



LEAN

544

lb

of ea.

Lean Ground Beef Value Pack 14.5% Fat
14.5% Fat
Life Smart Extra Lean Ground Chicken or Turkey 6.5% Fat
Beef/Chicken sausage or pork/chicken/sausage 14.5% Fat
Pork or Beef Sausage with Onions/Mixed Meats 6.5% Fat

PRIMO

PRIMO

PRIMO

900 g

PRIMO

PRIMO

PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat

125

ea.

Coca-Cola

PEPSI

PEPSI

PEPSI

349

ea.

PRIMO

PRIMO

PRIMO

PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat

LaSonde

OASIS

OASIS

388

ea.

PRIMO

PRIMO

PRIMO

PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat

Nestlé

Real Dairy

DRUMSTICK

497

ea.

PRIMO

PRIMO

PRIMO

PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat
PRIMO Pasta
100% Whole Wheat

Effective February

TH

FR

SA

SU

MO

5

6

7

8

9

Effective February

TH	FR	SA	SU	MO	TU	WE
5	6	7	8	9	10	11

 2026 | my *savings* my metro

mmmAZING!
days



799
ea.

Maple Leaf Prime Raised without Antibiotics
Breaded Chicken, Wings or Stuffed Chicken Breasts
FROZEN, 520-700g, SELECTED VARIETIES

Poulet pané, ailes ou poitrine farcie de poulet
élevé sans antibiotiques Prime Maple Leaf
SURGELÉS, 520-700 g, VARIÉTÉS SÉLECTIONNÉES

COOKEED-CUITES
PACIFIC WHITE SHRIMP
GREVETTES BLANCHES
DU PACIFIQUE

Net Weight 10.58 oz (300g)

Fresh Rainbow Trout or Tilapia Fillets Value Pack
Min 600 g, 5.99/lb, 2.27/100g
Waterview Market
Cooked Shrimp
41-50/202, 500 g, 5.99/lb, 1.90/100g

99¢
/lb
or ea

9  **Filets frais de truite arc-en-ciel**
en emballage économique
Min 500 g, 9,99¢/lb, 2,21\$ (300 g)
Crevettes cuites Waterview Mar
Format 1: 50, 500 g, 9,99¢/lb, surgelées



2.99
/100 g

Irresistibles Artisan Black Forest Ham or Balderson Cheddar
SÉLECTIONNÉS WÂTTÉLÉS, DULCÉS, 13.56%

Jambon Forêt-Noire Artisan Irresistibles ou cheddar Balderson
JAMBONS SÉLECTIONNÉS, TRANCES, 13.56%


4-DAY

MEAL DEAL

FEBRUARY 5TH – FEBRUARY 8TH, 2026

YOUR 1999

YOUR CHOICE **11.99**
ea.

16" X-Large Pepperoni & Cheese Pizza
WALK-INS ONLY
NO TOPPING SUBSTITUTES

Pizza extra grande de 16 po
au pepperoni & fromage
COMMANDES EN MAGASIN SEULEMENT
AUCUN SUBSTITUT DE GARNITURES



Chicken Caesar Salad

Salades au poulet César
606 g



15 Chicken Wings
12 Chicken Tenders

20 Chicken Bites
15 ailes de poulet
12 blancs de poulet
20 bouchées de poulet



Assorted California Combo

California Roll Variety Pack
424-470 g. SELECTED VARIETIES

Rouleaux californiens en combo
au choix ou en emballage varié
424-470 g. VARIÉTÉS SÉLECTIONNÉES

Hot Whole BBQ Mammoth Chicken
1kg
Poulet géant entier barbecue chaud
1kg

metro.ca

mmMAZING! days



2.99
ea.

Taco Bell Sauce
250 mL (8.5 FL OZ)
Saucy Taco Bell
sauces (all varieties)



5.49
ea.

Taco Bell Dips 145 g
all varieties
Prepared Taco Bell
dips (all varieties)



7.99
ea.

Taco Bell Crunchwrap Supreme
Cheesy Double Decker Taco Crunchwrap
Preparation: 1 taco Bell Wrap
Crunchwrap Supreme au double au fromage
avec sauce au fromage



1.25
ea.

