JUMBO

2.99 /lb

Jumbo Natural Seedless Large Black Sweetheart Grapes
Raisins noirs sans pépins naturels de taille jumbo
1.36kg

Raisins noirs sans pépins naturels de taille jumbo Sweetheart
Raisins noirs sans pépins naturels de taille jumbo
1.36kg

1.99 ea.

Russet Potatoes
Pommes de terre Russet
Dole Vegetable Coleslaw or Spring Salad
Salade de chou Coleslaw ou printanière Dole
Tomates de serre Marvel
Marvel Greenhouse Tomatoes
Canada Fancy or one variety of a size
No. 1, 2 lb, 907g

2.99 /lb

Large Peaches or Black Plums
Pêches ou prunes noires de taille jumbo
1.36kg
Grosses cerises jaunes
Large yellow cherries
454g

3.99 ea.

Kirkland Signature Walnuts or Almonds
Noix ou amandes Kirkland Signature
Assorties ou noix de Grenoble naturelles entières brisées/hachées
454g/1.36kg, 907g

moi rewards member price

Miss Vickie's Chips
Chips Miss Vickie
Original Recipe
Recette originale
Sun Dried Tomato & Roasted Garlic
Tomates séchées au soleil & ail rôti
200g/213g/220g

2.99 ea.

SPECIAL PRICE
3.99
for non-members

Effective February 19 20 21 22 23

VERSION 4

SEASONAL MIXED FLOWER BOUQUET

CONTENTS VARY

15.00 ea.

10 DAY GUARANTEE

metro

CANADIAN AND PROUD

$1 back in points* 125 points

Fresh Stuffed Veal or Pork Rolls Value Pack
Min. weight Approx. Kosher Veal Strong – 1.4kg, Kosher Veal Mild – 1.4kg, Kosher Pork – 1.4kg
Veau farci ou porc frais en un ensemble de valeur, et emballage de poids minimum approx. 1,4 kg
Canada
Product origin: origine grande de la province: Canada

10.99 /lb or ea.

PRODUCT OF CANADA
100% CANADIAN
Premium Grill Ready Top Sirloin Steak Value Pack or Roast
Top sirloin steaks or roast
Bavettes de surlonge Prêtes-à-griller Prêtes-à-cuisiner ensemble de valeur ou rôti
Canada
AVG 0.5kg

8.88 /lb

Pork Loin Roast Value Pack
Rôti de longe de porc

2.49 /100 g

FRESH

Fresh Whole Chicken
1.5kg
Poulet entier frais
1.5 kg

2.99 /lb

Fresh Stuffed Bakery Bagels, Turnovers or Pastries
Bagels farcis, chaussons ou pâtisseries
Canada
Product of Canada

5.99 ea.

JANE'S
PUB STYLE
CHICKEN STRIPS
Breaded Chicken Strips
Bouchées de poulet panées
Canada
Product of Canada

$1 back in points* 125 points

St-Hubert
Chicken Pot Pie or Beef Pot Pie
Pâté au poulet ou pâté au bœuf
Canada
Product of Canada

6.99 ea.

Quaker Crispy Minis, Chewy or Dipps
Crispy Minis, quakes de riz ou Dipps
Canada, Product of Canada, Product of Canada, Product of Canada

1.99 ea.

JOUR D'AKS Maple Cinnamon Crunchy Cereal
Céréale croquante à l'érable et à la cannelle
Product of Canada
Shreddies Original Cereal
Céréale Original
Product of Canada

4.99 ea.

Black Diamond Marble Marbré Cheddar Cheese
Fromage Cheddar marbré
Canada
Black Diamond Old Cheddar Cheese, Extra Cheddar Cheese
Fromage Cheddar vieux, Fromage Cheddar extra
Product of Canada

4.99 ea.

Regular Kicking Horse Coffee
Café Kicking Horse
Canada, Product of Canada

14.99 ea.

CLASSICO Alfredo Sauce
Sauce Alfredo
Product of Canada
CLASSICO Tomato & Basil
Tomates & basilic
Product of Canada

2.99 ea.

McCain Superfries
Pommes de terre frites
Product of Canada
CRAVE Mac & Cheese
Mac & fromage
Product of Canada

2.99 ea.

