

[illegible]

VERSION 2

SEASONAL MIXED FLOWER BOUQUET

ASSORTED FLOWERS

15<sup>00</sup> ea.

10 DAY GUARANTEE

ARGENTINA SALMÓN

OPUNTIES DEL CANADIAN

10<sup>99</sup> /lb or ea.

\$1 back in points\*

125 points

FRESH STEELHEAD TROUT OR TILAPIA FILLETS VALUE PACK

WILD JIMMY ARGENTINA BASS PEEZ SHIMP

10<sup>99</sup> /lb or ea.

metro

CANADIAN AND PROUD

100% CANADIAN

8<sup>88</sup> /lb

PLATINUM STEELHEAD TROUT OR TILAPIA FILLETS VALUE PACK

WILD JIMMY ARGENTINA BASS PEEZ SHIMP

125 points

125 points

SELECTION OLD FASHIONED HAM

2<sup>49</sup> /100 g

FRESH WHOLE CHICKEN

2<sup>99</sup> /lb

5<sup>99</sup> ea.

125 points

6<sup>99</sup> ea.

125 points

6<sup>99</sup> ea.

14<sup>99</sup> ea.

4<sup>99</sup> ea.

4<sup>99</sup> ea.

7<sup>49</sup> ea.

2<sup>99</sup> ea.

2<sup>99</sup> ea.

6<sup>99</sup> ea.

29<sup>99</sup> ea.

3<sup>49</sup> ea.

6<sup>99</sup> ea.

29<sup>99</sup> ea.

3<sup>49</sup> ea.

Effective February 19 20 21 22 23 24 25 2026

my savings my metro

**LOW PRICE  
EVERY DAY**  
100% of items at the same low price every day.

**Irresistible**  
Gusto Italiano  
Irresistible PIZZA  
1200g, 30 x 40cm  
SELECTED VARIETIES

**NOW**  
**3<sup>99</sup>**  
ea.

**SELECTION**  
PEANUT BUTTER  
1kg tubs  
SELECTED VARIETIES

**NOW**  
**4<sup>99</sup>**  
ea.

**SELECTION**  
SKYR GREEK YOGURT  
1kg tubs  
SELECTED VARIETIES

**NOW**  
**3<sup>49</sup>**  
ea.

**IRRESISTIBLE**  
REFRIGERATED JUICE  
1L  
SELECTED VARIETIES

**NOW**  
**4<sup>99</sup>**  
ea.

**SELECTION OR**  
IRRESISTIBLE  
SPARKLING WATER  
1L  
SELECTED VARIETIES

**NOW**  
**99¢**  
ea.

**Irresistible**  
CHICKEN  
POUL  
Irresistible  
VEGETABLE  
SPRING ROLLS  
1200g, 30 x 40cm  
SELECTED VARIETIES

**NOW**  
**5<sup>99</sup>**  
ea.

New Lower Prices

VILLALDO  
ITALIAN STYLE BREAD,  
BULK, CRUMPER'S  
WHOLE GRAIN  
BREAD OR BAGELS  
\$1.19/100g (10/10/19)

2 for 7.00

Demposers  
BAGELS  
CLASSICO

SHRIMP & CREVETTES  
WILD PINK ARGENTINIAN  
SEAWEED  
COOKED ON RICE CUPP  
\$1.19/100g (10/10/19)

2 for 14.00

VEGETARIAN  
CALIFORNIA DO SPICY  
CALIFORNIA ROLLS  
SELECTED VARIETIES

5.99 ea.

SMALL SALADS

10.99 250 points

MAPLE LEAF OR SCHNEIDER'S  
SMOKED HAM  
\$1.19/100g (10/10/19)

6.49 25 points

OLYMPIA PILLS  
SANTO CAMELLO OR  
MASTRO SLEAZED  
\$1.19/100g (10/10/19)

7.99 ea.

TRE STELLE  
RICOTTA OR BOCCONINI  
\$1.19/100g (10/10/19)

1.99 ea.

CRISPY MINIS  
DIPPER  
\$1.19/100g (10/10/19)

6.99 ea.

LIBERTÉ  
TOASTED TUB  
\$1.19/100g (10/10/19)

4.99 ea.

WINING  
BOMB MAMAM LIME  
\$1.19/100g (10/10/19)

12.99 ea.

ROSSA  
LAVAZZA  
\$1.19/100g (10/10/19)

5.49 ea.

PHILADELPHIA  
CREAM CHEESE  
\$1.19/100g (10/10/19)

3.99 ea.