Taco Bell Sausage
Assaisonnements Taco Bell
avec sauce au fromage



4.99
ea.

Taco Bell Quesadilla
Preparation: 1 taco Bell
Quesadilla au fromage
avec sauce au fromage



4.49
ea.

McCain Fries
all varieties
Frites McCain
toutes les variétés



7.49
ea.

McCain Premium Family Value
Frites Premium McCain
en format famille
toutes les variétés



7.99
ea.

McCain Pizza Pockets
all varieties
Pizza Pouchettes McCain
toutes les variétés



5.99
ea.

McCain Deep n' Delicious
all varieties
Frites McCain
toutes les variétés



4.99
ea.

McCain Taster
all varieties
Taster McCain
toutes les variétés



3.49
ea.

Post Cereal
all varieties
Céréales Post
toutes les variétés



3.99
ea.

Diet Spray
all varieties
Cantaloupes de canberges
toutes les variétés



2.99
ea.

Dole Fruit Cakes
all varieties
Cantaloupes de fruits Dole
toutes les variétés



9.99
ea.

Tetley Tea Bags
all varieties
Sachets de
thé Tetley



2.49
ea.

Post Honeycomb
all varieties
Cantaloupes de canberges
toutes les variétés

mmMAZING!
days

4⁹⁹
ea.

Christie Family Tree Cookies, Big Stuffed Cookies or Snow Globes
Big Stuffed Cookies or Snow Globes
Big Stuffed Cookies or Snow Globes
Big Stuffed Cookies or Snow Globes

3⁹⁹
ea.

OREO Original Cookies
OREO Original Cookies
OREO Original Cookies
OREO Original Cookies

2⁹⁹
ea.

triscuit ORIGINAL
triscuit ORIGINAL
triscuit ORIGINAL
triscuit ORIGINAL

2⁹⁹
ea.

RITZ Original Crackers
RITZ Original Crackers
RITZ Original Crackers
RITZ Original Crackers

2⁹⁹
ea.

Twizzlers Candy
Twizzlers Candy
Twizzlers Candy
Twizzlers Candy

4⁹⁹
ea.

HERSHEY'S minis
HERSHEY'S minis
HERSHEY'S minis
HERSHEY'S minis

5⁴⁹
ea.

Reese's minis
Reese's minis
Reese's minis
Reese's minis

2⁹⁹
ea.

Twizzlers Candy
Twizzlers Candy
Twizzlers Candy
Twizzlers Candy

8⁴⁹
ea.

Becel Margarine
Becel Margarine
Becel Margarine
Becel Margarine

5⁹⁹
ea.

Arla 100g
Arla 100g
Arla 100g
Arla 100g

5⁹⁹
ea.

Imperial Margarine
Imperial Margarine
Imperial Margarine
Imperial Margarine

2⁹⁹
ea.

Butter
Butter
Butter
Butter

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mmMAZING! days



Johnsonville
HOT ITALIAN SAUSAGES
SAUSAGES ITALIENS ÉPICES
500 g



Johnsonville
Breakfast Sausages
SAUSAGES PETITS
500 g



Johnsonville
MILD ITALIAN SAUSAGES
SAUSAGES ITALIENS D'ÉPICES
500 g



Johnsonville
Dinner Sausages
SAUSAGES POUR DÎNER
500 g



Johnsonville
POLISH
SAUSAGES
175 g



Johnsonville
CHICKEN
SAUSAGES
175 g



Summer Fresh
Tzatziki
Yaourt à la grecque
200 g



Summer Fresh
Salsa
200 g



Summer Fresh
Hummus
Original • Originale
200 g



Summer Fresh
Salsa
200 g



Summer Fresh
Salsa
200 g



Summer Fresh
Salsa
200 g



Incredible
Muffins
200 g



Incredible
Muffins
200 g



Incredible
Muffins
200 g



Incredible
Muffins
200 g



Santosh
Naan
200 g



Stonefire
Pizza
200 g

mmmAZING! days

[illegible]

Gluten-Free **Vegetarian**

G&B Cretors Popcorn
100% POPCORN
100% BUTTER
100% NATURAL
100% DELICIOUS

Multi-Pack 100 G&B Cretors
Bag 207g
100% BUTTERED BUTTERFLUTERS

549
ea.

