

VERSION 6

STRAWBERRIES 2014
FRESH OF MICHIGAN, U.S.A.
NET WT. 1.0 LB.

2.99
ea.

PRODUCT OF FLORIDA, U.S.A.
No. 1 YAMATO

2.99
ea.



88¢
ea. FRESH MANGOES
PRODUCT OF PERO OR GUATEMALA

199
ea.

BELLE GROVE FARM
TENDER BUTTER
PRODUCT OF AUSTRALIA

Belle Grove
CREAM MUSHROOMS 100g
PRODUCT OF AUSTRALIA

RASPBERRY
PRODUCT OF U.S.A.

Foodland
FRESH & LOCAL

FRESH VEGETABLE OR FRUIT CAROUSELS
- 1 lb.

125
points

\$1
back in points*

made for my meal **m**

12.99
ea.

FRESH VEGETABLE OR FRUIT CAROUSELS
- 1 lb.

125
points

\$1
back in points*

made for my meal **m**

12.99
ea.

mol rewards member price

6 PACK

BOOST

15g

BOOST OR BOOST+ HIGH PROTEIN MEAL REPLACEMENT HYPERPROTEIN

Ensure

1

Ensure Regular

999 ea.

SPECIAL PRICE 1199 for non-members

mol rewards member price

6 PACK

BOOST

15g

BOOST OR BOOST+ HIGH PROTEIN MEAL REPLACEMENT HYPERPROTEIN

Ensure

1

Ensure

REGULAR MEAL REPLACEMENT

999 ea.

SPECIAL PRICE 1199 for non-members

mol rewards member price

6 PACK

BOOST

15g Protein
15g Fiber
15g BCAA
15g Creatine

BOOST OR BOOST+ HIGH PROTEIN MEAL REPLACEMENT HYPERPROTEIN

999 ea.

SPECIAL PRICE 1199 for non-members

Ensure

15g Protein
15g Fiber
15g BCAA
15g Creatine

Ensure REGULAR MEAL REPLACEMENT

mol rewards member price

BOOST HIGH PROTEIN HYPERPROTEIN MEAL REPLACEMENT

6 PACK

Ensure REGULAR MEAL REPLACEMENT

1

9.99 ea.

SPECIAL PRICE

11.99

for non-members

Effective February-March

TH	FR	SA	SU	MO
26	27	28	1	2

FR
27

A	SU
8	1

MO
2

ONLY

99¢

GREAT PRICE!

HEINZ BEANS OR PASTA

99¢

HEINZ BEANS ORIGINAL
HEINZ BEANS ALPHA GEM
HEINZ BEANS MAPLE

Campbell's

99¢

Campbell's
TOMATO
Campbell's
Cream of Mushroom
Campbell's
Vegetable
CAMPBELL'S SOUP
200 ml
(6.7 FL OZ) (48 CANS)

CLUB HOUSE
CHICKEN POULET

99¢

FRANCO
Fast & Fancy
Vite & Bon

Irresistible
SEA SALT
KitKat
JELLO

99¢

IRRESISTIBLE CHIPS,
HUGOBOLT'S, MICHÉL ON
CANDIDLY CHOCOLATE BARS OR
JELLY & JELLY POWDER

COCA-COLA SOFT DRINKS,
PEACH TEA, HOT TEA,
ESKA SPARKLING WATER,
SELECTION WATER OR
YOP DRINKABLE YOGURT

99¢

Coca-Cola
PEACH TEA
YOP
SELECTION

metro.ca

\$ New Lower Prices



Dempsies
HOT DOGS



Dempsies
WHITE BURGERS



Dempsies
100% WHEAT BURGERS



Dempsies
100% WHEAT BURGERS



Dempsies
100% WHEAT BURGERS



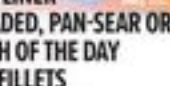
Dempsies
100% WHEAT BURGERS



Dempsies
100% WHEAT BURGERS



Dempsies
100% WHEAT BURGERS



Dempsies
100% WHEAT BURGERS

 SELECTION OF FRESH PRODUCE ANY 2 \$2.50 (each \$1.25) 12 items or more	 9.99 ea. LARGE SALADS 10 lbs.	 7.99 ea. CANYONVILLE HAMLET 10 lbs.	 7.99 ea. CANYONVILLE HAMLET 10 lbs.	 19.99 ea. FRESH FROM THE GO! BBQ CHICKEN MEAL DEAL 10 lbs.
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85% less sugar than other leading brands

3.49 ea.

bubly mini
sparkling water
natural lemon

NEW

bubly mini
sparkling water
natural orange

Coca-Cola or Canada Dry
Natural Sweetened Soda Water
with NESTEA Natural Sweetener
100% Natural
No Artificial Sweeteners
No Artificial Flavors
No High Fructose Corn Syrup

6.99 ea.

bubly mini
sparkling water
natural lemon

2 liter

Coca-Cola
ORIGINAL TASTE



OLD EL PASO
TORTILLAS
TACO CRUNCHY SHELLS

3.49
ea.



