

VERSION 1



STRAWBERRIES
PUNNET (WGT 1.125 LBS)

2⁹⁹

ea.



BELLE GROVE
WHOLE WHITE OR CREAM MUSHROOMS (12)

1⁹⁹

ea.



THE LITTLE POTATO CO.
BABY POTATOES
NET WT. 1.125 LBS

2⁹⁹

ea.



Attitude
SPRING MIX
NET WT. 1.125 LBS

12⁹⁹

ea.



FRESH VEGETABLE OR
FRUIT ASSORTMENT
NET WT. 1.125 LBS

125

points



FRESH VEGETABLE OR
FRUIT ASSORTMENT
NET WT. 1.125 LBS

125

points



Boost
HIGH PROTEIN
HYPERPROTEIN



Ensure
HIGH PROTEIN
HYPERPROTEIN

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

 SELECTA LARDERS CHICKEN MARINATED BARS OR CRISPY BREADED CHICKEN 120g	 82 100% chicken 100% chicken	 CASTELLO HAMLET MARINATED BARS OR CRISPY BREADED CHICKEN 120g	 CASTELLO HAMLET MARINATED BARS OR CRISPY BREADED CHICKEN 120g	 FRESH 'N GO CHICKEN MARINATED BARS OR CRISPY BREADED CHICKEN 120g
6.99 ea.	9.99 ea.	7.99 ea.	7.99 ea.	19.99 ea.
SELECTA LARDERS CHICKEN MARINATED BARS OR CRISPY BREADED CHICKEN 120g	LARGE SALADS 100% chicken 100% chicken	CASTELLO HAMLET MARINATED BARS OR CRISPY BREADED CHICKEN 120g	CASTELLO HAMLET MARINATED BARS OR CRISPY BREADED CHICKEN 120g	FRESH 'N GO CHICKEN MARINATED BARS OR CRISPY BREADED CHICKEN 120g

[illegible]

85 percent b. water
bubby mini

NEW
bubby mini

COCA-COLA OR CANADA DRY SODA DRINKS
NESTLE COCA TEA
100% NATURAL FLAVORED WATER
bubby mini

Coca-Cola
100% NATURAL FLAVORED WATER

349 ea.

6.99 ea.

[illegible]

I learn with **moi** rewards

125 **6.99**
ea. **\$1** bonus on 1st purchase
Mellin's Baby Food
Mellin's Baby Food
Mellin's Baby Food

125 **5.99**
ea. **\$1** bonus on 1st purchase
Lactogen Lactogen Protein
Lactogen Lactogen Protein

130 **2.99**
ea. **\$1** bonus on 1st purchase
Nature Valley Cereals
FruitFlations
Cinnamon Rolls

We reserve the right to limit quantities.
 DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
 SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.

Visit us at: metro.ca
 Give us your opinion for a chance to
WIN \$1,000 in groceries

