VERSION A

metro

mmm

5.44 /lb or ea.

Lean Ground Beef Value Pack 454–908g
Lean Ground Extra Lean Ground Chicken or Turkey 454–1.36kg
Bœuf haché maigre ou extra maigre ou dinde ou poulet maigre 454–1.36kg
Bœuf haché maigre ou extra maigre Mexico 454–1.36kg
Pavo o pollo molido extra magro Mexico 454–1.36kg

PRIMO

Primo Pasta
All or Whole Wheat
Spaghetti
Pâtes Primo
Blé entier ou blanc
Spaghetti
Pasta Primo
Trigo entero o blanco
Espagueti
1.25 ea.

3.49 ea.

Regular Coca-Cola Soft Drinks
Boissons gazeuses régulières Coca-Cola
Refrescos regulares Regular Coca-Cola
1.75 litre or 2 litre bottles

Lassonde

Juice
Refrigerated Juice
Jus réfrigéré
Jugo Refrigerado
Jugo refrigerado
3.88 ea.

Nestlé

Real Dairy Ice Cream or Sherbet
Crème glacée ou Sorbet Real Dairy
Helado o Sorbete Real Dairy
Cones glace ou Sticks Cônes ou Bâtons
Conos o Barras Helados Cones or Sticks
4.97 ea.

Effective February 5 6 7 8 9

TH	FR	SA	SU	MO	TU	WE
5	6	7	8	9	10	11

Valid from February 5 to February 11, 2026

VERSION A

metro

More freshness, more savings.

MMMAZING! days

mmmAZING! days

7.99 ea.

Prime Buffalo Wings or Prime Chicken Strips
Ailes de poulet Prime Buffalo ou Lanières de poulet Prime
Frozen product, sold in a pattern that may be equally sized pieces or assortment of sizes
Produit congelé, vendu en pattern, morceaux de grandeur égale ou assortiment de grandeurs

Fresh Sockeye Fillet or Tilapia Fillet Value Pack
Filet de saumon rouge ou Filet de tilapia Value Pack
Wild-Caught
Sauvage
Product of Canada, Alaska, Chile
Produit du Canada, Alaska, Chili

9.99 /kg
4.50 ea.

Sous-vide Ready-to-eat or can be cooked sous-vide
Prêt-à-manger ou à cuisiner sous-vide
Product of Canada, Alaska, Mexico, Wild-Caught
Produit du Canada, Alaska, Mexique, Sauvage

2.99 /100 g

Artisan Ham Black Forest or Bavarian Cheddar
Jambon Artisan Black Forest ou Cheddar bavarois
Product of Canada, Wild-Caught Sockeye or Tilapia Fillet
Produit du Canada, Saumon rouge sauvage ou Filet de tilapia

4-DAY MEAL DEAL

FEBRUARY 5TH – FEBRUARY 8TH, 2026

YOUR CHOICE 11.99 ea.

16" X-Large Pepperoni & Cheese Pizza
Pizza géante 16" pepperoni et fromage
Product of Canada
Produit du Canada

Chicken Caesar Salad
Salade au poulet César
Product of Canada
Produit du Canada

10 Chicken Wings or
10 Chicken Strips or
10 Chicken Bites
10 ailes de poulet or
10 lanières de poulet or
10 bouchées de poulet

Assorted California Cookies or
California Roll Variety Pack
Biscuits californiens assortis ou
Rouleaux californiens variété
Product of Canada
Produit du Canada

Hot Whole 1000 Mammoth Chicken
Product of Canada
Poulet géant entier barbecue chaud
Produit du Canada

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mmmAZING! days

Kraft

7.99 ea.

Taco Bell Cheesy Double Decker Taco 156 g
Taco Bell Crunchwrap Supreme 454 g
Taco Bell Cheesy Double Decker Taco 156 g
Crunchwrap Supreme ou double au fromage

Taco Bell Sauce
Sauce Taco Bell
Salsa Taco Bell
Salsa Taco Bell
Salsa Taco Bell
Salsa Taco Bell

2.99 ea.

1.25 ea.

Taco Bell Seasoning 35 g
Assaisonnement Taco Bell 35 g

5.49 ea.

Taco Bell Dip 454 g
Trempette Taco Bell 454 g
Taco Bell Dip 454 g
Trempette Taco Bell 454 g

4.99 ea.

Taco Bell Kit de Cantina Bowl
Taco Bell Cantina Bowl Kit 385 g
Taco Bell Cheesy Burrito Supreme 454 g
Taco Bell Cheesy Burrito Supreme 454 g
Taco Bell Kit de Cantina Bowl
Taco Bell Cantina Bowl Kit 385 g
Taco Bell Cheesy Burrito Supreme 454 g
Taco Bell Cheesy Burrito Supreme 454 g

McCain

4.49 ea.

McCain Fries
Frites McCain
Frites McCain, Harvest Cut, Frites McCain

7.49 ea.

McCain Pommes de terre
McCain Potatoes 1.36 kg
McCain Pommes de terre
McCain Potatoes 1.36 kg

5.99 ea.

McCain Dough Delicious
McCain Dough Delicious 454 g
McCain Dough Delicious
McCain Dough Delicious 454 g

7.99 ea.

McCain Pockets
McCain Pockets 454 g
McCain Pockets
McCain Pockets 454 g

4.99 ea.

