

VERSION 1



STRAWBERRIES
PUNNET (WGT 1.125 LBS)

2⁹⁹

ea.



BELLE GROVE
WHOLE WHITE OR CREAM MUSHROOMS (12)

1⁹⁹

ea.



THE LITTLE POTATO
CO. ALL THE SMALL POTATOES
TRY FREE OF AGE
CANDID MUSHROOMS

2⁹⁹

ea.



Attitude
FRESH
SPRING MIX
MÉLANGE PRINTANIER

2⁹⁹

ea.



FRESH VEGETABLE OR
FRUIT ASSORTMENT
12oz (1.5L)

125

points

12⁹⁹

ea.



Boost
HIGH PROTEIN
HYPERPROTEINE

Ensure
REGULAR

9⁹⁹

ea.

SPECIAL PRICE
11⁹⁹
for non-members

Effective February-March

TH

26

FR

27

SA

28

SU

1

MO

2



ONLY

99¢

GREAT PRICE!



\$ New Lower Prices



Dempsies
HOT DOGS
100% WHOLE WHEAT BUNS



Dempsies
WHITE BURGERS
100% WHOLE WHEAT BUNS



Dempsies
VEGGIE BURGERS
100% WHOLE WHEAT BUNS



Invisibly Soft
SHRIMP
WITH SAUCE
SHRIMP APPETIZERS



HADDOCK
FISH
SALMON
100% WHOLE WHEAT BUNS



HADDOCK
FISH
SALMON
100% WHOLE WHEAT BUNS

2 for \$7.00 ea.

\$7.99 ea.

\$11.99 ea.

 SELECTION MIXED AND READY TO EAT CHICKEN SALAD 250 g 6.99 ea.	 9.99 ea. LARGE SALADS 900 g	 7.99 ea. CASTELLA HAMSTER OR GOUDA CHEESE SALADS	 19.99 ea. FRESH & GO BBQ CHICKEN MEAL DEAL
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A collage of various food products. On the left, a box of Lactantia Cream Cheese is shown with a price tag of 4.49 ea. In the center, there are boxes of Cheez-It crackers (original and cheddar) and a box of Goldfish crackers. On the right, there are boxes of Cheez-It crackers (original and cheddar) and a box of Goldfish crackers. Prices for these products are 2.99 ea. and 2.99 ea. respectively.

[illegible]



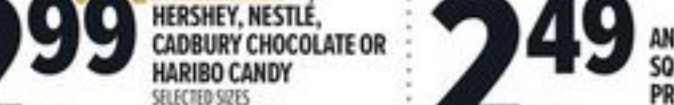
OLD EL PASO
TORTILLAS
TACO CRUNCHY SHELLS

\$3.49
ea.



HARIBO
Goldbears

\$2.99
ea.



MANNY'S PASTA, MIDDY SQUARES OR MIDDY PROTEIN CHICKEN STEKS

\$2.49
ea.

Learn with mol rewards

- 125** **6.99** HELLMUTH'S MAYONNAISE (1.5L) **\$1** OFF (LIMIT 1)
- 125** **5.99** LACTASE (1.5L) **\$1** OFF (LIMIT 1)
- 130** **2.99** NATURE VALLEY CRUNCHY CEREAL (1.5L) **\$1** OFF (LIMIT 1)
- 130** **2.99** GENERAL MILLS CRISPER BARS OR FRUIT SNACKS (1.5L) **\$1** OFF (LIMIT 1)

[illegible]

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.



NOW
12⁹⁹
ea.
SAVE UP TO
\$4

~~16⁹⁹~~
ea.
FRESH CUT
TULIPS
15 STEM BUNCH
ASSORTED COLOURS

THIS WEEK'S DEALS:

