

VERSION 3

Your GO-TO for
Valentine's Day



PREMIUM
DOZEN ROSES
12 STEAM-MAINTAINED ROSES
IN A COUNTRY COUNTRY
BOUTIQUE

27⁹⁹
ea.

250
points

\$2
back in
points*



FRESH CUT MIXED
BOUQUET
12 FLOWERS
IN A COUNTRY COUNTRY
BOUTIQUE

30⁰⁰
ea.



VALENTINE'S DAY ORCHIDS
2' FLOWERS
IN A COUNTRY COUNTRY
BOUTIQUE

29⁹⁹
ea.



FRESH CUT TULIPS
12 FLOWERS
IN A COUNTRY COUNTRY
BOUTIQUE

16⁹⁹
ea.



SWISS MILK
CHOCOLATE
HEART CAKE
12.5 OZ

22⁹⁹
ea.



FERRERO ROCHER
VALENTINE'S CHOCOLATE
12.5 OZ (350g)
NET WT 12.5 OZ (350g)

9⁹⁹
ea.

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 VARIETIES



125
points

\$1
back in
points*

5.99
ea.

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES
16oz (453g) 12oz (340g) 8oz (227g) 4oz (113g) 2oz (57g)

metro.ca

\$ New Lower Prices

VELLAGIO
WHOLE GRAIN
BREADS OR BAGELS
\$1.79/lb
\$1.79/lb
\$1.79/lb

2 for \$7.00

EXTRAORDINARY
12 GRAIN
BAGELS
CLASSICO

INIMITABLE
APPEZERS
\$5.99 ea.

155g

849

BELLITALIA CALABRETTI
GRATED LARD OR
BREADSTICKS
BUTTER SAUCE
\$5.99 ea.

225g

5.99

ENGLISH BUTTERFLY
FISH FILLETS OR SHRIMP
\$5.99 ea.

4 PACK

19.99

COOKED SHRIMP
\$19.99 ea.

iögo
SIGG'S THINS OR iögo MULTI YOGURT
\$6.49 ea.

750g

6.49

ACTIVIA
MULTI YOGURT
\$6.49 ea.

750g

5.49

LACTANTIA
Purifiltra
\$5.49 ea.

GIUSEPPE
DR. OETIKER GIUSEPPE PIZZA
\$5.49 ea.

399

GO GO GO
FRUIT SNAKE
\$3.99 ea.

10.99

KICKING HERES
COFFEE
\$10.99 ea.

2.22

CHEEZ-IT
\$2.22 ea.

167

IRRESISTIBLE CHIPS
\$1.67 ea.

3.99

40

HERSHEY'S
\$3.99 ea.

1.99

CAMPBELL'S
\$1.99 ea.

3.33

BEY'S
\$3.33 ea.

2.99

ASTRO
\$2.99 ea.

4.99

CHEX
\$4.99 ea.

4.99

DOVE
\$4.99 ea.

14.99

DOWNY
\$14.99 ea.

125

6.49

7.99

12.99

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.
All quantities that precede prices are limited.
Some products may not be available in all stores.

Visit us at **metro.ca**
or call 1-877-467-6273
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 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

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.

