

4-DAY
MEAL DEAL

MARCH 12TH – MARCH 15TH, 2026

YOUR
CHOICE **11.99**
ea.



X-LARGE
16" X-LARGE
PEPPERONI & CHEESE
PIZZA
WITH PEPPERONI (100g)
AND CHEESE (100g)



1 kg

HOT WHOLE
BROIL MARINATED
CHICKEN (1 kg)



12 PCS

20 PCS

FRESH ZUCCHINI
CHICKEN TENDERS (12 PCS)
CHICKEN BITES (20 PCS)



20 PCS

ASSORTED CALIFORNIA
CERTIFIED ORGANIC
ROLL VARIETY PACK
(20 PCS)
(SELECTED VARIETIES)



PARTY SIZE
1.5 kg

DELUXE FRUIT
SALAD
(1.5 kg)



FROSTY STREET
BAKERY MINI
DESSERT CAKES
(20 PCS)
(SELECTED VARIETIES)

metro.ca

\$ New Lower Prices

[illegible]

5.99
ea.

SELECTION BARS OR SHREDDED CHEESE
12 oz. bag or 12 oz. box

CRACKER BARREL
CRACKER BARREL OR BLACKWOOD
SWEET CHEDDAR
12 oz. box

5.49
ea.

CRACKER BARREL
CRACKER BARREL OR BLACKWOOD
SWEET CHEDDAR
12 oz. box

Blackwood
CRACKER BARREL OR BLACKWOOD
SWEET CHEDDAR
12 oz. box

CHEK, NATURE'S PATH
 CEREAL, THE EARTH'S OWN
 DELICIOUSNESS

60
 varieties

4.99
 ea.





125
 varieties

11.99
 ea.

KITCHEN HOSE® PATENT
 GRINDING COFFEE 2014





\$5.99
\$7.99
\$7.99
\$7.99
\$12.99
\$12.99

I learn with **moi** rewards

125
value of \$1

4.99

KELLOGG'S
RICE KRISPIES
BEST TASTING CEREAL

KELLOGG'S
RASIN BRAN
BEST TASTING CEREAL

125
value of \$1

5.49

MAGGIUM
NEW & IMPROVED
VANILLA ICE CREAM
SWEETENED, 4 LITRE TUB

MAGGIUM
DOUBLE CARAMEL
SWEETENED, 4 LITRE TUB

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

We accept Visa, MasterCard and American Express at most stores.





Visit us at: metro.ca
 Give us your opinion for a chance to
WIN \$1,000 in groceries






[illegible]

moi
rewards

SAVE BIG IN THE APP

Add your coupons in the
Metro app today.



**DISCOVER
NEW**

**NOW
199[¢]**
ea.
SAVE UP TO
\$2

399[¢]
ea.
**IÖGO NANO
BUBBLES YOGOURT**
4 x 100 g
SELECTED VARIETIES

THIS WEEK'S DEALS:

Only until March 18, 2026, in-store or online



**NOW
349[¢]**
ea.
SAVE UP TO
\$2

549[¢]
ea.
**MINUTE MAID OR
FUZE ICED TEA**
8 x 200 mL, 10 x 200 mL
SELECTED VARIETIES



**NOW
399[¢]**
ea.
SAVE UP TO
\$1.50

549[¢]
ea.
**TROPICANA
ORANGE JUICE**
1.36 L
SELECTED VARIETIES



**NOW
399[¢]**
ea.
SAVE UP TO
\$3.30

729[¢]
ea.
**LIFE SMART
ORGANIC
PITTED DATES**
340 g



**NOW
449[¢]**
ea.
SAVE UP TO
50¢

499[¢]
ea.
**SELECTION
BBQ SAUCE**
1 L
SELECTED VARIETIES



**NOW
399[¢]**
ea.
SAVE UP TO
\$2

599[¢]
ea.
**IRRESISTIBLE
FRESH PASTA**
300 - 500 g
SELECTED VARIETIES



**NOW
129[¢]**
ea.
SAVE UP TO
\$1

229[¢]
ea.
**SELECTION
ALUMINUM FOIL**
25 ft.