Only until March 4, 2026, in-store or online



NOW
4⁹⁹
ea.
SAVE UP TO
\$2

~~6⁹⁹~~
ea.
JACK LINK'S
BEEF JERKY DUOS
80 g
SELECTED VARIETIES



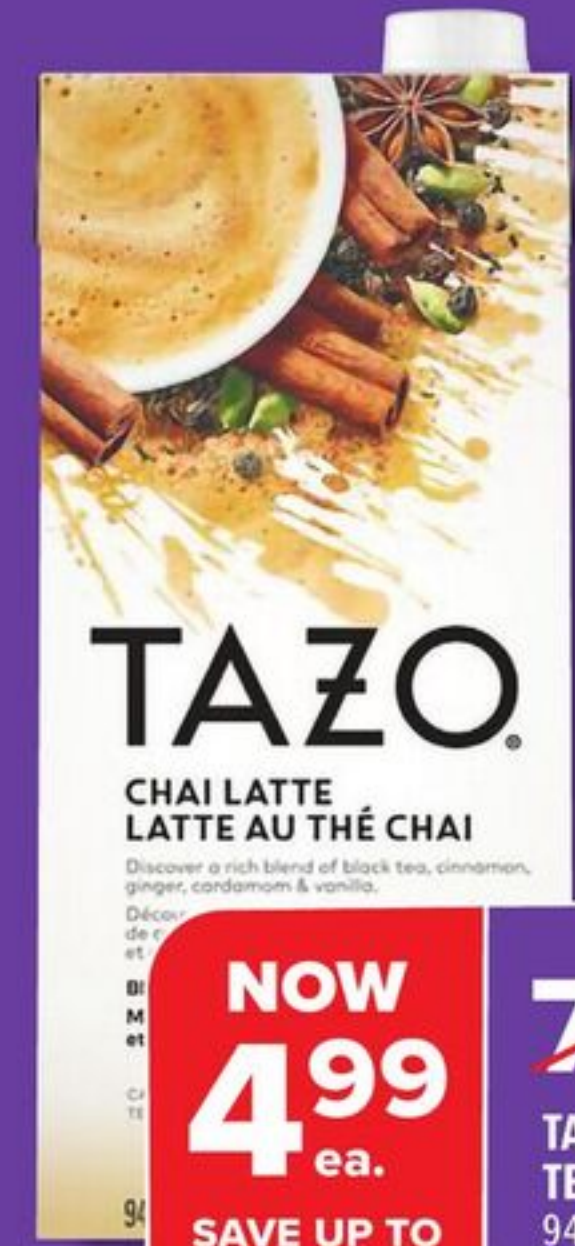
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~3⁹⁹~~
ea.
GRISSOL
FINE BREADS
120 - 200 g
SELECTED VARIETIES



NOW
9⁹⁹
ea.
SAVE UP TO
\$2

~~11⁹⁹~~
ea.
FERRERO ROCHER
CHOCOLATES
200 g
SELECTED VARIETIES



NOW
4⁹⁹
ea.
SAVE UP TO
\$3

~~7⁹⁹~~
ea.
TAZO
TEA
946 ml
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

~~5⁹⁹~~
ea.
POM WONDERFUL
POMEGRANATE JUICE
473 ml



NOW
3⁹⁹
ea.
SAVE UP TO
\$3

~~6⁹⁹~~
ea.
NATREL
COFFEE CREAM
1 L
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.

contest
until March 11th

my
brands &
moi

total of
20
million
points
to be won

participate by purchasing two
products from these brands

Selection ✓

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

*No purchase required. From February 12 to March 11, 2026. Contest rules at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



4⁹⁹
/lb

JUMBO GREEN ZUCCHINI SQUARES
PRODUCT OF MEXICO
11.00kg



3⁹⁹
ea.

BLACKBERRIES 175g
PRODUCT OF MEXICO



3⁹⁹
/lb

HEIRLOOM TOMATOES
PRODUCT OF MEXICO
8.80kg



4⁹⁹
/lb

ASPARAGUS
PRODUCT OF MEXICO
11.00kg



3⁹⁹
/lb

LARGE PEACHES OR BLACK PRINCE LARGE NECTARINES
PRODUCT OF CANADA
8.80kg



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
8.80kg



2⁴⁹
ea.

ASSORTED COLOURED CARROTS
PRODUCT OF CANADA
8.80kg



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS
175g



1⁹⁹
/lb

LARGE RED PRINCE APPLES
PRODUCT OF CANADA
4.70kg



5⁹⁹
ea.

CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL



3⁸⁸
ea.

GOOD LEAF MICROGREENS 175g
SELECTED VARIETIES



4⁹⁹
ea.

WILD WONDERS SWEET PEPPERS
30g, PRODUCT OF MEXICO



3⁹⁹
/lb

ORIBI CLEMENTINES
PRODUCT OF CANADA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.

SNOW ON SUGAR SNAP PEAS 175-200g



3⁴⁹
ea.

DOLE GARDEN SALAD OR COLOURED CHOPPED COLE SLAW 400g
PRODUCT OF U.S.A.



5⁹⁹
ea.

