

ONLY

99¢

GREAT PRICE!

Heinz Beans on Pasta

HEINZ BEANS ORIGINAL

HEINZ BEANS ALPHA GEM

HEINZ BEANS MAPLE

99¢

Campbell's Tomato

Campbell's Cream of Mushroom

Campbell's Vegetable

Campbell's Soup

99¢

Chicken Poulet

Ben's Original Fast & Fancy Vite & Bon

99¢

KitKat

Jell-O

99¢

Coca-Cola

PEPPER

TOP

1L

99¢

metro.ca

\$ New Lower Prices

[illegible][illegible]

Lactaria Cream
 100% Lactaria
 4% Fat
 100% Lactaria
 4% Fat

4.49
ea.

Goldfish or Cheese & Crackers
 100% Goldfish or Cheese & Crackers
 4% Fat
 100% Goldfish or Cheese & Crackers
 4% Fat

2.99
ea.



Pace Pasa
Queso Pasa
Tortillas

Queso Pasa
Tortillas
Queso Pasa
Tortillas
Queso Pasa
Tortillas



MISSION
Queso Pasa
Tortillas

Queso Pasa
Tortillas
Queso Pasa
Tortillas
Queso Pasa
Tortillas



MISSION
Queso Pasa
Tortillas

Queso Pasa
Tortillas
Queso Pasa
Tortillas
Queso Pasa
Tortillas



MISSION
Queso Pasa
Tortillas

Queso Pasa
Tortillas
Queso Pasa
Tortillas
Queso Pasa
Tortillas



MISSION
Queso Pasa
Tortillas

Queso Pasa
Tortillas
Queso Pasa
Tortillas
Queso Pasa
Tortillas



MISSION
Queso Pasa
Tortillas

Queso Pasa
Tortillas
Queso Pasa
Tortillas
Queso Pasa
Tortillas

CeraVe Moisturizing Cream, Moisturizing Lotion or Moisturizing Cream (tub)
 Ceramide-rich Moisturizer
 CeraVe Moisturizing Cream, Moisturizing Lotion or Moisturizing Cream (tub)
 Ceramide-rich Moisturizer

Purplex 4-in-1 Laundry Detergent
 Purplex 4-in-1 Laundry Detergent, Sensitive Solution, Glacial Hydrate, Power & Refresh

Sunlight All-in-One Laundry Detergent
 Detergent Power or Sunlight, all-in-one solution Sensitive, Glacial Hydrate, Power & Refresh

Royal Wipes Baby Wipes
 Baby Wipes Baby Wipes Baby Wipes Baby Wipes Baby Wipes Baby Wipes Baby Wipes Baby Wipes Baby Wipes Baby Wipes

Purplex 4-in-1 Laundry Detergent
 Purplex 4-in-1 Laundry Detergent, Sensitive Solution, Glacial Hydrate, Power & Refresh

Sunlight All-in-One Laundry Detergent
 Detergent Power or Sunlight, all-in-one solution Sensitive, Glacial Hydrate, Power & Refresh

Learn with mol rewards

125 6.99 Belgian's Mayanise Belgian's Mayanise Mayanise Belian's Mayanise Belian's	125 5.99 Lactose Free Milk Lactose Free Milk Lactose Free Milk Lactose Free Milk	130 2.99 Nature Valley Cereals Nature Valley Cereals Nature Valley Cereals Nature Valley Cereals
---	---	---

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 \$1000** 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