[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



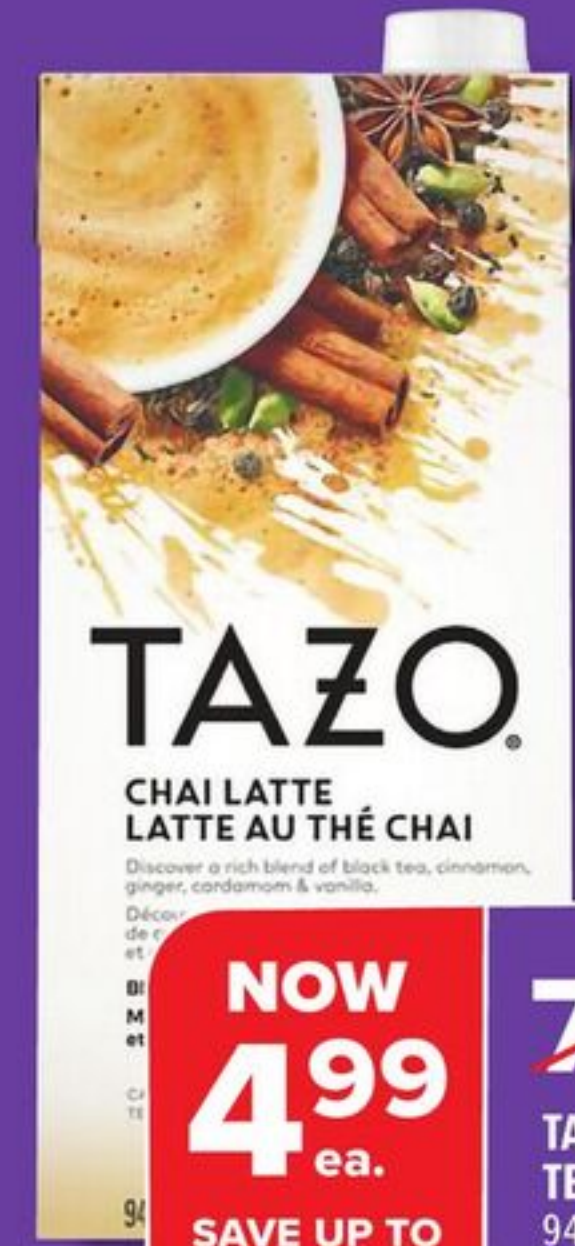
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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 PLUMS
PRODUCT OF CHINA
8.80kg



1⁹⁹
/lb

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



2⁴⁹
ea.

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
8.80kg



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS
175g



1⁹⁹
/lb

LARGE RED PRINCE APPLES
PRODUCT OF MEXICO
4.70kg



5⁹⁹
ea.

CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL



3⁸⁸
ea.

GOOD LEAF MICROGREENS 11g
SELECTED VARIETIES



4⁹⁹
ea.

WILD WONDERS SWEET PEPPERS
30g, PRODUCT OF MEXICO



3⁹⁹
/lb

DOLE CLEMENTINES
PRODUCT OF CHINA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.

SNOW ON SUGAR SHIP PEAS 175-200g



3⁴⁹
ea.

DOLE GARDEN OF EATIN' SALAD
COURTUSAL COUSCOURT
PRODUCT OF U.S.A.



5⁹⁹
ea.

RED GRAPEFRUIT 1g
PRODUCT OF U.S.A.



3⁹⁹
ea.

UNSEASONED CROQUETTES
SELECTED VARIETIES



4⁹⁹
ea.

UNSEASONED WHOLE NATURAL ALMONDS OR WALNUT HALVES & PEICES 100g



4⁹⁹
ea.

LIFE SMART ORIGINAL GROUND ROUND 200g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 1.1L
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 1g
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 DELI FRUIT SALAD 100g



3⁹⁹
ea.

MELON CRISPES 100-125g
MINI SALADS 100-125g
TOMATO CINE PESTO SALAD 100g

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

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
20.64kg

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
1/2 lb
PORK BACK RIBS
FRESH MEAT
20.64kg

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
1/2 lb
PUB STYLE CHICKEN WINGS
FRESH MEAT
20.64kg

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
1/2 lb
BEEF BURGERS
FRESH MEAT
20.64kg

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 (10)



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
12.27kg



7⁹⁹
ea.

WONG WING
ENTRÉES
12.27kg



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
12.27kg



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE FILLETS
12.27kg

125
points

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

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



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

649 ea.
80 points



TWO GOOD
YOGURT
500g 100% GREEK
YOGURT
SELECTED VARIETIES

499 ea.



McCAFE
GROUND COFFEE
250g 100% ARABICA
COFFEE
SELECTED VARIETIES

1699 ea.



Timothy's
COFFEE CAPSULES
300 100% ARABICA
COFFEE
SELECTED VARIETIES

1999 ea.



On the Border
CANNED FRUIT
300g 100% FRUIT
SELECTED VARIETIES

299 ea.



BEN'S
STREET FOOD / CUISINE DE RUE
250g 100% NATURAL
SELECTED VARIETIES

599 ea.



