

VERSION 1

LEAN



GROUND IN-STORE DAILY

5⁴⁴

/lb

LEAN GROUND BEEF
VALUE PACK
11.25kg

FRESH



1⁹⁹

/lb

FRESH CHICKEN
LEG QUARTERS
4.5kg

CUT BY OUR BUTCHER



2⁴⁴

/lb

FRESH PORK LOIN CHOPS
STEAKHOUSE PACK
1.8kg (4 LBS 10 OZ)
5.50kg

JANES
Ready for anything!

PUB STYLE
CHICKEN STRIPS



700 g

JANES PUB STYLE
BREADED
CHICKEN OR WINGS
FROZEN, NO COOK
100% CHICKEN MEAT

6⁸⁸

ea.

125
points

value of \$1

moi rewards member price





HERSHEY'S CHIPITS
200 (200g)
100% CHOCOLATE

HERSHEY'S CHIPITS
200 (200g)
100% CHOCOLATE

3⁹⁹

ea.

SPECIAL PRICE
4⁹⁹
for non-members

Effective March 19 to 20 2

**LOW PRICE
EVERY DAY**
100% of items at the same low price every day.

SELECTION
MAC & CHEESE
SELECTED VARIETIES

NOW ↓
125
ea.



IRRESISTIBLE PIZZA
SELECTED VARIETIES

NOW ↓
3.99
ea.



SELECTION
CEREAL
SELECTED VARIETIES

NOW ↓
4.99
ea.



SELECTION
CHEDDAR
SELECTED VARIETIES

NOW ↓
4.99
ea.



SELECTION
SOFT DRINKS
SELECTED VARIETIES

NOW ↓
1.49
ea.



IRRESISTIBLES
GOAT CHEESE
SELECTED VARIETIES

NOW ↓
9.49
ea.

125
points
value of \$1



moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

Only until March 25, 2026, in-store or online



NOW
2.99
ea.
SAVE UP TO
\$1

~~3.99~~
ea.
KELLOGG'S RICE
KRISPIES SQUARES
OR POP-TARTS 384 g
SELECTED VARIETIES



NOW
1.99
ea.
SAVE UP TO
\$1

~~2.99~~
ea.
PLANTERS
TRAIL MIX
100 g
SELECTED VARIETIES



NOW
2.99
ea.
SAVE UP TO
\$2

~~4.99~~
ea.
WALKER'S
SHORTBREAD FINGERS
150 g



NOW
1.87
ea.
SAVE UP TO
62¢

~~2.49~~
ea.
BETTY CROCKER
SUPER MOIST CAKE MIX
375 - 404 g



NOW
9.99
ea.
SAVE UP TO
\$3

~~12.99~~
ea.
P.F. CHANG'S LARGE
FROZEN MEALS
624 g
SELECTED VARIETIES



NOW
4.99
ea.
SAVE UP TO
\$3

~~7.99~~
ea.
WATERMELON
OR MIXED MELON
CHUNKS
675 g



NOW
12.99
ea.
SAVE UP TO
\$2

~~14.99~~
ea.
ANTHURIUM
5" POT
ASSORTED COLOURS

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.

Easter

Scavenger Hunt



Join us in-store for sweet treats & fun on
Saturday, March 28 from 10am to 4pm.

\$ New Lower Prices

[illegible][illegible]

Farm Fresh Produce



2⁴⁹
1⁹⁹
ea.
LARGE AVOCADOS
PRODUCT OF MEXICO



3⁹⁹
ea.
BLACKBERRIES 1014
PRODUCT OF MEXICO



1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF MEXICO
4.25kg



2⁹⁹
/lb
HEIRLOOM TOMATOES
PRODUCT OF MEXICO
6.59kg



3⁹⁹
/lb
ORBI CLEMENTINES
PRODUCT OF CANADA
8.80kg



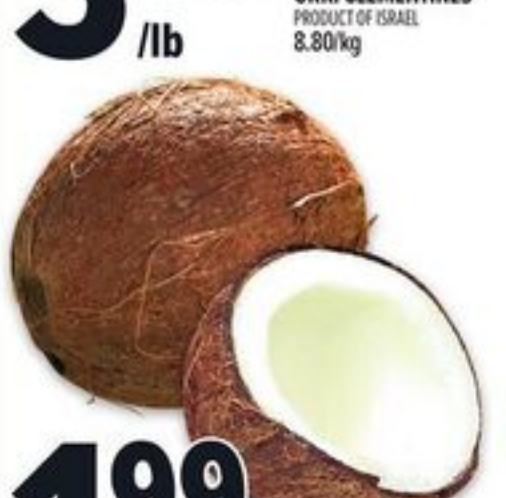
1⁹⁹
/lb
LARGE RED PRINCE APPLES
PRODUCT OF CANADA
4.25kg



