





99¢
/lb

LARGE RED PRINCE APPLES
1.50 lb (0.68 kg) (12/12/12)



222¢
ea.

CRISPER CRACKERS, CRACKERS, CRISPERS OR ALL DO BITE & BITE CRACKERS ALL DAY!
180 g



597¢
ea.

ACTIVIA YOGURT
100% WHOLE DAIRY



277¢
ea.

DEMPSTER'S GRAINS
100% WHOLE GRAINS
MULTIGRAIN
12 GRAIN



488¢
ea.

SMOKED SAUSAGES, JAWY JUMBOS OR SMOKED SAUSAGES OF MAPLE LEAF BACON
100% PORK (90% MEAT)

Effective January-February

TH	FR	SA	SU	MO
29	30	31	1	2

[illegible]

mmMAZING!
days



3.99
ea.

FRESH SKINLESS ATLANTIC SALMON PORTIONS
100 g or
ROCK LOBSTER TAIL
2 oz. TAIL

FRESH SKINLESS ATLANTIC SALMON PORTIONS



5.99
ea.

BLUE WATER
BREADED SHRIMP OR



299
ea.

SUMMER FRESH



349
/100 g



125 points

59¢
ea.



799
ea.

FRONT STREET BAKERY

**NATIONAL
CROISSANT DAY
JAN 30, 2026**

100

100

mmMAZING! days

1⁹⁹ ea.

BODYARMOR PEACH MANGO LOW CALORIE SPORTS DRINK 50% MORE FLAVOR THAN REGULAR SWEETENED SODA 1.5L (16.7 FL OZ)

POWER RIDE BLUE RASPBERRY SPORTS DRINK 50% MORE FLAVOR THAN REGULAR SWEETENED SODA 1.5L (16.7 FL OZ)

Coca-Cola

4⁴⁹ ea.

mini COCA-COLA LIGHT CANADIAN SOFT DRINKS 125ml (4.2 FL OZ)

7⁴⁹ ea.

fuze LEMON LIME FLAVORED ICE TEA 1.5L (16.7 FL OZ)

2⁹⁹ ea.

Campbell's

CHUNKY BEEF & OSCAR 1.5L (16.7 FL OZ)

Habitant PEASOUP with SMOKED HAM 1.5L (16.7 FL OZ)

2²² ea.

Campbell's

Italian Wedding 1.5L (16.7 FL OZ)

1²⁵ ea.

Campbell's

Broth 1.5L (16.7 FL OZ)

3⁹⁹ ea.

Pace PACE SALSA 1.5L (16.7 FL OZ)

3⁴⁹ ea.

Goldfish CRACKERS 1.5L (16.7 FL OZ)

3⁹⁹ ea.

DANONE 6 ESSENTIAL NUTRIENTS ESSENTIELLES 1.5L (16.7 FL OZ)

3⁹⁹ ea.

Silk OAT BEVERAGE 1.5L (16.7 FL OZ)

3⁹⁹ ea.

Silk ALMOND BEVERAGE 1.5L (16.7 FL OZ)

3⁹⁹ ea.

ACTIVIA DRINKABLE YOGURT 1.5L (16.7 FL OZ)

4⁹⁹ ea.

Delight INTERNATIONAL DELIGHT COFFEE CREAMER 1.5L (16.7 FL OZ)

5⁹⁹ ea.

ACTIVIA DRINKABLE YOGURT 1.5L (16.7 FL OZ)

mmMAZING!
days



6⁹⁹
ea.

SIMPLY
REFRESHING ORANGE JUICE
100% JUICE
1.5L



3⁹⁹
ea.

MINUTE MAID
ICED TEA
1.5L



3⁹⁹
ea.

MINUTE MAID
ICED TEA
1.5L



3⁹⁹
ea.

MINUTE MAID
ICED TEA
1.5L



3 for 10⁰⁰

BEN'S ORIGINAL
BISTRO EXPRESS™
JASMINE RICE
1.5L



4⁹⁹
ea.

