VERSION 14

metro

mmm

5.44 /lb or ea.

LEAN GROUND BEEF VALUE PACK

OR

BULK LEAN GROUND BEEF

OR

ALL GRADE EXTRA CLEAN GROUND CHICKEN OR TURKEY

PRIMO

PRIMO FRESH PASTA

1.25 ea.

3.49 ea.

PEPSI OR COCA-COLA SOFT DRINKS

OR

LOSANDIN

OASIS REFRIGERATED JUICE

3.88 ea.

4.97 ea.

REAL DAIRY ICE CREAM OR DRUMSTICK

Effective February 5 6 7 8 9

VERSION 1

metro More freshness, more savings.

MMMAZING! days

mmmAZING! days

7.99 ea.

WHITE LABEL PRIME
BUFFALO WING'S OR CHICKEN STRIPS
BUFFALO OR CLASSIC, 454G OR
CLASSIC CHICKEN BREAST

FRESH RAINBOW TROUT OR
PLANK PACKAT 1 HALF PLANK
PER PERSON
WATERVIEW MARKET
CHEESE OR DELI
CHEESE, DELI MEAT, 150G

9.99 OR
2/20 ea.

2.99 /100 g

MAPLE LEAF
SMOKED HAM
SLICE OR THICK
SLICE, 300G OR 350G

MONTERIA DELI OPTIONS
BLOCK CHEESE, SHAVE OR SALAMI PEPPERONI CHEDDAR
CHEESE, DELI MEAT, 150G

4-DAY MEAL DEAL

FEBRUARY 5TH – FEBRUARY 8TH, 2026

YOUR CHOICE 11.99 ea.

10" X LARGE
PEPPERONI OR CHEESE PIZZA
WITH PRIMO

CHICKEN CAESAR SALAD
1 kg

10 CHICKEN WINGS
10 CHICKEN STRIPS
20 CHICKEN BITES

ASSORTED CALIFORNIA
LOWER 48 CALIFORNIA
ROLLS OR SPICY
SPICY CALIFORNIA ROLLS

HOT WINGS DEEP
TO PERFECTION

metro.ca

mmmAZING! days

7.99 ea. TACO BELL CRUNCHWRAP SUPREME OR CHEESY DOUBLE BREAKER TACO CHAIRING KIT

Kraft

2.99 ea. TACO BELL SAUCE

5.49 ea. TACO BELL DIPS

1.25 ea. TACO BELL SAUCE OR SEASONING

4.99 ea. TACO BELL BITS OR CRUNCHY SAUCE

McCain

4.49 ea. McCAIN FRIES

7.49 ea. McCAIN PREMIUM FAMILY FILLER

7.99 ea. McCAIN PIZZA POCKETS

5.99 ea. NESTLE DELICIOUSLY DELICIOUS FROZEN CAKE

4.99 ea. McCAIN TASTIEZ

Advantage

3.49 ea. POST CEREAL

2.99 ea. DOLE FRUIT CUP

9.99 ea. TETLEY TEA BAG

3.99 ea. OCEAN SPRAY CRANBERRY COCKTAIL

2.49 ea. CHEF REQUEST CANNED MEAT, FISH OR SEAFOOD

metro.ca

mmmAZING! days

Mondelēz International

4.99 ea.

COOKIE OR FAMILY SIZE CAKESTERS
WITH UNCOLLED CRACKERS OR OREO CAKESTERS
MAX 2 WITH PRIME

3.99 ea.

COOKIE OR OREOS
WITH UNCOLLED CRACKERS OR OREO CAKESTERS
MAX 2 WITH PRIME

2.99 ea.

COOKIE OR CRACKERS
WITH UNCOLLED CRACKERS OR OREO CAKESTERS
MAX 2 WITH PRIME

2.99 ea.

BITS & BITES OREOS 11 oz.
WITH UNCOLLED CRACKERS OR OREO CAKESTERS
MAX 2 WITH PRIME

2.99 ea.

SKITTLES CANDY
WITH UNCOLLED CRACKERS OR OREO CAKESTERS
MAX 2 WITH PRIME

HERSHEY'S

2.99 ea.

TWIZZLERS CANDY
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

4.99 ea.

HERSHEY'S CHOCOLATES
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

5.49 ea.

HERSHEY'S
REESE'S CHOCOLATE BARS
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

2.99 ea.

HERSHEY'S
CHOCOLATE BAR
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

1.99 ea.

