

VERSION 4

JUMBO

2<sup>99</sup>

//lb

Jumbo Red and Green or Large Black Seedless Grapes

10.5 lb bag

Available in green or red. Not available in all areas.

RUSSET

POMMES

DOLE

1<sup>99</sup>

ea.

Russet Apples

10.5 lb bag

Available in green or red. Not available in all areas.

2<sup>99</sup>

//lb

Large Pile of Black Peaches

10.5 lb bag

Available in green or red. Not available in all areas.

3<sup>99</sup>

ea.

Walnuts

10.5 lb bag

Available in green or red. Not available in all areas.

Natural Almonds

10.5 lb bag

Available in green or red. Not available in all areas.

moi rewards member price

2<sup>99</sup>

ea.

SPECIAL PRICE

3<sup>99</sup>

for non-members

Effective February

19

20

21

22

23







**LOW PRICE  
EVERY DAY**  
100% of items at the same low price every day.

**Irresistible**

**Irresistible Pizza**  
12.5 oz. 12.5 oz. 12.5 oz.  
Pasta Irresistible  
12.5 oz. 12.5 oz. 12.5 oz.

**NOW**  
**3.99**  
ea.

**Selection**  
Peanut Butter  
16 oz. 16 oz. 16 oz.  
Bonne d'achete  
Selection  
16 oz. 16 oz. 16 oz.

**NOW**  
**4.99**  
ea.

**SKYR**  
2%  
GREEK  
GREC

**NOW**  
**3.49**  
ea.

**Irresistible**  
Refrigerated Juice  
1.5 L  
1.5 L 1.5 L 1.5 L

**NOW**  
**4.99**  
ea.

**Selection or Irresistible**  
Sparkling Water  
1.5 L 1.5 L 1.5 L  
1.5 L 1.5 L 1.5 L  
Selection or Irresistible  
1.5 L 1.5 L 1.5 L

**NOW**  
**99¢**  
ea.

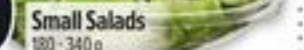
**Irresistible**  
Chicken  
Poulet  
Vegetable  
Legumes

**NOW**  
**5.99**  
ea.



**\$ New Lower Prices**

[illegible]



**5.99**  
ea.

**Small Salad**  
Includes:  
Pasta  
Pasta salad  
Pasta sauce



**10.99**  
ea.

**Hofmann's Sandwiches**  
Includes:  
Hofmann's Sandwich  
Hofmann's Sandwich  
Hofmann's Sandwich



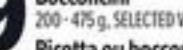
**6.49**  
ea.

**Cajun Pasta**  
Includes:  
Cajun Pasta  
Cajun Pasta  
Cajun Pasta



**25**  
ea.

**Cajun Pasta**  
Includes:  
Cajun Pasta  
Cajun Pasta  
Cajun Pasta



**7.99**  
ea.

**Cajun Pasta**  
Includes:  
Cajun Pasta  
Cajun Pasta  
Cajun Pasta

[illegible]



**Colgate**  
Total Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**5.99** ea.



**Colgate**  
Enamel Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



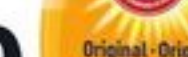
**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.



**Colgate**  
Whitening Mouthwash  
Fights plaque, kills germs, whitens teeth

**2.99** ea.

[illegible][illegible]



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**  
**5<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

**7<sup>99</sup>\***  
ea.  
IRRESISTIBLES  
COFFEE CAPSULES  
12 UN.  
SELECTED VARIETIES



**NOW**  
**2<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1.30

**4<sup>29</sup>\***  
ea.  
RICEWORKS  
RICE SNACKS  
155 - 156 g  
SELECTED VARIETIES



**NOW**  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

**5<sup>99</sup>\***  
ea.  
SUMMIT DUMPLING  
OR SPRING ROLLS  
250 - 350 g  
SELECTED VARIETIES



**NOW**  
**7<sup>49</sup>**  
ea.  
SAVE UP TO  
\$2.50

**9<sup>99</sup>\***  
ea.  
OONI  
FROZEN  
PIZZA DOUGH  
1.02 kg



**NOW**  
**4<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2.50

**7<sup>49</sup>\***  
ea.  
WINDEX  
CLEANERS  
750 - 950 ml  
SELECTED VARIETIES



**NOW**  
**4<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

**6<sup>99</sup>\***  
ea.  
M&M'S  
CHOCOLATES  
155 - 165 g  
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 11<sup>th</sup>

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](https://moirewards.ca). Moi Rewards is a trademark of Metro Inc.