3⁹⁹
ea.
SWEET CHERRY TOMATOES 2514
PRODUCT OF CANADA



2⁹⁹
ea.
BELLE GROVE WHOLE WHITE OR CREAMING MUSHROOMS 2514
PRODUCT OF MEXICO



1⁹⁹
ea.
COCONUT
PRODUCT OF THE DOMINICAN REPUBLIC



3⁹⁹
/lb
LARGE BLACK OR YELLOW PLUMS
PRODUCT OF CANADA
8.80kg



3⁹⁹
ea.
MINI CUCUMBERS 2514
PRODUCT OF CANADA



4⁹⁹
ea.
MINI SWEET PEPPERS 4514
PRODUCT OF MEXICO



4⁹⁹
ea.
POM WONDERFUL POMEGRANATE JUICE 4514



4⁹⁹
ea.
RED CURRANTS
PRODUCT OF CANADA



99¢
/lb
GREEN CABBAGE
PRODUCT OF CANADA
2.58kg



3⁹⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF CANADA
8.80kg



4⁹⁹
ea.
LITEROUS VEGETABLE DIPS 4514



2⁴⁹
ea.
ASSORTED COLOURED CARROTS
2514 PRODUCT OF CANADA



3⁹⁹
ea.
HOT SHISHITO PEPPERS 2514
PRODUCT OF MEXICO



5⁹⁹
ea.
SWEET ONIONS 1514
PRODUCT OF CANADA
SWEET ONIONS 1514
PRODUCT OF CANADA

Organic



6⁹⁹
ea.
ORGANIC GALA APPLES 1514
PRODUCT OF CANADA



3⁹⁹
ea.
ORGANIC SEEDLESS CUCUMBERS
PRODUCT OF CANADA



6⁹⁹
ea.
ORGANIC SWEET POTATOES
1514 PRODUCT OF CANADA



4⁹⁹
ea.
ORGANIC KALE 1514
PRODUCT OF CANADA

Sliced & Diced



4⁹⁹
ea.
MELON CHUNKS 1514
YOGURT PARFAYS 1514



5⁹⁹
ea.
STONE-WARE DIPS
2514



13⁹⁹
ea.
FRESH VEGETABLE OR FRUIT CAROUSELS
2514



14⁹⁹
ea.
FAMILY SIZE CHICKEN CAESAR SALAD 1514



7⁹⁹
ea.
HAPPY NOWRUZ
2514



9⁹⁹
ea.
HYACINTH
2514



4⁹⁹
ea.
CAT GRASS
2514

ONLINE
EXCLUSIVE

metro.ca

Enjoy the Offer

*Certain conditions apply. Details on metro.ca

FREE

**IRRÉSISTIBLE ANGUS
MEATBALLS**

680 g

WHEN YOU SPEND \$150 OR MORE*



PROMO CODE
ANGUS

\$12⁹⁹
VALUE

Our Butcher's Finest

PLATINUM GRILL ANGUS BONELESS RIBS, BONE IN OR SIRLOIN TOP ROAST OR WALKER HILL STEAK 22.29/kg

9⁹⁹ /lb

YORKSHIRE VALLEY FARMS ORGANIC FRESH BONELESS SKINLESS CHICKEN BREAST OR THIGHS 28.64/kg

12⁹⁹ /lb

FRESH PORK BELLYS 10.49/kg

6⁹⁹ /lb

FRESH SPLIT CHICKEN WINGS 12.19/kg

5⁹⁹ /lb

HOMESTYLE MEATLOAF OR MEATBALLS OR SEASONED BEEF BURGERS 10.41/kg

6⁹⁹ /lb

PORK LOIN CHOPS CENTER CUT WALNUT PACE 8.81/kg

3⁹⁹ /lb

LIFE SMART NATURALIA GRASS FED BONELESS RIB STEAK OR STRIP LOIN STEAK 46.22/kg

20⁹⁹ /lb

MAPLE LEAF PRIME FRESH WINDY JAMBALICKS FRESH CHICKEN BREAST FILLETS 28.64/kg

12⁹⁹ /lb

CUT BY OUR BUTCHER

I earn with moi rewards

GOLD LABEL CHICKEN OR SMOKED PORK SAUSAGES 25.99/kg

4⁹⁹ ea. **60** points

