

VERSION 4

Your GO-TO for
Valentine's Day



Plumage® Double Red®
12 roses in 12" x 12" x 12" arrangement
\$27.99 ea.

27⁹⁹
ea.

250
points

\$2
back in
points*



Plumage® Mixed®
12 flowers in 12" x 12" x 12" arrangement
\$30.00 ea.

30⁰⁰
ea.



Valentine's Day Orchids
12 flowers in 12" x 12" x 12" arrangement
\$29.99 ea.

29⁹⁹
ea.



pick Ontario
Plumage® Yellow®
12 flowers in 12" x 12" x 12" arrangement
\$16.99 ea.

16⁹⁹
ea.



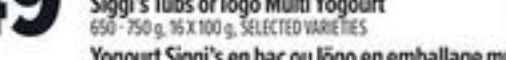
Swiss Milk Chocolate
Heart Cake 10x10
Cakes in center jar
Chocolate on top (center only)
\$22.99 ea.

22⁹⁹
ea.

Ferrero Rocher Valentine's Chocolate
12, 2015
100% Cacao
\$9.99 ea.

9⁹⁹
ea.

[illegible][illegible]



649

Siggiz's Tubs or Siggiz Multi Support
are made from 100% recycled plastic.
Siggiz's Sigs are also, too Siggiz are available in multiple
flavors.



649

Activia Multi Support
Supports Digestion
Supports Digestion
Supports Digestion



549

Lactancia
Purifiltré
Purifiltré
Purifiltré



ea. each **ea.** each

ea. each **ea.** each

ea. each **ea.** each

Campbell's® Brand **Broth**
Soup
 14.5 oz. (500 mL)
Beefless Campbell's® Brand **Soup**
 14.5 oz. (500 mL)
199

Campbell's® Brand **Condensed**
Soup
 14.5 oz. (500 mL)
333

Bent's® Original **Hot**
Sauce
 14.5 oz. (500 mL)
333

Tostitos® Original **Soft**
Shells
 14.5 oz. (500 mL)
222

Virta® Original **Vegan**
Cooking Oil
 14.5 oz. (500 mL)
222

Crispitos® Original **Crispitos**
 14.5 oz. (500 mL)
222

[illegible]

Learn with moi rewards

125 moi points 649 MONTELEONE Builds & Moisturizes 24-hour hydration 100% fragrance-free Easy application Body Moisturizer	75 moi points 799 Simply Refreshing Simply Refreshing Simply Refreshing Simply Refreshing	125 moi points 1299 Cashmere Cashmere Bathrooms, Sponges, Springe Paper Towels & Scotties Facial Tissues
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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.