MADE G  
MADE GOOD BARS OR  
ET'S KORBACH  
\$1.19/100g (10/10/19)

6.99 80 points

NESTLE  
\$1.19/100g (10/10/19)

2.99 ea.

SELECTION NATURAL SPRING WATER  
\$1.19/100g (10/10/19)

5.99 ea.

LINDT EXCELLENCE  
CHOCOLATE BAR OR  
MINI MAMAM CANDY  
\$1.19/100g (10/10/19)

3.49 ea.

PRINCELES  
PARTY STICK CHIPS OR  
MINI MAMAM CANDY  
\$1.19/100g (10/10/19)

2.99 ea.

SEMI-SOFT PORTIONS,  
HARVEST SMOKE,  
KETTLE CHIPS OR  
POPPY COOK  
\$1.19/100g (10/10/19)

3.49 ea.

VEGETABLE  
FROZEN VEGETABLES  
\$1.19/100g (10/10/19)

3.99 ea.

BETTY CROCKER  
PREMIUM MOVIES  
\$1.19/100g (10/10/19)

5.99 ea.

COLGATE  
SODIUM HYPOPHOSPHITE  
HELLO OR CREST ORAL CARE  
\$1.19/100g (10/10/19)

2.99 ea.

GLAD  
DISH SOAP  
\$1.19/100g (10/10/19)

5.99 ea.

ARM & HAMMER  
DETERGENT  
\$1.19/100g (10/10/19)

5.99 ea.

125 points

INSTANT  
VALUE SIZE  
SNACKS

5.99 125 points

TR. OTTER  
RESTAURANTE OR  
CLEAN MAMA PUFFS  
\$1.19/100g (10/10/19)

3.49 125 points

BRETON  
\$1.19/100g (10/10/19)

We reserve the right to limit quantities.  
DISCOUNTS ARE PRECEDENCE OVER PRICES.  
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at [micro.ca](http://micro.ca)  
to see all the products and  
to win \$5000 in groceries.

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 25, 2026, in-store or online



**NOW**  
**5<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

**7<sup>99</sup>\***  
ea.  
IRRESISTIBLES  
COFFEE CAPSULES  
12 UN  
SELECTED VARIETIES



**NOW**  
**2<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1.30

**4<sup>29</sup>\***  
ea.  
RICEWORKS  
RICE SNACKS  
155 - 156 g  
SELECTED VARIETIES



**NOW**  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

**5<sup>99</sup>\***  
ea.  
SUMMIT! DUMPLING  
OR SPRINGROLLS  
250 - 350 g  
SELECTED VARIETIES



**NOW**  
**7<sup>49</sup>**  
ea.  
SAVE UP TO  
\$2.50

**9<sup>99</sup>\***  
ea.  
OONI  
FROZEN  
PIZZA DOUGH  
1.02 kg



**NOW**  
**4<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2.50

**7<sup>49</sup>\***  
ea.  
WINDEX  
CLEANERS  
750 - 950 ml  
SELECTED VARIETIES



**NOW**  
**4<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

**6<sup>99</sup>\***  
ea.  
M&M'S  
CHOCOLATES  
155 - 165 g  
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 11<sup>th</sup>

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](https://moirewards.ca). Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

BLACKBERRIES 1lb  
PRODUCT OF MEXICO

Frooties  
FROOTIES TINY TINY STRAWBERRIES 100g  
PRODUCT OF MEXICO

SWEET POTATOES  
PRODUCT OF MEXICO  
4.25kg

ASPARAGUS  
PRODUCT OF MEXICO  
1.50kg

LEMONS  
PRODUCT OF SOUTH AFRICA

LARGE SEEDLESS  
NAVEL ORANGES  
PRODUCT OF U.S.A.  
4.25kg

BELLE GROVE  
MUSHROOMS  
PRODUCT OF U.S.A.  
PRODUCT OF MEXICO

BUNCH RADISHES  
PRODUCT OF CANADA

LARGE AVOCADOS  
PRODUCT OF MEXICO

LARGE GRANNY  
SMITH APPLES  
PRODUCT OF U.S.A.  
5.45kg

HEIRLOOM TOMATOES  
PRODUCT OF MEXICO  
8.35kg

GREEN CABBAGE  
PRODUCT OF CANADA  
2.35kg

BLACK MISSION  
FIGS 1lb  
PRODUCT OF MEXICO

LARGE CARA CARA  
ORANGES  
PRODUCT OF U.S.A.  
6.50kg

BUNCH BEETS  
PRODUCT OF U.S.A.

