

4-DAY
FAMILY MEAL DEAL
FEBRUARY 12TH – FEBRUARY 15TH, 2026

YOUR
CHOICE **11.99**
ea.



16\"/>



HOT WHOLE BIRD
HAWAIIAN CHICKEN 1lb

15 CHICKEN
WINGS



CHICKEN CAESAR
SALAD
201g



ASSORTED CALIFORNIA
ROLLS OR CALIFORNIA
ROLL VARIETY PACK
10 ROLLS
SELECTED BAKERY



125
points

5.99
ea.

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES
PACK OF 16, 30g - 30g (500g/1000g)

metro.ca

\$ New Lower Prices

VILLAGGIO
BREADS, BUNS,
DUMPLINGS
WHOLE GRAIN
BAGELS OR BAGELS
10.99/100g

**2 for
7.00**

Dempsie's
12 GRAIN
BAGELS
10.99/100g

Dempsie's
CLASSICO
BAGELS
10.99/100g

SAN DANIELE
PROSCIUTTO
MASTRO HINA
SAPUTO
PROSCIUTTO
THE STEEL
MISCELLANEA
10.99/100g

3.99
ea.

3.49
/100 g

Irresistible
HOUSE
PEPPERONI
10.99/100g

5.99
ea.

Irresistible
HOUSE
PEPPERONI
10.99/100g

8.49
ea.

Irresistible
HOUSE
PEPPERONI
10.99/100g

5.99
ea.

Irresistible
HOUSE
PEPPERONI
10.99/100g

19.99
ea.

iöco
SUGAR'S THINS OR iöco MULTI YOGURT
10.99/100g

6.49
ea.

siggis
SUGAR'S THINS OR iöco MULTI YOGURT
10.99/100g

6.49
ea.

ACTIVIA
MULTI YOGURT
10.99/100g

6.49
ea.

Purifiltre
LACTANTIA
10.99/100g

5.49
ea.

GIUSEPPE
DR. OETTER GIUSEPPE PIZZA
10.99/100g

5.49
ea.

GIUSEPPE
DR. OETTER GIUSEPPE PIZZA
10.99/100g

3.99
ea.

GIUSEPPE
DR. OETTER GIUSEPPE PIZZA
10.99/100g

10.99
ea.

GIUSEPPE
DR. OETTER GIUSEPPE PIZZA
10.99/100g

125
ea.

Irresistible
SEA SALT
10.99/100g

1.67
ea.

Irresistible
SEA SALT
10.99/100g

3.99
ea.

Irresistible
SEA SALT
10.99/100g

4.99
ea.

Irresistible
SEA SALT
10.99/100g

4.99
ea.

Campbell's
BUTTER
10.99/100g

1.99
ea.

Campbell's
BUTTER
10.99/100g

3.33
ea.

Campbell's
BUTTER
10.99/100g

2.22
ea.

Campbell's
BUTTER
10.99/100g

2.22
ea.

Chex
CEREAL
10.99/100g

4.99
ea.

Chex
CEREAL
10.99/100g

4.99
ea.

Chex
CEREAL
10.99/100g

14.99
ea.

Chex
CEREAL
10.99/100g

14.99
ea.

earn with mol rewards

125
ea.

75
ea.

125
ea.

12.99
ea.

We reserve the right to limit quantities.
DISCOUNTS THAT PRECEDE OTHER PROMOTIONS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **micpro.ca**
to learn more about our rewards program.

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 February 18, 2026, in-store or online

6 BURGERS

THE
KEG

GLUTEN FREE

PRIME RIB BEEF BURGERS

MADE WITH 75% PRIME RIB

6oz

FULL BACK READY IN 10 MINUTES
CABRE COMPLET PRÊT EN 10 MINUTES

THE
KEG

BBQ PORK
BACK RIBS

CÔTES DE DOS

NOW
11.99
ea.

SAVE UP TO
\$5

16.99
ea.