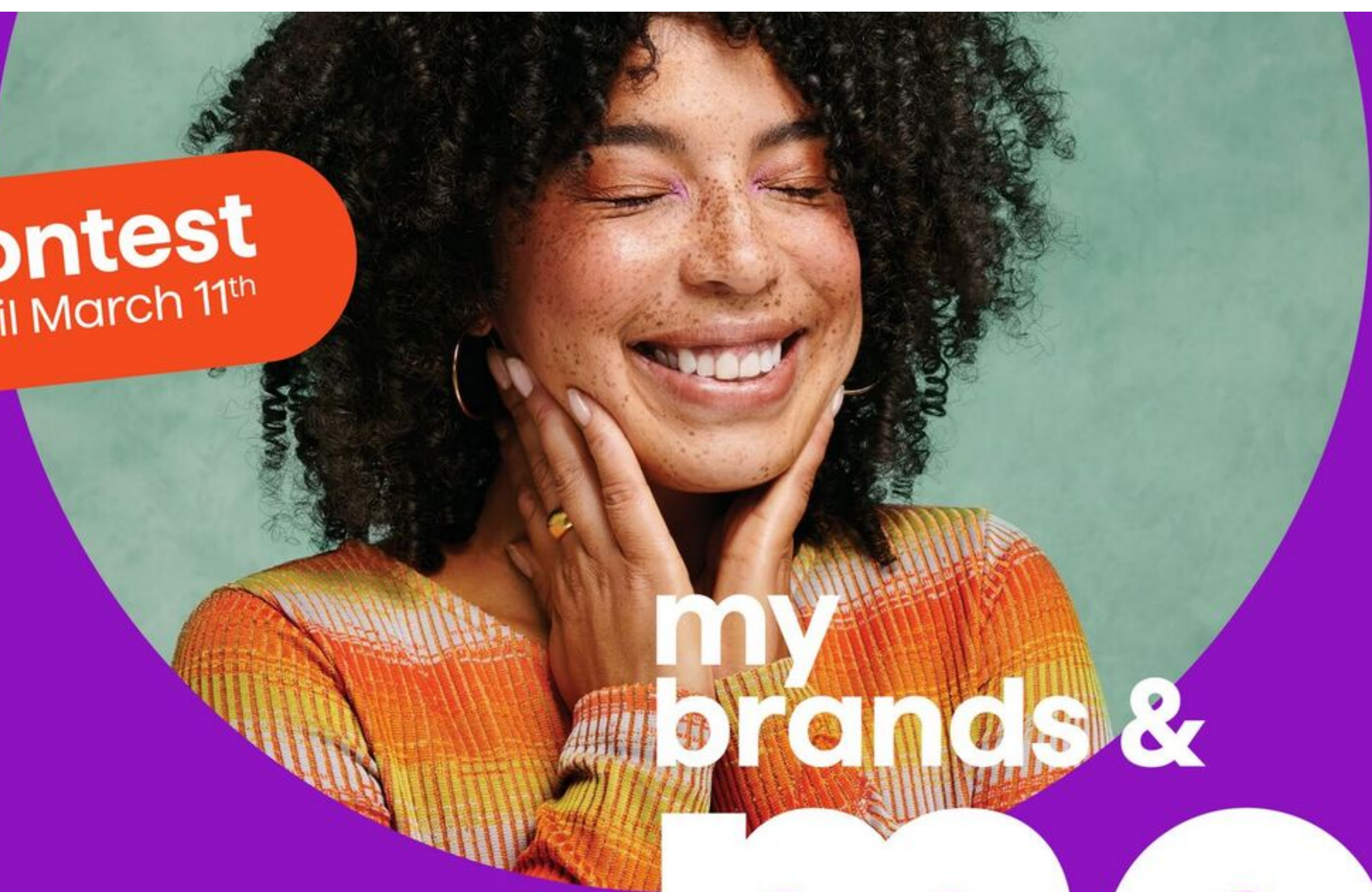
HUNGRY-MAN MEALS

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 Melons
Large Watermelon
Large Peach
Large Honeydew
Product of Chile, No. 1 Grade
8.99/lb

Crosses melons
Honeydew
Watermelon
Product of Chile, No. 1 Grade
8.99/lb

3⁹⁹
/lb

Greenhouse Strawberries 1 1/2 lb
Product of Canada
Frais de serre 1 1/2 lb
Product of Canada
Canada No. 1

4⁹⁹
ea.

Sweet Potatoes 1 1/2 lb
Product of Canada
Patates douces
Product of Canada
2.73/kg

1⁶⁹
/lb

Tomato Hearts 1 1/2 lb
Product of Canada
Coeur de tomate
Product of Canada
Canada No. 1

4⁹⁹
ea.

Jumbo Cantaloupes 1 1/2 lb
Product of Canada
Sandwich
Cantaloupes jumeaux
Product of Canada
Canada No. 1 Grade
Sans pépins
Product of Canada

4⁹⁹
ea.

Red Caramels 1 1/2 lb
Product of Canada
Caramels rouges
Product of Canada

4⁹⁹
ea.

