

[illegible]

New Lower Prices



30% OFF



CASTELLO CHEESE
DANISH SWISS OR
BLUE CHEESE 10.5%
TICKLER CRISPER 10.5%
CASTELLO 10.5%
ea.



7.99



MAPLE LEAF
NATURAL SELECTIONS OR
SWEETENED
FANTINO & MONDELLO
ITALIAN MEAT 10.5%
ea.



2 for 7.00



DEMPPSTER'S
WHITE 100% WHOLE
WHEAT BREADS OR
BAGELS
ea.



8.99



MAPLE LEAF PRIME
CHICKEN WINGS OR
BREADED CHICKEN
ea.



3.99



STONE MADE
MILKSHAKE 10.5%
ea.



2 for 14.00



VEGETARIAN
CALIFORNIA OR SPICY
CALIFORNIA ROLLS
ea.



10.99



HIGHLINE
BREADED, BATTERED OR
FISH FILLETS
ea.



6.49



ACTIVIA
MILK YOGURT
ea.



4.99



OLYMPIC
YOGURT
ea.



3.49



LIBERTÉ MÉDITERRANÉE
GREEK YOGURT
ea.



4.49



ST. DAVID
SPREAD 10.5%
ea.



2.49



GO
LECLERC GO PURE
CEREAL BARS
ea.



4.99



NATURE'S PATH
CHOCOLATE
ea.



4.99



Chex
CEREAL
ea.



3.99



LAYS
FAMILY SIZE CHIPS OR
MINI CRISPER SNACKS
ea.



4.99



ON THE BORDER
MINIS
ea.



4.99



HERSHEY'S
MINIS
ea.

5.99

HUNGRY MAN
HEALTHY CHOICE OR
P.J. CLARK'S FROZEN MEAL
ea.

5.49

eska
NATURAL SPRING
WATER 10.5%
ea.

2.99

SENSIBLE
POTATOES, BATTERED
SNAPS, SNACKS,
KETTLE CHIPS OR
POPPY SEEDS
ea.

2.99

Legumes
MILK 10.5%
ea.

2.99

KETTIE
POTATO CHIPS
ea.

4.99

KETCHUP
ea.

2.49

BUSH'S
BEANS
ea.

5.49

ENERGY
ea.

4.49

ZIPLOC
ea.

I earn with mol rewards



60



ea.



75



ea.

We reserve the right to limit quantities.
LIMITATIONS: SOME PRODUCTS ARE LIMITED.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at mcfro.co
or at a store to
WIN \$5000 in groceries.

Facebook, Instagram, Twitter, YouTube

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.

Farm Fresh Produce

249
/lb

LARGE COSMIC CRISP APPLES
PRODUCT OF CANADA, U.S.A.
5.41kg

699
/lb

JUMBO CHERRIES
PRODUCT OF CANADA, U.S.A.
5.41kg

299
/lb

LARGE CARA CARA ORANGES
PRODUCT OF U.S.A.
6.35kg

269
/lb

LARGE ROSE-ON-A-RJO PEARLS
PRODUCT OF CANADA, U.S.A.
5.31kg

1199
ea.

SUN KYPPE
PRODUCT OF CANADA, U.S.A.
12.7g

499
ea.

STRAWBERRIES
PRODUCT OF CANADA, U.S.A.
5.41kg

499
ea.

JUMBO AVOCADOS
PRODUCT OF MEXICO
5.41kg

599
ea.

WINTER FROST POMEGRANATES
PRODUCT OF CANADA, U.S.A.
5.41kg

399
/lb

STEM & LEAF CLEMENTINES
PRODUCT OF CANADA, U.S.A.
8.80kg

499
ea.

SQUASH BURGERS
PRODUCT OF CANADA, U.S.A.
5.41kg

399
ea.

BLACKBERRIES
PRODUCT OF CANADA, U.S.A.
5.41kg

249
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA, U.S.A.
5.40kg

500
/lb

BROCCOLI CROWNS
PRODUCT OF U.S.A., CANADA
5.41kg

249
/lb

EGGPLANTS ON GREEN PODS
PRODUCT OF CANADA, U.S.A.
5.40kg

479
ea.

BELLE GROVE MUSHROOMS
PRODUCT OF CANADA, U.S.A.
5.41kg

499
ea.

CAULIFLOWER
PRODUCT OF U.S.A., CANADA
5.41kg

299
/lb

EXTRA LARGE GREEN PEPPERS
PRODUCT OF U.S.A.
6.35kg

199
/lb

SWEET POTATOES
PRODUCT OF CANADA, U.S.A.
4.39kg

399
/lb

HEIRLOOM TOMATOES
PRODUCT OF CANADA, U.S.A.
8.80kg

249
ea.

