

ONLY

99¢

GREAT PRICE!



\$ New Lower Prices

2 for \$7.00 **Dempsters** HOT DOGS
 DEMPSTERS' WHITE, TAN, BRAT, HOT DOGS, HOT DOGS & HAMBURGER BUNS
 12.5 OZ. 12 PER BAG

2 for \$7.00 **Dempsters** WHITE BUNS
 100% WHOLE WHEAT
 12.5 OZ. 12 PER BAG

2 for \$7.99 ea. **WATERBURY MARKET** SHIMP APPETIZERS
 UNDEVELOPED SHIMP APPETIZERS
 10 OZ. 12 PER BAG

11.99 ea. **HADDO'S** SALMON
 100% FRESH
 10 OZ. 12 PER BAG

 LUNCHABLES® BEF & CHD HAM & SWISS CHEESE SANDWICHES \$2 DOOR IN 6.99 ea.	 250 each 9.99 ea.	 SANDWICHES MARATHI CURRY 7.99 ea.	 SANDWICHES MARATHI CURRY 7.99 ea.	 FRESH & CO. 2-PACK CHICKEN MEAL DEAL 19.99 ea.
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85%
polyester

bubly
mini

NEW

bubly
mini

COCA-COLA OR
CASSIA-FLAVY
SOFT DRINKS
100%
NESTEA ICED TEA

NESTEA
ICED TEA
100%
NATURAL
FLAVORED
SWEETENED
WITH STEVIA

Coca-Cola
Coca-Cola
Coca-Cola

3.49
ea.

SHIRAZ
SPARKLING WATER
100%
NATURAL
SPARKLING WATER

6.99
ea.

OLD EL PASO MEATS AND TOPPINGS 3.49 ea.	OLD EL PASO TORTILLAS OLD EL PASO TACO CRUNCHY SHEETS	HARIBO Gummy Bears 2.99 ea.	HERSEY'S NESTLE CANDY COCOATE OR MILK CHOCOLATE OR MINT CHOCOLATE 2.49 ea.	MID-MOUNT POUR-INS 65 puffs	ANNIE'S PASTA, MID-MOUNT PASTA OR RAGOUT PROTEIN CHICKEN STRIPS
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20% off CERAVE MIGHTY PATCH. CLEANS, CURE, AND PREVENTS ACNE ON THE SKIN. 10 PATCHES. \$12.99. www.cerave.com

499¢ ROYALE CAT LITTER. 16 LBS. 16. www.royalecat.com

1399¢ PURIX 4-IN-1 TOILET CLEANER. 100 FL. OZ. 13.99. www.purix.com

1399¢ SUNLIGHT ALL-PURPOSE CLEANER. 100 FL. OZ. 13.99. www.sunlight.com

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

[illegible]

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.



NOW
12⁹⁹
ea.
SAVE UP TO
\$4

~~16⁹⁹~~
ea.
FRESH CUT
TULIPS
15 STEM BUNCH
ASSORTED COLOURS

THIS WEEK'S DEALS:

Only until March 4, 2026, in-store or online



NOW
4⁹⁹
ea.
SAVE UP TO
\$2

~~6⁹⁹~~
ea.
JACK LINK'S
BEEF JERKY DUOS
80 g
SELECTED VARIETIES



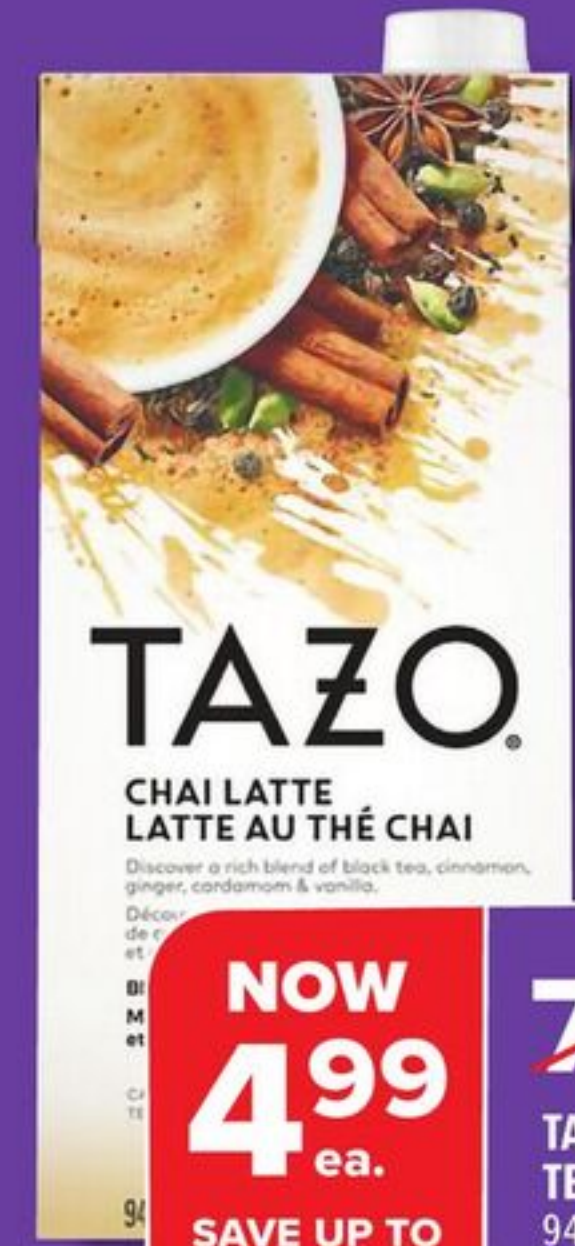
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~3⁹⁹~~
ea.
GRISSOL
FINE BREADS
120 - 200 g
SELECTED VARIETIES