CRETORS
G&B Cretors
100% POPCORN
100% BUTTER
100% NATURAL
100% DELICIOUS

Multi-Pack 100 G&B Cretors
Bag 207g
100% BUTTERED BUTTERFLUTERS

549
ea.

Green & Black's
Double Dark
Chocolate Bar
70% Cacao
100% Natural
100% Delicious

499
ea.

MID-DAY
SQUARES
100% NATURAL
100% DELICIOUS

Mid-Day Squares Bars
Bar 100g
100% NATURAL
100% DELICIOUS

249
ea.

PLANT UP
100% PLANT UP
100% NATURAL
100% DELICIOUS

Plant Up Puffs
Puff 100g
100% PLANT UP
100% NATURAL
100% DELICIOUS

399
ea.

BONA PIC
100% BONA PIC
100% NATURAL
100% DELICIOUS

Bona Pic Bona Pic
Bona Pic 100g
100% BONA PIC
100% NATURAL
100% DELICIOUS

849
ea.

Bob Red Mill
100% BOB RED MILL
100% NATURAL
100% DELICIOUS

Bob Red Mill
Bob Red Mill 100g
100% BOB RED MILL
100% NATURAL
100% DELICIOUS

2999
ea.

NONDUTCHER
100% NONDUTCHER
100% NATURAL
100% DELICIOUS

NonDutcher
NonDutcher 100g
100% NONDUTCHER
100% NATURAL
100% DELICIOUS

599
ea.

Non-GMO

Imagine Broth

8 FL. OZ. BOTTLES
BOTTLES PER CASE
12 CASES PER PALLET



5⁹⁹
ea.

Organic Medlow Milk
Lactose Free
Lactose Medlow

ORGANIC MEDLOW
LACTOSE FREE
LACTOSE MEDLOW



10⁹⁹
ea.

Traditional Medicinals Tea
100% HERBAL TEA
TENSER
Traditional Medicinals Tea
100% HERBAL TEA



5⁹⁹
ea.

PERMANENT
ORGANIC
HERB TEA

Terra Chips
100% VEGAN
TERRA CHIPS
100% VEGAN



5⁹⁹
ea.

67% KOMBUCHA
8 FL. OZ. BOTTLES
BOTTLES PER CASE
12 CASES PER PALLET



3⁹⁹
ea.

CWENCH
HYDRATION

BETTER FOR YOUR HYDRATION



2⁹⁹
ea.

FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

moi
rewards

**SAVE BIG
IN THE APP**

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

Only until February 11, 2026, in-store or online



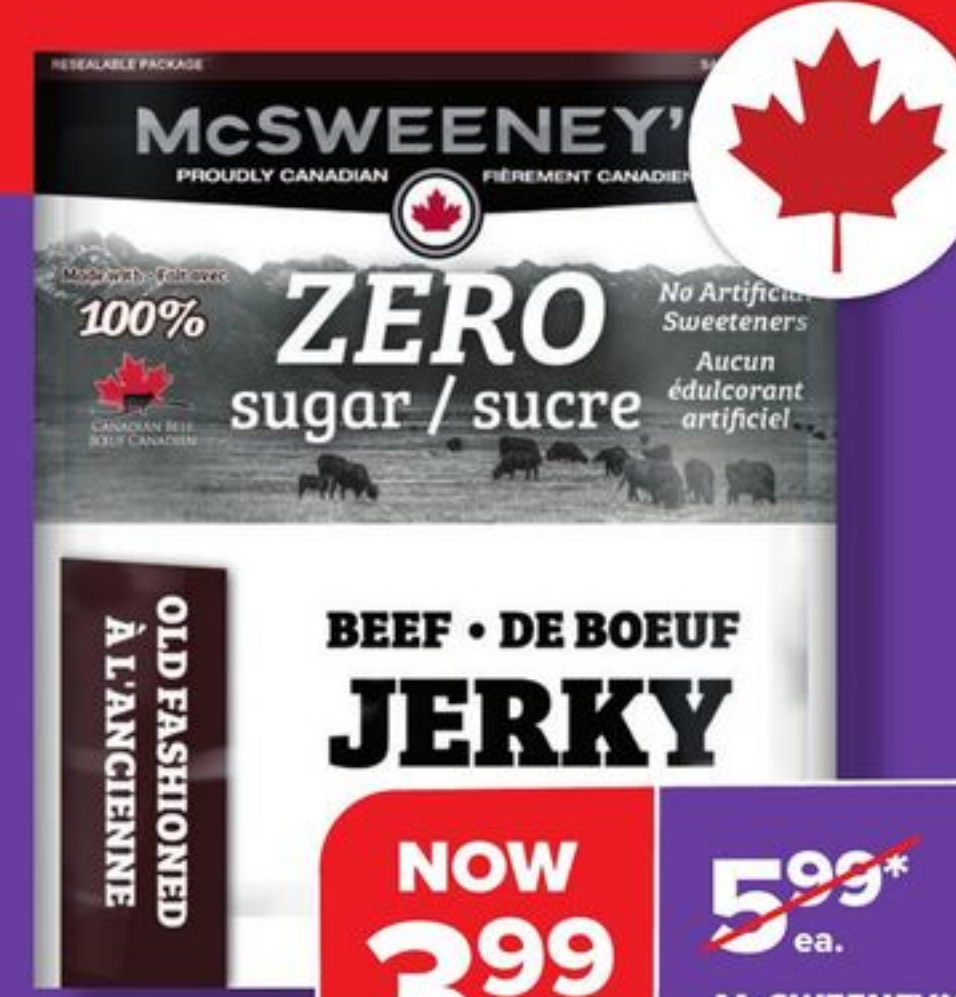
**NOW
4.99**
ea.
SAVE UP TO
\$3

7.99*
ea.
ESKA NATURAL
SPRING WATER
24 x 500 ml



**NOW
3.49**
ea.
SAVE UP TO
\$2

5.49*
ea.
PEARL MILLING
PANCAKE MIX OR SYRUP
909 g, 710 ml
SELECTED VARIETIES



**NOW
3.99**
ea.
SAVE UP TO
\$2

5.99*
ea.
McSWEENEY'S
BEEF JERKY SNACKS
70 - 85 g
SELECTED VARIETIES



**NOW
2.99**
ea.
SAVE UP TO
\$1.50

4.99*
ea.
CADBURY
FINGERS
114 g
SELECTED VARIETIES



**NOW
6.00**
ea.
SAVE UP TO
\$2

8.00*
ea.
FRESH 2 GO
FETTUCCHINE ALFREDO
300 g



**NOW
4.99**
ea.
SAVE UP TO
\$2

6.99*
ea.
SEEDLESS NAVEL
ORANGES
PRODUCT OF EGYPT OR
SOUTH AFRICA
3 lb



**NOW
3.99**
ea.
SAVE UP TO
\$3.50

7.49*
ea.
AXE HAIR CARE, BODY
WASH OR DEODORANT
SELECTED SIZES
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.

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Metro loves Canadian food

Growing, harvesting, producing – Metro is a proud supporter of Canadian agriculture & celebrates all the hard work that goes into the food we enjoy, every day.



**CANADA'S
AGRICULTURE
DAY FEBRUARY 10**

You can support and honor Canadian agriculture and food in various ways.

#CdnAgDay

Our Butcher's Finest

RED CHOPS
Red Chops Steaming
Beef Chops
Cubos de bœuf
à l'étouffée
avec sauce
d'oignon
15.62/kg

8⁹⁹ /lb

GRAIN FED
Beef Brisket
Brisket de bœuf
détaché
14.52/kg

18⁹⁹ /lb

3⁹⁹ /lb

Fresh Pork Shoulder Blade Chop Value Pack
3.50/lb
Branches d'épave de porc fraîches en emballage économique
2.00/kg

Organic

12⁹⁹ /lb

Yorkshire Valley Farms Organic
Chicken Breast or Thighs
26.64/kg
Poulet sans huile de cuisson et sans stabilisant
Yorkshire Valley Farms décaisés et sans le pain
38.42/kg