Green Cabbage 1 1/2 lb
Product of Canada
Chou vert
Product of Canada
2.35/kg

99¢
/lb

Yellow Onions 1 1/2 lb
Product of Canada
Oignons jaunes 1 1/2 lb
Product of Canada
Canada No. 1 Grade

1⁹⁹
ea.

Sweetest Batch Blueberries 1 1/2 lb
Product of Peru
Baies Sweetest
Product of Peru

7⁹⁹
ea.

Cherry Plums 1 1/2 lb
Product of Peru
Prunes cerises
Product of Peru
15.41/kg

6⁹⁹
/lb

Belle Grove 1 1/2 lb
Product of Canada
Belle Grove Blancs ou
cœurs blancs
Product of Canada
Canada No. 1 Grade

3⁷⁹
ea.

Yellow Fresh Potatoes 1 1/2 lb
Product of Canada, Canada No. 1 Grade
Pommes de terre
à chair jaune 1 1/2 lb
Product of Canada, Canada No. 1

3⁹⁹
ea.

Sweet Orange 1 1/2 lb
Product of E.U.
Agrumes Sweet
Product of E.U.
11.00/kg

4⁹⁹
/lb

Greenhouse Candy 1 1/2 lb
Product of Canada
Caramel Candy
Product of Canada
Canada No. 1 Grade
11.00/kg

4⁹⁹
ea.

Kumato 1 1/2 lb
Product of Canada
Tomates Kumato
Product of Canada
Canada No. 1 Grade
20.99/kg

4⁹⁹
ea.

2¹⁰⁰
OF 6.49 ea.

Sliced & Diced

12⁹⁹
ea.

Fresh Vegetable or Fruit Casserole 1 1/2 lb
Product of Canada
Casseroles de légumes ou de fruits
Product of Canada

14⁹⁹
ea.

125 points

Nacho Platter 1 1/2 lb
Product of Canada
Plaque de nachos 1 1/2 lb
Salade de fruits de bois en emballage kraft 1 1/2 lb

Organic

4⁹⁹
ea.

Organic Greenhouse Strawberries 1 1/2 lb
Product of Canada
Frais de serre 1 1/2 lb
Product of Canada
Canada No. 1 Grade

5⁹⁹
ea.

Organic Yellow Potatoes 1 1/2 lb
Product of Canada
Pommes de terre jaunes biologiques
Product of Canada
Canada No. 1 Grade

12⁹⁹
ea.

125 points

Sweet Fruit Organic Dried Mango 1 1/2 lb
Product of Canada
Fruits secs biologiques
Product of Canada
Canada No. 1 Grade

5⁹⁹
ea.

Organic Dried Mango 1 1/2 lb
Product of Canada
Fruits secs biologiques
Product of Canada
Canada No. 1 Grade

Valentine's Day Floral

29⁹⁹
ea.

Little Love Orchid 1 1/2 lb
Product of Canada
Orchidée Little Love
Product of Canada
Canada No. 1 Grade

40⁰⁰
ea.

Adoration Bouquet 1 1/2 lb
Product of Canada
Bouquet Adoration
Product of Canada

39⁹⁹
ea.

Arrangement et bouquet de présentation à l'exception de la Saint-Valentin 1 1/2 lb
Product of Canada, Product of Chile, Product of Peru

25⁰⁰
ea.

Specialty Rose Bouquet 1 1/2 lb
Product of Canada
Bouquet de roses d'exception
Product of Canada

9⁹⁹
ea.

Valentine's Balloons and Plush 1 1/2 lb
Product of Canada
Ballons et peluche de la Saint-Valentin
Product of Canada

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 (25 x 1.75)

6⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE HEART CAKE
100g

18⁹⁹
ea.

STRAWBERRIES
WITH CHOCOLATES
800g

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
240g
SELECTED VARIETIES

4⁹⁹
ea.

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
WITH
SELECTED VARIETIES

4⁴⁹
ea.

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

15⁹⁹
ea.

