JUMBO

2.99 /lb

LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
1 kg

1.99 ea.

RUSSET POTATOES
10 lb/4.54 kg
SOLD FOR SAME PRICE OR LARGER VALUE

2.99 /lb

LARGE PEACHES OR BLACK PLUMS
LARGE NECTARINES
1.36 kg

3.99 ea.

UNSALTED WHOLE NATURAL ALMONDS OR WALNUT
PACKS 2 PIECES 2 kg

moi rewards member price

MIKE & VICKER'S CHIPS
200 g
SOLD FOR SAME PRICE OR LARGER VALUE

2.99 ea.

SPECIAL PRICE
3.99
for non-members

Effective February 19 20 21 22 23
Valid from Thursday to Saturday

VERSION 2

SEASONAL MIXED FLOWER BOUQUET
CONTAINER
15.00 ea.
10 DAY GUARANTEE

metro
CANADIAN AND PROUD

$1 back in points* 125 points
FRESH STEELHEAD TROUT OR TILAPIA FILLETS VALUE PACK
SKIN ON, BONELESS, SEASONED OR RAW WITH CHERRY TOMATOES, 454 g
10.99 /lb or ea.

PLATEROUT GRILL BRAND
TOP SIRLOIN STEAK VALUE PACK 100% CANADIAN
1.13 kg
8.88 /lb

OLD FASHIONED SMOKED HAM
PRICE PER 100 g
2.49 /100 g

FRESH
FRESH WHOLE CHICKEN OR CHICKEN LEGS
FRESH WHOLE CHICKEN
1.8 kg
2.99 /lb

FRESH
FRESH CHEF'S BAKERY CHICKEN TENDERS OR CHICKEN WINGS
PRICE PER 100 g
5.99 ea.

JANE'S
PUB STYLE CRISPY STRIPS
$1 back in points* 125 points
JANE'S PUB STYLE BREADED CHICKEN OR FISH STRIPS OR FISH NUGGETS OR MOZZARELLA STICKS, 750 g
6.99 ea.

SWISS CHALET
FRESH OR FROZEN QUARTER CHICKEN
6.99 ea.

Organic
KICKING HORSE COFFEE
14.99 ea.

JOHN DAKS
MEDITERRANEAN CHICKEN WRAPS
LACTOSE
Shreddies
POST OR JAMESTOWN CEREAL OR LACTOSAID LACTOSE FREE MILK OR INTERNATIONAL DELIGHT COFFEE CREAMER
4.99 ea.

Black Diamond
MARBLE • MARBRE
BLACK DIAMOND BRAND OR UNWRAPPED CHEESE, 200 g – 1 kg
OLD • I
4.99 ea.

Coca-Cola
PEPSI
COCA-COLA, CHERRY COKE OR PEPSI SOFT DRINKS
7.49 ea.

CLASSICO
ALFREDO
CLASSICO PASTA SAUCE
CLASSICO
TOMATO & BASIL • TOMATES + BASILIC
2.99 ea.

CRAVE
McCain
Superfries
MCCAIN FRIES, FRIANDISE, MEAL SIDES OR LIGHT DINNER FROZEN MEAL
2.99 ea.

12-24 mo
Cashmere
Tide
Sponge Fresh Up
CASHMERE BATHROOM TISSUE, KLEENEX FACIAL TISSUE, TIDE PODS, TIDE, TIDE SIMPLY CLEAN OR COLGATE, SPINBRUSH OR COLGATE
6.99 ea.

Pampers
Swaddlers
HUGGIES
ULTRA DIAPERS
PAMPERS OR HUGGIES BABY DIAPERS OR CRUSH BABY FORMULA
29.99 ea.

MUTTI
Peeled
MUTTI TOMATOES OR PASSATA
3.49 ea.

Effective February 19 20 21 22 23 24 25 2026 | my savings my metro

LOW PRICE EVERY DAY

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

NOW 3.99 ea.

IRRÉSISTIBLE PIZZA
400G, 4P - 565G
VALID ON FRIDAY

SELECTION
PEANUT BUTTER
1L - 1.36KG
VALID ON FRIDAY

NOW 4.99 ea.

NOW 3.49 ea.

IRRÉSISTIBLE
SKYR OR GREEK YOGURT
500G
VALID ON FRIDAY

IRRÉSISTIBLE
VEGETABLE JUICE
1.36L - 1.75L
VALID ON FRIDAY

NOW 4.99 ea.

SELECTION OR
IRRÉSISTIBLE
SPARKLING WATER +
FLAVOURED 1L
VALID ON FRIDAY

NOW 99¢ ea.

NOW 5.99 ea.

IRRÉSISTIBLE
SPRING ROLLS
300G - 816G
VALID ON FRIDAY

metro.ca

New Lower Prices

VILLAGGIO ITALIAN STYLE BREAD, BUNS, DEMPSTER'S WHOLE GRAIN BREAD OR BAGELS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.
2 for 7.00

WILD PINK ARGENTINIAN RAW SHRIMP 20-30, 300 g
OCEAN JEWEL COOKED OR RAW SHRIMP 31-40 SIZE, 340 g
6.99 ea.

mix & match
VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS
208-236 g
SELECTED VARIETIES
2 for 14.00

SMALL SALADS
180-340 g
5.99 ea.