Cashmere Bathroom Tissue, Scott Paper Towel or Scott Bathroom Tissue
Papier hygiénique Cashmere, essuie-tout Scott ou papier hygiénique Scott
Canada, Product of Canada, Product of Canada

6.99 ea.

Pampers Baby Wipes or Huggies Baby Wipes
Lingettes Pampers ou lingettes Huggies
Product of Canada

29.99 ea.

Coca-Cola, Coca-Cola Zero or Diet Coke
Coca-Cola, Coca-Cola Zero ou Diet Coke
Product of Canada

7.49 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 Plus
Pizza Crust
Croûte de pizza
Irrésistible
Pizza Crust
Croûte de pizza
(MAXIMUM 2 EACH)

Selection
Peanut Butter
Beurre d'arachide
Selection
Almond Butter
Beurre d'amande
(MAXIMUM 2 EACH)

NOW 4.99 ea.

NOW 3.49 ea.

Irrésistible Star Greek Yogurt
Yogurt Grec Star Irrésistible
Yogurt grec star Irrésistible
(1.75 kg, LIMIT 2 EACH)

Irrésistible
Refrigerated Juice
Jus réfrigéré
(1.52 litre)
Jus réfrigéré
Irrésistible
Jus réfrigéré
(MAXIMUM 2 EACH)

NOW 4.99 ea.

Selection or Irrésistible
Sparkling Water
Eau pétillante
(1.42 litre)
Eau pétillante
Selection ou Irrésistible
Eau pétillante
(MAXIMUM 2 EACH)

NOW 99¢ ea.

NOW 5.99 ea.

Irrésistible
Spring Rolls
Rouleaux printanier
Irrésistible
Dumplings
Boulettes de pâte
(MAXIMUM 2 EACH)

metro.ca

New Lower Prices

Vitrages Italian Style Bread, Buns, Bangles* ou Whole Grain Bread or Bagels
Pain, rondelles de style italien, pains* ou pain de blé entier ou bagels Bangles*
Selected varieties
Variétés sélectionnées
2 for/pour 7.00

Kitchen Pride or Selected Value Potatoes or Kitchen Pride Sweet Potatoes
Pommes de terre Kitchen Pride ou pommes de terre sélectionnées Value ou pommes de terre sucrées Kitchen Pride
6.99 ea./éa.

Lactantia Cream cheese or Organics cream
Fromage à la crème Lactantia ou crème biologique
Selected 125 g - 250 g
Sélectionné 125 g - 250 g

Selected Dip or Spreads
Trempettes ou tartinades sélectionnées
2 for/pour 14.00

Vegetable California or Vegetable Garden Salad
Salade californienne ou salade du jardinier
Selected varieties
Variétés sélectionnées
5.99 ea./éa.

Maple Leaf or Schneiders Cold Cuts or Cooked Sausages
Charcuterie froide ou saucisses cuites Maple Leaf ou Schneiders
Selected varieties
Variétés sélectionnées
10.99 ea./éa. 250 g 6.49 per 100 g/ le 100 g

Dairyland Pizza or Sandwiches or Mission Wraps Combo
Pizza ou sandwiches Dairyland ou combo de wraps Mission
Selected varieties
Variétés sélectionnées
6.49 ea./éa. 25

Selected Yogurt
Yogourt sélectionné
Selected 650 g - 750 g
Sélectionné 650 g - 750 g
7.99 ea./éa.

Liberté Yogurt
Yogourt Liberté
Selected varieties
Variétés sélectionnées
6.99 ea./éa.

Lantana Tabbouleh Tea 0.5 L or **Cream Tabbouleh** 454 g
Thé tabbouleh Lantana 0,5 L ou tabbouleh à la crème 454 g
4.99 ea./éa.

Lantana Selected Jam
Confiture sélectionnée Lantana
Selected 500 ml - 750 ml
Sélectionnée 500 ml - 750 ml
12.99 ea./éa.

Philadelphia Cream Cheese 250 g or **Kraft Cheese Slices or Grated Cheese**
Fromage à la crème Philadelphia 250 g ou tranches de fromage Kraft ou fromage râpé Kraft
Selected varieties
Variétés sélectionnées
5.49 ea./éa.