SWEET ONIONS  
PRODUCT OF U.S.A.  
No. 7000

LIFE SMART  
ORIGINAL VEGGIE  
GROUND ROUND 1lb

SNOW OR SUGAR  
SNAP PEAS  
1lb

GOOD LEAF  
MICROGREENS  
1lb

VISION GREENS  
LETTUCE  
1lb

FANCY  
MELANGE POTATOES  
1lb

Organic

Fierly Ginger  
IMMUNITY PACK  
FOR IMMUNITY

ORGANIC WELLNESS SHOTS  
100g

ORGANIC GALA APPLES  
PRODUCT OF U.S.A. 1.50kg

ORGANIC  
SWEET PEPPERS 1lb  
PRODUCT OF MEXICO

ORGANIC  
CARROTS OR YELLOW  
ONIONS 1lb  
PRODUCT OF CANADA OR U.S.A.

Sliced & Diced

YOGURT PARFAITS 170g  
DELICIOUS FRUIT SALAD 1lb  
SLICED STRAWBERRIES 50g

CHICKEN SALADS  
LARGE MELON  
CROUNDS 1lb

BERRY KITS  
5.49

CRACKER BARREL  
70 points

SPRING BUNCHES  
9.99

SPRINGTIME BOUQUET  
18.99

Our Butcher's Finest



MEDIUM GROUND BEEF VALUE PACK (10.75kg)

**7<sup>99</sup>**  
/lb



**GROUND BEEF IN-STORE DAILY**

**4<sup>99</sup>**  
/lb

PORK SOLE RIBS CENTRE CUT REMOVED (11.00kg)



**125** points  
**\$1** back points

**12<sup>99</sup>**  
/lb

MAPLE LEAF PRIME BRASTED WITHOUT ANTIBIOTICS FRESH CHICKEN BREAST FILLETS OR CUTLETS (28.64kg)



**20<sup>99</sup>**  
/lb

LIFE SMART NATURAL GRASS FED BONELESS RIB STEAK (4.27kg) (Wt. 1.75 to 4.25kg)

**THE BEEF TRI TIP**

Tri tip is a lean, boneless bottom sirloin cut with bold beef flavor and good marbling. It's ideal for grilling, roasting, or smoking and is best sliced thin against the grain for steaks, sandwiches, or tacos.