MAPLE LEAF OR SCHNEIDERS SMOKED HAM
600-700 g, SELECTED VARIETIES
$2 back in points*
10.99 ea. 250 points

OLYMEL, PILLER'S, SAN DANIELE OR MASTRO SLICED DELI
125-175 g, SELECTED VARIETIES
6.49 ea. 25 points

TRE STELLE RICOTTA OR BOCCONCINI
200-475 g
SELECTED VARIETIES
7.99 ea.

QUAKER CRISPY MINIS, RICE CAKES, CHEWY OR DIPPS BARS
SELECTED SIZES, SELECTED VARIETIES
1.99 ea.

LIBERTÉ YOGOURT TUB
SELECTED SIZES
SELECTED VARIETIES
6.99 ea.

TWININGS TEA
20 un. or
BONNE MAMAN JAM
250-360 g
SELECTED VARIETIES
4.99 ea.

LAVAZZA GROUND COFFEE 340 g
SELECTED VARIETIES
12.99 ea.

PHILADELPHIA CREAM CHEESE
340 g or
TROPICANA REFRIGERATED DRINKS 1.36-1.53 L
SELECTED VARIETIES
5.49 ea.

Non-GMO
MADE GOOD BARS OR GT'S KOMBUCHA
SELECTED SIZES
SELECTED VARIETIES
3.99 ea. 65 points

NESTEA ICED TEA
12 X 341 ml
SAN PELLEGRINO NATURALI OR CIAO SPARKLING WATER
6 X 330 ml, SELECTED VARIETIES
6.99 ea. 80 points

24 PACK
SELECTION NATURAL SPRING WATER 24 x 500 ml,
CELSIUS, ROCKSTAR OR REDBULL ENERGY DRINKS SELECTED SIZES
SELECTED VARIETIES
2.99 ea.

LINDT EXCELLENCE CHOCOLATE BAR OR MAYNARDS CANDY
SELECTED SIZES
SELECTED VARIETIES
5.99 ea.

PRINGLES PARTY STACK CHIPS OR MINGLES SNACKS
SELECTED SIZES
SELECTED VARIETIES
3.49 ea.

SENSIBLE PORTIONS, HARVEST SNAPS, KETTLE CHIPS OR POPPI SODA
SELECTED SIZES
SELECTED VARIETIES
2.99 ea.

SELECTION FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES
3.49 ea.

BETTY CROCKER PREMIUM MIXES
294-496 g
SELECTED VARIETIES
3.99 ea.

COLGATE, SENSODYNE, HELLO OR CREST ORAL CARE
SELECTED SIZES
SELECTED VARIETIES
5.99 ea.

PALMOLIVE OR DAWN DETERGENT, ALCAN FOIL, REYNOLDS PARCHMENT OR GLAD WRAP
SELECTED SIZES
SELECTED VARIETIES
2.99 ea.

ARM & HAMMER DETERGENT, FLEECY SOFTENERS, DOWNY RINSE OR OXI CLEAN
SELECTED SIZES
SELECTED VARIETIES
5.99 ea.

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$1 back in points*
HOSTESS VALUE SIZE SNACKS
SELECTED SIZES
SELECTED VARIETIES
5.99 ea. 125 points

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA
SELECTED SIZES
SELECTED VARIETIES
$1 back in points*
5.99 ea. 125 points

DARE COOKIES OR CRACKERS
SELECTED SIZES
SELECTED VARIETIES
$1 back in points*
3.49 ea. 125 points

We reserve the right to limit quantities.
DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.

Visit us at: metro.ca
Give us your opinion for a chance to WIN* $1,000 in groceries

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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 25, 2026, in-store or online

NOW 4.99 ea. SAVE UP TO $2

6.99* ea.
M&M'S CHOCOLATES
155 - 165 g
SELECTED VARIETIES

NOW 5.99 ea. SAVE UP TO $2

7.99* ea.
IRRESISTIBLES COFFEE CAPSULES
12 un
SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $1.30

4.29* ea.
RICEWORKS RICE SNACKS
155 - 156 g
SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $2

5.99* ea.
SUMM! DUMPLING OR SPRINGROLLS
250 - 260 g
SELECTED VARIETIES

NOW 7.49 ea. SAVE UP TO $2.50

9.99* ea.
OONI FROZEN PIZZA DOUGH
1.02 kg

NOW 4.99 ea. SAVE UP TO $2.50

7.49* ea.
WINDEX CLEANERS
765 - 950 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moi10 account. Limit of one coupon redemption with a moi10 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.*