Save 1.00 65 ea./éa.
Made Good Bar or Granola Bites
Barre Made Good ou bouchées de granola
Selected varieties
Variétés sélectionnées
3.99 ea./éa.

Nestlé Pure Life Natural or Lux Sparkling Water
Eau naturelle Nestlé Pure Life ou eau pétillante Lux
Tim Hortons Iced Coffee or Iced Tea
Café glacé ou thé glacé Tim Hortons
Selected 355 ml - 473 ml
Sélectionné 355 ml - 473 ml
6.99 ea./éa. 80

24 PACK
Selected Natural Spring Water 24 x 500 ml
Eau de source naturelle Selected 24 x 500 ml
Selected Energy Drinks 473 ml - 500 ml
Boissons énergisantes Celsius, Rockstar ou Red Bull
2.99 ea./éa.

Lowney Chocolates Bar or Mignonettes Candies
Barre de chocolat Lowney ou bonbons Lowney
Selected 70 g - 200 g
Sélectionné 70 g - 200 g
5.99 ea./éa.

Kraft Jet-Puffed Marshmallows
Guimauves Kraft Jet-Puffed
Selected 200 g - 300 g
Sélectionnées 200 g - 300 g
3.49 ea./éa.

Sensible Portions, Harvest Cheese, Kettle Chips or Veggie Straws
Sensible Portions, Harvest Cheese, Kettle Chips ou Veggie Straws
Selected varieties
Variétés sélectionnées
2.99 ea./éa.

Selected Frozen Vegetables
Légumes surgelés sélectionnés
Selected 500 g - 1 kg
Sélectionnés 500 g - 1 kg
3.49 ea./éa.

Frito-Lay Selected Chips or Cracker Mixes
Croustilles ou mélanges de biscuits salés Frito-Lay
Selected varieties
Variétés sélectionnées
3.99 ea./éa.

Colgate Toothpaste, Delta or Crest Oral Care
Dentifrice Colgate, Delta ou Crest
Selected Mouthwash
Rince-bouche sélectionné
Selected varieties
Variétés sélectionnées
5.99 ea./éa.

Colgate or Pro Health Toothpaste, Mouthwash, Reach Floss or Floss Picks
Dentifrice Colgate ou Pro Health, rince-bouche, soie dentaire Reach ou cure-dents de soie dentaire
Selected varieties
Variétés sélectionnées
2.99 ea./éa.

Ariel or Downy Detergent, Downy Softeners, Febreze or Gain Air Fresh
Détergent Ariel ou Downy, assouplissant Downy, Febreze ou Gain Air Fresh
Selected 1.47 L - 2.4 L
Sélectionné 1,47 L - 2,4 L
5.99 ea./éa.

I earn with moi rewards

125 moi rewards — 5.99 ea./éa.
Nestlé or Nestlé Pure Life Water 500 ml - 1.5 L
Selected Frito-Lay Chips 125 g - 235 g
Sélectionné Frito-Lay croustilles 125 g - 235 g

125 moi rewards — 5.99 ea./éa.
Selected Ready Meals 325 g - 450 g
Sélectionné Repas prêts à manger 325 g - 450 g

125 moi rewards — 3.49 ea./éa.
Selected Breton Crackers or Crackers Maple 200 g - 300 g
Sélectionné Breton Crackers ou Crackers Maple 200 g - 300 g

We reserve the right to limit quantities.
NOUS NE PRÉTENDONS PAS À DES PAUSES.
CHAQUE PRODUIT ÉCHÉANT DÉTERMINÉ À LA CAISSE.

Visit us at: metro.ca
Allez au pays merveilles : metro.ca/moi
WIN $1,000 in groceries.

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*Bagels, Bagelettes et Bagelettes Bangles sont une marque de commerce appartenant à Bagel Factory Inc. Veuillez recycler si des installations sont offertes.