20⁹⁹ /lb

Life Smart Naturala Grass Fed Strip Loin Steak
46.23/kg
Bistec de couteau (steak de bœuf) Naturala Mesco dire nouant à l'herbe
46.23/kg

5⁹⁹ /lb

Maple Leaf Prime Raised without Antibiotics
Fresh Chicken Drumsticks or Thighs
12.12/kg
Poisson au bœuf de cuisson frais de poulet
Prime Maple Leaf
12.12/kg

9⁹⁹ /lb

Fresh Baked Chicken Breast Cutlets Value Pack
22.53/kg
Escalopes poulet fraîches de poulet de poulet en emballage économique
22.53/kg

7⁹⁹ /lb

Maple Leaf Prime Raised without Antibiotics Fresh Split Chicken Wings
16.56/kg
Ailes poulet séparées de poulet Prime Maple Leaf décaisés sans antibiotiques
16.56/kg

Breakfast Favourites

4.99
ea.

Selection Bacon 175g
Sélection de Bacon
Bacon Selection 175g

4.99
ea.

Maple Lodge Chicken Bacon & Cheddar
Maple Lodge Chicken Bacon & Cheddar
Bacon de poulet et cheddar de Maple Lodge
Zabibak Halal 175g

4.99
1/lb

Legacy Premium Cured Bacon 1.75kg
Bacon de cure de Legacy
Bacon Premium Cured 1.75kg

7.99
ea.

Cassideli Potato Patties 1.75kg
Boulettes de pommes de terre Cassideli
Boulettes de pommes de terre Cassideli
Boulettes de pommes de terre Cassideli

Comfort Meals

6.99
1/lb

Irresistible Beef Half Moon Smoked Ham
Cuisse de jambon fumé demi-lune
Jambon fumé demi-lune
Cuisse de jambon fumé 15.45kg

6.99
ea.

Irresistible Shepherd's Pie 1.75kg
Casserole de viande
Pâté chinois Irrésistible
Casserole de viande

5.99
ea.

Irresistible Pâté en Croûte 1.75kg
Pâté en croûte
Pâté en croûte
Pâté en croûte

6.99
ea.

Irresistible French Onion & Cheddar 1.75kg
Casserole de oignons et fromage
Casserole de oignons et fromage
Casserole de oignons et fromage

Comfort Meals

6⁹⁹
lb
Irresistibles Artisan
Ham Moon Smoked Ham
10.45kg
Jambon fumé demi-cu
Irresistibles
10.45kg

6⁹⁹
ea.
Irresistibles Shepherd's Pie
10.45kg
Pâté chasseur Irresistibles
10.45kg

5⁹⁹
ea.
Irresistibles Pâté
Chasseur
10.45kg
Pâté chasseur
Irresistibles
10.45kg

6⁹⁹
ea.
Irresistibles French
Onion Soup
10.45kg
Soupe à l'oignon
Irresistibles
10.45kg

[illegible]

Halftime

Happy Hour

Enjoy the halftime show with assorted cold beers and ready-to-drink cocktails.

12

Corona Extra

CORONA 12 x 12oz 355ml SELECTED VARIETIES

28.49

ea.

12

Coors Original

CORONA 12 x 12oz 355ml SELECTED VARIETIES

27.99

ea.

12

BUD LIGHT

A CLEAN, CRISP TASTE THAT'S EASY TO ENJOY

28.49

ea.

6

LugTread

BEAUFORT LUGTREAD 6 x 12oz 355ml SELECTED VARIETIES

17.49

ea.

6

STEAM WHISTLE PILSENER

STEAM WHISTLE PILSENER 6 x 12oz 355ml SELECTED VARIETIES

18.99

ea.

473 ml

CARLING ICE

CARLING ICE 473 ml

2.49

ea.

473 ml

LAKER ICE

LAKER ICE 473 ml

2.19

ea.

6

CLAMATO

SMITH'S CLAMATO ORIGINAL OR EXTRA SPICY 6 x 12oz 355ml SELECTED VARIETIES

14.49

ea.

6

FOUNDER'S ORIGINAL COCKTAIL

FOUNDER'S ORIGINAL COCKTAIL 6 x 12oz 355ml SELECTED VARIETIES

22.49

ea.