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

*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

3.99 ea. BLACKBERRIES 170 g PRODUCT OF MEXICO

4.99 ea. 60 SAVINGS PROPERS SUNNY DAY STRAWBERRIES 454 g PRODUCT OF CANADA

1.99 /lb SWEET POTATOES 1 lb/454 g PRODUCT OF CANADA

4.99 /lb ASPARAGUS PRODUCT OF CANADA, MEXICO OR PERU 1 lb/454 g

4.99 ea. LEMONS PRODUCT OF CENTRAL AMERICA

1.99 /lb LARGE SUNGOLD NAVEL ORANGE PRODUCT OF CANADA 4.54 kg

BELLA GRANDE MUSHROOMS PRODUCT OF CANADA 454 g

4.79 ea. 60 SAVINGS

1.99 ea. BUNCH RADISHES PRODUCT OF CANADA

1.99 ea. LARGE AVOCADOS PRODUCT OF MEXICO

2.49 /lb LARGE GRANNY SMITH APPLES PRODUCT OF CANADA, MEXICO OR CHILE 5.40 kg

3.99 /lb HEIRLOOM TOMATOES PRODUCT OF MEXICO 0.454 kg

99¢ /lb GREEN CABBAGE PRODUCT OF CANADA, MEXICO OR CHILE 2.90 kg

BLACK MISSION FIGS 170 g PRODUCT OF MEXICO

4.99 ea. 60 SAVINGS

2.99 /lb LARGE CARA CARA ORANGES PRODUCT OF CANADA, MEXICO OR CHILE 5.90 kg

60 SAVINGS

4.49 ea. BUNCH BEETS PRODUCT OF CANADA

SWEET SWEET SWEET ONIONS PRODUCT OF CANADA 1.36 kg

5.99 ea. 70 SAVINGS

NEW

4.99 ea. LIFE SMART ORIGINAL VEGGIE GROUND ROUND 454 g

SNOW OR SUGAR SNAP PEAS PRODUCT OF CANADA

4.49 ea.

GOOD LEAF MACROBIOTIC PRODUCT OF CANADA

3.88 ea. 50 SAVINGS

VEGAN GREEN LETTUCE PRODUCT OF CANADA

4.49 ea. 60 SAVINGS

Organic

Fiery Ginger 13.99 ea. HOUSEHOLD ORGANIC WELLNESS SHOTS 6 x 60 mL

Immunity Packs

3.49 /lb ORGANIC GALA APPLES PRODUCT OF CANADA, MEXICO OR CHILE 1.36 kg

70 SAVINGS

5.49 ea. ORGANIC SWEET PEPPERS 341 g PRODUCT OF CANADA OR MEXICO

3.49 ea. ORGANIC CARROTS OR YELLOW ONIONS PRODUCT OF CANADA OR U.S.A.

Sliced & Diced

4.99 ea. TROPICAL PARADISE 454 g BOILED FRUIT SALAD 454 g TASTY STRAWBERRIES 454 g

5.49 ea. 70 SAVINGS

6.99 ea. CHICKEN SALADS LARGE MELON CHUNKS 454 g

Fresh Blooms

30.00 ea. BOUQUET SWEET BERRIES PRODUCT OF CANADA

BONSAI CLIP MONEY TREE OR CHARTREUSE PRODUCT OF CANADA

29.99 ea.

9.99 ea. SPRING BULBS PRODUCT OF CANADA OR NETHERLANDS

18.99 ea. SPRINGTIME BOUQUET PRODUCT OF CANADA OR NETHERLANDS

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Our Butcher's Finest

GROUND BEEF SALE!

MEDIUM GROUND BEEF PATTIES 454 g
7.99 /lb

PRIME SIRLOIN STEAK
4.99 /lb

$1 REWARDS POINTS* 125 POINTS

PRIME WATERMAN

MAPLE LEAF PRIME BUDDIG INTERNAT. UNCANNICKLE FRESH CHICKEN BREAST FILLETS OR CUTLETS
12.99 /lb

PRIME FOR BURG CENTRE CUT MINIMUM 1.134 kg
20.99 /lb

NATURAL Natural means that no artificial ingredients or artificial flavours, colours, chemical preservatives, or synthetic substances have been added.

