



LEAN

544

/lb
of ea.

LEAN GROUND BEEF VALUE PACK
100% BEEF
HALAL LEAN GROUND BEEF 95% BEEF
LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY
95% CHICKEN



PRIMO

900

G

PRIMO
PENNE RIGATE
100% DURUM WHEAT SEMI-DURUM



PRIMO

125

ea.

PRIMO
SPAGHETTI
100% DURUM WHEAT SEMI-DURUM



Coca-Cola

PEPSI

349

ea.

PEPSI OR COCA-COLA
SOFT DRINKS
12.5 FL OZ (375 mL)



Lassonde

OASIS

388

ea.

OASIS
REFRESHING JUICE
100% FRUIT FLAVORED



Nestle

Real Dairy

DRUMSTICK

497

ea.

REAL DAIRY ICE CREAM OR DRUMSTICK
100% DAIRY ICE CREAM

Effective February

TH

FR

SA

SU

MO

5

6

7

8

9

More freshness,
more savings.

mmMAZING!

days



FRESH

3⁹⁹
/lb



GRAIN FED

18⁸⁸
/lb



Irresistible

3⁹⁹
ea.



Purifltre

3⁹⁹
ea.



JUMBO

2⁹⁹
/lb



Takis

2⁹⁹
ea.



Lay's

2⁹⁹
ea.



3⁹⁹
ea.



Campbell's

99¢
ea.



Campbell's

99¢
ea.



Campbell's

99¢
ea.



Campbell's

99¢
ea.



1L

7⁹⁸
ea.



Cheez

3⁹⁹
ea.



PHILADELPHIA

3⁹⁹
ea.



OLD CHEDDAR

4⁴⁴
ea.



Bonterra

4⁹⁹
ea.



Sponge Towels

4⁹⁹
ea.



PRE-BOOK FOR
VALENTINE'S DAY
NOW!

\$2
dozen in
points*

250
points

27⁹⁹
ea.

Effective February

TH 5

FR 6

SA 7

SU 8

MO 9

TU 10

W 11

2026

my savings

my metro

mmMAZING!
days

Mondelez International

NEW

RITZ Drizzled minis
Fudge
499 ea.

OREO CAKESTERS
NEW
499 ea.

OREO
CHRISTIE COOKIES
399 ea.

triscuit ORIGINAL
299 ea.

RITZ
CHRISTIE CRACKERS
299 ea.

Bits & Bites Melt-Meals
NEW
299 ea.

Crispers
299 ea.

SOUR PATCH
299 ea.

Magnards
299 ea.

HERSHEY'S

Twizzlers
TWISTS & TORSADES
299 ea.

Twizzlers twists torsades
299 ea.

Reese's minis
499 ea.

Reese's
549 ea.

HERSHEY'S CHOCOLATES
299 ea.

HERSHEY'S MULTI-CHOCOLATE BARS
549 ea.

HERSHEY CHOCOLATE BAR
299 ea.

Reese's BAR SARGE
199 ea.

Reese's BIG CUP
199 ea.

FLORA Food Group

Becel Original
849 ea.

Becel Olive Oil
849 ea.

Imperial
599 ea.

Butter!
299 ea.

Imperial ON
599 ea.

Imperial OFF
299 ea.

Imperial ON
599 ea.

Imperial OFF
299 ea.

Imperial ON
599 ea.

Imperial OFF
299 ea.

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

mmMAZING! days

Johnsonville

5⁹⁹ ea.

JOHNSONVILLE HOT ITALIAN SAUSAGES
SAUSAGES WITH TOMATO PASTA
500 g

5⁹⁹ ea.

JOHNSONVILLE MILD ITALIAN SAUSAGES
SAUSAGES WITH TOMATO PASTA
500 g

4⁹⁹ ea.

JOHNSONVILLE BREAKFAST SAUSAGES
SAUSAGE ROUNDS 20'S
500 g

4⁹⁹ ea.

JOHNSONVILLE PORK CHOPS
PORK CHOPS 12'S
1.75 g

4⁹⁹ ea.

JOHNSONVILLE CHICKEN CUTLETS
CHICKEN CUTLETS 12'S
1.75 g

Summer Fresh

2⁹⁹ ea.

Summer Fresh Tzatziki
Tzatziki Dip - Fromage au yaourt
500 g

2⁹⁹ ea.

Summer Fresh Hummus
Hummus Original - Original
500 g

3⁹⁹ ea.

Summer Fresh Salsa
Salsa - Salsa
500 g

9⁹⁹ ea.

Summer Fresh Salsas
Salsas - Salsas
500 g

7⁴⁹ ea.

Summer Fresh Dip
Dip - Dip
500 g

4⁴⁹ ea.

Summer Fresh Salads
Salads - Salads
500 g

Irresistible

4⁹⁹ ea.

Irresistible Blueberry Muffins
Muffins - Muffins
12'S

4⁹⁹ ea.

Irresistible Carrot Muffins
Muffins - Muffins
12'S

1⁹⁹ ea.

Santosh Naan
Naan - Naan
12'S

3⁹⁹ ea.

Stonefire Pizza Crust
Pizza Crust - Pizza Crust
12'S

mmmAZING! days



Gluten-Free **Vegetarian**



Non-GMO



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

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

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



NOW
4.99
ea.
SAVE UP TO
\$3

7.99
ea.
ESKA NATURAL
SPRING WATER
24 x 500 ml



NOW
3.49
ea.
SAVE UP TO
\$2

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



NOW
3.99
ea.
SAVE UP TO
\$2

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



NOW
2.99
ea.
SAVE UP TO
\$1.50

4.99
ea.
CADBURY
FINGERS
114 g
SELECTED VARIETIES



NOW
6.00
ea.
SAVE UP TO
\$2

8.00
ea.
FRESH 2 GO
FETTUCINE ALFREDO
300 g



NOW
4.99
ea.
SAVE UP TO
\$2

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



NOW
3.99
ea.
SAVE UP TO
\$3.50

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

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD account, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details. *Price may vary at select locations.