6

VOOKA SODA

VOOKA SODA 6 x 12oz 355ml SELECTED VARIETIES

18.99

ea.

4

COTTAGE SPRINGS WEEKENDER

COTTAGE SPRINGS WEEKENDER 4 x 12oz 355ml SELECTED VARIETIES

4.99

ea.

4

BUSCH BULLET

BUSCH BULLET 4 x 12oz 355ml SELECTED VARIETIES

4.99

ea.

4

Molson Cold Shots

MOLSON COLD SHOTS 4 x 12oz 355ml SELECTED VARIETIES

4.99

ea.

9.99

SHRIMP PLATTER

SHRIMP PLATTER 9.99

11.99

PIZZA

PIZZA 11.99

3.49

SAPPORO

SAPPORO 3.49

4-Day Deal Feb. 5th-8th

3.99 ea. **Premium Mouson Sandwich Bread**
4 1/2" x 7" x 2"
Pain de sandwich Premium Mouson
4 1/2" x 7" x 2"

8.99 ea. **Selection Cinnamon Rolls or Buns** (10 - 12)
Bûches à la cannelle ou Bûchettes Sélection
4 1/2" x 7" x 2"

7.99 ea. **Selection Decent Squares**
Carrés Sélection pour le dîner
4 1/2" x 7" x 2"

4.99 ea. **Front Street Bakery Pumpkin Bread**
Pain de citrouille pumpkinbread
Front Street Bakery 7 1/2" x 5" x 2"

4.29 ea. **Front Street Bakery Dinner Roll**
Pain de citrouille pumpkinbread
Front Street Bakery 7 1/2" x 5" x 2"

4.99 ea. **Front Street Bakery Dinner Roll**
Pain de citrouille pumpkinbread
Front Street Bakery 7 1/2" x 5" x 2"

4.99 ea. **Selection 10" Tortillas**
Tortillas
Front Street Bakery 10" x 10" x 1/4"

4.99 ea. **Selection Mini Tarts**
Tartelettes
Front Street Bakery 10" x 10" x 1/4"

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.



Icoco nano
Icoco Nano Drinkable Yogurt
4.5 FL OZ (130 mL) VARIETIES
Yogourt à boire Nano Icopo
4.5 FL OZ VARIÉTÉS SÉLECTIONNÉES



Vita Coco
Coconut Water
16.9 FL OZ (500 mL) VARIÉTÉS
Eau de noix de coco
Vita Coco
16.9 FL OZ SÉLECTIONNÉES



Baby's Best M&M's Adult Size
10.5 OZ (300 g) VARIÉTÉS
Bonbons d'adultes Baby's Best
10.5 OZ SÉLECTIONNÉES



Lactantia Perfecta milk
4 L (1.1 US GAL) VARIÉTÉS
Lait Purifié Lactantia
4 L SÉLECTIONNÉES



Maple Leaf
Natural Selection
Sweetened Condensed Milk
14.1 FL OZ (410 mL) VARIÉTÉS
Condensés
Natural Selection
Maple Leaf
14.1 FL OZ SÉLECTIONNÉES



Quaker Harvest
Crunch Cereal
10.5 OZ (300 g) VARIÉTÉS
Céréales
Crunch Harvest
Quaker
10.5 OZ SÉLECTIONNÉES



McCain French
Fries
10.5 OZ (300 g) VARIÉTÉS
Frites
McCain
10.5 OZ SÉLECTIONNÉES



Bear Paws
Cookies
10.5 OZ (300 g) VARIÉTÉS
Biscuits
Pattes d'Ours
Bear Paws
10.5 OZ SÉLECTIONNÉES



Made Good Bars
10.5 OZ (300 g) VARIÉTÉS
Barres Made Good
10.5 OZ SÉLECTIONNÉES



Simply
Orange Juice
10.5 OZ (300 g) VARIÉTÉS
Jus d'orange
Simply
10.5 OZ SÉLECTIONNÉES



Green Giant Frozen Vegetables
10.5 OZ (300 g) VARIÉTÉS
Légumes surgelés Verts
Green Giant
10.5 OZ SÉLECTIONNÉES