HERSHEY'S
REESE'S CHOCOLATE BARS
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

FLORA Food Group

8.49 ea.

BECEL MARGARINE
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

5.99 ea.

IMPERIAL
MARGARINE
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

2.99 ea.

IMPERIAL OR
BECEL BUTTER 454 g
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

Arla

$1 BONUS points

125 points

5.99 ea.

TRE STELLE
FROM 500 g CONCORD
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

7.99 ea.

TRE STELLE
TRADITIONAL FETA
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

$1 BONUS points

125 points

9.99 ea.

TRE STELLE
MEDITERRANEAN
WITH UNCOLLED CRACKERS OR OREO CAKESTERS

$2 BONUS points

250 points

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mmmazing! days

metro.ca

mmmAZING! days

7.99 ea.

7.99 ea.

15.99 ea.

3.99 ea.

5.49 ea.

Gluten-Free

5.49 ea.

3.99 ea.

8.49 ea.

Vegetarian

4.99 ea.

2.49 ea.

29.99 ea.

5.99 ea.

Non-GMO

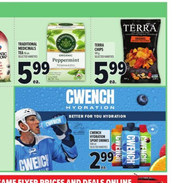
5.99 ea.

10.99 ea.

5.99 ea.

5.99 ea.

3.99 ea.



2.99 ea.

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 905 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 — 4.49* ea. CADBURY FINGERS 114 g SELECTED VARIETIES

NOW 6.00 ea. SAVE UP TO $2 — 8.00* ea. FRESH 2 GO FETTUCCINE 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 moiID account. Limit of one coupon redemption with a moiID 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.*

Farm Fresh Produce

1.99 /lb — LARGE RED PRUNE TOMATOES
3.99 ea. — BLACKBERRIES
4.99 ea. — GREENHOUSE CUCUMBERS
2.49 ea. — YELLOW ONIONS OR JUMBO CARROTS
4.99 ea. — LARGE CANTALOUPES OR MINI SEEDLESS WATERMELON
2.99 /lb — LARGE SUN LA CARA ORANGE
1.99 /lb — SWEET POTATOES
4.49 ea. — APPLES
JUMBO
5.99 /lb — JUMBO CHERRIES
4.99 ea. — METRO LEMONS
3.49 ea. — FRESH GREEN BEAUTY CALIFORNIA CALIFORNIA
3.79 ea. — BELLE GARDE MUSHROOMS

Organic

3.99 ea. — ORGANIC CARROTS
5.99 ea. — ORGANIC BEAUTY OR YELLOW POTATOES
7.99 ea. — ORGANIC MEDJOOL DATES
4.99 ea. — ORGANIC LEMONS

Valentine's Day Blooms

NEW — ORCHID
14.99 ea.
ORCHID PLANTS
39.99 ea.
16.99 ea. — FRESH CUT TULIPS
29.99 ea. — ORCHID
NEW

GAME DAY ESSENTIALS

5 PK — 4.99 ea. — AVOCADOS
4.99 ea. — GRAPE TOMATOES
12.99 ea. — FRESH VEGETABLE CAMPFIRE
3.99 ea. — RUSSET POTATOES
3.99 /lb — HOT JALAPEÑO PEPPERS
5.99 ea. — WONDERFUL IN SHELL PISTACHIOS
1 KG — 4.99 ea. — BRESCOTTO CHEESE OR BRESCOTTO ORIGINAL PEANUTS
5.99 ea. — BONE'S
4.99 ea. — CHUNKY VEGETABLE DIPS