NOW
9⁹⁹
ea.
SAVE UP TO
\$2

~~11⁹⁹~~
ea.
FERRERO ROCHER
CHOCOLATES
200 g
SELECTED VARIETIES



NOW
4⁹⁹
ea.
SAVE UP TO
\$3

~~7⁹⁹~~
ea.
TAZO
TEA
946 ml
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

~~5⁹⁹~~
ea.
POM WONDERFUL
POMEGRANATE JUICE
473 ml



NOW
3⁹⁹
ea.
SAVE UP TO
\$3

~~6⁹⁹~~
ea.
NATREL
COFFEE CREAM
1 L
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

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. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



4⁹⁹
/lb

JUMBO GREEN ZUCCHINI SQUARES
PRODUCT OF MEXICO
11.00kg



3⁹⁹
ea.

BLACKBERRIES 175g
PRODUCT OF MEXICO



3⁹⁹
/lb

HEIRLOOM TOMATOES
PRODUCT OF MEXICO
8.80kg



4⁹⁹
/lb

ASPARAGUS
PRODUCT OF MEXICO
11.00kg



3⁹⁹
/lb

LARGE PEACHES OR BLACK PLUMS
PRODUCT OF MEXICO
8.80kg



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
8.80kg



2⁹⁹
ea.

RED OR GREEN SWISS CHARD OR DANDELION GREENS
PRODUCT OF U.S.A.



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS



1⁹⁹
/lb

LARGE RED PRINCE APPLES
PRODUCT OF MEXICO
4.70kg



5⁹⁹
ea.

CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL



40
points

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
CONICAL TUBES



60
points

WILD WONDERS SWEET PEPPERS
25g, 250g or 500g



3⁹⁹
/lb

ORIBI CLEMENTINES
PRODUCT OF CHINA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



3⁸⁸
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



3⁴⁹ **50**
points

DOLE GARDEN SALAD OR COLOURFUL COLESLAW
PRODUCT OF U.S.A.



70
points

RED GRAPEFRUIT
PRODUCT OF U.S.A.



5⁹⁹
ea.

LIFE SMART ORIGINAL GROUND ROUND 240g



4⁹⁹ **60**
points

GREEN LEAF MICROGREENS
PRODUCT OF MEXICO
100g



4⁹⁹
ea.

UNSWEETENED WHOLE NATURAL ALMONDS OR WALNUT HALVES & PEICES 100g



4⁴⁹
ea.

SNOW ON SUGAR SNAP PEAS 100g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 333ml



2⁹⁹
/lb

ORGANIC RED DELICIOUS APPLES
PRODUCT OF CANADA
ORGANIC ANJOU OR BOSCH PEARS
U.S.A. EXTRA FANCY GRADE
6.50kg



3⁹⁹
ea.

ORGANIC CARROTS 1/2 lb
PRODUCT OF CANADA, CANADA
No NITRATES OR U.S.A. No NITRATES



3⁹⁹
/lb

ORGANIC TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
8.80kg

Sliced & Diced



4⁹⁹
ea.

Metro Deli DELUXE FRUIT SALAD 100g



3⁹⁹
ea.

MELON CHUNKS 100g



3⁹⁹
ea.

MINI SALADS 100g



3⁹⁹
ea.