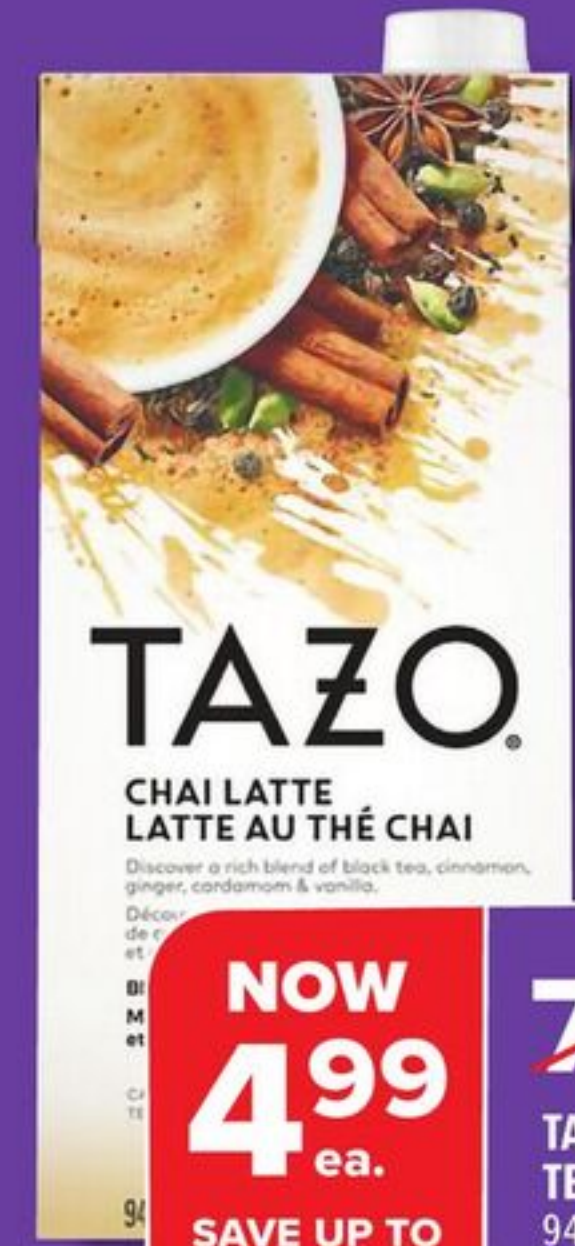
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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



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

[illegible]

Organic

[illegible]

Sliced & Diced **Fresh Blooms**

Salads & Diced

4.99 ea.

Coral & Pineapple 100g
Salade fruit Salade 100g
Assorté d'édulcor 100g
Salade de fruits de saison 100g

3.99 ea.

Mixed Cherry 100g 100g
Mixé Fruits 100g 100g
Assorté de fruits 100g
Mixé de fruits de saison 100g
Salade de tomates, concombres et feta 100g

Fresh Blooms

TEN DAY GUARANTEE

15.00 ea.

Seasonal Mood Flower Bouquet 100g
Assorté de fleurs de saison 100g
Assorté de fleurs de saison 100g

12.99 ea.

Signature Scissor Foliage 100g
Assorté de fleurs de saison 100g
Signature Series 100g
Assorté de fleurs de saison 100g

14.99 ea.

NEW
Potted Succulent Foliage 100g
Assorté de fleurs de saison 100g
Signature Series 100g
Assorté de fleurs de saison 100g

32.99 ea.

Coloured Waterfall Orchids 100g
Assorté de fleurs de saison 100g
Signature Series 100g
Assorté de fleurs de saison 100g

Fresh Blooms



15⁰⁰
ea.

TEN DAY GUARANTEE

Seasonal Mixed Flower Bouquet
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors



15⁰⁰
ea.

NEW

Potted Plant
 Potted Plant
 Potted Plant
 Potted Plant



15⁰⁰
ea.

Signature Series Package
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors



15⁰⁰
ea.

Signature Series Package
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors



15⁰⁰
ea.

Signature Series Package
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors



15⁰⁰
ea.

Signature Series Package
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors



15⁰⁰
ea.

Signature Series Package
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors



15⁰⁰
ea.

Signature Series Package
 10-12 flowers in various colors
 10-12 stems of various colors
 10-12 stems of various colors

Our Butcher's Finest



7⁹⁹
/lb

Platinum Grill Angus Whole Eye of Round Vac Pack
12.5kg
Bois de cerise entière Angus Grill Platine emballée sous vide
12.5kg



9⁹⁹
/lb

Platinum Grill Angus Boneless Inside Blade Steak Vacuum Pack or Roast
22.02kg
Assiette de poulet Angus Grill Platine déossée en emballage économique de bœuf ou en vide
22.02kg



6⁹⁹
/lb

Fresh Split Chicken Wings
15.4kg
Ailes de poulet fraîches séparées
15.4kg



4⁹⁹
/lb

Yorkshire Valley Farms Organic Fresh Whole Chicken
11.2kg
Poulet entier biologique frais Yorkshire Valley Farms
11.2kg



20⁹⁹
/lb

Life Smart Molecular Center Feed Strip Lamb Steak
20.9kg
Biftecks de centre filet de bœuf
Molecular Centre Feed Strip à l'ail
20.9kg



3⁹⁹
/lb

Pork Loin Chops
Center Cut Pork Pack
8.8kg
Côtelettes de longe de porc en emballage économique
8.8kg



12⁹⁹
/lb

Fresh Lamb Loin Chops or Boneless Lamb Long
12.4kg
Agneau frais en côtelette
de longe déossée ou en long
déossé au maximum 12.4kg



5⁹⁹
ea.