1.99 /lb LARGE RED PEACH APPLES PRODUCT OF CANADA 1.99/kg (4.39/lb)	3.99 ea. BLACKBERRIES 1/2 lb PRODUCT OF MEXICO	4.99 ea. GREENHOUSE STRAWBERRIES 304g PRODUCT OF CANADA CANADA, LA TURKEY	2.49 ea. YELLOW ONIONS ASSORTED COLOUR CARBO PRODUCT OF CANADA CANADA, LA TURKEY
4.99 ea. LARGE CANTALOUPE OR MINI SEEDLESS WATERMELONS PRODUCT OF MEXICO	2.99 /lb LARGE CARA CARA ORANGES 1/2 lb 4.99/kg	1.99 /lb SWEET POTATOES PRODUCT OF CANADA 4.39/kg	4.49 ea. ATTITUDE SALAD MIX 1/2 lb PRODUCT OF CANADA MEXICO, CANADA, LA TURKEY
5.99 /lb JUMBO CHERRIES PRODUCT OF CANADA 12.21/kg	4.99 ea. MEYER LEMONS 1/2 lb PRODUCT OF U.S.A.	3.49 ea. DOLE GARDEN OF EATIN' SALAD MIX COLLARD GREENS, CUCUMBER, CARROT, CELERY, CABBAGE 1/2 lb U.S.A. IMPORTED	3.79 ea. BELLE GROVE BUTTER BEANS 1/2 lb PRODUCT OF CANADA

3.99 ea.

ORGANIC CARROTS
1.5 kg (3.3 lb)

5.99 ea.

ORGANIC ROSETTE OR
YELLOW PLESH
POTATOES 5 kg
(11 lb)

4.99 ea.

ORGANIC LEMONS 4.5 kg
(10 lb)

4.99 ea.

ORGANIC LEMONS 4.5 kg
(10 lb)

16.99 ea.

FRESH CUT TIRUPS
1.5 kg (3.3 lb)

39.99 ea.

ARCHER
FACILIA
BROMELIAD

29.99 ea.

ORCHIDS

3.99 ea.

ORGANIC CARROTS
1.5 kg (3.3 lb)

5.99 ea.

ORGANIC ROSETTE OR
YELLOW PLESH
POTATOES 5 kg
(11 lb)

4.99 ea.

ORGANIC LEMONS 4.5 kg
(10 lb)

4.99 ea.

ORGANIC LEMONS 4.5 kg
(10 lb)

16.99 ea.

FRESH CUT TIRUPS
1.5 kg (3.3 lb)

39.99 ea.

ARCHER
FACILIA
BROMELIAD

29.99 ea.

ORCHIDS

[illegible]

Metro loves Canadian food

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



**CANADA'S
AGRICULTURE
DAY FEBRUARY 10**

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

#CdnAgDay

Our Butcher's Finest

RED GRILL
BONELESS STEWING
BEEF CUBES
16.25/lb

8⁹⁹
/lb

RED GRAVY
BEEF

CUT BY OUR BUTCHER

18⁹⁹
/lb

GRAIN FED

BONELESS RIB STEAK
CUT FROM AUSTRALIAN GRADED BEEF
41.55/lb

Organic

3⁹⁹
/lb

FRESH PORK SHOULDER BLADE CHOPS
VALLEY PICK
16.20/lb

YORKSHIRE VALLEY FARM

12⁹⁹
/lb

YORKSHIRE VALLEY FARMS
ORGANIC BONELESS CHICKEN BREAST OR THIGHS
23.64/lb

NATURALIA

20⁹⁹
/lb

LIFE SHRED NATURALIA
GRASS FED STRIP LOIN STEAK
46.22/lb

PRIME

5⁹⁹
/lb

MAPLE LEAF PRIME
BONELESS WITHOUT ANTIBIOTICS
FRESH CHICKEN BREASTS OR THIGHS
12.21/lb

PRIME

7⁹⁹
/lb

MAPLE LEAF PRIME
BONELESS WITHOUT ANTIBIOTICS FRESH SPLIT CHICKEN WINGS
16.96/lb

4.99 ea. **LEGACY** **SELECTION BACON** 12oz. 100% PORK

4.99 ea. **MAPLE LODGE** **CHICKEN BACON OR CHICKEN BREAKFAST SAUSAGES** OR **CRISPIN' HAM** 12oz.

6.99 1lb. **BRISBETTES** **ARTISAN HALF PORK SMOKED HAM** 5.44oz.

9.99 ea. **BRISBETTES** **SHEPHERD'S PIE** 100% PORK

4.99 1lb. **LEGACY** **PORKAL CHUB** 100% PORK 1.00kg

7.99 ea. **CANADIAN** **PICKY PATTIES** 12oz. 100% PORK

5.99 ea. **BRISBETTES** **PIES** 100% PORK 6.25oz.

6.99 ea. **BRISBETTES** **FRENCH ONION & L. CHICKEN** 100% PORK 6.25oz.

STRAWB'S PICKLED EGGS
599 ea.

CUCHINI MINI BURGER
699 ea.

MAMA YOLANDA'S CHICKEN AND BEANS
788 ea.

MAMA YOLANDA'S CHICKEN AND VEGETABLES
899 ea.

BUTTERBALL TURKEY BURGERS
1099 ea.

PRIME RIB BEEF BURGERS
1999 ea.

MAMA YOLANDA'S LAGANARO
2299 ea.

MAMA YOLANDA'S LAMB AND SPINACH
3999 ea.

50 COUNT

LAND SPEEDY SPEDINO A L'AGNELA

50 COUNT

MAK CANGILO LAND SPEEDY SPEDINO

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[illegible]

Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

12 | 473 ml

COLD CHILLED BEER

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml BOTTLED BEVERAGES \$27.99 ea.

