

More freshness,
more savings.

mmMAZING!

days



FRESH

3⁹⁹
/lb



GRAIN FED

18⁸⁸
/lb



Irresistible

3⁹⁹
ea.



Purifit

3⁹⁹
ea.



JUMBO

2⁹⁹
/lb



Takis

2⁹⁹
ea.



Lay's

2⁹⁹
ea.



Campbell's

99¢
ea.



Campbell's

99¢
ea.



1L

7⁹⁸
ea.



Singles

3⁹⁹
ea.



Philadelphia

3⁹⁹
ea.



Cheez

3⁹⁹
ea.



Old Cheddar

4⁴⁴
ea.



Bonterra

4⁹⁹
ea.



Cashmere

4⁹⁹
ea.



PRE-BOOK FOR
VALENTINE'S DAY
NOW!

\$2
dozen in
points*

250
points

27⁹⁹
ea.

Effective February

TH

FR

SA

SU

MO

TU

W

567891011

2026

my savings

my metro

mmMAZING! days

Kraft

TACO BELL
CHEESY DOUBLE DECKER TACO
299 ea.

TACO BELL
CRUNCHY WRAP SUPREME
799 ea.

TACO BELL
TACO BELL SAUCE
299 ea.

TACO BELL
TACO BELL DIPS
549 ea.

TACO BELL
TACO BELL CRUNCHY WRAP SUPREME OR CHEESY DOUBLE DECKER TACO CRAFTING KIT
125 ea.

TACO BELL
TACO BELL CREAMY SAUCES
499 ea.

McCain

McCain
Superfries
449 ea.

McCain
Superfries
749 ea.

McCain
POCKETS
799 ea.

McCain
TASTIEZ
499 ea.

McCain
POCKETS
799 ea.

McCain
TASTIEZ
499 ea.

McCain
POCKETS
799 ea.

McCain
TASTIEZ
499 ea.

Advantage Solutions

Post
Shreddies
349 ea.

Post
Honeycomb
349 ea.

Dole
Dole Fruit Cup
299 ea.

Tetley
Tetley Tea Bag
999 ea.

Post
Post Cereal
349 ea.

Post
Post Cereal
349 ea.

Post
Post Cereal
349 ea.

Post
Post Cereal
349 ea.

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-Meins
NEW
299 ea.

Crispers
299 ea.

SOUR PATCH
299 ea.

Maynards
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
199 ea.

HERSHEY'S CHOCOLATE BAR
299 ea.

HERSHEY'S CHOCOLATE BARS
199 ea.

FLORA Food Group

Becel Original
849 ea.

Becel Olive Oil
849 ea.

Imperial
599 ea.

Butter!
299 ea.

Arla

125 points

599 ea.

125 points

799 125 points

250 points

999 250 points

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

mmMAZING! days

Johnsonville

5⁹⁹ ea.

JOHNSONVILLE HOT ITALIAN SAUSAGES
SAUSAGES ROUNDS 2015
500 g

JOHNSONVILLE BREAKFAST SAUSAGES
SAUSAGE ROUNDS 2015
500 g

JOHNSONVILLE MILD ITALIAN SAUSAGES
SAUSAGES ROUNDS 2015
500 g

JOHNSONVILLE PORK SAUSAGES
SAUSAGE ROUNDS 2015
500 g

JOHNSONVILLE SPICED BRISAGES
2015
175 g

JOHNSONVILLE SPICED BRISAGES
2015
175 g

Summer Fresh

2⁹⁹ ea.

Tzatziki
Tzatziki dip - Tzatziki au yaourt
200 g

Hummus
Hummus dip - Hummus au yaourt
200 g

3⁹⁹ ea.

Summer Fresh
PICO DE GALLO
Pico de Gallo
200 g

3⁹⁹ ea.

Summer Fresh
SALSA
Salsa
200 g

9⁹⁹ ea.

Summer Fresh
SALADS
Salads
200 g

7⁴⁹ ea.

Summer Fresh
HUMMUS DIP
Hummus dip
200 g

4⁴⁹ ea.

Summer Fresh
SALADS
Salads
200 g

Irresistible

4⁹⁹ ea.

IRRESISTIBLE MINI MUFFINS
Mini Muffins
200 g

4⁹⁹ ea.

IRRESISTIBLE CARROT MUFFINS
Carrot Muffins
200 g

1⁹⁹ ea.

SANTOSH
Santosh
200 g

3⁹⁹ ea.

