VERSION A

Your GO-TO for

Valentine's Day

Premium Rose Bouquet
Bouquet de roses de premier choix
Assortment may vary
Assortiment de roses de premier choix peut varier

$2 back in points*

250 points

27.99 ea.

30.00 ea.

Fresh Cut Mixed Bouquet
Bouquet mixte frais coupé
Assortment may vary
Assortiment mixte frais coupé peut varier

Assortment of Orchids
Assortiment d'orchidées
Orchidées du Jour de la Saint-Valentin
Assortiment may vary
Assortiment peut varier

29.99 ea.

pick Costco

16.99 ea.

Fresh Cut Tulips
Tulipes fraîches coupées
Assortment may vary
Assortiment peut varier

Dairy Milk Chocolate
Bavarois Cake
Gâteau au mousse au chocolat au lait, entier (1 kg)

Valentine's Day Special

22.99 ea.

Ferrero Rocher Valentine Chocolate
24 x 5 Count
Assortment may vary
Assortiment Ferrero Rocher de la Saint-Valentin
24 x 5 Compte
Assortiment may vary
Assortiment peut varier

9.99 ea.

Effective February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	13	14	15	16*		

*Valid until 11:59 PM ET

VERSION 4

SEAFOOD BOIL

9.99 lb

INCLUDES CRUDE CRAB, SHRIMP, LOBSTER CLAWS AND CLAMS

metro

CANADIAN AND PROUD

Fresh Coho Salmon Fillets Value Pack 340-454 g, 2.340-2.610 kg; Wild Alaska Sockeye Raw Portions 1 - 1.5 kg, 6.99 lb; Atlantic Salmon Fillets 454 g, 5.49 - 5.99 lb; Atlantic Salmon Lox 75 g, 5.49 - 5.99 lb

Frais Saumon coho en filets format économique 340-454 g, 2.340-2.610 kg; Saumon rouge sauvage pêcherie de Nagoulles 1 - 1.5 kg, 6.99 lb; Saumon atlantique 454 g, 5.49 - 5.99 lb; Saumon atlantique en mi-salaison 75 g, 5.49 - 5.99 lb

10.99 lb of ea.

BONELESS SKINLESS

Fresh Boneless Skinless Chicken Breast Value Pack, 1.36 kg

Poitrine de poulet frais, désossée, sans peau en emballage économique 1.36 kg

4.99 /lb

Maple Leaf or Schneiders Bacon 375 g - 500 g, 6.99 - 7.99 ea.; Maple Leaf or Schneiders Ham 175 g - 375 g, 4.99 - 5.99 ea.

4.99 ea.

FRESH

Fresh Pure Tenderloin Value Pack 1.36 kg; Fresh Pure Pork Loin Value Pack 1.36 kg

Filet de porc frais en emballage économique 1.36 kg; Longe de porc frais en emballage économique 1.36 kg

3.99 /lb

$1 back in points* 125 points

Lean Pork Back Ribs Value Pack 1.36 kg; Pork Fajita Strips 1.36 kg; Pork Chop Value Pack 1.36 kg

Côtes levées de dos de porc en emballage économique 1.36 kg; Lanières de porc à fajitas en emballage économique 1.36 kg; Côtelettes de porc en emballage économique 1.36 kg

6.88 /lb

Red Grapefruit 2 L; Sweetness Mandarins 2 L; Navel Oranges 2 L

Pamplemousses roses 2 L; Mandarines Sweetness 2 L; Oranges navel en plus 2 L

3.99 ea.

Cauliflower 1 kg; Broccoli Crowns 1 kg; Cauliflower Florets 1 kg; Broccoli Florets 1 kg; Broccoli Florets Value Pack 1.36 kg; Broccoli Florets Value Pack 2.27 kg

Chou-fleur 1 kg; Couronnes de brocoli 1 kg; Chou-fleur en fleurons 1 kg; Fleurons de brocoli 1 kg; Fleurons de brocoli en format économique 1.36 kg; Fleurons de brocoli en format économique 2.27 kg

2.99 ea.

Blackberries 170 g; Raspberries 170 g; Large Grapes 2 kg; Red Seedless Grapes 2 kg; Mangoes 2 kg; Cosmos Apples Golden Crisp Value Pack 1.36 kg

1.99 ea. or /lb

40% OFF

1 kg Craft Cheesies Crackers; Craft Crunchy Croquettes

Craft Cheesies Baked Snacks 175 g - 1 kg; Baked Crunchy Croquettes 175 g - 1 kg

4.99 ea.

SALTED SALE

UNSALTED NON-SALE

Unsalted Butter 454 g; Salted Butter 454 g

4.88 ea.

Nuribosca Liver Sausage 175 g; Balzac's Blend Coffee 340 g

Balzac's Coffee Roasted Coffee Beans 340 g; Balzac's Blend Coffee 340 g; Balzac's Coffee 340 g

12.99 ea.

VECTOR

FAMILY SIZE

Honey Nut Cheerios

Kellogg's or General Mills Family Size Cereal 350 g - 1.2 kg

Kellogg's or General Mills Cereal 300 g - 1.2 kg

5.49 ea.

Earth's Own Almond Beverage 946 ml; Earth's Own Almond Beverage Value Pack 1.89 L

Silk Almond Beverage 946 ml; Silk Almond Beverage Value Pack 1.89 L

Lactaid Milk 946 ml; Lactaid Almond Beverage 946 ml

2.99 ea.

Goldfish Crackers 200 g - 300 g; Cheez-It Crackers 200 g - 300 g

Breton Crackers 200 g - 300 g; Cheez-It Crackers 200 g - 300 g; Goldfish Crackers 200 g - 300 g; Cheez-It Crackers 200 g - 300 g

2.22 ea.

Habitant Soup 454 ml; Campbell's Chunky or Ready to Serve Soup 540 ml; Campbell's Soup 284 ml - 540 ml

Campbell's Chunky or Campbell's Ready to Serve Soup 540 ml

1.99 ea.

Häagen-Dazs Ice Cream or Sorbet 473 ml; Häagen-Dazs Ice Cream or Sorbet 473 ml; Häagen-Dazs Ice Cream or Sorbet 473 ml; Häagen-Dazs Ice Cream or Sorbet 473 ml

4.99 ea.

Effective February 12 13 14 15 16 17 18 2026

*Most stores closed on Monday, February 16th, 2026. Check metro.ca for your local store hours.

4-DAY FAMILY MEAL DEAL

FEBRUARY 12TH – FEBRUARY 15TH, 2026

YOUR CHOICE 11.99 ea.