STORE MADE SEASONED BEEF BURGERS WITH SELECTED VARIETIES

6.99 lb

Red M logo

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES 12 Pk. \$11.99 ea.

IRRESISTIBLE APPETIZERS FRESH 750-500g or 500g-250g BOTTLED BEVERAGES 2 for \$10.00

Crispe Bites-Bites Multi-Miso 12 Pk. \$2.99 ea.

LA COCINA TORTILLA CAPS 12 Pk. \$4.49 ea.

PLANTERS PLANTER 12 Pk. \$4.49 ea.

PLANTERS RAIN MIX GUINIMTES DE RAIN 12 Pk. \$6.49 ea.

CRISPERS OR RITS & BITES SNACKS 12 Pk. \$9.99 ea.

PLANTERS PLANTER 12 Pk. \$7.49 ea.

You bring the crowd. We bring the pleasers. Click here to place an order for party planners.

SERVES 12 \$44.99

SERVES 12 \$64.99

SERVES 12 \$64.99

*Saver's advertised price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.



Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

12 | 473 ml

COLD CHILLED BEER

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml BOTTLED BEVERAGES \$27.99 ea.

STORE MADE SEASONED BEEF BURGERS WITH SELECTED VARIETIES

6.99 lb

Red M logo

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES 12 Pk. \$11.99 ea.

IRRESISTIBLE APPETIZERS FRESH 750-500g or 500g-250g BURGERS \$2.10 ea. \$10.00

Crispe Bites-Bites Multi-Miso 12 Pk. \$2.99 ea.

LA COCINA TORTILLA CAPS 12 Pk. \$4.49 ea.

PLANTERS PLANTER 12 Pk. \$4.49 ea.

PLANTERS RAIN MIX GUINIMTES DE RAIN 12 Pk. \$6.49 ea.

CRISPERS OR RITS & BITES SNACKS 12 Pk. \$9.99 ea.

PLANTERS PLANTER 12 Pk. \$7.49 ea.

You bring the crowd. We bring the pleasers. Click here to place an order for party planners.

SERVES 12 \$44.99

SERVES 12 \$64.99

SERVES 12 \$64.99

SERVES 12 \$64.99

*Saver's advertised price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.

[illegible]

Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

4-Day Deal
Feb. 5th-8th.

11.99 ea.

CHICKEN TENDERS OR CHICKEN BITES
12 ea.

12 | 473 ml COLD

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml SELECTED VARIETIES

27.99 ea.

STORE MADE SEASONED BEEF BURGERS
WITH SELECTED VARIETIES

6.99 lb

COORS LIGHT OR ORIGINAL 12 x 473 ml SELECTED VARIETIES

77¢ ea.

2.99 ea.

CRISPIERS OR RITS & BITES SNACKS
12 ea.

2 for 10.00

IRRESISTIBLE APPETIZERS
FRESH 750-500g
SELECTED VARIETIES

IRRESISTIBLE APPETIZERS
FRESH 750-500g
SELECTED VARIETIES

MOZZARELLA
BATTERED STICKS

2.99 ea.

CRISPE BITES OR RITS & BITES SNACKS
12 ea.

4.49 ea.

LA COCINA TORTILLA CAPS
SELECTED VARIETIES

LA COCINA TORTILLA CAPS
SELECTED VARIETIES

4.49 ea.

PLANTERS FLAVOURED CASHWES
12 ea.

5.99 ea.

SMALL TACO PUP 500 g
GUACAMOLE 500 g
PICO DE GALLO 500 g
SMOULDER AVOCADO 230 g

SMALL TACO PUP 500 g
GUACAMOLE 500 g
PICO DE GALLO 500 g
SMOULDER AVOCADO 230 g

9.99 ea.

CRISPIERS OR RITS & BITES SNACKS
12 ea.

7.49 ea.

PLANTERS RAIN MIX
GRANOLAS DE RAIN
SELECTED VARIETIES

PLANTERS RAIN MIX
GRANOLAS DE RAIN
SELECTED VARIETIES

2.99 ea.

CRISPE BITES OR RITS & BITES SNACKS
12 ea.

5.00 ea.

FRESH 2 GO TORTILLA CHIPS
1 ea.
SELECTED VARIETIES

FRESH 2 GO TORTILLA CHIPS
1 ea.
SELECTED VARIETIES

You bring the crowd. We bring the pleasers.

Click here to place an order for party planners.

Requires 48 hours notice. Order to store or online.

*Selling "advertised price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.



Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

12 | 473 ml

COLD CHILLED BEER

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml BOTTLED BEVERAGES \$27⁹⁹ ea.

STORE MADE SEASONED BEEF BURGERS WITH SELECTED VARIETIES

6⁹⁹ ea.

77¢

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES 12 ea. \$11⁹⁹ ea.

IRRESISTIBLE APPETIZERS FRESH 750-500g or 250-500g BOTTLED BEVERAGES \$2⁹⁹ ea. \$10⁰⁰

Crispe Bites-Bites Multi-Miso 12 ea. \$2⁹⁹ ea.

LA COCINA TORTILLA CAPS 12 ea. \$4⁴⁹ ea.

PLANTERS PLANTER 12 ea. \$4⁴⁹ ea.

PLANTERS RAIN MIX GUINIMETTES DE RAIN 12 ea. \$6⁴⁹ ea.

SMALL TACO PUP 500 g GUACAMOLE 500 g PIED DE GALLO 500 g SMILING AWAY CUCO 230 g \$5⁹⁹ ea.

CRISPERS OR RITS & BITES SNACKS 12 ea. \$2⁹⁹ ea.

PLANTERS PLANTER 12 ea. \$4⁴⁹ ea.

WHILE QUANTITIES LAST \$14⁹⁹ ea.

YOU BRING THE CROWD. WE BRING THE PLEASERS. Click here to place an order for party planners.

7⁴⁹ ea.

5⁰⁰ ea.

Requires 48 hours notice. Order to store or online.

2⁹⁹ ea.

2⁹⁹ ea.