McCain Tastiez
McCain Tastiez 454 g
McCain Tastiez
McCain Tastiez 454 g

Advantage

3.49 ea.

Post Cereal
Céréales Post
Cereals Post
Céréales Post

2.99 ea.

Dole Fruit Cup
Coupe de fruits Dole
Dole Fruit Cup
Coupe de fruits Dole

3.99 ea.

Heinz Ketchup
Ketchup de tomates Heinz
Heinz Ketchup
Ketchup de tomates Heinz

9.99 ea.

Tetley Tea Bag
Sachets de thé Tetley

2.49 ea.

Chef Boyardee
Chef Boyardee 425 g
Boyardee Chef
Boyardee Chef 425 g

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mmmAZING! days

Mondelēz International

4.99 ea. Mondelēz Family Size Candies: Oreo Cakesters, Oreo Bits-Bites Mini Mix, Ritz Drizzled Minis, Triscuit Crispers or Sour Patch Kids Twizzlers Bite Size Candies Zone

2.99 ea. Mondelēz Family Size Candies: Oreo Cakesters, Oreo Bits-Bites Mini Mix, Ritz Drizzled Minis, Triscuit Crispers or Sour Patch Kids Twizzlers Bite Size Candies Zone

2.99 ea. Mondelēz Family Size Candies: Oreo Cakesters, Oreo Bits-Bites Mini Mix, Ritz Drizzled Minis, Triscuit Crispers or Sour Patch Kids Twizzlers Bite Size Candies Zone

HERSHEY'S

2.99 ea. Twizzlers Candy Bite Size Candies Twizzlers twists torsades

4.99 ea. Hershey's Reeses minis Milk Chocolate Bite Size Candies

5.49 ea. Hershey's Reese's Milk Chocolate Bite Size Peanut Butter Cups or Reese's Milk Chocolate Bite Size Peanut Butter Cups

2.99 ea. Hershey's Reese's Cup Crush Milk Chocolate Bar

1.99 ea. Hershey's Reeses Milk Chocolate Bar

FLORA Food Group

8.49 ea. Becel Margarine Original or Becel Oil Oil Margarine Blend

5.99 ea. Imperial Margarine Original or Imperial Margarine Imperial Blend

2.99 ea. Imperial or Becel Margarine Tub Value or Imperial Butter Tub Value or Imperial or Becel Margarine Tub Value or Imperial Butter Tub Value

Arla

$1 bonus points* 125 points

5.99 ea. Tre Stelle Mini Bocconcini Cheese or Mini fromage bocconcini Tre Stelle

7.99 ea. Tre Stelle Traditional Feta or Tre Stelle Mozzarella Triangles

$1 bonus points* 125 points

9.99 ea. Tre Stelle Bocconcini Cheese or Tre Stelle Mozzarella Triangles

$2 bonus points* 250 points

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mmmAZING! days

Johnsonville

Johnsonville Smoked Sausages
Saucisses pour fumer Johnsonville
Assorted Flavours
Variétés

5.99 ea.

Johnsonville Dinner Sausages
Saucisses pour dîner Johnsonville
Assorted Flavours
Variétés

5.99 ea.

Johnsonville Breakfast Sausages
Saucisses pour déjeuner Johnsonville
Assorted Flavours
Variétés

4.99 ea.

Summer Fresh

Summer Fresh Tzatziki
Tzatziki Summer Fresh
500 g

2.99 ea.

Summer Fresh Hummus or Dips
Hummus ou trempettes Summer Fresh
Assorted Flavours
Variétés

2.99 ea.

Summer Fresh Salsa
Salsa Summer Fresh
Assorted Flavours
Variétés

3.99 ea.

Summer Fresh Dip
Trempette Summer Fresh
Assorted Flavours
Variétés

7.49 ea.

Summer Fresh Salad
Salade Summer Fresh
Assorted Flavours
Variétés

9.99 ea.

Summer Fresh Salad
Salade Summer Fresh
Assorted Flavours
Variétés

4.49 ea.

Invisible

Invisible Mini Muffins
Mini muffins Invisible
Assorted Flavours
Variétés

4.99 ea.

Invisible Muffins
Muffins Invisible
Assorted Flavours
Variétés

4.99 ea.

FGF

Santosh Naan
Naans Santosh
Assorted Flavours
Variétés

1.99 ea.

Stonefire Pizza
Pizza Stonefire
Assorted Flavours
Variétés

3.99 ea.

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mmmazing! days

7.99 ea.

7.99 ea.

15.99 ea.

3.99 ea.

5.49 ea.

Gluten-Free

5.49 ea.

3.99 ea.

8.49 ea.

Vegetarian

4.99 ea.

2.49 ea.

29.99 ea.

5.99 ea.

Non-GMO

5.99 ea.

10.99 ea.

5.99 ea.

5.99 ea.

3.99 ea.

2.99 ea.

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

moi rewards

SAVE BIG IN THE APP

Add your coupons in the Metro app today.