Farm Fresh Produce



**3<sup>99</sup>** ea.  
Blackberries 1.75 lb  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>99</sup>** 60 points ea.  
Frooties Strawberry Fruit Bars  
12 ct  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**1<sup>69</sup>** /lb  
Sweet Potatoes 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>99</sup>** /lb  
Asparagus 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>99</sup>** ea.  
Lemons 1 lb  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**1<sup>99</sup>** /lb  
Oranges 1 lb  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>79</sup>** 60 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**1<sup>99</sup>** ea.  
Belle Grove Mushrooms  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>79</sup>** 60 points ea.  
Champion Belle Grove Potatoes  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**1<sup>99</sup>** /lb  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>79</sup>** 60 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**1<sup>99</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**1<sup>99</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**2<sup>49</sup>** /lb  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



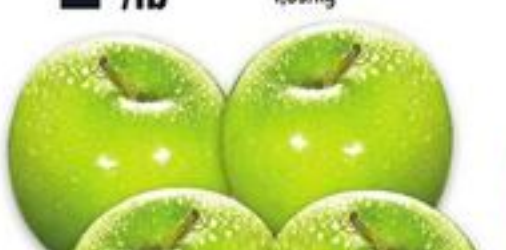
**3<sup>99</sup>** /lb  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**99¢** /lb  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>99</sup>** 60 points ea.  
Black Mission Figs 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**2<sup>99</sup>** /lb  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>49</sup>** 60 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**5<sup>99</sup>** 70 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>99</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>49</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**3<sup>88</sup>** 50 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**4<sup>49</sup>** 60 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE

Organic



**13<sup>99</sup>** ea.  
Fiery Ginger 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**3<sup>49</sup>** /lb  
Immunity Pack 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**5<sup>49</sup>** ea.  
Organic Gala Apples 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**3<sup>49</sup>** ea.  
Organic Sweet Potatoes 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE

Sliced & Diced



**4<sup>99</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**5<sup>49</sup>** 70 points ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**6<sup>99</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**18<sup>99</sup>** ea.  
Large Seedless Sweet Oranges  
10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE

Fresh Blooms



**9<sup>99</sup>** ea.  
Spring Bulbs 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE



**18<sup>99</sup>** ea.  
Spring Bulbs 10 lb bag  
PRODUCT OF MEXICO  
PRODUIT DU MEXIQUE





**7<sup>99</sup>**  
/lb

**\$1 back in points\***



**4<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**4<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**4<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics



**12<sup>99</sup>**  
/lb

**PRIME**  
BEEF  
WITH/OUT  
antibiotics

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

**11<sup>99</sup>**  
/lb

**Beef Grail**  
Tri Tip Modération  
100% viande canadienne  
25.54 kg  
Modération du triangle  
100% viande canadienne  
25.54 kg

