

More freshness,
more savings.

mmMAZING!

days



FRESH

3⁹⁹
/lb



GRAIN FED

18⁸⁸
/lb



3⁹⁹
ea.



3⁹⁹
ea.



JUMBO

2⁹⁹
/lb



2⁹⁹
ea.



2⁹⁹
ea.



3⁹⁹
ea.



99¢
ea.



99¢
ea.



1L

7⁹⁸
ea.



3⁹⁹
ea.



3⁹⁹
ea.



4⁴⁴
ea.



4⁹⁹
ea.



4⁹⁹
ea.



2⁷⁹
ea.



2⁷⁹
ea.



2⁷⁹
ea.

Effective February

TH

FR

SA

SU

MO

TU

W

2026

my savings

my metro

PRE-BOOK FOR
VALENTINE'S DAY
NOW!

\$2
back in
points*

250
points

27⁹⁹
ea.

mmMAZING!
days



NEW

RITZ
Drizzled minis
Fudge



OREO
CAKESTERS
NEW



OREO
COOKIES



triscuit
ORIGINAL



RITZ
CRACKERS

4⁹⁹
ea.

CHRISTIE FAMILY SIZE COOKIES, BITZ DRIZZLED CRACKERS OR OREO CAKESTERS

3⁹⁹
ea.

CHRISTIE COOKIES

2⁹⁹
ea.

CHRISTIE CRACKERS



Twizzlers
TWISTS & TORSADES



Twizzlers
twists torsades



Reese's
minis



Reese's
BAR



Reese's
BIG CUP



Reese's
BAR

2⁹⁹
ea.

TWIZZLERS CANDY

4⁹⁹
ea.

HERSHEY'S CHOCOLATES

5⁴⁹
ea.

HERSHEY'S MULTI CHOCOLATE BARS

2⁹⁹
ea.

HERSHEY CHOCOLATE BAR

1⁹⁹
ea.

HERSHEY CHOCOLATE BARS



Becel
Original



Becel
Olive Oil



IMPERIAL
BUTTER



Imperial
BUTTER

8⁴⁹
ea.

BECEL MARGARINE

5⁹⁹
ea.

IMPERIAL OR LIGHT BUTTER, BUT NOT BUTTER WITH BUTTER

125
points

5⁹⁹
ea.

THE STELLE MASCARPONE CHEESE

125
points

7⁹⁹
ea.

THE STELLE TRADITIONAL FETA

250
points

9⁹⁹
ea.

THE STELLE MASCARPONE CHEESE

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

mmMAZING! days

Johnsonville

5⁹⁹ ea.

5⁹⁹ ea.

4⁹⁹ ea.

Johnsonville
HOT ITALIAN SAUSAGES
SAUSAGES SAUSAGES SAUSAGES
500 g

Johnsonville
MILD ITALIAN SAUSAGES
SAUSAGES SAUSAGES SAUSAGES
500 g

Johnsonville
BREAKFAST SAUSAGES
SAUSAGES SAUSAGES SAUSAGES
500 g

Johnsonville
POULTRY
SAUSAGES SAUSAGES SAUSAGES
175 g

Johnsonville
CHICKEN CUTLETS
SAUSAGES SAUSAGES SAUSAGES
175 g

Summer Fresh

3⁹⁹ ea.

9⁹⁹ ea.

2⁹⁹ ea.

7⁴⁹ ea.

4⁴⁹ ea.

Summer Fresh
Tzatziki
Tzatziki Tzatziki Tzatziki
250 g

Summer Fresh
Salsa
Salsa Salsa Salsa
250 g

Summer Fresh
Hummus
Hummus Hummus Hummus
250 g

Summer Fresh
Hummus
Hummus Hummus Hummus
250 g

Summer Fresh
Salsa
Salsa Salsa Salsa
250 g

Summer Fresh
Salads
Salads Salads Salads
250 g

Irresistible

4⁹⁹ ea.

1⁹⁹ ea.

3⁹⁹ ea.