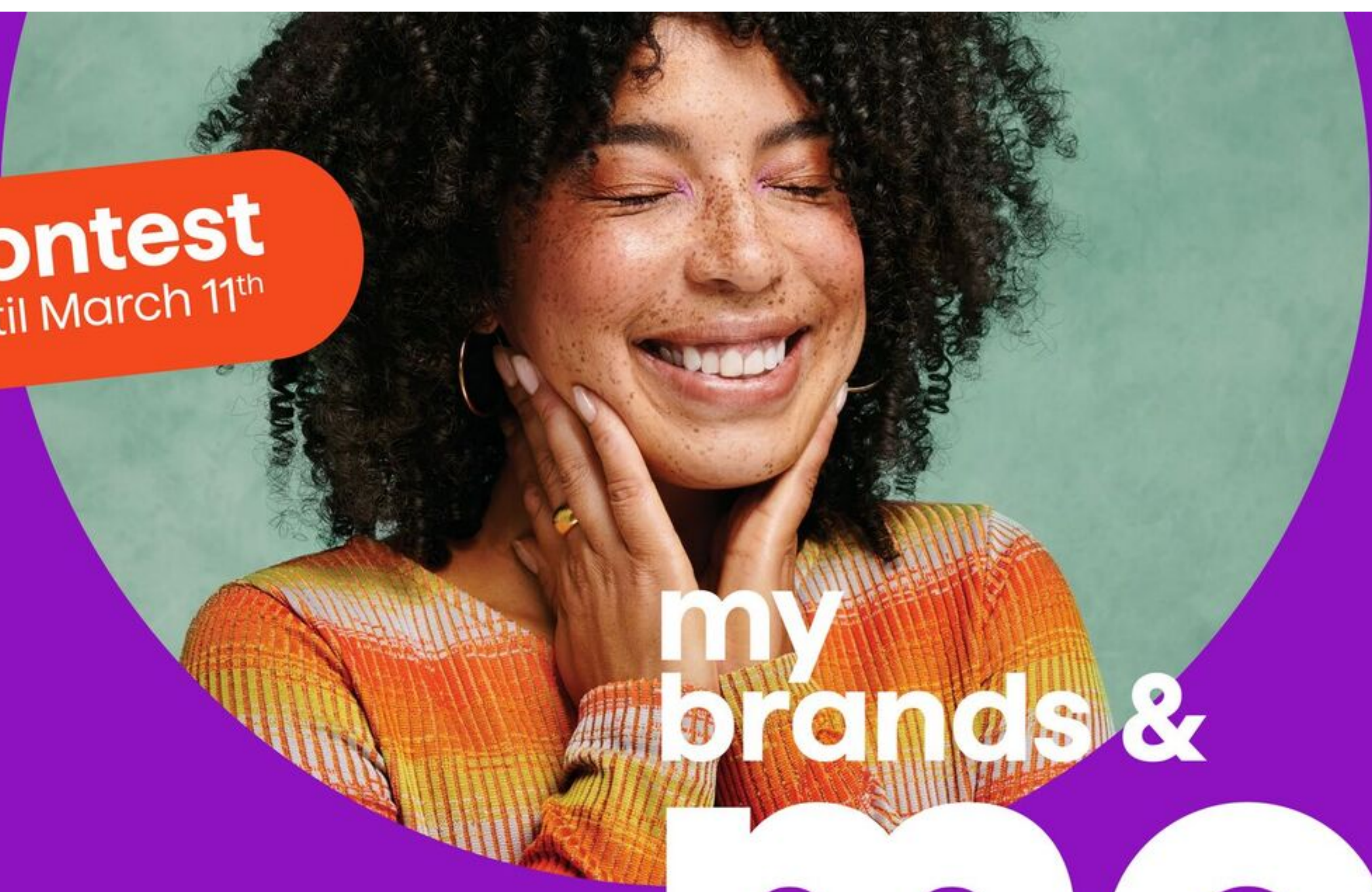
HUNGRY-MAN MEALS

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 ROMAINE HEARTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

ASSORTED COLOUR CARROTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

RED CURRENTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

GREEN CABBAGE
PRODUCT OF U.S.A.
2.27kg

99¢
/lb

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

2⁴⁹
ea.

JUMBO CANTALOUPE
PRODUCT OF CANADA
1.6kg

4⁹⁹
ea.

SEEDLESS MINI WATERMELON
PRODUCT OF BRAZIL

4⁹⁹
ea.

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

2⁴⁹
ea.

SWEETEST BATCH BLUEBERRIES
PRODUCT OF MEXICO

7⁹⁹
ea.

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

6⁹⁹
/lb

BELLE GROVE SLICED WHITE OR CHEDDAR MUSHROOMS
PRODUCT OF CANADA

3²⁹
ea.

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

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

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

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

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

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

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

Sliced & Diced

12⁹⁹
ea.

made in my country
m

FRESH VEGETABLE OR FRUIT CAROUSELS
14 1/2" dia.

14⁹⁹
ea.

125
points

BAZARD PLATTER (100)
PARTY SALAD DELUXE FRUIT SALAD (14)

Organic



4⁹⁹
ea.

ORGANIC GREEN BEANS
12.5 lbs
PRODUCT OF CANADA
BIOLOGICALLY GROWN



5⁹⁹
ea.