TOMATO CANE PESTO SALAD 100g

metro.ca

2

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2

Our Butcher's Finest



7⁹⁹
/lb

PLATINUM GRILL ANGUS
WHOLE EYE OF ROUND
VAC PACK
15.61kg



9⁹⁹
/lb

PLATINUM GRILL ANGUS
BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
22.02kg



6⁹⁹
/lb

FRESH SPLIT CHICKEN WINGS
5.17kg



4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH WHOLE CHICKEN
7.03kg



20⁹⁹
/lb

LIFE SMART NATURAL
GRASS FED STRIP LOIN STEAK
8.25kg

250
points*



3⁹⁹
/lb

PORK LOIN CHOPS
CUTTING CUT VALUE PACK
8.81kg



12⁹⁹
/lb

FRESH LAMB LOIN CHOPS OR
ROSEMARY & GARLIC
BONELESS LAMB LEGS
20.64kg



5⁹⁹
ea.

MAPLE LEAF PRIME
BUTCHERED WITHOUT ANTIBIOTICS &
EXTRA LEAN GROUND
CHICKEN

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN BURRITO
BREAKFAST SACHETS OF CHICKEN BURRITO
15.70kg

60
points



4⁹⁹
ea.

OXMEAL
BREAKFAST
SAUSAGES
15.70kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg

125
points



11⁹⁹
ea.

ST HUBERT - LA BELLA
MOZZARELLA
CHEESE STICKS
15.70kg

125
points



11⁹⁹
ea.

Beef Burgers
1/2 lb
BEEF BURGERS
FRESH MEAT
20.64kg

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
15.70kg

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
15.70kg

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
15.70kg

125
points

Entertaining Favourites



5⁹⁹
/lb

AUTHENTIC
SAUSAGES
15.70kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
15.70kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
15.70kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS 100g



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
15.70kg



7⁹⁹
ea.

WONG WING
ENTRÉES
15.70kg



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
15.70kg



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE CHICKEN
FILLETS
15.70kg

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

Seafood



Irresistible Selection



Deli Favourites



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.

[illegible]

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



Lemon Treats



.....

SAM

metro.ca

UP TO
33%
OFF

YOUR
FIRST 3 ORDERS*



Shop Offer

*\$25 off your first 3 online orders of \$75 or more. For new customers only.
Certain conditions apply. Details on metro.ca

More Great Savings



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.5L 100% JUICE
SELECTED VARIETIES

649 ea.
80 points



TWO GOOD
YOGURT
500g 100% GREEK
YOGURT
SELECTED VARIETIES

499 ea.



McCAFE
GROUND COFFEE
250g 100% ARABICA
COFFEE
SELECTED VARIETIES

1699 ea.



Timothy's
COFFEE CAPSULES
300 100% ARABICA
COFFEE
SELECTED VARIETIES

1999 ea.



On the Border
CANNED FRUIT
400g 100% FRUIT
SELECTED VARIETIES

299 ea.



BEN'S
STREET FOOD / CUISINE DE RUE
400g 100% NATURAL
SELECTED VARIETIES

599 ea.



CHEF BOYARDEE
MEAL
400g 100% NATURAL
SELECTED VARIETIES

249 ea.



LE MONDE
SALAD DRESSING
400g 100% NATURAL
SELECTED VARIETIES

399 ea.



BERTOLLI
PESTO SAUCE
400g 100% NATURAL
SELECTED VARIETIES

499 ea.



OLD EL PASO
SEASONING
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



EGGOS
WAFFLES
400g 100% NATURAL
SELECTED VARIETIES

349 ea.



STOK
COFFEE BEVERAGE
400g 100% NATURAL
SELECTED VARIETIES

899 ea.



Knorr
STOCK UP ON KNORR
& EARN moi REWARDS

100 moi points
when you buy any
8 Knorr participating
products

229 ea.
199 ea.



POCKETS
PIZZA POKETS
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TOSTITOS
TORTILLA CHIPS
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



MICHELINA'S
PESTO MEAL
400g 100% NATURAL
SELECTED VARIETIES

399 ea.



THE STILLE
CREAM CHEESE
400g 100% NATURAL
SELECTED VARIETIES

499 ea.

Learn with moi rewards



GARDEN OF EATIN'
SOYBEAN BUTTER
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
50 points



GARDEN OF EATIN'
SOYBEAN BUTTER
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TETLEY
TEA
400g 100% NATURAL
SELECTED VARIETIES

449 ea.
100 points



QUAKER
OATS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
100 points



SUNNY D
ORANGE JUICE
400g 100% NATURAL
SELECTED VARIETIES

279 ea.
40 points



SNAPPLE
BERRY BLAST
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
30 points



MARS
CHOCOLATE BARS
400g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



UNICO
SOLID LIGHT TUNA
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
60 points



MARY'S ORGANIC
REAL THIN COOKIES
400g 100% NATURAL
SELECTED VARIETIES

599 ea.
70 points



ORGANIC MEADOW
YOGURT
400g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



McVITIE'S
COOKIES
400g 100% NATURAL
SELECTED VARIETIES

549 ea.
70 points



SUN MAID
RAISINS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
60 points

FLAVOURS
OF

Holi

CELEBRATE THE FESTIVAL OF COLOUR



799

ea.