THE KEG PRIME RIB
BEEF BURGERS
908 g - 1.02 kg
SELECTED VARIETIES
OR PORK BACK RIBS
FROZEN, 700 g

Indulge More • Satisfying Moments

Drizzilicious

S'MORES
BITES

90
minutes

NOW
2.99
ea.

SAVE UP TO
\$1

3.99
ea.

DRIZZILICIOUS
RICE CAKES
113 g
SELECTED VARIETIES

QUAKER

DIPPS

CHOCOLAT
BRISURES CH

QUAKER

CHEWY

CHOCOLAT
BRISURES CHOCOLAYÉES

NOW
1.99
ea.

SAVE UP TO
\$2

3.99
ea.

QUAKER CHEWY
OR DIPPS BARS
120 - 156 g
SELECTED VARIETIES

Market Cuts

SALMON

Market Cuts

HADDOCK

NOW
3.99
ea.

SAVE UP TO
\$5

8.99
ea.

HIGH LINER
MARKET CUTS
FROZEN, 227 g
SELECTED VARIETIES

3-Wick Candles

Apple Spice Swirl

NOW
7.99
ea.

SAVE UP TO
\$4

11.99
ea.

GLADE
3-WICK CANDLES
1 in
SELECTED VARIETIES

FOUR
O'CLOCK

Herbalist
Herbivore

HERBAL TEA DETOX
TISANE DÉTOX

NOW
3.49
ea.

SAVE UP TO
\$3.10

6.59
ea.

FOUR O'CLOCK
TEA
16 - 20 in
SELECTED VARIETIES

HUNGRY-MAN

FRIED CHICKEN CUTLETTES

ESCALOPETTES
DE POULET FRY

NOW
3.99
ea.