BEN'S ORIGINAL
BISTRO EXPRESS™
JASMINE RICE
1.5L



6⁹⁹
ea.

BEN'S ORIGINAL
BISTRO EXPRESS™
JASMINE RICE
1.5L



4⁹⁹
ea.

KELOLOG'S CEREAL
200g



5⁹⁹
ea.

KELOLOG'S CEREAL
200g



5⁹⁹
ea.

KELOLOG'S CEREAL
200g

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

mmMAZING! days

6⁹⁹ ea.

Jif NEW! **Crunchy** Peanut Butter 1kg 100% PEANUT BUTTER

Jif NEW! **Creamy** Peanut Butter 1kg 100% PEANUT BUTTER

21⁹⁹ ea.

Folgers Folgers Coffee Capsule 200 Capsules

4⁹⁹ ea.

Robin Hood ALL PURPOSE FLOUR ORIGINAL 2.5kg

10⁹⁹ ea.

Unstoppable Smucker's Unstoppable Sandwiches 100% WHOLE GRAIN BREAD 100% WHOLE GRAIN BREAD

21⁹ ea.

Carnation Carnation Milk 100% WHOLE MILK 200ml

3⁹⁹ ea.

Maple Leaf Natural Bacon naturel Original 375g

1⁹⁹ ea.

Maple Leaf Mighty Protein Chicken Strips 200g

4⁸⁸ ea.

Schneiders Bacon, Bicy Jambos or Smoked Sausages or Maple Leaf Bacon 250g

7⁹⁹ ea.

Schneiders Blue Ribbon Bologna Classique 300g

6⁹⁹ ea.

Maple Leaf Natural Selection Schneiders or Farro Marcella Deli Meat 250g

3⁹⁹ ea.

Marc Angelo Sliced Mortadella 250g

4⁴⁹ ea.

Marc Angelo Snackosmo Packs 200g

6⁴⁹ ea.

Marc Angelo Prosciutto Antipasto Genoa Genes 250g

11⁹⁹ ea.

Marc Angelo Prosciutto Antipasto Quattro Tiri or Salami 250g

12⁹⁹ ea.

Marc Angelo Dry Cacciatore 200g

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until February 4, 2026, in-store or online



NOW 9.99
ea.
SAVE UP TO \$4

13.99
ea.
SWISS CHALET
OR MONTANA'S
PORK BACK RIBS
FULLY COOKED, 600 - 650 g
SELECTED VARIETIES



NOW 4.99
ea.
SAVE UP TO \$2

6.99
ea.
BICK'S PICKLES
1 L
SELECTED VARIETIES



NOW 2.99
ea.
SAVE UP TO \$1

3.99
ea.
WERTHER'S OR
RIESEN CANDY
128 - 135 g
SELECTED VARIETIES



NOW 15.99
ea.
SAVE UP TO \$5

20.99
ea.
RED BULL
ENERGY DRINKS
8 x 250 mL
SELECTED VARIETIES



NOW 8.99
ea.
SAVE UP TO \$2

10.99
ea.
NEAR ZERO
NON-ALCOHOLIC BEER
4 x 473 mL
SELECTED VARIETIES



NOW 5.99
ea.
SAVE UP TO \$2

7.99
ea.
GLADE
STARTER KIT
1 m
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER
Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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



