 ea. — ROSE BOUQUET BOUQUET
ORCHIDS
SAVE $4.00
16.99 ea.
12.99 ea. — ALOE VERA
9.99 ea. — SPRING BULBS

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Our Butcher's Finest

FRESH CHICKEN DRUMSTICKS 2.25 kg
3.99 /lb

LIFE SMART NUTRITION BEEF STEW MEAT 1.5 kg / BONELESS STRIP LOIN STEAK 1.5 kg / BONELESS RIBEYE 1.5 kg
19.99 /lb

NATURAL
Raised without antibiotics. Never given growth promoting hormones. Never fed animal by-products. Raised on vegetarian feed. Raised outside.

BONELESS PORK SHOULDER CROCK POT ROAST PACK
4.99 /lb

PLATINUM GRILL ANGUS CHUCK BLADE ROAST 1.5 kg / CHUCK BLADE STEAK 1.5 kg
7.99 /lb

AS SEEN ON CANADIAN ANGUS

6.99 /lb
MEDIUM GROUND BEEF VALUE PACK 1.5 kg

4.99 /lb
FRESH SPLIT CHICKEN BREAST 1.5 kg

FRESH ROSEMARY & GARLIC BONE-IN PRIME RIB ROAST 1.5 kg
12.99 /lb

LEAN GROUND LAMB 1.5 kg
9.99 ea.

2.99 ea.
SELECTION WIENERS 375 g

4.99 /lb
FEATHER'S CUTTING BOARD PORK CHOPS 750 g

4.99 ea.
SELECTION BACON 375 g

6.99 ea.
MAPLE LEAF ULTIMATE CHICKEN WIENERS OR ULTIMATE BEEF OR ULTIMATE CHICKEN SAUSAGES 375 - 500 g

8.99 ea.
MAPLE LEAF PREMIUM CHICKEN 375 g

12.99 ea.
KELLY'S ORIGINAL SEASONED PORK BACK RIBS

15.99 ea.
PAGO BREADED MEMBERS

16.99 ea.
AVON STREET FULLY COOKED BEEF POT ROAST 2.5 kg

Organic

7.99 ea.
ALBERTON ORGANIC BACON 375 g

7.99 ea.
ALBERTON ORGANIC BREAKFAST SAUSAGES 375 g

14.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BREAST 1.1 kg - 1.4 kg

14.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC VEGGIE PIECES 1.1 kg - 1.4 kg

ALBERTON ORGANIC FRESH GROUND MEDIUM 1.5 kg

8.99 ea.
ALBERTON ORGANIC EXTRA LEAN GROUND PORK 1.5 kg

12.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN DRUMSTICKS 1 kg

15.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN WINGS 1 kg

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Baked in my Metro

FRONT STREET BAKERY CHEDDAR CHEESE BISCUITS
7.49 ea. 51 PRICE PER 100 g 125 g

FRONT STREET BAKERY BUN BRIOCHE
4.49 ea.
Not to scale

FRONT STREET BAKERY CHEESE BUNS OR PARMESAN BUNS
5.99 ea.
Not to scale

FRONT STREET BAKERY PARTY ROLLS
3.99 ea.

FRONT STREET BAKERY
Our Absolute Favourite

FRONT STREET BAKERY DARK CAKE
3.99 ea.

FRONT STREET BAKERY CUPCAKES
6.99 ea.
Not to scale

FRONT STREET BAKERY DELUXE CAKES
10.99 ea. 51 PRICE PER 100 g 125 g

SNOWFLAKE BUN BRIOCHE PARMESAN OR PARMESAN OR BURGER
3.69 ea.

SNOWFLAKE
HOT DOG
SNOWFLAKE'S HOT DOG OR CHEESEBURGER BUNS
3.99 ea.

5.99 ea.
Not to scale

FRONT STREET BAKERY BRIOCHE CROISSANTS
5.99 ea.

FRONT STREET BAKERY SWEET PALS COOKIES
8.99 ea. 51 PRICE PER 100 g 125 g

SNOWFLAKE'S ENGLISH MUFFINS
2.99 ea.

FRONTIER
FRONTIER BAKERY
1.99 ea.

BAKERY
MINI MUFFINS
6.49 ea.