JOLLY RANCHER
VALENTINE'S CANDY
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

McGONICKLES
CANDY BAG
WITH
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
CHOCOLATE &
CHEESE TRAY
SERVES 12

\$2
extra

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
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 Pork Loin Chops
Bonne Qualité
11.29/kg

Longue de porc déossée
ou en petites portions
de côtelettes ou en rôti
11.29/kg

5⁹⁹
/lb

BONELESS

100% CANADIAN
100% PRODUIT DU CANADA

19⁹⁹
/lb

Butterflied Gilt Boneless Strip Loin Steak
14.67/kg
Biftek de côtes Filet Angus Gilt Protein
14.67/kg

\$1 back in points*
125 points

5⁹⁹
/lb

Butterflied Sausages Value Pack
11.29/kg
Saucisses préparées en magasin ou
emballées commercialement
11.29/kg

my metro m

10⁹⁹
/lb

Wool Loin Chops
24.23/kg
Côtelettes de longe de veau
24.23/kg

5⁹⁹
/lb

Breaded Chicken Breast Cutlets Boneless Skinless Value Pack
11.29/kg
Escalopes de poulet de poulet déossées,
sans la peau, sans emballage commercial
11.29/kg

125 points
\$1 back in points*

4⁹⁹
/lb

Maple Leaf Prime Raised Without Antibiotics Fresh Whole Chicken
11.06/kg
Poulet sans antibiotiques Prime Maple Leaf élevé sans antibiotiques
11.06/kg

YORKSHIRE VALLEY FARM

4⁹⁹
/lb

Yorkshire Valley Farms Organic Fresh Chicken Leg Quarters
11.06/kg
Quarts de poulet coteaux biologiques frais Yorkshire Valley Farms
11.06/kg

250 points
\$2 back in points*

20⁹⁹
/lb

Fresh Boneless Lamb Rack
46.23/kg
Carré d'agneau frais à la française
46.23/kg

Inévitable

7⁹⁹
ea.

Inévitable Mini Quiches
11.29/kg
Mini quiches Inévitable
11.29/kg

8⁹⁹
ea.

Inévitable Cranberry
11.29/kg
Inévitable Cranberry
11.29/kg

9⁹⁹
ea.

Inévitable Meatballs
11.29/kg
Boulettes de viande Inévitable
11.29/kg

12⁹⁹
ea.

Inévitable Mini Spring Rolls Trio
11.29/kg
Trio Inévitable de mini
roulottes Inévitable
11.29/kg

5⁹⁹
ea.

Lou's Kitchen
11.29/kg
Bacon de Lou's Kitchen
11.29/kg

6⁹⁹
ea.

Schmid's Breakfast
11.29/kg
Sandwiches d'œufs
11.29/kg

11⁹⁹
ea.

Mar. Angelo
11.29/kg
Bacon à dégraisser
11.29/kg

12⁹⁹
ea.

Selection Bacon 1kg
Bacon Selection 1kg

LOCKED DOWN PRICES FEBRUARY 12TH TO MARCH 11, 2025

2⁴⁹
ea.

Maple Lodge
11.29/kg
Saucisses Maple Lodge
11.29/kg

3⁹⁹
ea.

Gold Label Chicken or all
11.29/kg
Saucisses Gold Label
11.29/kg

5⁹⁹
ea.

Watson Ridge
11.29/kg
Boulettes de poulet
11.29/kg

10⁹⁹
ea.

Lean Ground Lamb
11.29/kg
Agneau haché magre
11.29/kg

6⁹⁹
ea.

Mar. Angelo
11.29/kg
Saucisses Mar. Angelo
11.29/kg

8⁴⁹
ea.

Legacy Pork Tenderloin or
11.29/kg
Bœuf à la mode ou côtelette
11.29/kg

8⁹⁹
ea.

Beyond Chicken
11.29/kg
Bœuf à la mode ou côtelette
11.29/kg

11⁹⁹
ea.

Pogo
11.29/kg
Saucisses Pogo
11.29/kg

Seafood

4.49 ea.

