

VERSION 3



STRAWBERRIES
PUNNET (1.5 LBS)

2⁹⁹

ea.



BELLE GROVE
WHOLE WHITE OR CREMANI MUSHROOMS (12 OZ)
BROCCOLI
RASPBERRY

1⁹⁹

ea.



THE LITTLE POTATO CO.
SMALL POTATOES
ATTITUDE
SPRING MIX
MÉLANGE PRINTANIER

2⁹⁹

ea.



FRESH VEGETABLE OR
FRUIT ASSORTMENT
125 points

12⁹⁹

ea.



Boost
Ensure

9⁹⁹

ea.

SPECIAL PRICE
11⁹⁹
for non-members

Effective February-March

TH

FR

SA

SU

MO

26

27

28

1

2

ONLY

99¢

GREAT PRICE!



\$ New Lower Prices

2 for \$7.00 **Dempsters** HOT DOGS
 DEMPSTERS' WHITE, TAN, BRAT, HOT DOGS, HOT DOGS & HAMBURGER BUNS
 12.5 OZ. 12 PER BAG

2 for \$7.00 **Dempsters** WHITE BUNS
 100% WHOLE WHEAT
 12.5 OZ. 12 PER BAG

2 for \$7.99 **WATERBURY MARKET** SHIMP APPETIZERS
 UNDEVELOPED SHIMP APPETIZERS
 10 OZ. 12 PER BAG

11.99 **HADDO'S** SALMON
 100% WILD
 10 OZ. 12 PER BAG

 LUNCHABLES® BEF & CHD HAM & SWISS CHEESE SANDWICHES \$2 DOOR IN 6.99 ea.	 250 each 9.99 ea.	 SANDWICHES MARATHI CURRY 7.99 ea.	 SANDWICHES MARATHI CURRY 7.99 ea.	 FRESH & CO. 2-PACK CHICKEN MEAL DEAL 19.99 ea.
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85%
polyester

bubly
mini

NEW

bubly
mini

COCA-COLA OR
CASSIA-FLAVY
SOFT DRINKS
100%
NESTEA ICED TEA

NESTEA
ICED TEA
100%
NATURAL
FLAVORED
SWEETENED
WITH STEVIA

Coca-Cola
Coca-Cola
Coca-Cola

3.49
ea.

SHIRAZ
SPARKLING WATER
100%
NATURAL
SPARKLING WATER

6.99
ea.

OLD EL PASO MEATS AND TOPPINGS 3.49 ea.	OLD EL PASO TORTILLAS OLD EL PASO TACO CRUNCHY SHEETS	HARIBO Gummy Bears 2.99 ea.	MID-MOUNT POUR-INS 65 counts
ANNIE'S PASTA, MID-MOUNT PASTA & MEAT SAUCE 2.49 ea.	HERSEY, NESTLE CANDY COCOA/CHOCOLATE OR MILK CHOCOLATE 2.99 ea.	ANNIE'S PASTA, MID-MOUNT PASTA & MEAT SAUCE 2.49 ea.	ANNIE'S PASTA, MID-MOUNT PASTA & MEAT SAUCE 2.49 ea.

20% off CERAVE MIGHTY PATCH. CLEANS, CURE, AND PREVENTS ACNE ON THE SKIN. 10 PATCHES. \$12.99. www.cerave.com

499¢ ROYALE CAT LITTER. 16 LBS. 16. www.royalecat.com

1399¢ PURIX 4-IN-1 TOILET CLEANER. 10.5 FL. OZ. 13.99. www.purix.com

1399¢ SUNLIGHT ALL-PURPOSE CLEANER. 1.5 GAL. 13.99. www.sunlight.com

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

See more the right to limit quantities.
DISCOUNTS THAT PRECEDING OVER PRICES
 Our products and services are available in all currencies.
 We accept the following payment methods:                                                                                                                                      