THIS WEEK'S DEALS:

Only until February 11, 2026, in-store or online

NOW 4.99 ea. SAVE UP TO $3 — 7.99* ea. ESKA NATURAL SPRING WATER 24 x 500 ml

NOW 3.49 ea. SAVE UP TO $2 — 5.49* ea. PEARL MILLING PANCAKE MIX OR SYRUP 905 g · 710 ml SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $2 — 5.99* ea. McSWEENEY'S BEEF JERKY SNACKS 70 - 85 g SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $1.50 — 4.49* ea. CADBURY FINGERS 114 g SELECTED VARIETIES

NOW 6.00 ea. SAVE UP TO $2 — 8.00* ea. FRESH 2 GO FETTUCCINE ALFREDO 300 g

NOW 4.99 ea. SAVE UP TO $2 — 6.99* ea. SEEDLESS NAVEL ORANGES PRODUCT OF EGYPT OR SOUTH AFRICA 3 lb

NOW 3.99 ea. SAVE UP TO $3.50 — 7.49* ea. AXE HAIR CARE, BODY WASH OR DEODORANT SELECTED SIZES SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moiID account. Limit of one coupon redemption with a moiID 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.*

Farm Fresh Produce

1.99 /lb — Large Red Delicious Apples
Pommes Delicieuses Rouges Grosses
Product of Canada / Produit du Canada

3.99 ea. — Blackberries
Mûres
Product of Mexico / Produit du Mexique

4.99 ea. — Cauliflower
Chou-fleur
Product of Canada / Produit du Canada

2.49 ea. — Yellow Cactus or Assorted Colour Lemons
Citrons Cactus ou Assortis Couleurs
Product of Canada / Produit du Canada

4.99 ea. — Large Watermelon or Mini Seedless Watermelon
Grosse pastèque ou Mini pastèque sans pépins
Product of Canada / Produit du Canada

2.99 /lb — Large Cara Cara Oranges
Grosses oranges Cara Cara
Product of Canada / Produit du Canada

1.69 /lb — Sweet Potatoes
Patates douces
Product of Canada / Produit du Canada

4.49 ea. — Attitude Organic Baby Spinach 142 g
Attitude Épinards biologiques 142 g
Product of Canada / Produit du Canada

JUMBO

5.99 /lb — Jumbo Cherry Tomatoes
Tomates cerises Jumbo
Product of Canada / Produit du Canada

4.99 ea. — Mini Cucumbers or Cherry Bliss 454 g
Mini concombres ou Cerises Bliss 454 g
Product of Canada / Produit du Canada

3.49 ea. — Mini Carrots Sweet and Colourful Collection 340 - 397 g
Mini carottes Douces et colorées
Product of Canada / Produit du Canada

3.79 ea. — Birds Eyes Mushrooms Garden 312 g
Champignons Jardin Birds Eyes
Product of Canada / Produit du Canada

Organic

3.99 ea. — Organic Canada No. 1 Carrots 2 lb
Carottes Canada No. 1 biologiques 2 lb
Organic Yellow Onions 3 lb
Oignons jaunes biologiques 3 lb
Product of Canada / Produit du Canada

5.99 ea. — Organic Russet or Yellow Potatoes 10 lb
Pommes de terre biologiques Russet ou jaune
Product of Canada / Produit du Canada

7.99 ea. — Organic Medjool Dates 454 g
Dattes Medjool biologiques 454 g

4.99 ea. — Organic Clementines 907 g
Clémentines biologiques 907 g
Product of Spain / Produit de l'Espagne

Valentine's Day Blooms

NEW

14.99 ea. — Orchid
Orchidée
Product of Canada / Produit du Canada

39.99 ea. — Anthurium Assorted Arrangement
Anthurium Arrangement assorti
Product of Canada / Produit du Canada

16.99 ea. — Fresh Cut Tulips
Tulipes fraîches coupées
Product of Canada / Produit du Canada

NEW

29.99 ea. — Orchids
Orchidées
Product of Canada / Produit du Canada

GAME DAY ESSENTIALS

5 PK

4.99 ea. — Mini Bell Peppers Mix 454 g
Mini poivrons cloches Mix 454 g
Product of Canada / Produit du Canada

Fresh Vegetable Platter 1 kg
Assiette de légumes frais 1 kg
Fresh Vegetable Carnival 1 kg
Carnaval de légumes frais 1 kg
Fresh Vegetable Platter 1 kg with Dip 1 kg
Assiette de légumes frais 1 kg avec trempette 1 kg
Fresh Vegetable Platter 1 kg with Dip 1 kg
Assiette de légumes frais 1 kg avec trempette 1 kg
Product of Canada / Produit du Canada

12.99 ea.

RUSSET

5 lb

3.99 ea. — Russet Potatoes
Pommes de terre Russet
Product of Canada / Produit du Canada

4.99 ea. — Roma Tomatoes 454 g
Tomates Roma 454 g
Product of Canada / Produit du Canada

3.99 /lb — Red Jalapeno Peppers
Piments Jalapeño rouges
Product of Canada / Produit du Canada

1 Kit

5.99 ea. — Bengal Spice Mix 50 - 57 g
Mélange épicé Bengal 50 - 57 g
Product of Canada / Produit du Canada

4.99 ea. — Assorted Mini Bell Peppers Stuffed Snacks 454 g
Assortiment de mini poivrons cloches farcis à ce 454 g
Product of Canada / Produit du Canada

5.99 ea. — Brandt's Hummus 500 - 550 g
Hummus Brandt's
Product of Canada / Produit du Canada

4.99 ea. — Lantana Hummus 454 g
Hummus Lantana 454 g
Product of Canada / Produit du Canada