Maple Leaf Prime
Prime Natural Boneless
Extra Lean Ground
Chicken
Poulet bœuf extra maigre
Prime Maple Leaf
dinde sans os/déossée
454g

I earn with moi rewards



4⁹⁹
ea.

Maple Lodge Ultimate Breakfast Sausages or Chicken Sausages
12.5kg
Saucisses Ultimate de poulet à l'ail ou de porc
au bacon de poulet
Maple Lodge
12.5kg



4⁹⁹
ea.

Maple Lodge Ultimate Breakfast Sausages or Chicken Sausages
12.5kg
Saucisses Ultimate de poulet à l'ail ou de porc
au bacon de poulet
Maple Lodge
12.5kg



6⁹⁹
ea.

Butterball Turkey Bacon
24.5kg
Bacon de dinde Butterball
24.5kg



11⁹⁹
ea.

St Hubert's Chicken Sausages
12.5kg
Bâtonnets St Hubert's
de dinde avec sauce
Mustard
12.5kg



11⁹⁹
ea.

Al Safa Beef Burgers
12.5kg
Burgers de bœuf Al Safa
12.5kg



12⁹⁹
ea.

Al Safa Beef Burgers
12.5kg
Burgers de bœuf Al Safa
12.5kg



12⁹⁹
ea.

Janes Chicken Wings
12.5kg
Ailes de poulet
Janes
12.5kg



16⁹⁹
ea.

Montana's Beef Burgers
12.5kg
Burgers de bœuf Montana's
12.5kg

Entertaining Favourites



5⁹⁹
/lb

Authentic Sausages
12.5kg
Saucisses Authentiques
12.5kg



9⁹⁹
ea.

Marc Angelo Beef or Chicken
12.5kg
Burgers de bœuf ou de poulet
Marc Angelo
12.5kg



12⁹⁹
ea.

Marc Angelo Kabobs
12.5kg
Bâtonnets Marc Angelo
12.5kg



18⁹⁹
ea.

Yorkshire Valley Farms Organic Chicken
12.5kg
Bâtonnets de poulet
Yorkshire Valley Farms
12.5kg



6⁹⁹
ea.

Inevitable Cheese Slices
12.5kg
Tranches de fromage
Inevitable
12.5kg



7⁹⁹
ea.

Wong Wing Burgers
12.5kg
Burgers Wong Wing
12.5kg



11⁹⁹
ea.

Inevitable Prime Sirloin Beef Steaks
12.5kg
Burgers Inevitable
12.5kg



14⁹⁹
ea.

Janes Ultimate Breakfast Chicken
12.5kg
Burgers Jane's
12.5kg

Seafood



2 for \$5.00
Frozen Pacific Cod Loins Portions
Poissons surgelés de longue mer du Pacifique
100 g



18.99/lb
Fresh Mediterranean Sea Bass Fillets
Filets frais de bar méditerranéen
100 g



3.99 ea.
Selection of Seafood
Sélection de fruits de mer
100 g



4.99 ea.
Sole Fillets with Shrimp Stuffing
Filets de sole farcis de crevettes à la sauce
100 g