LIFE SMART NATURALLY GRASS FED BONELESS PAN STEAK
46.29 /kg

THE BEEF TRI TIP

NEW

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

BEEF GRILL TRI TIP MEDALLIONS
12.99 /lb

BEEF GRILL TRI TIP STEAK
11.99 /lb

BEEF GRILL TRI TIP ROAST
10.99 /lb

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NEW

LIFE SMART NATURALLY FREE CLASSIC CHICKEN WAFFLE BITES 454 g
4.99 ea. 40

LIFE SMART NATURALLY BACON 375 g
5.99 ea. 60

NEW

BRIDGETON FOODS PORK TENDERLOIN 2 x 454 g
6.99 ea. 80

LOU'S KITCHEN ORIGINAL 2 x 454 g
8.99 ea. 85

MAPLE LEAF ULTIMATE CHICKEN DINNER OR SAVORY MEAL 454 g
5.99 ea. 40

KELLY'S ORIGINAL BREAKFAST PORK BACK RIBS 454 g
12.99 ea. 125 $1 REWARDS POINTS*

NEW

SCHWEBEL'S TIPS* 454 g
13.99 ea. 125 $1 REWARDS POINTS*

PINTY'S GRAIN FREE CHICKEN OR HERB 454 g
16.99 ea. 125 $1 REWARDS POINTS*

BRIDGETON FOODS ASIAN EMPEROR 454 g
5.49 ea. 70

BRIDGETON FOODS PIZZA OR PASTA 454 g
8.99 ea. 125 $1 REWARDS POINTS*

BRIDGETON FOODS BEEF OR CHICKEN 454 g
8.99 ea. 125 $1 REWARDS POINTS*

BRIDGETON FOODS PRIME BURGERS 454 g
11.99 ea. 125 $1 REWARDS POINTS*

LEVEQUE SMOKED PORK SHOULDER OR BACKBONE 1.814 kg
3.99 /lb

POGO PREMIUM 454 g
4.99 ea.

MAPLE LEAF NATURAL PREMIUM SAUSAGES 454 g
7.99 ea.

MAPLE LEAF ORGANIC BREAKFAST SAUSAGES OR GLAMORGAN ORGANIC BACON 375 g

JONES DAIRY FARM SAUSAGES OR BACKBONE 454 g
8.99 ea.

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

Seafood

FRESH FRESH ATLANTIC SALMON PORTIONS
4.99 ea.

WILD CAUGHT
9.99 lb. WILD CAUGHT PACIFIC COD FILLETS

TRUE BLUE MARYLAND CRAB CAKES
3.99 ea. 40 points

6.99 ea. FRESH FRESH ATLANTIC SALMON CHARCUTERIE

7.99 lb. LOUIS HENRY SMOKED SALMON

14.99 ea. TRUE NORTH CANADIAN SMOKED SALMON

907 g
9.99 ea. 125 points $1 Cash Back BETTERFISH SARDINE FILLETS

11.99 ea. FROZEN WHOLE MACKEREL

11.99 ea. ATLANTIC SMOKED SALMON

19.99 ea. FROZEN MEDIUM CANADIAN LOBSTER CLAWS & LARGE CHELATS

Irrésistible

3.99 ea. IRRÉSISTIBLE CHOCOLATE BANANA CAKE

7.99 ea. IRRÉSISTIBLE FRIED THIN CRUST PIZZA

9.99 ea. IRRÉSISTIBLE BREADED BONELESS PORK CHOPS

9.99 ea. IRRÉSISTIBLE FRIED SCALLOPS

Deli Favourites

2.99 /100 g IRRÉSISTIBLE CHICKEN BREAST SLICED

2.99 /100 g IRRÉSISTIBLE MORTADELLA

BUY MORE! SAVE MORE!
2.99 /100 g when you buy 500 g or more PRÉSIDENT FRENCH SUMMERVAL

3.59 /100 g when you buy 500 g or more IRRÉSISTIBLE CHAMPIGNON MUSSARD CHEESE

3.99 /100 g OVEN ROAST BEEF

7.99 ea. 50 points FRATELLI & MORELLI PIZZA SLICES

10.99 ea. COLLIER'S COLOR CHEDDAR CHEESE

4.79 /100 g CASTELLO CHAMPIGNON & CHEESE

CONGAMIGO CHICKEN, CHEESE & JALAPEÑO SNACK KITS
4.49 ea. 50 points

5.00 ea. 25 points GOLD MEDAL SUCKER ORIGINALS

7.99 ea. TRE STELLE MOZZARELLA BALL

15.99 ea. GALBANI MATCH JAPONE CHEESE

Deschênes
5.99 ea. FUSILLI CARTE LA CASA DE BRUSCHETTA

8.99 ea. SOUPER SOUPER BEEF BOURGUIGNON

earn more with moi rewards

7.00 ea. BREAD 2 OF 3 (MIN. 6)

250 points when you buy 2 of 3 (MIN. 6)
4.99 ea. FRESH 2 GO SOUP

metro.ca

Sweeten Up With Maple

Donat

12 DONAT MAPLE PECAN OR SUGAR MAPLE CRISP PIES 340 - 360 g
10.99 ea.

Donat

12 DONAT MAPLE CRISP LOAVES, PIE 340 - 360 g
10.99 ea.

Tim Hortons

TIM HORTONS MAPLE COFFEE CAPSULES 100 g
10.99 ea.

Dolce Bella

SELECTION DOLCE BELLA MAPLE CAKE 500 g
5.99 ea.

Front Street Bakery
Our Absolute Finest

FRONT STREET BAKERY MAPLE CAKE 1.5 kg
16.99 ea.

FRONT STREET BAKERY MINI DESSERT CAKES 500 g - 600 g
11.99 ea.

FRONT STREET BAKERY CREAM BAR CAKES 500 g - 600 g
19.99 ea.

Front Street

FRONT STREET BAKERY CHEESE STICKS 1.5 kg - 1.8 kg
5.99 ea.

FRONT STREET BAKERY CHEESE BUNS 1.8 kg - 2 kg
5.99 ea.