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.

JUMBO

3.99
/lb

JUMBO GREEN SEEDLESS GRAPES
PRODUCT OF CHILE, IN 15.4 LBS. & 8.0 LBS.

4.99
ea.

STRAWBERRIES 40g
12.1 LBS. IN 15.4 LBS. & 8.0 LBS.
POOPIES TRY TINY STRAWBERRIES 100% PRODUCT OF CANADA & U.S.A.

3.99
ea.

SWEET CHERRY TOMATOES
PRODUCT OF CANADA & MEXICO

1.99
/lb

SWEET POTATOES
PRODUCT OF CHINA & U.S.A.

2.49
/lb

LARGE FUJI OR RED DELICIOUS APPLES
PRODUCT OF CANADA & U.S.A.
5.40/kg

1.99
/lb

LARGE SEVENS NAVAL ORANGES
PRODUCT OF CANADA & U.S.A.
4.30/kg

50¢
ea.

CRUNCHY GREEN LETTUCE 100% PRODUCT OF CANADA

2.49
ea.

YELLOW ONIONS 120
PRODUCT OF CANADA & U.S.A.

2.49
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO

6.99
ea.

ORIN CLEMENTINES 270g

3.69
ea.

BELLE GROVE SLICED WHITE MUSHROOMS 270g
PRODUCT OF CANADA

3.99
ea.

MINI CUCUMBERS
PRODUCT OF CANADA

2.49
/lb

LARGE RED GRAPEFRUIT
PRODUCT OF CANADA & U.S.A.
5.40/kg

2.49
/lb

LARGE BARTLETT PEARS
PRODUCT OF CANADA & U.S.A.
5.40/kg

3.99
ea.

RUSSET POTATOES 5 lb
PRODUCT OF CANADA

3.99
ea.

LOCAL GARLIC 10g
PRODUCT OF ONTARIO

4.99
ea.

MEYER LEMONS 150

5.99
ea.

CARROTS OR SALT CARROTS ON STALKS
PRODUCT OF CANADA

7.99
ea.

LIVE VEGETABLE RANCH 250g

7.99
ea.

FIELD ROAST BEANS
PRODUCT OF CANADA

13⁹⁹
ea.

FRESH VEGETABLE OR FRUIT CAROUSELS!
10.99 ea.

6⁹⁹
ea.

**WATERMELON OR
WATERMELON
CHUNKS 100g**

10⁹⁹
ea.

**FAMILY SIZE
FAMILY SIZE SALADS
400-500g**

20⁰⁰
ea.

**PERFECT FOR
ST. PATRICK'S DAY**

**STARTING AT
4⁹⁹**
ea.

**SHRIMP
COCKTAIL
RECIPE PRINTED**

**DOUBLE
SPIKE**

**ORCHID + 100
ROSEBUDS**

SAVE \$4.00

22⁹⁹
ea.

pick Ontario

16⁹⁹
ea.

**FRESH CUT TULIPS
ROSEBUDS 100g**

DMZ DMZ DMZ

JUMBO

3.99
/lb

JUMBO GREEN SEEDLESS GRAPES
PRODUCT OF CHILE, IN 15.4 LBS. & 8.0 LBS.

4.99
ea.

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ea.

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2.49
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5.40/kg

1.99
/lb

LARGE SEVENS NAVAL ORANGES
PRODUCT OF CANADA & U.S.A.
4.30/kg

50¢
ea.

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2.49
ea.

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2.49
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6.99
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ORIN CLEMENTINES 270g

3.69
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5.40/kg

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3.99
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13⁹⁹
ea.

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100% FRESH

6⁹⁹
ea.

WATERMELON OR
WATERMELON
CHUNKS 100g

10⁹⁹
ea.

FAMILY SIZE SALADS
400-500g

my metro

20⁰⁰
ea.

**PERFECT FOR
ST. PATRICK'S DAY**

**STARTING AT
4⁹⁹**
ea.

SHRIMP
COOKED
DEVELOPED FLAVOURS

**DOUBLE
SPIKE**

22⁹⁹
ea.