Prices effective until closing time on Wednesday, December 17, 2025 unless otherwise specified. Prices may vary in stores with a different banner. Prices may vary in stores where a different method of sale is used. Prices may vary in stores where a different method of sale is used. Prices may vary in stores where a different method of sale is used

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, Raspberries 170 g, Mixed 170 g, Strawberries 454 g

4.99 ea. — Premium Sweet Tray Strawberries 454 g, Premium Sweet Tray Mixed Berries 454 g, Premium Sweet Tray Raspberries 170 g — 60 cashback

1.69 /lb — Sweet Potatoes Product of Canada, Yellow Potatoes Product of Canada, Red Potatoes Product of Canada — 2.50 kg

4.99 /lb — Asparagus Product of Canada, Asparagus Product of Canada, Asparagus Product of Canada — 0.454 kg

4.99 ea. — Lemons 1 kg, Limes 454 g, Clementines 1.36 kg, Oranges 1.36 kg

1.99 /lb — Large Seedless Navel Oranges Product of Canada, Large Seedless Navel Oranges Product of Canada, Seedless oranges navel extra calibre 4.54 kg

4.79 ea. — Belle Grove Mushrooms Product of Canada, Champignons Belle Grove Product of Canada, Champignons Belle Grove Product of Canada — 454 g — 60 cashback

1.99 ea. — Bunch Radishes Product of Canada, Radis en botte Product of Canada

1.99 ea. — Large Avocados Product of Mexico, Avocats de taille moyenne Produit du Mexique

2.49 /lb — Large Granny Smith Apples Product of Chile, Large Granny Smith Apples Product of Chile, Grosses pommes Granny Smith Produit du Chile — 1.814 kg

3.99 /lb — Vine-ripened Tomatoes Product of Mexico, Tomates Multicouleurs Produit du Mexique — 0.454 kg

99¢ /lb — Green Cabbage Product of Mexico, Chou vert Produit du Mexique — 2.90 kg

4.99 ea. — Black Mission Fig Product of Spain, Figues Noires Mission Produit de l'Espagne — 60 cashback

2.99 /lb — Large Red Cara Cara Oranges Product of Chile, Grosses oranges Cara Cara rouges Produit du Chile — 1.814 kg

4.49 ea. — Bunch Beets Product of Canada, Betterave en botte Produit du Canada — 60 cashback

5.99 ea. — Sweet Onions Product of Chile, Oignons doux Produit du Chile — 70 cashback

4.99 ea. — Ready to Serve Original Veggie Ground Round 454 g, Burgers végétaliens prêts à servir Original 454 g — NEW

4.49 ea. — Green Giant Cutlet Product of Canada, Cutlet Green Giant Produit du Canada

3.88 ea. — Good Leaf Mangoes 2 kg, Mangues Good Leaf 2 kg, Mini-pineapples Product of Costa Rica, Mini-ananas Produit du Costa Rica — 50 cashback

4.49 ea. — Nature Sweet Cantaloupe Product of Canada, Cantaloup Nature Sweet Produit du Canada, Lychee Product of Peru, Lychee Produit du Pérou — 60 cashback

Organic

13.99 ea. — Fiery Ginger Shots 6 x 60 ml, Immunity Shots 6 x 60 ml

3.49 /lb — Organic Baby Apples Product of Chile, Petites pommes biologiques Produit du Chile — 1.360 kg

5.49 ea. — Organic Tomato Peppers Product of Canada, Poivrons tomates biologiques Produit du Canada — 70 cashback

3.49 ea. — Organic Cantaloupe Yellow Dragon 1 kg, Melon jaune dragon biologique 1 kg, Carrotes en rubans Product of Canada, Carottes en rubans Produit du Canada

Sliced & Diced

4.99 ea. — Organic Fruit Salad 454 g, Salade de fruits biologique 454 g, Pineapple Wedges 454 g, Quartiers de ananas 454 g, Cubes de fruits de saison 454 g, Mixed Melon Cubes 454 g, Melon en bouchées 454 g

5.49 ea. — Bowl Mixed Melon 454 g, Bol de melon mixte 454 g, Pineapple Cubes 454 g, Cubes de ananas 454 g — 70 cashback

6.99 ea. — Chicken Salads 454 g, Salades de poulet 454 g, Lobster Salads 454 g, Salades de homard 454 g, Grey Shrimp Salads 454 g, Salades de crevettes grises 454 g

Fresh Blooms

30.00 ea. — Bouquet Mixed Flowers 60 cm, Bouquet de fleurs mixtes 60 cm, Bouquet Sweet Lily 60 cm, Bouquet Lys doux 60 cm — 60 cashback

