

VERSION 3



STRAWBERRIES
PUNNET (1.5 LBS)

2⁹⁹
ea.



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

1⁹⁹
ea.



THE LITTLE POTATO CO.
BAG (5 LBS)
ATTITUDE
SPRING MIX
MELANGE POTANTIER

2⁹⁹
ea.



FRESH VEGETABLE OR
FRUIT CANEALS
(10 OZ)

\$1
back in
points*

125
points

12⁹⁹
ea.

moi rewards member price



BOOST OR ENSURE
HIGH PROTEIN
HYPERPROTEINE

6 PACK

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!

HEINZ BEANS OR PASTA

HEINZ BEANS ORIGINAL

HEINZ BEANS ALPHA GEM

HEINZ BEANS MAPLE

99¢

Campbell's Tomato

Campbell's Cream of Mushroom

Campbell's Vegetable

Campbell's Soup

99¢

CLUB HOUSE CHICKEN POULET

FRANCO SWEET CORN

BEN'S ORIGINAL

99¢

Irresistible SEA SALT

KitKat

JELLO

99¢

COCA-COLA SOFT DRINKS

PEACH TEA

SPARKLING WATER

SELECTED WATER

YOP DRINKABLE YOGURT

99¢

metro.ca

\$ New Lower Prices



2 for \$7.00
DORITOS® WHITE, 100% WHOLE WHEAT, BROS. HOT DOGS, HAMBURGER BUNS, BUNDS, 100% WHOLE WHEAT



7.99 ea.
INVISIBLE!® WHITE, 100% WHOLE WHEAT, BROS. HOT DOGS, HAMBURGER BUNS, BUNDS, 100% WHOLE WHEAT



11.99 ea.
HADDON'S® SALMON, BREAKER, PAN-CREAM, CRACK OF THE WHIP, FISH FILLETS, 100% WHOLE WHEAT



6.99 ea.
SMOKED HAM, BREAKER, PAN-CREAM, CRACK OF THE WHIP, FISH FILLETS, 100% WHOLE WHEAT



9.99 ea.
LARGE SALADS, 400-600g



7.99 ea.
CASTILLO, HAMBURGER, PAN-CREAM, CRACK OF THE WHIP, FISH FILLETS, 100% WHOLE WHEAT



19.99 ea.
FRESH 2 GO, BROS. HOT DOGS, HAMBURGER BUNS, BUNDS, 100% WHOLE WHEAT



3.99 ea.
ACTIVIA, YOGURT, 100% WHOLE WHEAT



3.99 ea.
POST CEREAL, 100% WHOLE WHEAT



4.49 ea.
LACTANTIA, CREAM, 100% WHOLE WHEAT



2.99 ea.
CHEEZ-IT, 100% WHOLE WHEAT



3.49 ea.
BUBLY, CARBONATED WATER, 100% WHOLE WHEAT



6.99 ea.
NESTLE, 100% WHOLE WHEAT



3.49 ea.
OLD EL PASO, TORTILLAS, 100% WHOLE WHEAT



2.99 ea.
HARIBO, GUMMIES, 100% WHOLE WHEAT



2.49 ea.
ANNIE'S, PASTA, 100% WHOLE WHEAT



20% off
CERAFIL, CREAM, 100% WHOLE WHEAT



4.99 ea.
ROYALE, 100% WHOLE WHEAT



13.99 ea.
FINISH, 100% WHOLE WHEAT



6.99 ea.
BELLMANN'S, 100% WHOLE WHEAT



5.99 ea.
LACTANTIA, 100% WHOLE WHEAT



2.99 ea.
NATURE VALLEY, 100% WHOLE WHEAT

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

We reserve the right to limit quantities.
SOME PRICES MAY BE AVAILABLE IN ALL STORES.

Visit us at metro.ca
WIN \$5000 in groceries.

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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