metro.ca

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

Breakfast Favourities

4.99 ea. SELECTION BACON 375g-454g

4.99 ea. LEGACY CHICKEN BACON OR CHICKEN BACON WITH CHEDDAR CHICKEN SAUSAGE OR ZEBRA HALVE 375g

4.99 /lb LEGACY PEAMEAL CHOP 10-454g

7.99 ea. CATARACHA PREMIUM PATIES 340g-1.13kg

Comfort Meals

6.99 /lb MINISTER'S ARTISAN HALF BACON 375g-454g

9.99 ea. MINISTER'S SHEPHERD'S PIE 1.13kg-1.36kg

5.99 ea. MINISTER'S PIES 425g-454g

6.99 ea. MINISTER'S FRENCH ONION SOUP 454g-540g

ENTERTAINING ESSENTIALS

5.99 ea. CINDY'S SUMMERSELLER PICKLED EGGS 473-500mL

6.99 ea. CICINO MINI ARAUCANA PATTIES 340g-454g

7.88 ea. MONA MONA CAPERS 100-125g

8.99 ea. VERATONE'S GRILLED PORK OR CHICKEN & VEGETABLES 1.36-1.45kg

10.99 ea. BUTTERBALL BUFFALO BURGERS 340g-454g

19.99 ea. THE BIG PORK OR BEEF BURGERS 1.36-1.45kg
PORK BACK RIBS 2kg

22.99 ea. FARMER FELLOWS'S LEGACY BRISKET 5.67-6.80kg

39.99 ea. MAGIC SMOKED CHICKEN WINGS 1.36-1.45kg

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

Pre-Game Favourities

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

12 | 473 ml CAN COLD

Coors LIGHT

COORS LIGHT 12x473ml CANS
SELECTED VARIETIES
27.99 EA.

LOBLAWS BRAND
LOBLAWS BRAND 100% BEEF BURGERS
6.99 EA.

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

CHICKEN TENDERS OR CHICKEN BITES
11.99 EA.

MINI FOOTBALL SHAPED PIZZA BITES
2 FOR
10.00

Irrésistible

ULTIMATE TV SNACKING FOR 2
MOZZARELLA
BEYOND PIZZA STICKS

Cheetos
Doritos
2.99 EA. CHEETOS OR DORITOS SNACKS SELECTED VARIETIES

LA CUCINA TORTILLA CHIPS
SELECTED VARIETIES
4.49 EA.

PLANTERS
4.49 EA. PLANTERS FLAVOURED CASHEWS 100 g SELECTED VARIETIES

9.99 EA. SUMMER FRESH LAYERED DIP 400 g SELECTED VARIETIES

PLANTERS TRAIL MIX
6.49 EA. PLANTERS TRAIL MIX BLEND 500 g

SMALL TUCS DIP 500 g
SOUR CREAM 250 g
SALSA 250 g
GUACAMOLE 213 g
5.99 EA.

LOBLAWS BRAND
7.49 EA. CARAMEL CHEESE BALL SELECTED VARIETIES

FRITOS 2 KIT TORTILLA CHIPS
CHILI CHEESE
SOUR CREAM & ONION
5.00 EA.

14.99 EA. MADE IN PROMOTION LINE
MADE IN CANADA
MASCARELLO ASSORTED CHARCUTERIE TRAY 500 g

You bring the crowd. We bring the pleasers.

Click here to place an order for party platters

Allergens: All Nuts cookie. Made in store or online

SERVES 12
44.99 EA. FRESH 2 KIT LOB TRAY WITH PEZODEL CHIPS

SERVES 12
64.99 EA. FRESH 2 KIT SUPER SNACK

SERVES 12
64.99 EA. FRESH 2 KIT MONTREAL STICK TRAY

Clear selected prices subject to change and exclude HST and deposit fees, which are added at checkout. Product items are available at select stores. Not valid on GC availability.

Halftime

Happy Hour

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

CORONA EXTRA 12 PACK CANS OR BOTTLES SELECTED VARIETIES
28.49 ea.

COORS ORIGINAL 12 PACK CANS OR BOTTLES SELECTED VARIETIES
27.99 ea.

BUD LIGHT 12 PACK CANS OR BOTTLES SELECTED VARIETIES
28.49 ea.

BEAR'S HEAD 6 PACK CANS
17.49 ea.

STEAM WHISTLE 6 PACK CANS SELECTED VARIETIES
18.99 ea.

CARLING KO 2.49 ea.

LAKER ICE 2.19 ea.

CLAMATO 1.36 L
14.49 ea. MOTT'S CLAMATO ORIGINAL OR CELERY SALT 1.36 L SELECTED VARIETIES

FOUNDER'S ORIGINAL TOXIC A COCKTAIL BOX SELECTED VARIETIES
22.49 ea.

VODKA SODA 6 x 355 mL
18.99 ea. CITYSIDE SPRINGS WATER SELECTED VARIETIES

BUSCH MALLET SELECTED VARIETIES
4.99 ea.

metro FRESH GO

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

9.99 JUMBO SHRIMP PLATTER 16 OR 32 PC SELECTED VARIETIES

FROZEN 6 INCH PIZZA SELECTED VARIETIES
11.99 ea.

Molson Canadian 60 CANADIAN EAU DRAFT SELECTED VARIETIES
4.99 ea.

SAPPORO 660 mL
3.49 ea.