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Metro loves Canadian food
Growing, harvesting, producing – Metro is a proud supporter of Canadian agriculture & celebrates all the hard work that goes into the food we enjoy, every day.
CANADA'S
AGRICULTURE
DAY FEBRUARY 11
You can support and honor Canadian agriculture and food in various ways.
#CdnAgDay

Our Butcher's Finest

Beef Grill Bundle Sampling
Beef Cuts
Bundle
Sélection de bœuf à griller
Assortiment de coupes de bœuf
8.77kg
8.77 kg

8.99 /lb

CUT BY OUR BUTCHERS

Beef Grill Bundle Sampling Beef Cuts Bundle Sélection de bœuf à griller Assortiment de coupes de bœuf 8.77kg / 8.77 kg

18.99 /lb

GRAIN FED

Bandeau Bifteck Strip
Grain Fed Boneless Strip Steak
Bifteck de côte désossé
Nourri au grain
18.99/kg

3.99 /lb

Fresh Pork Shoulder Blade Chops Value Pack
Value Pack
Côtelettes d'épaule de porc Fraîches en emballage économique
3.99/kg

12.99 /lb

Organic

VOERSCHOW Free to Fly Farms

Voerschow Farms Farms Organic
Fresh Boneless Farms Organic Chicken Breast
Poitrine de poulet de volaille fraîche de ferme Organic
28.66/kg

20.99 /lb

BATAILLE

Organic certified by Ecocert SA FR-BIO-01
Contains no added hormones or antibiotics
Nourri sans ajout d'hormones ni d'antibiotiques
Vacuum Packed
Sous vide

Atlantic Seasoned Salmon Fillet Bundle
Saumon de l'Atlantique assaisonné en filet
Bundle
Sélection
Atlantic Salmon Fillet Bundle Sélection de Saumon Atlantique en filet
46.42/kg

5.99 /lb

Maple Leaf Prime Natural Antibiotic Free Boneless Skinless Chicken Breast
Poitrine de poulet de volaille sans os ni peau Prime Maple Leaf
Sans antibiotiques
15.22/kg

9.99 /lb

Fresh Breaded Chicken Breast Cutlets Value Pack
Value Pack
Escalopes panées fraîches de poitrine de poulet en emballage économique
Value Pack
22.02/kg

7.99 /lb

PRIME

Maple Leaf Prime Natural without Antibiotics Fresh Split Chicken Wings
Prime
Aile de poulet séparée de poulet Prime Maple Leaf Nourri sans antibiotiques
15.94/kg

Breakfast Favourites

4.99 ea.
Selection Bacon 375 g
Bacon Sélection 375 g
Limited Supply

4.99 ea.
Maple Leaf Prime Natural Antibiotic Free Breakfast Sausages or Bacon Value Pack 375 g
Saucisses de déjeuner ou bacon de Maple Leaf Prime sans ajout d'antibiotiques Value Pack 375 g

4.99 /lb
Legacy Processed Chub
Legacy Processed Chub
Rouleau de ham Legacy
Limited Supply
15.00/kg

7.99 ea.
Cavendish Potato Patties
Cavendish Pattes de pomme de terre Cavendish
Limited Supply

Comfort Meals

6.99 /lb
Innovations Artisan Gulf Shore Smoked Hot Links
Saucisses fumées Gulf Shore Innovations
Limited Supply
15.00/kg

9.99 ea.
Innovations Shepherd's Pie
Pâté chinois Innovations
Limited Supply

5.99 ea.
Innovations Pizza
Pizza Innovations
Limited Supply

6.99 ea.
Innovations French Onion Soup
Soupe à l'oignon Innovations
Limited Supply

ENTERTAINING ESSENTIALS

5.99 ea.
Brook's Bourbon Dills or Sweet Pickles
Cornichons au bourbon ou sucrés Brook's
Limited Supply

6.99 ea.
Garlic Mini Kaiser Rolls
Petits pains Kaiser à l'ail
Limited Supply

7.88 ea.
Wing Wing Chicken Wings
Ailes de poulet Wing Wing
Limited Supply

8.99 ea.
Montreal Pulled Pork or Pulled Chicken
Porc effiloché ou poulet à l'effiloché Montreal
Limited Supply

10.99 ea.
Schickel Turkey Burgers
Burgers de dinde Schickel
Limited Supply

19.99 ea.
PRIME RIB BEEF BURGERS
The Big Prime Rib Beef Burgers
Burgers de côte de bœuf The Big Prime Rib
Limited Supply

22.99 ea.
6 LB
Wendy's Tomato's Hamburger Buns
Pains à hamburger Wendy's
Limited Supply

39.99 ea.
50 COUNT
ANN SOKOLIN
Boar's Head Lunch Meats
Jambon d'espresso Boar's Head
Limited Supply

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Pre-Game Favourities

Huddle up with a delicious starting line-up of finger foods

12 | 473 ml CAN COLD

Coors LIGHT

COORS LIGHT 12x473ml CANS
SELECTED VARIETIES
27.99 EA.

LOBLAWS BRAND
LOBLAWS BRAND 100% BEEF BURGERS
6.99 EA.

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES
11.99 EA.

MINI FOOTBALL SHAPED PIZZA BITES
2 FOR
10.00

Irrésistible

ULTIMATE TV SNACKING FOR 2
MOZZARELLA
BEYOND PIZZA STICKS

Cheetos
Doritos
2.99 EA. CHEETOS OR DORITOS SNACKS SELECTED VARIETIES

LA CUCINA TORTILLA CHIPS
SELECTED VARIETIES
4.49 EA.