16" X-Large Pepperoni Cheese Pizza
Pizza géante 16 po de pepperoni et fromage
Assortment of Sausage
Assortiment de saucisses
12 CT. EACH / 12 UNITÉS

Hot Wings BBQ
Ailes de poulet BBQ
Frozen grain-fed
Surgelées élevées
10 CT. EACH / 10 UNITÉS

Made in my metro

Cobb Salad
Salade Cobb
Serves 2 / Pour 2
NO GLUTEN / SANS GLUTEN

Assorted Japanese Sushi Platter
Assortiment de sushis japonais
Bal Quality Pack
Bal Quality Pack
Serves 2 / Pour 2
Contains fish and shellfish
Contient du poisson et des crustacés
NO GLUTEN / SANS GLUTEN

Made in my metro

125 points

$1 back in points!*

5.99 ea.

Great Street Bakery Homestyle Assorted Cookies
Pack of 6 / Ex. 6 pièces
Great Street Bakery de style maison
Bag 6 / Sac 6 (400 CT. EACH / 400 UNITÉS)

metro.ca

New Lower Prices

Villaggio Bread, Buns, Sangwich Whole Grain Bread or Bagels
Pain, petits pains tranchés Villaggio, pain de grains entiers ou bagels Sangwich
Assorted varieties
Variétés assorties
Product of Canada
Produit du Canada
2 for/ 7.00

Fontaine Cachet Yogurt
Yogourt Fontaine Cachet
500 - 750 g
3.99 ea.
Also on Fontaine Cachet no-whipped cream cheese
Aussi sur le fromage à la crème Fontaine Cachet sans crème fouettée

Sea Scallops Premium Quality Wild Caught Frozen or Wild Caught Frozen Medium Size Peeled Tail Off Shrimp
Pétoncles de mer de qualité supérieure pêchés en mer congelés ou crevettes moyennes pêchées en mer congelées, pelées, sans queue
Product of Canada
Produit du Canada
3.49 /100 g

Assorted Sea Scallops Frozen Medium Size Peeled Tail Off Shrimp
Pétoncles de mer congelés variés ou crevettes moyennes congelées, pelées, sans queue
Product of Canada
Produit du Canada

Bellissimo Salametti, Smokehouse Salami or Artisan Pepperoni
Salametti Bellissimo, salami fumé ou pepperoni artisanal
200 - 375 g, Select varieties
Sélection variable
5.99 ea.

Bellissimo Salametti, Smokehouse Salami or Artisan Pepperoni
Salametti Bellissimo, salami fumé ou pepperoni artisanal
200 - 375 g, Select varieties
Sélection variable
8.49 ea.

Dairyland Cheese Strips
Bâtonnets de fromage Dairyland
Assorted varieties
Variétés assorties
5.99 ea.

High Liner Breaded Fish Fillets or Shrimp
Filets de poisson ou crevettes panés High Liner
Assorted varieties
Variétés assorties
5.99 ea.

Cooked Shrimp Cocktail Sea Shrimp Crab Meat Rock Lobster Tails Crawfish Tails Crawfish Cocktail Crab Legs Snow Crab Clusters
Crevettes cuites avec cocktail de crevettes Crabe Pattes de crabe Grappes de crabe des neiges
4 PACK
19.99 ea.

iögo Nano or Siggi's Drinkable Yogurt
Yogourt iögo Nano ou Siggi's à boire
Assorted varieties
Variétés assorties
6.49 ea.

Yogurt Tubes or Yogurt Multi Yogurt
Tubes de yogourt ou Yogourt multi
Assorted varieties
Variétés assorties
6.49 ea.

ACTIVIA Multi Yogurt
Yogourt multi ACTIVIA
Assorted varieties
Variétés assorties
6.49 ea.

Cappuccino Pur Filtre Coffee
Café Pur Filtre Cappuccino
Assorted varieties
Variétés assorties
5.49 ea.

Giuseppe Artisan Pizza
Pizza Giuseppe Du Jardin
Assorted varieties
Variétés assorties
5.49 ea.

Giuseppe Artisan Pizza
Pizza Giuseppe Du Jardin
Assorted varieties
Variétés assorties
5.49 ea.

Soup Appetizer Chicken Pot Pie or Cream Cheese Cabaliers Fruit Pouches Soup Spoons Fruits en compote Fruit Cups
Soupe Entrée Pâté au poulet ou fromage à la crème Cabaliers Sachets de fruits Cuillères à soupe Fruits en coupelle
Assorted varieties
Variétés assorties
3.99 ea.

Kirkinton Pulled Smoked Pork
Porc fumé effiloché Kirkinton
Cut & Kirkinton Smoked Pork Ribs
Côtes levées fumées Cut & Kirkinton
Product of Canada
Produit du Canada
10.99 ea.
Save/ Économisez $1 Rebate/ Remise 125

Lucelle Cookies
Assorted varieties
Variétés assorties
1.67 ea.

Tropicana Orange Juice Minute Juice or Calcium Juice Jus de pomme Minute Juice ou Jus de pomme Minute Juice
Assorted varieties
Variétés assorties
3.99 ea.
Rewards 40

Kraft Dinner Macaroni & Cheese
Assorted varieties
Variétés assorties
4.99 ea.

Campbell's Broth Condensed Soup Soup Bowl Bouillon Campbell's
Assorted varieties
Variétés assorties
1.99 ea.

Beer Original Bottle Beer or Beer Original Can Bière ordinaire en bouteille ou Bière ordinaire en canette
Product of Canada
Produit du Canada
3.33 ea.

Vintas Unsalted or Salted Croquettes Kosher Croustilles kosher
Assorted varieties
Variétés assorties
2.22 ea.

Chex Mix Assorted Snack Mix Nature's Path or Enjoy Life Snack Bars
Assorted varieties
Variétés assorties
4.99 ea.

Dove Personal Care Assorted Lines Soins personnels Dove
Assorted varieties
Variétés assorties
4.99 ea.

Scott Bathroom Tissue Tide Laundry Detergent or Downy Fabric Softener
Papier hygiénique Scott Détergent à lessive Tide ou Assouplissant textiles Downy
Assorted varieties
Variétés assorties
14.99 ea.

I earn with moi rewards

Kraft Mini Marshmallows
Mini guimauves Kraft
125 Save/ Économisez $1 Rebate/ Remise
6.49 ea.

Olive Oil Extra Virgin Olive Oil Olive Oil Blend
Huile d'olive extra vierge Huile d'olive Mélange d'huile d'olive
75 Save/ Économisez $0.75 Rebate/ Remise
7.99 ea.