CHEF BOYARDEE
MEAL
250g 100% NATURAL
SELECTED VARIETIES

249 ea.



LE MONDE
SALAD DRESSING
250g 100% NATURAL
SELECTED VARIETIES

399 ea.



BERTOLLI
PESTO SAUCE
250g 100% NATURAL
SELECTED VARIETIES

499 ea.



TACO
SEASONING
250g 100% NATURAL
SELECTED VARIETIES

99c ea.



EGGOS
WAFFLES
250g 100% NATURAL
SELECTED VARIETIES

349 ea.



STOK
COFFEE BEVERAGE
250g 100% NATURAL
SELECTED VARIETIES

899 ea.



Knorr
STOCK UP ON KNORR
& EARN moi REWARDS

100 moi points
when you buy any
8 Knorr participating
products

229 ea.
199 ea.



POCKETS
PIZZA POKETS
250g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

99c ea.



Knorr
SOUP ENVELOPES OR
BOUILLON CUBES
250g 100% NATURAL
SELECTED VARIETIES

199 ea.



MICHELINA'S
PROTEIN MEAL
250g 100% NATURAL
SELECTED VARIETIES

399 ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

90 points



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

399 ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

499 ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

499 ea.



GARDEN OF EATIN'
SOYBEAN BUTTER
250g 100% NATURAL
SELECTED VARIETIES

399 ea.
50 points



GARDEN OF EATIN'
SOYBEAN BUTTER
250g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TETLEY
TEA
250g 100% NATURAL
SELECTED VARIETIES

449 ea.
100 points



QUAKER
OATS
250g 100% NATURAL
SELECTED VARIETIES

399 ea.
100 points



SUNNY D
ORANGE JUICE
250g 100% NATURAL
SELECTED VARIETIES

279 ea.
40 points



SNAPPLE
BERRY BLAST
250g 100% NATURAL
SELECTED VARIETIES

199 ea.
30 points



MARS
CHOCOLATE BARS
250g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



UNICO
SOLID LIGHT TUNA
250g 100% NATURAL
SELECTED VARIETIES

199 ea.
60 points



MARY'S ORGANIC
THIN CRUST PIZZA
250g 100% NATURAL
SELECTED VARIETIES

599 ea.
70 points



ORGANIC MEADOW
YOGURT
250g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



McVITIE'S
COOKIES
250g 100% NATURAL
SELECTED VARIETIES

549 ea.
70 points



SUN MAID
RAISINS
250g 100% NATURAL
SELECTED VARIETIES

399 ea.
60 points

FLAVOURS
OF
Holi
CELEBRATE THE FESTIVAL OF COLOUR

CELEBRATE THE FESTIVAL OF COLOUR



GREAT TASTE LESS SUGAR



FANTA
zero sugar
orange

12 PACK



FANTA
zero sugar
orange

NATURALLY FLAVOURED
DIETETIC BEVERAGE

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

100% NATURAL FLAVORS



zevia
ZERO CALORIE SODA

BLACK CHERRY

100% NATURAL FLAVORS

749
ea.

ZEVIA ZERO CALORIE SODA
12 x 355 mL
SELECTED VARIETIES

749
ea.

SODASTREAM
PEPSI OR 7 UP ZERO
WATER DRINKERS
640 mL
SELECTED VARIETIES



7up
ZERO SODA
LIME FLAVOR

sodastream

DRIVE MIX
MELANGE POUR VOIR
MIXE POUR VOIR



PEPSI
ZERO SODA
LIME FLAVOR

sodastream

DRIVE MIX
MELANGE POUR VOIR
MIXE POUR VOIR

749
ea.



HOOTMAN'S
Chocolate

NO SUGAR ADDED
SANS SUCRE AJOUTÉ

CHOCOLAT



HOOTMAN'S
Chocolate

NO SUGAR ADDED
SANS SUCRE AJOUTÉ

CHOCOLAT

299
ea.