In The
Hunger Zone
Get game-day ready with a hearty mix of meat and seafood.
STORE MADE SMOKED SALSA SAUSAGE
5.99 lb.
FRONT STREET BAKERY SOFT PRETZEL BUNS
4.29 ea.
ALSO ON SALE
2.99 ea.
STORE MADE MEATBALLS
6.99 lb.
STUFFED PEPPERS
5.99 lb.
STORE MADE MINI SEAFOOD PLATTER
7.99 ea.
STORE MADE SEAFOOD CAPRESE WITH SAUCE
8.99 ea.
7.99 lb.
STORE MADE SEAFOOD SALADS
12.49 ea.
GROVI
15.99 ea.

Cheesy Delights

MADE WITH 1/2 LB CHEESE

$1 OFF REBATE 125

7.49 ea. FRONT STREET BAKERY EXTRA CHEESE CHEESE BREAD 454 g

5.99 ea. FRONT STREET BAKERY CHEESE BUNS OR CHEESE BUNS WITH BACON 454 g

6.99 ea. FRONT STREET BAKERY PIZZA BUNS 454 g

Front Street Bakery
Our Absolute Finest

FRONT STREET BAKERY CAKE SLICES 100 g

4.29 ea.

mix match

11.99 ea. FRONT STREET BAKERY BAR DESSERT 6 PACK 300 g

6 **14.00** FRONT STREET BAKERY SINGLE SERVE DESSERTS 6 PACK 510 g

3.99 ea. PREMIERE MUSHROOM SANDWICH MEDLEY 454 g

8.99 ea. SELECTION BROWNIES OR BROWNIE SQUARES 300 - 540 g

7.99 ea. SELECTION DESSERT SQUARES 300 - 450 g

4.99 ea. FRONT STREET BAKERY PUMPERNICKEL RYE BREAD 454 g

4.29 ea. FRONT STREET BAKERY DINNER ROLLS 454 g

4.99 ea. DEMPSTER'S 10" TORTILLAS 340 - 360 g

4.99 ea. SELECTION CAKE BITES 300 - 360 g

Deli Favourites

2.99 /100 g SELECTION PROCESSED HAM CHOICE OF SMOKED 100 g

2.99 /100 g GRANDY WILDERNESS COOL MEDITERRANEAN HONEY MUSTARD OR POLISH HAM 100 g

3.99 /100 g BONCHOUCHES ARTISAN BEEF SUMMER SAUSAGE OR BEEF SUMMER SAUSAGE WITH CHEESE 100 g

5.99 /100 g SHAMPTON SWISS CHEESE 100 g

8.99 ea. BONCHOUCHES ARTISAN DRY SAUSAGE 454 g

10.99 ea. SCHWEIGERS SUPREMES 200 - 270 g

7.99 ea. TRE STELLE MOZZARELLA BALL 454 g

7.99 ea. TRE STELLE RICOTTA 454 g

5.99 ea. BONCHOUCHES ARTISAN KIELBASA SAUSAGE 454 g

5.99 ea. SAMPA OLIVES OR ARTICHOKES 500 g

6.99 ea. SCHWEIGERS CHIPS 175 - 200 g

7.99 ea. BOURNEL CHEESE 454 g

5.99 ea. SAMPA GUACAMOLE CLASSIC OR SPICY 454 g

7.99 ea. BUFFALO BLUE CHEESE DIP OR BUFFALO DIP 454 g

4 PACK **13.00** ea. FRESH 2 GO FRENCH SANDWICHES 4 PACK 1 kg

8 PACK **15.00** ea. FRESH 2 GO ROAST BEEF, CHICKEN OR PROSCIUTTO WRAP SLICERS 8 PACK 1 kg

metro FRESH 2 GO

SKIP

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.

make happy tummies

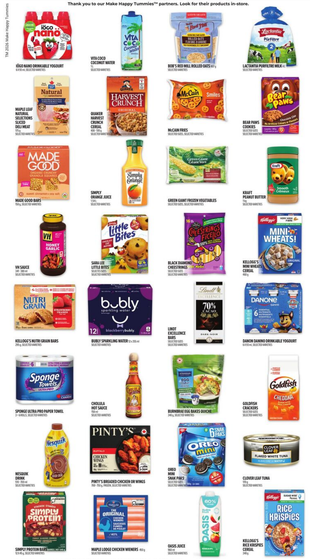
Join Us.
100% of donations help feed hungry tummies at schools in our neighbourhoods.