3⁹⁹
ea.
BLACKBERRIES
PRODUCT OF MEXICO



4⁹⁹
ea.
BLUEBERRIES (PINT)
PRODUCT OF MEXICO
No. 1 LARGE



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.39kg



2⁹⁹
ea.
KERBERG LETTUCE
PRODUCT OF U.S.A. & MEXICO
No. 1 LARGE



1⁹⁹
ea.
LARGE AVOCADOS
PRODUCT OF MEXICO



1⁹⁹
/lb
LARGE SEEDLESS
NAVEL ORANGES
PRODUCT OF U.S.A.
4.39kg



3⁴⁹
/lb
GREEN BEANS
PRODUCT OF MEXICO
U.S.A.
7.09kg



2⁹⁹
/lb
PARSHIPS
PRODUCT OF CANADA
U.S.A. No. 1 LARGE
6.39kg



3⁹⁹
/lb
LARGE PLUETS OR
BLACK PLUMS
PRODUCT OF U.S.A. & MEXICO
8.39kg



5⁹⁹
/lb
JUMBO CHERRIES
PRODUCT OF MEXICO
No. 1 LARGE
12.21kg



2⁹⁹
ea.
BELLE GROVE
WHITE SWEET OR
CREAM
MUSHROOMS (275g)
PRODUCT OF CANADA



4⁹⁹
ea.
SWEET CORN (400g)
PRODUCT OF CANADA
U.S.A. No. 1 LARGE



5⁹⁹
ea.
RED GRAPEFRUIT (1.5L)
PRODUCT OF CANADA, U.S.A.



6⁹⁹
ea.
WINTER FROST
PINEAPPLES (1.5L)
PRODUCT OF CANADA, U.S.A.



4⁴⁹
ea.
ATTITUDE SALADS (10L)
PRODUCT OF CANADA, U.S.A.
SALAD & DRESSING



2⁴⁹
ea.
ASSORTED
COLOURED CARROTS
PRODUCT OF CANADA
U.S.A. No. 1 LARGE



5⁹⁹
ea.
COCONUT DATE
ROLLS (10L)



4⁴⁹
ea.
CRAISINS
DRIED CRANBERRIES
(10L)



3⁹⁹
ea.
RUSSET POTATOES (10L)
PRODUCT OF CANADA
U.S.A. No. 1 LARGE



4⁴⁹
ea.
BROCCOLI FLORETS,
VEGETABLE
MEDLEY OR
BROCCOLI-
CAULIFLOWER
MEDLEY (10L)

Organic



6⁹⁹
ea.
GREENHOUSE
ORGANIC
JUICE OR
SMOOTHIES
(10L)
PRODUCT OF CANADA



3⁹⁹
ea.
BOOCH
ORGANIC KOMBUCHA
(1.5L)
PRODUCT OF CANADA



2⁹⁹
/lb
ORGANIC RED
DELICIOUS APPLES
PRODUCT OF CANADA
U.S.A. No. 1 LARGE
6.39kg



5⁴⁹
ea.
ORGANIC
SWEET POTATOES
(10L)
PRODUCT OF CANADA
U.S.A. No. 1 LARGE

Sliced & Diced



6⁹⁹
ea.
CHICKEN SALADS (10L)
LARGE MELOM CHICKEN (10L)
CRUNCHY MIX KITS (10L)
PASTA SALAD (10L)



6⁹⁹
ea.
LARGE MELOM CHICKEN (10L)
CRUNCHY MIX KITS (10L)
PASTA SALAD (10L)



6⁹⁹
ea.
CRUNCHY MIX KITS (10L)
PASTA SALAD (10L)



6⁹⁹
ea.
PASTA SALAD (10L)

Fresh Blooms



25⁰⁰
ea.
ORCHID
SEASONAL
PINK & WHITE
ASSORTED COLOURS
AND VARIETIES



24⁹⁹
ea.
DOUBLE
SPIKE
ORCHID
SEASONAL
PINK & WHITE
ASSORTED COLOURS
AND VARIETIES



14⁹⁹
ea.
ANTHURUM
SEASONAL
PINK & WHITE
ASSORTED COLOURS
AND VARIETIES



14⁹⁹
ea.
FRESH
CUT TULIPS
SEASONAL
PINK & WHITE
ASSORTED COLOURS
AND VARIETIES

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

Book your
**Valentine's Day
Flowers Now!**

Speak to one of our floral experts
to pre-book a bouquet or arrangement.