29.99 ea. — Bonsai Tree 15 cm, Bonsaï 15 cm, Bonsai Tree 15 cm, Bonsaï 15 cm

9.99 ea. — Spring Bulbs Product of Canada, Bulbes printanières Produit du Canada

18.99 ea. — Amaryllis Bouquet Product of Netherlands, Bouquet d'amaryllis Produit des Pays-Bas

metro.ca

Our Butcher's Finest

Medium Ground Beef Value Pack
Bœuf haché moyen en emballage économique
7.99 /lb
GROUND BEEF / BŒUF HACHÉ

Pork Loin Ribs Centre Cut Boneless
Côtes de filet de porc, coupe du centre extra-mince
4.99 /lb

$1 Rebate in moneys* 125 moi points

Maple Leaf Prime Raised without Antibiotics Fresh Boneless Skinless Chicken Breast
Poitrine de poulet sans os ni peau Prime Maple Leaf élevée sans antibiotiques
12.99 /lb

Maple Leaf Prime Raised without Antibiotics Fresh Boneless Skinless Chicken Breast
Poitrine de poulet sans os ni peau Prime Maple Leaf élevée sans antibiotiques
12.99 /lb

NATURAL
Naturally raised from a minimum of drugs, no added hormones, no conventional antibiotics, no animal byproducts.
Naturellement élevé sans médicaments, sans hormones ajoutées ni antibiotiques conventionnels ni sous-produits d'origine animale.

Life Select Naturally Grain Fed Boneless Rib Steak
Côte levée sans os
20.99 /lb
Life Select Naturellement nourri de céréales Côte levée sans os
20.99 /lb

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
Médaillons de tri-tip de bœuf à griller
Grain Fed Beef
Bœuf nourri de céréales
Alberta or Ontario
Alberta ou de l'Ontario
12.99 /lb

Beef Grill Tri Tip Roast
Rôti de tri-tip de bœuf à griller
Grain Fed Beef
Bœuf nourri de céréales
Alberta or Ontario
Alberta ou de l'Ontario
11.99 /lb
10.99 /lb

I earn with moi rewards

NEW
Pure Cream
Crème pure
Pacific Elite
Pacific Elite
Decorative Non-organic or Organic Fresh Cut Flowers
Fleurs coupées fraîches non-biologiques ou biologiques
4.99 ea. 40

Bacon
Bacon
Maple Leaf
Maple Leaf
Bacon Rich Cuts
Bacon riche
Maple Leaf
Maple Leaf
5.99 ea. 60

NEW
Frozen Chicken Breaded Strips
Lanières de poulet panées surgelées
Lucky Leaf
Lucky Leaf
6.99 ea. 80

Lou's
Lou's
Pizza Pepperoni
Pizza pepperoni
Lou's
Lou's
8.99 ea. 85

Frozen Lobster Tail Tempura Shrimp or Tempura Scallops
Queue de homard surgelée Crevettes tempura ou pétoncles tempura
Seafood Select
Sélection de fruits de mer
5.99 ea. 40

KELLY'S
Kelly's Original Beef Bacon Thick Bacon Bits
Crème de bacon de bœuf Kelly's original
Kelly's Original
Kelly's Original
12.99 ea. 125 $1 Rebate in moneys* 125 moi points

NEW
Vegetables Pizza
Pizza aux légumes
Lucky Leaf
Lucky Leaf
13.99 ea. 125 $1 Rebate in moneys* 125 moi points

PINTY'S
Pinty's Breaded Chicken or Wings
Poulet panés ou ailes de poulet de Pinty's
Pinty's
Pinty's
16.99 ea. 125 $1 Rebate in moneys* 125 moi points

Inscriptible
Inscriptible Asian Entrées, Fried Rice or Fried Noodles
Entrées asiatiques, riz frit ou nouilles frites
5.49 ea. 70

Inscriptible
Inscriptible Pizza Kits or Pizza Bases
Trousses de pizza ou bases de pizza
8.99 ea. 125 $1 Rebate in moneys* 125 moi points

Inscriptible
Inscriptible Single Serve Soup or Chowder
Soupe ou chowder individuelle
8.99 ea. 125 $1 Rebate in moneys* 125 moi points

Inscriptible
Inscriptible Frozen Mini Burgers
Mini burgers surgelés
11.99 ea. 125 $1 Rebate in moneys* 125 moi points

LEVEQUE
Leveque Smoked Whole Turkey Breast
Poitrine de dinde entière fumée
3.99 /lb

POGO
Pogo Wieners
Pogo Wieners
4.99 ea.

