# New Year
# NEW SAVINGS

**2.99** /lb

EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
6.00kg

LARGE PEACHES
LARGE NECTARINES
LARGE BLACK PLUMS
6.00kg

**2.99** /lb

STEAM & GO BABY POTATOES 1kg
CHOICE, LARGE

**99¢** ea.

**1.99** ea.

WHOLE, SWEET TANGERINES 2kg
FRESH GARDEN SALAD OR COLESLAW FOR DIPPING, STIRFRYING OR SALADS

moi rewards member price

JORDAN'S CEREAL
375g-500g
EX. CLUSTER MUESLI

**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
FRESH FISH
**3.99** ea.

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST
CANADIAN ANGUS CERTIFIED
10.100 kg
**8.88** /lb

MONTREAL LES ARTISAN TURKEY BREAST, BRUNETTE HOLIDAY OR MOLLICAKE, POLLICAKE OR DINER'S PARTY ROAST OR CASTELLO BRANDY
DELI MEAT, 12 OUNCE, SELECTED VARIETIES
**2.99** /100 g

**FRESH**
FRESH PORK TENDERLOIN VALUE PACK
0.910 kg
**3.99** /lb

$1 bonus in points*
125 points

FRONT STREET BAKERY CHOCOLATE CHUNK COOKIES OR SUNDAE TWISTS
20-30 PIECE, SELECTED VARIETIES
**5.99** ea.

FRESH LAMB SHOULDER CHOPS
VALUE PACK
12.250 kg
**5.99** /lb

NESCAFÉ OR DOUWE EGBERTS CHOICE INSTANT COFFEE 100-200 GR
OIKOS TOUCHE OR TOUCH YOGURT TUBES 650-700 GR
**6.49** ea.

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

GREAT PRICE!
SELECTION DAIRY OR DELICIOUSLY DAIRY FREE
SELECTED VARIETIES
**4.44** ea.

RUFFLES CHIPS, DORITOS OR CHEETOS
CHEETOS MAXED CHEESE
**3.49** ea.

LACTASTA PURFILTRE 2 PURIFICATION CARTRIDGE
**3.99** ea.

Kellogg's RAISIN BRAN CRUNCH
**3.99** ea.

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

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

MUTTI PASSATA OR PASSATA 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 CHEESINO 125 g–175 g
ALL STYLES AND VARIETIES EXCLUDED

7.99 ea. MAPLE LEAF CLASSIC SLICED HAM OR SELECTION OF SCHNEIDERS SLICED HAM, SANTINI & MORELLO ITALIAN SAUSAGE 300 g–350 g
SELECTED VARIETIES

DEMPSTER'S FRESH OR FROZEN WHOLE WHEAT BREAD OR BAGELS 675 g–700 g, 6 PK–8 PK
2 for 7.00

8.99 ea. PRIME SMOKED BONELESS BRINED CHICKEN 1.4 kg–1.6 kg
CHOICE OF SIZE

3.99 ea. STORE MADE 500 g–1 kg, 1 kg–1.5 kg, 1.5 kg–2 kg, 2 kg–2.5 kg

2 for 14.00 MILLER'S PREMIUM SELECTION SPICY CALIFORNIA ROLLS 340 g–360 g
SELECTED VARIETIES

HEALTHY BREAKS BUTTERFLY OR CATCH OF THE DAY 150 g–170 g, 150 g–170 g
SELECTED VARIETIES

10.99 ea.