PLANTERS
4.49 EA. PLANTERS FLAVOURED CASHEWS 100 g SELECTED VARIETIES

9.99 EA. SUMMER FRESH LAYERED DIP 400 g SELECTED VARIETIES

PLANTERS TRAIL MIX
6.49 EA. PLANTERS TRAIL MIX BLEND 500 g

SMALL TUCS DIP 500 g
SOUR CREAM 250 g
SALSA 250 g
GUACAMOLE 213 g
5.99 EA.

LOBLAWS BRAND
7.49 EA. CARAMEL CHEESE BALL SELECTED VARIETIES

FRITOS 2 KIT TORTILLA CHIPS
CHILI CHEESE
SOUR CREAM & ONION
5.00 EA.

14.99 EA. MADE IN PROMOTION LINE
MADE IN CANADA
MASCARELLO ASSORTED CHARCUTERIE TRAY 500 g

You bring the crowd. We bring the pleasers.

Click here to place an order for party platters

Allergens: All Nuts cookie. Made in store or online

SERVES 12
44.99 EA. FRESH 2 KIT LOB TRAY WITH PEZODEL CHIPS

SERVES 12
64.99 EA. FRESH 2 KIT SUPER SNACK

SERVES 12
64.99 EA. FRESH 2 KIT MONTREAL STICK TRAY

Clear selected prices subject to change and exclude HST and deposit fees, which are added at checkout. Product items are available at select stores. Not valid on GC availability.

Halftime

Happy Hour

Enjoy the halftime show with assorted cold beers and ready-to-drink cocktails.

CORONA EXTRA 12 PACK CANS OR BOTTLES SELECTED VARIETIES
28.49 ea.

COORS ORIGINAL 12 PACK CANS OR BOTTLES SELECTED VARIETIES
27.99 ea.

BUD LIGHT 12 PACK CANS OR BOTTLES SELECTED VARIETIES
28.49 ea.

BEAR'S HEAD 6 PACK CANS
17.49 ea.

STEAM WHISTLE 6 PACK CANS SELECTED VARIETIES
18.99 ea.

CARLING KO 2.49 ea.

LAKER ICE 2.19 ea.

CLAMATO 1.36 L
14.49 ea. MOTT'S CLAMATO ORIGINAL OR CELERY SALT 1.36 L SELECTED VARIETIES

FOUNDER'S ORIGINAL TOXIC A COCKTAIL BOX SELECTED VARIETIES
22.49 ea.

VODKA SODA 6 x 355 mL
18.99 ea. CITYSIDE SPRINGS WATER SELECTED VARIETIES

BUSCH MALLET SELECTED VARIETIES
4.99 ea.

metro FRESH GO

4-Day Deal Feb. 5th-8th.

9.99 JUMBO SHRIMP PLATTER 16 OR 32 PC SELECTED VARIETIES

FROZEN 6 INCH PIZZA SELECTED VARIETIES
11.99 ea.

Molson Canadian 60 CANADIAN EAU DRAFT SELECTED VARIETIES
4.99 ea.

SAPPORO 660 mL
3.49 ea.

In The
Hunger Zone
Get game-day ready with a hearty mix of meat and seafood.
STORE MADE SMOKED SALSA SAUSAGE
5.99 lb.
FRONT STREET BAKERY SOFT PRETZEL BUNS
4.29 ea.
ALSO ON SALE
2.99 ea.
STORE MADE MEATBALLS
6.99 lb.
STUFFED PEPPERS
5.99 lb.
STORE MADE MINI SEAFOOD PLATTER
7.99 ea.
STORE MADE SEAFOOD CAPRESE WITH SAUCE
8.99 ea.
7.99 lb.
STORE MADE SEAFOOD SALADS
12.49 ea.
GROVI
15.99 ea.

Cheesy Delights

MADE WITH 1/2 LB CHEESE

$1 OFF 125 PTS

7.49 ea. — Front Street Bakery Extra Cheddar Cheese Bread 454 g / Pain au fromage extra cheddar Front Street Bakery 454 g

$1 OFF 125 PTS

5.99 ea. — Front Street Bakery Cheese Buns 6s 454 g / Brioches au fromage Front Street Bakery 454 g

6.99 ea. — Front Street Bakery Pizza Buns 6s 454 g / Petits pains pizza Front Street Bakery 454 g

Front Street Bakery
Our Absolute Finest

Front Street Bakery Cake Slices Assortment 454 g / Assortiment de tranches de gâteau Front Street Bakery 454 g

4.29 ea.

mix match

$2 OFF 250 PTS

11.99 ea. — Front Street Bakery Mini Cake Assortment 454 g / Assortiment de mini gâteaux Front Street Bakery 454 g

mix match 6

14.00 — Front Street Bakery Single Serve Desserts 6x 454 g / Desserts individuels Front Street Bakery 454 g

3.99 ea. — Premium Mexican Sandwich Bread 454 g / Pain à sandwich Premium Mexicain 454 g

8.99 ea. — Bake Shop Bakery Selection Cinnamon Rolls or Brownies 6s 454 g / Bake Shop Bakery Selection Cinnamon Rolls or Brownies 6s 454 g

7.99 ea. — Bake Shop Bakery Selection Bread Sticks or Garlic Cheese Bread 454 g / Bake Shop Bakery Selection Bâtonnets de pain or Pain au fromage à l'ail 454 g