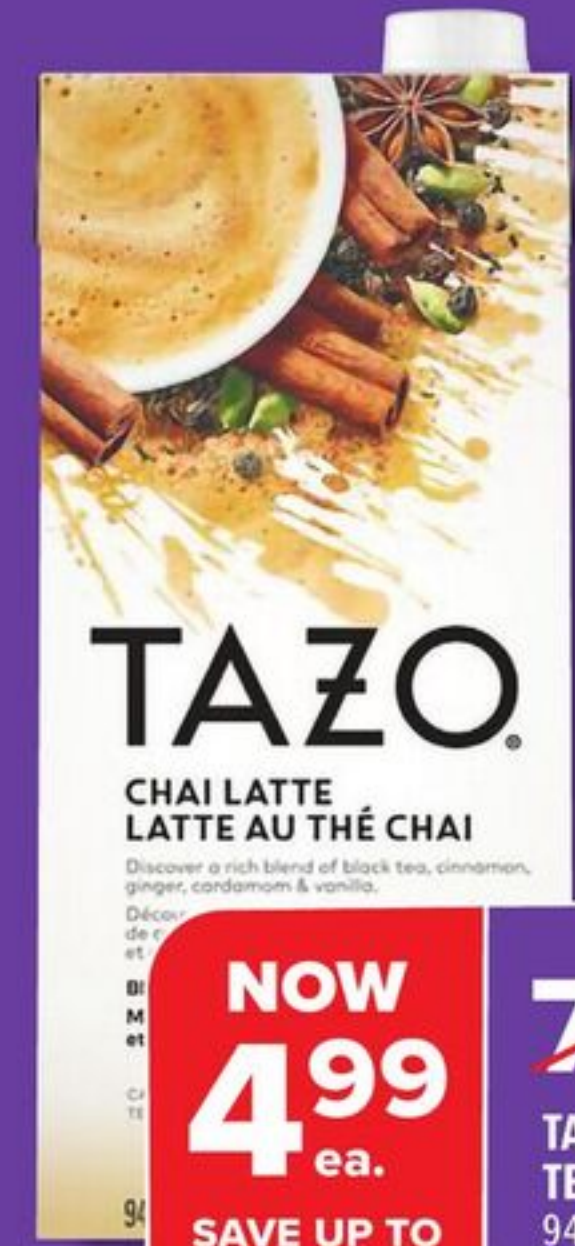
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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



Organic



Sliced & Diced **Fresh Blooms**



metro.ca

Fresh Blooms



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
7.05kg



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
BUTCHERED WITHOUT ANTIBIOTICS &
EXTRA LEAN GROUND
CHICKEN

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN DINNER
BREAKFAST SACHETS OF CHICKEN & BACON
15.70kg

60
points



4⁹⁹
ea.

OXLEY BREAKFAST
TURKEY BACON
15.70kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg

125
points



11⁹⁹
ea.

ST HUBERT - LA BELLA
MOZZARELLA
CHEESE STICKS
15.70kg

125
points



11⁹⁹
ea.

Beef Burgers
1/2 lb
BEEF BURGERS
FRESH MEAT
500g

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
1/2 lb
PORK BACK RIBS
FRESH MEAT
500g

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
1/2 lb
PUB STYLE CHICKEN WINGS
FRESH MEAT
500g

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
1/2 lb
BEEF BURGERS
FRESH MEAT
500g

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 100g



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
100g



7⁹⁹
ea.

WONG WING
ENTRÉES
100g



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
100g



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE FILLETS
100g

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

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-PENNEL

PRODUCE OF U.S.A.

2.73kg

16⁹⁹

/lb

MASTRO

PROSCIUTTO COTTO & LEAN

PRODUCE OF ITALY

26⁹⁹

/100 g

WHITE VALLEY

LEAN CHICKEN MEAT

2.2kg

8⁹⁹

ea.

FRONT STREET BAKERY

BLACK HAZELNUT

CAKE 1.5kg

31⁹⁹

ea.

ILLY

COFFEE 250g

CLASSICO

10⁹⁹

ea.

PASTENE

PASTENE ITALIAN

TOMATOES 400g

2⁹⁹

ea.

FRONT STREET BAKERY

LONG CHALMERS BREAD

15g

3⁹⁹

ea.

PASTENE

BREAD CRUMBS

ITALIAN FLAVOURED

2⁹⁹

ea.

MOLISANA

LASAGNE

400g

3⁹⁹

ea.

SHARON PERKINSON'S

SHARON'S

PRODUCE OF SWITZERLAND

9⁹⁹

ea.

DELICIOUSO

MINI BURRATA

250g

9⁹⁹

ea.

WILLY

SQUID RINGS

125 points

12⁹⁹

ea.

WILLY

PREPARED SQUID RINGS

125 points

12⁹⁹

ea.

© 2024

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.
199 ea.



POCKETS
PIZZA POKETS
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TOSTITOS
TORTILLA CHIPS
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



MICHELINA'S
PESTO MEAL
400g 100% NATURAL
SELECTED VARIETIES

399 ea.



THE STILLE
CREAM CHEESE
400g 100% NATURAL
SELECTED VARIETIES

499 ea.

Learn 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



M&M'S
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

FLAVOURS
OF

Holi

CELEBRATE THE FESTIVAL OF COLOUR



799

ea.

KAASHI PREMIUM OR
AZAM BASMATI RICE
5.02 - 6.54 kg
SELECTED VARIETIES



1599

ea.

KAASHI SHEER DASHI STYLE
DURUM ATTA FLOUR
5.0 kg



299

ea.

SANTOSH NAAM
MILK
SELECTED VARIETIES



1699

ea.

SANTOSH NAAM
MILK
SELECTED VARIETIES



249

ea.

KAASHI DASHI, PHOENICIA
OR CEDAR PHOENICIA
500 - 750 g
SELECTED VARIETIES



399

ea.

KAASHI CEDAR
PHOENICIA
500 - 750 g
SELECTED VARIETIES



329

ea.

MAGGI
INSTANT SOUP NOODLES
600 g
SELECTED VARIETIES



329

ea.

