

VERSION 7

Your GO-TO for
Valentine's Day



PREMIUM
DOZEN ROSES
12 STEAM-MAINTAINED ROSES
IN A COUNTRY COUNTRY
BOUTIQUE

27⁹⁹
ea.

250
points

\$2
back in
points*



FRESH CUT MIXED
BOUQUET
12 FLOWERS
IN A COUNTRY COUNTRY
BOUTIQUE

30⁰⁰
ea.



VALENTINE'S DAY ORCHIDS
2 FLOWERS
IN A COUNTRY COUNTRY
BOUTIQUE

29⁹⁹
ea.



Pick of the Day
TULIPS

16⁹⁹
ea.

FRESH CUT TULIPS
12 FLOWERS
IN A COUNTRY COUNTRY
BOUTIQUE



SWISS MILK
CHOCOLATE
HEART CAKE
12.5 OZ

22⁹⁹
ea.

Lindt



FERRERO ROCHER
VALENTINE'S CHOCOLATE
12.5 OZ (350g)
NET WT 12.5 OZ (350g)

9⁹⁹
ea.

4-DAY
FAMILY MEAL DEAL
FEBRUARY 12TH – FEBRUARY 15TH, 2026

YOUR
CHOICE **11.99**
ea.



16\"/>



HOT WHOLE BIRD

HAWAIIAN CHICKEN 1lb

15 CHICKEN WINGS



CHICKEN CAESAR SALAD



ASSORTED CALIFORNIA ROLL OR CALIFORNIA ROLL VARIETY PACK 10-12 PCS



125 points

5.99
ea.

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES (16oz 16, 20oz 20, 24oz 24)

metro.ca

\$ New Lower Prices

VILLAGGIO
WHOLE GRAIN
BREADS OR BAGELS
\$1.79/lb

**2 for
7⁰⁰**

Doritos®
12 GRAIN
BAGELS

Doritos®
CLASSICO

POPCORN
ADAMS HINNOX
\$3.99 ea.

Hummi®

SAN DANIELE
PROSCUITTO
MASTRO HAN
SOPITO
PIZZOLONE
MOZZARELLA
\$3.49 /100 g

Irresistible
APPETIZERS
\$5.99 ea.

Irresistible
BELLITTA SALARETTI
GRAY LARD OR
DRESSING
\$8.49 ea.

ENGLISH
STYLE
\$5.99 ea.

4 PACK
COOKED SHRIMP
\$19.99 ea.

iögo
SIGG'S THINS OR IÖGO MULTI YOGURT
\$6.49 ea.

ACTIVIA
MULTI YOGURT
\$6.49 ea.

Purifit®
LACTANTIA
\$5.49 ea.

GIUSEPPE
DR. OTENGER GIUSEPPE PIZZA
\$5.49 ea.

GO GO
GLUTEN FREE
FRUIT SNAKE
\$3.99 ea.

KICKING HEN
COFFEE
\$10.99 ea.

Goldfish
CRACKERS
\$2.22 ea.

Irresistible
CHIPS
\$1.67 ea.

GO GO
GLUTEN FREE
FRUIT SNAKE
\$3.99 ea.

CAMPBELL'S
SOUP
\$1.99 ea.

BEIT'S
TASTY BITE
\$3.33 ea.

VINTA
CHICKEN
\$2.22 ea.

Chex
CRACKERS
\$4.99 ea.

Dove
SOAP
\$4.99 ea.

Cascade
TIDE OR GAIN DETERGENT
\$14.99 ea.

Learn with moi rewards

125 points
\$1 book in store

75 points
\$1 book in store

125 points
\$1 book in store

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

We reserve the right to limit quantities.
All quantities that precede prices are limited.
Some products may not be available in all stores.

We accept the following payment methods:
VISA, M.C., and cash.

Visit us at **metro.ca**
to see all special offers and to win \$5000 in groceries.

Win \$5000 in groceries

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until February 18, 2026, in-store or online

6 BURGERS

THE KEG

GLUTEN FREE

PRIME RIB BEEF BURGERS

MADE WITH 75% PRIME RIB

6oz

FULL BACK READY IN 10 MINUTES
CABRE COMPLET PRÊT EN 10 MINUTES

THE KEG

BBQ PORK BACK RIBS

CÔTES DE DOS

NOW

11.99

ea.

SAVE UP TO \$5

16.99

ea.