Maple Leaf Prime Breakfast Sausage or Bacon Assortment
Saucisses à déjeuner ou assortiment de bacon Maple Leaf Prime
7.99 ea.

Schneiders
Schneiders Assorted Cold Cuts
Assortiment de charcuteries froides
8.99 ea.

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

Seafood

Fresh Atlantic Salmon Portion
Saumon atlantique frais
From $10.00 / kg
Saumon atlantique
4.99 ea.

WILD CAUGHT
Wild Caught Pacific Cod Fillers
Filets de morue sauvage du Pacifique
From $19.99 / kg
9.99 lb

Sea Glen Breaded Crab Cakes
Galettes de crabe panées
From $7.99 / kg
Galettes de crabe de la mer de calin de Marylaine
3.99 ea. **40** points

Fresh Atlantic Salmon Portion
Saumon atlantique frais
From $14.00 / kg
Saumon atlantique
6.99 ea.

Sea Cuisine Seafood Chowder
Soupe-repas Sea Cuisine
Santé Courrier Lunch Bag
7.99 lb

Sea Rich Sea Bar Smoked Salmon
Sea Rich Sea Bar Saumon fumé
From $14.99 / kg
14.99 ea.

Bellefield Smoked Trout Fillets
Filets de truite fumée Bellefield
From $19.99 / kg
9.99 ea. **125** points **$1** off each

907 g
Ocean Wish Mackerel Fillets
Maquereau coupé-sergent
11.99 ea.

Ocean Mosaic Smoked Salmon
Saumon fumé Ocean Mosaic
Santé Courrier Lunch Bag
11.99 ea.

Best Seafood Canadian Lobster Claws & Knuckles
Pinces et queues de homard canadien Best Seafood
19.99 ea.

Irrésistible

Irresistible Smoked Salmon Spread
Tartinable au saumon fumé Irresistible
3.99 ea.

Irresistible Pan Fried Pollock with Lemon Butter
Goberge poêlée au beurre citronné Irresistible
7.99 ea.

Irresistible Pan Fried Sticky Rice Shrimp Dumplings
Dim sum de crevettes et riz collant poêlés Irresistible
9.99 ea.

Irresistible Pan Fried Scallops
Pétoncles poêlés Irresistible
9.99 ea.

Deli Favourites

Maple Lodge Farms Brand Chicken Breast
Poitrine de poulet de la marque Maple Lodge Farms
2.99 / 100 g

Maple Leaf Premium Roasted Turkey Breast
Poitrine de dinde rôtie Premium Maple Leaf
2.99 / 100 g

BUY MORE! SAVE MORE!
Parmalat Grocerstyle Mozzarella Cheese
Fromage mozzarella Grocerstyle Parmalat
2.99 / 100 g when you buy 500 g or more

Arrowhead Mountain Organic Mozzarella Cheese
Fromage mozzarella biologique Arrowhead Mountain
3.59 / 100 g when you buy 500 g or more

Eric Wauts Brand Beef
Bœuf de la marque Eric Wauts
3.99 / 100 g

Fusilina & Mozzarella Cheese Ball
Fusilina et boule de fromage mozzarella
7.99 ea. **50** points

Chocolatiers Italiens Cheesecake Bites
Bouchées de cheesecake des chocolatiers italiens
7.99 ea.

Collier's Smoked Salmon Mousse
Mousse de saumon fumé Collier's
10.99 ea.

Cocktail Shrimp
Crevettes cocktail
Crevettes de grande qualité
Product of Ecuador / Produit de l'Équateur
4.79 / 100 g

Mediterranean Sandwich Wraps
Pains à sandwich méditerranéens
4.49 ea. **50** points

Fresh Pasta Originals
Pâtes fraîches originales
Santé Courrier Lunch Bag
5.00 ea. **25** points

Tre Stelle Mozzarella Balls
Boules de mozzarella Tre Stelle
7.99 ea.