Donate in-store

makehappytummies.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.

The 2026 Make Happy Tummies



AERO® BUBBLY DRINKABLE YOGURT
AERO® or AERO DRINKABLE

VITA COCO® COCONUT WATER
VITA COCO® or VITA COCO

NEW! TIM'S WELL BILLED GRILLED CHEESE
TIM HORTONS

LA VACHE QUI RIGOLE FRUITS DU MIXE
BEL or LA VACHE QUI RIGOLE

MAPLE LEAF NATURAL SELECTIONS ROASTED CHICKEN BREAST
MAPLE LEAF NATURAL SELECTIONS or MAPLE LEAF

QUAKER HARVEST CRUNCH CEREAL
QUAKER or HARVEST CRUNCH

MCCAIN FRIES
MCCAIN®, MCCAIN®FRIES

OREO FAMILY COOKIES
OREO or OREO FAMILY

MADE GOOD BARS
MADE GOOD or MADE GOOD BARS

SUNNY ORANGE JUICE
SUNNY ORANGE

GREEN GIANT FROZEN VEGETABLES
GREEN GIANT, GREEN GIANT®

KRAFT PEANUT BUTTER
KRAFT or KRAFT®

TIM SAUCE
TIM HORTONS

THINS LITTLE BITES
THINS or LITTLE BITES

BLACK FOREST CHEESETHINS
THINS or THINS®

KELLOGG'S MINI WHEATS CEREAL
Kellogg's or MINI-WHEATS®

KELLOGG'S NUTRI GRAIN BARS
Kellogg's or NUTRI GRAIN

BUBLY SPARKLING WATER 12 x 355 ml
BUBLY or BUBLY

LINDT EXCELLENCE BARS
LINDT or EXCELLENCE

DANONE SAUVIGNON DRINKABLE YOGURT
DANONE or DANONE®

SPONGE ULTRA PREM PAPER TOWEL
SPONGE TOWELS or SPONGE

CHOLULA HOT SAUCE
CHOLULA or CHOLULA

BURNHAM'S FLAT BACKS BISCUITS
BURNHAM'S or BURNHAM'S

GOLDFISH CRACKERS
GOLDFISH or GOLDFISH

BUFFALO WILD WINGS SAUCE
BUFFALO WILD WINGS

PINTY'S GRILLED CHICKEN OR WINGS
PINTY'S or PINTY'S

OREO MINI PIES
OREO or OREO

CLOVER LEAF TUNA
CLOVER LEAF

SIMPLY PROTEIN BARS
SIMPLY PROTEIN or SIMPLY

MAPLE LEAFS CHICKEN WIENERS
MAPLE LEAFS or MAPLE LEAFS

DASS JUICE
DASS or DASS

KELLOGG'S RICE KRISPIES CEREAL
Kellogg's or RICE KRISPIES

Products may be sold in a format other than as shown and/or may not be available at all stores.

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 $10,000 on each of the Match Fund days, January 31 and February 7, 2026 (to a combined 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

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metro.ca

mmmazing! offer

60% OFF*

12-MONTH DELIVERY PASS

~~$99.99~~

$39.99

Subscribe Now

*Certain conditions apply. Details on metro.ca

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

LUCKY KID OR TOY JASMINE RICE
2 kg
SELECTED VARIETIES
15.88 EA.