Irresistible
MINI MUFFINS
MINI MUFFINS MINI MUFFINS
250 g

Irresistible
CARROT
CARROT CARROT CARROT
250 g

Irresistible
MUFFINS
MUFFINS MUFFINS MUFFINS
250 g

Santosh
NAN
NAN NAN NAN
250 g

Stonefire
PIZZA CRUST
PIZZA CRUST PIZZA CRUST
250 g

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 PRICE APPLES PRODUCT OF CANADA 1.50kg	3.99 ea. BLACKBERRIES PRODUCT OF MEXICO	4.99 ea. GREENHOUSE STRAWBERRIES 34g PRODUCT OF CANADA 1.50kg	2.49 ea. YELLOW WONDER ASSORTED CUCUMBER CARROT PRODUCT OF CANADA 1.50kg
4.99 ea. LARGE CANTALOUPE OR MINI SEEDLESS WATERMELONS PRODUCT OF SPAIN	2.99 /lb LARGE CARA CARA ORANGES PRODUCT OF U.S.A. 1.50kg	1.99 /lb SWEET POTATOES PRODUCT OF SPAIN 1.50kg	4.49 ATTITUDE LETTUCE PRODUCT OF CANADA 1.50kg
JUMBO 5.99 /lb JUMBO CHERRIES PRODUCT OF CANADA 1.25kg	4.99 ea. MEYER LEMONS 1 1/2 PRODUCT OF U.S.A.	3.49 ea. SOUL GARDEN SALAD CUCUMBER, CARROT, CELERIAC PRODUCT OF U.S.A. 1.50kg	3.79 ea. BELLE GROVE MUSHROOMS OYSTERS & BUTTER PRODUCT OF CANADA

3.99
ea.

ORGANIC CARROTS 10
PRODUCT OF CANADA/PAKISTAN
ORGANIC YELLOW ONIONS 10
PRODUCT OF MEXICO

5.99
ea.

**ORGANIC ROASTED OR
YELLOW FLESH POTATOES** 10
PRODUCT OF CANADA/ARGENTINA/PERU

4.99
ea.

ORGANIC LEMON LITTA BIOLOGIQUE 10
PRODUCT OF CANADA/ARGENTINA/PERU

7.99
ea.

ORGANIC MEDJOOL DATES 200g

14.99
ea.

**ORGANIC
FRESH CUT CILANTRO** 100g
PRODUCT OF CANADA

39.99
ea.

AEONIA FASCIATA BROMELIAD 10" P

16.99
ea.

FRESH CUT TULIPS 10
PRODUCT OF CANADA/ARGENTINA/PERU

29.99
ea.

AEONIA ORCHIDS 10" P

3.99
ea.

ORGANIC CARROTS 10
PRODUCT OF CANADA/PAKISTAN
ORGANIC YELLOW ONIONS 10
PRODUCT OF MEXICO

5.99
ea.

**ORGANIC ROASTED OR
YELLOW FLESH POTATOES** 10
PRODUCT OF CANADA/ARGENTINA

4.99
ea.

ORGANIC LEMON LITTA BIOLOGIQUE
ORGANIC LEMONS 4.5L
PRODUCT OF CANADA/ARGENTINA
COLD OR SOUTH AFRICA

7.99
ea.

ORGANIC MEDJOL DATES 200g

14.99
ea.

ORGANIC FRESH CUT TILAPIA 10
PRODUCT OF CANADA

39.99
ea.

ACONITA FASCIOLA BROMELIAD 9" P

16.99
ea.

FRESH CUT TILAPIA 10
PRODUCT OF CANADA/ARGENTINA

29.99
ea.

ORGANIC ORCHIDS 10
PRODUCT OF CANADA

4.99

ea.

AVOCADOS
PRODUCE BY MEXICO

12.99

ea.

FRESH VEGETABLE CARROLES 10 lbs.
FRESH POTATO CARROLES 10 lbs.
BERRY AUNT TOTS ¹⁰/₁₀
PUMPKIN PATCHES ¹⁰/₁₀
PUMPKIN PATCHES TRAY WITH DOP ¹⁰/₁₀

4.99

ea.

KUMATO
TOMATOES 10 lbs.
PRODUCE BY CALIFORNIA MEXICO

4.99

ea.

KUMATO
TOMATOES 10 lbs.
PRODUCE BY CALIFORNIA MEXICO

5.99

ea.