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



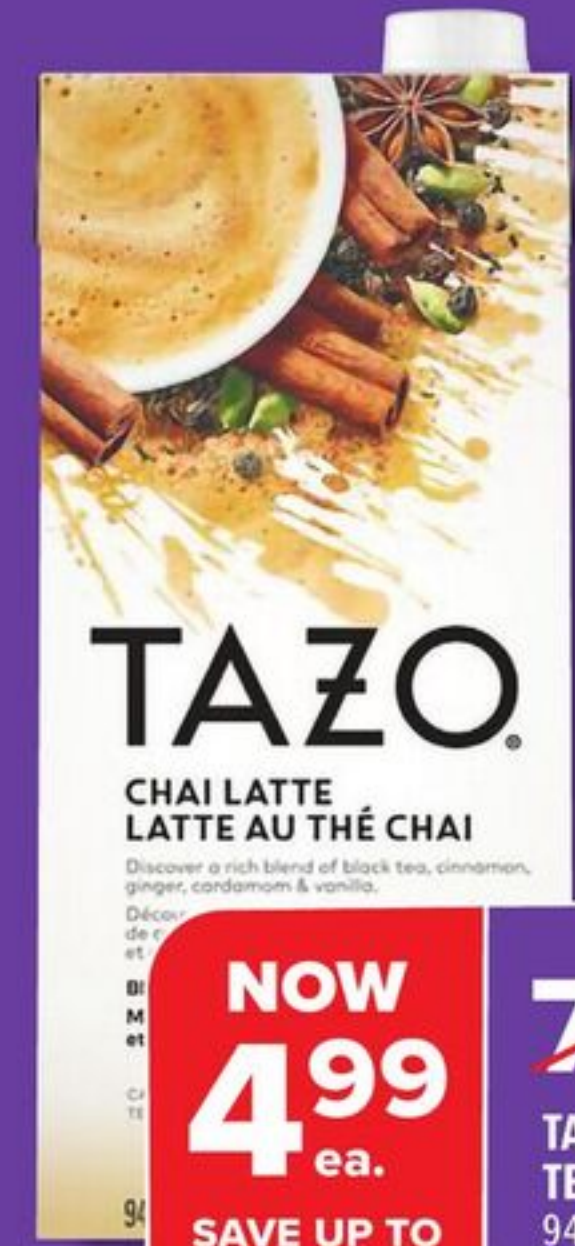
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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

total of
20
million
points
to be won

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



4⁹⁹
/lb

JUMBO GREEN ZUCCHINI SQUARES
PRODUCT OF MEXICO
11.00kg



3⁹⁹
ea.

BLACKBERRIES 175g
PRODUCT OF MEXICO



3⁹⁹
/lb

HEIRLOOM TOMATOES
PRODUCT OF MEXICO
8.80kg



4⁹⁹
/lb

ASPARAGUS
PRODUCT OF MEXICO
11.00kg



3⁹⁹
/lb

LARGE PEACHES OR BLACK PLUMS
PRODUCT OF MEXICO
8.80kg



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
8.80kg



2⁹⁹
ea.

RED OR GREEN SWISS CHARD OR DANDELION GREENS
PRODUCT OF U.S.A.



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS



1⁹⁹
/lb

LARGE RED PRINCE APPLES
PRODUCT OF MEXICO
4.70kg



5⁹⁹
ea.

CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL



40
points

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
CONICAL 1.00kg



60
points

WILD WONDERS SWEET PEPPERS
25g 100g 100g



3⁹⁹
/lb

ORIBI CLEMENTINES
PRODUCT OF CHINA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



3⁸⁸
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



3⁴⁹
ea.

DOLE GARDEN SALAD OR COLOURFUL COLESLAW
PRODUCT OF U.S.A.



70
points

RED GRAPEFRUIT
PRODUCT OF U.S.A.



5⁹⁹
ea.

LIFE SMART ORIGINAL GROUND ROUND 1kg



4⁹⁹
ea.

UNSWEETENED WHOLE NATURAL ALMONDS OR WALNUT HALVES & PEICES 100g



4⁴⁹
ea.

SNOW ON SUGAR SNAP PEAS 100g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 1L



2⁹⁹
/lb

ORGANIC RED DELICIOUS APPLES
PRODUCT OF CANADA
ORGANIC ANJOU OR BOSCH PEARS
U.S.A. 100g



3⁹⁹
ea.

ORGANIC CARROTS 1kg
PRODUCT OF CANADA, CANADA



3⁹⁹
/lb

ORGANIC TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
8.80kg

Sliced & Diced



4⁹⁹
ea.

Metro Deli DELUXE FRUIT SALAD 100g



3⁹⁹
ea.

MELON CHUNKS 100g



3⁹⁹
ea.

MINI SALADS 100g



3⁹⁹
ea.

TOMATO CANE VETO SALAD 100g

Our Butcher's Finest



7⁹⁹
/lb

PLATINUM GRILL ANGUS
WHOLE EYE OF ROUND
VAC PACK
15.61kg



9⁹⁹
/lb

PLATINUM GRILL ANGUS
BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
22.02kg



6⁹⁹
/lb

FRESH SPLIT CHICKEN WINGS
5.17kg



4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH WHOLE CHICKEN
7.03kg



20⁹⁹
/lb

LIFE SMART NATURAL
GRASS FED STRIP LOIN STEAK
8.25kg

250
points*



3⁹⁹
/lb

PORK LOIN CHOPS
CUTTY CUT VALUE PACK
8.81kg



12⁹⁹
/lb

FRESH LAMB LOIN CHOPS OR
ROSEMARY & GARLIC
BONELESS LAMB LEGS
20.64kg



5⁹⁹
ea.