$2 OFF 250 PTS

4.99 ea. — Front Street Bakery Burgerettes or Pan Bread 6s 454 g / Petits pains burgerettes or pain grillé Front Street Bakery 454 g

4.29 ea. — Front Street Bakery Cheese Rolls 6s 454 g / Petits pains au fromage Front Street Bakery 454 g

4.99 ea. — Mexicanos 10" Tortillas 454 g / Tortillas Mexicanos 10 po 454 g

4.99 ea. — Lactose-Free Pizza Crusts 2x 454 g / Croûtes de pizza sans lactose 2x 454 g

Deli Favourites

2.99 /100 g — Schwarz Dark Rye Sandwiched with Ham & Cheese 454 g / Seigle foncé Schwarz avec jambon et fromage 454 g

2.99 /100 g — Brandt Kielbasa Cut Smoked Pork Sausage 454 g / Saucisse de porc fumée Kielbasa Brandt 454 g

3.99 /100 g — Schwartz Bites Roasted Sliced Meats Assortment 454 g / Assortiment de viandes rôties tranchées Schwartz 454 g

5.99 /100 g — Lactose-Free Swiss Cheese 454 g / Fromage suisse sans lactose 454 g

8.99 ea. — Schwartz Pepperoni Sticks 454 g / Bâtonnets de pepperoni Schwartz 454 g

10.99 ea. — Schwartz Pepperoni Slices 454 g / Tranches de pepperoni Schwartz 454 g

7.99 ea. — Tre Stelle Mozzarella Ball 454 g / Boule de mozzarella Tre Stelle 454 g

7.99 ea. — Tre Stelle Ricotta 454 g / Ricotta Tre Stelle 454 g

5.99 ea. — Schwartz Kielbasa or Bacon Summer Sausage 454 g / Saucisse kielbasa or bacon de Schwartz 454 g

5.99 ea. — Sardo Olives in Antipasto 454 g / Olives en antipasto Sardo 454 g

6.99 ea. — Delicatessen Cheese 454 g / Fromage de charcuterie 454 g

7.99 ea. — Delicatessen Meat 454 g / Viande de charcuterie 454 g

5.99 ea. — Sabra Guacamole, Classic or Spicy / Guacamole Sabra classique ou épicé Sabra 454 g

NEW — **7.99** ea. — Buffalo Cauliflower Bites 454 g / Bouchées de chou-fleur Buffalo 454 g

4 PACK — **13.00** ea. — Bake Chic Mini Cheesecakes 4x 454 g / Petits fromages à la crème Bake Chic 4x 454 g

8 PACK — **15.00** ea. — Bake Chic Brand Bake Chicken or Pulled Pork Sliders 8x 454 g / Petits burgers à la poitrine de poulet or à l'épaule de porc Bake Chic 8x 454 g

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make happy tummies

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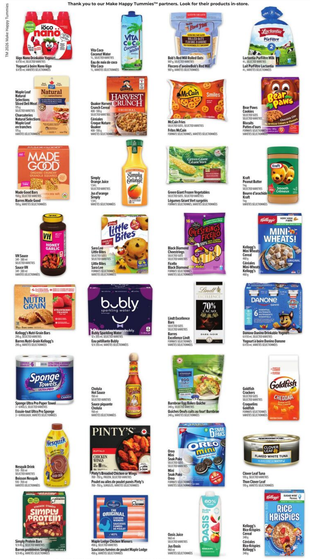
Thank you to our Make Happy Tummies™ partners. Look for their products in-store.

The 2026 Make Happy Tummies



Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

January 31 and February 7
We'll match up to $30,000 each day!

Metro Ontario Inc. will donate up to a maximum of $30,000 on each of the Match Fund days, January 31 and February 7, 2026 (to a cumulative of $60,000). Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

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$39.99

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FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

LUCKY KID OR TOY JASMINE RICE
2 kg
SELECTED VARIETIES
15.88 EA.

