

Version 1

**New Year
NEW SAVINGS**

2.99 /lb

EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA OR PERU, NO. 1 GRADE
6.59kg

[illegible]

\$ New Lower Prices



i earn with **moi** rewards



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 in groceries

[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.

249
/lb

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

499
ea.

STRAWBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

399
ea.

BLACKBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

499
ea.

CAULIFLOWER
PRODUCT OF U.S.A. & MEXICO

699
/lb

JUMBO CHERRIES
PRODUCT OF CANADA, U.S. & MEXICO
75.41/kg

499
ea.

AVOCADOS 100%
PRODUCT OF MEXICO

249
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
5.49/kg

299
/lb

EXTRA LARGE GREEN PEPPERS
PRODUCT OF CANADA, U.S.A. & MEXICO
4.99/kg

299
/lb

LARGE CARA CARA
PRODUCT OF U.S.A.
4.99/kg

599
ea.

WINTER FROST PINKERBERRIES 100%
PRODUCT OF CANADA, U.S.A. & MEXICO

500
/lb

BROCCOLI CROWNS
PRODUCT OF U.S.A. & MEXICO

199
/lb

SWEET POTATOES
PRODUCT OF CANADA
4.39/kg

269
/lb

LARGE BOSCH OR ANJOU PEARS
PRODUCT OF CANADA, U.S.A. & MEXICO
5.93/kg

399
/lb

STEM & LEAF CLEMENTINES
PRODUCT OF CANADA
8.80/kg

249
/lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. & MEXICO
5.49/kg

399
/lb

HEIRLOOM TOMATOES
PRODUCT OF CANADA
8.80/kg

1199
ea.

SUN DRYE
HEARTY FRUIT BARS 10.12/g
PRODUCT OF CANADA

499
ea.

SAVORY TOFU BURGERS 100%
PRODUCT OF CANADA

479
ea.

BELLE GROVE RASPBERRIES 100%
PRODUCT OF CANADA
10.99/kg

249
ea.

RADISHES 100%
PRODUCT OF CANADA

55 points 1999 ea. SUNNY FRUIT ORGANIC CRIED FRUIT ON PLUMS 100% JUICE	349 lb. ORGANIC SEEDLESS ORANGE ORANGES 100% JUICE	379 ea. BELLE GROVE ORGANIC SLICED WHITE CHEDDAR MUSHROOMS 100% JUICE	299 ea. LIFE SMART ORGANIC PLAIN TOFU 100% JUICE	10 points ORGANIC BISCUITS
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25
pieces

5⁹⁹
ea.

READY TO COOK
VEGETABLES
CUT TO 1/2" SLICES
TOMATOES AND 1/4"
PELLETS 100% SUGAR
FREE

4⁹⁹
ea.

CORED PINEAPPLES
100% SUGAR FREE

NEW

30⁰⁰
ea.

ROSE REVERIE
BOUQUET
100% SUGAR FREE

ORCHIDS
12" POT
100% SUGAR FREE

SAVE \$3.00

16⁹⁹
ea.

1⁷⁷
/lb

RED OR YELLOW SEEDLESS
WATERMELON QUARTERS
3.56kg/10g

9⁹⁹
ea.

STORE MADE
LARGE PINEAPPLE
FRUIT SALAD 100g

ALOE VERA
6" POT

12⁹⁹
ea.

SPRING BULBS
6" POT
100% SUGAR FREE

9⁹⁹
ea.

NEW

30⁰⁰
ea.

ROSE REVERE
BOUQUET
ROSEAU & COUSINS

ORCHIDS
2.5" POT
BLOOMING

SAVE \$3.00

16⁹⁹
ea.

ALOE VERA

12⁹⁹
ea.

SPRING BULBS
6" POT
BLOOMING

9⁹⁹
ea.

Our Butcher's Finest

**FRESH CHICKEN
QUARTERS**
1.80kg

3⁹⁹
/lb

**BONELESS PORK
LOIN CHOPS**
100g pack

4⁹⁹
/lb

MEDIUM GROUND BEEF
WULFE BACK
5.47kg

6⁹⁹
/lb

**FRESH ROSEMARY
LAMB LEGS**
2.5kg

12⁹⁹
/lb

LEAN GROUND LAMB
2.5kg

9⁹⁹
ea.

FRESH SPLIT CHICKEN BREAST
2.5kg

4⁹⁹
/lb

**PLATINUM GRILL ANGUS
EYE OF ROUND ROAST**
100g pack

7⁹⁹
/lb

**100% CANADIAN
ANGUS**
100g pack

5⁹⁹
/lb

**LIFE SMART! NATURAL
GRASS FED ROUND STEAK**
100g pack

19⁹⁹
/lb

**FRESH SALMON
STEAKS**
1.80kg

19⁹⁹
/lb

ANGUS NATURALIA
Angus
Steaks offer you a
combination of the
best range of quality
Angus natural products
without added
hormones

100% CANADIAN ANGUS
100% CANADIAN
ANGUS

SPRING LAMB
This is the best time to buy lamb
as the weather is perfect for
grilling and the meat is
tender and juicy.