Kraft
Peanut Butter
10.5 OZ (300 g) VARIÉTÉS
Beurre d'arachide
Kraft
10.5 OZ SÉLECTIONNÉES



VH Sauce
10.5 OZ (300 g) VARIÉTÉS
Sauce VH
10.5 OZ SÉLECTIONNÉES



Little Bites
10.5 OZ (300 g) VARIÉTÉS
Petites Bites
Little Bites
10.5 OZ SÉLECTIONNÉES



Black & Tan
Cereals
10.5 OZ (300 g) VARIÉTÉS
Céréales
Black & Tan
10.5 OZ SÉLECTIONNÉES



Mini Wheats
10.5 OZ (300 g) VARIÉTÉS
Céréales
Mini Wheats
Kellogg's
10.5 OZ SÉLECTIONNÉES



Nutri Grain
10.5 OZ (300 g) VARIÉTÉS
Barres Nutri-Grain Kellogg's
10.5 OZ SÉLECTIONNÉES



bubly
10.5 OZ (300 g) VARIÉTÉS
Bouteilles d'eau
bubly
10.5 OZ SÉLECTIONNÉES



Lindt Excellence
Bars
10.5 OZ (300 g) VARIÉTÉS
Barres
Excellence Lindt
10.5 OZ SÉLECTIONNÉES



DANONE
10.5 OZ (300 g) VARIÉTÉS
Yogourt à boire Danone
DANONE
10.5 OZ SÉLECTIONNÉES



Sponge Towels
10.5 OZ (300 g) VARIÉTÉS
Serviettes
Sponge Towels
10.5 OZ SÉLECTIONNÉES



Chobani
10.5 OZ (300 g) VARIÉTÉS
Yaourt
Chobani
10.5 OZ SÉLECTIONNÉES



Bambino Eggs
10.5 OZ (300 g) VARIÉTÉS
Œufs
Bambino
10.5 OZ SÉLECTIONNÉES



Goldfish
10.5 OZ (300 g) VARIÉTÉS
Craquelins
Goldfish
10.5 OZ SÉLECTIONNÉES



Nesquik
10.5 OZ (300 g) VARIÉTÉS
Boisson Nesquik
10.5 OZ SÉLECTIONNÉES



Pinty's
10.5 OZ (300 g) VARIÉTÉS
Poudres
Pinty's
10.5 OZ SÉLECTIONNÉES



OREO mini
10.5 OZ (300 g) VARIÉTÉS
Biscuits
OREO
10.5 OZ SÉLECTIONNÉES



Clover Leaf Tuna
10.5 OZ (300 g) VARIÉTÉS
Thon
Clover Leaf
10.5 OZ SÉLECTIONNÉES



Simply Protein Bars
10.5 OZ (300 g) VARIÉTÉS
Barres protéinées Simply
10.5 OZ SÉLECTIONNÉES



Maple Lodge Chicken Waffles
10.5 OZ (300 g) VARIÉTÉS
Waffles
Maple Lodge
10.5 OZ SÉLECTIONNÉES



Oasis Juice
10.5 OZ (300 g) VARIÉTÉS
Jus d'orange
Oasis
10.5 OZ SÉLECTIONNÉES



Kellogg's Rice Krispies
10.5 OZ (300 g) VARIÉTÉS
Céréales
Rice Krispies
Kellogg's
10.5 OZ SÉLECTIONNÉES

Donation Match Days

January 31 and February 7

We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

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

metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

*Lunar
New Year*



FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE BHOJANA OR GILGA PREMIUM BASMATI RICE OR CEDAR PARBOILED RICE 4.5 LBS SELECTED VARIETIES

12⁹⁹ ea.

BRAN'S BEST GHEE 800g

13⁹⁹ ea.

KEBAB FACTORY CHICKEN KEBABS OR LEE PRECIS 1000g, 100g & 14g

8⁹⁹ ea.

EGGLESS CAKE WHITE OR CHOCOLATE 900g

19⁹⁹ ea.

SUNNY FRUIT ORGANIC DRIED MANGO 10.4g DRIED DATES 1.13kg

12⁹⁹ ea.