RED GRAPEFRUIT 175g
PRODUCT OF U.S.A.



3⁹⁹
ea.

UNSEASONED CROQUETTES
SELECTED VARIETIES



4⁹⁹
ea.

UNSEASONED WHOLE NATURAL ALMONDS OR WALNUTS 100g
HALVES & PIECES 100g



4⁹⁹
ea.

LIFE SMART ORIGINAL GROUND ROUND 200g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 175g
SELECTED VARIETIES



2⁹⁹
/lb

ORGANIC RED DELICIOUS APPLES
PRODUCT OF CANADA
ORGANIC ANJOU OR BOSCH PEARS
U.S.A. EXTRA FANCY GRADE
6.50kg



3⁹⁹
ea.

ORGANIC CARROTS 175g
PRODUCT OF CANADA, CANADA
No NITRATES (U.S.A. No NITRATES)



3⁹⁹
/lb

ORGANIC TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
8.80kg

Sliced & Diced



4⁹⁹
ea.

Metro Deli DELUXE FRUIT SALAD 100g



3⁹⁹
ea.

MELON CHUNKS 100-125g



3⁹⁹
ea.

MINI SALADS 100-125g



3⁹⁹
ea.

TOMATO CANE PESTO SALAD 100g

Fresh Blooms



15⁰⁰
ea.

TEN DAY GUARANTEED SIGNATURE SERIES POTTED PLANT
20cm minimum



12⁹⁹
ea.

SEASONAL MIXED FLOWER BOUQUET
20cm minimum



14⁹⁹
ea.

POLARIS TERRARIUM POTTED PLANT
20cm minimum



32⁹⁹
ea.

COLORFUL WATERFALL ORCHIDS
20cm minimum

Our Butcher's Finest



7⁹⁹
/lb

PLATINUM GRILL ANGUS
WHOLE EYE OF ROUND
VAC PACK
15.61kg



9⁹⁹
/lb

PLATINUM GRILL ANGUS
BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
22.02kg



6⁹⁹
/lb

FRESH SPLIT CHICKEN WINGS
5.17kg



4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH WHOLE CHICKEN
7.03kg



20⁹⁹
/lb

LIFE SMART NATURAL
GRASS FED STRIP LOIN STEAK
8.25kg

250
points*



3⁹⁹
/lb

PORK LOIN CHOPS
CUTTING CUT VALUE PACK
8.87kg



12⁹⁹
/lb

FRESH LAMB LOIN CHOPS OR
ROSEMARY & GARLIC
BONELESS LAMB LEGS
20.64kg



5⁹⁹
ea.

MAPLE LEAF PRIME
BUTCHERED WITHOUT ANTIBIOTICS &
EXTRA LEAN GROUND
CHICKEN

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN DINNER
BREAKFAST SACHETS OF CHICKEN & BACON
15.70kg, 15.70kg

60
points



4⁹⁹
ea.

OXLEY
BREAKFAST
TURKEY BACON
15.70kg, 15.70kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg, 15.70kg

125
points



11⁹⁹
ea.

ST HUBERT - LA BELLA
MOZZARELLA
CHEESE STICKS
15.70kg, 15.70kg

125
points



11⁹⁹
ea.

Beef Burgers
1/2 lb, 1/2 lb
BEEF BURGERS
FRESH MEAT
15.70kg, 15.70kg

125
points



12⁹⁹
ea.

40TH STREET
PORK BACK RIBS
1/2 lb, 1/2 lb
PORK BACK RIBS
FRESH MEAT
15.70kg, 15.70kg

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
1/2 lb, 1/2 lb
PUB STYLE CHICKEN WINGS
FRESH MEAT
15.70kg, 15.70kg

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
1/2 lb, 1/2 lb
BEEF BURGERS
FRESH MEAT
15.70kg, 15.70kg

125
points

Entertaining Favourites



5⁹⁹
/lb

Authentic
Sausages
15.70kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
15.70kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
15.70kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS (10)



6⁹⁹
ea.

Irresistible
CHEESE STICKS
15.70kg



7⁹⁹
ea.

WONG WING
ENTRÉES
15.70kg



11⁹⁹
ea.

Irresistible
PRIME RIB BEEF SLIDERS
15.70kg



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE CHICKEN
FILLETS
15.70kg

Seafood



Irresistible Selection



Deli Favourites



metro
FRESH
2 GO



WHAT'S FOR DINNER?