THE KEG PRIME RIB BEEF BURGERS

908 g - 1.02 kg

SELECTED VARIETIES

OR PORK BACK RIBS

FROZEN, 700 g

Indulge More • Satisfying Moments

Drizzilicious

S'MORES BITES

90

NOW

2.99

ea.

SAVE UP TO \$1

3.99

ea.

DRIZZILICIOUS RICE CAKES

113 g

SELECTED VARIETIES

QUAKER

DIPPS

CHOCOLAT BRISURES CH

CHOCOLAT

CHOCOLAT

CHOCOLAT

CHOCOLAT

NOW

1.99

ea.

SAVE UP TO \$2

3.99

ea.

QUAKER CHEWY OR DIPPS BARS

120 - 156 g

SELECTED VARIETIES

Market Cuts

SALMON

Market Cuts

HADDOCK

NOW

3.99

ea.

SAVE UP TO \$5

8.99

ea.

HIGH LINER MARKET CUTS

FROZEN, 227 g

SELECTED VARIETIES

3-Wick Candles

Apple Spice Swirl

NOW

7.99

ea.

SAVE UP TO \$4

11.99

ea.

GLADE 3-WICK CANDLES

1 in

SELECTED VARIETIES

FOUR O'CLOCK

Herbalist

HERBAL TEA DETOX

DETOX

NOW

3.49

ea.

SAVE UP TO \$3.10

6.59

ea.

FOUR O'CLOCK TEA

16 - 20 in

SELECTED VARIETIES

HUNGRY-MAN

FRIED CHICKEN CUTLETTES

ESCALOPETTES DE POULET FRY

NOW

3.99

ea.

SAVE UP TO \$2

5.99

ea.