WONDERFUL
IN SHELL
PISTACHIOS 10 lbs.

4.99

ea.

WON'T BE BITTER
PISTACHIOS 10 lbs.

3.99

ea.

RUSSET
POTATOES 10 lbs.
PRODUCE BY CALIFORNIA MEXICO

3.99

1/b

HOT JALAPEÑOS
PER POUND
WEIGHTED
6.80/kg

3.99

ea.

RUSSET
POTATOES 10 lbs.
PRODUCE BY CALIFORNIA MEXICO

5.99

ea.

REMIX
DESSERTS
10 lbs.

5.99

ea.

RANCHO
CREAM
10 lbs.

4.99

ea.

LIFESAVER
VEGETABLE BITES
10 lbs.

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

FRESH SMOKED NATURAL
GRASS FED STRIP LOIN STEAK
46.22/lb

PRIME

5⁹⁹
/lb

NATURAL LEAF PRIME
BAGED WITHOUT ANTIBIOTICS
FRESH CHICKEN BREASTS OR THIGHS
12.21/lb

Maple Leaf Prime

7⁹⁹
/lb

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

STRUB'S PICKLED EGGS
599 ea.

CUCHINI MINI BURGER
699 ea.

MAMA YOLANDA'S CHICKEN AND BEANS
788 ea.

MONTANAS CHICKEN AND VEGETABLES IN SALSA
899 ea.

BUTTERBALL TURKEY BURGERS
1099 ea.

THE KEG PRIME RIB BEEF BURGERS
1999 ea.

MAMA YOLANDA'S LAGANARO
2299 ea.

MARC CANGELLO LAMB SPIEDINI
3999 ea.

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Halftime

Happy Hour

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

12

Corona Extra

CORONA 12 x 12oz 355ml SELECTED VARIETIES

28.49

ea.

12

Coors Original

CORONA 12 x 12oz 355ml SELECTED VARIETIES

27.99

ea.

12

BUD LIGHT

A CLEAN, CRISP TASTE THAT'S EASY TO ENJOY

28.49

ea.

6

LugTread

BEAUFORT LUGTREAD 6 x 12oz 355ml SELECTED VARIETIES

17.49

ea.

6

STEAM WHISTLE PILSENER

STEAM WHISTLE 6 x 12oz 355ml SELECTED VARIETIES

18.99

ea.

473 ml

CARLING ICE

CARLING ICE 473 ml

2.49

ea.

473 ml

LAKER ICE

LAKER ICE 473 ml

2.19

ea.

6

CLAMATO

SMITH'S CLAMATO ORIGINAL OR EXTRA SPICY 6 x 12oz 355ml SELECTED VARIETIES

14.49

ea.

6

FOUNDER'S ORIGINAL COCKTAIL

FOUNDER'S ORIGINAL COCKTAIL 6 x 12oz 355ml SELECTED VARIETIES

22.49

ea.

4

VOOKA SODA

VOOKA SODA 4 x 12oz 355ml SELECTED VARIETIES

18.99

ea.

4

COTTAGE SPRINGS WEEKENDER

COTTAGE SPRINGS WEEKENDER 4 x 12oz 355ml SELECTED VARIETIES

18.99

ea.

4

BUSCH BULLET

BUSCH BULLET 4 x 12oz 355ml SELECTED VARIETIES

4.99

ea.

4

Molson Cold Shots

MOLSON COLD SHOTS 4 x 12oz 355ml SELECTED VARIETIES

4.99

ea.