Cashmere Bathroom Tissue Scott Paper Towels or Scott Facial Tissue
Papier hygiénique Cashmere, essuie-tout Scott ou papiers mouchoirs Scott
125 Save/ Économisez $1 Rebate/ Remise
12.99 ea.

We reserve the right to limit quantities.
LIMITED TIME, THIS WEEK ONLY, UNLESS OTHERWISE STATED.
ALL PRICE PRODUCTS AVAILABLE WHILE QUANTITIES LASTS.

In a Loblaw Supermarket
Dans un supermarché Loblaw

Visit us at: loblaws.ca
Mon ou pour mon iscan: Download the iscan app and WIN $1,000! Télécharger l'application iscan et gagnez 1 000 $!

*PRICES ACCURATE AT PRINT TIME UNLESS OTHERWISE STATED. Please recycle where facilities exist.
*PRIX EXACTS À L'IMPRESSION À MOINS D'INDICATION CONTRAIRE. Veuillez recycler lorsque des installations à cet effet existent.
Fruit Cup Snacks are not based Fruit at Fruit Cup Snacks, Fruit Cup Snacks are not a source of Fruit Cup Snacks are not a source of Fruit Cup Snacks are not a source of

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

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

NOW 2.99 ea. SAVE UP TO $1 | 3.99* ea. DRIZZILICIOUS RICE CAKES 153 g SELECTED VARIETIES

NOW 1.99 ea. SAVE UP TO $2 | 3.99* ea. QUAKER CHEWY OR DIPPS BARS 100 - 156 g SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $5 | 8.99* ea. HIGH LINER MARKET CUTS FROZEN, 227 g SELECTED VARIETIES

NOW 7.99 ea. SAVE UP TO $4 | 11.99* ea. GLADE 3-WICK CANDLES 1 jar SELECTED VARIETIES

NOW 3.49 ea. SAVE UP TO $3.10 | 6.59* ea. FOUR O'CLOCK TEA 16 - 20 un SELECTED VARIETIES

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 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.*

contest
until March 11th

my brands & moi

total of
20 million
points
to be won

participate by purchasing
two products from
these brands

Selection
Irrésistible
Personnelle

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 $360,000CAD).
Prize conditions and contest rules are available at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

Large Nectarines / **Grosses nectarines** 3.99 /lb

Large Peaches / **Grosses pêches** 3.99 /lb

Grocery Inspiration / **Idées épicerie**

Simone pitches / **Simone propose** 3.99 /kg

WOW Strawberries / **Fraises WOW** 4.99 ea.

Conventional Sweet Potatoes / **Patates douces conventionnelles** 1.69 /lb

Ready to Serve Fruit Salad / **Salade de fruits prête à servir** 4.99 ea.

Jumbo Cantaloupes / **Melons cantaloups jumbos** 4.99 ea.

Red Currants / **Groseilles rouges** 4.99 ea. 60 SAVINGS

Green Cabbage / **Chou vert** 99¢ /lb

Cherry Vine Tomatoes / **Tomates en grappe** 1.99 ea.

Blueberries 7.99 ea.

Beets 6.99 /lb

Bulk Grow Organic Crimini Mushrooms 3.79 2.99 ea.

Yellow Waxed Potatoes / **POMMES DE TERRE JAUNES À CUIRE À LA VAPEUR** 3.99 ea. 50 SAVINGS

Navel Oranges 4.99 /lb

Seedless Grapes 4.99 /lb

Cotton Candy Grapes / **Raisins de table Cotton Candy** 4.99 /lb

60 SAVINGS

Avocado Tomatoes / **Tomates avocats** 4.99 ea.

Tom Cat Cat Food / **Pâtée pour chats** 2 for 12.00 6.49 ea.

Sliced & Diced

Fresh Vegetable or Fruit Cocktail / **Cocktail de crudités ou de fruits** 12.99 ea. 17 SAVINGS

Fresh Pineapple Cubes / **Cubes de ananas** 14.99 ea. 125 SAVINGS

$1 BACK IN CASH / **$1 DE RABAIS EN ARGENT**

Fruity Fruit Salad / **Salade de fruits fruitée** 12.99 ea. 125 SAVINGS

Organic

Organic Bananas / **Bananes biologiques** 4.99 ea.

Little Potato Co. Organic Potatoes / **Pommes de terre biologiques Little Potato Co.** 5.99 ea.

Fruity Fruit Salad / **Salade de fruits fruitée** 12.99 ea. 125 SAVINGS

$1 BACK IN CASH / **$1 DE RABAIS EN ARGENT**

Organic Greek Yogurt / **Yogourt grec biologique** 5.99 ea.

Valentine's Day Floral

Little Cascade Orchid / **Petite orchidée cascade** 29.99 ea.

Orchidée Little Dream / **Petite orchidée rêve** 29.99 ea.

Valentine's Theme Mixed Flower Presentation Bouquet / **Bouquet de présentation de fleurs mixtes thème Saint-Valentin** 40.00 ea.

Assortment Bouquet / **Bouquet assortiment** 40.00 ea.

Bouquet Adoration / **Bouquet Adoration** 40.00 ea.

Arrangement Bouquet / **Bouquet d'arrangements floraux** 39.99 ea. STARTING AT

Arrangements de bouquets / **Bouquets d'arrangements floraux de la Saint-Valentin** STARTING AT

Enter Your **Valentine** Get **$10 OFF** $ Flowers Spend $40 or more

CODE: valline10

FAIRE VOIR / SHOP NOW

Offer valid February 5 – 14

Minimum $40 Flower Purchase

Bouquet Rose Bouquet / **Bouquet de roses** 25.00 ea. STARTING AT

Valentine's Balloons and Plush / **Ballons et peluche de la Saint-Valentin** 9.99 ea. STARTING AT

metro.ca

Celebrate with

Sweet Treats & Beautiful Blooms

FANCY PREMIUM BOUQUET ROSES BOUQUETS
54.99 EA.

SWEET VALENTINE BOUQUET
20.00 EA.

7.99 EA. BOUTIGNONE NON-ALCOHOLIC WINE
750 ml
SELECT PLU VARIETIES

FRUIT DIPPED CHEESECAKE
6.99 EA.

8.99 EA. FRUIT PACK SUSPENSION STRAWBERRIES CHAMPAGNE 473 g PRODUCT OF U.S.A. OR MEXICO

FRONT STREET BAKERY CHOCOLATE HEART CAKE
18.99 EA.

STRAWBERRIES WITH CHOCOLATE
12.99 EA.