FROM FEBRUARY 1ST TO FEBRUARY 10TH, 2026



Our Butcher's Finest



FROZEN ROASTING CHICKEN
1.80kg

349
/lb



LIFE SMART NATURAL GRASS FED LEAN GROUND BEEF
454g (1 LB 10.2 OZ)

899
ea.



PRIME RAISED WITH CARE
antibiotic-free

699
/lb



SMALL LEAN PORK RIBS
ANTHROPICALLY CORRECTED CHICKEN TENDERS
VALLEY PORK 1.81kg

699
/lb



VALLEY PORK LOIN CHOPS
3.33kg

1399
/lb



PLATINUM GRILL ANGUS STRIP LONG STEAK
4.54kg (10 LB)

1999
/lb



RED GRUB BEEF

899
/lb



BONELESS PORK LOIN CHOPS
VALLEY PORK OR ROAST
13.21kg

599
/lb



LIFE SMART NATURAL GRASS FED BONELESS RIB STEAK
4.54kg (10 LB)

2099
/lb

Always appeal to a member of all ages. Please enjoy your food. Always follow all guidelines. Raised without added hormones.

 2.99 ea. SELECTION WISCONSIN CHEESECAKE FUNNELS 100% MEAT NET WT 10.5 OZ (298g)	 4.99 ea. FARMHOUSE BEEF OR CHICKEN PORK SAUSAGE NET WT 10.5 OZ (298g)	 7.99 ea. IRRESISTIBLE PORK TENDERLOIN (5.5 lb) NET WT 5.5 LBS (2480g)	 8.49 ea. IRRESISTIBLE BITE BURGERS (PORK, BEEF & CHICKEN) NET WT 10.5 OZ (298g)
 13.49 ea. SELECTION CORN DOG SAUSAGES AND SAUCES NET WT 10.5 OZ (298g)	 14.49 ea. SELECTION CRISPY CHICKEN WINGS NET WT 10.5 OZ (298g)	 11.49 ea. IRRESISTIBLE SHEPHERD'S PIE NET WT 10.5 OZ (298g)	 16.49 ea. IRRESISTIBLE BEEF BURGERS (PORK, BEEF & CHICKEN) NET WT 10.5 OZ (298g)

Easy Meal Ideas

5⁹⁹
ea. **CHICKEN BALLS**
WATERHOUSE CHICKEN BALLS
100% WHITE MEAT

8⁹⁹
ea. **SELECTION SMOKED HAM** 45%
BUTTERBALL

6⁹⁹
ea. **SELECTION BREADED CHICKEN STRIPS**
WATERHOUSE

22⁹⁹
ea. **BUTTERBALL UNLEADED TURKEY BREAST ROAST**
SELECTION UNLEADED

Plant-Based

BEYOND
PLANT BASED
SALISAGES,
BURGERS OR
FROZEN CHICKEN
TENDERS

799
ea.

BEYOND
PLANT BASED
BURGERS

2099
ea.

BEYOND
PLANT BASED
BURGERS
HAMBURGERS

IMPOSSIBLE
PLANT BASED
BURGERS OR
CHICKEN

799
ea.

IMPOSSIBLE
PLANT BASED
BURGERS

799
ea.

IMPOSSIBLE
PLANT BASED
CHICKEN NUGGETS

799
ea.

FROZEN MEAT
POULTRY
LARGE 16 OZ. POUCH
20% OFF
\$19.99

 3⁹⁹ ea. PREMIÈRE MOISSON BAGUETTES (250g) (each individually wrapped)	 4²⁹ ea. FRONT STREET BAKERY RUSTIC COUNTRY BREAD 300g	 4⁹⁹ ea. Stonemill BREADS (500g) (each individually wrapped) NATURALLY FERMENTED SPROUTED RYE & 100% WHOLE WHEAT	 4⁹⁹ ea. Dempsie's CINNAMON RAISIN BREAD Signature FRESH BAKED WITH REAL RAISINS & CINNAMON
 4²⁹ ea. FRONT STREET BAKERY ONION BUNS MUFFIN 400g	 4²⁹ ea. FRONT STREET BAKERY PUMPKIN ROLLS MUFFIN 400g	 2⁹⁹ ea. Dempsie's ENGLISH MUFFINS MUFFIN 400g Signature FRESH BAKED WITH REAL EGGS & BUTTER	 4⁹⁹ ea. Dempsie's BREAKFAST MUFFINS MUFFIN 400g Signature FRESH BAKED WITH REAL EGGS & BUTTER