*Selling "advertised price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.



Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

12 | 473 ml

COLD CHILLED BEER

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml BOTTLED BEVERAGES \$27⁹⁹ ea.

STORE MADE SEASONED BEEF BURGERS WITH SELECTED VARIETIES

6⁹⁹ ea.

77¢

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES 12 ea. \$11⁹⁹ ea.

IRRESISTIBLE APPETIZERS FRESH 750-500g or 250-500g BOTTLED BEVERAGES \$2⁹⁹ ea. \$10⁰⁰

Crispe Bites-Bites Multi-Miso 12 ea. \$2⁹⁹ ea.

LA COCINA TORTILLA CAPS 12 ea. \$4⁴⁹ ea.

PLANTERS PLANTER 12 ea. \$4⁴⁹ ea.

PLANTERS RAIN MIX GUINIMETTES DE RAIN 12 ea. \$6⁴⁹ ea.

SMALL TACO PUP 500 g GUACAMOLE 500 g PIED DE GALLO 500 g SMILING AWAY CUCO 230 g \$5⁹⁹ ea.

CRISPERS OR RITS & BITES SNACKS 12 ea. \$2⁹⁹ ea.

PLANTERS PLANTER 12 ea. \$4⁴⁹ ea.

WHILE QUANTITIES LAST \$14⁹⁹ ea.

YOU BRING THE CROWD. WE BRING THE PLEASERS. Click here to place an order for party planners.

7⁴⁹ ea.

5⁰⁰ ea.

Requires 48 hours notice. Order to store or online.

2⁹⁹ ea.

2⁹⁹ ea.

*Selling "advertised price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.

Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

12 | 473 ml

COLD CHILLED BEER

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml BOTTLED BEVERAGES \$27⁹⁹ ea.

STORE MADE SEASONED BEEF BURGERS WITH SELECTED VARIETIES

6⁹⁹ lb

77¢

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES 12 Pk. \$11⁹⁹ ea.

2 for 10⁰⁰

2⁹⁹ ea.

4⁴⁹ ea.

4⁴⁹ ea.

6⁴⁹ ea.

5⁹⁹ ea.

9⁹⁹ ea.

7⁴⁹ ea.

5⁰⁰ ea.

14⁹⁹ ea.

You bring the crowd. We bring the pleasers.

Click here to place an order for party planners.

Requires 48 hours notice. Order to store or online.

44⁹⁹ ea.

64⁹⁹ ea.

64⁹⁹ ea.

*Suggested price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.

Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

12 | 473 ml

COLD CHILLED BEER

Coors LIGHT

COORS LIGHT OR ORIGINAL 12 x 473 ml BOTTLED BEVERAGES \$27⁹⁹ ea.

STORE MADE SEASONED BEEF BURGERS WITH SELECTED VARIETIES

6⁹⁹ ea.

77¢

4-Day Deal Feb. 5th-8th.

CHICKEN TENDERS OR CHICKEN BITES 12 ea. \$11⁹⁹ ea.

2 for \$10⁰⁰

Crispe Bites Bites Multi-Miso 12 ea. \$2⁹⁹ ea.

LA COCINA TORTILLA CAPS 12 ea. \$4⁴⁹ ea.

PLANTERS PLANTER 12 ea. \$4⁴⁹ ea.

PLANTERS RAIN MIX GUINIMTES DE RAIN 12 ea. \$6⁴⁹ ea.

SMALL TACO PUP 500 g \$5⁹⁹ ea.

CRISPIERS OR RITS & BITES SNACKS 12 ea. \$2⁹⁹ ea.

PLANTERS PLANTER 12 ea. \$4⁴⁹ ea.

WHOLE MARINATED ASSORTED CHARCUTERE TRAY 500 g \$14⁹⁹ ea.

THE PLAYER DIX ETHER 12 ea. \$7⁴⁹ ea.

KARL ALMA CHOCOLATE BALL 12 ea. \$7⁴⁹ ea.

FRESH 2 GO TORTILLA CHIPS 1 ea. \$5⁰⁰ ea.

You bring the crowd. We bring the pleasers. Click here to place an order for party planners.

12 ea. \$44⁹⁹

12 ea. \$64⁹⁹

12 ea. \$64⁹⁹

Pre-Game Favourites

Huddle up with a delicious starting line-up of finger foods.

4-Day Deal
Feb. 5th-8th.

11⁹⁹ ea.

CHICKEN TENDERS OR CHICKEN BITES
12 ea.

12 | 473 ml

COLD NEVER HEATED

Coors LIGHT

COORS LIGHT OR ORIGINAL™ 12 x 473 ml BOTTLED UNHEATED

27⁹⁹ ea.

STORE MADE SEASONED BEEF BURGERS
12 ea. SELECTED VARIETIES

6⁹⁹ ea.

COORS LIGHT OR ORIGINAL™ 12 x 473 ml BOTTLED UNHEATED

27⁹⁹ ea.

2⁹⁹ ea.

CRISPIERS OR RITS & BITES SNACKS
12 ea. SELECTED VARIETIES

Irresistible

IRRESISTIBLE APPETIZERS
FROZEN 750-500g
12 ea. SELECTED VARIETIES

2⁹⁹ ea.

10⁰⁰

Crispe

CRISPE FROZEN APPETIZERS
FROZEN 750-500g
12 ea. SELECTED VARIETIES

2⁹⁹ ea.

CRISPIERS OR RITS & BITES SNACKS
12 ea. SELECTED VARIETIES

2⁹⁹ ea.

CRISPIERS OR RITS & BITES SNACKS
12 ea. SELECTED VARIETIES

PLANTERS

RAISIN MIX GRANITOES DE RAISIN
FROZEN 750-500g
12 ea. SELECTED VARIETIES

4⁴⁹ ea.

PLANTERS FLAVOURED CASHWES
12 ea. SELECTED VARIETIES

4⁴⁹ ea.