MAPLE LEAF TOP OF SIRLOIN OR SCORNBERS RED HATS 29.99/kg

5⁹⁹ ea. **75** points

LIFE SMART NATURALIA BACON 29.99/kg

5⁹⁹ ea. **75** points

SELECTION HOMESTYLE STUFFED CHICKEN BREAST 29.99/kg

5⁹⁹ ea. **70** points

SELECTION SHANKS OF PORK 29.99/kg

8⁹⁹ ea. **125** points value of \$1

TURKEY BURGERS 29.99/kg

10⁹⁹ ea. **125** points value of \$1

JAMAICAN JAMBA 29.99/kg

10⁹⁹ ea. **125** points value of \$1

POCO CHICKEN BREAST FILLETS 29.99/kg

11⁹⁹ ea. **125** points value of \$1

Irresistible

IRRESISTIBLE PEE 29.99/kg

5⁹⁹ ea. **60** points

IRRESISTIBLE FRENCH ONION & T. STEAK 29.99/kg

7⁹⁹ ea. **90** points

IRRESISTIBLE BEEF 29.99/kg

8⁹⁹ ea. **125** points value of \$1

IRRESISTIBLE SHEPHERD'S PIE 29.99/kg

9⁹⁹ ea. **125** points value of \$1

IRRESISTIBLE CHICKEN 29.99/kg

4⁹⁹ ea. **60** points

IRRESISTIBLE PORK TENDERLOIN 29.99/kg

6⁹⁹ ea. **90** points

IRRESISTIBLE PORK BACK RIBS 29.99/kg

12⁹⁹ ea. **125** points value of \$1

IRRESISTIBLE BEEF BURGERS 29.99/kg

14⁹⁹ ea. **125** points value of \$1

[illegible]

2.49 /100g OXLEY ROCK CHICKEN PREPARED, 100g	2.69 /100g MASTRO CAPOCOLLO 100g, 100g MASTRO'S ITALIAN CURED MEAT	4.49 /100g SAPUTO ASIAGO CHEESE MASTRO'S ITALIAN, 100g, 25.7%	4.79 /100g CASTELLO MASCARPONE CHEESE MASTRO'S ITALIAN, 100g, 25.7%
2.99 /100g SAN DANIELE PROSCIUTTO PREPARED, 100g	3.99 /100g MASTRO'S ARTISAN TURKEY BREAST MASTRO'S ITALIAN, 100g, 25.7%	15.99 ea. SAPUTO ROMANO CHEESE MASTRO'S ITALIAN, 100g, 25.7%	4.49 /100g LUPA PECORINO ROMANO CHEESE MASTRO'S ITALIAN, 100g, 25.7%
6.99 ea. PILLER'S PEPPORINI PREPARED, 100g	8.49 ea. Smoke House SMOKE HOUSE MINI PEPPS PREPARED, 100g	8.99 TRE STELLE GRATED PARMESAN OR ROMANO 100g	7.99 ea. TRE STELLE MOZZARELLA 100g
10.79 ea. SOUPS ON SOUP PREPARED, 100g	10.49 ea. Green Pesto Pasta Salad Salad (Prepared) 100g, 25.7%	BUY 1 Fresh 2 1/2" Pizza Slice Combo 1 ea., Selected Varieties 4.79	

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Earn extra Moi points[‡] by using a linked RBC® Card.

avionrewards.com/moi

[‡]Terms and conditions apply. Minimum spend required.
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AVION
REWARDS™

moi
rewards

Build your Easter basket

Every bunny loves our selection of sweet treats.