**RED GRILL TRI TIP STEAKS**  
12 STEAKS (26.43kg)

**12<sup>99</sup>**  
/lb



**RED GRILL TRI TIP MEDALLIONS**  
12 MEDALLIONS (26.43kg)

**10<sup>99</sup>**  
/lb



**RED GRILL TRI TIP STEAK**  
12 STEAKS (26.43kg)

**11<sup>99</sup>**  
/lb

I earn with moi rewards



**4<sup>99</sup>**  
ea.

**40** points



**5<sup>99</sup>**  
ea.

**60** points



**6<sup>99</sup>**  
ea.

**80** points



**8<sup>99</sup>**  
ea.

**85** points



**5<sup>99</sup>**  
ea.

**40** points



**12<sup>99</sup>**  
ea.

**125** points



**13<sup>99</sup>**  
ea.

**125** points



**16<sup>99</sup>**  
ea.

**125** points



**5<sup>49</sup>**  
ea.

**70** points



**8<sup>99</sup>**  
ea.

**125** points



**8<sup>99</sup>**  
ea.

**125** points



**11<sup>99</sup>**  
ea.

**125** points



**3<sup>99</sup>**  
/lb



**4<sup>99</sup>**  
ea.



**7<sup>99</sup>**  
ea.



**8<sup>99</sup>**  
ea.

**Seafood**

**FRESH ATLANTIC SALMON PORTIONS**  
**4<sup>99</sup>** ea.

**WILD CAUGHT PACIFIC COD FILETS**  
**9<sup>99</sup>** /lb

**TRUE BLUE HAWAIIAN CHICKEN CAKES**  
**3<sup>99</sup>** ea. **40 points**

**FRESH ATLANTIC SALMON PINWHEEL**  
**6<sup>99</sup>** ea.

**LONG KEMP SEA LING SUSHI**  
**7<sup>99</sup>** /lb

**TRUE MOYTH SALMON**  
**14<sup>99</sup>** ea.

**BETTERFISH BARRAMUNDI FILLETS**  
**9<sup>99</sup>** ea. **125 points**

**FROZEN WHOLE MACKEREL**  
**11<sup>99</sup>** ea.

**DOM ATLANTIC SMOKED SALMON**  
**11<sup>99</sup>** ea.

**ROCK HARBOR CRAWFISH CLAWS & ADORS**  
**19<sup>99</sup>** ea.

**Irresistible**

**IRRESISTIBLE SMOKED SALMON**  
**3<sup>99</sup>** ea.

**IRRESISTIBLE SEAFOOD MIX**  
**7<sup>99</sup>** ea.

**IRRESISTIBLE SEAFOOD MIX**  
**9<sup>99</sup>** ea.

**IRRESISTIBLE SEAFOOD MIX**  
**9<sup>99</sup>** ea.

**Deli Favourites**

**MAPLE LOOSE CHICKEN BREAST**  
**2<sup>99</sup>** /100 g

**SAN GABRIELE MOZZARELLA**  
**2<sup>99</sup>** /100 g

**PRESIDENT FRENCH SWISS CHEESE**  
**2<sup>99</sup>** /100 g

**IRRESISTIBLE PARMESANO REGGIANO**  
**3<sup>59</sup>** /100 g

**FOUNTAIN OF LIFE MEATS**  
**3<sup>99</sup>** /100 g

**FANTINO & MONDELLO ITALIAN DELI MEATS**  
**7<sup>99</sup>** ea. **50 points**

**COLLIER'S WELSH CHEDDAR CHEESE**  
**10<sup>99</sup>** ea.

**CASTELLO SAMPANELLA CHEESE**  
**4<sup>79</sup>** /100 g

**SCHNEIDER'S LUNCHEON SALAD KITS**  
**4<sup>49</sup>** ea. **50 points**

**GOLD LABEL SALAD DRESSING**  
**5<sup>00</sup>** ea. **25 points**

**TRE STELLE MOZZARELLA BALL**  
**7<sup>99</sup>** ea.

**GALBANI MUCCAPONE CHEESE**  
**15<sup>99</sup>** ea.

**BRUSCHETTA SALAD**  
**5<sup>99</sup>** ea.

**SABATINI'S SALAD**  
**8<sup>99</sup>** ea.

**earn more with moi rewards**  
**7<sup>00</sup>** ea.

**FRESH 2 GO SOUP**  
**4<sup>99</sup>** ea.

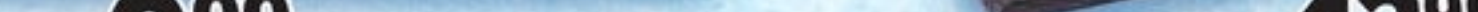
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Set the stage for a winning watch party with a tasty selection.



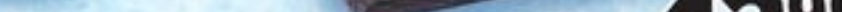
SELECTED VARIETIES  
WALK IN SPECIALS ONLY

STARTING





**2.99**



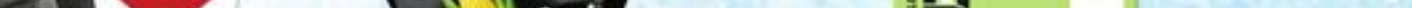
**12.99**

**€49** BLUE DIAMOND  
CANDY

**300** TONY  
HOT SAUCE

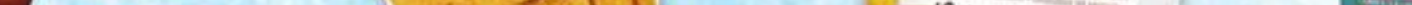
**079** ORVILLE  
REYNOLDS' BACON

**399** LAY'S POTATO  
OR HOSTESS  
CAKES/FLY



**Q49** McSWEENEY'S JERKY SNACKS **A99** SMARTFOOD POPCORN **Q99** ATYPIQUE SPARKLING NON-ALCOHOLIC COCKTAILS **A49** MIO WATER ENHANCER

|             |                                     |             |                                                 |             |                                             |             |                                   |
|-------------|-------------------------------------|-------------|-------------------------------------------------|-------------|---------------------------------------------|-------------|-----------------------------------|
| <b>4.49</b> | <b>QUAKER CEREAL</b><br>288 - 500 g | <b>4.49</b> | <b>QUAKER INSTANT OATMEAL</b><br>SELECTED SIZES | <b>4.99</b> | <b>HARVEST CRUNCH CEREAL</b><br>400 - 510 g | <b>6.99</b> | <b>TRACKLENE MUSTARD</b><br>140 g |
|-------------|-------------------------------------|-------------|-------------------------------------------------|-------------|---------------------------------------------|-------------|-----------------------------------|