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

Seafood

SEAFOOD BOUL
PICKED 2.25 LBS
9⁹⁹
/lb

INCLUDES
SHOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS

15⁹⁹
/lb
WILD SOCKEYE SALMON FILLETS
PICKED 1.5 LBS

1²⁹
ea.
PACIFIC WHITE SHRIMP TACOS
PICKED 100% FRESH, 10 S

7⁹⁹
/lb
STORE MADE SEAFOOD SALADS
PICKED 1.5 LBS

7⁹⁹
ea.
HOT SMOKED WISKEY WILD PINK SALMON NUGGETS
PICKED 10 S

19⁹⁹
ea.
WILDER PASTEURIZED CRAB MEAT
PICKED 4.5 LBS

3⁹⁹
ea.
LOBSTER MEAT
PICKED 1.5 LBS

4⁴⁹
ea.
OCEAN FRESH WHOLE CLAMS
PICKED 1.5 LBS

6⁹⁹
ea.
CHELSEA SILVERSMOKE SALMON FILLETS
PICKED 1.5 LBS

9⁹⁹
ea.
BETTER FISH BARRAMUNDI FILLETS
PICKED 1.5 LBS

125
ea.
BETTER FISH BARRAMUNDI FILLETS
PICKED 1.5 LBS

Irresistible

5⁹⁹
ea.
IRRESISTIBLE SMOKED ATLANTIC SALMON
PICKED 1.5 LBS

7⁹⁹
ea.
IRRESISTIBLE SHRIMP PASTA OR DON SUM PUMPKINS
PICKED 1.5 LBS

9⁹⁹
ea.
IRRESISTIBLE MEXICAN MUSSELS
PICKED 1.5 LBS

19⁹⁹
ea.
IRRESISTIBLE BLACK TIGER SHRIMP PING
PICKED 1.5 LBS

Kraft
Hockeyville
BUILDING COMMUNITY
One Rink at a Time

3⁹⁹
ea.
KRAFT SALAD DRESSING
PICKED 1.5 LBS

1⁵⁰
ea.
KRAFT DELUXE DINNER
PICKED 1.5 LBS

2⁹⁹
ea.
KRAFT NEW CRAB AND ZUCCHINI PROCEIN MEAL
PICKED 1.5 LBS

5⁴⁹
ea.
HEINZ KETCHUP
PICKED 1.5 LBS

4⁹⁹
ea.
PHILADELPHIA CREAM CHEESE
PICKED 1.5 LBS

11⁹⁹
ea.
NABOB TOSSIMO COFFEE CAPSULE
PICKED 1.5 LBS

BRING THE HEAT

2⁴⁹
ea.
FRANK'S MUSTARD
PICKED 1.5 LBS

4⁹⁹
ea.
FRANK'S REDHOT SAUCE
PICKED 1.5 LBS

5⁴⁹
ea.
FRANK'S KETCHUP
PICKED 1.5 LBS

1²⁹
ea.
STUBBS'S CHILI
PICKED 1.5 LBS

4⁴⁹
ea.
STUBBS'S BBQ SAUCE
PICKED 1.5 LBS

4⁹⁹
ea.
CLUB HOUSE LA GRILLE
PICKED 1.5 LBS

4⁹⁹
ea.
CHOLULA HOT SAUCE
PICKED 1.5 LBS

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.



