

metro

LOW PRICE EVERY DAY

100's of items at the same low price every day.

SELECTION
OR LIFE SMART
CEREAL
475 - 775 g
SELECTED VARIETIES

NOW
4⁹⁹
ea.



IRRESISTIBLE
GROUND COFFEE
340 g
SELECTED VARIETIES

NOW
10⁹⁹
ea.



SELECTION
CHEWY BARS
156 - 175 g
SELECTED VARIETIES

NOW
2⁴⁹
ea.



SELECTION
CREAM
473 ml - 1 L
SELECTED VARIETIES

NOW
3⁹⁹
ea.



SELECTION
CREAM CHEESE
SELECTED SIZES
SELECTED VARIETIES

NOW
3⁴⁹
ea.



NOW
4⁹⁹
ea.

SELECTION
PEANUT BUTTER
1 kg
SELECTED VARIETIES



NOW
4⁹⁹
ea.

SELECTION
JAM
500 ml
SELECTED VARIETIES

SELECTION
CREAM CHEESE
SELECTED SIZES
SELECTED VARIETIES

NOW
3⁴⁹
ea.



NOW
3⁴⁹
ea.

IRRESISTIBLES
GREEK OR SKYR YOGOURT
4 x 100 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.

IRRESISTIBLE
PIZZA
SELECTED SIZES
SELECTED VARIETIES



IRRESISTIBLES
FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES

NOW
3⁹⁹
ea.

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IRRESISTIBLE
SPRING ROLLS
FROZEN, 300 g
SELECTED VARIETIES

NOW
5⁹⁹
ea.



5 LB

NOW
18⁹⁹
ea.



IRRESISTIBLES
MEAT LASAGNA
FROZEN, 2.27 kg

IRRESISTIBLES
FRENCH ONION
SOUP
FROZEN, 500 g

NOW
7⁹⁹
ea.



NOW
2⁴⁹
ea.

SELECTION
LASAGNA NOODLES
375-500 g
SELECTED VARIETIES



NOW
17⁹⁹
ea.



IRRESISTIBLES
SALMON OR TUNA POKE
FROZEN, 400 g

SELECTION
SLICED CHEESE
SELECTED SIZES
SELECTED VARIETIES

NOW
4⁹⁹
ea.



IRRESISTIBLES
GOAT CHEESE
250 g
SELECTED VARIETIES

NOW
9⁴⁹
ea.



NOW
3⁹⁹
ea.

IRRESISTIBLES
CROUTONS
145 g
SELECTED VARIETIES



NOW
8⁹⁹
ea.

IRRESISTIBLES
DRY SAUSAGE
300 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.

IRRESISTIBLES
DIPS OR HUMMUS
227 g
SELECTED VARIETIES

IRRESISTIBLE
SOUP OR CHILI
600 ml, 642 g
SELECTED VARIETIES

NOW
6⁹⁹
ea.



SELECTION
LONG GRAIN RICE
900 g
SELECTED VARIETIES

NOW
2⁹⁹
ea.



SELECTION
BROTH
900 ml
SELECTED VARIETIES

NOW
1⁹⁹
ea.



SELECTION
PASTA SAUCE
410-650 ml
SELECTED VARIETIES

NOW
3⁹⁹
ea.



NOW
1⁷⁹
ea.

SELECTION
TOMATOES
540-796 ml
SELECTED VARIETIES

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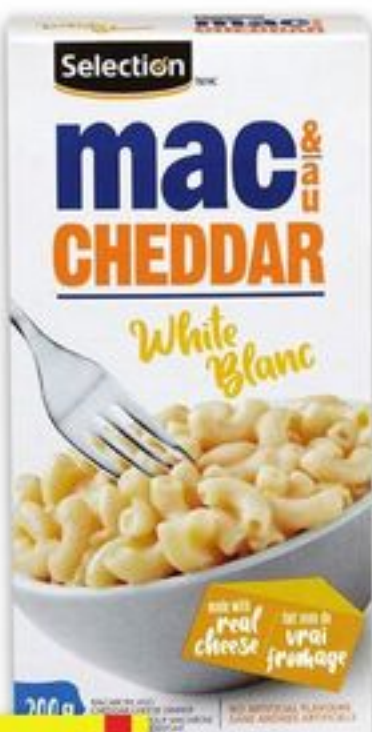
SELECTION
PEROGIES
907 g - 1 kg
SELECTED VARIETIES

NOW
2.49
ea.