SAVE \$4.00

ORCHID • 100
BLOSSOMS

pick Ontario

16⁹⁹
ea.

FRESH CUT TULIPS
BOUTIQUE QUALITY

DMZ DMZ DMZ

-

1.99
/lb

SWEET POTATOES
Average of 2.5 lbs

 Accredited
Member of the National Fair Trade Association
-

2.49
ea.

YELLOW ONIONS 5 lb
GROWN IN THE USA

 Accredited
Member of the National Fair Trade Association
-

3.99
ea.

MINI CUCUMBERS
PROCESSED IN A REFRIGERATED CONTAINER

 Accredited
Member of the National Fair Trade Association
-

3.99
ea.

LOCAL GARLIC 10 lb
GROWN IN THE USA

 Accredited
Member of the National Fair Trade Association
-

7.99
ea.

FIELD ROAST PLANT-BASED SAUSAGES 10.5 oz

 Accredited
Member of the National Fair Trade Association

3.99
ea.

FRESH ORGANIC GINGER
85 g. PRODUCT OF PERU

FRESH ORGANIC SHALLOTS 110 g
PRODUCT OF FRANCE OR THE NETHERLANDS

DOUBLE SPIKE

ORCHID + POST
ASSORTED COLOURS

SAVE \$4.00

22⁹⁹
ea.

pick Ontario

16⁹⁹
ea.

FRESH CUT TULIPS
10 CUT BUNCH
VARIABLE COLOURS

Our Butcher's Finest

PORK PICNIC
SHOULDER ROAST
5.45kg

2⁴⁹
/lb

FRESH CHICKEN DRUMSTICKS OR THIGHS
2.5kg

4⁴⁹
/lb

BREADED CHICKEN BREAST CUTLETS
VALUE PACK
12.5kg

5⁹⁹
/lb

SPRING LAMB
FRESH LAMBS LEGS
12.5kg

250
points
7⁹⁹
value of \$2
/lb

POK DOKAI
value of \$1

125
/lb

LIFE SMART NATURALIA
GRASS FED BONELESS INSIDE ROUND ROAST OR INSIDE BLADE ROAST
22.02kg

9⁹⁹
/lb

VEAL SHOULDER CHOPS
15.81kg

6⁹⁹
/lb

CUT BY OUR BUTCHER

125
value of \$1

8⁹⁹
/lb

RED GRILL
BONELESS STEAKING BEEF CURBS VALUE PACK
13.82kg

125
value of \$1

4⁹⁹
/lb

PRIME
WINTERBOSTER
WHOLE CHICKEN
11.36kg

125
value of \$1

4⁹⁹
/lb

Breakfast Favourites

PEPPER'S
FRESH WASH BROWNS
1.05kg

2⁹⁹
ea.

SELECTION BACON
1.05kg

4⁹⁹
ea.

MAPLE LOGS
BREAKFAST SAUSAGES OR
CHICKEN BACON OR
ZARINA HALAL
1.05kg

4⁹⁹
ea.

Mini Sizzlers
SCHNEIDER'S
MINI-SIZZLERS
1.05kg

7⁹⁹
ea.

SELECTION PEANUT STYLE BACON
1.05kg

4⁹⁹
ea.

SCHEWEL
BREAKFAST
TURKEY BACON
1.05kg

4⁹⁹
ea.

BUTTERBALL
EGG BITES
1.05kg

6⁹⁹
ea.

SCHNEIDER'S
BREAKFAST
SANDWICHES OR
EGG BITES
1.05kg

6⁹⁹
ea.

LOCKED DOWN PRICES UNTIL APRIL 8TH, 2026

GREENFIELD
BACON
1.05kg

7⁹⁹
ea.

WONG WING ENTREES
1.05kg

7⁹⁹
ea.

NEW ZEALAND SPRINGWALL
BEEF ON LAMB
HOT POT BILLS
1.05kg

11⁹⁹
ea.

PRIME RIB BEEF BURGERS
1.05kg

19⁹⁹
ea.

LIFE SMART NATURALIA
GRASS FED LEAN
GROUND BEEF
1.05kg

8⁹⁹
ea.