6.49 ea. ACTIVIA 650 g–750 g, ACTIVIA PROTEIN 650 g–750 g
ALL STYLES AND VARIETIES EXCLUDED

4.99 ea. DANONE YOGURT 500 g–650 g
SELECTED VARIETIES

3.49 ea. DANONE MEMORIGNANDE GREEK YOGURT 500 g–650 g
SELECTED VARIETIES

4.49 ea. ST. DALFOUR SPREAD 250 g–275 g, CELESTIAL SEASONINGS TEA 20 PK–40 PK, PEARL MILLING TEA 100 g–150 g, TABLE SYRUP 946 ml–1.89 L
SELECTED VARIETIES

4.99 ea. NATURE'S PATH, CHEX 300 g–400 g, CHEX MIX 300 g–400 g, DANNON 650 g–750 g, DANNON MEADOW YOGURT 500 g–650 g
SELECTED VARIETIES, ALL STYLES EXCLUDED

2.49 ea. LECLERC GO PURE 500 g–650 g, GO PURE 500 g–650 g
SELECTED VARIETIES

88¢ PER BOX! KEBBY DINNER 225 g–250 g

9.99 ea. KD 250 g–300 g, 12 PK, 52 ORIGINAL OR 250 g–300 g, 12 PK, 52 ORIGINAL
SELECTED VARIETIES

3.99 ea. LAY'S SUNNY SEED CHIPS OR SUNNY SEED CHIPS DIP 125 g–150 g
SELECTED VARIETIES

4.99 ea. LAY'S 200 g–300 g, LAY'S MAXX 200 g–300 g, LAY'S 200 g–300 g, LAY'S MAXX 200 g–300 g
SELECTED VARIETIES

4.99 ea. LAY'S MULTIPACK 70 g–80 g, LAY'S MAXX MULTIPACKS 70 g–80 g
SELECTED VARIETIES

4.99 ea. CRISPY OR HAZELLE CHOCOLATE 200 g–250 g
SELECTED VARIETIES

5.99 ea. HEALTHY MEAL, HEALTHY CHOICE OR FLAVOURS TO PROVEN MEALS 340 g–400 g
SELECTED VARIETIES

5.49 ea. 24 PACK ESKA NATURAL SPRING WATER 24 x 500 ml
ESKA NATURAL SPRING WATER 24 x 500 ml

2.99 ea. VIVA VEGGIE, SMOKIES, CRISPY CHICKEN, CRISPY CHICKEN, CRISPY CHICKEN, CRISPY CHICKEN 200 g–300 g
SELECTED VARIETIES

MAPLE PASTURE, MARKET CHOICE SMOKIES, MARKET CHOICE OR MAPLE LEAF 200 g–300 g
SELECTED VARIETIES, SELECTED VARIETIES

1.99 ea. BRAUER CHEWY OR DIPPS 150 g–175 g, CHEWY OR DIPPS OR WHOLE CANDY 150 g–175 g, 150 g–175 g
SELECTED VARIETIES, SELECTED VARIETIES

4.99 ea. FRENCH'S MUSTARD 325 ml–400 ml, HEINZ 475 ml–500 ml
SELECTED VARIETIES

2.49 ea. BEAUT CREAMS 250 g–375 g, CAKE BAKERIES CANNED MEAL 340 g–400 g
SELECTED VARIETIES

5.49 ea. AXE, NIVEA OR DOVE PERSONAL CARE 150 g–250 g
SELECTED VARIETIES

4.49 ea. DEFENDER, DEFENDER 360 OR SELECTION CARBAGE BAGS 30 PK–40 PK
SELECTED VARIETIES

## I earn with moi rewards

60 5.99 ea. LIPTON 1 L, LIPTON 1 L, LIPTON 1 L, LIPTON 1 L
LIPTON 1 L, LIPTON 1 L, LIPTON 1 L,

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.*

## 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

metro.ca

## 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.

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**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

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

## 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.

FLAVOURS OF
italy
RAPINI
2.99 ea.
STORE-A-LOAF CLEMENTINES
2.99 /lb
MAESTRO PROSCIUTTO COTTO FLOOR
2.69 /100 g
SUPER MOZZARELLA
8.99 ea.
WHOLE PORK SHOULDER
1.69 /lb
WHOLE PORK LOIN
1.49 /lb
ANCHOVY FILLETS
8.99 ea.
TIRAMISU CAKE
31.99 ea.
FRONT STREET BAKERY
3.99 ea.
BARDI RUSTICO PASTA SAUCE
5.99 ea.
ILLY COFFEE
11.99 ea.
UNICO MOZZARELLA
4.99 ea.
BERTOLLI
2.49 ea.