FRONT STREET BAKERY COOKIE BITS 1.5 kg - 1.8 kg, SELECTED VARIETIES
4.99 ea.

FRONT STREET BAKERY SCONES 1.8 kg - 2 kg, SELECTED VARIETIES
4.99 ea.

Micro Croissant

LA PETITE BRETONNE MICRO CROISSANTS WITH CHOCOLATE BUNS 12 - 24 g
4.99 ea.

Dempster's

DEMPSTER'S CINNAMON SWIRL BREAD 675 g
5.49 ea.

SELECTION SELECTED CHANNEL BAKERY 340 - 454 g, SELECTED VARIETIES
7.99 ea.

Tardoni

TARDONI BARLEANA 150 - 170 g, SELECTED VARIETIES
8.99 ea.

Snacks & Beverages

250 Calories

52 Calories

STARBUCKS CAPSULES 100 g, SELECTED VARIETIES
13.99 ea.

TIM HORTONS INSTANT COFFEE 200 g - 300 g, SELECTED VARIETIES
9.99 ea.

NESTLÉ CARNATION INSTANT HOT COCOA 340 - 370 g, SELECTED VARIETIES
8.49 ea.

DOLE PINEAPPLE JUICE 1.75 L
6.29 ea.

Splenda

SPLENDA WATER ENHANCERS 48 g, SELECTED VARIETIES
4.59 ea.

KARMA VITAMIN WATER 500 ml, SELECTED VARIETIES
3.59 ea.

ENERGIZE ENERGY DRINK 473 ml, SELECTED VARIETIES
3.29 ea.

OCEAN SPRAY JUICE 1.75 L, SELECTED VARIETIES
9.99 ea.

80 Calories

PLANTERS CASHEWS 500 g, SELECTED VARIETIES
6.99 ea.

HARVEST CHEESE CHEEZIES SNACKS 200 g
3.99 ea.

Kitchen Cuisine

WHITTY'S PROPERTIONS APPLE SAUCE 4 x 100 g, SELECTED VARIETIES
2.99 ea.

Corona Cero

CORONA CERO NON-ALCOHOLIC BEER 6 x 330 ml, 6 x 355 ml
24.49 ea.

Lumberjack

A PROUDLY CANADIAN COMPANY SINCE 1992

LUMBERJACK CHEESE CHUNKS 200 g - 250 g, SELECTED VARIETIES
3.99 ea.

Excel

EXCEL GUM 10 - 18 g, SELECTED VARIETIES
1.88 ea.

Reese's

OH HENRY!

OH HENRY! CHOCOLATE BARS 50 g, SELECTED VARIETIES
1.88 ea.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Valid Thursday, May 1 to Wednesday, May 7, 2025

GO FOR GOLD

Set the stage for your winning watch party with a variety of favourites.

FROZEN 2 LB
CHICAGO TOWN
STONE BAKED PIZZA
SELECTED VARIETIES
WALK-IN OFFERS ONLY
15.99 ea.

FROZEN 2 LB
CHICAGO TOWN
SELECTED VARIETIES
STARTING FROM
6.99 ea.

9.99 lb.
JUMBO SHRIMP PLATTER
PREVIOUSLY FROZEN
26 - 30 CUBE, 2.27-2.700 g

13.99 ea.
FROZEN 2 LB
CHICAGO BOYS OR
TENDERS
TC - 24 oz.

PRODUCT OF CALIFORNIA
BLUE DIAMOND
ALMONDS
6.49 ea.
BLUE DIAMOND
ALMONDS
SELECTED VARIETIES

JUMBO
SALTED PEANUTS
250 g
2 FOR
3.00

9.79 ea.
ORVILLE
REDENBACHER POPCORN
10 PACK
SELECTED VARIETIES

3.99 ea.
LAY'S POTATO CHIPS
OR DORITOS MINI
LARGER SNACKS
SELECTED VARIETIES

8.49 ea.
MCCORMICK'S
JERKY SNACKS
SELECTED VARIETIES

4.99 ea.
SMARTFOOD
POPCORN
SELECTED VARIETIES
SELECTED WHERE BES.