9.99

SHRIMP PLATTER

SHRIMP PLATTER 9.99

11.99

PIZZA

PIZZA 11.99

3.49

SAPPORO

SAPPORO 3.49

4-Day Deal Feb. 5th-8th



ioco nano
DRINKABLE YOGURT
6.5 FL OZ, SELECTED VARIETIES



VITA COCO
COCONUT WATER
500 ML, SELECTED VARIETIES



BOB'S RED MILL ROLLED OATS
5 LBS, SELECTED VARIETIES



LACTANTIA PURELIFE MILK
1 L, SELECTED VARIETIES



MAPLE LEAF
NATURAL SELECTIONS
SLICED DELI MEAT
SELECTED VARIETIES



HARVEST CRUNCH
CEREAL
500 G, SELECTED VARIETIES



McCain FRIES
SELECTED VARI, SELECTED VARIETIES



BEAR PAWS
COOKIES
SELECTED VARI, SELECTED VARIETIES



MADE GOOD
BARS
100 G, SELECTED VARIETIES



SIMPLY ORANGE JUICE
1 L, SELECTED VARIETIES



GREEN GIANT FROZEN VEGETABLES
SELECTED VARI, SELECTED VARIETIES



KRAFT PEANUT BUTTER
100 G, SELECTED VARIETIES



VH HONEY CAKES
200 G, SELECTED VARIETIES



SARA LEE LITTLE BITES
SELECTED VARI, SELECTED VARIETIES



BLACK DIAMOND CHEESECAKE
MINI WHEATS
SELECTED VARI, SELECTED VARIETIES



KELLOGG'S MINI WHEATS
CEREAL
100 G, SELECTED VARIETIES



NUTRI GRAIN
BARS
200 G, SELECTED VARIETIES



bubly sparkling water
12 12 FL OZ, SELECTED VARIETIES



LINDT EXCELLENCE BARS
SELECTED VARI, SELECTED VARIETIES



DANONE DANINI DRINKABLE YOGURT
6.5 FL OZ, SELECTED VARIETIES



Sponge Towels
3 ROLL, SELECTED VARIETIES



CHOCULA HOT SAUCE
500 ML, SELECTED VARIETIES



BURNBRAE EGG BAKES QUICHE
200 G, SELECTED VARIETIES



GOLDFISH CRACKERS
SELECTED VARI, SELECTED VARIETIES



NESQUIK DRINK
100 ML, SELECTED VARIETIES



PINTY'S BREADED CHICKEN OR WINGS
200 G, SELECTED VARI, SELECTED VARIETIES



OREO MINI SNACK PACKS
SELECTED VARI, SELECTED VARIETIES



CLOVER LEAF TUNA
100 G, SELECTED VARIETIES



SIMPLY PROTEIN BARS
100 G, SELECTED VARIETIES



MAPLE LOOSE CHICKEN WIENERS
400 G, SELECTED VARIETIES



OASIS JUICE
SELECTED VARIETIES



KELLOGG'S RICE KRISPIES CEREAL
100 G, SELECTED VARIETIES

Donation Match Days

January 31 and February 7

We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative total of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

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

*Lunar
New Year*

CELEBRATE THE YEAR OF THE HORSE



15⁸⁸



999



249



19.99 ea. **FRONT STREET BAKER**
MANGO CREAM
BAR CAKE
625 g



16⁹⁹ ea. **GERBERA BOUQUET**
ASSORTED COLORS



129
ea.



9



39



399



169 WING'S SALAD
NOODLES OR COOKIES,
Y&Y SEAWEE
OR NONGSHIM SNACKS
45 - 150 g, 3 x 5 g



4



2.99
LUCKY KOI
SRIRACHA, OYSTER
OR HOISIN SAUCE
400 - 500 ml
COLD CUP, VARIETY



799
ea.



21



1
availability varies by site



26⁹⁹ ea. **BRITA**
WATER PITCHER
1 LIT.
SELECTED VARIETIES

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 PRECUT 1000g, 100g x 10g

8⁹⁹ ea.

EGGLESS CAKE WHITE OR CHOCOLATE 900g

19⁹⁹ ea.

SUNNY FRUIT ORGANIC DRIED MANGO 10.4g 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% TIS AGAR PREMIUM OR GOLD 14g, 50g, 2.25kg SELECTED VARIETIES

6⁹⁹ ea.

FROZEN WHOLE GOLDEN POMMADO FROZEN, 800g

8⁹⁹ ea.

ROYAL DELIGHT SAMOSAS, MANGO SLICES OR DES LUXURIOUS ENTREES 285, 285g, 285g SELECTED VARIETIES

3⁴⁹ ea.

CEEDAR DRY BEANS, BARLEY, BURGOL OR SEMOLINA 907g SELECTED VARIETIES

2⁹⁹ ea.

LADZEE SPRING ROLLS OR SAMOSAS 406g, 406g SELECTED VARIETIES

3²⁹ ea.