RAINBOW RADISHES
PRODUCT OF U.S.A., CANADA
5.41kg

2 for 1

BELLE GROVE BELL PEPPERS
PRODUCT OF CANADA, U.S.A.
5.41kg

2 for 1

BELLE GROVE BELL PEPPERS
PRODUCT OF CANADA, U.S.A.
5.41kg

2 for 1

BELLE GROVE BELL PEPPERS
PRODUCT OF CANADA, U.S.A.
5.41kg

Organic

Sliced & Diced **Fresh Blooms**

Save & Savor

25 points

5.99 ea.

READY TO COOK VEGETABLES
CUT & WASHED
PACKAGED 3.0kg

my metro

4.99 ea.

CORED PINEAPPLES
300g

NEW

30.00 ea.

ROSE REVEUR BOUQUET
DOZEN FLOWERS

ORCHIDS
12" x 18"

16.99 ea.

SAVE \$9.00

1.77 /lb

RED OR YELLOW SEEDLESS WATERMELON QUARTERS
3.56kg

9.99 ea.

STORE MADE LARGE ASSORTED FRUIT SALAD 10L

ALOE VERA

12.99 ea.

SPRING BELLS
6" WIDE
ASSORTED COLORS

9.99 ea.

Fresh Blooms

Fresh Blooms



NEW

30⁰⁰
ea.

ROSE REVEAL BOUQUET
ROSEMARY VARIETY



ORCHIDS
12" HIGH

SAVE \$9.00

16⁹⁹
ea.



ALOE VERA

12⁹⁹
ea.



SPRING BULBS
6" HIGH
HYDRANGEA & TULIPS

9⁹⁹
ea.

Our Butcher's Finest

FRESH CHICKEN
8.64kg

3⁹⁹
/lb

BONELESS PORK
BONE IN CROPS
SHOULDER CUTS
11.50kg

4⁹⁹
/lb

MEDIUM GROUND BEEF
15.47kg

6⁹⁹
/lb

FRESH ROSEMARY
GARLIC & ONION LEG
LAMB LEG
23.64kg

12⁹⁹
/lb

LIFE SMART NUTRITION
GRASS FED BONELESS
BEEF STRIP LOIN
STEAK
44.07kg

19⁹⁹
/lb

PLATINUM GRILL ANGUS
EYE OF ROUND ROAST
19.04kg

7⁹⁹
/lb

SPRING LAMB
LEG
15.00kg

4⁹⁹
/lb

LEAN GROUND LAMB
15.00kg

9⁹⁹
ea.

CUSTOM
100%
CANADIAN
ANGUS
BONELESS BEEF

FRESH SPLIT CHICKEN BREAST
11.00kg

GREEN LEAF NATURAL
Chicken aged for a minimum of 28 days
Free range, grass fed
No added hormones or antibiotics
Natural without added hormones

2.99 e.a. **SELECTION WIENERS** (10) 10.00lb

4.99 1/b **FLETCHER'S PORK COTTAGE ROLL** (1) 11.00lb

4.99 e.a. **SELECTION BACON** (10) 12.00lb

6.99 e.a. **MAPLE LORE ULTIMATE CHICKEN WENERS** (10) 10.00lb

8.99 e.a. **MAPLE LORE ULTIMATE CHICKEN WENERS** (10) 10.00lb

12.99 e.a. **KEYSEY'S ORIGINAL BURGERS** (10) 11.00lb

15.99 e.a. **POGO BREADED WIENERS** (10) 11.00lb

16.99 e.a. **44TH STREET PEPPER COOKED BEEF POT ROAST** (1) 11.00lb

7⁹⁹
ea.

duBRETON ORGANIC BACON 200g

7⁹⁹
ea.

McLEAN ORGANIC BREAKFAST SAUSAGES
400g

14⁹⁹

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN FILLETS OR BITES
400g

14⁹⁹
ea.

YORKSHIRE VALLEY FARMS ORGANIC MEAT PIES
10x150g

8⁹⁹
ea.

duBRETON ORGANIC PORK SAUSAGES
400g

8⁹⁹
ea.

duBRETON ORGANIC EXTRA LEAN GROUND PORK 450g

12⁹⁹
ea.

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN DRUMSTICKS
400g

15⁹⁹
ea.

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN WINGS
1kg

Baked in my Metro

FRONT STREET BAKERY
CHEDDAR CHEESE BUNS
125 g

749
ea.

FRONT STREET BAKERY
RYE BREADS
200 g

449
ea.

FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
160 g (1 & 4.42 400 g)

599
ea.

FRONT STREET BAKERY
PANIN ROLLS
160 g (1 & 4.42 400 g)

399
ea.

FRONT STREET BAKERY
CAKE SLICES
300 g (10.58 300 g)

399
ea.

FRONT STREET BAKERY
MINI DESSERT CAKES
200 g (10.58 200 g)

1099
ea.

FRONT STREET BAKERY
CUPCAKES
160 g (10.58 160 g)

699
ea.

FRONT STREET BAKERY
FAMILY PACK COOKIES
160 g (10.58 160 g)

899
ea.

DEMPESTERS
HOMESTYLE RYE BREAD
MULTIGRAIN
PUMPKINSEED OR
RAISIN 450 g

369
ea.

DEMPESTERS
HOT DOG OR
HAMBURGER BUNS
160 g

399
ea.

DEMPESTERS
ENGLISH MUFFINS
160 g

299
ea.

FRONTIER BAKERY
PITA
160 g (10.58 160 g)

199
ea.

FRONTIER BAKERY
MINI MUFFINS 160 g

649
ea.

DEMPESTERS
ENGLISH MUFFINS
160 g

299
ea.

FRONTIER BAKERY
PITA
160 g (10.58 160 g)

199
ea.

FRONTIER BAKERY
MINI MUFFINS 160 g

649
ea.

INEVITABLE
MINI MUFFINS 160 g

799
ea.

VALUE PICK

SAN DANIELE
MORTADELLA
100 g

299
ea.

MASTRO CAPICOLL
MILD OR HOT
100 g

299
ea.

INEVITABLE
EMMENTAL CHEESE
100 g

335
ea.

EULERDERSON
CHEDDAR CHEESE
100 g

399
ea.

OLYME
SLICED DELI MEAT
100 g

399
ea.

INEVITABLE
ARTISAN
PROSCIUTTO
100 g

649
ea.

THE STELL
BOCCIA OR BOCCOCCHINI
100 g

799
ea.

GALBANI
MASCARPONE CHEESE
100 g

1599
ea.

SMOKE
HOUSE
SALAMI OR
SAUSAGE
100 g

879
ea.

SCHNEIDERS
BOLOGNA
100 g

899
ea.

THE STELL
PETA CHEESE
100 g

799
ea.

INEVITABLE
ARTISAN
PARMIGIANO REGGIANO
24 MONTHS
100 g

1399
ea.

FAMILY
PACK
LUNCH MATES
100 g

399
ea.

SCHNEIDERS
FRESH STUFFED
PASTA OR SKILLET
SAUSAGE
100 g

999
ea.

METRO
FRESH &
GO
PIZZA COMBO
100 g

2699
ea.

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, 100g



\$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, 100g



\$9.99 ea.

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



\$9.99 ea.

BETTER FISH BARRAMUNDI
FILLETS 100g, 100g



\$1 bonus points

\$14.99 ea.

125 points

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

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 NACHOS 100% SOYBEAN SELECTED VARIETIES	399 ea. PLANTERS TRAIL MIX 100% SOYBEAN SELECTED VARIETIES	499 ea. SUNCHIPS 100% SOYBEAN SELECTED VARIETIES
449 ea. RYVITA CEREAL 100% SOYBEAN SELECTED VARIETIES	479 ea. CELEBRATION COOKIES 100% SOYBEAN SELECTED VARIETIES	449 ea. EXCEL GUM 100% SOYBEAN SELECTED VARIETIES	249 ea. OH HENRY'S CANDY 100% SOYBEAN SELECTED VARIETIES



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

FREE

3-CHEESE TORTELLINI

800 g

WHEN YOU SPEND \$130 OR MORE*



\$9⁴⁹
VALUE

PROMO CODE
TORTELLINI

*Certain conditions apply. Details on metro.ca

More Great Savings



349 ea.
ON THE BORDER PIZZERIA POPS OR
TOASTER STRUDEL SAUCKS
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)



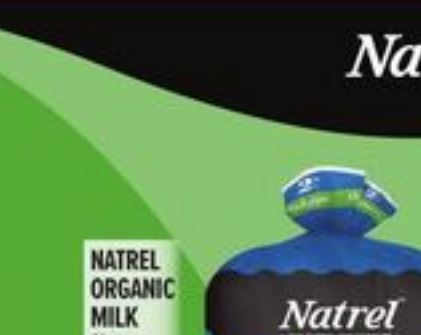
1999 ea.
MAXWELL HOUSE OR
HARDON COFFEE CAPSULES
100g (3.5oz)



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)



349 ea.
GOLDENFISH 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 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 CEREAL 250g
SELECTED VARIETIES

4⁹⁹
ea.