**PICK UP IN STORE OR
FREE DELIVERY**

on all orders of **\$20 or more**

Skip the Dishes offers available at select stores only.



ORDER NOW

**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11.99
ea.

metro.ca

UP TO
33%
OFF

YOUR
FIRST 3 ORDERS*



Shop Offer

*\$25 off your first 3 online orders of \$75 or more. For new customers only.
Certain conditions apply. Details on metro.ca

More Great Savings



6⁴⁹
ea.

80
points



4⁹⁹
ea.

300
points



16⁹⁹
ea.

300
points



19⁹⁹
ea.

300
points



2⁹⁹
ea.



5⁹⁹
ea.



2⁴⁹
ea.



3⁹⁹
ea.



4⁹⁹
ea.



99¢
ea.



3⁴⁹
ea.



8⁹⁹
ea.



100
moi points

when you buy any 3 Knorr participating products



2²⁹
ea.



1⁹⁹
ea.

Learn with moi rewards



3⁹⁹
ea.

50
points



8⁴⁹
ea.

125
points



4⁴⁹
ea.

100
points



3⁹⁹
ea.

100
points



2⁷⁹
ea.

40
points



1⁹⁹
ea.

30
points



6⁴⁹
ea.

80
points



1⁹⁹
ea.

60
points



5⁹⁹
ea.

70
points



6⁴⁹
ea.

80
points



5⁴⁹
ea.

70
points



3⁹⁹
ea.

60
points

FLAVOURS
OF

Holi

CELEBRATE THE FESTIVAL OF COLOUR



799

ea.

KAASHI PREMIUM OR
AZAM BASMATI RICE
5.02 - 6.54 kg
SELECTED VARIETIES



1599

ea.

KAASHI SHEER DASHI STYLE
DURUM ATTA FLOUR
5.0 kg



129

ea.

FRESH BUNCY MINT
PRODUCT OF S.A. IN INDIA



299

ea.

SANTOSH NAAM
MINT
SELECTED VARIETIES



199

ea.

HONEY KASHEE MANGOES
PRODUCT OF INDIA, IN INDIA



1699

ea.

ASSORTED LOGGIES
ASSORTED LOGGIES



249

ea.

DAHI DASHI, PHOENIX
OR CEDAR PHOENIX
500 - 750 g
SELECTED VARIETIES



399

ea.

MANGO
INSTANT SOUP NOODLES
600 g, 70 g



329

ea.

LAZEEZ SPRING ROLLS
OR SAMOSAS
600 g
SELECTED VARIETIES



179

ea.

SUGAR
FRESH VEGETABLES
500 g
SELECTED VARIETIES



699

ea.

CLASSIC LUNCH HONEY
TEA, TEA, TEA
PREMIUM OR GOLD
100, 200, 500
SELECTED VARIETIES



999

ea.

DIPTA OCHA
200 g
SELECTED VARIETIES



199

ea.

SUGAR MIXES OR BUTTA
SUGAR MIXES OR BUTTA
500 g
SELECTED VARIETIES



999

ea.

PARLE-G, LILU OR
LILU COOKIES
500 g
SELECTED VARIETIES



649

ea.

DIPTA OCHA
200 g
SELECTED VARIETIES



199

ea.

DIPTA
PARATHA OR NAAN
200 - 400 g
SELECTED VARIETIES



499

ea.

CEDAR MARINADES,
CUCUMBERS OR
GRAPES LEAVES
100 g, 100 g
SELECTED VARIETIES



249

ea.

SUGHI SNACKS,
DIPTA BAKED CHANA,
RUBICON OR
SUGHI SNACKS
200, 400 g, 100 g
SELECTED VARIETIES



299

ea.

INDOMIE
INSTANT NOODLES
100 g
SELECTED VARIETIES



399

ea.

DIPTA LENTILS
OR CHICK PEAS
100 g, 100 g
SELECTED VARIETIES



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
100 g, 100 g
SELECTED VARIETIES



179

ea.

KIRKURE CHIPS
100 g
SELECTED VARIETIES

From availability varies by store.

GREAT TASTE LESS SUGAR

FANTA
zero sugar
orange

12 PACK

60 points

949 ea.

FANTA ZERO SUGAR SOFT DRINKS 12 x 355 mL
SELECTED VARIETIES

Satisfy your cravings with low sugar/zero sugar snacks, drinks & more.

zevia
ZERO CALORIE SODA
BLACK CHERRY

330 mL

749 ea.