**12<sup>99</sup>**  
/lb

**Beef Grail Tri Tip Roast**  
100% viande canadienne  
25.54 kg  
Roast du triangle  
100% viande canadienne  
25.54 kg

**10<sup>99</sup>**  
/lb

|                                                                                   |                                                                |                                                                     |                                                                          |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------|
| <p><b>NEW!</b><br/>Marz Organic<br/>Chicken Gumbo<br/>300g<br/>\$1.99<br/>ea.</p> | <p><b>NEW!</b><br/>Bacon<br/>100g<br/>\$1.99<br/>ea.</p>       | <p><b>NEW!</b><br/>Prosciutto<br/>100g<br/>\$6.99<br/>ea.</p>       | <p><b>NEW!</b><br/>Lou's Mashed Potatoes<br/>400g<br/>\$8.99<br/>ea.</p> |
| <p><b>Magna Life Ultimate</b><br/>400g<br/>\$5.99<br/>ea.</p>                     | <p><b>Kellogg's Nelsely's</b><br/>100g<br/>\$12.99<br/>ea.</p> | <p><b>NEW!</b><br/>Schenker's Dips<br/>100g<br/>\$13.99<br/>ea.</p> | <p><b>Pinty's</b><br/>100g<br/>\$16.99<br/>ea.</p>                       |
| <p><b>Irresistible</b><br/>100g<br/>\$5.49<br/>ea.</p>                            | <p><b>Irresistible</b><br/>100g<br/>\$8.99<br/>ea.</p>         | <p><b>Irresistible</b><br/>100g<br/>\$8.99<br/>ea.</p>              | <p><b>Irresistible</b><br/>100g<br/>\$11.99<br/>ea.</p>                  |
| <p><b>LEVERQUE</b><br/>100g<br/>\$3.99<br/>ea.</p>                                | <p><b>Pogo</b><br/>100g<br/>\$4.99<br/>ea.</p>                 | <p><b>NEW!</b><br/>MCG's<br/>100g<br/>\$7.99<br/>ea.</p>            | <p><b>NEW!</b><br/>Schenker's<br/>100g<br/>\$8.99<br/>ea.</p>            |



Seafood

**Fresh**  
Atlantic Salmon  
Portions  
100 g  
Poissons frais de  
source canadienne  
100 g (100 g)

**4.99**  
ea.

**Wild Caught Pacific Cod Fillets**  
1 lb  
Filets de morue sauvage du Pacifique  
1 lb (454 g)

**9.99**  
lb

**Sea Star Maryland**  
Crab Cakes  
100 g  
Croustilles True Blue  
de côtes du Maryland  
100 g (100 g)

**3.99**  
ea.

**40**  
points

**Fresh**  
Atlantic Salmon  
Portions  
100 g  
Roulette fraîche  
de saumon atlantique  
100 g

**6.99**  
ea.

**7.99**  
lb

**14.99**  
ea.

**Better Fish**  
Barramundi  
Filets  
100 g  
Barramundi  
100 g (100 g)

**9.99**  
ea.

**125**  
points

**11.99**  
ea.

**11.99**  
ea.

**19.99**  
ea.

**Invisible**

**3.99**  
ea.

**Invisible**

**7.99**  
ea.

**9.99**  
ea.

**9.99**  
ea.

**Deli Favourites**

**2.99**  
/100 g

**2.99**  
/100 g

**2.99**  
/100 g

**3.99**  
/100 g

**4.99**  
ea.

**5.99**  
ea.

**7.99**  
ea.

**10.99**  
ea.

**7.99**  
ea.

**15.99**  
ea.

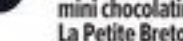
**5.99**  
ea.

**8.99**  
ea.

**7.00**  
ea.

**4.99**  
ea.



|                                                                                                                                                                                                                                                      |                                                                                                                                                                                       |                                                                                                                                                                                                    |                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>micro colossalito</b><br/>de la Petite Bretonne<br/>Mince Croissants au<br/>Creme Chantrelle<br/>Mince Colossalito de<br/>la Petite Bretonne<br/>ea. 4.99</p> |  <p>Sun-Maid<br/><b>Raisin Bread</b><br/>Pain aux raisins<br/>Sun-Maid®<br/><b>54.99</b><br/>ea.</p> |  <p>Selection Dessert Squares<br/>Carrés de Desserts<br/>Carrés Selection<br/>Carrés de Desserts<br/>ea. 7.99</p> |  <p>Anchoa Biscuits<br/>Biscuits Anchoa<br/>Biscuits Anchoa<br/>ea. 8.99</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|