LITTLE POTATO CO.
ORGANIC GREEN BEANS
12.5 lbs
PRODUCT OF CANADA
BIOLOGICALLY GROWN



12⁹⁹
ea.

SUNNY FRUIT ORGANIC DRIED DATES
12.5 lbs
PRODUCT OF CANADA
BIOLOGICALLY GROWN



12⁹⁹
ea.

SUNNY FRUIT ORGANIC DRIED DATES
12.5 lbs
PRODUCT OF CANADA
BIOLOGICALLY GROWN



5⁹⁹
ea.

MOTHER EARTH ORGANIC GREEN BEANS
12.5 lbs
PRODUCT OF CANADA
BIOLOGICALLY GROWN



5⁹⁹
ea.

MOTHER EARTH ORGANIC GREEN BEANS
12.5 lbs
PRODUCT OF CANADA
BIOLOGICALLY GROWN

Valentine's Day Floral



LETTER SMITH
ORCHID
CLASSIC WHITE
ORCHID BOUTIQUE
BOUTIQUE

29⁹⁹
ea.



40⁰⁰
ea.

ADORATION
BOUTIQUE
BOUTIQUE

VALENTINE'S THEME
ARRANGEMENTS AND
PRESENTATION
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.

Treat your Valentine
Get **\$10 OFF** Flowers
when you buy a \$30 The Keg gift card

THE KEG

Offer valid
February 12-14
Minimum \$20
Retail spend

THE KEG



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.



STARTING AT
25⁰⁰
ea.

Celebrate with
Sweet Treats &
Beautiful Blooms

FANCY PREMIUM
ROSE
BOUQUET
ASSORTED VARIETIES

54⁹⁹
ea.

SWEET VALENTINE
BOUQUET
ASSORTED COLOURS
FLOWERS AND STILLS

20⁰⁰
ea.

INVITATIONS
WITH ALLGROUPE
WINE
750 mL
SELECTED VARIETIES

7⁹⁹
ea.

HEART SHAPED
CAKE POPS
100 (2 x 150 g)

6⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE HEART CAKE
100 g

18⁹⁹
ea.

REESE'S MINIATURES
CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

8⁹⁹
ea.

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

9⁷⁹
ea.

RITZ
DRIZZLED
CRACKERS
200 g
SELECTED VARIETIES

4⁹⁹
ea.

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

14⁹⁹
ea.

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

5⁴⁹
ea.

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

3⁴⁹
ea.

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

11⁹⁹
ea.

CADBURY
FINGERS
100 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.

McGONICKLES
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

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
CHICKEN, ALF &
CHEESE TART
300g x 2

\$2
each

250
points

54⁹⁹
ea.

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
CAMPOROTOND
750 ml

21⁹⁹
ea.

BLU GIOIELLO
PROSECCO
750 ml

15⁹⁹
ea.

RUFFINO
PROSECCO
750 ml

17⁴⁹
ea.

BOTTESCA
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 at checkout. Alcohol items are available at select stores. See stores for availability.

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
10.00kg

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
10.00kg

8⁹⁹
ea.

IRRESISTIBLE
PASTRY PACK, GOURMET
SAUSAGE PASTRY OR
CHICKEN BITES
10.00kg

9⁹⁹
ea.

IRRESISTIBLE
MEATBALLS
10.00kg

12⁹⁹
ea.

IRRESISTIBLE
MINI SPINACH ROLLS TRIO
10.00kg

5⁹⁹
ea.

LOU'S KITCHEN
PEARL BACON SLICED
10.00kg

6⁹⁹
ea.

SCHEIDERS
BREAKFAST
EGG BITES
10.00kg

11⁹⁹
ea.

MARC ANGELO
BREAKFAST
SAUSAGE
10.00kg

12⁹⁹
ea.

SELECTION
BACON
10.00kg

LOCKED DOWN PRICES FEBRUARY 12TH TO MARCH 11, 2026

2⁴⁹
ea.

MAPLE LOUGE
CHICKEN WIENERS
10.00kg

3⁹⁹
ea.

COLD LABEL
CHICKEN OR
SMOKED SAUSAGES 15%
10.00kg

5⁹⁹
ea.

WATSON BROS.
CHICKEN BALLS
10.00kg

10⁹⁹
ea.

LEAN GROUND LAMB
10.00kg

6⁹⁹
ea.

