

VERSION 5

Your GO-TO for
Valentine's Day



27⁹⁹
ea.

250
points

\$2
back in
points*

PREMIUM
DOZEN ROSES
12 STEAM-MAINTAINED ROSES
IN A GLASS VASE
1.5 GALLON DELIVERY



30⁰⁰
ea.

FRESH CUT MIXED
BOUTIQUE
DOZEN CUT FLOWERS
1.5 GALLON DELIVERY



29⁹⁹
ea.

VALENTINE'S DAY ORCHIDS
2' FLOWERS IN A GLASS VASE
1.5 GALLON DELIVERY



16⁹⁹
ea.

FRESH CUT TULIPS
12 CUT FLOWERS
1.5 GALLON DELIVERY



22⁹⁹
ea.

SWISS MILK
CHOCOLATE
HEART CAKE
1.5 GALLON DELIVERY



9⁹⁹
ea.

FERRERO ROCHER
VALENTINE CHOCOLATE
12.5 GALLON DELIVERY
1.5 GALLON DELIVERY

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

YOUR
CHOICE **11.99**
ea.



16\"/>



HOT WHOLE BBQ
HAMMY CHICKEN 16oz



CHICKEN CAESAR
SALAD
16oz



ASSORTED CALIFORNIA
CORNED OR CALIFORNIA
ROLL VARIETY PACK
16-20oz



125
points

\$1
back in
points*

5.99
ea.

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES
16oz (1/2 lb) 200g (SELECTED VARIETIES)

metro.ca

New Lower Prices

VILLAGE OF BREADS, BUNS, DUMPLINGS, WHOLE GRAIN BREADS OR BAGELS
2 for 7.00

Demeter's 12 GRAIN BAGELS
CLASSICO

POMME SAINTE OR ASSORTED HONEY
3.99 ea.

SAN DANIELE PROSCIUTTO, MASTRO HUNO, SAPUTO
THE STEEL MICHIGAN
3.49 /100 g

INSISTIBLE
5.99 ea.

INSISTIBLE
8.49 ea.

INSISTIBLE
5.99 ea.

INSISTIBLE
19.99 ea.

iöco
6.49 ea.

siggis
6.49 ea.

ACTIVIA
6.49 ea.

Purifiltre
5.49 ea.

GIUSEPPE
5.49 ea.

GIUSEPPE
5.49 ea.

GOOD SOURCE
3.99 ea.

GO GO
10.99 ea.

INSISTIBLE
1.67 ea.

INSISTIBLE
3.99 ea.

INSISTIBLE
4.99 ea.

CAMPBELL'S
1.99 ea.

CAMPBELL'S
3.33 ea.

VINTA
2.22 ea.

Chex
4.99 ea.

Dove
4.99 ea.

Cascade
14.99 ea.

earn with moi rewards
6.49 ea.

7.99 ea.

12.99 ea.

We reserve the right to limit quantities.
DISCOUNTING THAT PRECEDENCE OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.ca
Win up to \$1000 in prizes or a chance to win \$5000 in groceries.

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 CUIT 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

NOW

2.99

ea.

SAVE UP TO \$1

3.99

ea.

DRIZZILICIOUS RICE CAKES

113 g

SELECTED VARIETIES

QUAKER

DIPPS

CHOCOLAT BRISURES CH

CHOCOLAT

CHOCOLAT

CHOCOLAT

CHOCOLAT

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

HERBAL TEA DETOX

DETOX

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.