**5.99** ea. **5.00** ea. **7.99** ea. **2.99** ea.

**SMALL TACO DIP** 500 g  
**GUACAMOLE** 260 g  
**PICO DE GALLO** 200 g  
**SMASHED AVOCADO** 200 g

**FRESH 2 GO TORTILLA CHIPS**  
 396-454 g  
 SELECTED VARIETIES

**GOLD LABEL HEAT & SERVE DIPS**  
 375 g  
 SELECTED VARIETIES

**TWINKLE DESSERT TOP**  
 85-100 g; 450 g  
 SELECTED VARIETIES

|          |                                                        |          |                                           |           |                                             |          |
|----------|--------------------------------------------------------|----------|-------------------------------------------|-----------|---------------------------------------------|----------|
| 4.99 ea. | MINI BUTTER TARTS<br>245 - 261 g<br>SELECTED VARIETIES | 9.99 ea. | TRAY<br>665 - 710 g<br>SELECTED VARIETIES | 21.99 ea. | VEGETABLE<br>OR FRUIT TRAYS<br>1.7 - 2.5 kg | OF FRUIT |
|----------|--------------------------------------------------------|----------|-------------------------------------------|-----------|---------------------------------------------|----------|

More Great Savings



**449**  
ea.

QUAKER  
INSTANT OATMEAL  
CREAM OF WHEAT  
HOT CEREAL 10 1/2 oz



**999**  
ea.

MINI-WHEATS  
KELLOGG'S JIMBO  
CEREAL 10 1/2 oz



**849**  
ea.

FROSTED  
FLAKES  
KELLOGG'S HONEY  
CEREAL 10 1/2 oz



**599**  
ea.

Spreadables  
SANTITAS  
BUTTER SPREAD 10 1/2 oz



**599**  
ea.

MR. NOODLES  
INSTANT SOUP 10 1/2 oz



**249**  
ea.

BEN'S  
ORIGINALS  
SOUP 10 1/2 oz



**349**  
ea.

AYLMER  
SOUP 10 1/2 oz



**799**  
ea.

BAR HARBOR  
SOUP 10 1/2 oz



**349**  
ea.

MRS. CUBBISON'S ORZO  
SOUP 10 1/2 oz



**449**  
ea.

HIDDEN VALLEY  
RANCH  
DRESSING 10 1/2 oz



**1599**  
ea.

FILIPPO BERIO  
EXTRA VIRGIN  
OLIVE OIL 10 1/2 oz



**299**  
ea.

BERTOLLI  
WINE VINEGAR  
10 1/2 oz

Generous by nature



**599**  
ea.

NATREL  
ORGANIC CREAM  
10 1/2 oz



**749**  
ea.

NATREL  
ORGANIC MILK  
10 1/2 oz



**499**  
ea.

PROTON MARKET  
PROTEIN MEAL  
10 1/2 oz



**899**  
ea.

MARIE CALLENDER'S  
FROZEN MEAL  
10 1/2 oz



**649**  
ea.

EARTH'S OWN  
CREAM  
10 1/2 oz



**549**  
ea.

EARTH'S OWN NAKED BARISTA BEANS  
10 1/2 oz



**279**  
ea.

DEL MONTE CANNED VEGETABLES  
10 1/2 oz



**1799**  
ea.

DEL MONTE  
FRUIT CUPS  
10 1/2 oz

I earn with moi rewards



**499**  
ea.

SANTITAS  
BUTTER SPREAD 10 1/2 oz



**899**  
ea.

STOK  
COFFEE BEVERAGE  
10 1/2 oz



**399**  
ea.

BITTER SPORT  
CHOCOLATE BARS  
10 1/2 oz



**499**  
ea.

GENERAL MILLS CEREAL  
10 1/2 oz



**499**  
ea.

TIM TAM  
COOKIES 10 1/2 oz



**599**  
ea.

BROOKSIDE  
DARK CHOCOLATE 10 1/2 oz



**399**  
ea.

PURPLEFII  
POPCORN  
10 1/2 oz



**399**  
ea.

FIJI  
NATURAL SPRING WATER  
10 1/2 oz



**299**  
ea.

BAI  
FLAVOURED BEVERAGE  
10 1/2 oz



**179**  
ea.

SELECTION  
WAFERS  
10 1/2 oz



**299**  
ea.

REESE'S  
PEANUT BUTTER CUPS  
10 1/2 oz



**549**  
ea.

CELESTIAL  
TEA  
10 1/2 oz

# Scan. Tap. Smile.

Earn extra Moi points<sup>‡</sup> by using a linked RBC® Card.

[avionrewards.com/moi](https://avionrewards.com/moi)

<sup>‡</sup>Terms and conditions apply. Minimum spend required.  
For full program details, visit [avionrewards.com/moi](https://avionrewards.com/moi).



**AVION**  
REWARDS™

**moi**  
rewards

FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE ROZANA OR QILLA PREMIUM BASMATI RICE OR CEDAR PARBOILED RICE 4.54 kg SELECTED VARIETIES

12<sup>99</sup> ea.