ZEVIA ZERO CALORIE SODA 12 x 330 mL
SELECTED VARIETIES

7up
ZERO SUGAR SODA
sodastream

600 mL

749 ea.

SODASTREAM PEPSI OR 7UP ZERO SUGAR SODA 600 mL
SELECTED VARIETIES

PEPSI
ZERO SUGAR SODA
sodastream

600 mL

749 ea.

SODASTREAM PEPSI OR 7UP ZERO SUGAR SODA 600 mL
SELECTED VARIETIES

HOOTMAN'S
Chocolate
CHOCOLAT

100g

299 ea.

HOOTMAN'S NO SUGAR ADDED SANS SUCRE AJOUTÉ CHOCOLATE BARS 100g
SELECTED VARIETIES

Simply Pudding
KETO PUDDING CETO
VANILLA VANILLE

49g

349 ea.

SIMPLY DELICIOUS SUGAR FREE PUDDING 49g
SELECTED VARIETIES

McSWEENEY'S
ZERO SUGAR / SUCRE
JERKY
BEEF • BOEUF

75g

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS 75g
SELECTED VARIETIES

Red Bull
ZERO
ENERGY DRINKS

4 PACK

999 ea.

RED BULL ZERO ENERGY DRINKS 4 x 250 mL

McSWEENEY'S
ZERO SUGAR BITE SNACKS
SELECTED SIZES

75g

599 ea.

McSWEENEY'S ZERO SUGAR BITE SNACKS 75g
SELECTED VARIETIES

youtheory
B12 B6
SUPPLEMENT

60 CAPSULES

1999 ea.

YOU THEORY SUPPLEMENTS 60 CAPSULES
SELECTED VARIETIES

Splenda
SUGARFREE SWEETENERS
SPLENDA

100g

749 ea.

SPLENDA NO CALORIE SWEETENER PACK (100g) 100g
SELECTED VARIETIES

HUGOBOS
ORIGINAL
BBQ SAUCE

473 mL

649 ea.

6. HUGOBOS NO SUGAR ADDED BBQ SAUCE 473 mL
SELECTED VARIETIES

pur
GUM
ASPARTAME FREE

100g

379 ea.

PUR GUM 100g
SELECTED VARIETIES

CREATE A CLEAN ROUTINE

Freshen up all your square feet with our wide variety of brand-name solutions





We take pride in sourcing locally from the
Escarpment Region.

WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



UNIOPOL ROLLED
CHICKEN WITH
GARLIC, DILL OR
JALAPENO
11.75/lb

2⁵⁹
/100g



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



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

4⁹⁹
ea.



JENSEN
CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2⁷⁹
/100g



Effective February 26 - March 25, 2026



NOMINATE A MINOR HOCKEY ASSOCIATION

for their chance to receive up to **\$100,000***

NOMINATE AT [KrugerBigAssist.ca](https://www.krugerbighelp.ca)







90 points

8⁹⁹ ea.

CASHMERE BATHROOM TISSUE
12 = 24 rolls
SELECTED VARIETIES



90 points

8⁹⁹ ea.

SCOTTIES FACIAL TISSUE
6 un
SELECTED VARIETIES



90 points

8⁹⁹ ea.

SPONGE PAPER TOWELS
3 = 6 rolls
SELECTED VARIETIES

PROUDLY ASSISTING CANADIAN FAMILIES ON AND OFF THE ICE.

*No purchase necessary. Nominations start Oct 1/25 and Feb 22/26. Nominate an eligible Canadian hockey association for the opportunity to receive one of five (\$125,000 CAD) donations. Five (\$5) donations will be made ("Finalists"), one per region (ON, QC, Pacific, BC, YT, NT, Nunavut, AB, SK, MB, Atlantic, PEI, NS, NB, NL) plus, one (\$1) \$75,000 CAD donation "Grand Prize" will be made among applications received from Finalists by March 13/26. Start your nomination or see full terms at [KrugerBigAssist.ca](https://www.krugerbighelp.ca).
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YORKSHIRE VALLEY FARMS



1 KG



700 g



454 - 700 g

12⁹⁹ ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN DRUMSTICKS OR WINGS
FROZEN, 1 kg

14⁹⁹ ea.

YORKSHIRE VALLEY FARMS
ORGANIC MEAT PIES OR CHICKEN FILLETS OR BITES
FROZEN, 454 - 700 g
SELECTED VARIETIES