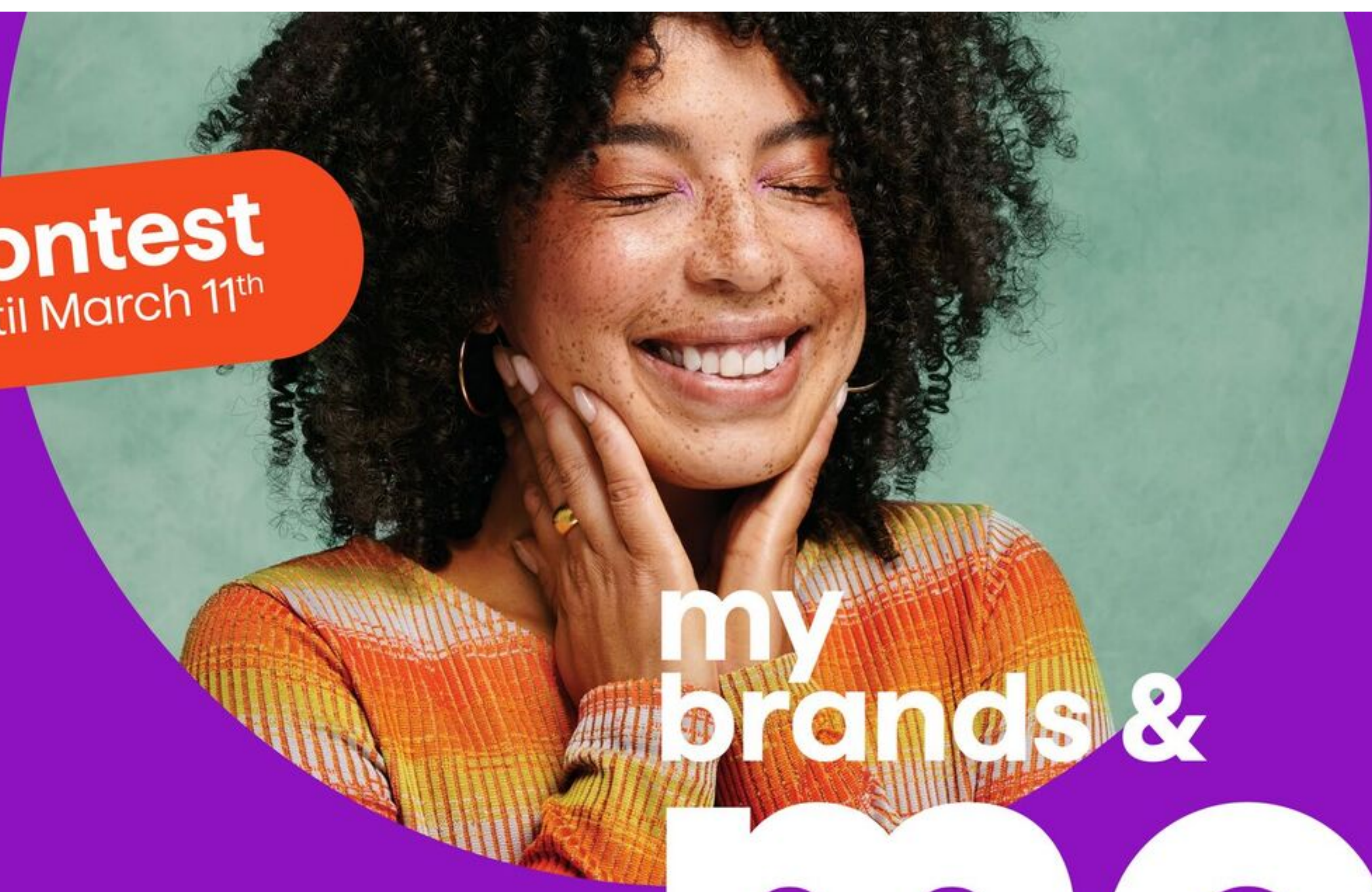
HUNGRY-MAN MEALS

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



my
brands &
moi

participate by purchasing
two products from
these brands

Selection

Irresistible

Personnelle

total of
20
million
points
to be won

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 WATERMELONS
PRODUCT OF U.S.A.
18.9kg

3⁹⁹
/lb

LARGE PEACHES
PRODUCT OF U.S.A.
18.9kg

3⁹⁹
/lb

GREENHOUSE STRAWBERRIES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

SWEET POTATOES
PRODUCT OF U.S.A.
4.39kg

1⁹⁹
/lb

ANDY'S BOY
DOMINION HEART
SWEET CARROTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

RED CURRENTS
PRODUCT OF U.S.A.

4⁹⁹
ea.

GREEN CABBAGE
PRODUCT OF U.S.A.
2.2kg

99¢
/lb

YELLOW ONIONS OR ASSORTED COLOUR CARROTS
PRODUCT OF U.S.A.
1.6kg

2⁴⁹
ea.

JUMBO CANTALOUPE
PRODUCT OF CANADA
SEEDLESS
MINI TASTATION
PRODUCT OF BRAZIL

4⁹⁹
ea.

Belle Grove
ORGANIC
SLICED WHITE OR CRIMINI MUSHROOMS
PRODUCT OF CANADA
379¢

3²⁹
ea.

YELLOW FLESHED POTATOES
PRODUCT OF U.S.A.
5.1kg

3⁹⁹
ea.

SWEETEST BATCH BLUEBERRIES
PRODUCT OF MEXICO

7⁹⁹
ea.

CHERRY PLUMS
PRODUCT OF U.S.A.
15.41kg

6⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF U.S.A.
1.6kg

2⁹⁹
ea.