SWISS CHALET
CHICKEN
POULET
1.05kg

10⁹⁹
ea.

44TH STREET POLLY
COUNTRY PORK BACK RIBS
1.05kg

11⁹⁹
ea.

MARC ANGELO
KABOBS OR SAUSAGES
1.05kg

12⁹⁹
ea.

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

ST. PADDY'S DAY HAPPY HOUR

Raise a pint with everyone's favourite cold brews.

11⁹⁹
ea.

12⁹⁹
ea.

24⁴⁹
ea.

18⁴⁹
ea.

28⁹⁹
ea.

29⁹⁹
ea.

19⁹⁹
ea.

22⁴⁹
ea.

10⁹⁹
ea.

3¹⁹
ea.

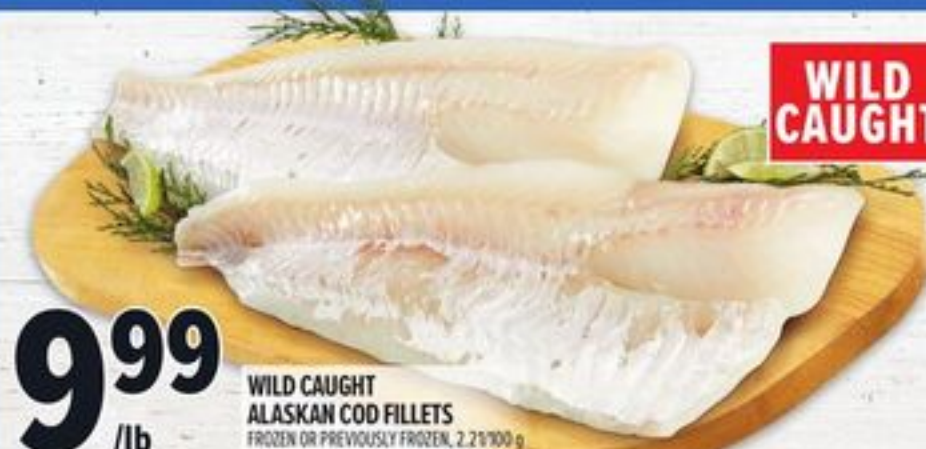
3¹⁹
ea.

3²⁹
ea.

3⁴⁹
ea.

Advertisement prices are subject to change and exclude GST and airport fees, which are additional charges. Alcohol items are available at select stores. See menu.ca for availability.

Seafood



9⁹⁹
/lb

WILD CAUGHT
ALASKAN COD FILLETS
PACKED IN NATURAL ICE, 1.2 LBS



15⁹⁹
ea.

125
value of \$1

DON
CEDAR PLANKED SALMON
1.2 LBS



3⁹⁹
ea.

TRUE BLUE MARYLAND
CRAB CAKES 100g
PACKED IN PREPAREDLY MARIN



7⁹⁹
ea.

WILD PINK
SMOKED SALMON
100g
SELECTED MARIN



8⁹⁹
ea.

OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASES
100g



13⁹⁹
ea.

125
value of \$1

WHYMMEN SEA BASS
1.2 LBS



5⁹⁹
ea.

COLD WATER
SHRIMP
1.2 LBS



8⁹⁹
ea.

LIFE SMART NATURAL
WILD HADDOCK FILLETS
100g



12⁹⁹
ea.

SPRINGHILL'S
RAINBOW TROUT FILLETS
100g



14⁹⁹
ea.

GO WILD!
WILD SALMON
1.2 LBS

Irresistible



6⁹⁹
ea.

IRRESISTIBLE
UNCOOKED
SHRIMP RINGS
100g



10⁹⁹
ea.

IRRESISTIBLE
ATLANTIC WILD CAUGHT
SALMON
1.2 LBS



10⁹⁹
ea.

IRRESISTIBLE
MAPLELAND STYLE
CRAB CAKES
100g



19⁹⁹
ea.