ALLERGY SMART
COOKIES 100g
SELECTED VARIETIES

4⁹⁹
ea.

GLDYS
SUPERIOR
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 OR CLOTHS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLOTHS 100% COTTON
SELECTED VARIETIES

7⁵⁰
ea.

Dority
TOILET OR CLOTHS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

DOIRTY
TOILET OR CLOTHS 100% COTTON
SELECTED VARIETIES

7⁵⁰
ea.

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

SCRUBBING
BUBBLES
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. CLOROX
CLOROX BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

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

Pet

DELICIOUS
CAT TREATS 100g
SELECTED VARIETIES

8⁴⁹
ea.

WUNDERBARK
DOG TREATS 100g
SELECTED VARIETIES

6⁹⁹
ea.

FANCY FEAST
MULTIPACK WET
CAT FOOD 100g
SELECTED VARIETIES

11⁴⁹
ea.

BRUSHING
CHEWS 100g
SELECTED VARIETIES

12⁹⁹
ea.

PURINA ONE
DRY CAT FOOD 100g
SELECTED VARIETIES

13⁹⁹
ea.

PENNERIE
WET CAT FOOD 100g
SELECTED VARIETIES

28⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 100g
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 100g
SELECTED VARIETIES

19⁹⁹
ea.

Baby Care



GERBER
BABY SNACKS
100g (3.5oz) tubs
ea.

4⁴⁹



HUGGIES
natural care
BABY WIPES
100% cotton
ea.

9⁹⁹



PAMPERS
natural care
BABY WIPES
100% cotton
ea.

22⁹⁹



GERBER
BABY CEREAL
100g (3.5oz) tubs
ea.

5⁹⁹



LIVE CLEAN
BABY SHAMPOO
100g (3.5oz) tubs
ea.

12⁹⁹



L'ORÉAL KIDS
BABY SHAMPOO
100g (3.5oz) tubs
ea.

6⁴⁹

Health & Beauty



NIVEA
LIP CARE
100g (3.5oz) tubs
ea.

5⁴⁹



POND'S
FACIAL MOISTURIZING
CREAM
100g (3.5oz) tubs
ea.

11⁴⁹



OLAY
FACE CARE
CREAM
100g (3.5oz) tubs
ea.

13⁹⁹



HERBAL ESSENCES
HAIR MOUSSE
100g (3.5oz) tubs
ea.

5⁹⁹



HERBAL ESSENCES
HAIR CARE
100g (3.5oz) tubs
ea.

9⁹⁹



BARE
HEAD & SHOULDERS
HAIR CARE
100g (3.5oz) tubs
ea.

13⁴⁹



PANTENE PRO-V
HAIR CARE
100g (3.5oz) tubs
ea.

6⁴⁹



THE UNSCENTED
COMPANY
BODY SOAP
100g (3.5oz) tubs
ea.

12⁴⁹



LIVE CLEAN
BODY WASH
100g (3.5oz) tubs
ea.

8⁹⁹



EVERY MAN JACK
BODY WASH
100g (3.5oz) tubs
ea.

9⁴⁹



AVEENO
BODY WASH
100g (3.5oz) tubs
ea.

12⁴⁹



AVEENO
BODY LOTION
100g (3.5oz) tubs
ea.

12⁹⁹



SENSODYNE
TOOTHPASTE
100g (3.5oz) tubs
ea.

6⁴⁹



CREST
TOOTHPASTE
100g (3.5oz) tubs
ea.

4⁹⁹



ORAL-B
DENTAL FLOSS
100g (3.5oz) tubs
ea.

7⁹⁹



LISTERINE
MOUTHWASH
100g (3.5oz) tubs
ea.

7⁴⁹



IRISH SPRING
BAR SOAP
100g (3.5oz) tubs
ea.

4⁴⁹



SOFTSOAP
HAND SOAP
100g (3.5oz) tubs
ea.

7⁹⁹



SOFTSOAP
HAND SOAP
100g (3.5oz) tubs
ea.

5⁹⁹

EVERY MAN JACK
DEODORANT
100g (3.5oz) tubs
ea.

7⁴⁹

PERSONNELLE
DISPOSABLE RAZORS
100g (3.5oz) tubs
ea.

3⁹⁹

POISE
ADULT INCONTINENCE
PADS
100g (3.5oz) tubs
ea.

7⁹⁹

TAMPAX
SANITARY TAMPONS
100g (3.5oz) tubs
ea.