HARIBO
Goldbears

2.99
ea.



MISSION
Dried Beans

65¢
ea.

MINNY'S PASTA
MUSHY SQUARES OR MIGHTY PROTEIN CHICKEN STICKS

2.49
ea.

SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

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



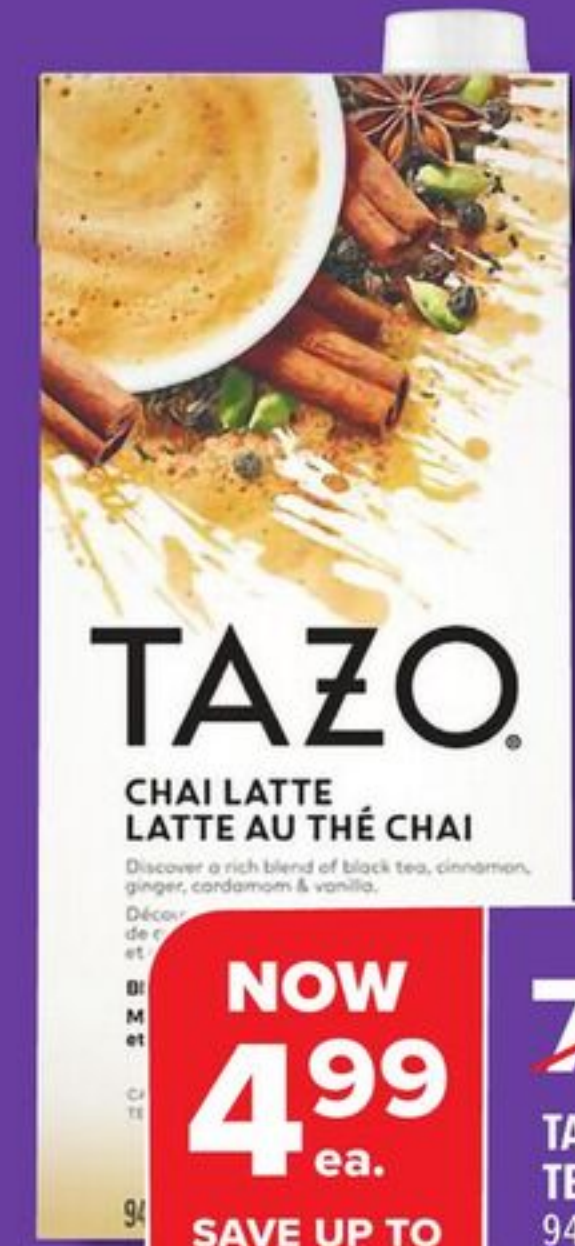
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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



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



Organic



Sliced & Diced **Fresh Blooms**



metro.ca

Fresh Blooms



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

\$2
back in points*



3⁹⁹
/lb

PORK LOIN CHOPS
CUTTY CUT VALUE PACK
8.81kg



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 BURRITO
BREAKFAST SACHETS OF CHICKEN BURRITO
15.70kg

60
points



4⁹⁹
ea.

OXLEY BREAKFAST
TURKEY BACON
15.70kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg

125
points



11⁹⁹
ea.

ST HUBERT - LA BELLA
MOZZARELLA
CHEESE STICKS
15.70kg

125
points



11⁹⁹
ea.

Beef Burgers
1/2 lb
BEEF BURGERS
FRESH MEAT
500g

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
1/2 lb
PORK BACK RIBS
FRESH MEAT
500g

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
1/2 lb
PUB STYLE CHICKEN WINGS
FRESH MEAT
500g

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
1/2 lb
BEEF BURGERS
FRESH MEAT
500g

125
points

Entertaining Favourites



5⁹⁹
/lb

AUTHENTIC
SAUSAGES
12.27kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
12.27kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
12.27kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS 100g



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
100g



7⁹⁹
ea.

WONG WING
ENTRÉES
100g



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
100g



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE FILLETS
100g

Seafood



Irresistible Selection



Deli Favourites



FLAVOURS OF *italy*

ANISE-FENNEL
100g x 3
3.73kg

169
ea.