PLANTERS FLAVOURED CASHWES
12 ea. SELECTED VARIETIES

PLANTERS

RAISIN MIX GRANITOES DE RAISIN
FROZEN 750-500g
12 ea. SELECTED VARIETIES

4⁴⁹ ea.

PLANTERS FLAVOURED CASHWES
12 ea. SELECTED VARIETIES

4⁴⁹ ea.

PLANTERS FLAVOURED CASHWES
12 ea. SELECTED VARIETIES

PLANTERS

RAISIN MIX GRANITOES DE RAISIN
FROZEN 750-500g
12 ea. SELECTED VARIETIES

4⁴⁹ ea.

PLANTERS FLAVOURED CASHWES
12 ea. SELECTED VARIETIES

4⁴⁹ ea.

PLANTERS FLAVOURED CASHWES
12 ea. SELECTED VARIETIES

You bring the crowd. We bring the pleasers.

Click here to place an order for party planners.

Requires 48 hours notice. Order to store or online.

*Suggested price is subject to change and includes GST and disposal fees, which are added at checkout. Actual items are available at select stores. See menu for availability.

Halftime

Happy Hour

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

12

Corona Extra

CORONA 12 x 120 ml SELECTED VARIETIES

28.49

ea.

12

Coors Original

CORONA 12 x 473 ml CAN BEER

27.99

ea.

12

BUD LIGHT

BUD LIGHT 12 x 473 ml SELECTED VARIETIES

28.49

ea.

6

LugTread

BEAUF'S LUG TREAD 6 x 473 ml SELECTED VARIETIES

17.49

ea.

6

STEAM WHISTLE PILSENER

STEAM WHISTLE 6 x 473 ml SELECTED VARIETIES

18.99

ea.

473 ml

CARLING ICE

CARLING ICE 473 ml SELECTED VARIETIES

2.49

ea.

473 ml

LAKER ICE

LAKER ICE 473 ml SELECTED VARIETIES

2.19

ea.

6

CLAMATO

SMITH'S CLAMATO ORIGINAL OR EXTRA SPICY 6 x 341 ml SELECTED VARIETIES

14.49

ea.

6

FOUNDER'S ORIGINAL COCKTAIL

FOUNDER'S ORIGINAL COCKTAIL 6 x 355 ml SELECTED VARIETIES

22.49

ea.

6

VOOKA SODA

VOOKA SODA 6 x 355 ml SELECTED VARIETIES

4.99

ea.

4

BUSCH BULLET

BUSCH BULLET 4 x 333 ml SELECTED VARIETIES

4.99

ea.

18

COTTAGE SPRINGS WEEKENDER

COTTAGE SPRINGS WEEKENDER 18 x 355 ml SELECTED VARIETIES

18.99

ea.

4

Molson Cold Shots

Molson Cold Shots 4 x 227 ml SELECTED VARIETIES

4.99

ea.

9.99

SHRIMP PLATTER

SHRIMP PLATTER 9.99 ea. 100g

11.99

PIZZA

PIZZA 11.99 ea. 100g

3.49

SAPPORO

SAPPORO 3.49 ea. 100g

4-Day Deal Feb. 5th-8th

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

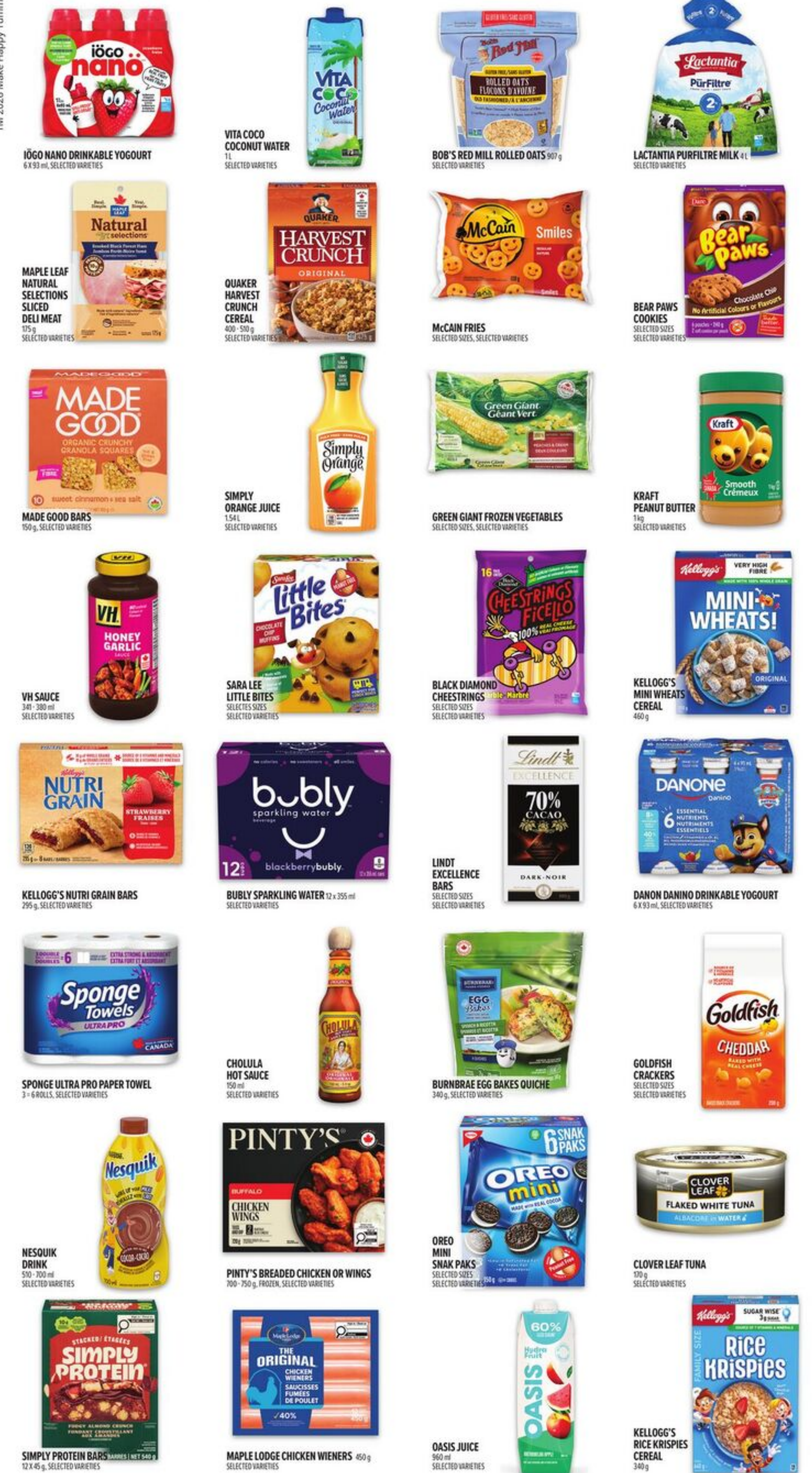
**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11.99
ea.