6⁹⁹

DIVA
MENSTRUAL CUP
100g (3.5oz) tubs
ea.

20% off

PRICES ARE IN EFFECT UNTIL WEDNESDAY FEBRUARY 4TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY

metro.ca / pharmacy





We take pride in sourcing locally from the
Greater Toronto Region.

HALENDÄ'S
MILD OR HOT
PEPPERETTES
100 g
SELECTED VARIETIES

3⁹⁹
ea.



THE PIE COMMISSION
PIES
FROZEN, 290 - 330 g
SELECTED VARIETIES

9⁹⁹
ea.



HALENDÄ'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁴⁹
ea.



NO.7
HOT SAUCES
150 ml
SELECTED VARIETIES

7⁹⁹
ea.



BUBBIE'S
BISCOTTI THINS
100 g
SELECTED VARIETIES

4⁴⁹
ea.



CRAZY D'S
SPARKLING
PREBIOTIC SODA
355 ml
SELECTED VARIETIES

2⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM  General Mills

FREE TOQUE*

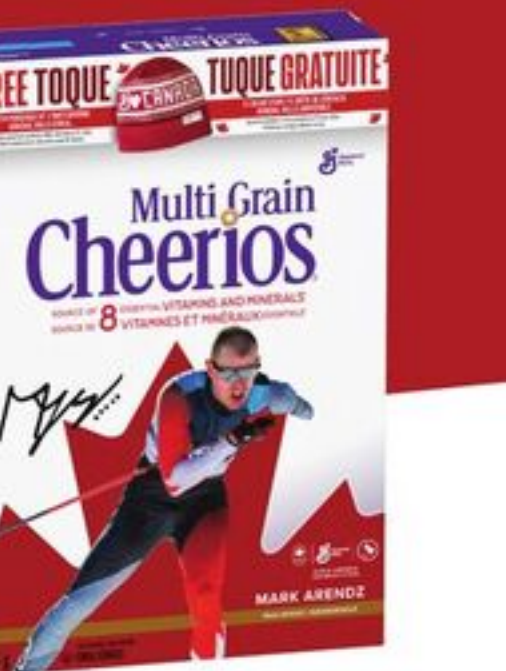
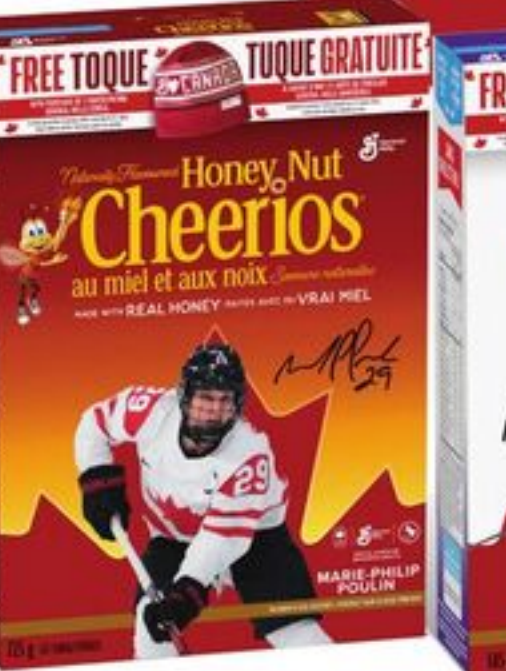
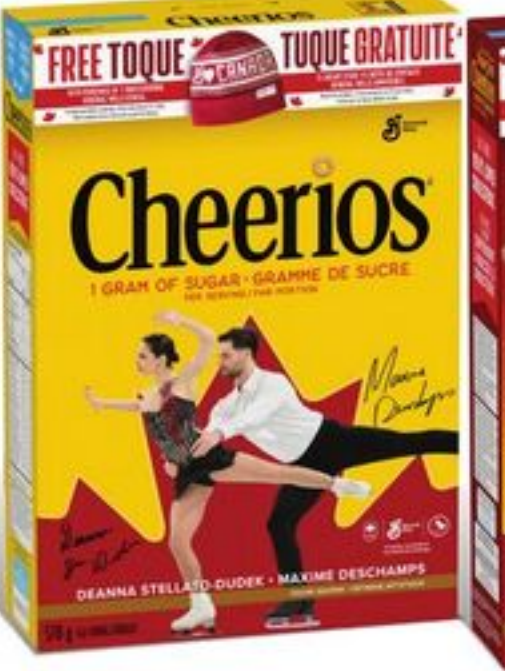


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



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% FRUIT
SELECTED VARIETIES

9⁹⁹ ea.

BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.