Gay Lea Cottage Cheese
Fromage cottage Gay Lea
15.99 ea.

Deli Chicken Soup
Soupe au poulet du marché
Lentils or Mesquite
Lentilles ou mesquite
From $10.99 / kg
Lentilles ou mesquite
5.99 ea.

Saskatoon Berry Jam
Confiture de saskatoon
8.99 ea.

earn more with **moi** rewards

7.00 ea. Deep Fried Shrimp Bowl
Bowl Frit 2 Sp
Valid 08/27-09/23/2026

250 points when you earn double moi points

4.99 ea. Fresh Chic Chow
Soupe Fresh 2 Go
Valid 08/27-09/23/2026

Sweeten Up With Maple

Donat

Donat

10.99 ea.

10.99 ea.

5.99 ea.

Front Street Bakery
Our Absolute Finest

16.99 ea.

11.99 ea.

19.99 ea.

5.99 ea.

5.99 ea.

4.99 ea.

4.99 ea.

5.49 ea.

7.99 ea.

8.99 ea.

Snacks & Beverages

250 52 Weeks

13.99 ea.

9.99 ea.

8.49 ea.

6.29 ea.

4.59 ea.

3.59 ea.

3.29 ea.

9.99 ea.

80

6.99 ea.

3.99 ea.

2.99 ea.

24.49 ea.

A PROUDLY CANADIAN COMPANY SINCE 1981

3.99 ea.

1.88 ea.

1.88 ea.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

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

Cream of Wheat Quaker Instant Oatmeal 4.49 ea.

Frosted Flakes Minute Rice 9.99 ea.

Selection Honey 8.49 ea.

Spreadable Butter 5.99 ea.

Clark's Beans 5.99 ea.

Ben's Original Rice 2.49 ea.

Aylmer Soup 3.49 ea.

Sea Harbour Soup 7.99 ea.

Golden Valley Beans 3.49 ea.

Ranch 4.49 ea.

Filippo Berio Extra Virgin Olive Oil 15.99 ea.

Kraft Wine Vinegar 2.99 ea.

Generous by nature

Natrel Natural Organic Cream 5.99 ea.

Natrel Organic Milk 7.49 ea.

Beans Market Selection 4.99 ea.

Uncle Ben's Ready Rice 8.99 ea.

Earth's Own Soupe 6.49 ea.

Earth's Own Tetra 5.49 ea.

Try a snack filled with goodness

Selection Mixed Vegetables 2.79 ea.

Del Monte Fruit Cups 17.99 ea.

Earn with moi rewards

30 moi rewards 4.99 ea. — Cow Pure Whipped Topping / Garniture fouettée Cow Pure

40 moi rewards 8.99 ea. — Stok Cold Brew Coffee / Café infusé à froid Stok

50 moi rewards 3.99 ea. — Silver Spoon Sweetener / Sucrette Silver Spoon

250 moi rewards 4.99 ea. — Cloverdale Cheese / Fromage Cloverdale

60 moi rewards 4.99 ea. — Tim Tam Original

70 moi rewards 5.99 ea. — Brookside Dark Chocolate / Chocolat noir Brookside

50 moi rewards 3.99 ea. — Purdyland Popcorn / Maïs soufflé Purdyland

50 moi rewards 3.99 ea. — Fiji Natural Spring Water / Eau de source naturelle Fiji

40 moi rewards 2.99 ea. — bai Antioxidant Beverage / Boisson antioxydant bai

30 moi rewards 1.79 ea. — Selection Wafers / Gaufrettes Selection

40 moi rewards 2.99 ea. — Selection Chocolate Bunny / Lapin en chocolat Selection

Celestial Seasonings Tea / Thé de saison Celestial Seasonings 140 moi rewards 5.49 ea.

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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
Assorted Varieties
500 mL
5.99 ea.

MADE IN CANADA SINCE 1964
WE'VE MADE THIS OUR MISSION SINCE 1964

Bragg Apple Cider Vinegar 946 mL
31 DAYS OF SAVINGS
125 ea.
9.99 ea.
Vinaigre de cidre de pomme Bragg 946 mL

Eaton's Cheese
Mild, Medium or Old
Fromage Eaton's
Doux, moyen ou vieux
4.99 ea.