NEW!
Irresistible
IRRESISTIBLE PUFFCAKES
7.99 ea. 51 PRICE PER 100 g 125 g

Deli Favourites

VALUE PICK
2.99 ea. 51 PRICE PER 100 g 125 g
SMOKEHOUSE OR SMOKEHOUSE LOW SODIUM OR SMOKEHOUSE

2.99 ea. 51 PRICE PER 100 g 125 g
BOLOGNA SUPERSLICE MILD OR HOT

3.35 ea. 51 PRICE PER 100 g 125 g
IRRESISTIBLES ARTISAN BLOCK CHEESE

3.99 ea. 51 PRICE PER 100 g 125 g
Blockhouse
CHEDDAR CHEESE

3.99 ea. 51 PRICE PER 100 g 125 g
IRRESISTIBLES ARTISAN PASTRAMI

OLYMEL
6.49 ea.
OLYMEL BACON BRUNCH

7.99 ea.
THE TOLLE BLUE OR BLUE LOW SODIUM

Galbani
15.99 ea.
GALBANI MASCARPONE CHEESE

SMOKE HOUSE
8.79 ea.
BELLEVILLE SALAMI OR GOLD LABEL PEPPERONI

Zitto Kitchen
8.99 ea.
FERMENTED SOURDOUGH

7.99 ea.
THE TOLLE FETA CHEESE

13.99 ea. 51 PRICE PER 100 g 125 g
IRRESISTIBLES ARTISAN BLOCK CHEESE 24 MONTHS

3.99 ea.
LUNCH MATES, LUNCHBOXES, SANDWICHES OR WRAPS OR SNACK BOXES OR SNACK BOXES

SUPERIOR CHICKEN
9.99 ea.
SUPERIOR CHICKEN COOKED CHICKEN OR SALLIE OR SALLIE

FRESH & GO
26.99 ea. 250 g 52 PRICE PER 100 g
FRESH & GO PIZZA LARGE DOUBLE PEPPERONI

metro.ca

metro FRESH 2 GO
SAVOUR MOROCCO
FRESH FOR WINTER
LIMITED TIME ONLY
12.00 EACH
Moroccan Tagine Chicken Thighs
Moroccan Tagine Chicken Thighs, 1 kg
Moroccan Tagine Chicken Thighs, 1 kg
15.99 EACH
14.99 EACH
Moroccan Tagine Beef Cheek, 1 kg
Moroccan Tagine Beef Cheek, 1 kg
8.00 EACH
Moroccan Tagine Vegetarian
Moroccan Tagine Vegetarian
4.99 EACH
Moroccan Tagine Vegetarian, 1 kg
Moroccan Tagine Vegetarian, 1 kg
2.49 EACH
Moroccan Tagine Lamb
Moroccan Tagine Lamb

DELI FAVOURITES
MEAT & CHEESE
For Every Taste & Occasion
Speak to a deli counter associate for expert advice on our wide selection & pairings.
BRIDGESTREET ARTISAN MONTREAL SMOKED MEAT, PASTRAMI OR CORNED BEEF
3.99 /100 g
BRIDGESTREET ARTISAN TURKEY BREAST
2.99 /100 g
BRIDGESTREET ARTISAN
4.99 /100 g
BRIDGESTREET ARTISAN
5.99 /100 g
FRONT STREET BAKERY ASIAGO PARMIGIANO CHEESE BREAD
4.69 EA.
PREMIÈRE MOISSON COUNTER STYLE BREADS
5.99 EA.

Seafood

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More Great Savings

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

ONLINE EXCLUSIVE

FREE

3-CHEESE TORTELLINI 800 g

WHEN YOU SPEND $130 OR MORE*

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Enjoy the Offer

$9.49 VALUE

PROMO CODE
TORTELLINI

*Certain conditions apply. Details on metro.ca

BEVERAGE BREAK

Enjoy our curated selection of non-alcoholic beverages.

8.79 ea. MOCKTAIL PREMIER CHIC NON-ALCOHOLIC SPARKLING DRINKS 750 ml SELECTED VARIETIES

5.99 ea. MOTT'S CLAMATO PARTY SIZE 1.75 L SELECTED VARIETIES

8.99 ea. ATYPIQUE SPARKLING NON-ALCOHOLIC CUVÉE ROSÉ 4 x 250 ml SELECTED VARIETIES

13.49 ea. HEINEKEN NON-ALCOHOLIC BEER 6 x 330 ml SELECTED VARIETIES

7.99 ea. SANTAFUNERO NON-ALCOHOLIC WINE 750 ml SELECTED VARIETIES

8.49 ea. LOCO MOCO SERVING MIX 1 kg

8.49 ea. CAESAR SQUEEZED SAUCE MIX 1 L

18.99 ea. BUDWEISER ZERO NON-ALCOHOLIC BEER 12 x 355 ml

NATIONAL TEA DAY

Celebrate on January 12th

4.49 ea. CELESTIAL SEASONINGS TEA BAGS 20-40 ea. SELECTED VARIETIES

6.99 ea. BARRY'S TEA 20 ea. SELECTED VARIETIES

5.99 ea. TETLEY TEA BAGS 50 ea. SELECTED VARIETIES

7.99 ea. SELECTION ORANGE PEKOE TEA 50 ea.