SOMA CITRUS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF U.S.A.
1.6kg

4

Sliced & Diced

12⁹⁹
ea.

made to
my order
m

FRESH VEGETABLE OR FRUIT CAROUSELS
16oz 12oz

12⁹⁹
ea.

125
points

NACHO PLATTER
PARTY SIZE DELUXE FRUIT SALAD - 15oz

Organic



4.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS



5.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS



5.99
ea.

LITTLE POTATO CO.
ORGANIC LITTLE YELLOW
POTATOES
PRODUCT OF CANADA
COLUMBIAN, 100%
VEGETABLE



12.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS



12.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS



12.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS



12.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS



12.99
ea.

ORGANIC GREEN BEANS
PRODUCT OF MEXICO
BUTTER BEANETS

Valentine's Day Floral



LETTER SWAIN
ORCHIDS
CAREY HARRIS
"I LOVE YOU"
"I'M HERE"
"I'M SWEET"
"I'M HOT"

29⁹⁹
ea.



40⁰⁰
ea.

ADORATION BOUQUET
KIMBERLY HARRIS



STARTING AT
39⁹⁹
ea.

VALENTINE'S THERE
ADORNMENTS AND
PRESENTATION
BOUQUETS
ACCORDING TO COLOR
PINK AND RED STYLES



STARTING AT
39⁹⁹
ea.

VALENTINE'S THERE
ADORNMENTS AND
PRESENTATION
BOUQUETS
ACCORDING TO COLOR
PINK AND RED STYLES



25⁰⁰
ea.

SPECIALTY ROSE BOUQUETS
FLOWERS AND FOLIAGE



STARTING AT
9⁹⁹
ea.

VALENTINE'S BALLOONS AND PLEASURES
CANDLES AND CARDS



STARTING AT
9⁹⁹
ea.

VALENTINE'S BALLOONS AND PLEASURES
CANDLES AND CARDS

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 (2 x 1.75 L)

6⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE HEART CAKE
100 g

18⁹⁹
ea.

STRAWBERRIES
WITH CHOCOLATES
800 g

12⁹⁹
ea.

REESE'S MINIATURES
CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

8⁹⁹
ea.

KIT KAT
30
SELECTED VARIETIES
WHILE QUANTITIES LAST

9⁷⁹
ea.

RITZ
DRIZZLED
CRACKERS
240 g
SELECTED VARIETIES

4⁹⁹
ea.

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

14⁹⁹
ea.

REESE'S VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

4⁹⁹
ea.

HERSHEY'S KISSES
VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

5⁴⁹
ea.

FERBER'S
VALENTINE'S
KINDER CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

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

11⁹⁹
ea.

CADBURY
FINGERS
200 g
SELECTED VARIETIES

4⁴⁹
ea.

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

15⁹⁹
ea.

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

3⁴⁹
ea.

McGONICK'S
CANDY BAG
200 g
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

Our Butcher's Finest

BONELESS

5⁹⁹
/lb

BONELESS PORK LOIN CHOPS
BONELESS PORK LOIN CHOPS
12.25kg

19⁹⁹
/lb

PLATINUM GRILL ANGUS
STEAK LOIN STEAK
21.00kg (46.23kg)

125
points

5⁹⁹
/lb

STONE MADE
SMOKED BEEF PAKE
13.25kg

10⁹⁹
/lb

VEAL LOIN CHOPS
13.25kg

5⁹⁹
/lb

BREADED CHICKEN BREAST CUTLETS
BONELESS CHICKEN BREAST CUTLETS
13.25kg

4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
CHICKEN LEG QUARTERS
11.00kg

125
points

4⁹⁹
/lb

MAPLE LEAF PRIME
BACON WITHOUT ANTIBIOTICS
11.00kg

250
points

20⁹⁹
/lb

FRESH FRENCHED
LAMB BACK
46.23kg

Irresistible

7⁹⁹
ea.

IRRESISTIBLE
MINI QUICHES
12.25kg

8⁹⁹
ea.

IRRESISTIBLE
PASTRY PACK: PUFF
SAUSAGE PASTRY OR
CHICKEN BITES
12.25kg

9⁹⁹
ea.

IRRESISTIBLE
MEATBALLS
12.25kg

12⁹⁹
ea.

IRRESISTIBLE
MINI SPINACH ROLLS TRIO
12.25kg

5⁹⁹
ea.

LOU'S KITCHEN
PEARL BACON SLICED
12.25kg

6⁹⁹
ea.

SCHEIDERS
BREAKFAST
EGG BITES
12.25kg

11⁹⁹
ea.

MARC ANGELO
BREAKFAST
SAUSAGE
12.25kg

12⁹⁹
ea.