KOKO NANO
DRINKABLE YOGURT
6 x 10 mL SELECTED VARIETIES



VITA COCO
COCONUT WATER
SELECTED VARIETIES



BOB'S RED MILL ROLLED OATS
SELECTED VARIETIES



LACTANTIA
PURIFIED MILK
SELECTED VARIETIES



MAPLE LEAF
NATURAL SELECTIONS
SLICED DELI MEAT
SELECTED VARIETIES



HARVEST
HARVEST CRUNCH
CEREAL
SELECTED VARIETIES



McGILL'S
FRIES
SELECTED VARI, SELECTED VARIETIES



BEAR PAWS
COOKIES
SELECTED VARI, SELECTED VARIETIES



MADE GOOD
BARS
SELECTED VARIETIES



SIMPLY
ORANGE JUICE
SELECTED VARIETIES



GREEN GIANT
FROZEN VEGETABLES
SELECTED VARI, SELECTED VARIETIES



KRAFT
PEANUT BUTTER
SELECTED VARIETIES



V8
SAUCE
SELECTED VARIETIES



LITTLE BITES
SELECTED VARI, SELECTED VARIETIES



BLACK DIAMONDS
CHEESECAKE
SELECTED VARI, SELECTED VARIETIES



MINI WHEATS
CEREAL
SELECTED VARI, SELECTED VARIETIES



NUTRI GRAIN
BARS
SELECTED VARIETIES



BUBLY
SPARKLING WATER
SELECTED VARI, SELECTED VARIETIES



LINDT
EXCELLENCE
BITTERSWEET CHOCOLATE
SELECTED VARIETIES



DANONE
DANINO
DRINKABLE YOGURT
SELECTED VARI, SELECTED VARIETIES



SPONGE
TOWELS
SELECTED VARIETIES



CHOWILLA
HOT SAUCE
SELECTED VARIETIES



BURNBRAE EGG BAKES QUICHE
SELECTED VARI, SELECTED VARIETIES



GOLDFISH
CRACKERS
SELECTED VARI, SELECTED VARIETIES



NESQUIK
DRINK
SELECTED VARIETIES



PINTY'S
BREADED CHICKEN OR WINGS
SELECTED VARI, SELECTED VARIETIES



OREO
MINI
SNACK PACKS
SELECTED VARI, SELECTED VARIETIES



CLOVER LEAF
TUNA
SELECTED VARI, SELECTED VARIETIES



SIMPLY
PROTEIN BARS
SELECTED VARI, SELECTED VARIETIES



MAPLE LODGE
CIRCLE LOAVES
SELECTED VARI, SELECTED VARIETIES



OASIS
JUICE
SELECTED VARI, SELECTED VARIETIES



KELLOGG'S
RICE KRISPIES
SELECTED VARI, SELECTED VARIETIES

Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

January 31 and February 7

We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative total of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](https://www.metro.ca)

Non-GMO

9⁹⁹

ea.

15⁹⁹

ea.

2⁹⁹

ea.

10⁹⁹

ea.

7⁹⁹

ea.

6⁴⁹

ea.

Gluten-Free

8⁴⁹

ea.

2⁹⁹

ea.

9⁹⁹

ea.

18⁹⁹

ea.

6⁹⁹

ea.

6⁹⁹

ea.

Keto

5⁹⁹

ea.

7⁴⁹

ea.

6⁹⁹

ea.

6⁹⁹

ea.

Baby & Beauty

5⁹⁹

ea.

8⁹⁹

ea.

7⁴⁹

ea.

9⁹⁹

ea.

6⁹⁹

ea.

7⁹⁹

ea.

Household Helpers

8⁹⁹

ea.

3⁹⁹

ea.

23⁹⁹

ea.

4⁹⁹

ea.

7⁹⁹

ea.

7⁹⁹

ea.

Happy Lunar New Year

8⁹⁹

ea.

7⁹⁹

ea.

7⁹⁹

ea.

7⁹⁹

ea.

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

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

YAY OR LUCKY KOI
THAI LEMON LIME OR
MANGO JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CARBIDE OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI,
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
100 - 400 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR VET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 431 - 631 g
SELECTED VARIETIES

99¢
ea.