NESTLÉ'S MINIATURES CHOCOLATES
8.99 EA.
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

9.79 EA. NESTLÉ VALENTINE'S CHOCOLATE
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

4.99 EA. RITZ DRIZZLED CRACKERS
SELECT PLU VARIETIES

NESTLÉ TURTLES VALENTINE'S CHOCOLATE
14.99 EA.
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

4.99 EA. NESTLÉ VALENTINE'S HEARTS
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

5.49 EA. HERSHEY'S KISSES VALENTINE'S CHOCOLATE
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

FERRERO VALENTINE'S KINDER CHOCOLATE
SELECT PLU VARIETIES
WHILE QUANTITIES LAST
3.49 EA.

LINDT LINDOR VALENTINE'S CHOCOLATE
SELECT PLU VARIETIES
WHILE QUANTITIES LAST
11.99 EA.

4.49 EA. CADBURY FINGERS
SELECT PLU VARIETIES

LINDT LINDOR VALENTINE'S ASSORT
SELECT PLU VARIETIES
WHILE QUANTITIES LAST
15.99 EA.

3.49 EA. JOLLY RANCHER VALENTINE'S CANDY
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

3.49 EA. McCORMICK CANDY BAG
SELECT PLU VARIETIES
WHILE QUANTITIES LAST

ONLINE EXCLUSIVE

FREE

metro.ca

Irresistible Mini Chocolate Eclairs 455 g

$12.99 VALUE

PROMO CODE

ECLAIR

Enjoy the Offer

WHEN YOU SPEND $150 OR MORE*

*Certain conditions apply. Details on metro.ca

Our Butcher's Finest

BONELESS

Boneless Pork Loin Chops
Côtes Pour le Rôti
1.5-2.5 kg
Sans Os
Longe de porc désossée
de colombier ou surgelée
Colombier ou congelé
1.5-2.5 kg

5.99 /lb

$1 Back in points* 125 points

Pork Maple Sausages Italian Mild
1.5 kg
Saucisses en lanières au naturel et
aromatisé au piment
1.5 kg

5.99 /lb

Boneless Pork Shoulder Roast
Rôti de Épaule Sans Os
2.5-3.5 kg

19.99 /lb

Premium Grill Ready Strip Loin Steak
Bifteck de Longe Prêt à Griller
Premium
0.5-0.7 kg
Bifteck de contre-filet Grillé Prêt à Griller
Premium
0.5-0.7 kg

Beef Loin Chops
Côtes de Bœuf
2.4-2.9 kg
Côtes de longe de bœuf
2.4-2.9 kg

10.99 /lb

$1 Back in points* 125 points

Boneless Pork Shoulder Roast
Rôti de Épaule Sans Os
2.5-3.5 kg

5.99 /lb

Boneless Pork Loin Roast Without Tenderloin
Rôti de Longe Sans Os Sans Filet Mignon
2.5-3.5 kg
Rôti de longe de porc sans filet mignon
2.5-3.5 kg

POLAR

4.99 /lb

Maple Leaf Prime Raised Without Antibiotics Fresh Whole Chicken
1.6-2.2 kg
Poulet entier frais Prime Maple Leaf Élevé sans antibiotiques
1.6-2.2 kg

$2 Back in points* 250 points

Northshore Valley Farms Organic Fresh Chicken Leg Quarters
1.5 kg
Quarts de poulet cuisse biologique frais Northshore Valley Farms
1.5 kg

4.99 /lb

Fresh Boneless Lamb Rack
Carré de Agneau Frais Sans Os
0.7-1.0 kg
Carré de agneau frais d'os à la moelle
0.7-1.0 kg

20.99 /lb

Irrésistible

Irrésistible Mini Bakers Potatoes
Pommes de terre miniatures
Product of Canada
Produit du Canada
Mini pommes de terre cuites
Product of Canada
Produit du Canada

7.99 ea.

Irrésistible Mini Bakers Potatoes Family Pack
Pommes de terre miniatures Format Famille
Product of Canada
Produit du Canada
Mini pommes de terre cuites
Product of Canada
Produit du Canada

8.99 ea.

Irrésistible Melonettes
Product of Canada
Melonettes
Product of Canada

9.99 ea.

Irrésistible Mini Spring Rolls Trio
Product of Canada
Mini Rouleaux de printemps trio
Product of Canada

12.99 ea.

Breakfast Favourites

Schneiders Breakfast Sausages Original Or Maple Or Spicy
Saucisses à déjeuner Original Ou Érable Ou Épicées
Product of Canada
Produit du Canada

5.99 ea.

Maple Leaf Prime Sliced Bacon Or Black Black Kitchen Or Smoked
Product of Canada
Bacon Prime Tranché Maple Leaf Ou Black Black Kitchen Ou Fumé
Produit du Canada

6.99 ea.

$1 Back in points* 125 points

900 g

Mon Jongle Breakfast Sausages Original Sausages Product of Canada Mini Saucisses Original Produit du Canada

11.99 ea.

1 KG

Selection Bacon
Bacon Sélection

12.99 ea.

LOCKED DOWN PRICES

FEBRUARY 12TH TO MARCH 11, 2026

Maple Ledge Original Or Maple Or Maple & Pepper
Product of Canada
Saucisses Maple Ledge Original Ou Érable Ou Érable & Poivre
Produit du Canada

2.49 ea.

Maple Leaf Gourmet Original Or Maple Or Maple & Pepper
Product of Canada
Saucisses Maple Leaf Gourmet Original Ou Érable Ou Érable & Poivre
Produit du Canada

3.99 ea.

Maple Ridge Original Or Maple Or Maple & Pepper
Product of Canada
Saucisses Maple Ridge Original Ou Érable Ou Érable & Poivre
Produit du Canada

5.99 ea.

Lean Ground Lamb
Product of Canada
Agneau haché maigre
Produit du Canada

10.99 lb.

$1 Back in points* 125 points

Mon Jongle Breakfast Sausages Original Sausages Product of Canada Mini Saucisses Original Produit du Canada

6.99 ea.

Lenny's Pork Sausages or Lenny's Pork Sausage Links
Product of Canada
Saucisses de porc ou saucisses de porc avec Fin Lenny's
Produit du Canada

8.49 ea.

Beyond Meat Beyond Breakfast Sausage Links Or Sausage Patties
Saucisses ou Galettes Beyond Breakfast
Product of Canada
Produit du Canada

8.99 ea.

Poppy Breaded Mozzarella Sticks
Product of Canada
Sticks de mozzarella panés Poppy
Produit du Canada

11.99 ea.