TM & ©2026 Make Happy Tummies



metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

*Lunar
New Year*



FLAVOURS OF

Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

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

12⁹⁹ ea.

BRAN'S BEST GHEE 800g

13⁹⁹ ea.

KEBAB FACTORY CHICKEN KEBABS OR LEE PRECIS 1000g, 1.5kg - 1.5kg

8⁹⁹ ea.

EGGLESS CAKE WHITE OR CHOCOLATE 900g

19⁹⁹ ea.

SUNNY FRUIT ORGANIC DRIED MANGO 10.5oz DRIED DATES 1.13kg

12⁹⁹ ea.

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

4⁹⁹ ea.

DIVYA OKRA 75g SELECTED VARIETIES

99¢ ea.

CASABLANCA HONEY, 100% PURE, 2.25L SELECTED VARIETIES

6⁹⁹ ea.

FROZEN WHOLE GOLDEN POMPANO FROZEN, 800g

8⁹⁹ ea.

ROYAL DELIGHT SAMOSAS, MANGO SLICES OR DES LUXURIOUS ENTREES 250g, 300g, 400g SELECTED VARIETIES

3⁴⁹ ea.

CEYLAN DRY BRAN, BARLEY, BURGOL OR SEMOLINA 900g SELECTED VARIETIES

2⁹⁹ ea.

LADZEE SPRING ROLLS OR SAMOSAS 400g, 500g SELECTED VARIETIES

3²⁹ ea.

ALKANETER OR CEDAR TAHINI OR PHOENIX CREAM OR HONEY 500g, 500g, 500g SELECTED VARIETIES

8⁹⁹ ea.

INDIANE 5 x 1.5g SELECTED VARIETIES

3⁴⁸ ea.

DIVYA ENTREES 250g, 375g SELECTED VARIETIES

1⁷⁹ ea.

PABE RUSK OR NATIONAL CUSTARD 275g, 300g SELECTED VARIETIES

1⁷⁹ ea.

SURATI FROZEN VEGETABLES 300g SELECTED VARIETIES

1⁷⁹ ea.

MOOR DATES OR SHEERON JUICE 800g, 9.2L SELECTED VARIETIES

4⁹⁹ ea.

CEYLAN KATIFI OR PHOENIX PASTE BROWN, OR OR SPINACH OR SHOOTER PINE LEAVES 275g, 300g SELECTED VARIETIES

2⁹⁹ ea.

SURATI SNACKS, BURGOL OR SHEERON DRINKS 200g, 250g SELECTED VARIETIES

2⁴⁹ ea.

BEST MANGO, DIVYA MANGO PINEAPPLE OR MORDOR KASHITA CREAM 1L, 1.5L, 1.5L SELECTED VARIETIES

3²⁹ ea.

CEYLAN MARIANES, CUCUMBERS OR GRAPE LEAVES 1L SELECTED VARIETIES

4⁹⁹ ea.

Item availability varies by store.

Seafood



13⁹⁹
/lb

FRESH ATLANTIC SALMON FILLETS
Wt. 1000, 1500, 2500g



SUPREME FAMILY PACK SUSHI
100 PCS
\$29.99 (REG. \$49.99)

18⁰⁰
ea.



SELECTION OF INVENTION CRAB FLAKES OR STICKS 50g

3⁹⁹
ea.



LA BOUCANERIE SMOKED & STEAMED SALMON
100g

7⁹⁹
ea.



LOUIS KEMP SEA LESS SHRIMP
100g
Cooking

7⁹⁹
/lb



TRUE NORTH MAPLE & BBQ ATLANTIC SALMON STEAKS
FRESH, 15.50g

15⁹⁹
/lb



MARINA DEL REY RADOLI
CROQUETTES OF CRAB & CHEDDAR
200g

7⁹⁹
ea.



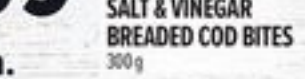
OCEAN JEWEL WHOLE TROUT
FRESH, 15.50g

12⁵⁰
pounds



CEDAR BAY CANDORIAN CORSTERA
RASC & CHEESE
FRESH, 15.50g

9⁹⁹
ea.



DON'T GET IT VINEGAR BREADED CRAB BITES
200g

7⁹⁹
ea.

OCEAN JEWEL WHOLE TROUT
FRESH, 15.50g

12⁵⁰
pounds

DON'T GET IT VINEGAR BREADED CRAB BITES
200g

7⁹⁹
ea.

OCEAN JEWEL WHOLE TROUT
FRESH, 15.50g

12⁵⁰
pounds

DON'T GET IT VINEGAR BREADED CRAB BITES
200g

7⁹⁹
ea.

Four boxes of Irresistible frozen appetizers are displayed. Each box features the 'Irresistible' logo and a 'New' starburst. The products and their prices are:

- Irresistible CRISP CALAMARI**: 6.99 ea.
- Irresistible COCONUT SHRIMP**: 10.99 ea.
- Irresistible HERB-FLECKED BAY BUTTERFLY SHRIMP**: 10.99 ea.
- Irresistible MEDITERRANEAN CRISP CALAMARI**: 10.99 ea.