MAPLE LEAF PRIME
BUTCHER'S CHOICE PRIME
BEEF
1.81kg

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN BURGERS
15.70kg (35.00lb) BURGERS

60
points



4⁹⁹
ea.

OXLEY BREAKFAST
SAUSAGES
15.70kg (35.00lb) BURGERS

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg (35.00lb) BURGERS

125
points



11⁹⁹
ea.

ST HUBERT MOZZARELLA
CHEESE
15.70kg (35.00lb) BURGERS

125
points



11⁹⁹
ea.

BEEF BURGERS
15.70kg (35.00lb) BURGERS

125
points



12⁹⁹
ea.

4TH STREET
PORK RIBS
15.70kg (35.00lb) BURGERS

125
points



12⁹⁹
ea.

JANE'S PUB STYLE
WINGS
15.70kg (35.00lb) BURGERS

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
15.70kg (35.00lb) BURGERS

125
points

Entertaining Favourites



5⁹⁹
/lb

AUTHENTIC
SAUSAGES
12.27kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
12.27kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
12.27kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS (10)



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
12.27kg



7⁹⁹
ea.

WONG WING
ENTRÉES
12.27kg



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
12.27kg



14⁹⁹
ea.

JANE'S RESTAURANT
STYLE FILLETS
12.27kg

Seafood



Irresistible Selection



Deli Favourites



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.

FLAVOURS OF

italy

ANISE FENNEL

PRODUCE OF U.S.A.

2.73kg

16⁹⁹

/lb

MASTRO

PROSCIUTTO COTTO & LEAN

PRODUCE OF U.S.A.

26⁹⁹

/100 g

WHITE VALLEY

LEAN CHICKEN MEAT

100% BONELESS

8⁹⁹

ea.

FRONT STREET BAKERY

BLACK HAZELNUT

CAKE 100g

31⁹⁹

ea.

ILLY

COFFEE 250g

CLASSICO

10⁹⁹

ea.

PASTENE

ITALIAN

TOMATOES 400g

2⁹⁹

ea.

MEDINA

SARDON PERSIMMONS

PRODUCE OF SPAIN

9⁹⁹

ea.

DELICIOUSO

MINI BURRATA

250g

9⁹⁹

ea.

WILLY

SQUID RINGS

125 points

12⁹⁹

ea.

FRONT STREET BAKERY

LONG CALABRESSE BREAD

150g

3⁹⁹

ea.

PASTENE

BREAD CRUMBS

ITALIAN FLAVOURED

2⁹⁹

ea.

MOLISANA

LASAGNE

400g

3⁹⁹

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



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

649 ea.
80 points



TWO GOOD
YOGURT
500g 100% GREEK
YOGURT
SELECTED VARIETIES

499 ea.



McCAFE
GROUND COFFEE
250g 100% ARABICA
COFFEE
SELECTED VARIETIES

1699 ea.



Timothy's
COFFEE CAPSULES
300 100% ARABICA
COFFEE
SELECTED VARIETIES

1999 ea.



On the Border
CANNED FRUIT
400g 100% FRUIT
SELECTED VARIETIES

299 ea.



BEN'S
STREET FOOD / CUISINE DE RUE
400g 100% NATURAL
SELECTED VARIETIES

599 ea.



CHEF BOYARDEE
MEAL
400g 100% NATURAL
SELECTED VARIETIES

249 ea.



LE MONDE
SALAD DRESSING
400g 100% NATURAL
SELECTED VARIETIES

399 ea.



BERTOLLI
PESTO SAUCE
400g 100% NATURAL
SELECTED VARIETIES

499 ea.



OLD EL PASO
SEASONING
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



EGGOS
WAFFLES
400g 100% NATURAL
SELECTED VARIETIES

349 ea.



STOK
COFFEE BEVERAGE
400g 100% NATURAL
SELECTED VARIETIES

899 ea.



Knorr
STOCK UP ON KNORR
& EARN moi REWARDS

100 moi points
when you buy any
8 Knorr participating
products

229 ea.
KNORR SOUP ENVELOPES OR NOVELLON CUPS
SELECTED VARIETIES

199 ea.
KNORR SOUP ENVELOPES OR NOVELLON CUPS
SELECTED VARIETIES



POCKETS
PIZZA POKETS
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



Knorr
SOUP ENVELOPES OR NOVELLON CUPS
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



Knorr
SOUP ENVELOPES OR NOVELLON CUPS
400g 100% NATURAL
SELECTED VARIETIES

499 ea.