85 points

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

Seafood

4.49 ea. — Fresh Organic Ontario Trout Portions 454 g / Fraîche Truite de l'Ontario sans le poids 454 g

13.99 /lb. — Wild Caught Yellowfin Tuna Steaks 454 g / Thon à nageoires jaunes sauvage 454 g — Sold in a frozen alternate package / Vendu en forme congelée

1.29 ea. — Limit 2 — Cherry Tomatoes 284 g / Tomates cerises 284 g — Bulbous Bok Choy 454 g / Bok choy bulbeux 454 g

19.99 ea. — Crate of 12 — Irish Point Oysters 12 x 100 g / Huîtres Irish Point 12 x 100 g — $1 instant rebate 1.25

5.99 ea. — 2 LBS — Fresh Canadian Corn Husks Removed 2 lbs / Maïs Trichches Sans Pelure Canadien Frais 2 lbs

19.99 ea. — Claw Crab Meat 454 g / Chair de crabe 454 g — Wilder Pasteurized Crab Meat 454 g / Chair de crabe pasteurisé Wilder 454 g

8.99 ea. — Ocean Prime Whole Cleaned Squid 454 g / Calmar entier nettoyé Ocean Prime 454 g

9.99 /lb. — Bay Scallops 340 g / Pétoncles de baie 340 g — Product of Canada / Produit du Canada

10.99 ea. — Sockeye Pickled Fillets 500 g / Filets de saumon rouge marinés 500 g — Product of Canada / Produit du Canada

10.99 ea. — Tuna Steaks Sockeye or Coho Salmon Steaks or Tuna Steaks 454 g / Pièces de saumon rouge, de saumon coho ou de thon 454 g — Product of Canada / Produit du Canada — $1 instant rebate 1.25

Irrésistible

8.99 ea. — Irrésistible Mini Pizzas 300 g / Mini pizzas Irrésistible 300 g

9.99 ea. — Irrésistible Mini Pacific White Shrimp 340 g / Crevettes blanches du Pacifique Irrésistible 340 g

10.99 ea. — Irrésistible Smoked Salmon 113 g / Saumon fumé Irrésistible 113 g — Sold in a frozen alternate package / Vendu en forme congelée

19.99 ea. — 40% — Irrésistible Black Tiger Shrimp Ring Mix 454 g / Canneton Irrésistible Black Tiger Shrimp mixte gourmet 454 g

Deli Favourites

3.49 /100 g — Mexico Cotija Cubed 100 g / Cotija mexicain en cubes 100 g — Product of Mexico / Produit du Mexique

3.99 /100 g — Smoked Salmon Nature 100 g / Saumon fumé nature 100 g — Irrésistible Pacific Rose Artisan Irrésistible Artisan Irrésistible

4.49 /100 g — Sliced Cheese Spicy Jack 100 g / Fromage Monterey Jack épicé 100 g — Product of Canada / Produit du Canada

5.99 ea. — Irrésistible Artisan Pizza 400 g / Pizza Irrésistible Artisan Irrésistible 400 g — Product of Canada / Produit du Canada

7.49 ea. — 25 — Mixed Sweet Chilli Cashew Chicken 454 g / Poulet à la noix de cajou et au chili doux 454 g — Product of Canada / Produit du Canada

6.99 ea. — 50 — Pilar's Pepperoni Pepperoni Pilar's 180 g / Pepperoni Pilar's 180 g — Product of Canada / Produit du Canada

7.99 ea. — Lactalis Sliced Bold Cheddar 200 g / Cheddar tranché Bold Lactalis 200 g — Product of Canada / Produit du Canada

9.99 ea. — Balderson Cheddar 454 g / Cheddar Balderson 454 g — Product of Canada / Produit du Canada

7.99 ea. — 25 — Garlic Mushroom Dip 454 g / Dip aux champignons à l'ail 454 g — Product of Canada / Produit du Canada

4.99 ea. — 25 — La Ste Maxime Pizza 454 g / Pizza La Ste Maxime 454 g — Product of Canada / Produit du Canada

7.99 ea. — Tzatziki Dip 454 g / Dip Tzatziki 454 g — Product of Canada / Produit du Canada

7.99 ea. — Gustor Gouda 200 g / Gouda Gustor 200 g — Product of Canada / Produit du Canada

5.99 ea. — Garden Fresh Spring Mix Salad 454 g / Salade printanière Garden Fresh 454 g — Product of Canada / Produit du Canada

5.99 ea. — Fresh Pasta Fettuccine 454 g / Fettuccine frais 454 g — Product of Canada / Produit du Canada

earn more with moi rewards

6.99 ea. — Fresh Cut Breaded Lightly Breaded Scampi Fritto Scampi frits légèrement panés Product of Canada / Produit du Canada

16.00 ea. — 250 — Fresh Cut Popcornless Chicken Poulet frais sans maïsoline Product of Canada / Produit du Canada

metro.ca

metro FRESH 2 GO
SAVOUR MOROCCO
FRESH FOR WINTER
LIMITED TIME ONLY
12.00 EACH
Moroccan Style Chicken Bowl
780 Cals
15.99 EACH
16" Stone Classic Moroccan Style Chicken & Vegetable Pizza
370 Cals/Slice, 8 Slices
14.99 EACH
Moroccan Style BBQ Seasoned Chicken, 900 g
450 Cals/Serving, Serves 4
8.00 EACH
Moroccan Style Chicken Sandwich
500 Cals
4.99 EACH
Moroccan Style 9 Vegetable Soup, Small
Small 180 Cals/Large 250 Cals, Large $5.99
2.49 /100 g
Moroccan Style Salad
150 Cals/100 g, $24.90 kg

Valentine's Day Treats

18.99 ea. Food Street Bakery Chocolate Heart Cake 1.5 kg
Gâteau en cœur chocolat Food Street Bakery
Pastel de corazón de chocolate Food Street Bakery

22.99 ea. Valentine's Day Cake 1.5 kg
Gâteau de la Saint-Valentin
Pastel de San Valentín

12.99 ea. Food Street Bakery Mini Decorated Cake 1.5 kg, 10 pk
Mini gâteau décoré Food Street Bakery
Pastel decorado mini Food Street Bakery

22.99 ea. Food Street Bakery Strawberry or Fancy Fruit Tart 1.5 kg
Gâteau au fraisier ou aux fruits Food Street Bakery
Pastel de fresas o de frutas de lujo Food Street Bakery

22.99 ea. Food Street Bakery Triple Strawberry or Triple Blueberry Cake 1.5 kg
Gâteau Mûriers-fraises ou Bleuets-fraises Food Street Bakery
Pastel de fresas y arándanos Food Street Bakery

mix & match
Food Street Bakery Single Serve Decorated Cake 1.5 kg, 6 pk
Desserts individuels décorés Food Street Bakery
Pastel decorado individual Food Street Bakery
BUY ANY 6
14.00

3.29 ea. Food Street Bakery Mini Éclairs 1.5 kg
Petits éclairs Food Street Bakery
Pastelitos de crema Food Street Bakery

3.99 ea. Premiere Milanese Pepperoni Baguette 1.5 kg
Baguette Premiere Milanese
Baguette Premiere Milanese

CELEBRATE SHROVE TUESDAY!
A traditional Polish donut made with eggs, rich ingredients, and sugar for a soft, chewy texture. Enjoy a pączek (pronounced "pawnch") on Shrove Tuesday treat!