LIFE SMART
TOFU
400 - 454 g
SELECTED VARIETIES

NOW
2.49
ea.



NOW
1.25
ea.

SELECTION
MAC N CHEESE
200 g
SELECTED VARIETIES



NOW
3.99
ea.

SELECTION
KETCHUP
750 ml - 1 L
SELECTED VARIETIES



NOW
5.99
ea.

SELECTION
MAYONNAISE
750 - 890 ml
SELECTED VARIETIES



NOW
4.99
ea.

IRRESISTIBLE
ORANGE JUICE
SELECTED SIZES
SELECTED VARIETIES

LIFE SMART
NATURALIA
GLUTEN FREE
TORTILLA CHIPS
300 - 350 g
SELECTED VARIETIES

NOW
3.49
ea.



NOW
4.49
ea.

SELECTION
SALSA
650 ml
SELECTED VARIETIES



NOW
2.99
ea.

SELECTION
LEMONADE
1.75 L
SELECTED VARIETIES



NOW
3.99
ea.

SELECTION
TABLE SYRUP
710 ml
SELECTED VARIETIES

SELECTION
INSTANT
OATMEAL
330 - 430 g
SELECTED VARIETIES

NOW
3.49
ea.



SELECTION
FRUIT CUP
PACK OF 4
SELECTED VARIETIES

NOW
2.99
ea.



NOW
3.49
ea.

IRRESISTIBLES
TEA
18 - 20 un
SELECTED VARIETIES



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SELECTION
SOFT DRINKS
2L
SELECTED VARIETIES

NOW
149
ea.



NOW
99¢
ea.

SELECTION OR
IRRESISTIBLE
SPARKLING WATER
1L
SELECTED VARIETIES

NOW
399
ea.

IRRESISTIBLES
CRANBERRY
COCKTAIL
1.89 L
SELECTED VARIETIES



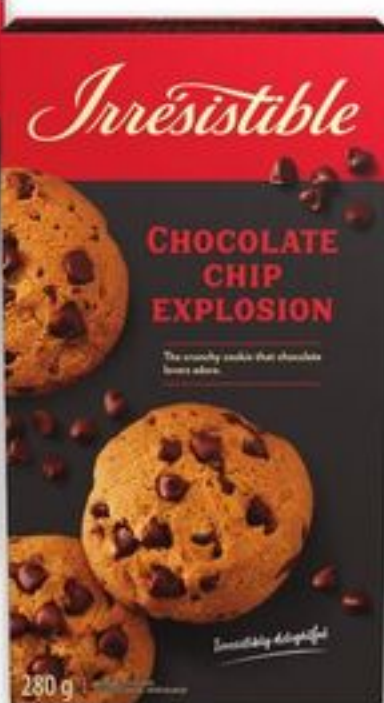
SELECTION
PUDDING CUP
4 unit
SELECTED VARIETIES

NOW
249
ea.



NOW
299
ea.

SELECTION
CRISPY RICE SQUARES
176 g
SELECTED VARIETIES



IRRESISTIBLE
COOKIES
240 - 350 g
SELECTED VARIETIES

NOW
399
ea.

SELECTION
CANDY
100 - 135 g
SELECTED VARIETIES

NOW
149
ea.



NOW
149
ea.

SELECTION
CHIPS
200 g
SELECTED VARIETIES



NOW
349
ea.

SELECTION
SNACKS
SELECTED SIZES
SELECTED VARIETIES



NOW
499
ea.

SELECTION
PEANUTS
700 - 750 g
SELECTED VARIETIES



NOW
299
ea.

SELECTION
FREEZER OR SANDWICH BAGS
15 - 100 unit
SELECTED VARIETIES

SELECTION
JUICE OR COCKTAILS
8 x 200 ml
SELECTED VARIETIES

NOW
299
ea.



metro

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 the Moi 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.

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