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







More Great Savings



**4.49**  
ea.

**CREAM OF WHEAT**  
Quick Cook Cream of Wheat  
Cream of Wheat Flakes  
250g (8.8oz)



**9.99**  
ea.

**MINI WHEATS**  
Kingsley's Junior Cereal  
Kingsley's Junior Cereal  
250g (8.8oz)



**8.49**  
ea.

**FROSTED FLAKES**  
Kingsley's Junior Cereal  
Kingsley's Junior Cereal  
250g (8.8oz)



**5.99**  
ea.

**CREAM OF WHEAT**  
Quick Cook Cream of Wheat  
Cream of Wheat Flakes  
250g (8.8oz)



**59¢**  
ea.

**BEN'S ORIGINAL**  
Ben's Original Soup  
150g (5.3oz)



**2.49**  
ea.

**BEN'S ORIGINAL**  
Ben's Original Soup  
150g (5.3oz)



**3.49**  
ea.

**AYLMER**  
Aylmer Soup  
150g (5.3oz)



**7.99**  
ea.

**AYLMER**  
Aylmer Soup  
150g (5.3oz)



**3.49**  
ea.

**MR. BONETTO**  
Mr. Bonetto Soup  
150g (5.3oz)



**4.49**  
ea.

**MR. BONETTO**  
Mr. Bonetto Soup  
150g (5.3oz)



**15.99**  
ea.

**MR. BONETTO**  
Mr. Bonetto Soup  
150g (5.3oz)



**2.99**  
ea.

**MR. BONETTO**  
Mr. Bonetto Soup  
150g (5.3oz)



**5.99**  
ea.

**NATREL**  
Organic Cream  
250g (8.8oz)



**7.49**  
ea.

**NATREL**  
Organic Cream  
250g (8.8oz)



**4.99**  
ea.

**NATREL**  
Organic Cream  
250g (8.8oz)



**8.99**  
ea.

**NATREL**  
Organic Cream  
250g (8.8oz)



**6.49**  
ea.

**EARTH'S OWN**  
Earth's Own Cream  
250g (8.8oz)



**5.49**  
ea.

**EARTH'S OWN**  
Earth's Own Cream  
250g (8.8oz)



**2.79**  
ea.

**EARTH'S OWN**  
Earth's Own Cream  
250g (8.8oz)



**17.99**  
ea.

**EARTH'S OWN**  
Earth's Own Cream  
250g (8.8oz)

Learn with moi rewards



**30**  
points

**4.99**  
ea.

**CREAM OF WHEAT**  
Quick Cook Cream of Wheat  
Cream of Wheat Flakes  
250g (8.8oz)



**40**  
points

**8.99**  
ea.

**BEN'S ORIGINAL**  
Ben's Original Soup  
150g (5.3oz)



**50**  
points

**3.99**  
ea.

**AYLMER**  
Aylmer Soup  
150g (5.3oz)



**250**  
points

**4.99**  
ea.

**AYLMER**  
Aylmer Soup  
150g (5.3oz)



**60**  
points

**4.99**  
ea.

**TIM TAM**  
Tim Tam Cookies  
250g (8.8oz)



**70**  
points

**5.99**  
ea.

**BROOKSIDE**  
Brookside Dark Chocolate  
250g (8.8oz)



**50**  
points

**3.99**  
ea.

**PURPLEFIJI**  
Snacking Popcorn  
250g (8.8oz)



**50**  
points

**3.99**  
ea.

**FIJI**  
Fiji Natural Spring Water  
250g (8.8oz)



**40**  
points

**2.99**  
ea.

**baïl**  
Fruit Smoothie  
250g (8.8oz)



**30**  
points

**1.79**  
ea.

**baïl**  
Fruit Smoothie  
250g (8.8oz)



**40**  
points

**2.99**  
ea.

**baïl**  
Fruit Smoothie  
250g (8.8oz)



**140**  
points

**5.49**  
ea.

**baïl**  
Fruit Smoothie  
250g (8.8oz)



# Scan. Tap. Smile.

Earn extra Moi points<sup>‡</sup> by using a linked RBC® Card.

[avionrewards.com/moi](https://avionrewards.com/moi)

<sup>‡</sup>Terms and conditions apply. Minimum spend required.  
For full program details, visit [avionrewards.com/moi](https://avionrewards.com/moi).