Samosa
Spring Roll
600 g
SELECTED VARIETIES



179

ea.

KAASHI TATA TEA
PREMIUM OR GOLD
100 - 200 g
SELECTED VARIETIES



699

ea.

KAASHI TATA TEA
PREMIUM OR GOLD
100 - 200 g
SELECTED VARIETIES



999

ea.

KAASHI TATA TEA
PREMIUM OR GOLD
100 - 200 g
SELECTED VARIETIES



199

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



999

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



649

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



199

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



499

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



249

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



299

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



399

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



179

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



179

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



179

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES



179

ea.

KAASHI SANTOSH NAAM
MILK
SELECTED VARIETIES

From availability varies by store.

GREAT TASTE LESS SUGAR



Fanta
zero sugar
orange

12
60 points

949 ea.

FANTA ZERO SUGAR SOFT DRINKS 12 x 355 mL SELECTED VARIETIES



Fanta
zero sugar
orange

NATURALLY FLAVOURED SODA WATER BEVERAGE

60 points

949 ea.

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



zevia
ZERO CALORIE SODA

BLACK CHERRY

100% SUGAR FREE

749 ea.

ZEVIA ZERO CALORIE SODA 12 x 355 mL SELECTED VARIETIES



zevia
ZERO CALORIE SODA

BLACK CHERRY

100% SUGAR FREE

749 ea.

ZEVIA ZERO CALORIE SODA 12 x 355 mL SELECTED VARIETIES



7up
ZERO SUGAR SODA

sodastream

PEPSI OR 7UP ZERO WATER DRINKERS 640 mL SELECTED VARIETIES

749 ea.



pepsi
ZERO SUGAR SODA

sodastream

PEPSI OR 7UP ZERO WATER DRINKERS 640 mL SELECTED VARIETIES



HOOTMAN'S
Chocolate

NO SUGAR ADDED
SANS SUCRE AJOUTÉ

CHOCOLAT

100% SUGAR FREE

299 ea.

HOOTMAN'S NO SUGAR ADDED COOKIES 142 x 220 g SELECTED VARIETIES



Simply Pudding
KETO PUDDING CETO

SUGAR FREE
SANS SUCRE

0g
4g
20g

VANILLA
VANILLE

NET WT / POIDS NET 48 g (1.7 oz)

349 ea.

SIMPLY DELICIOUS SUGAR FREE PUDDING 48 g SELECTED VARIETIES



McSWEENEY'S
ZERO sugar / sucre

BEEF • BOEUF
JERKY

100% SUGAR FREE

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES



McSWEENEY'S
ZERO SUGAR JERKY SNACKS

SELECTED SIZES
SELECTED VARIETIES

599 ea.



Red Bull
ZERO

4 pack

999 ea.

RED BULL ZERO ENERGY DRINKS 4 x 250 mL



youtheory
B12 B6

100% SUGAR FREE

1999 ea.

YOU-THEORY SUPPLEMENTS 60 ct SELECTED VARIETIES



Splenda
NATURAL SWEETENERS

100% SUGAR FREE

749 ea.

SPLENDA NO CALORIE SWEETENER PACK (100) 100 g SELECTED VARIETIES



Splenda
NATURAL SWEETENERS

100% SUGAR FREE

749 ea.



Hugoboss
ORIGINAL

100% SUGAR FREE

649 ea.

6. HUGHES NO SUGAR ADDED BBQ SAUCE 480 g SELECTED VARIETIES



pur
GUM

ASPARTAME FREE

379 ea.

PUR GUM 100 SELECTED VARIETIES

CREATE A CLEAN ROUTINE

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





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.krugerbighelp.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 (DN, OC, Pacific, BC, YT, NT, Nunavut, AB, SK, MB, 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.krugerbighelp.ca).
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YORKSHIRE VALLEY FARMS



1 KG



ORGANIC CHICKEN POT PIE

ORGANIC CHICKEN AND VEGETABLES IN A FLAKY ORGANIC CRUST

PÂTÉ AU POULET BIOLOGIQUE

POULET ET LÉGUMES BIOLOGIQUES DANS UNE CRÔTE FÉCULÉTIÈRE BIOLOGIQUE

700 g

NON-GMO GRAIN FEED
NOURRI À DES CÉRÉALES SANS OGM

PESTICIDE AND HERBICIDE FREE
SANS PESTICIDES ET SANS HERBICIDES

RAISED WITHOUT ANTIBIOTICS
ÉLEVÉ SANS L'USAGE D'ANTIBIOTIQUES

NO ANIMAL BY-PRODUCTS
SANS SOUS-PRODUITS ANIMAUX



ORGANIC CHICKEN BREAST FILLETS

UNCOOKED, SEASONED & BREADED
100% MEAT PROTEIN

RAISED WITHOUT ANTIBIOTICS

NO CHEMICALS, PESTICIDES OR HERBICIDES
NON-GMO

Keep frozen • Suggested serving 480 g

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