YAY OR LUCKY KOI
THAI LEMON LIME OR
MANGO JASMINE RICE
15
SELECTED VARIETIES

15⁸⁸
ea.

Mazola
CARBIDE OR CORN OIL
2.8L
SELECTED VARIETIES

8⁸⁸
ea.

HOLIDAY CANNED MEAT
OR MAPLE LEAF FLAKES
100 - 200 g
SELECTED VARIETIES

1⁹⁹
ea.

SKY FLAKES CRACKERS,
ROY FONG SHANGHAI,
LEE KUM KEE SOY SAUCE OR
THAI KITCHEN
COCONUT CREAM
100 - 400 - 700 ml
SELECTED VARIETIES

5⁹⁹
ea.

BILLYBEE
HONEY
1 kg
SELECTED VARIETIES

9⁹⁹
ea.

VH SAUCE
100 - 400 ml
SELECTED
VARIETIES

2⁹⁹
ea.

LUCKY KOI OR VET
CHICKEN OR
BAMBOO SHOOTS
OR GRACE SHOOPS
227 ml - 431 - 631 g
SELECTED VARIETIES

99¢
ea.

DRAGON
FRUIT/SHAMBA
PRODUCT OF GUADALUPE
0.50 kg

3⁸⁸
7 lb

FRESH PORK SOLE RIBS
CENTRE CUT REMOVED
3.75 kg

3⁸⁸
7 lb

POMELO
PRODUCT OF CHINA

2⁸⁸
ea.

SELECTION
BASSA FILLETS
FRESH 1 kg

9⁹⁹
ea.

LIFESMART
TOFU
300 - 454 g
SELECTED VARIETIES

2⁴⁸
ea.

GERBERA BOUTIQUE
ASSORTED COLOURS

16⁹⁹
ea.

43 DUMPLINGS
OR MANGO SAUCE
300 - 450 - 540 ml
SELECTED VARIETIES

3⁴⁹
ea.

RUBICON
DRINKS
1L
SELECTED VARIETIES

2⁸⁸
ea.

INDONESIAN NOODLES,
LUCKY KOI SHIRAZ SALAD
OR CHICKEN SAUCE
5 x 75 - 105 g - 400 - 500 ml
SELECTED VARIETIES

2⁹⁹
ea.

BLUE DRAGON SAUCES
OR EELLY CUPPY SAUCE
200 g - 200 ml
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
SOY SAUCE
400 - 454 g
SELECTED VARIETIES

1⁹⁹
ea.

KIKKOMAN TERIYAKI
OR SOY SAUCE,
PANKO BREAD CRUMBS
100 - 200 g - 400 g
SELECTED VARIETIES

3⁹⁹
ea.

LUCKY KOI
VERMICELLI OR
CHOW MEEN
NOODLES
400 - 454 g
SELECTED VARIETIES

1⁶⁷
ea.

NONSHIM
NOODLES MULTIPACK
14 PCK
SELECTED VARIETIES

6⁴⁹
ea.

With availability varies by store.

\$ New Lower Prices

ANYTHING MADE OR FLUZE ANYTHING ANYTHING 3.99 ea. 	4.99 ea. 	2.79 ea. 
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5.49 ea. **IVORY** DISH SOAP
2.99 ea. **GLAD** 13 GAL. TRASH BAGS
2.99 ea. **DAWN** DISH SOAP
2.99 ea. **MR. CLEAN** MAGIC ERASER
8.99 ea. **SOFT SCRUB** TOOTHPASTE
2.99 ea. **CASHMERE** FABRIC SOFTENER
2.99 ea. **SPONGE PUFFS**

Learn with **mol** rewards

65
4.49
ea.

TOSTITOS
TOSTITOS
TORTILLA CHIPS
NET WT 5.5 OZ

65
2.99
ea.