5.99 ea. Paczki Donuts 420 g
Beignes Paczki 420 g
Rosquillas Paczki 420 g

Dempsters Bon Vieux Vellveeta

NEW

mix & match
February 12 to February 25, 2026
BUY ANY 2
7.00
VELLVEETA BREADS, DEMPSTERS BREADS, BAGELS, FLAVOUR BREADS OR BAGELS
Excluding Organic, Gluten Free, Vellveeta Bread, 20 Count

Low Price Every Day

NOW **2.99 ea.** Sour Cream Sour Cream 500 ml
Crème sure Sélection
Crema agria Selection

NOW **3.49 ea.** Cream Cheese Cream Cheese 250 g
Fromage à la crème Sélection
Queso crema Selection

NOW **4.99 ea.** Invisible Sparkling Water 1.5 L
Eau pétillante Invisible
Agua con burbujas Invisible

NOW **1.25 ea.** Selection Water 1.5 L
Eau Sélection
Agua Selection

NOW **2.99 ea.** Selection Water Enhancer 473 ml
Rehydratant Sélection
Hidratante Selection

NOW **2.99 ea.** Selection Gum 10 pk
Gomme Sélection
Goma Selection

NOW **2.99 ea.** Invisible Pouch Twists 10 x 15 g
Invisible Audacious
Invisible Audacious

NOW **5.99 ea.** Selection Bed Cups 10 pk
Verres coupe Sélection
Vasos coupa Selection

NOW **2.99 ea.** Selection Cake Crackers 300 g
Biscuits Sélection
Galletas Selection

NOW **2.99 ea.** Life Smart Fruit Cups 4 x 113 g
Coupe de fruits Mission Ultra
Copa de fruta Mission Ultra

NOW **1.49 ea.** Selection Candy 50 g
Bonbons Sélection
Dulces Selection

Invisible Sticks 10 x 3 g
Invisible Bâtonnets
Invisible Palitos

NOW **2.99 ea.** Selection Flour 2.5 kg
Farine Sélection
Harina Selection

NOW **3.99 ea.** Selection Cake Mix 425 g
Préparé pour gâteau Sélection
Mezcla para pastel Selection

NOW **1.25 ea.** Selection Jelly 175 g
Gelée en poudre Sélection
Gelatina Selection

FREE SAME-DAY PICKUP
SAME FLYER PRICES AND DEALS ONLINE
Scan to shop online

PARTY LIKE A CHAMPION

ZOMBIES COLOSSAL PLATTER 1.2 kg (2.21 lbs)
9.99 lb.

FRESH 2 X 6 PIECE CHICKEN WINGS
STARTING FROM **6.99** ea.

15.99 ea.
FRESH 2 X 16 "6" 3 TOPPING STONE BAKED PIZZA
SELECTED VARIETIES, MADE IN SPECIALS ONLY

13.99 ea.
FROZEN 2 X 60 CHICKEN BITES OR TENDERS
10 - 20 oz.

6.49 ea.
BLUE DIAMOND ALMONDS
PRODUCT OF CALIFORNIA
SELECTED VARIETIES

ZOMBIES SALTED PEANUTS
200 g
2 FOR **3.00**

9.79 ea.
ORVILLE REDENBACHER POPCORN
10 PACK
SELECTED VARIETIES

4.29 ea.
MCSWEENEY'S RICE CHIPS
SELECTED VARIETIES

8.49 ea.
McSWEENEY'S JERKY SNACKS
SELECTED VARIETIES

6.99 ea.
JACK LINK'S TERIYAKI SNACKS
SELECTED VARIETIES

8.99 ea.
ATYPIQUE SPARKLING NON-ALCOHOLIC BEVERAGES
4 x 355 ml
SELECTED VARIETIES

4.49 ea.
MAX WATER ENHANCERS
SELECTED VARIETIES

5.49 ea.
HEINZ'S KETCHUP
750 ml
SELECTED VARIETIES

9.99 ea.
PLANTS OLIVES
SELECTED VARIETIES

3.99 ea.
LE GREC YOGURTS
350 ml
SELECTED VARIETIES

6.99 ea.
BLACKCURRANTS BLACKBERRY
500 g
SELECTED VARIETIES

5.99 ea.
SMALL FIELD DIP 500 g
GUACAMOLE 283 g
SALSA 454 g
CHICKEN AVOCADO 300 g

5.00 ea.
FRESH 2 X 50 TORTILLA CHIPS
200 g - 300 g
SELECTED VARIETIES

7.99 ea.
GOLD LABEL DIPS
SELECTED VARIETIES

2.99 ea.
SCHMEX DELICIOUS TOPPINGS
SELECTED VARIETIES

4.99 ea.
SELECTION MINI BUTTER TARTS
30 - 35 g
SELECTED VARIETIES

9.99 ea.
FRONT STREET BAKERY GOURMET COOKIES TRAY
500 - 700 g
SELECTED VARIETIES

21.99 ea.
MEDIUM VEGETABLE OR FRUIT TRAYS
17 - 23 kg
OVER 5 LBS OF PRODUCE

metro.ca

mmmAZING! days

EXTENDED OFFER

60% OFF*

12-MONTH DELIVERY PASS

~~$99.99~~

$39.99

Subscribe Now

*Certain conditions apply. Details on metro.ca

More Great Savings

McCafé Ground Coffee 312 g (2.56¢/100 g) **Café torréfié moulu** 312 g

8.99 ea.

Van Houtte Cold Brew Coffee 946 ml (0.95¢/ml) **Café froid Van Houtte** 946 ml

12.99 ea.

Pearl Milling Pancake Mix 2.27 kg **Pearl Milling Waffle Mix** 2.27 kg **Pearl Milling Mix** 2.27 kg (0.44¢/100 g) **Pearl Milling Mix** 2.27 kg (0.44¢/100 g)

4.99 ea.