8.99 ea.
ATYPIQUE SPARKLING
NON-ALCOHOLIC
BEVERAGES
750 ml
SELECTED VARIETIES

4.49 ea.
MAX
WATER ENHANCERS
SELECTED VARIETIES
SELECTED VARIETIES

4.49 ea.
QUAKER CHEWY
250 - 500 g
SELECTED VARIETIES

4.49 ea.
QUAKER
INSTANT OATMEAL
SELECTED PACKS
SELECTED VARIETIES

4.99 ea.
HARVEST CRUNCH
CEREAL
400 - 515 g
SELECTED VARIETIES

6.99 ea.
SACHA LAINES
MAYONNAISE
SELECTED VARIETIES

5.99 ea.
SMALL TUCS DIP 500 g
DOG UNDER 20 g
SELECTED VARIETIES
CHICKEN MARGARIT 200 g

5.00 ea.
FROZEN 2 KG
TORTILLA CHIPS
SELECTED VARIETIES
SELECTED VARIETIES

7.99 ea.
GOOD & LABEL
HEAT & SERVE DIPS
SELECTED VARIETIES
SELECTED VARIETIES

2.99 ea.
SUNMAID
DESSERT TOPPINGS
SELECTED VARIETIES
SELECTED VARIETIES

4.99 ea.
SELECTION
MINI BUTTER TARTS
40 - 50 g
SELECTED VARIETIES

9.99 ea.
STONE STREET BAKERY
GOURMET COOKIES
12 ct
500 - 510 g
SELECTED VARIETIES

21.99 ea.
MEDIUM
VEGETABLE
OR FRUIT TRAYS
CT - 2.5 kg
ORDER 5 DAYS
IN ADVANCE

More Great Savings

4.49 ea. — JOHN MOLSON SUPERIOR CREAM OF WHEAT INSTANT HOT CEREAL 1.36 kg

9.99 ea. — KELLOGG'S ANNIE'S CEREAL 350 g–400 g

8.49 ea. — SELECTION HONEY 500 g

5.99 ea. — EAT LESS SPREADABLE BUTTER ALTERNATIVE 375 g

59¢ ea. — MR. NOODLES INSTANT SOUP 85 g–90 g

2.49 ea. — CLARK'S GOURMET BEANS 398 ml; BEN'S ORIGINAL RICE 250 g–454 g

3.49 ea. — AYLMER SOUP 540 ml–680 ml

7.99 ea. — SAIR HARMON SOUP 1.5 L

3.49 ea. — MRS. CORDON'S LIN SPECIAL CRACKERS 300 g–350 g

4.49 ea. — HIDDEN VALLEY SALAD DRESSING 473 ml–591 ml

15.99 ea. — FILIPPO BERIO EXTRA VIRGIN OLIVE OIL 1 L

2.99 ea. — BERTOLLI WINE VINEGAR 250 ml–500 ml

Generous by nature — Natrel

5.99 ea. — NATREL ORGANIC CREAM 473 ml

7.49 ea. — NATREL ORGANIC MILK 2 L

4.99 ea. — BOSTON MARKET CHICKEN MEAL 1.36 kg–1.45 kg

8.99 ea. — MAMA CALLENDER'S CHICKEN MEAL 1.36 kg–1.45 kg

6.49 ea. — EARTH'S OWN CREAM 946 ml

5.49 ea. — EARTH'S OWN NAKED OR EARTH'S BEVERAGES 946 ml–1.89 L

Try a snack filled with goodness

2.79 ea. — DEL MONTE CANNED VEGETABLES 398 ml–540 ml (398 ml–540 ml equivalent)

17.99 ea. — DEL MONTE FRUIT CUPS 12 x 113 g–12 x 125 g

I earn with moi rewards

30 — **4.99** ea. — EAT LESS WHIPPED CREAM 250 g

40 — **8.99** ea. — STEM COFFEE BEVERAGE 946 ml

50 — **3.99** ea. — SUTTER SPORT CHOCOLATE BARS 100 g–150 g

250 — **4.99** ea. — CINEMA MILLO CINEA 2 x 1 L

60 — **4.99** ea. — TIM TAM COOKIES 200 g–209 g

70 — **5.99** ea. — BROOKSIDE DARK CHOCOLATE 270 g–283 g

50 — **3.99** ea. — POPCYCLE! POPCORN 4 x 28 g; PURPLE LEAF DE SNACKING! POPCORN 4x85 SERVING

50 — **3.99** ea. — FIJI NATURAL SPRING WATER 1.5 L

40 — **2.99** ea. — bai FLAVORED BEVERAGE 473 ml–510 ml

30 — **1.79** ea. — SELECTION WAFERS 300 g–350 g

40 — **2.99** ea. — HERSHEY'S KISSES BAR 200 g–250 g

140 — **5.49** ea. — CELESTIAL TEA 20 x 1.5 g–20 x 2 g

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FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE BASMATI OR DELLA PREMIUM BASMATI RICE OR CLUB PARBOILED RICE
2 kg
SELECTED VARIETIES
12.99 ea.

DOUBLE CAKE VANILLA OR CHOCOLATE
900 g
19.99 ea.

HALAL FRESH WHOLE CHICKEN
6.5 kg
2.99 lb

SUNFLOWER OIL OR CANOLA OIL
SELECTED VARIETIES
9.99 ea.

$1 OFF 125 ml
TILAPIA FAMILY PACK
FROZEN, 1.36 kg
8.99 ea.

DATES PRODUCT OF IRAN
400 g
2.99 ea.

2 for
INTERMEDIATE ROSES
10 CT/ON BUNCH
VARIETIES CHOSEN
20.00 PLUS HST ea.

CLASSIC GARLIC BITES SHAKES OR SUNRISE CHIPS
SELECTED VARIETIES
1.29 ea.

BRAR'S CLASSIC GHEE
500 g
13.99 ea.

SAVE OR MORE BESAN OR BRAR'S CORN FLOUR
SELECTED VARIETIES
4.99 ea.