Knorr
SOUP ENVELOPES OR NOVELLON CUPS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.

I earn with moi rewards



GARDEN OF EATIN'
SOYBEAN BUTTER
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
50 points



GARDEN OF EATIN'
SOYBEAN BUTTER
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TETLEY
TEA
400g 100% NATURAL
SELECTED VARIETIES

449 ea.
100 points



QUAKER
OATS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
100 points



SUNNY D
ORANGE JUICE
400g 100% NATURAL
SELECTED VARIETIES

279 ea.
40 points



SNAPPLE
BEVERAGE
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
30 points



MARS
CHOCOLATE BARS
400g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



UNICO
SOLID LIGHT TUNA
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
60 points



MARY'S ORGANIC
THIN CRUST PIZZA
400g 100% NATURAL
SELECTED VARIETIES

599 ea.
70 points



ORGANIC MEADOW
YOGURT
400g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



McVITIE'S
COOKIES
400g 100% NATURAL
SELECTED VARIETIES

549 ea.
70 points



SUN MAID
RAISINS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
60 points

metro.ca

FLAVOURS
OF
Holi
CELEBRATE THE FESTIVAL OF COLOUR

CELEBRATE THE FESTIVAL OF COLOUR



GREAT TASTE LESS SUGAR



FANTA
zero sugar
orange

12
100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR



FANTA
zero sugar
orange

NATURALLY FLAVOURED
DIETETIC BEVERAGE

60
points

949
ea.

FANTA ZERO SUGAR
SOFT DRINKS
\$2.25/100
SELECTED VARIETIES

Satisfy your cravings
with low sugar/zero
sugar snacks,
drinks & more.



zevia
ZERO CALORIE SODA
black cherry

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR

749
ea.

ZEVIA ZERO CALORIE SODA
\$2.25/100
SELECTED VARIETIES



zevia
ZERO CALORIE SODA
black cherry

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR

749
ea.

ZEVIA ZERO CALORIE SODA
\$2.25/100
SELECTED VARIETIES



7up
ZERO SUGAR
sodastream

PEPSI OR 7UP ZERO
WATER DRINKERS
640 ml
SELECTED VARIETIES

749
ea.



PEPSI
ZERO SUGAR
sodastream

PEPSI OR 7UP ZERO
WATER DRINKERS
640 ml
SELECTED VARIETIES

749
ea.



HOOTMAN'S
Chocolate
CHOCOLAT

NO SUGAR ADDED
SANS SUCRE AJOUTÉ

299
ea.

HOOTMAN'S NO SUGAR ADDED COOKIES
\$2.25/100
SELECTED VARIETIES



Simply Pudding
KETO PUDDING CETO
SUGAR FREE
SANS SUCRE

0g
4g
20g

VANILLA
VANILLE

349
ea.

SIMPLY DELICIOUS SUGAR FREE PUDDING
\$2.25/100
SELECTED VARIETIES



McSWEENEY'S
ZERO SUGAR
JERKY

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR

599
ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS
SELECTED SIZES
SELECTED VARIETIES



Red Bull
ZERO

4 pack

999
ea.

RED BULL ZERO
ENERGY DRINKS
\$4.25/100



McSWEENEY'S
ZERO SUGAR
JERKY

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR

1999
ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS
SELECTED SIZES
SELECTED VARIETIES



Splenda
NATURAL CALORIE SWEETENERS

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR

749
ea.

Splenda NO CALORIE SWEETENER PACK (100g)
100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR



Splenda
NATURAL CALORIE SWEETENERS

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR

749
ea.

Splenda NO CALORIE SWEETENER PACK (100g)
100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% NATURAL FLAVOUR



pur
GUM

ASPARTAME FREE

379
ea.

PUR GUM
\$2.25/100
SELECTED VARIETIES



Pur
GUM

ASPARTAME FREE

649
ea.

PUR GUM
\$2.25/100
SELECTED VARIETIES

CREATE A CLEAN ROUTINE

Freshen up all your square feet with our wide variety of brand-name solution





We take pride in sourcing locally from the
Escarpment Region.

WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



UNIOPOL ROLLED
CHICKEN WITH
GARLIC, DILL OR
JALAPENO
11.75/lb

2⁵⁹
/100g



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



JAKEMAN'S
MAPLE CREAM
COOKIES OR
PANCAKE MIX
400 - 500 g

4⁹⁹
ea.



JENSEN
CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2⁷⁹
/100g



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.KrugerBigAssist.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 (\$5) donations will be made ("Finalists"), one per region (ON, QC, Pacific, BC, YT, NT, Nunavut, Atlantic, PEI, NS, NB, NL) plus one (\$1) \$75,000 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.KrugerBigAssist.ca).
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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