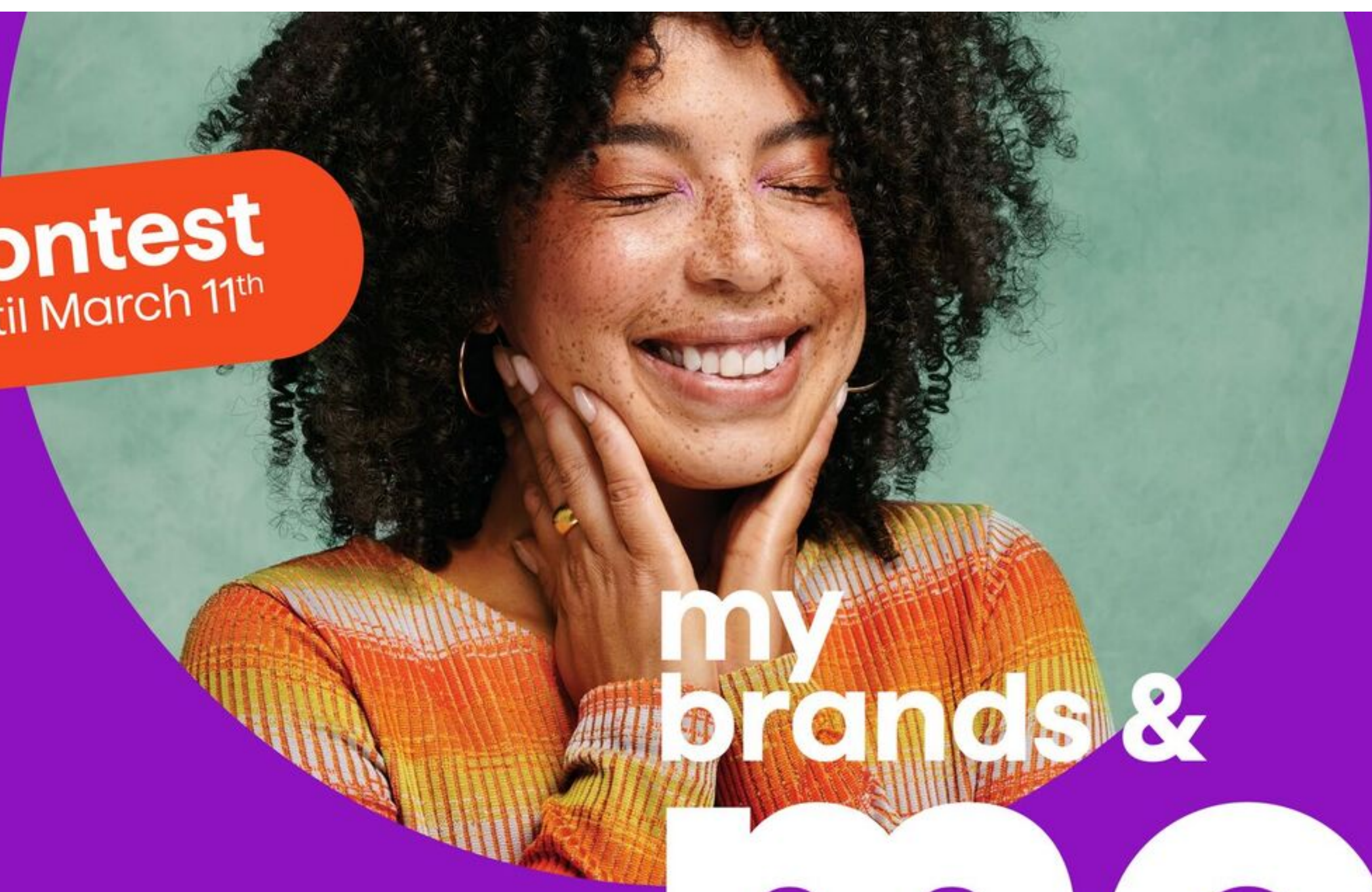
HUNGRY-MAN MEALS

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.

contest
until March 11th



my
brands &
moi

participate by purchasing
two products from
these brands

Selection

Irresistible

Personnelle

total of
20
million
points
to be won

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

metro

**food
Basics**

*No purchase required. To participate, you must be a member of theMoi program. From February 12 to March 11, 2026. Prizes: There are thirty-five (35) lots to be won (total value of all prizes is \$160,000CAD). Prize conditions and contest rules are available at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

LARGE WATERMELONS
PRODUCT OF U.S.A.
18.9kg

3⁹⁹
/lb

LARGE PEACHES
PRODUCT OF U.S.A.
18.9kg

3⁹⁹
/lb

GREENHOUSE STRAWBERRIES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

SWEET POTATOES
PRODUCT OF U.S.A.
4.39kg

1⁹⁹
/lb

ANDY'S BOY ROMAINE HEARTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

ASSORTED COLOUR CARROTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

RED CURRENTS
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
ea.

GREEN CABBAGE
PRODUCT OF U.S.A.
2.27kg

99¢
/lb

YELLOW ONIONS OR ASSORTED COLOUR CARROTS
PRODUCT OF U.S.A.
1.6kg

2⁴⁹
ea.

JUMBO CANTALOUPE
PRODUCT OF CANADA
1.6kg

4⁹⁹
ea.

SEEDLESS MINI WATERMELON
PRODUCT OF BRAZIL

4⁹⁹
ea.

YELLOW FLESH POTATOES
PRODUCT OF U.S.A.
5.1kg

2⁴⁹
ea.

SWEETEST BATCH BLUEBERRIES
PRODUCT OF MEXICO

7⁹⁹
ea.

CHERRY PLUMS
PRODUCT OF U.S.A.
15.41kg

6⁹⁹
/lb

BELLE GROVE SLICED WHITE OR CHEDDAR MUSHROOMS
PRODUCT OF CANADA

3²⁹
ea.

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

COTTON CANDY GRAPES
PRODUCT OF U.S.A.
1.6kg

4⁹⁹
/lb

KUMATO TOMATOES
PRODUCT OF CALIFORNIA

4⁹⁹
ea.

DOLE SALAD KITS
PRODUCT OF CALIFORNIA

2⁹⁹
ea.

Sliced & Diced

12⁹⁹
ea.

made in my country
m

FRESH VEGETABLE OR FRUIT CAROUSELS
14 1/2" dia.

14⁹⁹
ea.

125
points

BAZARD PLATTER (100)
PARTY SALAD DELUXE FRUIT SALAD (14)

Organic



ORGANIC
PREWASHED
GREENS
100% ORGANIC
NET WT. 10 OZ.

GREENLET
ORGANIC GREENS 100%
PRODUCT OF CANADA
500 TO 600 SEEDS

e3.



**LITTLE
POTATO
CO.**
100% ORGANIC
NET WT. 10 OZ.

5 99

1% ORGANIC LITTLE YELLOW
POTATOES
PRODUCT OF CANADA
CANADIAN, VEGAN

e3.



**SHRED
FRUIT ORGANIC
GREENS**
100% ORGANIC
NET WT. 10 OZ.

12 99

25 organic

**\$1
back in
coupon**

e3.