ROYAL DELIGHT SAMOSAS
SELECTED OR DELICIOUS SPRINGS
12 / 910 g, 24 / 1 kg
SELECTED VARIETIES
3.49 ea.

CEDAR CRIST BESAN, GARLIC, BURGER OR CORN FLOUR
SELECTED VARIETIES
2.99 ea.

LATEST SPRING ROLLS OR SAMOSAS
SELECTED VARIETIES
3.29 ea.

ELA SUNSETS OR CEDAR SHAW OR PRUDENCE ALMOND
SELECTED VARIETIES
8.99 ea.

MAGGI INSTANT NOODLES
SELECTED VARIETIES
2.99 ea.

DEVIL'S BURGERS
SELECTED VARIETIES
1.79 ea.

PABLO BISCUITS OR NATIONAL CUSTARD
SELECTED VARIETIES
1.79 ea.

BURKHARS CHIPS
SELECTED VARIETIES
1.79 ea.

BRAR'S SAMOSA
SELECTED VARIETIES
5.99 ea.

CEDAR FLAVOUR OR PRICELESS PRETTY DESIGN, SHEBA OR SPARKLE, OR CEDAR SHAW OR PRUDENCE
SELECTED VARIETIES
2.99 ea.

ACTIVE PIES
SELECTED VARIETIES
6.99 ea.

BEST MATCHES, ENVIA OR BEST MATCHES WOMEN'S FLAVOR CREAM
12, 355 g, 120 ml
SELECTED VARIETIES
3.29 ea.

ENVIA CANDLES OR ENVIA CANDLE OR PEACE
SELECTED VARIETIES
3.99 ea.

Item availability varies by store.

Organic

REAL FRUIT IS THE #1 INGREDIENT

CROFTER'S JAM 500 ml/mL
5.99 ea.

MADE IN CANADA SINCE 1964
MADE WITH CANADIAN AND IMPORTED INGREDIENTS

BRAGG APPLE CIDER VINEGAR 946 ml/mL
31 DAYS WORTH OF ACV
125 CAPSULES
9.99 ea.

CANYON FARMS CHUNKY CHEESE 227 g/g
4.99 ea.

WILLIAM 340 g/g
15.99 ea.
COMING SOON!

DR PEAT'S PROBIOTICS 2 LB/LB
8.49 ea.
NUTS FOR CHEESE DIP 175 g/g, SELECTED VARIETIES

LAKEWOOD JUICE 946 ml/mL
12.99 ea.

AMY'S SOUP 398 ml/mL/398 ml/mL
70 CALORIES
4.99 ea.

Gluten-Free

KIND 40 g/g
1.79 ea.
KIND GRANOLA BARS 40 g/g, SELECTED VARIETIES

TATE'S COOKIES 200 g/g
7.99 ea.

MARY'S ORGANIC 113 g/g
5.99 ea.
MARY'S CRACKERS 113 g/g, SELECTED VARIETIES

CoolWay KETO BARS 40 g/g
8.49 ea.
COOL WAY KETO BARS 40 g/g, SELECTED VARIETIES

Plant-Based

YOGGUT YOGURT 650 g/g
7.99 ea.

BLUE DIAMOND BEVERAGES 946 ml/mL
50 CALORIES
2.99 ea.

100% plant-based. Even if you're not.

Daiya 340 g/g
9.99 ea.
DAIYA PIZZA 340 g/g, SELECTED VARIETIES

Baby & Beauty

4.49 ea.
SWEET SPOOK & LOOM BABY PURÉE 4 x 90 g/g

HUGGIES 40 ct/ct
23.99 ea.
HUGGIES BABY WIPES 40 ct/ct, SELECTED VARIETIES

HERBAL ESSENCES 400 ml/mL
3.99 ea.

OLD SPICE 887 ml/mL
9.99 ea.