LIBRETE GREEN
TOP DRESSING, 3.5 OZ
TUNA SALAD, 3.5 OZ
TUNA TARTAR, 3.5 OZ



[illegible]

FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

PARLIAMENT GOLD,
MOON OR LAL DOLLA
SUPREME SELLA
BROWN BASMATI RICE
4.5 kg
SELECTED VARIETIES

9⁹⁹
ea.

PARLIAMENT GOLD
21L

WHOLE MED. DOOL DATES
907 g

9⁹⁹
ea.

HARVEST
SPINACH
EPINARDS
PRODUCT OF U.S.A. OR MEXICO
284 g

2⁹⁹
ea.

HANDI DAHL, PHOENICIA
OR CEDAR YOGURT
650-750 g
SELECTED VARIETIES

2⁴⁹
ea.

SANTOSH
5 NAAN

SANTOSH NAAN
500 g
SELECTED VARIETIES

1⁹⁹
ea.

ZARINA HALAL
CHICKEN WINGS
FROZEN, 800 g
SELECTED VARIETIES

13⁹⁹
ea.

PELLEBURY
CHAKKI ATTA FLOUR
5.75 kg

9⁹⁹
ea.

CEDAR
CHICK PEAS
540 ml
SELECTED VARIETIES

1⁶⁹
ea.

WHOLE BLUE CRAB
FROZEN, 454 g

5⁹⁹
ea.

KEF OR PRITAM'S
COOKING SAUCE
250 ml
SELECTED VARIETIES

4⁹⁹
ea.

ALFA
SPINACH & TOMATO
VEGETABLE CURRY
200 g
SELECTED VARIETIES

7⁹⁹
ea.

DIIVA NAAN OR PARATHA
310-400 g
SELECTED VARIETIES

1⁹⁹
ea.

DIIVA LENTILS
OR CHICK PEAS
500-750 g
SELECTED VARIETIES

3⁹⁹
ea.

CASABLANCA BASIL DRINKS
OR SHARIF CHIPS
250 ml, 80 g
SELECTED VARIETIES

1²⁹
ea.

SHARIF NAAN OR DOITY
GINGER GARLIC PASTE
50-150 g
SELECTED VARIETIES

1⁹⁹
ea.

PARLE-G, LU
OR BBA
COOKIES
60-100 g
SELECTED VARIETIES

99[¢]
ea.

MOOR DATES OR
SHIRAZI JUICE
100-1.2 L
SELECTED VARIETIES

4⁹⁹
ea.

KURKURE
MACHA WINGS
100 g
SELECTED VARIETIES

1⁷⁹
ea.

CEDAR
COCONUT MILK,
ROSE OR
ORANGE WATER
500-750 ml
SELECTED VARIETIES

1⁹⁹
ea.

NATIONAL
BUTTER CHICKEN
POULTRY ALL REGION
60-200 g
SELECTED VARIETIES

1⁶⁷
ea.

TATA TEA
Mocha
PARLAI CHAI
400 g, 250 g
SELECTED VARIETIES

3⁴⁹
ea.

DIIVA PEANUT CHIKKI
OR TATA TEA
400 g, 250 g
SELECTED VARIETIES

2⁴⁹
ea.

INTERMEDIATE
ROSE
10-150 BUNCH
ASSORTED COLOURS

2⁰⁰
or 11.00 ea.

Item availability varies by store.



We take pride in sourcing locally from the
Lakehead Region.

NORTH COUNTRY
PEPPERETTES
454 g
SELECTED VARIETIES

8⁴⁹
ea.



PERSIANS
DONUTS
PKG OF 4

4⁴⁹
ea.



POPPIN' HUT
POPCORN
380 g

4⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



CRAZY GOOD
SPICES
28 - 90 g
SELECTED VARIETIES

6⁹⁹
ea.



DONATO'S
PASTA SAUCE
750 ml
SELECTED VARIETIES

6⁹⁹
ea.



Effective January 29 - February 25, 2026

metro IS PROUD TO SUPPORT ONTARIO [LEARN MORE](#)