**MOTHER
EARTH**
ORGANIC DRESSINGS
100% ORGANIC
NET WT. 10 OZ.

5 99

MOTHER EARTH ORGANIC DRESSINGS
100% ORGANIC
NET WT. 10 OZ.

e3.

Valentine's Day Floral



LETTER SMITH
ORCHID
CLASSIC WHITE
ORCHID BOUTIQUE
BOUTIQUE

29⁹⁹
ea.



40⁰⁰
ea.

ADORATION
BOUTIQUE
BOUTIQUE

VALENTINE'S THEME
ARRANGEMENTS AND
PRESENTATION
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.



STARTING AT
39⁹⁹
ea.

Treat your Valentine
Get **\$10 OFF** Flowers
when you buy a \$30 The Keg gift card

THE KEG

Offer valid
February 12-14
Minimum \$20
Retail spend

THE KEG



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



STARTING AT
25⁰⁰
ea.

SPECIALTY
ROSE BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE



**VALENTINE'S
BALLOONS AND PLUSH**
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
9⁹⁹
ea.



**VALENTINE'S
BALLOONS AND PLUSH**
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
9⁹⁹
ea.



**VALENTINE'S
BALLOONS AND PLUSH**
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
9⁹⁹
ea.



**VALENTINE'S
BALLOONS AND PLUSH**
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
9⁹⁹
ea.



**VALENTINE'S
BALLOONS AND PLUSH**
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
9⁹⁹
ea.



**VALENTINE'S
BALLOONS AND PLUSH**
BOUTIQUE
BOUTIQUE
BOUTIQUE
BOUTIQUE

STARTING AT
9⁹⁹
ea.

Celebrate with
Sweet Treats &
Beautiful Blooms

FANCY PREMIUM
ROSE
BOUQUET
ASSORTED VARIETIES

54⁹⁹
ea.

SWEET VALENTINE
BOUQUET
ASSORTED COLOURS
FLOWERS AND STIKES

20⁰⁰
ea.

INVITATIONS
WITH ALLGROUPE
WINE
750 mL
SELECTED VARIETIES

7⁹⁹
ea.

HEART SHAPED
CAKE POPS
100 (6 x 1.75")

6⁹⁹
ea.

FRONT STREET BAKERY
CHOCOLATE HEART CAKE
100g

18⁹⁹
ea.

STRAWBERRIES
WITH CHOCOLATE
80g

12⁹⁹
ea.

REESE'S MINIATURES
CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

8⁹⁹
ea.

KIT KAT
30
SELECTED VARIETIES
WHILE QUANTITIES LAST

9⁷⁹
ea.

RITZ
DRIZZLED
CRACKERS
200g
SELECTED VARIETIES

4⁹⁹
ea.

TURTLES
NESTLE TURTLES
VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

14⁹⁹
ea.

REESE'S VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

4⁹⁹
ea.

HERSHEY'S KISSES
VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

5⁴⁹
ea.

FERBER'S
VALENTINE'S
KINDER CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

LINDT LINDOR
VALENTINE'S CHOCOLATE
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

11⁹⁹
ea.

CADBURY
FINGERS
200g
SELECTED VARIETIES

4⁴⁹
ea.

LINDT LINDOR
VALENTINE'S HEART
WITH
SELECTED VARIETIES
WHILE QUANTITIES LAST

15⁹⁹
ea.

JOLLY RANCHER
VALENTINE'S CANDY
200g
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

McGONICKS
CANDY BAG
200g
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
ea.

**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

*Certain conditions apply. Details on metro.ca

FREE

**Irresistible
Mini Chocolate Eclairs
455 g**

WHEN YOU SPEND \$150 OR MORE*



\$12⁹⁹
VALUE

PROMO CODE

ECLAIR

Celebrate with a
Flavourful Mix of
Red & White Wine

STONELEIGH
SAUVIGNON BLANC
750 ml

17⁴⁹
ea.

PENINSULA RIDGE
CHARDONNAY
750 ml

14⁹⁹
ea.

CASILLERO
DEL DIABLO
750 ml

12⁴⁹
ea.

BODACIOUS
Smooth RED
750 ml

10⁴⁹
ea.

FRESH 2 GO
CHOCOLATE &
CHEESE TRAY
SERVES 12

250
points

\$2
extra
points

54⁹⁹
ea.