5.99 ea. TAZO TEA 20 ea. SELECTED VARIETIES

3.99 ea. TIM HORTONS TEA 20 ea. SELECTED VARIETIES

5.99 ea. TAYLORS TEA 20 ea. SELECTED VARIETIES

9.99 ea. TWINNINGS TEA BAGS 20 ea. SELECTED VARIETIES

7.99 ea. SLEEPMAN'S GOLD HONEY 500 g SELECTED VARIETIES

5.99 ea. BLACK HUMMER JAM 250 ml SELECTED VARIETIES

7.99 ea. NESTLÉ NESCAFÉ CAPPUCCINO MIX 1.36 kg SELECTED VARIETIES

12.99 ea. LAVAZZA GROUND COFFEE 300 g SELECTED VARIETIES

16.99 ea. BALZAC'S COFFEE CAPSULES 18 ea. SELECTED VARIETIES

14.99 ea. BALZAC'S COFFEE 454 g SELECTED VARIETIES

More Great Savings

3.49 ea. — POLLYANNA PIZZA PUFF OR TRACTOR STRAIGHT SNACKS 200-240 g

3.49 ea. — DOLE FRUIT CUPS 4 x 113 g

10.99 — SPLENDA SWEETENER 1.36 kg

4.99 ea. — DESCHUTES CHAMPIONSHIP CAPTAIN'S 355 ml

5.49 ea. — DANIEL'S DINNER 250-280 g

19.99 ea. — MAXWELL HOUSE OR MAXWELL HOUSE OR MAXWELL HOUSE OR

moi rewards

join today and save

Certain conditions apply,
see moirewards.ca for conditions.
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Organic

LONGRIDGE RICE CAKES 125 g
7.99 ea.

Kashi
KASHI CEREAL BARS 25 - 28 g
3.49 ea.

KICKING HORSE GROUND COFFEE 340 g
13.99 ea.

MAXWELL'S COCONUT OIL 414 mL
21.99 ea.

BETTER THAN BEFORE KONJAC NOODLES 227 g
4.99 ea.

KOURLA
VEGGIE CRISPS 113 g
8.99 ea.

VITA COCO COCONUT BEVERAGE 330 mL
3.99 ea.

Whole Grains

CRUNCHMASTER CRACKERS 150 g
6.49 ea.

PRIMAL CHANGELING CEREAL 300 g
4.99 ea.

ALLERGY SMART COOKIES 200 g
4.99 ea.

Gluten-Free

GOLDEN GRAHAMS CEREAL 300 g
7.49 ea.

BARNEY BUTTER ALMOND BUTTER 170 g
8.99 ea.

CESANO CRACKERS 125 g
7.49 ea.

humble
HUMBLE CHIPS 113 g
4.49 ea.

Household Helpers

SOLUTION DISH DETERGENT OR FOOD WASH 1.47 L
2.49 ea.

CASCADE DISHWASHER DETERGENT 1.47 kg
10.99 ea. 75

Bounty
Charmin
10.99 ea. 75

Downy
10.99 ea. 75

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

CLEANING BURST OR CLEANING GEL 1.5 L
6.99 ea.

GLAD MAKE AT HOME POP YOUR A HOME
12.99 ea.

Start clean.
CLOROX BLEACH 1.5 L
6.49 ea.

Pet

DELICIOUSLY CAT TREATS 85 g
8.49 ea.

INNOCENTIBLES DOG TREATS 1 kg
6.99 ea.

11.49 ea.

BLUE BUFFALO BRUSHING CHEWS 170 - 340 g
12.99 ea.

PURINA ONE DRY CAT FOOD 3.18 kg
13.99 ea.

PEDIGREE DRY DOG FOOD 2.27 kg
28.49 ea.

GET TOUGH ON ODOUR AND SAVE!

ARM & HAMMER CLUMPING LITTER 10 kg
19.99 ea.

Double Duty
CLUMP & SEAL

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

LOCALLY SOURCED ONTARIO

We take pride in sourcing locally from the **Escarpment Region.**

UNIQPOL ROLLED CHICKEN WITH GARLIC, DILL OR JALAPEÑO
11.75/lb

2.59 /100 g

JENSEN CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2.79 /100 g

NOSTRAS ENTRÉES
FROZEN, 850 g
SELECTED VARIETIES

10.99 ea.

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

4.99 ea.

QUINTA CANADIAN QUINOA
400 g

6.99 ea.

DUTCHMAN'S GOLD BEE POLLEN
250 g
SELECTED VARIETIES

15.99 ea.

Effective January 8 - 28, 2026

NEW

OREO CAKESTERS

25 CENTS OFF

5.49 ea.

OREO CAKESTERS 300 g SELECTED VARIETIES

25 CENTS OFF

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