2.99 ea. **SELECTION MEATLOAF** 1.00kg

4.99 1lb **FLETCHER'S PORK COTTAGE ROLL** 11.00kg

4.99 ea. **SELECTION BACON** 1.00kg

6.99 ea. **MAPLE LOGGIE CHICKEN WENCHERS OR ZIPPIN' HAWK 1.00kg**

8.99 ea. **MAPLE LOGGIE CHICKEN WENCHERS OR ZIPPIN' HAWK 1.00kg**

12.99 ea. **KELSEYS ORIGINAL BACKSIDE PORK BACK RIBS 11.00kg**

15.99 ea. **POGO BREADED WENCHERS 1.00kg**

16.99 ea. **44TH STREET PULLED CHICKEN BEEF PORK CHAST 1.00kg**

7.99
ea.

duBreton
ORGANIC BACON 200g

7.99
ea.

duBreton
McLEAN ORGANIC
BREAKFAST SAUSAGES
400g
SELECTED VARIETIES

8.99
ea.

duBreton
ORGANIC PORK
SAUSAGES
400g
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILETS
1.5kg
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILETS OR SKINS
1.5kg
SELECTED VARIETIES

12.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
1.5kg
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC MEAT PIES
1.5kg
SELECTED VARIETIES

15.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1.5kg
SELECTED VARIETIES

 369 ea. Dempsters' Pesto Potato & Pesto Potato MULTIGRAIN BREAD OR MARMALADE (ea. 500g)	 399 ea. Dempsters' HOT DOG OR HAMBURGER BUNS 1000g	 599 ea. FRONT STREET BAKERY BAKED TWINKLES 100g SUGGESTED SALES PRICE	 899 ea. FRONT STREET BAKERY FAMILY PACK COOKIES 1000g (250g x 4) SUGGESTED SALES PRICE \$1 back in points!
 299 ea. Dempsters' APPLE AND RAISIN MUFFINS 1000g (500g x 2)	 199 ea. FRONTIER PITA BREAD 1000g	 649 ea. INCREDIBLE PECAN PIE COOKIES 100g SUGGESTED SALES PRICE	 799 ea. INCREDIBLE PORTUGUESE CHICKEN SALAD 100g SUGGESTED SALES PRICE \$1 back in points!

4 **DATA** **FILE**

Seafood



2 for \$5.00

FROZEN PACIFIC COD LOW PORTIONS 100g

WILD CAUGHT



SEAFORD BOX
FROZEN 2.575kg

\$9.99 /lb

INCLUDES

SHOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS



40 points

\$3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
PREPARED FROZEN, 100g



\$3.99 ea.

SELECTION MUTTATON CRAB
FROZEN 100g, 120g



\$6.99

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM PIE WITH CHEESE
PREPARED FROZEN, 150g



\$1 bonus points

\$4.99 ea.

125 points

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN 100g, 120g



\$9.99 ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN 100g, 120g



\$9.99 ea.

BETTER FISH BARRAMUNDI
FROZEN 100g, 120g



\$14.99 ea.

TRUE WORTH DRIED HOTT SMOKED SALMON
FROZEN 100g, 120g

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 NON-ALCOHOLIC BEER 100% SOYBEAN SELECTED VARIETIES
579 ea. SUNCHIPS BARBECUE 100% SOYBEAN SELECTED VARIETIES	349 ea. SUNCHIPS ORIGINAL 100% SOYBEAN SELECTED VARIETIES	399 ea. SUNCHIPS ORIGINAL 100% SOYBEAN SELECTED VARIETIES	499 ea. SUNCHIPS ORIGINAL 100% SOYBEAN SELECTED VARIETIES
449 ea. RVITA CEREAL 100% SOYBEAN SELECTED VARIETIES	479 ea. CELEBRATION CEREAL 100% SOYBEAN SELECTED VARIETIES	449 ea. EXCEL CEREAL 100% SOYBEAN SELECTED VARIETIES	249 ea. OH HENRY'S CEREAL 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 SAUCCES
100g (3.5oz)



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



1099 ea.
SPLENDA SWEETENER
200g (7.1oz)



499 ea.
SELECTION PEANUT BUTTER
250g (8.8oz)



549 ea.
LIFE CEREAL
100g (3.5oz)



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



399 ea.
HELLMANN'S MAYONNAISE
200g (7.1oz)



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



1079 ea.
NATREL ORGANIC MILK
100g (3.5oz)



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



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



1199 ea.
KIRI YOGURT
100g (3.5oz)



399 ea.
GOGO SQUEEZE SNACK
100g (3.5oz)



399 ea.
ACTIVIA GUT HEALTH CHALLENGE
100g (3.5oz)



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



199 ea.
ICEBERG JUICE
100g (3.5oz)



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



299 ea.
FRUITE DRINKS
100g (3.5oz)



469 ea.
OASIS JUICE
100g (3.5oz)



699 ea.
REAL DAIRY ICE CREAM OR
FROZEN DESSERT
100g (3.5oz)



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



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



399 ea.
CRISP CRISPS
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-SIZED 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 CEREAL 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
MINI BREAD 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

10⁹⁹
ea.