**AVION**  
REWARDS™

**moi**  
rewards



FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE ROZANA OR QILLA PREMIUM BASMATI RICE OR CEDAR PARBOILED RICE 4.54 kg SELECTED VARIETIES

12<sup>99</sup> ea.

Qilla RASAMATI RICE

CEDAR

19<sup>99</sup> ea.

EGGLESS CAKE VANILLA OR CHOCOLATE 200 g

2<sup>99</sup> ea.

Zabba Halal

FRESH WHOLE CHICKEN 8.55kg

2<sup>99</sup> ea.

SUPREMO

125 points

8<sup>99</sup> ea.

BORNA DATES PRODUCE OF IRAN 400 g

2<sup>99</sup> ea.

INTERMEDIATE ROSES 10.50 ea. or 11.00 ea. ASSORTED COLOURS

2<sup>00</sup> ea.

SUPREMO

9<sup>99</sup> ea.

CASABLANCA BATEL DRINKS OR SURATI CHIPS 250 ml or 100 g SELECTED VARIETIES

1<sup>29</sup> ea.

GHAR'S Ghee

13<sup>99</sup> ea.

SHER OR MEERA BESAN OR BHAR'S CORN FLOUR 1.11 kg SELECTED VARIETIES

4<sup>99</sup> ea.

ROYAL DELIGHT SAMOSAS, MANGI SAUCES OR DESH LUCIOUS ENTREES 85 g, 100 g or 140 g SELECTED VARIETIES

3<sup>49</sup> ea.

CEDAR DRY BEANS, CHANNA, BUNOL, OR SAMOUSA 400 g, 500 g, 100 g or 150 g SELECTED VARIETIES

2<sup>99</sup> ea.

LATTEE SPRING ROLLS 400 g, 500 g, 100 g or 150 g SELECTED VARIETIES

3<sup>29</sup> ea.

ALKANUTES OR CEDAR TAHINI OR PROVENCA HONEY 200, 250 g SELECTED VARIETIES

8<sup>99</sup> ea.

INDIANE INSTANT NOODLES 5 x 85 g SELECTED VARIETIES

2<sup>99</sup> ea.

SHIVA ENTREES 200, 250 g SELECTED VARIETIES

1<sup>79</sup> ea.

PALE RUSKS OR NATIONAL CUSTARD 220, 250 g SELECTED VARIETIES

1<sup>79</sup> ea.

KURKURE CHIPS 170 g SELECTED VARIETIES

1<sup>79</sup> ea.

BHAR'S SAMOSA 170 g SELECTED VARIETIES

5<sup>99</sup> ea.

CEDAR KASURI OR PHULLO PASTRY DOUGH, DASH OR SPINACH, OR STUFFED VINE LEAVES 170, 250 g SELECTED VARIETIES

2<sup>99</sup> ea.

BEST MISTERS, DIVYA MANGO PULP OR NORDEX KASHTA CREAM 15, 25, 50, 100 g SELECTED VARIETIES

3<sup>29</sup> ea.

DIVYA LENTILS OR BLACK CHICK PEAS 1.8, 2.5 kg SELECTED VARIETIES

3<sup>99</sup> ea.

Item availability varies by store.