 SELECTION CREAM 100g SELECTED VARIETIES NOW \$3.99	 Coffee & Cream 100g IRRESISTIBLE GROUND COFFEE SELECTED VARIETIES NOW \$10.99	 CREAM CHEESE FROMAGE À CRÈME 250g SELECTION CREAM CHEESE SELECTED VARIETIES NOW \$3.49	 CHOCO DELICE 100g SELECTION CHOCOLATE SELECTED VARIETIES NOW \$2.49
 SELECTION JAM 250g SELECTED VARIETIES NOW \$4.99	 SMOOTH 250g SELECTION PEANUT BUTTER SELECTED VARIETIES NOW \$4.99	 APPLE 100g SELECTION APPLE SAUCE SELECTED VARIETIES NOW \$2.99	 Buttermilk Smoothie 100g SELECTION CHOCOLATE SELECTED VARIETIES NOW \$2.49
 SELECTION PEANUT BUTTER 250g SELECTED VARIETIES NOW \$4.99	 PASTA FIESTA 500g SELECTION PASTA SELECTED VARIETIES NOW \$3.49	 PASTA PRIMAVERA 500g SELECTION PASTA SELECTED VARIETIES NOW \$3.49	 MILD SAUCE 250g SELECTION MILD SAUCE SELECTED VARIETIES NOW \$4.99
 SELECTION OR IRRESISTIBLE SPARKLING WATER 500ml SELECTED VARIETIES NOW \$9.99	 mac & CHEESE 250g SELECTION MAC & CHEESE SELECTED VARIETIES NOW \$1.25	 PASTA SAUCE 250g SELECTION PASTA SAUCE SELECTED VARIETIES NOW \$3.99	 DICED TOMATOES 400g SELECTION DICED TOMATOES SELECTED VARIETIES NOW \$1.79

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New Lower Prices

7⁰⁰
ea.

7⁹⁹
ea.

11⁹⁹
ea.

9⁹⁹
ea.

6⁴⁹
ea.

9⁹⁹
ea.

2⁴⁹
ea.

4⁹⁹
ea.

6⁹⁹
ea.

2⁹⁹
ea.

2⁹⁹
ea.

4⁹⁹
ea.

2⁹⁹
ea.

4⁹⁹
ea.

6⁹⁹
ea.

5⁹⁹
ea.

3⁴⁹
ea.

1⁹⁹
ea.

30% off

6⁹⁹
ea.

125
5⁹⁹
ea.

125
2²²
ea.

125
5⁹⁹
ea.

125
2²²
ea.

We reserve the right to limit quantities.
DISCOUNTS TAKE PRECEDENCE OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We reserve the right to limit quantities.
DISCOUNTS TAKE PRECEDENCE OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **micro.co**
or at **micro.co**
to see all the products and prices that are available in your store.

Visit us at **micro.co**
or at **micro.co**
to see all the products and prices that are available in your store.

JAMIESON
VITAMIN C 1000
1000 mg
SUPPORTS IMMUNITY

7.99
ea.

JAMIESON
VITAMIN D 1000IU
1000 IU
SUPPORTS BONE HEALTH

8.99
ea.

WEBBER NATURALS
Melatonin
10 mg
SLEEP SUPPORT

14.99
ea.

WEBBER NATURALS
Calcium
1000 mg
BONE HEALTH

9.99
ea.

Ricola
COUGH SYRUP
SUPPORTS RESPIRATORY HEALTH

3.99
ea.

TYLENOL
COLD
PAIN RELIEF
COLD MEDICATION

8.99
ea.

BENLYLIN
Cough & Cold Syrup
SUPPORTS RESPIRATORY HEALTH

10.99
ea.

Buckley's
COMPLETE
COLD MEDICATION

13.99
ea.

GRAVOL
SUPPORTS GASTROINTESTINAL HEALTH

7.99
ea.

KALERI
ANALGESIC CREAM
PAIN RELIEF

14.99
ea.

TUMS
ANTACID
SUPPORTS DIGESTIVE HEALTH

5.99
ea.

Restoran
LAXATIVE
SUPPORTS DIGESTIVE HEALTH

29.99
ea.

Ensure
MEAL REPLACEMENT
SUPPORTS NUTRITIONAL NEEDS

12.99
ea.

Glucerna
MEAL SUBSTITUTE
SUPPORTS DIGESTIVE HEALTH

12.99
ea.

CELLUCOR C4
ULTIMATE
PERFORMANCE SUPPLEMENT

26.99
ea.

VEGA
PROTEIN
SUPPORTS MUSCLE HEALTH

28.99
ea.

FIRST RESPONSE
PREGNANCY TEST
SUPPORTS REPRODUCTIVE HEALTH

12.99
ea.

TROJAN
BARESKIN
CONDOMS
SUPPORTS SEXUAL HEALTH

11.99
ea.

OVRY
PREGNANCY AND CONCEPTION SUPPORT
SUPPORTS REPRODUCTIVE HEALTH

20% off

NATURE'S BOUNTY
PRENATAL COMPLETE
SUPPORTS PREGNANCY HEALTH

13.99
ea.

DUREX
LOVEISLAX
CONDOMS
SUPPORTS SEXUAL HEALTH

11.99
ea.

Advil
Arthritis Pain
PAIN RELIEF

15.99
ea.

Advil
Men's Care
PAIN RELIEF

15.99
ea.

Advil
Floor Care
PAIN RELIEF

15.99
ea.

PRICES ARE IN EFFECT UNTIL WEDNESDAY MARCH 4TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca/ pharmacy



Baby Care



ONCE UPON A FARM
BABY FOOD POUCHES
SELECTED VARIETIES

3⁹⁹
ea.