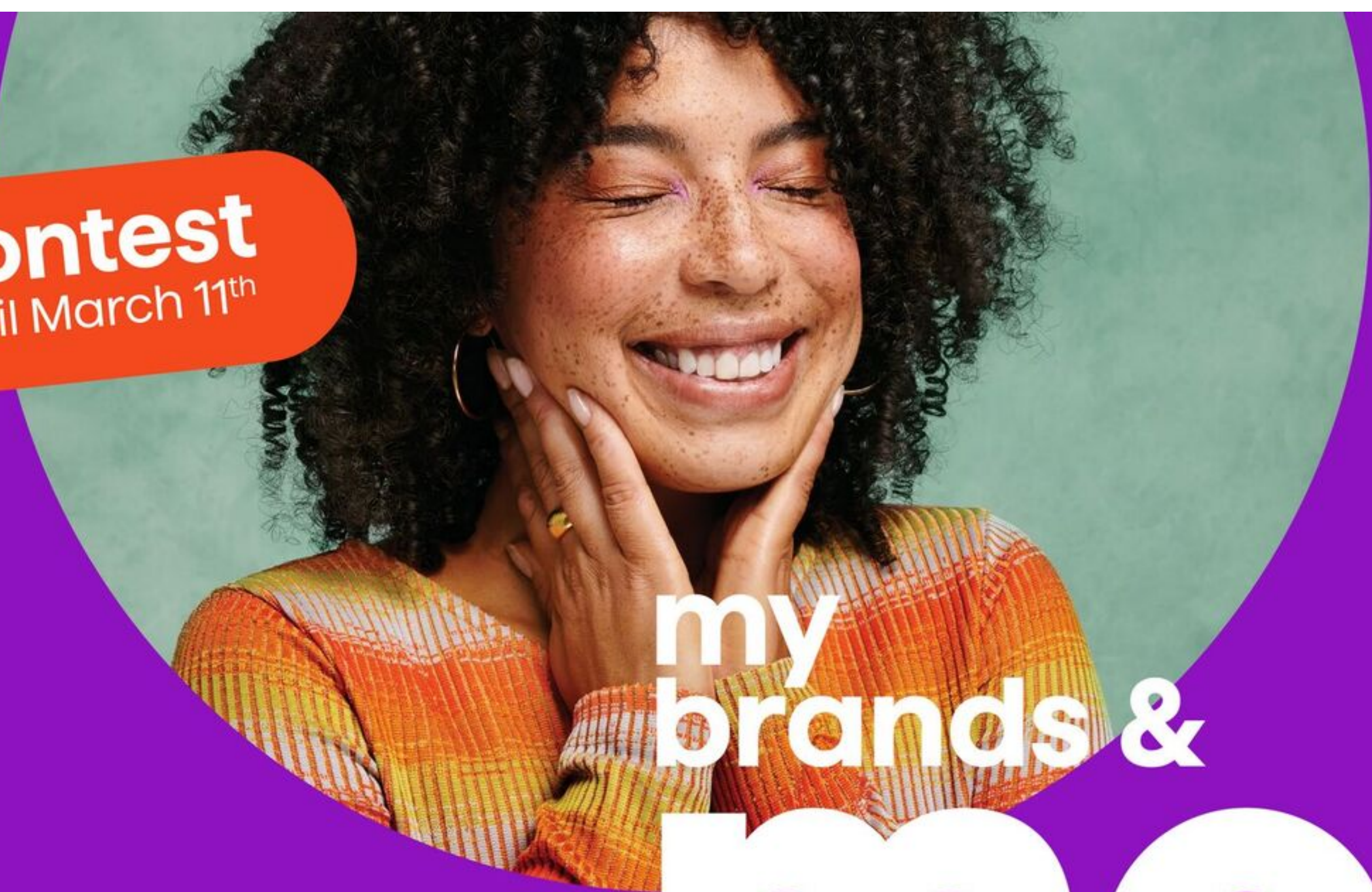
SAVE UP TO
\$2

5.99
ea.

HUNGRY-MAN
MEALS
SELECTED SIZES
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



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

metro

food Basics

*No purchase required. To participate, you must be a member of theMoi program. From February 12 to March 11, 2026. Prizes: There are thirty-five (35) lots to be won (total value of all prizes is \$160,000CAD). Prize conditions and contest rules are available at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



LARGE NECTARINES
LARGE PEACHES
PRODUCT OF CALIF. OR TEXAS
8.20kg

3⁹⁹
/lb



GREENHOUSE
STRAWBERRIES 10kg
PRODUCT OF MEXICO
CANADIAN TRADE

4⁹⁹
ea.



SWEET POTATOES
4.70kg

1⁹⁹
/lb



ROMAINE HEARTS
10.5kg
U.S.A. OR MEXICO

4⁹⁹
ea.



JUMBO CANTALOUPE
PRODUCT OF CALIFORNIA
SWEETNESS
MINI WATERMELON
PRODUCT OF MEXICO

4⁹⁹
ea.



RED CABBAGES 10kg
PRODUCT OF CANADA

4⁹⁹
ea.



GREEN CABBAGE
PRODUCT OF CANADA
2.30kg

99¢
/lb



YELLOW ONIONS OR
ASSORTED COLOUR
CABBAGES 10
PRODUCT OF CANADA
CANADIAN TRADE

2⁴⁹
ea.



SWEETEST BATCH
BLUEBERRIES 10kg
PRODUCT OF PERU

7⁹⁹
ea.



CHERRY PLUMS
10.41kg

6⁹⁹
/lb



BELLE GROVE
SWEET WHITE OR
CREAM MUSHROOMS
10kg

3²⁹
ea.



YELLOW FRESH
POTATOES 10kg
PRODUCT OF CANADA
CANADIAN TRADE

3⁹⁹
ea.



SOMO CITRUS
PRODUCT OF U.S.A.
11.00kg

4⁹⁹
/lb



COTTON CANDY
GRAPES
10.00kg

4⁹⁹
/lb



KUMATO
TOMATOES 10kg
PRODUCT OF CANADA OR MEXICO

4⁹⁹
ea.



DOLE
SALAD KITS
10kg
PRODUCT OF CANADA
CANADIAN TRADE

2⁰⁰
ea.

Sliced & Diced



FRESH VEGETABLE OR FRUIT CAROUSELS
10kg

12⁹⁹
ea.