BASK
VINEYARD ROSE
750 ml

12⁴⁹
ea.

GIRLS' NIGHT OUT
ROSE
750 ml

12⁴⁹
ea.

JACOB'S CREEK
MOSCATO ROSE
750 ml

12⁹⁹
ea.

MASI
CAMPOROTOND
750 ml

21⁹⁹
ea.

BLU GIOIELLO
PROSECCO
750 ml

15⁹⁹
ea.

RUFFINO
PROSECCO
750 ml

17⁴⁹
ea.

BOTTICIA
DEI POETI PROSECCO
750 ml

17⁴⁹
ea.

FOLIGNANI
PROSECCO
750 ml

15⁹⁹
ea.

Advertisement prices are subject to change and exclude GST and deposit fees, which are subject at checkout. Alcohol items are available at select stores. See stores for availability.

Our Butcher's Finest

BONELESS

5⁹⁹
/lb

BONELESS PORK LOIN CHOPS
BONELESS PORK LOIN CHOPS
12.25kg

125
points

5⁹⁹
/lb

STONE MADE
SMOKED BEEF PAKE
13.25kg

5⁹⁹
/lb

BREADED CHICKEN BREAST CUTLETS
BONELESS CHICKEN BREAST CUTLETS
13.25kg

4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
CHICKEN LEG QUARTERS
10.00kg

19⁹⁹
/lb

PLATINUM GRILL ANGUS
STEAK LOIN STEAK
44.07kg

10⁹⁹
/lb

YORK LOIN CHOPS
28.23kg

4⁹⁹
/lb

MAPLE LEAF PRIME
BACON WITHOUT ANTIBIOTICS
11.00kg

20⁹⁹
/lb

FRESH FRENCHED
LAMB BACK
46.22kg

Irresistible

7⁹⁹
ea.

IRRESISTIBLE
MINI QUICHES
10.00kg

8⁹⁹
ea.

IRRESISTIBLE
PASTRY PACK, GOURMET
SAUSAGE PASTRY OR
CHICKEN BITES
10.00kg

9⁹⁹
ea.

IRRESISTIBLE
MEATBALLS
10.00kg

12⁹⁹
ea.

IRRESISTIBLE
MINI SPINACH ROLLS TRIO
10.00kg

5⁹⁹
ea.

LOU'S KITCHEN
PEANUT BACON SLICED
10.00kg

6⁹⁹
ea.

SCHEIDERS
BREAKFAST
EGG BITES
10.00kg

11⁹⁹
ea.

MARC ANGELO
BREAKFAST
SAUSAGE 100g

12⁹⁹
ea.

SELECTION
BACON 1kg

LOCKED DOWN PRICES FEBRUARY 12TH TO MARCH 11, 2026

2⁴⁹
ea.

MAPLE LOUGE
CHICKEN WIENERS
10.00kg

3⁹⁹
ea.

COLD LABEL
CHICKEN OR
SMOKED SAUSAGES 15g

5⁹⁹
ea.

WATSON BROS.
CHICKEN BALLS
10.00kg

10⁹⁹
ea.

LEAN GROUND LAMB
10.00kg

6⁹⁹
ea.

MARC ANGELO
SAUSAGES
10.00kg

8⁴⁹
ea.

LEGACY
PORK TENDERLOIN OR
BONE IN PORK CHOPS
10.00kg

8⁹⁹
ea.

BEYOND CHICKEN
CHICKEN TENDERS OR
STEAK STRIPS
10.00kg

11⁹⁹
ea.

POGO
BREADED WIENERS
10.00kg

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

Seafood



4⁴⁹
ea. **FRESH SKINLESS ONTARIO TROUT PORTIONS** (100g)



13⁹⁹
lb. **WILD CAUGHT YELLOWFIN TUNA STEAKS** (100g)



1²⁹
ea. **CHOICE OYSTERS** (DOZEN)



19⁹⁹
ea. **IRISH POINT OYSTERS** (DOZEN)



5⁹⁹
ea. **FRESH CANADIAN COVE ORGANIC MUSSELS** (2 LBS)



19⁹⁹
ea. **WILDFIRE PASTEURIZED CRAB MEAT** (41g)



8⁹⁹
ea. **OCEAN PRIME WHOLE CLEANED SQUID** (100g)



9⁹⁹
lb. **BAY SCALLOPS** (100g)



10⁹⁹
ea. **PUREPAC PICKEREL FILLETS** (100g)