Fresh Atlantic Salmon Fillet Portions 100g
Poisson frais de l'Atlantique sans la peau (100g)

13.99 /lb

Wild Caught Yellowfin Tuna Steaks 100g
Bavettes de thon albacore sauvage (100g)

1.99 ea.

Irish Point Oysters 12/ct
Huîtres Irish Point (12/ct)

1.99 ea.

Claw Crab Meat Wilder 1/2 lb
Chair de crabbe postérieure Wilder (1/2 lb)

8.99 ea.

Oyster Prime White Shrimp 100g
Crevettes blanches d'océan (100g)

9.99 /lb

Bay Scallops 1/2 lb
Palourdes de baie (100g)

10.99 ea.

Pumpkin Pickled Fillets 100g
Filets de poisson marinés (100g)

10.99 ea.

Wild Caught Yellowfin Tuna Steaks 100g
Bavettes de thon albacore sauvage (100g)

8.99 ea.

Irresistible Bacon 100g
Bacon (100g)

9.99 ea.

Irresistible Cream Cheese 100g
Fromage à la crème (100g)

10.99 ea.

Irresistible Smoked Salmon 100g
Saumon fumé (100g)

19.99 ea.

Irresistible Black Tiger Shrimp 100g
Crevettes de mer (100g)

Deli Favourites

3.49 /100 g

Maison de Gènes Salami 100g
Salami (100g)

3.99 /100 g

Irresistible Bacon 100g
Bacon (100g)

4.49 /100 g

Maison de Gènes Salami 100g
Salami (100g)

5.99 ea.

Irresistible Cream Cheese 100g
Fromage à la crème (100g)

7.49 ea.

Borden's Deli 100g
Deli (100g)

6.99 ea.

Piller's Deli 100g
Deli (100g)

7.99 ea.

Castello Deli 100g
Deli (100g)

9.99 ea.

Balderson Deli 100g
Deli (100g)

7.99 ea.

Santitas Deli 100g
Deli (100g)

4.99 ea.

La Belle Bretagne Deli 100g
Deli (100g)

7.99 ea.

De Stille Deli 100g
Deli (100g)

7.99 ea.

Custav Deli 100g
Deli (100g)

5.99 ea.

Santitas Deli 100g
Deli (100g)

5.99 ea.

Piller's Deli 100g
Deli (100g)

6.99 ea.

Castello Deli 100g
Deli (100g)

16.00 ea.

Balderson Deli 100g
Deli (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



18⁹⁹
ea.

Front Street Bakery
Strawberry & Vanilla Frost
Cheesecake 10 1/2
Gâteau au fromage
Frost Street Bakery
au chocolat 10 1/2



22⁹⁹
ea.

Valentine's Day
Strawberry & Vanilla
Frost Cheesecake 10 1/2
Gâteau au fromage
Frost Street Bakery
au chocolat 10 1/2



12⁹⁹
ea.

Front Street Bakery Mini Gourmet Cakes
10 1/2
Mini Gâteaux Gourmet Frost Street Bakery
au chocolat 10 1/2



6⁹⁹
ea.

Front Street Bakery
Single Serve Cheesecake
10 1/2
Gâteaux individuels
Frost Street Bakery
au chocolat 10 1/2



14⁰⁰
ea.

Front Street Bakery Triple Strawberry &
Vanilla Frost Baked Cakes 10 1/2
Gâteaux Bûche Frost Street Bakery
garnis triple fraises au trois tranches 10 1/2



14⁰⁰
ea.