MASTRO
PROSCUITO COTTO X L'AN
100g x 3

269
/100 g

REFRIGERATO
MARI BURRATA
250g

999
ea.

SHARON PERSIMMON
175g ea.
PACKS OF 10/18

999
ea.

WHITE VALLEY
LEAN MARINO VEAL
100g x 100g

899
ea.

FRONT STREET BAKERY
SOFT BAKEDEN PINEAPPLE

125
points

\$1
100011
point

1299
ea.

FRONT STREET BAKERY
BACCO HAZELNUT
CAKE 1.1kg

3199
ea.

FRONT STREET BAKERY
LONG CALABRESSE BREAD
250g

399
ea.

ILLY
COFFEE ONLY
100g x 100g

1099
ea.

PASTENE
BREAD CRUMBS 60g
100g x 100g

299
ea.

PASTENE
ITALIAN
TOMATOES 750g

299
ea.

MILKMAKERS
LASAGNE 300g

399
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.
30 points



16⁹⁹ ea.
300 points



19⁹⁹ ea.
300 points



2⁹⁹ ea.



5⁹⁹ ea.
30 points



2⁴⁹ ea.



3⁹⁹ ea.



4⁹⁹ ea.



99¢ ea.



3⁴⁹ ea.



8⁹⁹ ea.



100 moi points
when you buy any 3 Knorr participating products



8⁴⁹ ea.
125 points



2²⁹ ea.



1⁹⁹ ea.



1⁹⁹ ea.



3⁹⁹ ea.



4⁹⁹ ea.



4⁹⁹ ea.



4⁹⁹ ea.

Learn with moi rewards



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



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.

BAAR SHEER DEEH STYLE
DURUM ATTA FLOUR
5.0 kg



299

ea.

SANTOSH NAAK
500 g
SELECTED VARIETIES



1699

ea.

ASSORTED LADDOOS
500 g



249

ea.

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



399

ea.

MAGGI
INSTANT SOUP NOODLES
60 g, 70 g



329

ea.

LAZEEZ SPRING ROLLS
OR SAMOSAS
600 g
SELECTED VARIETIES



179

ea.

SURATI
FROZEN VEGETABLES
500 g
SELECTED VARIETIES



699

ea.

CLASSIC ARCHA HONEY
TEA, TEA & HONEY
PREMIUM OR GOLD
100, 200, 500 g
SELECTED VARIETIES



999

ea.

DIPHA OCHA
300 g
SELECTED VARIETIES



199

ea.

SHAHI
DHAHI
500 g
SELECTED VARIETIES



999

ea.

PARLE-G, LIU OR
DHAHI COOKIES
50, 100 g
SELECTED VARIETIES



649

ea.

DHAHI MANGO
1 kg
SELECTED VARIETIES



199

ea.

DIPHA
PASTA
500 g
SELECTED VARIETIES



499

ea.

CEDAR MARINADES,
CUCUMBERS OR
GRAPE LEAVES
100 g, 150 g
SELECTED VARIETIES



249

ea.

SURATI SNACKS,
DIPHA BAKED CHANA,
RUBICON OR
SHEERAM PRINKS
200, 400 g, 1 L
SELECTED VARIETIES



299

ea.

INDOMIE
INSTANT NOODLES
5.0 kg
SELECTED VARIETIES



399

ea.

DIPHA LENTILS
OR CHICK PEAS
1.5, 3.0 kg
SELECTED VARIETIES



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
170, 200 g
SELECTED VARIETIES



179

ea.

KURKURE CHIPS
100 g
SELECTED VARIETIES

From availability varies by store.

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
Greater Toronto Region.

HALENDIA'S
MILD OR HOT
PEPPERETTES
100 g
SELECTED VARIETIES

3⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁴⁹
ea.



NOSTRA GOURMET
FOODS PASTA ENTRÉES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



JACK ASTOR'S
WING OR BBQ SAUCES
350 ml
SELECTED VARIETIES

4⁹⁹
ea.



PASTACO
LASAGNA
800 g
SELECTED VARIETIES

9⁹⁹
ea.



OKAZU MISO
230 ml
SELECTED VARIETIES

12⁹⁹
ea.



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).
® Registered trademarks and TM trademarks of Kruger Products Inc. © 2025 Kruger Products Inc. Scotties® is a registered trademark of Kimberly-Clark Worldwide Inc., used under licence. *Products claimed as being made in Canada have been made with domestic and imported materials.





1 KG

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