Qilla RASAMATI RICE

CEDAR

12<sup>99</sup> ea.

EGGLESS CAKE VANILLA OR CHOCOLATE 200 g

19<sup>99</sup> ea.

Zabba Halal

FRESH WHOLE CHICKEN 8.55kg

2<sup>99</sup> lb.

SUPREMO

125 points

8<sup>99</sup> ea.

BORNA DATES PRODUCE OF IRAN 400 g

2<sup>99</sup> ea.

INTERMEDIATE ROSES 10.50 ea. \$11.00 ea. ASSORTED COLOURS

2<sup>00</sup> ea.

SUPREMO

9<sup>99</sup> ea.

WHOLE TILAPIA FAMILY PACK FROZEN 1.50 kg

12<sup>9</sup> ea.

SHARPS Ghee

13<sup>99</sup> ea.

ROYAL DELIGHT SAMOSAS, MANGI SAUCES OR DESH LUCIOUS ENTREES 855 g 50% OFF SELECTED VARIETIES

3<sup>49</sup> ea.

CEDAR DRY BEANS, CHICKPEAS, LENTILS OR SAMOSAS 400 g 50% OFF SELECTED VARIETIES

2<sup>99</sup> ea.

LATZEE SPRING ROLLS 400 g 50% OFF SELECTED VARIETIES

3<sup>29</sup> ea.

ALKANUTES OR CEDAR TAHINI OR PROVENCA HONEY 200 g 50% OFF SELECTED VARIETIES

8<sup>99</sup> ea.

INDIANE INSTANT NOODLES 5 x 85 g SELECTED VARIETIES

2<sup>99</sup> ea.

SHIVA ENTREES 200 g 50% OFF SELECTED VARIETIES

1<sup>79</sup> ea.

PALE RUSKS OR NATIONAL CUSTARD 227 - 260 g SELECTED VARIETIES

1<sup>79</sup> ea.

KURKURE CHIPS 175 g SELECTED VARIETIES

1<sup>79</sup> ea.

BRAH'S SAMOSA 175 g SELECTED VARIETIES

5<sup>99</sup> ea.

CEDAR KASHTI OR PHILLO PASTRY DOUGH, DUMPI OR SPINACH, OR STUFFED VINE LEAVES 250 - 280 g SELECTED VARIETIES

2<sup>99</sup> ea.

BEST MISTERS, DIVYA MANGO PULP OR NORDEE KASHTA CREAM 150 g 50% OFF SELECTED VARIETIES

3<sup>29</sup> ea.

DIVYA LENTILS OR BLACK CHICK PEAS 1.8 kg 50% OFF SELECTED VARIETIES

3<sup>99</sup> ea.

Item availability varies by store.

Organic

REAL FRUIT

IS THE #1 INGREDIENT

CROFTER'S JAM

25.25 OZ. SELECTED VARIETIES

5<sup>99</sup>

ea.

CROFTER'S JAM

25.25 OZ. SELECTED VARIETIES

MADE IN CANADA SINCE 1989

WITH IMPORTED AND DOMESTIC INGREDIENTS

BRAGG APPLE CIDER VINEGAR

125

ea.

Enjoy!

ENJOY! CHEESE

25.25 OZ. SELECTED VARIETIES

4<sup>99</sup>

ea.

WILLIAM

CAT WILLIAM GROUND COFFEE

15<sup>99</sup>

ea.

WILLIAM'S

8<sup>49</sup>

ea.

LAKELWOOD

12<sup>99</sup>

ea.

AMY'S SOUP

4<sup>99</sup>

ea.

Gluten-Free

KIND

17<sup>99</sup>

ea.

TATE'S

7<sup>99</sup>

ea.

MARY'S ORGANIC

5<sup>99</sup>

ea.

CoolWay

8<sup>49</sup>

ea.

Baby & Beauty

4<sup>49</sup>

ea.

HUGGIES

23<sup>99</sup>

ea.

HERBAL ESSENCES

3<sup>99</sup>

ea.

OLD SPICE

9<sup>99</sup>

ea.

DOVE BAR SOAP

11<sup>99</sup>

ea.

TAMPAX

12<sup>99</sup>

ea.

Get a \$15 Metro gift card

with the purchase of a \$100 Vanilla® Prepaid card

Offer valid February 19 – 25

Find your possible.