AL-KHAMEET OR CEDAR TAHINI OR PHOENIX CREAM OR HONEY 500, 500g, 500g SELECTED VARIETIES

8⁹⁹ ea.

INDIANE 5 x 8.5 SELECTED VARIETIES

3⁴⁸ ea.

DIVYA ENTREES 285, 285g SELECTED VARIETIES

1⁷⁹ ea.

PABE RUSK OR NATIONAL CUSTARD 277, 200g SELECTED VARIETIES

1⁷⁹ ea.

SURATI FROZEN VEGETABLES 300g SELECTED VARIETIES

1⁷⁹ ea.

MOOR DATES OR SHEERON JUICE 800, 9.2L SELECTED VARIETIES

4⁹⁹ ea.

CEEDAR KATAIFI OR PHILLO PASTA BURGOL, OKRA OR SPINACH OR SHARIF FINE LEAVES 270, 750g SELECTED VARIETIES

2⁹⁹ ea.

SURATI SNACKS, BURGOL OR SHEERON DRINKS 200, 100g SELECTED VARIETIES

2⁴⁹ ea.

BEST MANGO, DIVYA MANGO PIP, OR MORDEX KASHTA CHEAM 10, 100g, 100g SELECTED VARIETIES

3²⁹ ea.

CEEDAR MARIJANES, CUCUMBERS OR GRAPE LEAVES 1L SELECTED VARIETIES

4⁹⁹ ea.

218

Item availability varies by store.

Seafood



13⁹⁹

/lb

FRESH ATLANTIC SALMON FILLETS
WILD-CAUGHT, 100% PURE, 1.5 lb (3.30 kg)



18⁰⁰

ea.

SUPREME FAMILY PACK SUSHI
40 PCS
SELECTED VARIETIES



3⁹⁹

ea.

SELECTION CRAB PLAKES OR STICKS
125g



7⁹⁹

ea.

LA BOUCANERIE SMOKED STEELHEAD SALMON
200g



7⁹⁹

/lb

LOUIS KEMP SEA LEGS SALMON
1.75 lb (0.79 kg)



15⁹⁹

/lb

TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS
FRESH, 1.5 lb (0.68 kg)



7⁹⁹

ea.

MARINA DEL REY BAYOU CHICKEN & CORN
200g



7⁹⁹

ea.

DORITOS DE LA ABUELA QUESO PASA
200g



9⁹⁹

ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FRESH, 1.5 lb (0.68 kg)



125

pieces

OCEAN JEWEL WHOLE NORTHWEST ALASKAN SEA BASS
FRESH, 1.5 lb (0.68 kg)



13⁹⁹

ea.

TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS
FRESH, 1.5 lb (0.68 kg)

Irresistible



6⁹⁹

ea.

IRRESISTIBLE CRISPY CALAMARI
FRESH, 200g



10⁹⁹

ea.

IRRESISTIBLE HERB GARLIC & LEMON BUTTER SHRIMP
FRESH, 200g



10⁹⁹

ea.

IRRESISTIBLE HONEY BBQ & MUSTARD SHRIMP
FRESH, 200g



10⁹⁹

ea.

IRRESISTIBLE MARYLAND STYLE CRAB CAKES
FRESH, 200g

Low Price Every Day



3⁹⁹

ea.

SELECTION CREAM
400ml



10⁹⁹

ea.

IRRESISTIBLES GROUND COFFEE
250g



3⁴⁹

ea.

SELECTION CREAM CHEESE
250g



2⁴⁹

ea.

CHOCO DELISHIOUS CHERRY BARS
SELECTED VARIETIES



4⁹⁹

ea.

SELECTION JAM
250g



4⁹⁹

ea.

SELECTION PEANUT BUTTER
250g



2⁹⁹

ea.

LIFE SMART FRUIT SNACK
200g



2⁴⁹

ea.

SELECTION PUDDING CUP
400ml



4⁹⁹

ea.

SELECTION PEANUTS
200g



3⁴⁹

ea.

SELECTION SNACKS
200g



3⁴⁹

ea.

LIFE SMART TORTILLA CHIPS
200g



4⁴⁹

ea.