7.99 ea.
La Bouchonnière Smoked Salmon
Saumon fumé
100 g



12.99 ea.
Irish Point Oysters
Huîtres Irish Point
100 g



6.99 ea.
Chateau Sherbrooke
Caviar
100 g



7.99 ea.
Hot Smoked Wild Salmon
Saumon sauvage fumé
100 g



13.99 ea.
Korean Beef
Caviar
100 g



14.99 ea.
Go Wild Argentinian
Caviar
100 g



6.99 ea.
Inevitable Selection
Sélection Inévitable
100 g



7.99 ea.
Inevitable Selection
Sélection Inévitable
100 g



9.99 ea.
Inevitable Selection
Sélection Inévitable
100 g



10.99 ea.
Inevitable Selection
Sélection Inévitable
100 g

Deli Favourites



2.69 /100 g
Bacon & Eggs
Bacon et œufs
100 g



2.99 /100 g
Bacon & Eggs
Bacon et œufs
100 g



3.99 /100 g
Bacon & Eggs
Bacon et œufs
100 g



4.49 /100 g
Bacon & Eggs
Bacon et œufs
100 g



2.99 ea.
Pillsbury
Pâtisseries
100 g



14.49 ea.
Pillsbury
Pâtisseries
100 g



6.99 ea.
Pillsbury
Pâtisseries
100 g



5.99 ea.
Pillsbury
Pâtisseries
100 g



5.49 ea.
Pizzeria
Pâtisseries
100 g



8.99 ea.
Pizzeria
Pâtisseries
100 g



14.99 ea.
Pizzeria
Pâtisseries
100 g



15.99 ea.
Pizzeria
Pâtisseries
100 g



3.99 ea.
Pizzeria
Pâtisseries
100 g



10.49 ea.
Pizzeria
Pâtisseries
100 g



8.49 ea.
Pizzeria
Pâtisseries
100 g



12.99 ea.
Pizzeria
Pâtisseries
100 g

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

[illegible]

i earn with **moi** rewards

 Gay Lea Soft Cream 1.8 L Gay Lea Sour Cream 1.8 L Celeste van Gay Lea 1.8 L 3 99 ea. 50 points	 Gay Lea Butter 1.8 L Gay Lea Butter with Salt 1.8 L 8 49 ea. 125 points \$1 bonus in points	 Tartley Tea 2 L The Tartley 2 L 4 49 ea. 100 points	 Quaker Oats 1.8 L Quaker Oats with Maple Syrup 1.8 L 3 99 ea. 100 points
 Sunny D Drink 1.8 L Blossom Sunny D 1.8 L 40 points 2 79 ea.	 Snapple Apple 1.8 L Snapple Orange 1.8 L 1 99 ea. 30 points	 Mars Chocolate Bars 1.8 L Bars de Chocolat Mars 1.8 L 6 49 ea. 80 points	 Unico Solid Light 1.8 L Unico Solid Dark 1.8 L 1 99 ea. 60 points
 Mary's Organic 1.8 L Mary's Organic 1.8 L 5 99 ea. 70 points	 Organic Medium Cheddar Cheese 1.8 L 6 49 ea. 80 points	 Digestive Biscuits 1.8 L Mary's Organic Biscuits 1.8 L 5 49 ea. 70 points	 Sun-Maid Raisins 1.8 L Sun-Maid Raisins with Maple Syrup 1.8 L 3 99 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.

MANGO
INSTANT SOUP NOODLES
600 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
500 g
SELECTED VARIETIES



649

ea.

DESI-LICIOUS
DHAHI LADDU
500 g
SELECTED VARIETIES



199

ea.

DHAHI
PARATHA OR NAAN
200 - 400 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.

DHAHI LENTILS
OR CHICK PEAS
1 L, 1.5 L
SELECTED VARIETIES



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
170 - 200 g
SELECTED VARIETIES



179

ea.

KIRKURE 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
Eastern Ontario Region.

ST. ALBERT
MEDIUM OR OLD
CHEDDAR CHEESE
270 g
SELECTED VARIETIES

9⁹⁹
ea.



ST. ALBERT
MILD CHEDDAR
CHEESE
270 g
SELECTED VARIETIES

8⁹⁹
ea.



SKOTIDAKIS
GREEK YOGURT
500 g
SELECTED VARIETIES

5⁴⁹
ea.



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



JOE THE DOG
ORGANIC GROUND COFFEE
OR COFFEE BEANS
340 g
SELECTED VARIETIES

12⁹⁹
ea.



DONINI
CHOCOLATE BARS
100 g
SELECTED VARIETIES

5⁹⁹
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 (\$125,000 CAD donations will be made ("Finalists"), one per region (ON, QC, Pacific, BC, YT, NT, Nunavut, Atlantic, PEI, NS, NB, NL) Plus, one (\$125,000 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