## Seafood

## I earn with moi rewards

## 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*

metro.ca

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

# metro pharmacy

KATE TSAOPOULOS
Pharmacy Manager

"New Year, New You—start the year strong by taking the first step toward a smoke-free life. Our pharmacy team is here to support your journey and help you stay motivated every step of the way."

MICROTOL® ANTI-PERSPIRANT 150 ml
**15.00 % OFF**

NICORETTE® ELECTROVAPE 1 ea
**15.99 ea.** ~~$18.99~~ -15.%

**INTERESTED IN PHYSICIAN SUPERVISED WEIGHT MANAGEMENT?**
Speak to the pharmacy for details.

Find a pharmacy location here:
metro.ca/pharmacy

MONITOR® MARKET PROTEIN 750 g
**12.99 ea.**

SPERRI® SPORT MEAL REPLACEMENT 12 x 55 ml
**15.99 ea.**

HEALTHYNEST® GRAINS BOWL 1 ea
**21.99 ea.**

PRO. CREATINE CANDY
**26.99 ea.**

NEW MODOC® ADVANCED SUPPORT 120 ea
**15.99 ea.**

WEBBER NATURALS® BIOTIN 60 ea
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WEBBER NATURALS® MAGNESIUM 400 mg 120 ea
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WEBBER NATURALS® OMEGA-3 1000 mg 90 ea
**21.99 ea.**

Nexium® 24HR 42 ea
**16.49 ea.** MESSIN ARTICO

RESTORALIS® RESTORAMIN 90 ea
**19.99 ea.**

METAMUCIL® FIBER 114 ea
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align® DIGESTIVE SUPPORT 42 ea
**29.99 ea.** ALIGN PROBIOTIC 42 ea

Advil® 200 ea
**13.99 ea.** ADVIL DISPENSER 1 ea

FIRSTPRIVE'S PROMO LOZENGES 12 x 2 ea
**1.99 ea.**

VICKS COUGH SYRUP 125 ml
**12.49 ea.**

NyQuil® 250 ml

VICKS VaporRub 50 ml
**20.00 % OFF** VICKS VAPORUB OINTMENT 50 ml

Blistex® LIP MEDEX 4.25 g
**3.99 ea.** BLISTEX LIP BALM 4.25 g

EFFIANCE® ARGAN HAIR LOTION 50 ml
**16.99 ea.**

DEEP RELIEF® ROLL-ON 89 ml
**9.99 ea.**

BAND-AID® FLEXIBLE FABRIC 20 ea
**5.99 ea.** BAND-AID BANDAGES 20 ea

PUSH FURTHER, RECOVER FASTER
30G PROTEIN | 1B CFU PROBIOTICS | 5G GLUTAMIC ACID

VEGA® 12 x 75 g
**20.00 % OFF** VEGA NUTRITIONAL SUPPLEMENT 12 x 75 g

VITAL PROTEINS® COLLAGEN 10 x 10 g
**20.00 % OFF** VITAL PROTEINS® COLLAGEN 10 x 10 g

ONE A DAY® MEN'S 50+ MULTIVITAMIN 100 ea
**16.99 ea.**

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

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## Baby Care

GERBER 2ND FOOD SNACKS
4.49 ea.

GERBER 2ND FOOD SNACKS
5.99 ea.

HUGGIES NATURAL CARE BABY WIPES
9.99 ea.

PAMPERS BABY WIPES
22.99 ea.

LIVE CLEAN BABY SHAMPOO
12.99 ea.

L'OREAL KIDS 2 IN 1 SHAMPOO
6.49 ea.