10⁹⁹
ea. **TOPPITS BREADED HADDOCK MOLEFIN PANE** (100g)

Irresistible



8⁹⁹
ea. **IRRESISTIBLE SHRIMP APPETIZERS** (100g)



9⁹⁹
ea. **IRRESISTIBLE WHITE SHRIMP** (100g)



10⁹⁹
ea. **IRRESISTIBLE ATLANTIC SMOKED SALMON** (100g)



19⁹⁹
ea. **IRRESISTIBLE BLACK TIGER SHRIMP RING** (100g)

Deli Favourites



3⁴⁹
/100 g **MASTRO GENOA SALAMI** (100g)



3⁹⁹
/100 g **IRRESISTIBLES ARTISAN BLACK FOREST HAM** (100g)



4⁴⁹
/100 g **MANCHEGO CHEESE** (100g)



5⁹⁹
ea. **IRRESISTIBLES ARTISAN GOAT CHEESE** (100g)



7⁴⁹
ea. **BALSAMIC SAUSAGE** (100g)



6⁹⁹
ea. **PILLARS PEPPERONI** (100g)



7⁹⁹
ea. **CASTELLO SLICED DELI CHEESE** (100g)



9⁹⁹
ea. **BALDERSON CHEDDAR** (100g)



7⁹⁹
ea. **SANTITAS OLIVES** (100g)



4⁹⁹
ea. **LA BELLE CREATIONS** (100g)



7⁹⁹
ea. **THE STILLE PETA CHEESE** (100g)



7⁹⁹
ea. **MONSIEUR GUSTAV** (100g)



5⁹⁹
ea. **GARDEN FRESH** (100g)



5⁹⁹
ea. **O'SOLE MIO** (100g)



6⁹⁹
ea. **FRESH 2 GO** (100g)



16⁰⁰
ea. **FRESH 2 GO** (100g)



SAVOUR MOROCCO

FRESH FOR WINTER

LIMITED TIME ONLY

14⁹⁹
EACH
Moroccan Style BBQ Seasoned Chicken, 900 g
450 Cals/Serving, Serves 4

12⁰⁰
EACH
Moroccan Style Chicken Bowl
780 Cals

15⁹⁹
EACH
16" Stone Classic Moroccan Style
Chicken & Vegetable Pizza
370 Cals/Slice, 8 Slices

8⁰⁰
EACH
Moroccan Style Chicken Sandwich
500 Cals

4⁹⁹
EACH
Moroccan Style 9 Vegetable Soup, Small
Small 180 Cals/Large 250 Cals, Large \$5.99