NACHO PLATTER 10kg
PARTY SIZE DELUXE FRUIT SALAD 10kg

14⁹⁹
ea.

Organic



GREENBELT
ORGANIC GREENS 10kg
PRODUCT OF CANADA
CANADIAN TRADE

4⁹⁹
ea.



LITTLE
PETAL CO.
ORGANIC LITTLE YELLOW
POTATOES 10kg
PRODUCT OF CANADA
CANADIAN TRADE

5⁹⁹
ea.



SUNNY
FRUIT ORGANIC
DRIED DATES 10kg
DRIED MANGO 10kg

12⁹⁹
ea.



MOTHER EARTH
ORGANIC DRESSINGS
10kg

5⁹⁹
ea.

Valentine's Day Floral



LITTLE SWAN
ORCHID
10kg

29⁹⁹
ea.



ADORATION
BOUQUET
10kg

40⁰⁰
ea.



VALENTINE'S THEME
ARRANGEMENTS AND
PRESENTATION
BOUQUETS
10kg

39⁹⁹
ea.



SPECIALTY
ROSE BOUQUETS
10kg

25⁰⁰
ea.



VALENTINE'S
BALCONY AND PLUSH
10kg

9⁹⁹
ea.

Celebrate with
Sweet Treats &
Beautiful Blooms

FANCY PREMIUM
ROSE
BOUQUET
ASSORTED VARIETIES

54⁹⁹
ea.

SWEET VALENTINE
BOUQUET
ASSORTED COLOURS
FLOWERS AND STIKES

20⁰⁰
ea.

INVITATIONS
WITH ALLGROUPE
WINE
750 mL
SELECTED VARIETIES

7⁹⁹
ea.

HEART SHAPED
CAKE POPS
100 (25 x 1.75")

6⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE HEART CAKE
100g

18⁹⁹
ea.

REESE'S MINIATURES
CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

8⁹⁹
ea.

NESTLE VALENTINE'S CHOCOLATE
25g
SELECTED VARIETIES
WHILE QUANTITIES LAST

9⁷⁹
ea.

RITZ
DRIZZLED
CRACKERS
200g
SELECTED VARIETIES

4⁹⁹
ea.

NESTLE TURTLES
VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

14⁹⁹
ea.

HERSHEY'S KISSES
VALENTINE'S CHOCOLATE
100g
SELECTED VARIETIES
WHILE QUANTITIES LAST

5⁴⁹
ea.

FERBER'S
VALENTINE'S
KINDER CHOCOLATE
100g
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

LINDT LINDOR
VALENTINE'S CHOCOLATE
100g
SELECTED VARIETIES
WHILE QUANTITIES LAST

11⁹⁹
ea.

CADBURY
FINGERS
100g
SELECTED VARIETIES

4⁴⁹
ea.

LINDT LINDOR
VALENTINE'S HEART
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

15⁹⁹
ea.

JOLLY RANCHER
VALENTINE'S CANDY
200g
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

McGONICK'S
CANDY BAG
200g
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

*Certain conditions apply. Details on metro.ca

FREE

**Irresistible
Mini Chocolate Eclairs
455 g**

WHEN YOU SPEND \$150 OR MORE*



\$12⁹⁹
VALUE

PROMO CODE

ECLAIR

Celebrate with a
Flavourful Mix of
Red & White Wine

STONELEIGH
SAUVIGNON BLANC
750 ml

17⁴⁹
ea.

PENINSULA RIDGE
CHARDONNAY
750 ml

14⁹⁹
ea.

CASILLERO
DEL DIABLO
750 ml

12⁴⁹
ea.

BODACIOUS
Smooth RED
750 ml

10⁴⁹
ea.

FRESH 2 GO
CHOCOLATE &
CHEESE TRAY
SERVES 12

250
points

54⁹⁹
ea.

\$2
extra
points

BASK
VINEYARD ROSE
750 ml

12⁴⁹
ea.

GIRLS' NIGHT OUT
ROSE
750 ml

12⁴⁹
ea.

JACOB'S CREEK
MOSCATO ROSE
750 ml

12⁹⁹
ea.