2.88 lb. FRESH GINGER
PRODUCE OF CHINA
0.36 kg

5.88 lb. FRESH PORK ROLLED RIBS OR BUTT FOR FREE PRICE
1.36 kg

9.99 EA. SAPORITO VEGETABLE OR CANOLA OIL
SELECTED VARIETIES

1.88 lb. GARDLE FUJI APPLES
PRODUCE OF JAPAN, CHINA OR CANADA EXTRA FANCY GRADE
0.45 kg

7.99 EA. NEW CASTLE TIGER SHRIMP
21 – 40 CT
FROZEN, 340 g

1.79 EA. GOLD SEAL SARDINES
SARDINES
SELECTED VARIETIES
125 g

8.99 EA. KIKKOMAN SAUCE
SELECTED VARIETIES

2.49 EA. LUCKY KID TEA BAGS
SELECTED VARIETIES

19.99 EA. FRONT STREET BAKERY CHOCOLATE FOAM BUTTER CAKE
675 g

16.99 EA. GERBERA BOUQUET
ASSORTED COLOURS

SAPPORO ICHIBAN OR LUCKY KID COCONUT MILK
SELECTED VARIETIES
355 g, 400 ml

1.29 EA.

99¢ EA. LUCKY KID OR SAPPORO ICHIBAN SUPER RAMEN SNACKS
SELECTED VARIETIES

3.99 EA. GOLDEN DRAGON SAUCE
SELECTED VARIETIES

3.99 EA. CASABLANCA BOTTLE COCKTAILS OR DRY ALOE DRINKS
SELECTED VARIETIES

1.69 EA. MONK'S SALAD OR SAPPORO ICHIBAN SUPER RAMEN SNACKS OR SUMMER OR MONSOON SNACKS
SELECTED VARIETIES
90 – 125 g

4.49 EA. FANKAY NOODLES
SELECTED VARIETIES
227 g

2.99 EA. LUCKY KID SEASONAL OYSTER OR MOUSSE SAUCE
SELECTED VARIETIES

7.99 EA. LEE & MAN SAUCE
SELECTED VARIETIES

2.19 EA. CARNATION MILK
SELECTED VARIETIES
354 ml

1.99 EA. SUN-BIRD SEASONINGS
SELECTED VARIETIES
25 – 40 g

26.99 EA. BRITA BRITA KITCHEN
SELECTED VARIETIES

Item availability varies by store.

FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE BASMATI OR GALLA PREMIUM RICE, ASSORTED 2KG OR CLEAR PARBOILED RICE 4.5 - 5KG
12.99 ea.
(SELECTED VARIETIES)

WHOLESTREET WHOLE NATURAL ALMONDS, WALNUTS, HAZELNUTS OR MIXED NUTS PIECES 200 g
4.99 ea.

WHOLE MEYD LOOSE, DATES1 BRANDS 1 KG - 1.5 KG
9.99 ea.

BRIANA'S GHEE SAVE 900 g
13.99 ea.

TANDOO CHICKEN BONELESS OR LEG PIECES FROZEN, 20 - 22 - 24g
8.99 ea.

BAKLESTES CAKES WHITE OR CHOCOLATE 900 g
19.99 ea.

JUMMY FRUIT ORGANIC DRIED MANGO 40 - 45 g, DRIED DATE 170 g
12.99 ea.

SAFFA OR MEDITA OR SAFFA OR BAKA CLEAN FLOUR 1 KG
4.99 ea.
(SELECTED VARIETIES)

SAFFA DATES
99.9 ea.
(SELECTED VARIETIES)

CASABLANCA HONEY, TEES TEA NOW, PREMIUM OR GOLD 1 - 1.5 KG
6.99 ea.
(SELECTED VARIETIES)

CHICKEN WHOLE FROZEN OR CHICKEN PIECES FROZEN, WHOLE
8.99 ea.

ROYAL DELIGHT SAMOSAS, MAAQI OR ROYAL DELIGHT SPICY CHICKEN SAMOSAS 20 - 50 g, 500 ml
3.49 ea.

CEDAR BEEF BEANS, BARLEY, BURGUL OR LENTILS 500 g
2.99 ea.
(SELECTED VARIETIES)

LUSHY SPRING ROLLS OR SAMOSAS 20 - 50 g
3.29 ea.
(SELECTED VARIETIES)

ALA-MAYSER OR CEDAR TAHINI OR PAGONIA ALL NUTS 500 g - 1 KG
8.99 ea.
(SELECTED VARIETIES)

DOUBLE WHEELS 1 x 2 kg
3.48 ea.

SAFFA SAMBOSA 200 - 250 g
1.79 ea.

PEARLY RUSK OR NATIONAL CUSTARD 200 - 300 g
1.79 ea.
(SELECTED VARIETIES)

SUNRISE FROZEN VEGETABLES 1 kg
1.79 ea.
(SELECTED VARIETIES)

ROSA SUPER OR SUNSHINE SAUCE 1 - 1.5 L
4.99 ea.
(SELECTED VARIETIES)

CEDAR BURGER OR PHILLYSTEEK CHICKEN, BEEF OR CHICKEN SAUSAGES OR CHICKEN WING LOLLIES 250 - 340 g
2.99 ea.
(SELECTED VARIETIES)

SUNRISE CHOCOLATE, VANILLA OR FRUITY FLAVOUR DRINKS 200 - 340 g
2.49 ea.
(SELECTED VARIETIES)

BEST MIXTURES, SPICYN MIXTURES OR BEST WAFFLE WAFFLES CREAM 15, 200 g, 150 ml
3.29 ea.
(SELECTED VARIETIES)

CEDAR MUSHROOMS, PICKLED OR CHOPPED OR LEAFY LEAVES 1 L
4.99 ea.
(SELECTED VARIETIES)

Item availability varies by store.

Seafood

13.99 ea. — **Fresh** Atlantic Salmon Fillets
Saumon de l'Atlantique frais en filets
Fresh Atlantic salmon fillets, 1.36 kg

18.00 ea. — Sushi Assorti Sushi Assortment
Sushis variétés
Sushi variety assortment, 1.4 kg — FAMILY PACK

3.99 ea. — Selection Cooked Cold Water Shrimp
Crevettes nordiques Selection cuites et refroidies
Cooked cold water shrimp, 227 g

7.99 ea. — La Boucanerie Smoked Sockeye Salmon
Saumon rouge fumé de la Boucanerie
Smoked sockeye salmon, 227 g

7.99 lb — Lucky Kwong Whole Tilapia
Tilapia entier Lucky Kwong
Whole tilapia, 1 kg

15.99 lb — Sea World Mango or BBQ Shrimp, Cooked Tiger Prawns
Crevettes tigres cuites Mangue ou sauce barbecue Sea World
Cooked tiger prawns, 1.36 kg