2⁴⁹
/100 g
Moroccan Style Salad
150 Cals/100 g, \$24.90/kg

Valentine's Day Treats



↓ Low Price Every Day



FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

PARTY LIKE A
CHAMPION

9⁹⁹ ea. **JUMBO SHRIMP PLATTER**
23-30 SHrimp
1.2 L (33 FL OZ)
STARTING FROM

6⁹⁹ ea. **FRESH 2 GO POUTINE**
SELECTED VARIETIES

15⁹⁹ ea. **FRESH 2 GO 16" 3-TOPPING STONE BAKED PIZZA**
SELECTED VARIETIES. WHOLE IN SPECIALS ONLY

13⁹⁹ ea. **FRESH 2 GO CHICKEN BITES OR TENDERS**
12-20 pc

6⁴⁹ ea. **BLUE DIAMOND ALMONDS**
170 g
SELECTED VARIETIES

2 for 3⁰⁰ **JUMBO SALTED PEANUTS**
200 g

9⁷⁹ ea. **ORVILLE REEBBACHER POPCORN**
SELECTED SIZES
SELECTED VARIETIES

4²⁹ ea. **RICEWORKS RICE CRISPS**
SELECTED SIZES
SELECTED VARIETIES

8⁴⁹ ea. **McSWINEY'S JERKY SNACKS**
125 g
SELECTED VARIETIES

6⁹⁹ ea. **JACK LINK'S JERKY SNACKS**
SELECTED SIZES
SELECTED VARIETIES

8⁹⁹ ea. **ATYPTIQUE SPARKLING NON-ALCOHOLIC COCKTAILS**
4 x 355 mL
SELECTED VARIETIES

4⁴⁹ ea. **MIO WATER ENHANCERS**
SELECTED SIZES
SELECTED VARIETIES

5⁴⁹ ea. **FRENCH'S KETCHUP**
750 mL / 1 L
SELECTED VARIETIES

9⁹⁹ ea. **PILAROS OLIVES**
SELECTED VARIETIES

3⁹⁹ ea. **LE GREC DRESSING**
350 mL
SELECTED VARIETIES

6⁹⁹ ea. **TRACKLEHENTS MUCKLAND**
160 g
SELECTED VARIETIES

5⁹⁹ ea. **SMALL Diced DIP 150 g**
GUACAMOLE 200 g
PICO DE GALLO 150 g
SMASHED AVOCADO 200 g

5⁰⁰ ea. **FRESH 2 GO TORTILLA CHIPS**
170 g
SELECTED VARIETIES

7⁹⁹ ea. **GOLD LABEL DIPS**
170 g
SELECTED VARIETIES

2⁹⁹ ea. **TWINKLE! DESSERT TOPPINGS**
85-200 g / 30-70 g
SELECTED VARIETIES

4⁹⁹ ea. **SELECTION MINI BUTTER TRAYS**
240-300 g
SELECTED VARIETIES

9⁹⁹ ea. **FRONT STREET BAKERY GOURMET COOKIES**
665-770 g
SELECTED VARIETIES

21⁹⁹ ea. **MEDIUM VEGETABLE OR FRUIT TRAYS**
13-25 g
OVER 5 LBS OF FRUIT

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 8⁹⁹ ea. McCafé INSTANT COFFEE PODS SELECTED VARIETIES	 12⁹⁹ ea. VAN HOUTTE COFFEE CAPSULES SELECTED VARIETIES	 4⁹⁹ ea. PEARL MILLING PECAN MAPLE TABLE SYRUP SELECTED VARIETIES	 3⁹⁹ ea. SELECTION CREAM PODS
 4⁴⁹ ea. TETLEY TEA SELECTED VARIETIES	 5⁴⁹ ea. TENDER FLAKE CRUST SELECTED VARIETIES	 4⁴⁹ ea. DOLE FRUIT CUPS SELECTED VARIETIES	 7⁴⁹ ea. 2% COTTAGE CHEESE SELECTED VARIETIES
 3⁴⁹ ea. FRENCH'S MUSTARD SELECTED VARIETIES	 6⁹⁹ ea. BRIANNA'S DRESSING SELECTED VARIETIES	 4⁹⁹ ea. BUTTER CHICKEN POULTRY SELECTED VARIETIES	 2⁹⁹ ea. MINUTE RICE SELECTED VARIETIES
 1⁹⁹ ea. GREEN GIANT CAN VEGETABLE SELECTED VARIETIES	 4⁴⁹ ea. GREEN GIANT FROZEN VEGETABLES SELECTED VARIETIES	 5⁹⁹ ea. SUBWAY SAUCE SELECTED VARIETIES	 6⁴⁹ ea. BECK'S PICKLES SELECTED VARIETIES
 6⁹⁹ ea. TOSTITOS TORTILLA CHIPS SELECTED VARIETIES	 4⁹⁹ ea. ONVILLE REHEATABLE POPPING CORN SELECTED VARIETIES	 14⁹⁹ ea. MR. BEAST MINI SNACKS SELECTED VARIETIES	 2⁹⁹ ea. JACK LINK'S REALME JUICE SELECTED VARIETIES
 2⁹⁹ ea. SOBEYS SUPERMARKET NON-ALCOHOLIC BEER SELECTED VARIETIES	 12⁸⁹ ea. ATHLETIC BREWING CO. NON-ALCOHOLIC BEER SELECTED VARIETIES	 3⁹⁹ ea. CHIPS AHOY COOKIES SELECTED VARIETIES	 2⁹⁹ ea. WHEAT THINS CRACKERS SELECTED VARIETIES
 7⁶⁹ ea. CLEARLY CANADIAN SPARKLING WATER SELECTED VARIETIES	 3⁵⁹ ea. C4 ENERGY DRINKS SELECTED VARIETIES	 4⁹⁹ ea. PHILADELPHIA CREAM CHEESE SELECTED VARIETIES	
 4⁹⁹ ea. KIT KAT GOLD SELECTED VARIETIES			
 4⁹⁹ ea. KIT KAT MIX UPS SELECTED VARIETIES			

Non-GMO

MADE GOOD
GRANOLA BARS
1.75g

449

ea.

MADE GOOD
GRANOLA BARS
1.75g

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ea.