HOOTMAN'S
NO SUGAR ADDED COOKIES
142 x 220 g
SELECTED VARIETIES



Simply Pudding
KETO PUDDING CETO

SUGAR FREE
SANS SUCRE

0g
4g
20g

VANILLA
VANILLE

NET WT / POIDS NET
48 g / 1.7 oz



Simply Pudding
KETO PUDDING CETO

SUGAR FREE
SANS SUCRE

0g
4g
20g

VANILLA
VANILLE

NET WT / POIDS NET
48 g / 1.7 oz

349
ea.



McSWEENEY'S
ZERO SUGAR / SUCRE
JERKY

100% MEAT - DÉBOUF

BEEF - BŒUF

SELECTED SIZES
SELECTED VARIETIES



McSWEENEY'S
ZERO SUGAR / SUCRE
JERKY

100% MEAT - DÉBOUF

BEEF - BŒUF

SELECTED SIZES
SELECTED VARIETIES

599
ea.

RED BULL ZERO
ENERGY DRINKS
12 x 355 mL
SELECTED VARIETIES



Red Bull
ZERO

4 PACK



Red Bull
ZERO

4 PACK

999
ea.



youtheory
B12 B6

100% NATURAL FLAVORS



youtheory
B12 B6

100% NATURAL FLAVORS

1999
ea.

YOU THEORY
SUPPLEMENTS
60 ct
SELECTED VARIETIES



Splenda
NATURAL SWEETENERS

100% NATURAL FLAVORS



Splenda
NATURAL SWEETENERS

100% NATURAL FLAVORS

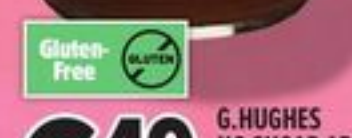
749
ea.

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



Hugoboss
ORIGINAL

100% NATURAL FLAVORS



Hugoboss
ORIGINAL

100% NATURAL FLAVORS

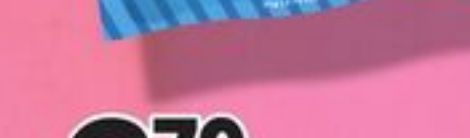
649
ea.

HUGOBOSSE
6. HUGOBOSSE
NO SUGAR ADDED
SANS SUCRE
100 g
SELECTED VARIETIES



pur
GUM

ASPARTAME FREE



pur
GUM

ASPARTAME FREE

379
ea.

PUR GUM
100% NATURAL FLAVORS
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
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR
250 g
SELECTED VARIETIES

7⁹⁹
ea.



THE COUNTY BOUNTY
SODA
355 ml
SELECTED VARIETIES

2 for
5⁰⁰



O'HARA SUGAR
MAPLE SYRUP
500 ml
SELECTED VARIETIES

13⁹⁹
ea.



REID'S
ICE CREAM
1.5 L
SELECTED VARIETIES

5⁹⁹
ea.



SPRAGUE
BAKED BEANS
398 ml
SELECTED VARIETIES

1⁹⁹
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 (DN, OC, Pacific, BC, YT, NT, Nunavut, AB, SK, MB, Atlantic, PEI, NS, NB, NL) Plus, one (\$175,000 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.



YORKSHIRE VALLEY FARMS



1 KG



ORGANIC CHICKEN POT PIE

PÂTÉ AU POULET BIOLOGIQUE

700 g

NON-GMO GRAIN FEED
NOURRI À DES GRAINS SANS OGM

PESTICIDE AND HERBICIDE FREE
SANS PESTICIDES ET SANS HERBICIDES

RAISED WITHOUT ANTIBIOTICS
ÉLEVÉ SANS L'USAGE D'ANTIBIOTIQUES

NO ANIMAL BY-PRODUCTS
SANS SOUS-PRODUITS ANIMAUX



ORGANIC CHICKEN BREAST FILLETS

UNCOOKED, SEASONED & BREADED
100% MEAT PROTEIN

RAISED WITHOUT ANTIBIOTICS
NO CHEMICALS, PESTICIDES OR HERBICIDES
NON-GMO

480 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