MARC ANGELO
SAUSAGES
10.00kg

8⁴⁹
ea.

LEGACY
PORK TENDERLOIN OR
BONE IN PORK CHOPS
10.00kg

8⁹⁹
ea.

BEYOND CHICKEN
CHICKEN OR
SMOKED SAUSAGES 15%
10.00kg

11⁹⁹
ea.

POGO
BREADED WIENERS
10.00kg

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

Seafood



4.49 ea.
FRESH SKINLESS ONTARIO TROUT PORTIONS (100g)



13.99 /lb
WILD CAUGHT YELLOWFIN TUNA STEAKS (100g)



1.29 ea.
CHOICE OYSTERS (DOZEN)



1.99 ea.
IRISH POINT OYSTERS (DOZEN)



5.99 ea.
FRESH CANADIAN COVE ORGANIC MUSSELS (2 LBS)



19.99 ea.
WILDFIRE PASTEURIZED CRAB MEAT (44g)



1.29 ea.
CHOICE OYSTERS (DOZEN)



1.99 ea.
IRISH POINT OYSTERS (DOZEN)



5.99 ea.
FRESH CANADIAN COVE ORGANIC MUSSELS (2 LBS)



19.99 ea.
WILDFIRE PASTEURIZED CRAB MEAT (44g)



8.99 ea.
OCEAN PRIME WHOLE CLEANED SQUID (100g)



9.99 /lb
BAY SCALLOPS (100g)



10.99 ea.
PUREPAC PICKEREL FILLETS (100g)



10.99 ea.
TOPPITS BREADED HADDOCK MOLEFIN PANE (100g)

Irresistible



8.99 ea.
IRRESISTIBLE SHRIMP APPETIZERS (100g)



9.99 ea.
IRRESISTIBLE WHITE SHRIMP (100g)



10.99 ea.
IRRESISTIBLE ATLANTIC SMOKED SALMON (100g)



19.99 ea.
IRRESISTIBLE BLACK TIGER SHRIMP RING (100g)

Deli Favourites



3.49 /100g
MASTRO GENOA SALAMI (100g)



3.99 /100g
IRRESISTIBLES ARTISAN BLACK FOREST HAM (100g)



4.49 /100g
MANCHEGO CHEESE (100g)



5.99 ea.
IRRESISTIBLES ARTISAN GOAT CHEESE (100g)



7.49 ea.
BALSAMIC SAUSAGE (100g)



6.99 ea.
PILLARS SAUSAGE (100g)



7.99 ea.
CASTELLO SLICED DELI CHEESE (100g)



9.99 ea.
BALDERSON CHEDDAR (100g)



7.99 ea.
SANTITAS OLIVES (100g)



4.99 ea.
LA BELLE CREATIONS (100g)



7.99 ea.
THE STELLE PETA CHEESE (100g)



7.99 ea.
MONSIEUR GUSTAV (100g)



5.99 ea.
GARDEN FRESH (100g)



5.99 ea.
O'SOLE MIO (100g)



6.99 ea.
FRESH 2 GO (100g)



16.00 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

PARTY LIKE A
CHAMPION



9⁹⁹ ea. **JUMBO SHRIMP PLATTER**
23-30 SHrimp
1.2 L (33 FL OZ)
STARTING FROM



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

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

6⁴⁹ ea. **BLUE DIAMOND ALMONDS**
170 g
SELECTED VARIETIES

2 for 3⁰⁰ **JUMBO SALTED PEANUTS**
200 g

9⁷⁹ ea. **ORVILLE REEBBACHER POPCORN**
SELECTED SIZES
SELECTED VARIETIES

4²⁹ ea. **RICEWORKS RICE CRISPS**
SELECTED SIZES
SELECTED VARIETIES

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

6⁹⁹ ea. **JACK LINK'S JERKY SNACKS**
SELECTED SIZES
SELECTED VARIETIES

8⁹⁹ ea. **ATYPTIQUE SPARKLING NON-ALCOHOLIC COCKTAILS**
4 x 250 mL
SELECTED VARIETIES

4⁴⁹ ea. **MIO WATER ENHANCERS**
SELECTED SIZES
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
SELECTED VARIETIES

6⁹⁹ ea. **TRACKLEHENTS MUCKLAND**
160 g
SELECTED VARIETIES

5⁹⁹ ea. **SMALL Diced DIP 150 g**
GUACAMOLE 200 g
PICO DE GALLO 150 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 (50 mL)
SELECTED VARIETIES