2.88 lb. FRESH GINGER
PRODUCE OF CHINA
0.36 kg

5.88 lb. FRESH PORK ROLLED RIBS OR BUTT FOR FREE PRICE
1.36 kg

9.99 EA. SAPORITO VEGETABLE OR CANOLA OIL
SELECTED VARIETIES

1.88 lb. GARDLE FUJI APPLES
PRODUCE OF JAPAN, CHINA OR CANADA EXTRA FANCY GRADE
0.45 kg

7.99 EA. NEW CASTLE TIGER SHRIMP
21 – 40 CT
FROZEN, 340 g

1.79 EA. GOLD SEAL SARDINES
SARDINES
SELECTED VARIETIES
125 g

8.99 EA. KIKKOMAN SAUCE
SELECTED VARIETIES

2.49 EA. LUCKY KID TEA BAGS
SELECTED VARIETIES

19.99 EA. FRONT STREET BAKERY CHOCOLATE FOAM BUTTER CAKE
675 g

16.99 EA. GERBERA BOUQUET
ASSORTED COLOURS

SAPPORO ICHIBAN OR LUCKY KID COCONUT MILK
SELECTED VARIETIES
355 g, 400 ml

1.29 EA.

99¢ EA. LUCKY KID OR SAPPORO ICHIBAN SUPER RAMEN SNACKS
SELECTED VARIETIES

3.99 EA. GOLDEN DRAGON SAUCE
SELECTED VARIETIES

3.99 EA. CASABLANCA BOTTLE COCKTAILS OR DRY ALOE DRINKS
SELECTED VARIETIES

1.69 EA. MONK'S SALAD OR SAPPORO ICHIBAN SUPER RAMEN SNACKS OR SUMMER OR MONSOON SNACKS
SELECTED VARIETIES
90 – 125 g

4.49 EA. FANKAY NOODLES
SELECTED VARIETIES
227 g

2.99 EA. LUCKY KID SEASONAL OYSTER OR MOUSSE SAUCE
SELECTED VARIETIES

7.99 EA. LEE & MAN SAUCE
SELECTED VARIETIES

2.19 EA. CARNATION MILK
SELECTED VARIETIES
354 ml

1.99 EA. SUN-BIRD SEASONINGS
SELECTED VARIETIES
25 – 40 g

26.99 EA. BRITA BRITA KITCHEN
SELECTED VARIETIES

Item availability varies by store.

FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

INDIA GATE BASMATI OR GALLA PREMIUM RICE, ASSORTED 2KG OR CLEAR PARBOILED RICE 4.5 - 5KG
12.99 ea.
(SELECTED VARIETIES)

WHOLESTREET WHOLE NATURAL ALMONDS, WALNUTS, HAZELNUTS OR MIXED NUTS PIECES 200 g
4.99 ea.

WHOLE MEYD LOOSE, DATES1 BRANDS 1 KG - 1.5 KG
9.99 ea.

BRIANA'S GHEE SAVE 900 g
13.99 ea.

TANDOO CHICKEN BONELESS OR LEG PIECES FROZEN, 20 - 22 - 24g
8.99 ea.

BAKLESTES CAKES WHITE OR CHOCOLATE 900 g
19.99 ea.

JUMMY FRUIT ORGANIC DRIED MANGO 40 - 45 g, DRIED DATE 170 g
12.99 ea.

SAFFA OR MEDITA OR SAFFA OR BAKA CLEAN FLOUR 1 KG
4.99 ea.
(SELECTED VARIETIES)

SAFFA DATES
99.9 ea.
(SELECTED VARIETIES)

CASABLANCA HONEY, TEES TEA NOW, PREMIUM OR GOLD 1 - 1.5 KG
6.99 ea.
(SELECTED VARIETIES)

CHICKEN WHOLE FROZEN OR CHICKEN PIECES FROZEN, WHOLE
8.99 ea.

ROYAL DELIGHT SAMOSAS, MAAQI OR ROYAL DELIGHT SPICY CHICKEN SAMOSAS 20 - 50 g, 500 ml
3.49 ea.

CEDAR BEEF BEANS, BARLEY, BURGUL OR LENTILS 500 g
2.99 ea.
(SELECTED VARIETIES)

LUSHY SPRING ROLLS OR SAMOSAS 20 - 50 g
3.29 ea.
(SELECTED VARIETIES)

ALA-MAYSER OR CEDAR TAHINI OR PAGONIA ALL NUTS 500 g - 1 KG
8.99 ea.
(SELECTED VARIETIES)

DOUBLE WHEELS 1 x 2 kg
3.48 ea.

SAFFA SAMBOSA 200 - 250 g
1.79 ea.

PEARLY RUSK OR NATIONAL CUSTARD 200 - 300 g
1.79 ea.
(SELECTED VARIETIES)

SUNRISE FROZEN VEGETABLES 1 kg
1.79 ea.
(SELECTED VARIETIES)

ROSA SUPER OR SUNSHINE SAUCE 1 - 1.5 L
4.99 ea.
(SELECTED VARIETIES)

CEDAR BURGER OR PHILLYSTEEK CHICKEN, BEEF OR CHICKEN SAUSAGES OR CHICKEN WING LOLLIES 250 - 340 g
2.99 ea.
(SELECTED VARIETIES)

SUNRISE CHOCOLATE, VANILLA OR FRUITY FLAVOUR DRINKS 200 - 340 g
2.49 ea.
(SELECTED VARIETIES)

BEST MIXTURES, SPICYN MIXTURES OR BEST WAFFLE WAFFLES CREAM 15, 200 g, 150 ml
3.29 ea.
(SELECTED VARIETIES)

CEDAR MUSHROOMS, PICKLED OR CHOPPED OR LEAFY LEAVES 1 L
4.99 ea.
(SELECTED VARIETIES)

Item availability varies by store.