SELECTION SALSA
200g



99¢

ea.

SELECTION OR IRRESISTIBLE SPARKLING WATER
500ml



1²⁵

ea.

SELECTION MAC & CHEESE
200g



3⁹⁹

ea.

SELECTION PESTO SAUCE
200g



1⁷⁹

ea.

SELECTION DICED TOMATOES
400g

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

\$ New Lower Prices

7⁰⁰ ea. VILLAGE ITALIAN STYLE BREADS, BUNS, PITA AND GARLIC BREADS, BREAD STICKS, GARLIC WINGS OR KING'S HAMBUR ROLLS 100% WHOLE WHEAT OR 100% RYE	7⁹⁹ ea. WOODFRIES PACIFIC WHITE GRUYERE BUNS WATERVIEW MARKET SHRIMP & LANCE 50g/100g	11⁹⁹ ea. HIGH LINER SIGNATURE, PAN SEAR OR CATCH OF THE DAY FILLETS 500g/100g
11⁹⁹ ea. MUSIC ANGELS KARAOES PORK OR CHICKEN 400g/100g	9⁹⁹ ea. MONTANA'S SWISS CHEESE & ANCHON BEEF BURGERS 100g/100g	6⁴⁹ ea. MARCANDELLO SLICED ITALIAN DELI 100g/100g
9⁹⁹ ea. STONE MADE LARGE SALADS 400g/100g	2⁴⁹ ea. FRUIT DRINKS 1.5L/500ml	4⁹⁹ ea. DELIGHT INTERNATIONAL DELIGHT COFFEE CREAMER 100ml 100g/100g
6⁹⁹ ea. SIGGI'S SPICY YOGURT 500g/100g	2⁹⁹ ea. QUAKER CRISPY MINIS OR RICE CAKES 500g/100g	10⁰⁰ ea. BEN'S ORIGINAL BISTRO EXPRESS RICE BUTTERFLY SIDE DISH 100g/100g
2⁹⁹ ea. CRISPY MINIS CHEDDAR 500g/100g	2⁹⁹ ea. NESTLE CHOCOLATE BARS 50g/100g	4⁹⁹ ea. CRISPS CRISPS 500g/100g
4⁹⁹ ea. VECTOR CEREAL 500g/100g	2⁹⁹ ea. GOLDEN CHICKEN POPCORNS 500g/100g	4⁴⁹ ea. ORVILLE BRENNECHER POPCORNS 500g/100g
6⁹⁹ ea. SMUCKER'S JAM 200g/100g	5⁹⁹ ea. OCEAN SPRAY SPARKLING CRANBERRY DRINKING 100ml/100g	3⁴⁹ ea. MOTT'S CLAMATO OR GARDEN VEGETABLE COOKING 100ml/100g
1⁹⁹ ea. KNORR SIDE KICKS 100g/100g	30% off MULTI JAMMISON MULTI VITAMINS OR MAGNESIUM 100g/100g	6⁹⁹ ea. WHISKAS TASTY TREATS CAT TREATS OR WHISKAS CAT FOOD 100g/100g

I earn with moi rewards

125 5⁹⁹ ea. ACTIVIA YOGURT 500g/100g	125 2²² ea. CAMPBELL'S BROTH 500g/100g
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We reserve the right to limit quantities.
DISCOUNTS THAT PRECEDE OTHER PROMOTIONS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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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
MONTELLIER 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

CLAMATO CAESAR DRESSING
SELECTED SIZES
\$3.49 ea.

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

TABASCO
HOT SAUCE
750 ml
\$5.99 ea.

Dr. Oetker
Supreme
\$7.99 ea.

GIUSEPPE
STUFFED CRUST PIZZA
SELECTED SIZES
\$7.99 ea.

GIUSEPPE
THIN AND BOILING SAUCE OR BIP'S SAUCE PIZZA
SELECTED SIZES
\$7.49 ea.

GIUSEPPE
EASY PIZZA
SELECTED SIZES
\$7.49 ea.

Natrell
NATRELL COFFEE CREAMER
SELECTED SIZES
\$6.99 ea.

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

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A QUEST FOR GOLD... A QUEST FOR GOLD... A QUEST FOR GOLD...

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