MASI
CAMPOROTONDINO RED
750 ml

21⁹⁹
ea.

BLU GIOIELLO
PROSECCO
750 ml

15⁹⁹
ea.

RUFFINO
PROSECCO
750 ml

17⁴⁹
ea.

BOTTICIA
DEI POETI PROSECCO
750 ml

17⁴⁹
ea.

FOLIGNANI
PROSECCO
750 ml

15⁹⁹
ea.

Advertisement prices are subject to change and exclude GST and deposit fees, which are subject to check-out. Alcohol items are available at select stores. See stores for availability.

[illegible]

Irresistible



7.99^{ea.}

IRRESISTIBLE MINI QUICHES
FRESH PASTRY
SELECTED VARIETY

Irresistible



8.99^{ea.}

IRRESISTIBLE CHICKEN BITES, PUFF PASTRY PICK, GROUND SAUSAGE, PESTO OR CHICKEN BITES
FRESH PASTRY

Irresistible



9.99^{ea.}

IRRESISTIBLE MEATBALLS
FRESH PASTRY
SELECTED VARIETY

Irresistible



12.99^{ea.}

IRRESISTIBLE FRESH SPRING ROLLS TWO
FRESH PASTRY

Breakfast Favourites



5.99^{ea.}

LOU'S KITCHEN PUFF PASTRY BACON SLICED
FRESH PASTRY, 100g



6.99^{ea.}

SCHNEIDER'S BREAKFAST SANDWICHES CRISPY LOAF BITES
200g, 125g & 75g



12.99^{ea.}

SCHNEIDER'S BACON SLICES
100g



900 g

LOU'S KITCHEN PUFF PASTRY BACON SLICED
FRESH PASTRY, 100g



11.99^{ea.}

SCHNEIDER'S BACON SLICES
100g



1 KG

SCHNEIDER'S BACON SLICES
100g

LOCKED DOWN PRICES

FEBRUARY 12TH TO MARCH 11, 2026

2.49
ea.

MARK ANGELO ORIGINAL SMOKED SAUSAGES
PRICES PER 12.5oz (350g) NET WT.

3.99
ea.

MAPLE LODGE CHICKEN WIENERS
40/40 (350g) NET WT.

5.99
ea.

GOLD LABEL BOURBON SMOKEHOUSE SMOKED SAUSAGES
40/40 (350g) NET WT.

10.99
ea.

CHICKEN BALLS
WISCONSIN BROS. CHICKEN BALLS
10/10 (350g) NET WT.

1.25
ea.

LEAN GROUND LAMB
80/20 (350g) NET WT.

6.99
ea.

POGO ORIGINALS BRATWURST
PRICES PER 12.5oz (350g) NET WT.

8.49
ea.

BEYOND BURGERS
PLANT-BASED BURGERS OR FROZEN CHICKEN TENDERS OR BONE-IN PORK CHOPS
40/40 (350g) NET WT.

8.99
ea.

BEYOND PLANT-BASED BURGERS OR FROZEN CHICKEN TENDERS OR BONE-IN PORK CHOPS
40/40 (350g) NET WT.

11.99
ea.

POGO ORIGINALS BRATWURST
PRICES PER 12.5oz (350g) NET WT.

QWERTY **QWERTZ** **QWERT**

Seafood



4⁴⁹
ea. **FRESH SKINLESS ONTARIO TROUT PORTIONS** (100g)



13⁹⁹
lb. **WILD CAUGHT YELLOWFIN TUNA STEAKS** (100g)



1²⁹
ea. **CHOICE OYSTERS** (DOZEN)



19⁹⁹
ea. **IRISH POINT OYSTERS** (DOZEN)



5⁹⁹
ea. **FRESH CANADIAN COVE ORGANIC MUSSELS** (2 LBS)



19⁹⁹
ea. **WILDFIRE PASTEURIZED CRAB MEAT** (41g)



8⁹⁹
ea. **OCEAN PRIME WHOLE CLEANED SQUID** (100g)