Selection Cream 10% 1 L **Crème 10% Sélection** 1 L

3.99 ea.

Tetley Tea 80 ct (5¢/sachet) **Thé Tetley** 80 ct (5¢/sachet)

4.49 ea.

Tender Flake Cereal 500 g (0.9¢/g) **Céréales Tender Flake** 500 g (0.9¢/g)

5.49 ea.

Dole Fruit Cups 4 pack (0.56¢/g) **Coupes de fruit Dole** 4 pack (0.56¢/g)

4.49 ea.

Yoplait Nordica 2% 750 g (0.93¢/g) **Yoplait Nordica 2%** 750 g (0.93¢/g)

7.49 ea.

French's Mustard 325 ml (0.92¢/ml) **Moutarde French's** 325 ml (0.92¢/ml)

3.49 ea.

Kraisseau Dressing 355 ml (1.69¢/ml) **Vinaigrette Kraisseau** 355 ml (1.69¢/ml)

6.99 ea.

Inspirations Frozen Meal 340 g (1.47¢/g) – 425 g (1.18¢/g) **Repas congelés Inspirations** 340 g (1.47¢/g) – 425 g (1.18¢/g)

4.99 ea.

Minute Rice 250 g (1.20¢/g) **Riz Minute** 250 g (1.20¢/g)

2.99 ea.

Green Giant Cut Vegetables 341 ml (0.29¢/ml) – 398 ml (0.25¢/ml) **Légumes Green Giant** 341 ml (0.29¢/ml) – 398 ml (0.25¢/ml)

1.99 ea.

Green Giant Steam Vegetables 341 ml (0.29¢/ml) – 398 ml (0.25¢/ml) **Légumes à la vapeur Green Giant** 341 ml (0.29¢/ml) – 398 ml (0.25¢/ml)

4.49 ea.

Culinary Sauce 500 ml (1¢/ml) **Sauce Culinary** 500 ml (1¢/ml)

5.99 ea.

Kid's Pasta 454 g (1.32¢/g) **Canelloni Kid's** 454 g (1.32¢/g)

6.49 ea.

80

Trophy Nuts 454 g (1.32¢/g) **Noix Trophy** 454 g (1.32¢/g)

6.99 ea.

Kraft Dinner Macaroni & Cheese 206 g (1.46¢/g) – 225 g (1.33¢/g) **Macaroni à la crème Kraft Dinner** 206 g (1.46¢/g) – 225 g (1.33¢/g)

4.99 ea.

Air Heat Air Fryer Snacks 200 g (7.45¢/g) – 300 g (4.97¢/g) **Mini Collations Air Heat** 200 g (7.45¢/g) – 300 g (4.97¢/g)

14.99 ea.

Bonjour Juice 1 L **Jus Bonjour** 1 L

2.99 ea.

Selection Condiments 500 ml (0.59¢/ml) **Sauce Selection** 500 ml (0.59¢/ml)

2.99 ea.

Athletic Brewing Co. Non-Alcoholic Beer 355 ml (3.38¢/ml) **Bière Athletic Brewing Co. Sans-alcool** 355 ml (3.38¢/ml)

12.89 ea.

Oreo Cookies 432 g (0.69¢/g) **Biscuits Oreo** 432 g (0.69¢/g)

3.99 ea.

Ritz Cracker Sandwiches 300 g (0.67¢/g) **Sandwichs Ritz** 300 g (0.67¢/g)

2.99 ea.

Clearly Canadian Sparkling Water 473 ml (1.63¢/ml) **Eau pétillante Clearly Canadian** 473 ml (1.63¢/ml)

7.69 ea.

Nova Energy Drink 473 ml (0.63¢/ml) **Boisson à l'énergie Nova** 473 ml (0.63¢/ml)

3.59 ea.

Philadelphia Cream Cheese 250 g (1.99¢/g) – 1 kg (1.49¢/g) **Fromage à la crème Philadelphia** 250 g (1.99¢/g) – 1 kg (1.49¢/g)

4.99 ea.

Valentine's DAY Treat

Tasty Cheese Spread 500 g (1.19¢/g) **Fromage à tartiner savoureux** 500 g (1.19¢/g)

6.99 ea.

Magic Baking Powder 454 g (1.32¢/g) **Poudre à pâte Magic** 454 g (1.32¢/g)

6.49 ea.

Nestlé KitKat

Coffee Mate Coffee Sweetener 28 ct (4¢/sachet) **Sucrette à café Coffee Mate** 28 ct (4¢/sachet)

4.99 ea.

KitKat Gold Bar 42 g (11.90¢/g) **Barre KitKat Gold** 42 g (11.90¢/g)

4.99 ea.

KitKat Pure Milk Bar 42 g (11.90¢/g) **Barre KitKat Pure Milk** 42 g (11.90¢/g)

4.99 ea.

Non-GMO

Made Good Granola Bars or Granola Bites Assorted Varieties 275 g–300 g
Barre granola Bites Assorted Varieties 200 g
4.49 ea.

Keen Protein Bars 50 g–70 g
Assorted Varieties
8.49 ea.

Skinny Pop Popcorn 75 g–200 g
Assorted Varieties
Made in a dedicated nut free facility
3.99 ea.

Plant-Based

Plant Based Chicken Strips 200 g–300 g
Assorted Varieties
Beyond Meat Plant Up surprise 200 g–227 g
7.99 ea.

Oat Up Oat Beverage 946 mL
Assorted Varieties
Between 2 Farms Barley Water 1 L
4.99 ea.

Neal Brothers Vegetarian Pasta Sauce 650 mL–700 mL
Assorted Varieties
Sweet pea yellow split peas 454 g
8.99 ea.

Daiya Frozen Pizza 300 g–370 g
Assorted Varieties
Vegan Pizza Dough 454 g–510 g
9.99 ea.

Organic

Bob's Red Mill Oatmeal 454 g–907 g
Assorted Varieties
Grace Bob's Red Mill 680 g–907 g
9.99 ea.

Native Coconut Oil 414 mL–473 mL
Assorted Varieties
Or coco Native
16.99 ea.

Pacific Foods Broth 946 mL
Assorted Varieties
Beyond Pacific Foods 946 mL
7.99 ea.

Core Soda 355 mL
Assorted Varieties
Between grapefruit Core 355 mL
2.49 ea.

Capilano Manuka Honey 250 g–340 g
Assorted Varieties
Mini Manuka Capilano 50 g
13.99 ea.

Humble Potato Chips 113 g–150 g
Assorted Varieties
Crunchies 113 g–150 g
Assorted Varieties
4.49 ea.