Front Street Bakery Triple Strawberry &
Vanilla Frost Baked Cakes 10 1/2
Gâteaux Bûche Frost Street Bakery
garnis triple fraises au trois tranches 10 1/2

[illegible]

Dempsters
Bakery
Village
LOAVES
BAKED IN CANADA

NEW

Dempsters **PROTEIN** Loaves
Raspberry **PROTEIN** Loaves
Vanilla **PROTEIN** Loaves
Village **CLASSIC** Loaves
Village **TOSCANA** Loaves

mix & match

February 12 to February 25, 2026

BUY ANY 2

2 for \$7.00

VILLAGGIO BREADS,
BUNS, CROISSANTS &
WHOLE LOAVES
BREADS ON BAGELS

↓ Low Price Every Day

 Now \$2.99 ea. Selection Soar Cream 14% Crème sans Seléction MARIÉS SÉLECTIONNÉS	 Now \$3.49 ea. Selection Cream Cheese FROMAGE À LA CRÈME FROMAGE à la crème SÉLECTIONNÉS	 Now \$4.99 ea. Irresistible Recharge Juice 500 mL Jus d'orange recharge irrésistible	 Now \$1.25 ea. Selection Soup Tomato SOUPÉ SÉLECTIONNÉS MARIÉS SÉLECTIONNÉS
 Now \$4.99 ea. Irresistible Sparkling Water EAU PETILLANTE Eau pétillante irrésistible EAU PETILLANTE SÉLECTIONNÉS	 Now \$1.25 ea. Selection Water 1L EAU Eau SÉLECTIONNÉS EAU SÉLECTIONNÉS	 Now \$2.99 ea. Selection Water 600 mL EAU PETILLANTE Aromatisé pour l'Eau SÉLECTIONNÉS	 Now \$2.99 ea. Selection Oats GRUAU GRUAU SÉLECTIONNÉS MARIÉS SÉLECTIONNÉS
 Now \$2.99 ea. Irresistible Party Twists BISCUITS Biscuits irrésistibles MARIÉS SÉLECTIONNÉS	 Now \$5.99 ea. Selection Hot Cops BOISSON SÉLECTIONNÉS BOISSON SÉLECTIONNÉS	 Now \$2.99 ea. Selection Cakes CAKES CAKES SÉLECTIONNÉS MARIÉS SÉLECTIONNÉS	 Now \$2.99 ea. Life-Smart Fruit Cups FRUITS FRUITS SÉLECTIONNÉS MARIÉS SÉLECTIONNÉS
 Now \$1.49 ea. Selection Candy 100 g CANDY Candy irrésistible MARIÉS SÉLECTIONNÉS	 Now \$2.99 ea. Irresistible Chocolate Bar BÂTONNETTES Bâtonnettes irrésistibles MARIÉS SÉLECTIONNÉS	 Now \$3.99 ea. Selection Flour 250g FLOUR Farine SÉLECTIONNÉS	 Now \$1.25 ea. Selection Strawberry-Fraise Jelly Powder 50 g Sauce au goût de fraise Sauce au goût de fraise SÉLECTIONNÉS

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

6⁹⁹ ea. **FRESH 2 GO POUTINE**
SELECTED VARIETIES

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**
170g
SELECTED VARIETIES

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

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

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

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

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

8⁹⁹ ea. **ATYPTIQUE SPARKLING NON-ALCOHOLIC COCKTAILS**
4 x 355 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**
160g
SELECTED VARIETIES