DELICIOUS
CAT TREATS 100g
SELECTED VARIETIES

8⁴⁹
ea.

UNDESTRUCTIBLE
DOG TREATS 100g
SELECTED VARIETIES

6⁹⁹
ea.

FANCY FEAST
MULTIPACK WET
CAT FOOD 100g
SELECTED VARIETIES

11⁴⁹
ea.

MILK BONE
BRUSHING CHEWS 100g
SELECTED VARIETIES

12⁹⁹
ea.

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

SCRUBBING
BUBBLES
GEL FOAM
CLEANER 500ml
SELECTED VARIETIES

6⁹⁹
ea.

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

12⁹⁹
ea.

Start clean. CLOREX
CLOREX BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 100g
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 100g
SELECTED VARIETIES

28⁴⁹
ea.

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



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

BEAU'S
ABBEY STYLE CHEESE
26.26/lb

5⁷⁹
/100g



GRAND TRUNK
FIRM CHEESE
26.26/lb

5⁷⁹
/100g



HALENTA'S MINI
SMOKED HAM,
SLICED BACK BACON OR
SMOKED PORK CHOPS
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



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

4⁹⁹
ea.



LAKESIDE
QUARTER OR
BABY DILL PICKLES
750 ml
SELECTED VARIETIES

5⁴⁹
ea.



COPPA
GELATO OR SORBET
188 ml
SELECTED VARIETIES

3⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

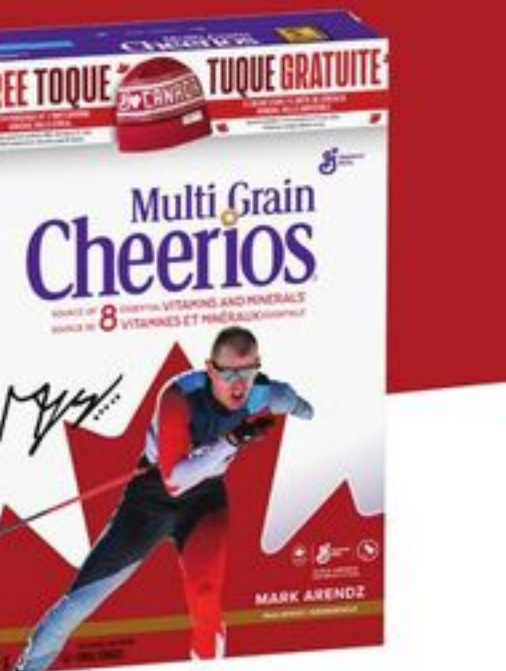
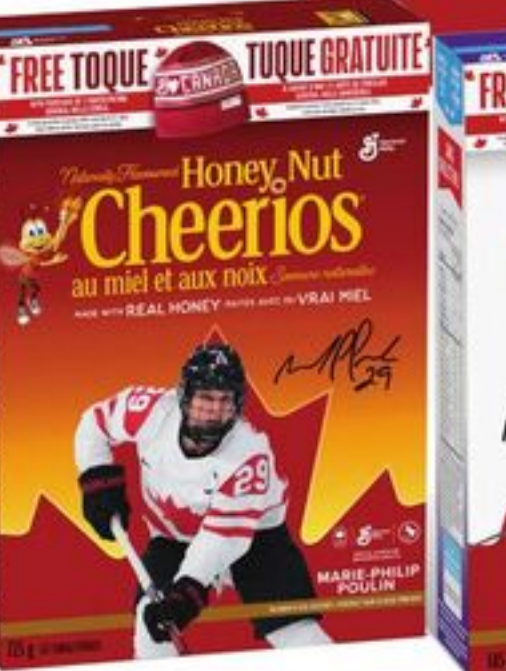
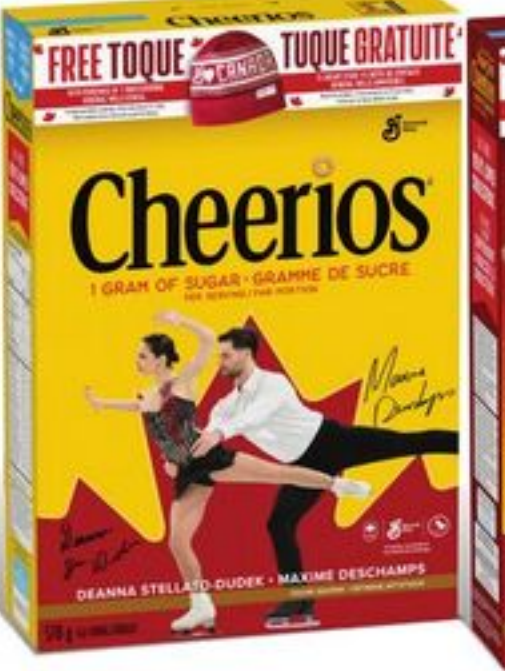


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



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.