ONCE UPON A FARM
BABY FOOD POUCHES
SELECTED VARIETIES

3⁹⁹
ea.



ONCE UPON A FARM
BABY FOOD POUCHES
SELECTED VARIETIES

3⁹⁹
ea.



ONCE UPON A FARM
BABY FOOD POUCHES
SELECTED VARIETIES

3⁹⁹
ea.



LIVE CLEAN
BABY CARE
BABY WIPES
SELECTED VARIETIES

6⁹⁹
ea.



LIVE CLEAN
BABY CARE
BABY WIPES
SELECTED VARIETIES

6⁹⁹
ea.



LIVE CLEAN
BABY CARE
BABY WIPES
SELECTED VARIETIES

6⁹⁹
ea.

Endless Variety, Crafted with Love:
Baby Gourmet Goodness



1⁹⁹
ea.



5⁹⁹
ea.



5⁹⁹
ea.



3⁹⁹
ea.

Health & Beauty



CREST 3D WHITE
MOUTHWASH
SELECTED VARIETIES

11⁴⁹
ea.



ORAL-B
TOOTHBRUSH
BATTERY

11⁹⁹
ea.



BLISTEX
LIP BALM
SELECTED VARIETIES

3⁹⁹
ea.



NIVEA
FACE CARE
SELECTED VARIETIES

10⁹⁹
ea.



ST IVES
BODY LOTION
SELECTED VARIETIES

7⁴⁹
ea.



LIVE CLEAN
BODY LOTION
SELECTED VARIETIES

9⁹⁹
ea.



JERGENS
MOISTURIZING LOTION
SELECTED VARIETIES

11⁹⁹
ea.



GLYSOMED
HAND CREAM
100ml

7⁹⁹
ea.



DEGREE
DEODORANT
SELECTED VARIETIES

4⁴⁹
ea.



SECRET
DEODORANT
SELECTED VARIETIES

7⁹⁹
ea.



GILLETTE
SHAVING GEL
SELECTED VARIETIES

6⁹⁹
ea.



SCHICK
RAZOR
SELECTED VARIETIES

14⁹⁹
ea.



LIVE CLEAN
BABY CARE
SELECTED VARIETIES

7⁹⁹
ea.



OGX
STYLING PRODUCT
SELECTED VARIETIES

9⁴⁹
ea.



OGX
STYLING PRODUCT
SELECTED VARIETIES

9⁹⁹
ea.



OGX
STYLING PRODUCT
SELECTED VARIETIES

9⁹⁹
ea.



OGX
STYLING PRODUCT
SELECTED VARIETIES

9⁹⁹
ea.



DOVE MEN-CARE
BODY WASH
SELECTED VARIETIES

8⁹⁹
ea.



OGX
BODY WASH
SELECTED VARIETIES

8⁹⁹
ea.



ATHENA CLUB
BODY WASH
SELECTED VARIETIES

12⁹⁹
ea.



BATISTE
DRY SHAMPOO
SELECTED VARIETIES

10⁹⁹
ea.



CAPRINA
BABY SOAP
SELECTED VARIETIES

5⁹⁹
ea.

TAMPAX
SANITARY NAPKINS
SELECTED VARIETIES

12⁹⁹
ea.

ALWAYS
DISCREET
SANITARY NAPKINS
SELECTED VARIETIES

12⁹⁹
ea.

ALWAYS
DISCREET
SANITARY NAPKINS
SELECTED VARIETIES

19⁹⁹
ea.

TASTE OF SUPER BOWL

LAJOY'S POTATO CHIPS
SELECTED SIZES
\$2.99 ea.

PEPPERONI
SELECTED SIZES
\$4.49 ea.

Mrs. Vick's
ORIGINAL RECIPE
RISOTTO ITALIANO
SELECTED SIZES
\$4.49 ea.

bubbly
BUBBLY SPARKLING WATER 12 x 350ml
\$2.99 ea.

Montellier
MONTPELLIER SPARKLING WATER 10 x 350ml
\$14.00 ea.

Smartfood
SMARTFOOD POPCORN
SELECTED SIZES
\$125 ea.

Smartfood
WHITE CHEDDAR
\$5.49 ea.

Smartfood
WHITE CHEDDAR
\$5.49 ea.

HELLMANN'S
THE ULTIMATE GAME DAY LINEUP

HELLMANN'S MAYONNAISE
SELECTED SIZES
\$4.49 ea.

PRINGLES
PRINGLES CRISPS
SELECTED SIZES
\$2.99 ea.

CLAMATO
Bring on the Flavour

MOTT'S CLAMATO THE ORIGINAL ITALIAN SELECTED VARIETIES
\$3.49 ea.

Nando's
NANDO'S HOT SAUCE
750 ml
\$6.99 ea.

TABASCO
TABASCO HOT SAUCE
750 ml
\$5.99 ea.

Dr. Oetker
suprema
NEW

GIUSEPPE
GIUSEPPE STUFFED CRUST PIZZA
SELECTED SIZES
\$7.99 ea.

GIUSEPPE
GIUSEPPE THIN AND BOILING SAUCE OR RIP'D SAUCE PIZZA
SELECTED SIZES
\$7.49 ea.

GIUSEPPE
GIUSEPPE EAST PIZZA
SELECTED SIZES
\$7.49 ea.

Natrell
NATRELL COFFEE CREAMER
SELECTED VARIETIES
\$6.99 ea.

Natrell
NATRELL LACTOSE-FREE MILK
2 L
\$6.49 ea.

Celebrate World's Best Day

LCBO
LCBO
LCBO

nutella
NUTELLA HAZELNUT SPREAD 750g
\$8.99 ea.

GAME DAY READY

Buy a \$100 LCBO gift card and get a **FREE \$15 Metro gift card**
Offer valid February 5 - 11, 2026

TEAM CANADA

QUEST FOR GOLD
\$250,000
\$250,000

SAVE \$4*

when you buy any 3 Carlton cards
with gifting card coupon