SELECTION
BACON
12.25kg

LOCKED DOWN PRICES FEBRUARY 12TH TO MARCH 11, 2026

2⁴⁹
ea.

MAPLE LOUGE
CHICKEN WIENERS
12.25kg

3⁹⁹
ea.

COLD LABEL
CHICKEN OR
SMOKED SAUSAGES 11%
12.25kg

5⁹⁹
ea.

WATSON BROS.
CHICKEN BALLS
12.25kg

10⁹⁹
ea.

LEAN GROUND LAMB
12.25kg

6⁹⁹
ea.

MARC ANGELO
SAUSAGES
12.25kg

8⁴⁹
ea.

LEGACY
PORK TENDERLOIN OR
BONE IN PORK CHOPS
12.25kg

8⁹⁹
ea.

BEYOND CHICKEN
CHICKEN OR
SMOKED SAUSAGES 11%
12.25kg

11⁹⁹
ea.

POGO
BREADED WIENERS
12.25kg

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

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 PANE** (100g)

Irresistible



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



9⁹⁹
ea. **IRRESISTIBLE WHITE SHRIMP** (100g)



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** (100g)



6⁹⁹
ea. **PILLARS PEPPERONI** (100g)



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



9⁹⁹
ea. **BALDERSON CHEDDAR** (100g)



7⁹⁹
ea. **SANTITAS OLIVES** (100g)



4⁹⁹
ea. **LA BELLE CREATIONS** (100g)



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



7⁹⁹
ea. **MONSIEUR GUSTAV** (100g)



5⁹⁹
ea. **GARDEN FRESH** (100g)



5⁹⁹
ea. **O'SOLE MIO** (100g)



6⁹⁹
ea. **FRESH 2 GO** (100g)



16⁰⁰
ea. **FRESH 2 GO** (100g)



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

!! **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. McCafé INSTANT COFFEE PODS SELECTED VARIETIES	 12⁹⁹ ea. VAN HOUTTE COFFEE CAPSULES SELECTED VARIETIES	 4⁹⁹ ea. PEARL MILLING PECAN 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 POULTRY SELECTED VARIETIES	 2⁹⁹ ea. MINUTE RICE SELECTED VARIETIES
 1⁹⁹ ea. GREEN GIANT CAN VEGETABLE 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. TROPICANA NUTS SELECTED VARIETIES	 4⁹⁹ ea. ONVILLE REHEARSAL POPPING CORN SELECTED VARIETIES	 14⁹⁹ ea. MR. BEAST MINI STICKS SELECTED VARIETIES	 2⁹⁹ ea. REALME JUICE SELECTED VARIETIES
 2⁹⁹ ea. SOBEYS CAKES SELECTED VARIETIES	 12⁸⁹ ea. ATHLETIC BREWING CO. NON-ALCOHOLIC BEER SELECTED VARIETIES	 3⁹⁹ ea. CHIPS AHOY COOKIES SELECTED VARIETIES	 2⁹⁹ ea. WHEAT THINS CRACKERS SELECTED VARIETIES
 7⁶⁹ ea. CLEARLY CANADIAN SPARKLING WATER SELECTED VARIETIES	 3⁵⁹ ea. C4 ENERGY DRINKS SELECTED VARIETIES	 4⁹⁹ ea. PHILADELPHIA CREAM CHEESE SELECTED VARIETIES	
 4⁹⁹ ea. KIT KAT GOLD SELECTED VARIETIES			

Non-GMO

MADE GOOD

Granola Bars

12/10

449

ea.

MADE GOOD

Granola Bars

12/10

449

ea.

KEEN

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849

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SKINNY POP

POPCORN

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399

ea.

Plant-Based

PLANT

PLANT UP

PROTEIN ENTREES

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799

ea.

LY!

OATLY OAT BEVERAGES

12/10

499

ea.

NEAL BROTHERS

PASTA SAUCE

12/10

899

ea.

Daiya

DAIYA PIZZA

12/10

999

ea.

Organic

BOY'S RED MILL

ORGANIC

12/10

999

ea.

NUTIVA

COCONUT OIL

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1699

ea.

PACIFIC FOODS

CHICKEN BROTH

12/10

799

ea.

COVE SODA

12/10

249

ea.

CAPILANO

MANUKA HONEY

12/10

1399

ea.

HUMBLE

POTATO CHIPS

12/10

449

ea.

KEURIG

KEURIG COFFEE CAPSULES

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1399

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149

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PAMPERS BABY WIPES

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ea.

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149

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MAISON MARTIN MARGIELA

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