5⁹⁹ ea. **SMALL Diced DIP 150g / GUACAMOLE 200g / PICO DE GALLO 150g / SMASHED AVOCADO 200g**

5⁰⁰ ea. **FRESH 2 GO TORTILLA CHIPS**
170g
SELECTED VARIETIES

7⁹⁹ ea. **GOLD LABEL DIPS**
170g
SELECTED VARIETIES

2⁹⁹ ea. **TWINKLE! DESSERT TOPPINGS**
85-200g / 30-40g
SELECTED VARIETIES

4⁹⁹ ea. **SELECTION MINI BUTTER TRAYS**
240-300g
SELECTED VARIETIES

9⁹⁹ ea. **FRONT STREET BAKERY GOURMET COOKIES**
665-770g
SELECTED VARIETIES

21⁹⁹ ea. **MEDIUM VEGETABLE OR FRUIT TRAYS**
13-25g
OVER 5 LBS OF FRUIT

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More Great Savings

 McCafe Instant Coffee 250g (8.8oz) x 10 McCafe 250g (8.8oz) x 10 8⁹⁹ ea.	 VAN HOUTTE Coffee capsules 250g (8.8oz) x 10 Van Houtte 250g (8.8oz) x 10 12⁹⁹ ea.	 Pearl Milling Powder 250g (8.8oz) x 10 Pearl Milling 250g (8.8oz) x 10 4⁹⁹ ea.	 Santitas Cream 10% Selection 250g (8.8oz) x 10 Santitas 250g (8.8oz) x 10 3⁹⁹ ea.
 Tetley Pure Peppermint Tea 250g (8.8oz) x 10 Tetley 250g (8.8oz) x 10 4⁴⁹ ea.	 Tenderlake Fruit Flavour Yogurt 250g (8.8oz) x 10 Tenderlake 250g (8.8oz) x 10 5⁴⁹ ea.	 Dole Fruit Flavour Yogurt 250g (8.8oz) x 10 Dole 250g (8.8oz) x 10 4⁴⁹ ea.	 Grey Fox NORDICA 2% Cream 250g (8.8oz) x 10 Grey Fox 250g (8.8oz) x 10 7⁴⁹ ea.
 French's Mustard 250g (8.8oz) x 10 French's 250g (8.8oz) x 10 3⁴⁹ ea.	 Bressan Dressing 250g (8.8oz) x 10 Bressan 250g (8.8oz) x 10 6⁹⁹ ea.	 Irresistible Butter Chicken 250g (8.8oz) x 10 Irresistible 250g (8.8oz) x 10 4⁹⁹ ea.	 Minute Rice 250g (8.8oz) x 10 Minute 250g (8.8oz) x 10 2⁹⁹ ea.
 Green Giant Can Vegetable 250g (8.8oz) x 10 Green Giant 250g (8.8oz) x 10 1⁹⁹ ea.	 Green Giant Can Vegetable 250g (8.8oz) x 10 Green Giant 250g (8.8oz) x 10 4⁴⁹ ea.	 Santitas Cream 10% Selection 250g (8.8oz) x 10 Santitas 250g (8.8oz) x 10 5⁹⁹ ea.	 Bick's Pickle 250g (8.8oz) x 10 Bick's 250g (8.8oz) x 10 6⁴⁹ ea.
 Trophy Malt 250g (8.8oz) x 10 Trophy 250g (8.8oz) x 10 6⁹⁹ ea.	 Orville Redenbacher's Malt & Mustard 250g (8.8oz) x 10 Orville Redenbacher's 250g (8.8oz) x 10 4⁹⁹ ea.	 Mr. Beast Malt & Mustard 250g (8.8oz) x 10 Mr. Beast 250g (8.8oz) x 10 14⁹⁹ ea.	 RealLime Juice 250g (8.8oz) x 10 RealLime 250g (8.8oz) x 10 2⁹⁹ ea.
 Sobor Caper 250g (8.8oz) x 10 Sobor 250g (8.8oz) x 10 2⁹⁹ ea.	 Athletic Beer 250g (8.8oz) x 10 Athletic 250g (8.8oz) x 10 12⁸⁹ ea.	 Chips Ahoy 250g (8.8oz) x 10 Chips Ahoy 250g (8.8oz) x 10 3⁹⁹ ea.	 Wheat Thins 250g (8.8oz) x 10 Wheat Thins 250g (8.8oz) x 10 2⁹⁹ ea.
 Clearly Canadian 250g (8.8oz) x 10 Clearly 250g (8.8oz) x 10 7⁶⁹ ea.	 C4 Energy Drink 250g (8.8oz) x 10 C4 250g (8.8oz) x 10 3⁵⁹ ea.	 Valentine's Day Treat 250g (8.8oz) x 10 Valentine's 250g (8.8oz) x 10 4⁹⁹ ea.	 Kraft Hazelnut Spread 250g (8.8oz) x 10 Kraft 250g (8.8oz) x 10 6⁹⁹ ea.
 KitKat 250g (8.8oz) x 10 KitKat 250g (8.8oz) x 10 4⁹⁹ ea.	 Coffee Malt 250g (8.8oz) x 10 Coffee Malt 250g (8.8oz) x 10 4⁹⁹ ea.	 KitKat Gold 250g (8.8oz) x 10 KitKat 250g (8.8oz) x 10 4⁹⁹ ea.	 KitKat Mix Ups 250g (8.8oz) x 10 KitKat 250g (8.8oz) x 10 4⁹⁹ ea.