Seafood

13.99 ea.
FRESH ATLANTIC SALMON FILLETS
Product of Canada

FAMILY PACK
SUPREME SUSHI PLATTER SUSHI
Serve 20 pieces
Product of Canada
18.00 ea.

SELECTION INVESTOR FAIR PLANET OR COLD ☆
3.99 ea.

LA BOUCANIERE SMOKED SALMON SLICES
100 g
7.99 ea.

LOUIS HOME SEA LOUS SHRIMP
Product of Canada
170 g
7.99 lb

TIGER WATER WHITE FISH OR RED ATLANTIC SALMON CRUNCHY
Product of Canada
15.99 lb

MARINA DEL REY SHRIMP
Product of Canada
200 g
7.99 ea.

7.99 ea.
DOW SALT & VINEGAR BREADED COD BITES
Product of Canada

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
Product of Canada
9.99 ea.

OCEAN JEWEL WHOLE PEELED BANGKOK SEA BASS
Product of Thailand
125 Serving
$1 Coupon
13.99 ea.

Irrésistible

6.99 ea.
IRRÉSISTIBLE CHAPPELLA/MARI 340 g

10.99 ea.
IRRÉSISTIBLE CHAPPELLA SHRIMP TRIO
Frozen, 454 g

10.99 ea.
IRRÉSISTIBLE CHAPPELLA RAW BUTTERFLY SHRIMP
Frozen, 340 g

10.99 ea.
IRRÉSISTIBLE CHAPPELLA CRUSTY GARLIC
Frozen, 680 g

Low Price Every Day

SELECTION CREAM
Product of Canada
NOW **3.99** ea.

IRRÉSISTIBLES ORIGINS COFFEE
Product of Canada
NOW **10.99** ea.

NOW **3.49** ea.
SELECTION CHEESECAKE
Product of Canada

NOW **2.49** ea.
SELECTION LUNCH BAGS, 100 CT
Product of Canada

SELECTION JAM
Product of Canada
NOW **4.99** ea.

SELECTION PEANUT BUTTER
Product of Canada
NOW **4.99** ea.

NOW **2.99** ea.
LIFE SMART SNACK
Product of Canada

NOW **2.49** ea.
SELECTION PUDDING CUP
Product of Canada

SELECTION MARASCHINO PEANUTS
Product of Canada
NOW **4.99** ea.

SELECTION SNACKS
Product of Canada
NOW **3.49** ea.

LIFE SMART SNACK TORTILLA CHIPS
Product of Canada
NOW **3.49** ea.

SELECTION SALSA
Product of Canada
NOW **4.49** ea.

SELECTION OR SPARKLING SPARKLING WATER
Product of Canada
NOW **99¢** ea.

SELECTION MAC & CHEESE
Product of Canada
NOW **1.25** ea.

SELECTION PIZZA SAUCE
Product of Canada
NOW **3.99** ea.

NOW **1.79** ea.
SELECTION CANNED TOMATOES
Product of Canada

FREE SAME-DAY PICKUP
SAME FLYER PRICES AND DEALS ONLINE

New Lower Prices

WILLIAMS FRIAND STYLE BREADS, PARTY BREADS, BAGUETTE BREADS, ARDEN SPICES, GARLIC KNOTS OR KING'S HAWAIIAN ROLLS
2 FOR 7.00 ea. 7.00

MONCHOUCROUTE BRAND SMOKED SAUSAGE SLICES, SAUSAGE RINGS OR WATERVIEW MARKET BRAND SMOKED SAUSAGE
7.99 ea.

HOW LOWER CONVENTIONAL FOR EGGS OR CHICK-UP ONE DAY FILLETS OR WINGS
11.99 ea.

MARC ANGELO BUSINESS PRIME ONE CHICKEN
11.99 ea.

MONTANA'S BRAND CHICKEN & CHICKEN BACK RIBS OR BONELESS
9.99 ea.

MONCHOUCROUTE BLOCK COLLAGEN FREE
6.49 ea.

LIVING MAGIC LARGE SALAD
9.99 ea.

PRIVATE BRANDS 2 L
2.49 ea.

INTERNATIONAL DELIGHT COFFEE CREAMERS 946 ml
4.99 ea.