SHEER OR MEERA BEAN OR BOMB CORN FLOUR 1.5kg SELECTED VARIETIES

4⁹⁹ ea.

DIVYA OKRA 75g SELECTED VARIETIES

99¢ ea.

CASABLANCA HONEY, 100% TIS AGAR PREMIUM OR GOLD 14g, 50g, 2.25kg SELECTED VARIETIES

6⁹⁹ ea.

FROZEN WHOLE GOLDEN POMPANO FROZEN, 800g

8⁹⁹ ea.

ROYAL DELIGHT SAMOSAS, MANGO SLICES OR DES LUXIOUS ENTREES 250, 500, 1000g SELECTED VARIETIES

3⁴⁹ ea.

CEDAR DRY BEANS, BARLEY, BURGOL OR SEMOLINA 907g SELECTED VARIETIES

2⁹⁹ ea.

LADZEE SPRING ROLLS OR SAMOSAS 400g, 80g SELECTED VARIETIES

3²⁹ ea.

AL-KHAMEET OR CEDAR TAHINI OR PHOENIX CREAM OR HONEY 500, 1000g SELECTED VARIETIES

8⁹⁹ ea.

INDIANE 5 x 8.5g SELECTED VARIETIES

3⁴⁸ ea.

DIVYA ENTREES 250, 375g SELECTED VARIETIES

1⁷⁹ ea.

PABE RUSK OR NATIONAL CUSTARD 277, 300g SELECTED VARIETIES

1⁷⁹ ea.

SURATI FROZEN VEGETABLES 300g SELECTED VARIETIES

1⁷⁹ ea.

MOOR DATES OR SHEERON JUICE 800, 9.2L SELECTED VARIETIES

4⁹⁹ ea.

CEDAR KATAIFI OR PHILLO PASTA BURGOL, OKRA OR SPINACH OR SHOOTER PINE LEAVES 270, 750g SELECTED VARIETIES

2⁹⁹ ea.

SURATI SNACKS, BURGOL OR SHEERON DRINKS 200, 400g SELECTED VARIETIES

2⁴⁹ ea.

BEST MANGO, DIVYA MANGO PULP OR MORDEX KASHITA CREAM 1L, 100g, 100g SELECTED VARIETIES

3²⁹ ea.

CEDAR MARIJANES, CUCUMBERS OR GRAPE LEAVES 1L SELECTED VARIETIES

4⁹⁹ ea.

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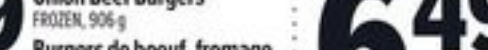
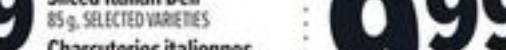
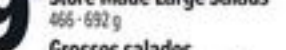
CEDAR MARIJANES, CUCUMBERS OR GRAPE LEAVES 1L SELECTED VARIETIES

4⁹⁹ ea.

Item availability varies by store.

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 11.99 ea. Newman's Own Organics® Hot Sauce Variety Pack Newman's Own Organics® Hot Sauce Variety Pack Newman's Own Organics® Hot Sauce Variety Pack	 9.99 ea. Montana's Salsa Chile & Salsa Verde Montana's Salsa Chile & Salsa Verde Montana's Salsa Chile & Salsa Verde	 6.49 ea. Manzanillo Salsa Verde & Salsa Roja Manzanillo Salsa Verde & Salsa Roja Manzanillo Salsa Verde & Salsa Roja	 9.99 ea. Newman's Own Organics Salsa Verde Newman's Own Organics Salsa Verde Newman's Own Organics Salsa Verde
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Aero
HOT CHOCOLATE

Hot Chocolate Bag
Hot Chocolate Bag
Hot Chocolate Bag
Hot Chocolate Bag

Kahala
HOT CHOCOLATE

Hot Chocolate Bag
Hot Chocolate Bag
Hot Chocolate Bag
Hot Chocolate Bag

TOSTITOS
Milder Taco Kit

Taco Kit
Taco Kit
Taco Kit
Taco Kit

Ben's Original
HOT SAUCE

Hot Sauce
Hot Sauce
Hot Sauce
Hot Sauce

\$2.99

ea.

\$2.99

ea.

\$3.99

ea.

\$10.00

ea.

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