Play Today

LOTTO 649

11 APRIL 2025 \$3.00

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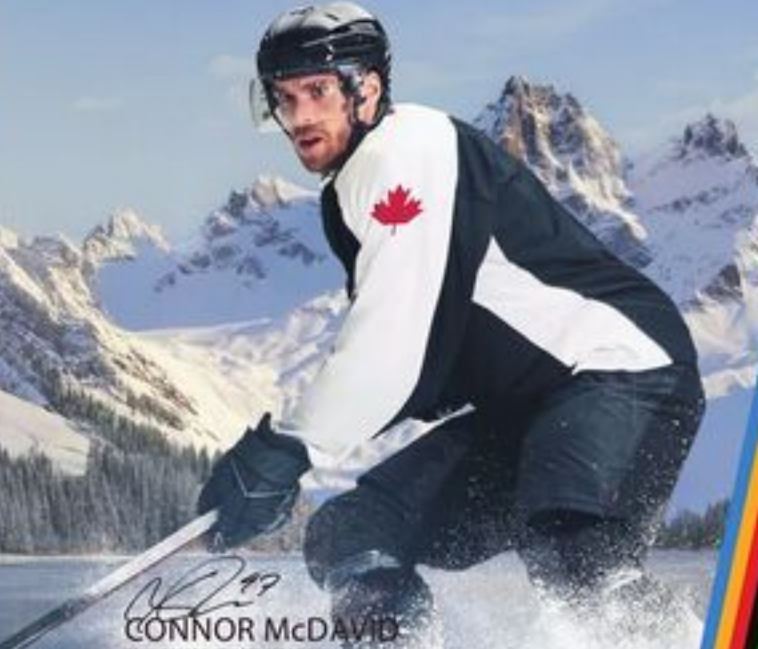
Play Smart®

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Refresh like  
a Champion







GLACÉAU  
SMARTWATER  
POWERADE SPORTS  
DRINKS OR  
BODYARMOR  
HYDRATION DRINKS  
SELECTED SIZES  
SELECTED VARIETIES

\$1  
each

125  
points

249  
ea.

\*Plus applicable taxes, duties, discounts and fees. Valid at participating locations for a limited time.  
The availability to availability while supplies last. Not valid with other offers.  
The trademarks that appear are the property of their respective trademark owners.

Michelob  
ULTRA  
ZERO

NEW



0.0%  
ALC./VOL.

30  
CALORIES

MICHELLOB  
ULTRA ZERO  
NON-ALCOHOLIC BEER  
4 x 355 ml

1279  
ea.

ENJOY RESPONSIBLY.  
Must be legal drinking age. Alcohol has been with natural flavour.

HEINZ  
MAYONNAISE STYLE  
SAUCES  
SELECTED VARIETIES

\$1  
each

125  
points

399  
ea.

BOLD FLAVOUR  
MEETS MAYO



NEW



TACO BELL

NEW!



PHILADELPHIA  
Your Philly,  
Now Chocolate.

NEW

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HOOKED ON  
QUALITY.



100%  
WILD  
CAUGHT

\$1  
each

125  
points

899  
ea.

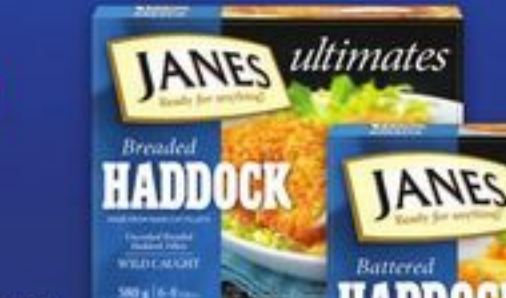


JANES  
CLASSIC BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.



JANES  
CLASSIC BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.



JANES  
CLASSIC BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.

JANES® Ready for Anything™ and ULTIMATES™ ARE TRADEMARKS OF SOFINA FOODS INC. ©2025

Johnsonville

YOUR CHOICE

599  
ea.



DINNER SAUSAGES  
100g  
SELECTED VARIETIES



BREAKFAST LINKS, ROUNDS  
OR GROUND SAUSAGES  
250 g (8.8 oz)  
SELECTED VARIETIES



SMOKED PORK  
SAUSAGES  
225 g (8 oz)  
SELECTED VARIETIES

# LESS SUGAR. SAME GREAT MORNING.



KELLOGG'S  
MINI WHEATS CEREAL  
150 g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.