## Health & Beauty

NOTES LIP CARE
5.49 ea.

PONDS AGE MIRACLE DAY MOISTURIZING CREAM
11.49 ea.

OLAY BODY CARE
13.99 ea.

HERBAL ESSENCES HAIR MASSIVE
5.99 ea.

HERBAL ESSENCES HAIR CARE
9.99 ea.

HEAD & SHOULDERS HAIR CARE
13.49 ea.

PANTENE PRO-V HAIR CARE
6.49 ea.

THE ORIGINALS CHAMPOO BODY WASH OR BODY LOTION
12.49 ea.

LIVE CLEAN BODY WASH OR FOAM BATH
8.99 ea.

CHUBBY MAN JACK BODY WASH
9.49 ea.

AVEENO BODY WASH
12.49 ea.

AVEENO BODY LOTION
12.99 ea.

SENSODYNE TOOTHPASTE
6.49 ea.

CREST TOOTHPASTE
4.99 ea.

ORAL-B DENTAL FLOSS
7.99 ea.

LISTERINE MOUTHWASH
7.49 ea.

IRISH SPRING BAR SOAP
4.49 ea.

SOFTSOAP LIQUID SOAP
7.99 ea.

OLD SPICE OR SECRET DEODORANT
5.99 ea.

CHUBBY MAN JACK DEODORANT
7.49 ea.

PERSONNELLE DISPOSABLE RAZORS
3.99 ea.

POISE LONG INCONTINENCE
7.99 ea.

TAMPAX PEARL SIMPLE LUXURY TAMPONS
6.99 ea.

DIVA MENSTRUAL CUP
20.00 ea.

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

metro cdi pharmacy

# LOCALLY SOURCED ONTARIO

We take pride in sourcing locally from the **Northern Ontario Region.**

**NORTH COUNTRY KIELBASA HAM**
325 g
SELECTED VARIETIES
**7.49 ea.**

**LEADBETTERS BACON**
375 g
SELECTED VARIETIES
**5.99 ea.**

**MUSKOKA FLAVOURED OIL**
250 ml
SELECTED VARIETIES
**6.99 ea.**

**MUSKOKA SAUCES**
355 ml
SELECTED VARIETIES
**6.99 ea.**

**QUINTA CANADIAN QUINOA**
400 g
**6.99 ea.**

**OUTDOOR FLAVOURS SPICE MIXES**
88 - 160 g
SELECTED VARIETIES
**7.99 ea.**

**Effective January 8 - 28, 2026**

NEW

OREO CAKESTERS

25 CENTS OFF

**5.49** ea.

OREO CAKESTERS 300 g SELECTED VARIETIES

25 CENTS OFF

BUY MORE SAVE MORE!

2 for

**8.50** Save Now 2 pkg 8.50 ea.

OREO COOKIES SELECTED SIZES SELECTED VARIETIES

CADBURY CHOCOLATE BAR 85–95 g SELECTED VARIETIES

**3.99** ea.

CHEESE RITZ DRIZZLED MINIS 200 g SELECTED VARIETIES

25 CENTS OFF

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WERTHER'S CANDY 70–75 g SELECTED VARIETIES

**2.99** ea.

LIMITED EDITION

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CROSPIES OR BIG BITES 90 g SELECTED VARIETIES

CADBURY CHOCOLATE BAGS 200–250 g SELECTED VARIETIES

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CADBURY FINGERS 125 g SELECTED VARIETIES

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**6.50** Save Now 2 pkg 6.50 ea.

CHOCOLATE OREO COOKIES SELECTED SIZES SELECTED VARIETIES

20 CENTS OFF

BUY MORE SAVE MORE!

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**7.50** Save Now 2 pkg 7.50 ea.

RITZ CRACKERS SELECTED SIZES SELECTED VARIETIES

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WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.

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OLD EL PASO DINNER KITS 320-450 g

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