WHILE QUANTITIES LAST

449^{ea.} SELECTION EASTER MINI EGGS CHOCOLATE 200 g. SELECTED VARIETIES

Find these Easter treats and more. SHOP NOW

IRRESISTIBLE EASTER MINI EGG CHOCOLATE 800 g. SELECTED VARIETIES

16⁹⁹^{ea.}

Peeps Marshmallow 85 g. SELECTED VARIETIES

2⁹⁹^{ea.}

Cadbury Mini Eggs 200 g. SELECTED VARIETIES

5⁹⁹^{ea.}

Cadbury Easter Mini Egg Chocolate 200 g. SELECTED VARIETIES

6⁴⁹^{ea.}

20⁹⁹^{ea.}

6⁴⁹^{ea.}

6⁴⁹^{ea.}

Hershey's Easter Egg Hunt Chocolate 180 g. SELECTED VARIETIES

10⁴⁹^{ea.}

5⁴⁹^{ea.}

13⁹⁹^{ea.}

[illegible]

Non-GMO



Violife

CREAM CHEESE SPREAD

EXTRA MILD STYLE

5⁹⁹

ea.



Violife

Chicken Broth

4 CUPS

7⁹⁹

ea.



Violife

MACARONI & CHEESE

CHICKEN BROTH

18⁹⁹

ea.



Lundberg

Wild & Crazy Rice

Wild & Crazy

7⁹⁹

ea.



Sun-Maid

Raisins

1/2 GAL

6⁹⁹

ea.



Lola's

Hot Sauce

1/2 GAL

8⁴⁹

ea.



Celestial

Hot Sauce

1/2 GAL

5⁴⁹

ea.

Gluten-Free



Cool Whip

Proven Dessert

1/2 GAL

6⁹⁹

ea.



Terra

Sweet & Beets Veggie Chips

1/2 GAL

5⁹⁹

ea.



Righteous

Chocolate Easter Egg

1/2 GAL

6⁹⁹

ea.



Life Smart

Organic Chia Seeds

1/2 GAL

4⁴⁹

ea.

Plant-Based



Monroe

Pasta Sauce

1/2 GAL

12⁹⁹

ea.



Neal Brothers

Pasta Sauce

1/2 GAL

8⁹⁹

ea.



MaraNatha

Peanut Butter

1/2 GAL

8⁹⁹

ea.



Koops

Mustard

1/2 GAL

3⁹⁹

ea.

Baby & Beauty



Baby Gourmet

Baby Puree

1/2 GAL

2⁴⁹

ea.



Baby Gourmet

Baby Snacks

1/2 GAL

4⁴⁹

ea.



Johnson's

Baby Care

Baby Wipes

6⁴⁹

ea.



Huggies

Baby Wipes

1/2 GAL

13⁹⁹

ea.



Ivory

Baby Wipes

1/2 GAL

9⁴⁹

ea.

Household Helpers



Royal Chinet

Dinner Plates

1/2 GAL

9⁹⁹

ea.



Royal Chinet

Lunch Plates

1/2 GAL

8⁹⁹

ea.



Gain

Laundry Detergent

1/2 GAL

14⁴⁹

ea.



Gain

Fabric Softener

1/2 GAL

3⁹⁹

ea.



Febreze

Placemat

1/2 GAL

9⁹⁹

ea.



Febreze

Placemat Refill

1/2 GAL

11⁹⁹

ea.

Lotto MAX

DREAM TO THE MAX

PLAY TODAY!

SAVE \$4*

when you buy any 3 Carlton Cards

*with greeting card coupon

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FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL



9⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



2⁹⁹
ea.



7⁹⁹
ea.



1⁹⁹
ea.



12⁹⁹
ea.



2⁹⁹
ea.



12⁹⁹
ea.



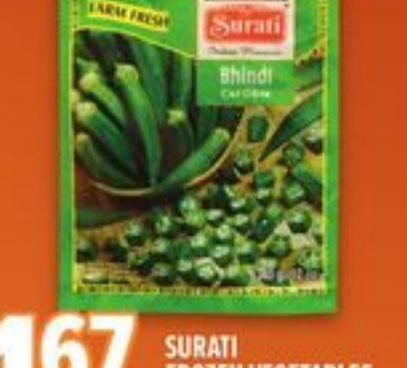
5⁴⁹
ea.