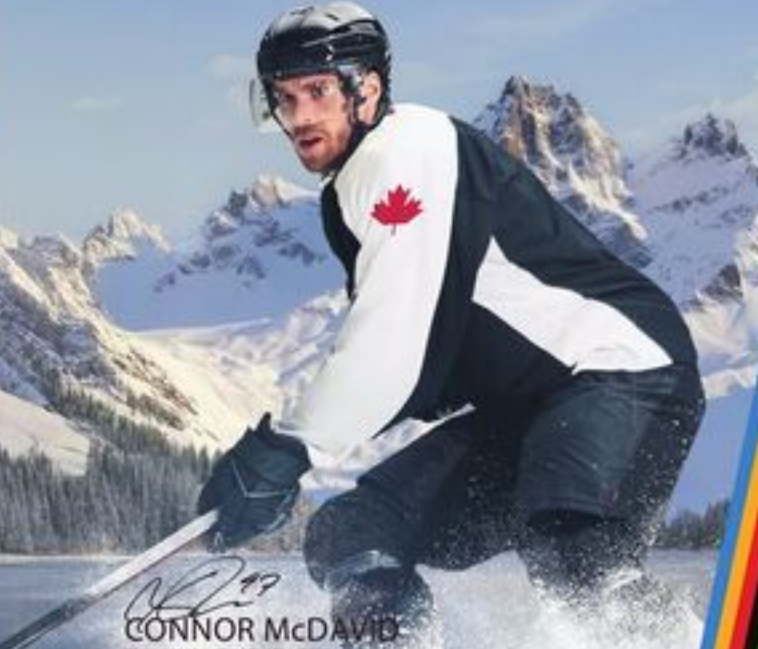






Refresh like  
a Champion





CONOR MCPHEE



GLACÉAU  
SMARTWATER  
POWERADE SPORTS  
DRINKS OR  
BODYARMOR  
HYDRATION DRINKS  
SELECTED SIZES  
SELECTED VARIETIES

\$1  
each

125  
points

249  
ea.

\*Plus applicable taxes, duties, discounts and fees. Valid at participating locations for a limited time.  
The availability to availability while supplies last. Not valid with other offers.  
The trademarks that appear are the property of their respective trademark owners.

Michelob  
ULTRA  
ZERO

NEW



0.0%  
ALC./VOL.

30  
CAL

MICHELLOB  
ULTRA ZERO  
NON-ALCOHOLIC BEER  
4 x 355 ml

1279  
ea.

ENJOY RESPONSIBLY.  
Must be legal drinking age. Alcohol has been with natural flavour.

HEINZ  
MAYONNAISE STYLE  
SAUCES  
SELECTED VARIETIES

\$1  
each

125  
points

399  
ea.

HEINZ  
MAYONNAISE-STYLE SAUCES



NEW

BOLD FLAVOUR  
MEETS MAYO





TACO BELL

NEW!



1  
each

PHILADELPHIA

NEW!



1  
each

Your Philly.  
Now Chocolate.



NEW

CANADA

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"Based on the 2023 Branding"  
Canadian Food Study

HOOKED ON  
QUALITY.



100%  
WILD  
CAUGHT

\$1  
each

125  
points

899  
ea.

JANES  
ULTIMATES  
BATTERED  
FISH  
BITES

JANES  
ENGLISH  
STYLE  
FISH

JANES  
CLASSIC BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.

JANES  
ULTIMATES  
BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.

JANES  
ULTIMATES  
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AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

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each

125  
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1399  
ea.

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FROZEN, 450 g (16 oz)  
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125  
points

1399  
ea.

JANES  
ULTIMATES  
BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.

JANES  
ULTIMATES  
BREADED  
AND BATTERED FISH  
FROZEN, 450 g (16 oz)  
SELECTED VARIETIES

\$1  
each

125  
points

1399  
ea.

JANES® Ready for Anything™ and ULTIMATES™ ARE TRADEMARKS OF SOFINA FOODS INC. ©2025

Johnsonville

YOUR CHOICE

599  
ea.