9⁹⁹
lb. **BAY SCALLOPS** (100g)



10⁹⁹
ea. **PUREPAC PICKEREL FILLETS** (100g)



10⁹⁹
ea. **TOPPITS BREADED HADDOCK MOLEFIN FARE** (125 points)

Irresistible



8⁹⁹
ea. **IRRESISTIBLE SHRIMP APPETIZERS** (100g)



9⁹⁹
ea. **IRRESISTIBLE WHITE SHRIMP** (16-20)



10⁹⁹
ea. **IRRESISTIBLE ATLANTIC SMOKED SALMON** (100g)



19⁹⁹
ea. **IRRESISTIBLE BLACK TIGER SHRIMP RING** (100g)

Deli Favourites



3⁴⁹
/100 g **MASTRO GENOA SALAMI** (100g)



3⁹⁹
/100 g **IRRESISTIBLES ARTISAN BLACK FOREST HAM** (100g)



4⁴⁹
/100 g **MANCHEGO CHEESE** (100g)



5⁹⁹
ea. **IRRESISTIBLES ARTISAN GOAT CHEESE** (100g)



7⁴⁹
ea. **BALSAMIC SAUSAGE** (25 points)



6⁹⁹
ea. **PILLARS PEPPERONI** (50 points)



7⁹⁹
ea. **CASTELLO SLICED DELI CHEESE** (100g)



9⁹⁹
ea. **BALDERSON CHEDDAR** (100g)



7⁹⁹
ea. **SANTITAS OLIVES** (25 points)



4⁹⁹
ea. **LA BELLE CREATIONS PATE** (25 points)



7⁹⁹
ea. **THE STILLE PATE CHEESE** (100g)



7⁹⁹
ea. **MONSIEUR GUSTAV GOUDA OR SWISS CHEESE** (100g)



5⁹⁹
ea. **GARDEN FRESH ONIONS** (100g)



5⁹⁹
ea. **O'SOLE MIO PASTA** (100g)



6⁹⁹
ea. **FRESH 2 GO LARGE POTATO WEDGES** (100g)



16⁰⁰
ea. **FRESH 2 GO CHICKEN** (100g)

earn more with moi rewards

250 when you have 2500 or more points



SAVOUR MOROCCO

FRESH FOR WINTER

LIMITED TIME ONLY

14⁹⁹
EACH
Moroccan Style BBQ Seasoned Chicken, 900 g
450 Cals/Serving, Serves 4

12⁰⁰
EACH
Moroccan Style Chicken Bowl
780 Cals

15⁹⁹
EACH
16" Stone Classic Moroccan Style
Chicken & Vegetable Pizza
370 Cals/Slice, 8 Slices

8⁰⁰
EACH
Moroccan Style Chicken Sandwich
500 Cals

4⁹⁹
EACH
Moroccan Style 9 Vegetable Soup, Small
Small 180 Cals/Large 250 Cals, Large \$5.99

2⁴⁹
/100 g
Moroccan Style Salad
150 Cals/100 g, \$24.90/kg

Valentine's Day Treats



↓ Low Price Every Day



FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

PARTY LIKE A
CHAMPION

9⁹⁹ ea. JUMBO SHRIMP PLATTER 23-30 SHrimp 1.2 L (100%)

6⁹⁹ ea. FRESH 2 GO Poutine 12-20 oz. STARTING FROM

15⁹⁹ ea. FRESH 2 GO 16" 3-TOPPING STONE BAKED PIZZA 12-20 oz. SELECTED VARIETIES. WHOLE IN SPECIALS ONLY

13⁹⁹ ea. FRESH 2 GO CHICKEN BITES OR TENDERS 12-20 oz.

6⁴⁹ ea. BLUE DIAMOND ALMONDS 170 g. SELECTED VARIETIES

2 for 3⁰⁰ JUMBO SALTED PEANUTS 200 g.