STONEFIRE
Stonefire
200 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 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 CARRO PRODUCT OF CANADA CANADA, LA, TURKEY
4.99 ea. LARGE CANTALOUPES OR MINI SEEDLESS WATERMELONS PRODUCT OF MEXICO	2.99 /lb LARGE CARA CARA ORANGES 1/2 lb 4.59/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 12.25/kg	4.99 ea. MEYER LEMONS 1/2 lb PRODUCT OF U.S.A.	3.49 ea. DOLE GARDEN OF EATIN' SALAD MIX COLLOURED COLOUR/LAUN 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 1.5 kg (3.3 lb)
CANADIAN GROWN

4.99 ea.

ORGANIC LEMONS 1.5 kg (3.3 lb)
CANADIAN GROWN

14.99 ea.

ORCHID
2" WIDEHOLE CLASSIC POT
HYDRO-CORRECTOR

39.99 ea.

ARCHIVE
FACSIMILE
BROMELIAD
12" x 12"

7.99 ea.

ORGANIC LEMON DATES
200 g

16.99 ea.

FRESH CUT TIRUPS
1.5 kg (3.3 lb)
ACQUER-CLIGUES

29.99 ea.

ORCHIDS
12" x 12" x 12" x 12"

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)

14.99 ea.

ORCHID
2" WINDMILL CASCADIA PINK
HYDRANGEA

39.99 ea.

ARCHERDA
FACILIMA
BROMELIAD
12" x 12"

7.99 ea.

ORGANIC LEMON DATES
200 g

4.99 ea.

ORGANIC LEMONS 4.5 kg
(10 lb)

16.99 ea.

FRESH CUT TIRUPS
1.5 kg (3.3 lb)
ACQUER CIGURES

29.99 ea.

ORCHIDS
12" x 12"

5 PK

4.99

ea.

AVOCADOS
FRESH GUATEMALA

2 KUMATO

4.99

ea.

KUMATO TOMATOES 64g
HEIRloom • CRACKLED SKIN

PISTACHIOS

5.99

ea.

WONDERFUL IN-SHELL PISTACHIOS 205g 25%
ROASTED • UNPEELED

1 KG

12.99

ea.

FRESH VEGETABLE CARROTS 500g
FRESH FRUIT CARROTS 1KG
BERRY AUNT TART 70g
NICKY'S PASTA 1KG
PUMPKINSECKEL TRAIT WITH 20% DDP

1 KG

4.99

ea.

IN-SHELL CRISP COASTED CRACKLING POTATOES
10g, 50g, 100g, 200g, 500g, 1KG
POTATOES • 4.5% SALT • 100% POTATOES • 100% POTATOES

REMI'S DESMOS

5.99

ea.

REMI'S DESMOS
100% WHOLE GRAIN
100% WHOLE GRAIN
100% WHOLE GRAIN

Rapunzel

5.99

ea.

CRÈME
100% WHOLE MILK
100% WHOLE MILK
100% WHOLE MILK

RUSSET POTATOES

3.99

ea.

RUSSET POTATOES 100g
100% WHOLE GRAIN
100% WHOLE GRAIN

JALAPEÑOS

3.99

1/b

HOT JALAPEÑOS
100% WHOLE GRAIN
100% WHOLE GRAIN

UNIFORTE BEANS

4.99

ea.

LITEHOUSE VEGEABLE DIP
100% WHOLE GRAIN
100% WHOLE GRAIN

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 ROCKWELL'S STEERING BEEF CUBES 16.25/lb 8⁹⁹ /lb	CUT BY OUR BUTCHER GRAIN FED 18⁹⁹ /lb ROCKWELL'S RIB STEAK CUT FROM AUSTRALIAN GRADED BEEF 41.55/lb
3⁹⁹ /lb FRESH PORK SHOULDER BLADE CHOPS VALLEY PICK 16.20/lb	ORGANIC YORKSHIRE VALLEY FARM 12⁹⁹ /lb YORKSHIRE VALLEY FARMS ORGANIC FREE RANGE ROASTED SKINNED CHICKEN BREAST OR THIGHS 23.64/kg
20⁹⁹ /lb LIFE SHRED NATURAL GRASS FED STRIP LOIN STEAK 46.22/kg	5⁹⁹ /lb NATURAL LEAF PRIME BASED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS 13.21/kg
9⁹⁹ /lb FRESH BRAIDED CHICKEN BREAST CUTLETS VALLEY PICK 22.02/kg	7⁹⁹ /lb MAPLE LEAF PRIME BASED WITHOUT ANTIBIOTICS FRESH SPICED CHICKEN WINGS 16.96/kg

STRUB'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 LAGANAKI
2299 ea.