SIGGI'S 0% YOGURT 650 g
6.99 ea.

QUAKER CRISPY MINIS OR MINIS CHIPS
2.99 ea.

NESTLÉ CHOCOLATE BARS
2.99 ea.

BEN'S ORIGINAL MICRO-COOKED RICE OR FRUITY BITES BOW BRAND
3 FOR 10.00 ea. 10.00

KELLOGG'S CEREAL 350 g
4.99 ea.

CHIPS AHOY! CHEWS OR CLASSIC COOKIES
2.99 ea.

CAMPBELL'S SOUPS READY TO SERVE
4.49 ea.

SMUCKER'S JIF OR PRIVATE BRANDS PEANUT BUTTER 1 kg
6.99 ea.

OCEAN SPRAY SPARKLING CRANBERRY DRINKS 2 L OR 946 ml
5.99 ea.

MATT'S CLAMATO OR GARDEN VEGETABLE COCKTAIL 1.89 L
3.49 ea.

KNORR SIDE DISHES 90 - 175 g, SELECT VARIETIES
1.99 ea.

SUNSHINE MULTI VITAMINS OR MAGNESIUM 100 - 250 ml, SELECT VARIETIES
30% off

CAMPBELL'S CHUNKY SOUPS OR SPOON SIZE SOUPS 540 ml, SELECT VARIETIES
6.99 ea.

I earn with moi rewards

125 moi points
5.99 ea.
ACTIVIA MULTI OR TUBE YOGURT 650 g OR 4 x 100 g, SELECT VARIETIES

125 moi points
2.22 ea.
CAMPBELL'S JUICE 946 ml, SELECT VARIETIES

We reserve the right to limit quantities.
FOR SAFETY, THAW FROZEN FOOD BEFORE COOKING.
NONE PRICED TO EXPIRE BEFORE SELLING BY DATE.

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**Offer valid at participating stores only. Not valid on purchases made on Marketplace or on any other online purchase or on any gift card. Valid on all other retail items with a Club Price. Valid on all other retail items with a Club Price. Sale Ends: Offer valid from August 28 to September 3, 2026 inclusive. Prices are valid until closing time on the last day. Sale Ends: Offer valid from August 28 to September 3, 2026 inclusive. Prices are valid until closing time on the last day. Plastic bag extra where applicable. Prices are in effect

TASTE THE SUPER BOWL

LAY'S PRINGLES CHIPS 184 – 200 g SELECTED VARIETIES 2.99 ea.

MISS VICKIE'S CHIPS 200 g – 220 g SELECTED VARIETIES 4.49 ea.

BUBLY SPARKLING WATER 12 x 355 ml MONTELLIER SHIRLEY PASSION FRUIT 10 x 750 ml SELECTED VARIETIES 2 for 14.00

SMARTFOOD POPCORN 125 g – 200 g SELECTED VARIETIES 5.49 ea.

HELLMANN'S

THE ULTIMATE GAME DAY LINEUP

HELLMANN'S MAYONNAISE 500 ml – 1 L 4.49 ea.

BRING HOME BIG GAME SNACKS

PRINGLES CHIPS 156 g – 200 g SELECTED VARIETIES 2.99 ea.

MOTT'S

CLAMATO Caesar

Bring on the Flavour

MOTT'S CLAMATO THE ORIGINAL 1 L 3.49 ea.

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NURSE'S HOT SAUCE 355 ml SELECTED VARIETIES 6.99 ea.

TABASCO HOT SAUCE 150 ml SELECTED VARIETIES 5.99 ea.

DeCecco

PIZZAS for the whole family TO ENJOY

GIUSEPPE SUPREME CRUST PIZZA

SUPREMA OR GIUSEPPE SUPREME CRUST PIZZA 7.99 ea. SELECTED VARIETIES

GIUSEPPE THIN AND ROMA CRUST OR DEEP PLATE PIZZA 7.49 ea. SELECTED VARIETIES

GIUSEPPE MINI PIZZAS 7.49 ea. SELECTED VARIETIES

Generous by nature

NATREL COFFEE CREAMER 946 ml SELECTED VARIETIES 6.99 ea.

Natrel

NATREL LACTOSE FREE MILK 2 L SELECTED VARIETIES 6.49 ea.

Celebrate Nutella Day

nutella

NUTELLA SPREAD 1 kg 8.99 ea.

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PLAY NOW!

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QUEST FOR GOLD

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