4⁹⁹ ea. **SELECTION MINI BUTTER TRAYS**
240-280 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



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*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 CANS 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. TOSTITOS DIPS SELECTED VARIETIES	 4⁹⁹ ea. ONVILLE REHEARSAL POPPING CORN SELECTED VARIETIES	 14⁹⁹ ea. MR. BEAST MINI SNACKS SELECTED VARIETIES	 2⁹⁹ ea. JACK LINK'S REALME JUICE SELECTED VARIETIES
 2⁹⁹ ea. SOBEIT SODAS SELECTED VARIETIES	 12⁸⁹ ea. ATHLETIC BREWING CO. BEERS 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	
 6⁹⁹ ea. KIT KAT GOLD SELECTED VARIETIES			
 4⁹⁹ ea. KIT KAT MIX UPS SELECTED VARIETIES			

[illegible]

FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

HOOR PREMIUM OR
HOOR BASMATI RICE
3.5L 4.54L
SELECTED VARIETIES

7⁹⁹

ea.

SAFARI
CANNED BEANS
540 ml
SELECTED VARIETIES

1⁶⁹

ea.

SANTOSH
MAA
500 g
SELECTED VARIETIES

2⁹⁹

ea.

SAPORITO
FREEBIEBLE OR
CANOLA OIL
1L
SELECTED VARIETIES

9⁹⁹

ea.

KIR OR BAKING
COOKING SAUCE
250 - 400 ml 375 g
SELECTED VARIETIES

3⁹⁹

ea.

GARLIC
PRODUCT OF CHINA
5 PKG

1²⁹

ea.

AL-GHA
BREADED CHICKEN
FROZEN, 500 - 600 g
SELECTED VARIETIES

5⁹⁹

ea.

SHAN
BONKAY BREAD
250 g
SELECTED VARIETIES

1⁹⁹

ea.

CELEST
COCONUT MILK,
ROSE OR
ORANGE WATER
250 - 300 ml
SELECTED VARIETIES

3⁴⁹

ea.

CELEST
COCONUT MILK,
ROSE OR
ORANGE WATER
250 - 300 ml
SELECTED VARIETIES

1⁹⁹

ea.

WON TON
WON TON
400 - 454 g

1⁹⁹

ea.

SHAN
SHAN MIXES
OR DUMPS
GINGER GARLIC PASTE
150 - 200 g
SELECTED VARIETIES

1⁴⁹

ea.

DAI
DAI
250 g
SELECTED VARIETIES

2⁴⁹

ea.

NANAK
NANAK
100 g
SELECTED VARIETIES

1³⁹⁹

ea.

DAI
DAI
250 g
SELECTED VARIETIES

9⁹⁹

ea.

DAI
DAI
250 g
SELECTED VARIETIES

1⁹⁹

ea.

NATIONAL
NATIONAL
200 g
SELECTED VARIETIES

1⁶⁷

ea.

PARLIAMENT GOLD
IN GULA SUPREMACY SILLA
HOOR GOLD OR
BROWN BASMATI RICE
4.54L
SELECTED VARIETIES

9⁹⁹

ea.

PARLIAMENT GOLD
IN GULA SUPREMACY SILLA
HOOR GOLD OR
BROWN BASMATI RICE
4.54L
SELECTED VARIETIES

9⁹⁹

ea.

PARLIAMENT GOLD
IN GULA SUPREMACY SILLA
HOOR GOLD OR
BROWN BASMATI RICE
4.54L
SELECTED VARIETIES

9⁹⁹

ea.

ALFA
ALFA
700 - 800 g
SELECTED VARIETIES

7⁹⁹

ea.

HOOR DATES OR
SHERRON JUICE
800 - 900 g
SELECTED VARIETIES

4⁹⁹

ea.

CASABLANCA
BASIL DRINK 250 ml
SHERRON JUICE 250 g
SELECTED VARIETIES

1²⁹

ea.

INDOHE
INDOHE
5.45 g
SELECTED VARIETIES

3⁴⁸

ea.

Item availability varies by store.