Café William
Assorted Coffee 454 g
Assorted Varieties
Café moulu Café William 454 g
Variétés assorties
15.99 ea.
Coupon: see reverse
Coupon : voir au verso

DR PEPPER
Assorted Flavors or Lipton Iced Tea
Assorted Sizes
Boisson gazeuse aux saveurs variées ou thé glacé Lipton
8.49 ea.
Maple Bar Cheesecake Chip Assorted Flavors
Trempette Maple Bar Cheesecake
Pkg. Assorted Flavors
Emballage Variétés

Lakewood
Assorted Flavors
Assorted Sizes
Jus Lakewood
Variétés
12.99 ea.

Amy's Soup
Assorted Flavors
Soupe Amy's
Variétés
70 ea.
4.99 ea.

Gluten-Free

KIND
Assorted Flavors
1.79 ea.
Kind Granola Bars 45 g
Barres granola Kind 45 g
Assorted Flavors
Variétés

Tate's Cookies 85 g
Biscuits Tate's 85 g
Assorted Flavors
Variétés
7.99 ea.

MARY'S ORIGINAL
5.99 ea.
Mary's Crackers 170 g
Craquelins Mary's 170 g
Assorted Flavors
Variétés

CoolWay
KETO BARS
8.49 ea.
Cool Way Keto Bars
Barres Keto Cool Way
Assorted Flavors
Variétés

Plant-Based

Blue Diamond Almond Breeze 946 mL
Assorted Flavors
Variétés
50 ea.
2.99 ea.
Almond Breeze
Boisson Blue Diamond Amande 946 mL

Yoggut
Yogurt 175 g
Yogourt 175 g
Assorted Flavors
Variétés
7.99 ea.

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

Daiya
9.99 ea.
Daiya Pizza
Pizza Daiya
Assorted Flavors
Variétés

Baby & Beauty

4.49 ea.
Beaver Brand Baby Pacifier 2 ea.
Tétine Beaver Brand 2 ea.
Assorted Sizes or Colours
Assortiments de tailles ou couleurs

HUGGIES
23.99 ea.
Huggies Baby Wipes 56–704 ea.
Lingettes Huggies 56–704 ea.
Assorted Sizes
Variétés

Herbal Essences Body Care 355 mL
Soins corporels Herbal Essences 355 mL
Assorted Scents
Variétés
3.99 ea.

Old Spice Body Wash 355 mL
Gel douche Old Spice 355 mL
Assorted Scents
Variétés
9.99 ea.

Dove Bar Soap 90–113 g
Pains de savon Dove 90–113 g
Assorted Scents
Variétés
11.99 ea.

TAMPAX PEARL
12.99 ea.
Tampax Tampons 32 ea.
Tampons Tampax 32 ea.
Assorted Sizes
Variétés

Household Helpers

Lysol Kitchen Cleaners 473 mL
Nettoyants Lysol pour la cuisine 473 mL
Assorted Scents
Variétés
6.99 ea.

Lysol Bathroom Cleaners 473 mL
Nettoyants Lysol pour la salle de bain 473 mL
Assorted Scents
Variétés
7.99 ea.

Scotties Facial Tissue 90 ea.
Papiers mouchoirs Scotties 90 ea.
Assorted Sizes
Variétés
6.99 ea.

Downy 1.47 L
6.99 ea.

Cascade Cascade Dishwasher Detergent 1.47 L
Détergent à vaisselle Cascade 1.47 L
Assorted Scents
Variétés
Compare with Cascade after one cycle.
Comparez avec Cascade après un cycle.
CONDITIONS APPLY. SEE STORE FOR DETAILS.
CONDITIONS S'APPLIQUENT. VOIR EN MAGASIN POUR DÉTAILS.

Glade
GLADE AIR FRESHENER COARSE MIX
Assorted Scents
Variétés

Change the mood in any room
7.99 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

Must be 18+ years of age to play. Prizes not exactly as shown.

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Together is Golden
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

Philadelphia

Your Philly. Now Chocolate.

NEW

LIMITED TIME

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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

Buy any 2 participating Heinz Mayo products,
GET 125 POINTS

moi FAVORIS

PARTICIPATING PRODUCTS: HEINZ MAYONNAISE-STYLE SAUCES 340 ML