KEEN
KEEN BITES 20g

849

ea.

SKINNY POP
POPCORN
ORIGINAL

399

ea.

PLANT
PLANT UP
FROZEN ENTREES
200-250g

799

ea.

LY!
OATLY OAT BEVERAGES
1.5L

499

ea.

NEAL BROTHERS
PASS-SAUCE
1.5L

899

ea.

Daiya
DAIYA PIZZA
100g

999

ea.

Organic

BOY'S RED MILL
ORGANIC
1.5L

999

ea.

NUTIVA
COCONUT OIL
1.5L

1699

ea.

PACIFIC FOODS
BROTH
1.5L

799

ea.

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1.5L

249

ea.

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MANUKA
HONEY 25g

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ea.

HUMBLE
POTATO CHIPS
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ea.

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10

1399

ea.

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PUPPETS 25g

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ea.

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20

999

ea.

Crest
CREST TOOTHPASTE
100g

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ea.

GUM
GUM PRO-WEAVE
100g

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ea.

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FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

HOOR PREMIUM OR
HOOR BASMATI RICE
3.5L 4.54L
SELECTED VARIETIES

7⁹⁹

ea.

ISCOOR
ARJUN

16⁹⁹

ea.

CEDAR
CANNED BEANS
500 ml
SELECTED VARIETIES

1⁶⁹

ea.

SANTOSH
MAA
500 g
SELECTED VARIETIES

2⁹⁹

ea.

SAPORITO
PINEAPPLE OR
CANDOLA OIL
1L
SELECTED VARIETIES

9⁹⁹

ea.

KIT OR BAKING
COOKING SAUCE
250 - 400 ml 375 g
SELECTED VARIETIES

3⁹⁹

ea.

GARLIC
PRODUCT OF CHINA
5 PACK

1²⁹

ea.

AL-GHA
BREADED CHICKEN
FROZEN, 500 - 600 g
SELECTED VARIETIES

5⁹⁹

ea.

SHAN
SHAM MIXES
OR DUMPS
GINGER GARLIC PASTE
250 - 500 g
SELECTED VARIETIES

1⁹⁹

ea.

DIVYA
PEANUT CHIKKI OR
TATA TEA
400 g 50 g
SELECTED VARIETIES

3⁴⁹

ea.

CEDAR
COCONUT MILK,
ROSE OR
ORANGE WATER
250 - 300 ml
SELECTED VARIETIES

1⁹⁹

ea.

WON TON
WON TON
400 - 454 g

1⁹⁹

ea.

BIRIYANIM OR
SHALIM DUMPKINS OR
DUMPS CHICKEN
150 - 200 g
SELECTED VARIETIES

1⁴⁹

ea.

HAUS DUM
PURI/CHICKEN OR CEDAR
TANDOORI
600 - 750 g
SELECTED VARIETIES

2⁴⁹

ea.

DESI LECIOUS KULFI
ICE CREAM
400 g 50 g
SELECTED VARIETIES

6⁴⁹

ea.

NANAK
GHEE
100 g

13⁹⁹

ea.

CHICKEN LIT
200 g 250 g
SELECTED VARIETIES

9⁹⁹

ea.

DIVYA
PARATHA OR NAAN
250 - 400 g
SELECTED VARIETIES

1⁹⁹

ea.

NATIONAL
SPICE MIXES OR
GUT MIXES
40 - 200 g
SELECTED VARIETIES

1⁶⁷

ea.

PARLIAMENT GOLD
IN GULA SUPRISING KULLA
HOOR GOLD OR
BROWN BASMATI RICE
4.54L
SELECTED VARIETIES

9⁹⁹

ea.

ISCOOR
PASTE-G
100 g 250 g
SELECTED VARIETIES

9⁹⁹

ea.

PARLE & LU
OR
EBW COOKIES
80 - 200 g
SELECTED VARIETIES

9⁹⁹

ea.

ALFA
FROZEN ENTREES
700 - 900 g
SELECTED VARIETIES

7⁹⁹

ea.

HOOR DATES OR
SHERRON JUICE
800 - 900 g
SELECTED VARIETIES

4⁹⁹

ea.

CASABLANCA
BASIL DRINK 250 ml
SHIRAZI CUP 250 g
SELECTED VARIETIES

1²⁹

ea.

INDONIE
NOODLES
5.45 g
SELECTED VARIETIES

3⁴⁸

ea.

Item availability varies by store.