Keurig Hot Beverage Brewer
Assorted Varieties
Keurig Nature Coffee Capsules 8 ct–12 ct
Assorted Varieties
Cold Brewing Nature Coffee Capsules 8 ct–12 ct
Assorted Varieties
13.99 ea.

Baby & Beauty

Little Bellies Puffs 57 g–70 g
Assorted Varieties
Snuffle Little Bellies 15 mL–20 mL
Assorted Varieties
1.49 ea.

Pampers Baby Wipes 56 ct–80 ct, 320 ct–480 ct
Assorted Varieties
Pampers Baby Pants 20 ct–30 ct, 320 ct–480 ct
Assorted Varieties
Pampers Baby Swimpants 10 ct–20 ct
Assorted Varieties
9.99 ea.

Crest Toothpaste 75 mL–130 mL
Assorted Varieties
Breathe Cool 50 ml
Assorted Varieties
1.49 ea.

G-U-M Dental Floss 50 m–100 m
Assorted Varieties
Gum Antiplaque Floss 50 m
Assorted Varieties
2.99 ea.

Aussie Hair Care 313 ml–400 ml
Assorted Varieties
Aussie mallows 250 ml–400 ml
Assorted Varieties
7.99 ea.

Lubriderm Lotion or Body Wash 473 ml–946 ml
Assorted Varieties
Lubriderm Lotion or Body Lotion 473 ml–946 ml
Assorted Varieties
9.99 ea.

BONUS $10
AnyCard eGift card
with the purchase of a $50 AnyCard gift card
Claim your bonus at giftcardpromos.ca
Offer valid February 12 – 18

Household Helpers

Scott Toilet Paper 6 ct–12 ct
Assorted Varieties
Scott Towels or Scott Napkins 125 ct–150 ct
Assorted Varieties
8.99 ea.
Save $1.00 on 2 Scott Toilet Paper 6 ct–12 ct, Scott Towels or Scott Napkins 125 ct–150 ct
Limit 2

Bounty Paper Towels 6 ct–12 ct
Assorted Varieties
Bounty Paper Towel 1 ct–2 ct
Assorted Varieties
Dream Sheet Bounty 1 ct–2 ct
Assorted Varieties
14.99 ea.

Happy Lunar New Year!
Brita Water Pitcher or Replacement Filters
Assorted Varieties
26.99 ea.

Febreze Plug Scent Booster
Long-lasting Scent You Can Control
Scott Toilet Paper 6 ct–12 ct, Scott Towels or Scott Napkins 125 ct–150 ct
Assorted Varieties
9.99 ea.
Save $1.00 on 2 Scott Toilet Paper 6 ct–12 ct, Scott Towels or Scott Napkins 125 ct–150 ct
Limit 2
Febreze Plug Scent Booster Warmer or Scents or Refills
Assorted Varieties

Easy Peasy Kitchen Cleaner 946 mL
Assorted Varieties
6.49 ea.

WE WORK HARD SO YOU DON'T HAVE TO!
Scrubbing Bubbles or Easy Peasy Cleaners
Assorted Varieties

Offer valid February 12 – 18

Unless otherwise specified, quantities are limited. Prices and availability may vary by store. Some items may be not available in certain stores and online. Offer valid only at participating stores. Some items may be not available in certain stores and online. Offer valid only at participating stores. Some items may be not available in certain stores and online. Offer valid only at participating stores. Some items may be not available in certain stores and online. Offer valid only at participating stores.

Unless otherwise specified, quantities are limited. Prices and availability may vary by store. Some items may be not available in certain stores and online. Offer valid only at participating stores. Some items may be not available in certain stores and online. Offer valid only at participating stores. Some items may be not available in certain stores and online. Offer valid only at participating stores.

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

FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

BEGIN PREMIUM OR BEGIN BASMATI RICE 2 kg - 4.5 kg SELECTED VARIETIES

7.99 EA.

CEDAR CANNED BEANS 540 ml SELECTED VARIETIES

1.69 EA.

SANTOOR SOAP 125 g SELECTED VARIETIES

2.99 EA.

CAPTAIN'S CHOICE OR CHARLESTON 1 L SELECTED VARIETIES

9.99 EA.

EVE OR PHYLLIS'S COOKING SAUCE 325 - 400 ml, 375 - 395 g SELECTED VARIETIES

3.99 EA.

GARLIC PRODUCE OF CHINA 1 PACK

1.29 EA.

EL SOFA BREADED CHICKEN CHICKEN, 500 - 650 g SELECTED VARIETIES

5.99 EA.

SHAN BIRYANI OR SHAHI GINGER GARLIC PASTE 100 g SELECTED VARIETIES

1.99 EA.

SEYLAN CINNAMON OR SEYLAN TEA 100 g SELECTED VARIETIES

3.49 EA.

CEDAR COCONUT MILK, DESSA OR COCONUT WATER 355 - 500 ml SELECTED VARIETIES

1.99 EA.

MONTOR OR MONTOR CHICKEN MIX WRAPS 400 - 450 g

1.99 EA.

BRAHCHAM OR SHALIMI FAMOUS OR SHALIMI FAMOUS 500 g SELECTED VARIETIES

1.49 EA.

DAFE DATE PANDAMCHA OR CEDAR DATES 500 - 700 g SELECTED VARIETIES

2.49 EA.

BEN'S CRICKET ROLLY ICE CREAM SELECTED VARIETIES

6.49 EA.

NANAK GHEE 500 g

13.99 EA.

POLYBUNT CHANNA ATTA FLOUR 5.7 kg

9.99 EA.

DATES PARATHA OR NAAN 250 - 400 g SELECTED VARIETIES

1.99 EA.

NATIONAL BASMATI RICE OR BROKEN RICE 2 - 20 kg SELECTED VARIETIES

1.67 EA.

FINE GOURMET DELUX OR MILLA SUPPORN GRILLA BEEF BOLO OR CHICKEN BOLO OR PIRI PIRI SAUCE 425 ml SELECTED VARIETIES

9.99 EA.

99¢ EA.

PARLE G, LEXUS OR SUN COOKIES 100 - 200 g SELECTED VARIETIES

MTR READY TO EAT SELECTED ENTREES 250 - 300 g SELECTED VARIETIES

7.99 EA.

NOOR SAUCES OR TAMARIND SAUCE 500 g, 3 L SELECTED VARIETIES

4.99 EA.

CASHLACK BEEF BONE 10 kg OR SUNAR CHIPS 10 x 2 SELECTED VARIETIES

1.29 EA.

BAKHAN BISCUITS 2 x 454 g SELECTED VARIETIES

3.48 EA.

Item availability varies by store