6⁴⁹
ea.



5²⁹
ea.



1⁶⁷
ea.



1⁹⁹
ea.



1²⁹
ea.



1²⁵
ea.



8⁹⁹
ea.



15⁹⁹
ea.



6⁴⁹
ea.



1⁶⁹
ea.



1⁹⁹
ea.



16⁹⁹
ea.



1⁹⁹
ea.



6⁹⁹
ea.



6⁴⁹
ea.



39⁹⁹
ea.

More availability varies by store.

SAVE
WITH

Personnelle

Quality for Less

300 CAPSULES

24⁹⁹ ea.

PERSONNELLE
ARTHRITIS PAIN RELIEF
200 CAPSULES
SELECTED VARIETIES

VS

27⁹⁹ ea.

TYLENOL
ARTHRITIS
PAIN RELIEF
200 CAPSULES
SELECTED VARIETIES

215 CAPLETS

TYLENOL

SAVE 28%

27⁴⁹ ea.

PERSONNELLE
MUSCLE ANALGESIC
60 CAPSULES
SELECTED VARIETIES

VS

37⁹⁹ ea.

ROBAX
MUSCLE (BUPROFEN)
60 CAPSULES
SELECTED VARIETIES

SAVE 13%

5⁹⁹ ea.

PERSONNELLE
81 MG ASA
30 TABLETS
SELECTED VARIETIES

VS

8⁹⁹ ea.

ASPIRIN
81 MG
30 TABLETS
SELECTED VARIETIES

cold + sinus

VS

Advil Cold & Sinus

SAVE 29%

11⁹⁹ ea.

PERSONNELLE
COLD & SINUS TABLETS
40 CAPSULES
SELECTED VARIETIES

VS

16⁹⁹ ea.

ADVIL
COLD & SINUS
40 CAPSULES
SELECTED VARIETIES

SAVE 26%

15⁹⁹ ea.

PERSONNELLE
220 MG NAPROXEN
100 CAPSULES
SELECTED VARIETIES

VS

21⁴⁹ ea.

ALEVE
220 MG NAPROXEN
100 CAPSULES
SELECTED VARIETIES

Ibuprofen Caplets

VS

Advil

SAVE 40%

17⁴⁹ ea.

PERSONNELLE
200 MG IBUPROFEN
200 CAPSULES
SELECTED VARIETIES

VS

28⁹⁹ ea.

ADVIL
200 MG IBUPROFEN
200 CAPSULES
SELECTED VARIETIES

SAVE 64%

8⁹⁹ ea.

PERSONNELLE
CLOTRIMAZOLE
VAGINAL CREAM
1%
50 G
SELECTED VARIETIES

VS

10⁴⁹ ea.

CANESTEN
ANTIFUNGAL
VAGINAL CREAM
1%
50 G
SELECTED VARIETIES

EXTRA STRENGTH ALLERGY RELIEF

VS

REACTINE

SAVE 29%

19⁹⁹ ea.

PERSONNELLE
10 MG CETIRIZINE
30 TABLETS
SELECTED VARIETIES

VS

27⁹⁹ ea.

REACTINE
10 MG ALLERGY
30 TABLETS
SELECTED VARIETIES

SAVE 23%

9⁹⁹ ea.

PERSONNELLE
ULTRA STRENGTH
KNOCKLESS
ANALGESIC CREAM
100 G
SELECTED VARIETIES

VS

12⁹⁹ ea.

RUB-A-550
ULTRA STRENGTH
UNDESATED
ANALGESIC CREAM
100 G
SELECTED VARIETIES

24 Hour Allergy Remedy

VS

Claritin

SAVE 18%

17⁹⁹ ea.

PERSONNELLE
24 HOUR 10 MG
LOXAPATADINE
30 TABLETS
SELECTED VARIETIES

VS

21⁹⁹ ea.

CLARITIN
10 MG BROWNS 10 MG
30 TABLETS
SELECTED VARIETIES

SAVE 47%

3⁹⁹ ea.

PERSONNELLE
BAND-AID
50 BANDAGES
SELECTED VARIETIES

VS

7⁴⁹ ea.

BAND-AID
FLEXIBLE
FABRIC
50 BANDAGES
SELECTED VARIETIES