9⁷⁹ ea. KRIVILLE RESENBACHER POPCORN 13.3 oz. SELECTED VARIETIES

4²⁹ ea. RICEWORKS RICE CRISPS 100 g. SELECTED VARIETIES

8⁴⁹ ea. McSWINEY'S JERKY SNACKS 125 g. SELECTED VARIETIES

6⁹⁹ ea. JACK LINK'S JERKY SNACKS 125 g. SELECTED VARIETIES

8⁹⁹ ea. ATYPQUE SPARKLING NON-ALCOHOLIC COCKTAILS 4 x 355 ml. SELECTED VARIETIES

4⁴⁹ ea. MIO WATER ENHANCERS 16.9 oz. SELECTED VARIETIES

5⁴⁹ ea. FRENCH'S KETCHUP 750 ml. 1 L. SELECTED VARIETIES

9⁹⁹ ea. PILAROS OLIVES 1 L. SELECTED VARIETIES

3⁹⁹ ea. LE GREC DRESSING 350 ml. 1 L. SELECTED VARIETIES

6⁹⁹ ea. TRACKLEMENTS MUCKLAND 160 g. SELECTED VARIETIES

5⁹⁹ ea. SMALL DIPS DIP 100 g. GUACAMOLE 200 g. PICO DE GALLO 100 g. SMASHED AVOCADO 200 g.

5⁰⁰ ea. FRESH 2 GO TORTILLA CHIPS 170 g. SELECTED VARIETIES

7⁹⁹ ea. GOLD LABEL DIPS 170 g. SELECTED VARIETIES

2⁹⁹ ea. TWINKLE! DESSERT TOPPINGS 85-200 g. 85-200 g. SELECTED VARIETIES

4⁹⁹ ea. SELECTION MINI BUTTER TRAYS 240-300 g. SELECTED VARIETIES

9⁹⁹ ea. FRONT STREET BAKERY GOURMET COOKIES 665-770 g. SELECTED VARIETIES

21⁹⁹ ea. MEDIUM VEGETABLE OR FRUIT TRAYS 13-25 g. OVER 5 LBS OF FRUIT

!! **metro.ca** !!
mmMAZING!
days

EXTENDED OFFER

60%

OFF*
**12-MONTH
DELIVERY PASS**

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

More Great Savings

 8⁹⁹ ea. McCAFE INSTANT COFFEE PODS SELECTED VARIETIES	 12⁹⁹ ea. VAN HOUTTE COFFEE CAPSULES SELECTED VARIETIES	 4⁹⁹ ea. PEARL MILLING PECAN MAPLE SYRUP SELECTED VARIETIES	 3⁹⁹ ea. SELECTION CREAM PODS
 4⁴⁹ ea. TETLEY TEA SELECTED VARIETIES	 5⁴⁹ ea. TENDER FLAKE CRUST SELECTED VARIETIES	 4⁴⁹ ea. DOLE FRUIT CUPS SELECTED VARIETIES	 7⁴⁹ ea. 2% COTTAGE CHEESE SELECTED VARIETIES
 3⁴⁹ ea. FRENCH'S MUSTARD SELECTED VARIETIES	 6⁹⁹ ea. BRIANNA'S DRESSING SELECTED VARIETIES	 4⁹⁹ ea. BUTTER CHICKEN SELECTED VARIETIES	 2⁹⁹ ea. MINUTE RICE SELECTED VARIETIES
 1⁹⁹ ea. GREEN GIANT CANNED VEGETABLES SELECTED VARIETIES	 4⁴⁹ ea. GREEN GIANT FROZEN VEGETABLES SELECTED VARIETIES	 5⁹⁹ ea. SUBWAY SAUCE SELECTED VARIETIES	 6⁴⁹ ea. BECK'S PICKLES SELECTED VARIETIES
 6⁹⁹ ea. TOSTITOS DIPS SELECTED VARIETIES	 4⁹⁹ ea. ONVILLE RESENBACHER POPPING CORN SELECTED VARIETIES	 14⁹⁹ ea. MR. BEAST SNACKS SELECTED VARIETIES	 2⁹⁹ ea. JACK LINK'S REALME JUICE SELECTED VARIETIES
 2⁹⁹ ea. SOBEIT SODA SELECTED VARIETIES	 12⁸⁹ ea. ATHLETIC BREWING CO. BEER SELECTED VARIETIES	 3⁹⁹ ea. CHIPS AHOY COOKIES SELECTED VARIETIES	 2⁹⁹ ea. RITZ CRACKERS SELECTED VARIETIES
 7⁶⁹ ea. CLEARLY CANADIAN SPARKLING WATER SELECTED VARIETIES	 3⁵⁹ ea. C4 ENERGY DRINKS SELECTED VARIETIES	 4⁹⁹ ea. 6⁹⁹ ea. PHILADELPHIA CREAM CHEESE KRAFT HAZELNUT SPREAD MAGIC BAKING POWDER SELECTED VARIETIES	
 4⁹⁹ ea. 4⁹⁹ ea. 4⁹⁹ ea. KIT KAT COFFEE WHITE CHOCOLATE KIT KAT GOLD KIT KAT MEXICAN CHOCOLATE SELECTED VARIETIES			