KAASHI PREMIUM OR
AZAM BASMATI RICE
5.02 - 6.54 kg
SELECTED VARIETIES



1599

ea.

BAAR SHEER DEEH STYLE
DURUM ATTA FLOUR
5.0 kg



299

ea.

SANTOSH NAAK
500 g
SELECTED VARIETIES



1699

ea.

ASSORTED LADDUS
ASSORTED LADDUS



249

ea.

HAKE DAHI, PHOENIX
OR CEDAR PHOENIX
500 - 750 g
SELECTED VARIETIES



399

ea.

MAGGI
INSTANT SOUP NOODLES
600 g, 70 g



329

ea.

LAZEEZ SPRING ROLLS
OR SAMOSAS
600 g
SELECTED VARIETIES



179

ea.

SURATI
FROZEN VEGETABLES
500 g
SELECTED VARIETIES



699

ea.

CLASSIC ARCHA HONEY
TEA, TEA & HONEY
PREMIUM OR GOLD
100, 200, 500 g
SELECTED VARIETIES



999

ea.

DIPHA OCHA
200 g
SELECTED VARIETIES



199

ea.

SHAHI
DHAHI
500 g
SELECTED VARIETIES



999

ea.

PARLE-G, LIU OR
DHAHI COOKIES
500 g
SELECTED VARIETIES



649

ea.

DHAHI LADDUS
MANGA MANGO
1 kg
SELECTED VARIETIES



199

ea.

DHAHI
PARATHA OR NAAN
200, 400 g
SELECTED VARIETIES



499

ea.

CEDAR MARINADES,
CUCUMBERS OR
GRAPE LEAVES
100, 200, 500 g
SELECTED VARIETIES



249

ea.

SURATI SNACKS,
DIPHA BAKED CHANA,
RUBICON OR
SHEERON DRINKS
200, 400 g, 1 L
SELECTED VARIETIES



299

ea.

INDOMIE
INSTANT NOODLES
5.0 kg
SELECTED VARIETIES



399

ea.

DHAHI LENTILS
OR CHICK PEAS
1.0, 1.5 kg
SELECTED VARIETIES



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
170, 200 g
SELECTED VARIETIES



179

ea.

KIRKURE CHIPS
100 g
SELECTED VARIETIES

From availability varies by store.

CREATE A CLEAN ROUTINE

Freshen up all your square feet with our wide variety of brand-name solutions





We take pride in sourcing locally from the
Escarpment Region.

WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



UNIOPOL ROLLED
CHICKEN WITH
GARLIC, DILL OR
JALAPENO
11.75/lb

2⁵⁹
/100g



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



JAKEMAN'S
MAPLE CREAM
COOKIES OR
PANCAKE MIX
400 - 500 g

4⁹⁹
ea.



JENSEN
CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2⁷⁹
/100g



Effective February 26 - March 25, 2026



NOMINATE A MINOR HOCKEY ASSOCIATION

for their chance to receive up to **\$100,000***

NOMINATE AT [KrugerBigAssist.ca](https://www.KrugerBigAssist.ca)







90 points

8⁹⁹ ea.

CASHMERE BATHROOM TISSUE
12 = 24 rolls
SELECTED VARIETIES



90 points

8⁹⁹ ea.

SCOTTIES FACIAL TISSUE
6 un
SELECTED VARIETIES



90 points

8⁹⁹ ea.

SPONGE PAPER TOWELS
3 = 6 rolls
SELECTED VARIETIES

PROUDLY ASSISTING CANADIAN FAMILIES ON AND OFF THE ICE.

*No purchase necessary. Nominations start Oct 1/25 and Feb 22/26. Nominate an eligible Canadian hockey association for the opportunity to receive one of five (\$125,000 CAD) donations. Five (\$5) donations will be made ("Finalists"), one per region (DN, OC, Pacific, BC, YT, NT, Nunavut, AB, SK, MB, Atlantic, PEI, NS, NB, NL) Plus, one (\$175,000 CAD) donation "Grand Prize" will be made among applications received from Finalists by March 13/26. Start your nomination or see full terms at [KrugerBigAssist.ca](https://www.KrugerBigAssist.ca).
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1 KG

12⁹⁹ ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN DRUMSTICKS OR WINGS
FROZEN, 1 kg



14⁹⁹ ea.

YORKSHIRE VALLEY FARMS
ORGANIC MEAT PIES OR CHICKEN FILLETS OR BITES
FROZEN, 454 - 700 g
SELECTED VARIETIES