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Granola Bars
12.5g
SUGAR
10g
FIBRE
MADE GOOD
12.5g
SUGAR
10g
FIBRE

4.49

ea.

MADE GOOD
Granola Bars
12.5g
SUGAR
10g
FIBRE
MADE GOOD
12.5g
SUGAR
10g
FIBRE

4.49

ea.

KEEL
Knee Elbow
12.5g
SUGAR
10g
FIBRE
KEEL
Knee Elbow
12.5g
SUGAR
10g
FIBRE

8.49

ea.

SKINNY
POP
12.5g
SUGAR
10g
FIBRE
SKINNY
POP
12.5g
SUGAR
10g
FIBRE

3.99

ea.

PLANT
Plant Up
12.5g
SUGAR
10g
FIBRE
PLANT
Plant Up
12.5g
SUGAR
10g
FIBRE

7.99

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LY!
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12.5g
SUGAR
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FIBRE

4.99

ea.

NEAL
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8.99

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DAIYA
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12.5g
SUGAR
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FIBRE

9.99

ea.

Organic

Bob's Red Mill
Organic
12.5g
SUGAR
10g
FIBRE
Bob's Red Mill
Organic
12.5g
SUGAR
10g
FIBRE

9.99

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Mullin
Mullin
12.5g
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FIBRE
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Mullin
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SUGAR
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FIBRE

16.99

ea.

Pacific Foods
Pacific Foods
12.5g
SUGAR
10g
FIBRE
Pacific Foods
Pacific Foods
12.5g
SUGAR
10g
FIBRE

7.99

ea.

Camp Sola
Camp Sola
12.5g
SUGAR
10g
FIBRE
Camp Sola
Camp Sola
12.5g
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FIBRE

2.49

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Capri Sun
Capri Sun
12.5g
SUGAR
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FIBRE
Capri Sun
Capri Sun
12.5g
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FIBRE

13.99

ea.

Manuka
Manuka
12.5g
SUGAR
10g
FIBRE
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FIBRE

4.49

ea.

Humble
Humble
12.5g
SUGAR
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Humble
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FIBRE

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KEURIG
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SUGAR
10g
FIBRE

13.99

ea.

Baby & Beauty

Little Bells
Little Bells
12.5g
SUGAR
10g
FIBRE
Little Bells
Little Bells
12.5g
SUGAR
10g
FIBRE

1.49

ea.

Pampers
Pampers
12.5g
SUGAR
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FIBRE
Pampers
Pampers
12.5g
SUGAR
10g
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9.99

ea.

Crest
Crest
12.5g
SUGAR
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GUM
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12.5g
SUGAR
10g
FIBRE

2.99

ea.

Aussie Hair Care
Aussie Hair Care
12.5g
SUGAR
10g
FIBRE
Aussie Hair Care
Aussie Hair Care
12.5g
SUGAR
10g
FIBRE

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Lubriderm
Lubriderm
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Bounty
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10g
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BRITA
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Febreze
12.5g
SUGAR
10g
FIBRE
Febreze
Febreze
12.5g
SUGAR
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SUGAR
10g
FIBRE
SWISS
SWISS
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SUGAR
10g
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