MAMA YOLANDA'S LAMB AND SPINACH
3999 ea.

STRUB'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 LAGANAKI
2299 ea.

MAMA YOLANDA'S LAMB AND SPINACH
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 PILSENER 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.

6

VOOKA SODA

VOOKA SODA 6 x 12oz 355ml SELECTED VARIETIES

18.99

ea.

4

COTTAGE SPRINGS WEEKENDER

COTTAGE SPRINGS WEEKENDER 4 x 12oz 355ml SELECTED VARIETIES

4.99

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



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 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.

metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

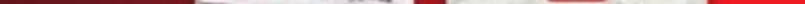
~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

*Lunar
New Year*



249 ea. **LUCKY KOI**
ULTIMATE SYNTHESIA
LICHYSIA LICHIES
100% SELECTED VARIETIES

1999 ea. **FRONT STREET BAKERY**
MANGO CREAM
PIE CAKE
105 g

1699 ea. **AEROBICA BONIQUITY**
ASSORTED COOKIES



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, 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.

SHEIKH 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.

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

2⁹⁹ ea.

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

3²⁹ ea.

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

8⁹⁹ ea.

INDIAN MASALA 50g, 100g, 200g SELECTED VARIETIES

3⁴⁸ ea.

DIVYA ENTREES 250g, 375g SELECTED VARIETIES

1⁷⁹ ea.

PABE RISK OR NATIONAL CUSTARD 277g, 300g SELECTED VARIETIES

1⁷⁹ ea.

SURATI FROZEN VEGETABLES 300g SELECTED VARIETIES

1⁷⁹ ea.

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

4⁹⁹ ea.

CEDAR KATAIFI OR PHILLO PASTA BURGOL, OKRA OR SPINACH OR SHARAFI HONEY LEAVES 270g, 350g SELECTED VARIETIES

2⁹⁹ ea.

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

2⁴⁹ ea.

BEST MANGO, DIVYA MANGO PULP OR MOWDEX KASHA CHEAM 1L, 1.5L, 1.5L SELECTED VARIETIES

3²⁹ ea.

CEDAR MARIANES, CUCUMBERS OR GRAPE LEAVES 1L SELECTED VARIETIES

4⁹⁹ ea.

218

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 INLAND 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, 15.500g

15⁹⁹
/lb



MARINA DEL REY RADOLI
CORNED & CURED 100g
200g

7⁹⁹
ea.



CEDAR BAY CANDORIAN CORISIER
RASC & CHEESE
FRESH, 175g

9⁹⁹
ea.



OCEAN JEWEL WHOLE TROUT
SEA BASS
FRESH, 100g

12⁵⁰
pounds



DON'T CUT & VINEGAR BREADED CRAB BITES
200g

7⁹⁹
ea.



MARINA DEL REY RADOLI
CORNED & CURED 100g
200g

7⁹⁹
ea.



CEDAR BAY CANDORIAN CORISIER
RASC & CHEESE
FRESH, 175g

9⁹⁹
ea.



OCEAN JEWEL WHOLE TROUT
SEA BASS
FRESH, 100g

12⁵⁰
pounds



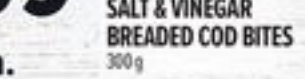
DON'T CUT & VINEGAR BREADED CRAB BITES
200g

7⁹⁹
ea.



MARINA DEL REY RADOLI
CORNED & CURED 100g
200g

7⁹⁹
ea.



CEDAR BAY CANDORIAN CORISIER
RASC & CHEESE
FRESH, 175g

9⁹⁹
ea.



OCEAN JEWEL WHOLE TROUT
SEA BASS
FRESH, 100g

12⁵⁰
pounds



DON'T CUT & VINEGAR BREADED CRAB BITES
200g

7⁹⁹
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 PIE 4x100g SELECTION APPLE PIE 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 CHEDDAR 250g SELECTION MILD CHEDDAR 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	 mac & CHEESE 250g SELECTION PASTA SAUCE SELECTED VARIETIES NOW \$3.99	 MARINARA 250g SELECTION MARINARA SELECTED VARIETIES NOW \$1.79

\$ New Lower Prices

WELLAGO
ITALIAN STYLE BREADS,
BUNS, FURITANI GARLIC
BREADS, BREAD STICKS,
GARLIC KNOTS OR
CING'S HAWAIIAN ROLLS
12 BUNS, 12 BREAD STICKS OR
12 ROLLS PER BAG
\$3.99 EA.