DINNER SAUSAGES  
100g  
SELECTED VARIETIES



BREAKFAST LINKS, ROUNDS  
OR GROUND SAUSAGES  
250 g (7.5 oz)  
SELECTED VARIETIES



SMOKED PORK  
SAUSAGES  
175 g  
SELECTED VARIETIES



# LESS SUGAR. SAME GREAT MORNING.



**Kellogg's**  
VERY HIGH  
FIBRE  
MADE WITH 100% WHOLE GRAIN

**NEW**  
**MINI WHEATS!**  
LOW SUGAR

5g  
SUGAR  
per 54g serving

LIGHTLY FROSTED  
ORIGINAL

150g

**5g  
SUGAR**  
per 54 g serving

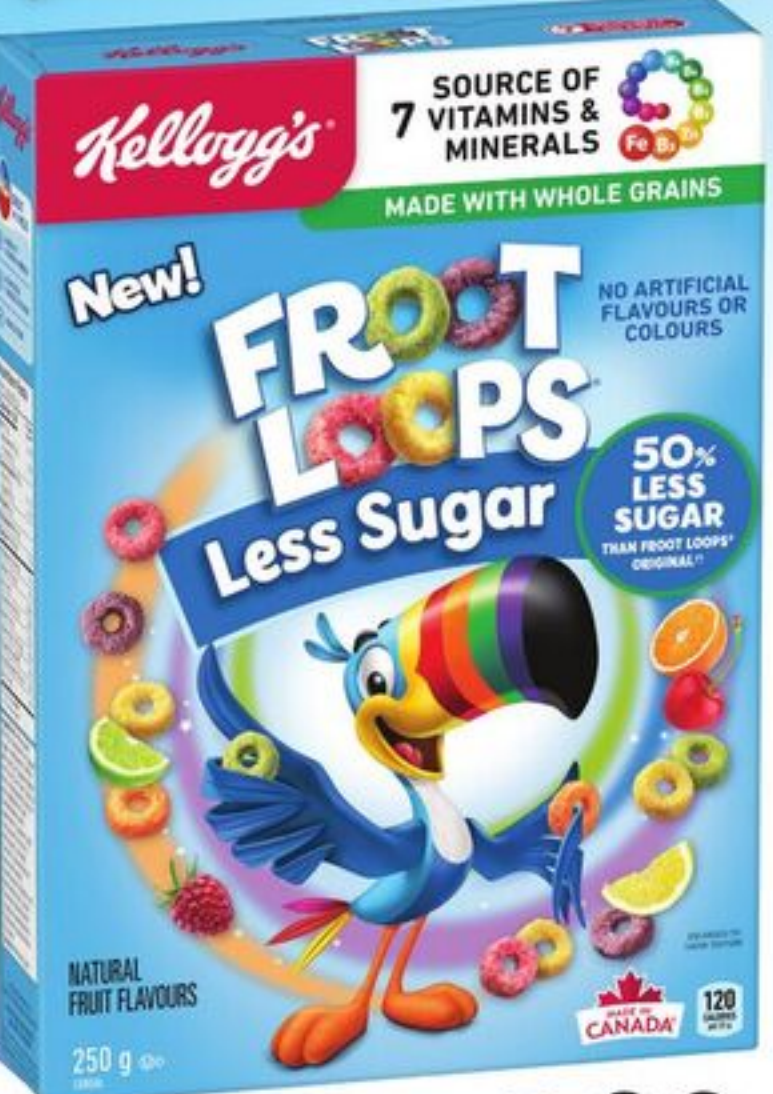
**4<sup>99</sup>**  
ea.

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**NEW**

**Less Sugar**

**50%  
LESS  
SUGAR<sup>†</sup>**



**Kellogg's**  
SOURCE OF  
7 VITAMINS &  
MINERALS  
MADE WITH WHOLE GRAINS

**New!**  
**FRUIT  
LOOPS**  
Less Sugar

NO ARTIFICIAL  
FLAVOURS OR  
COLOURS

50%  
LESS  
SUGAR  
per 54g serving

NATURAL  
FRUIT FLAVOURS

250g



**Kellogg's**  
SOURCE OF  
10 VITAMINS &  
MINERALS  
MADE WITH WHOLE GRAIN

**New!**  
**Multigrain  
FROSTED  
FLAKES**  
Less Sugar

50%  
LESS  
SUGAR  
per 54g serving

250g

**3<sup>99</sup>**  
ea.

**KELLOGG'S FRUIT LOOPS OR  
MULTIGRAIN FROSTED FLAKES CEREAL**  
250 - 338 g  
SELECTED VARIETIES

<sup>†</sup> When Kellogg's Frosted Flakes® Original or Kellogg's® Frost Loops® Original, Kellogg's® Frosted Flakes® Less Sugar Multigrain cereal contains 2 g sugar per 41 g serving and Kellogg's Frosted Flakes® Original cereal contains 14 g sugar per 38 g serving. Kellogg's® Frost Loops® Less Sugar cereal contains 8 g sugar per 33 g serving and Kellogg's® Frost Loops® Original cereal contains 14 g sugar per 38 g serving.