7.99 ea. — Mystic Harbor Mussel
Moules Mystic Harbor
Mussels, 1.5 kg

7.99 ea. — Mussel
Moules
Mussels, 1.5 kg

9.99 ea. — Cedar Box Canadian Lobster
Homard canadien
Whole, 454 g
Cedar Box Lobster Tail Tail de homard Cedar Box
Lobster tail, 454 g

13.99 ea. — Ocean Jewel Whole Mediterranean Sea Bass
Bar commun de la Méditerranée entier Ocean Jewel
Whole, 1 kg
$1 OFF PRICE — $13.99 ea. — $12.99 ea. — 125 POINTS — WHEN YOU ADD 2 ITEMS TO YOUR LOYALTY CARD

Irrésistible

6.99 ea. — Irrésistible Chicken Cordon Bleu
Cordon bleu irrésistible au poulet
Chicken cordon bleu, 1.2 kg

10.99 ea. — Irrésistible Cooked Shrimp Mix
Crevettes à la mode de chez nous
Cooked, 1.4 kg

10.99 ea. — Irrésistible Mini Garlic Bread Assortment
Assortiment de petites baguettes à l'ail
Mini garlic bread, 1.4 kg

10.99 ea. — Irrésistible Mini Beef Wellington
Bouchées de bœuf Wellington
Mini beef Wellington, 1.2 kg

Low Price Every Day

Selection Cream 946 ml, Selection Coffee Creamer 473 ml — NOW **3.99** ea.

Irrésistible Ground Coffee 340 g, Café Irrésistible moulu 340 g — NOW **10.99** ea.

Selection Cream Cheese Assortment, Fromage à la crème Selection — NOW **3.49** ea.

Selection Cream Cheese Assortment, Fromage à la crème Selection — NOW **2.49** ea.

Selection Jam 500 ml, Confiture Selection 500 ml — NOW **4.99** ea.

Selection Peanut Butter 1.36 kg, Beurre d'arachide Selection 1.36 kg — NOW **4.99** ea.

Life Smart Fruit Snack Assortment, Collation aux fruits Life Smart — NOW **2.99** ea.

Selection Pudding Cup 4 x 100 g, Coupes de pouding Selection 4 x 100 g — NOW **2.49** ea.

Selection Peanuts 700 - 750 g, Arachides Selection 700 - 750 g — NOW **4.99** ea.

Selection Cheese Assortment, Fromage Selection — NOW **3.49** ea.

Life Smart Naturally Flavoured Water 24 x 591 ml, Eau naturellement aromatisée Life Smart 24 x 591 ml — NOW **3.49** ea.

Selection Salsa 700 ml, Salsa Selection 700 ml — NOW **4.49** ea.

Selection Sparkling Water 12 x 355 ml, Eau pétillante Selection 12 x 355 ml — NOW **99¢**

Selection Mac & Cheese 206 - 225 g, Macaroni et fromage Selection 206 - 225 g — NOW **1.25** ea.

Selection Pasta Sauce 650 - 850 ml, Sauce pour pâtes Selection 650 - 850 ml — NOW **3.99** ea.

Selection Diced Tomatoes 540 ml, Tomates en cubes Selection 540 ml — NOW **1.79** ea.

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Parfani Pasta
CLASSICO
Pâtes, à l'exception de sans lactose, Villagio, 1 kg, 1 L ou 1 kg, 1 L, 1 kg, 1 L, 1 kg, 1 L,

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LAY'S PRINGLES CHIPS 184 – 200 g SELECTED VARIETIES 2.99 ea.

MISS VICKIE'S CHIPS 200 g – 220 g SELECTED VARIETIES 4.49 ea.

BUBLY SPARKLING WATER 12 x 355 ml MONTELLIER SHIRLEY PASSION FRUIT 10 x 750 ml SELECTED VARIETIES 2 for 14.00

SMARTFOOD POPCORN 125 g – 200 g SELECTED VARIETIES 5.49 ea.

HELLMANN'S

THE ULTIMATE GAME DAY LINEUP

HELLMANN'S MAYONNAISE 500 ml – 1 L 4.49 ea.

BRING HOME BIG GAME SNACKS

PRINGLES CHIPS 156 g – 200 g SELECTED VARIETIES 2.99 ea.

MOTT'S

CLAMATO Caesar

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MOTT'S CLAMATO THE ORIGINAL 1 L 3.49 ea.

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NURSE'S HOT SAUCE 355 ml SELECTED VARIETIES 6.99 ea.

TABASCO HOT SAUCE 150 ml SELECTED VARIETIES 5.99 ea.

DeCecco

PIZZAS for the whole family TO ENJOY

GIUSEPPE SUPREME CRUST PIZZA

SUPREMA OR GIUSEPPE SUPREME CRUST PIZZA 7.99 ea. SELECTED VARIETIES

GIUSEPPE THIN AND ROMA CRUST OR DEEP PLATE PIZZA 7.49 ea. SELECTED VARIETIES

GIUSEPPE MINI PIZZAS 7.49 ea. SELECTED VARIETIES

Generous by nature

NATREL COFFEE CREAMER 946 ml SELECTED VARIETIES 6.99 ea.

Natrel

NATREL LACTOSE FREE MILK 2 L SELECTED VARIETIES 6.49 ea.

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nutella

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