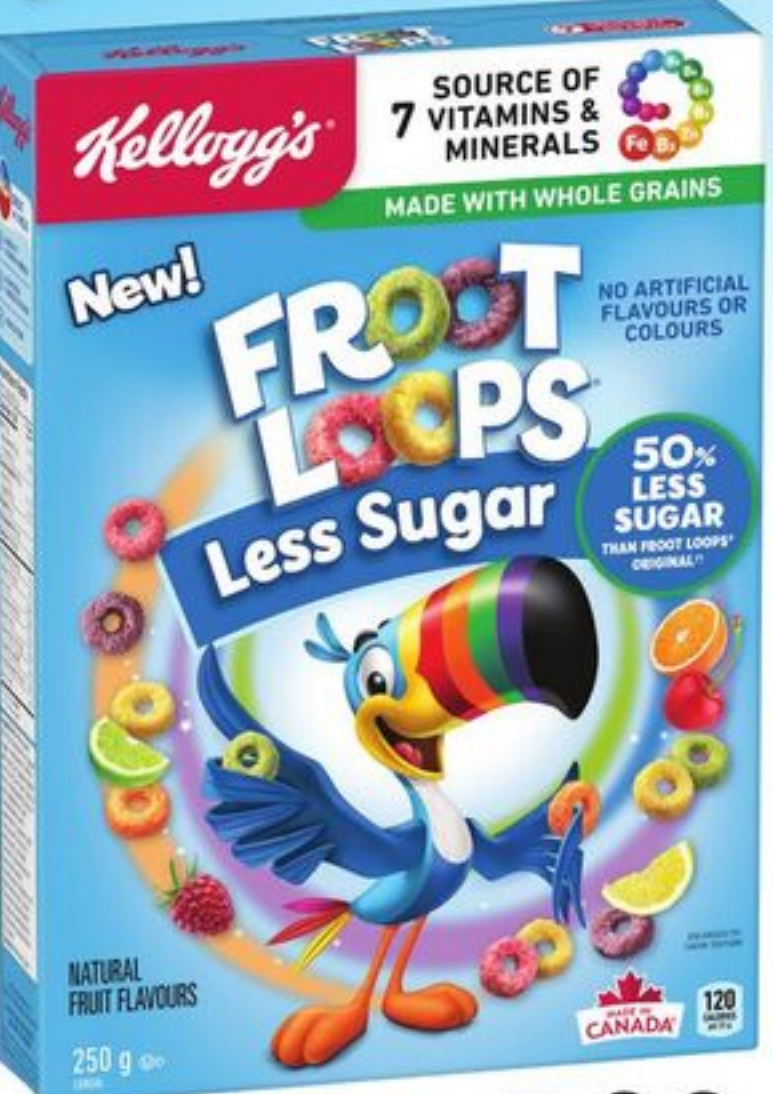
**5g**  
**SUGAR**  
per 30 g serving

© 2026 WK Kellogg Canada Corp.

**NEW**

**Less Sugar**

**50%  
LESS  
SUGAR<sup>†</sup>**



**3<sup>99</sup>**  
ea.

KELLOGG'S FRUIT LOOPS OR  
MULTIGRAIN FROSTED FLAKES CEREAL  
250 - 338 g  
SELECTED VARIETIES

<sup>†</sup> When Kellogg's Frosted Flakes® Original or Kellogg's® Frost Loops® Original, Kellogg's® Frosted Flakes® Less Sugar Multigrain cereal contains 2 g sugar per 41 g serving and Kellogg's Frosted Flakes® Original cereal contains 14 g sugar per 38 g serving. Kellogg's® Frost Loops® Less Sugar cereal contains 8 g sugar per 33 g serving and Kellogg's® Frost Loops® Original cereal contains 14 g sugar per 38 g serving.  
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# BUILDING COMMUNITY

One Rink at a Time

© NHL © NHLPA



## BOLD FLAVOUR MEETS MAYO



Buy any 2 participating Heinz Mayo products.

**NEW**

**GET 125 POINTS**

**mo rewards**

HEINZ GARLIC & LEMON PARMESAN MAYONNAISE-STYLE SAUCE

HEINZ PIRI PIRI MAYONNAISE-STYLE SAUCE

HEINZ SMOKY MUSTARD FLOURLESS BUNN MAYONNAISE-STYLE SAUCE

HEINZ CHIMICHURRI MAYONNAISE-STYLE SAUCE

HEINZ SRIRACHA MAYONNAISE-STYLE SAUCE

HEINZ HABANERO MAYONNAISE-STYLE SAUCE

PARTICIPATING PRODUCTS: HEINZ MAYONNAISE-STYLE SAUCES 340 ML

**PARTICIPATING PRODUCTS: HEINZ MAYONNAISE-STYLE SAUCES 340 M**