30
Days of
Haddock

 11.99 ea. MARCO ANGELO KIDDOES PORK OR CHICKEN 400 - 500g	 9.99 ea. MONTANA'S SWISS CHEESE & ONION BEEF BURGERS FRESH 500g	 6.49 ea. MARCANGELO SWISS CHEESE & ONION BEEF BURGERS FRESH 500g	 9.99 ea. STORE MADE LARGE SWISS BURGERS 400 - 500g
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FRUIT
DRINKS
SUGARY DRINKS

2.49
ea.

fruit
fruit
fruit

DELIGHT
INTERNATIONAL DELIGHT
CREAMER 4.6 FL. OZ.

4.99
ea.

DELIGHT
INTERNATIONAL DELIGHT
CREAMER 4.6 FL. OZ.

6.99
ea.

SIGG'S
SKYY YOGURT
6.59 700g
SUGARY DRINKS

[illegible]


6.99

5.99

3.49


[illegible]

1.99

30%

6.99

ea. KNORR SIDE KICKS 100-10% SELECTED VARIETIES 50% off ea. SELECTED PARS SELECTED VARIETIES

i earn with moi rewards

CAMPBELL'S BROTH
750 ml, 300 ml
100% PARS VARIETIES
50% off ea. SELECTED PARS SELECTED VARIETIES

1 ea. **ACTIVE MULTICULT TUBS YOGURT**
 2 ea. **ACTIVE MULTICULT TUBS YOGURT**
 3 ea. **ACTIVE MULTICULT TUBS YOGURT**

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

We respect your privacy. We do not sell your information to third parties.
 We accept Visa, Mastercard and American Express.

Visit us at: **metro.ca**
 Give us your opinion for a chance to
WIN \$1000 in groceries

Facebook Instagram TikTok YouTube

Our store is green and recyclable paper using vegetable based inks. Please recycle where facilities exist.
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[illegible]

TASTE OF SUPER BOWL

LAYS CHIPS
PEPSI
TOSTITOS

2.99 ea.

LAYS
CHIPS
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.

MISS VICKIE'S
CHIPS
SELECTED SIZES
SELECTED VARIETIES

4.49 ea.

bubbly
BUBBLY SPARKLING WATER 12 x 350 ml
MONTELLIER
SPARKLING WATER 10 x 250 ml
SELECTED VARIETIES

2 for 14.00

MONTELLIER
SPARKLING WATER
10 x 250 ml
SELECTED VARIETIES

12.99 ea.

SMARTFOOD
POPCORN
SELECTED SIZES
SELECTED VARIETIES

125 pieces

5.49 ea.

Smartfood
POPCORN
WHITE CHEDDAR
CHEDDAR BLANK

5.49 ea.

HELLMANN'S
THE ULTIMATE GAME DAY LINEUP

4.49 ea.

BRING HOME BIG GAME SNACKS

2.99 ea.

PRINGLES
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.

CLAMATO
Bring on the Flavour

3.49 ea.

CLAMATO
MOTT'S CLAMATO THE ORIGINAL ITALY SELECTED VARIETIES

3.49 ea.

NANDO'S
HOT SAUCE 250 ml
SELECTED VARIETIES

6.99 ea.

TABASCO
HOT SAUCE 250 ml
SELECTED VARIETIES

5.99 ea.

Dr. Oetker
suprema

7.99 ea.

GIUSEPPE
STUFFED CRUST PIZZA
SELECTED SIZES
SELECTED VARIETIES

7.99 ea.

GIUSEPPE
THIN AND BOILING SAUCE OR RUP'S SAUCE PIZZA
SELECTED SIZES
SELECTED VARIETIES

7.49 ea.

GIUSEPPE
EAST PIZZA
SELECTED SIZES
SELECTED VARIETIES

7.49 ea.

Natrell
NATRELL COFFEE CREAMER
SELECTED VARIETIES

6.99 ea.

Natrell
NATRELL LACTOSE-FREE MILK 2 L
SELECTED VARIETIES

6.49 ea.

Celebrate World Day

8.99 ea.

nutella
NUTELLA HAZELNUT SPREAD 750g

8.99 ea.

GAME DAY READY

LCBO

LCBO

LCBO

TEAM CANADA

QUEST FOR GOLD

SAVE \$4*

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QUEST FOR GOLD

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10 QUESTIONS TO WIN \$100,000

10 QUESTIONS TO WIN \$100,000

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LCBO

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*with qualifying card coupon