DOVE 90 g/g
11.99 ea.
DOVE BAR SOAP 90 g/g, SELECTED VARIETIES

TAMPAX 16 ct/ct
12.99 ea.
TAMPAX COMFORT SHAPE 16 ct/ct, SELECTED VARIETIES

Household Helpers

LYSOL 35 ct/ct
6.99 ea.
LYSOL DISINFECTING WIPES 35 ct/ct, SELECTED VARIETIES

LYSOL 946 ml/mL
7.99 ea.
LYSOL TOILET CLEANER 946 ml/mL, SELECTED VARIETIES

SCOTTIES 100 ct/ct
6.99 ea.
SCOTTIES FACIAL TISSUE 100 ct/ct, SELECTED VARIETIES

Downy 1.8 L/L
Cascade 1.8 L/L
6.99 ea.
DOWNY OR CASCADE DETERGENT OR DOWNY SOFTENERS 1.8 L/L, SELECTED VARIETIES

Change the mood in any room

GLADE 226 g/g
7.99 ea.
GLADE AIR FRESHENER CARTRIDGE REFILL 226 g/g, SELECTED VARIETIES

Get a $15 Metro gift card
with the purchase of a $100 Vanilla† Prepaid card

Offer valid February 19 – 25

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PROUD PARTNER
McCain
Superfries
5 MINUTES
SHOESTRING JULIENNE
WITH SEA SALT
AVEC DU SEL MARIN
650 g
2.99 ea.
McCAIN
FRIES
SELECTED SIZES
SELECTED VARIETIES
TASTIEZ
McCAIN
TASTIEZ BITES
311 g
SELECTED VARIETIES
5.49 ea.
NEW NOUVEAU
MAC & CHEESE BITES
BOUCHÉES DE MACARONI AU FROMAGE
POCKETS
THREE CHEESE PIZZA
REAL CHEESE
PEPPERONI PIZZA
McCAIN
PIZZA POCKETS
540 - 600 g
SELECTED VARIETIES
7.99 ea.

GLACÉAU SMARTWATER, POWERADE SPORTS DRINKS OR BODYARMOR HYDRATION DRINKS 591 ml SELECTED VARIETIES

91 CENTS

125 PRICE PER LITRE

2.49 ea.

*Plus applicable taxes, levies, deposits and fees, valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell less. This is not a complete list of all participating locations. Prices, offers and quantities vary.

Michelob ULTRA ZERO

NEW

0.0% ALC./VOL. | 30 CALS PER 355 ml

MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER 6 x 355 ml

12.79 ea.

ENJOY RESPONSIBLY.

Must be legal drinking age. Alcohol-free beer with natural flavour.

ZERO

HEINZ MAYONNAISE STYLE SAUCE 355 ml SELECTED VARIETIES

BOLD FLAVOUR MEETS MAYO

91 CENTS

125 PRICE PER LITRE

3.99 ea.

HEINZ MAYONNAISE STYLE SAUCE

NEW!

TACO BELL

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Your Philly. Now Chocolate.

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HOOKED ON QUALITY.

100% WILD CAUGHT

91 CENTS

125 PRICE PER LITRE

8.99 ea.

JANES CLASSIC BREADED FISH BITES OR FISH FILLETS 454 g SELECTED VARIETIES

91 CENTS

125 PRICE PER LITRE

13.99 ea.

JANES ULTIMATE BREADED AND BUTTERED FISH FILLETS 454 g SELECTED VARIETIES

91 CENTS

125 PRICE PER LITRE

13.99 ea.

JANES CLASSIC BREADED FISH FILLETS 454 g SELECTED VARIETIES

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Johnsonville

YOUR CHOICE

5.99 ea.

DINNER SAUSAGES 500 g SELECTED VARIETIES

BREAKFAST LINKS, ROUNDS OR GROUND SAUSAGES 375 g – 500 g SELECTED VARIETIES

SMOKED PORK SAUSAGES 375 g – 500 g SELECTED VARIETIES

LESS SUGAR. SAME GREAT MORNING.

5g SUGAR per 54 g serving

KELLOGG'S MINI-WHEATS CEREAL 312 - 415 g SELECTED VARIETIES

4.99 ea.

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NEW

Less Sugar

50% LESS SUGAR†

3.99 ea.

KELLOGG'S FROOT LOOPS OR MULTIGRAIN FROSTED FLAKES CEREAL 250 - 330 g SELECTED VARIETIES

Products depicted are part of a complete breakfast. Consult Canada's Food Guide for breakfast guidelines.

† Than Kellogg's Frosted Flakes® Original or Kellogg's® Froot Loops® Original. Kellogg's Multigrain Frosted Flakes contains 1 g sugar per 30 g serving. Kellogg's® Froot Loops® Less Sugar cereal contains 6 g sugar per 30 g serving. Kellogg's® Froot Loops® Original cereal contains 12 g sugar per 30 g serving.

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Kraft Hockeyville 20 YEARS

BUILDING COMMUNITY
One Rink at a Time

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KRAFT SALAD DRESSINGS 473 ml – 946 ml SELECTED VARIETIES
4.29 ea.

HEINZ KETCHUP 825 ml – 1 L SELECTED VARIETIES
5.99 ea.

NABOB SINGLE SERVE POUCH TEA 8 x 10 g NABOB MARBLE TORCH 8 – 10 ct SELECTED VARIETIES
11.99 ea.

TASSIMO

KRAFT DINNER MACARONI & CHEESE 170 – 206 g SELECTED VARIETIES
5.49 ea.

KRAFT DINNER MEALS 225 – 350 g SELECTED VARIETIES
1.66 ea.

CRAVE FROZEN ENTREES 284 – 340 g KRAFT DINNER DELUXE FROZEN MEALS 325 – 350 g SELECTED VARIETIES
2.99 ea.

PHILADELPHIA

PHILADELPHIA DIPS 227 – 300 g SELECTED VARIETIES
4.99 ea.

BOLD FLAVOUR MEETS MAYO

NEW

HEINZ MAYONNAISE-STYLE SAUCES 340 ml SELECTED VARIETIES
3.99 ea.

HEINZ MAYONNAISE-STYLE SAUCES

NEW

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GET 125 POINTS

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