Non-GMO

MADE GOOD

CRANOLA BARS

1.75g

4.49

ea.

MADE GOOD

CRANOLA BARS

1.75g

4.49

ea.

KEEN

KEEN BITES

20g

8.49

ea.

SKINNY POP

POPCORN

1.75g

3.99

ea.

PLANT

PLANT UP

PROTEIN ENTREES

7.99

ea.

LY!

OATLY OAT BEVERAGES

1.75g

4.99

ea.

NEAL BROTHERS

PASTA SAUCE

1.75g

8.99

ea.

Daiya

DAIYA PIZZA

1.75g

9.99

ea.

Organic

BOY'S MED MILK

ORGANIC

1.75g

9.99

ea.

NUTIVA

COCONUT OIL

1.75g

16.99

ea.

PACIFIC FOODS

CHICKEN BROTH

1.75g

7.99

ea.

COVE SODA

COVE SODA

1.75g

2.49

ea.

CAPILANO

MANUKA HONEY

1.75g

13.99

ea.

HUMBLE

POTATO CHIPS

1.75g

4.49

ea.

KEURIG

KEURIG COFFEE CAPSULES

1.75g

13.99

ea.

Baby & Beauty

LITTLE RELIEFS

PUPPIES

1.75g

1.49

ea.

Pampers

PAMPERS BABY WIPES

1.75g

9.99

ea.

Crest

CREST TOOTHPASTE

1.75g

1.49

ea.

GUM

PRO-WEAVE

1.75g

2.99

ea.

MAISON MARTIN MARGIELA

MAISON MARTIN MARGIELA

1.75g

7.99

ea.

Lubriderm

LUBRIDERM LOTION

1.75g

9.99

ea.

BONUS \$10

AnyCard eGift card

with the purchase of a \$50 AnyCard gift card

Claim your bonus at [giftcardpromos.ca](#)

Offer valid February 12 - 18

Household Helpers

Ziploc

FREEZER OR SANDWICH BAGS

1.75g

8.99

ea.

Bounty

BOUNTY PAPER TOWEL

1.75g

14.99

ea.

Happy Lunar New Year!

BRITA

BRITA WATER PITCHER OR REPLACEMENT FILTERS

1.75g

26.99

ea.

Febreze

SCENT BOOSTER

1.75g

9.99

ea.

WE WORK HARD SO YOU DON'T HAVE TO!

CLOROX

CLOROX

1.75g

6.49

ea.

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

2.99
ea.

Santosh
5 NANS
500 g
SELECTED VARIETIES

5.99
ea.

ALL SAFA
BREADED CHICKEN
FROZEN, 500 g - 600 g
SELECTED VARIETIES

1.99
ea.

**WONTON OR
EGG ROLL WRAPS**

13.99
ea.

NANAK
GHEE
1000 g

16.99
ea.

**NATIONAL SPICES OR
SEASONING**
160 - 200 g
SELECTED VARIETIES

3.48
ea.

**INDONESIAN
NOODLES**
500 g
SELECTED VARIETIES