IRRESISTIBLE
JUMBO BLACK TIGER
SHRIMP RING
1.2 LBS

Deli Favourites



2⁹⁹
/100 g

SELECTION
OLD FASHIONED HAM
100g



3⁴⁹
/100 g

IRRESISTIBLE ARTISAN
MONTREAL SMOKED
MEAT CORNED BEEF OR
PASTRAMI
100g



3⁴⁹
/100 g

ERIE MEATS ROAST BEEF
100g



5⁹⁹
/100 g

LE GRUYÈRE
SWISS CHEESE
100g



5⁹⁹
/100 g

IRRESISTIBLE
ARTISAN SALAMI
100g



4⁴⁹
ea.

LUNCH MATE
SANDWICHES OR
GREENFIELD LUNCH OR
SNACK KITS 100g



5⁰⁰
ea.

GOLD LABEL
SLICED DELI MEAT
100g



10⁹⁹
ea.

PEPPERETTES
100g



5⁹⁹
ea.

SNACK FACTORY
PRETZEL CRISPS
100g



7⁴⁹
ea.

90
value of \$1

RANA
BANQUET
MEAT POTATOES
100g

6⁹⁹
ea.

IRRESISTIBLE SOUP
100g

7⁴⁹
ea.

125
value of \$1

FRESH 2 GO
MONTREAL SMOKED
MEAT POTATOES
100g

9⁴⁹
ea.

Happy St. Patrick's Day!

MADE WITH MILK FROM
GRASS-FED IRISH COWS.

KERRYGOLD
DUBLINER OR
2 YEAR OLD AGED CHEDDAR
CHEESE 100g

4⁹⁹
/100 g

KERRYGOLD
CASHEL BLUE CHEESE
100g

6⁴⁹
/100 g

KERRYGOLD
CASHEL BLUE CHEESE
100g

Celebrate National Pi^π Day March 14th **PERFECT FOR ST. PATRICK'S DAY**

 10⁹⁹ ea. IRRESISTIBLE APPLE PIES 10.99 each (10.99 per pie)	 9⁹⁹ ea. IRRESISTIBLE CHEESY CINNAMON ROLLS 9.99 each (9.99 per roll)	 22⁹⁹ ea. ST. PATRICK'S DAY DESSERT CAKES \$22.99 (each)	 74⁹⁹ ea. ST. PATRICK'S DAY CHEESECAKES \$74.99 (each)
 7⁹⁹ ea. FRONT STREET BAKERY STRAWBERRY CUSTARD PIE 7.99 each	 14⁹⁹ ea. IRRESISTIBLE LEMON CHEESECAKES 14.99 each (14.99 per cake)	 22⁹⁹ ea. FRONT STREET BAKERY FRUIT TOPPED CHEESECAKES \$22.99 (each)	 16⁹⁹ ea. FRONT STREET BACKYARD HALF CAKES \$16.99 (each)

4.29 ea. **FRONT STREET BAKERY**
KACAO ROLLS
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

4.49 ea. **FRONT STREET BAKERY**
RYE BREAD
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

5.99 ea. **SELECTION**
SUGAR COAT CAKES
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

4.99 ea. **SELECTION**
MINI BUTTER TARTS
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

2.49 ea. **Everything**
plain
nature
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

2.49 ea. **Everything**
everything
top garni
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

2.99 ea. **Demetras**
ENGLISH
MUFFINS
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

4.99 ea. **STONEMILL**
BREAD
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

8.99 ea. **LITTLE NORTHERN**
GLUTEN FREE
BREAD
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

4.99 ea. **SEEDS & HERBS**
100% WHOLE WHEAT
100% WHOLE WHEAT
100% WHOLE WHEAT

Snacks & Beverages

 4.99 ea. WALKERS COOKIES DOUBLE CHOCOLATE	 4.49 ea. RVITA CRACKERS DOUBLE CHOCOLATE	 3.79 ea. JOLLY RANCHER CANDY SOFT TOSSEABLE BUNCHES	 11.49 ea. LINDT SWISS CLASSIC CHOCOLATE BARS 100% SWISS CHOCOLATE
 8.49 ea. McGIN PIZZE POCKETS	 9.49 ea. KIND Almond Sea Salt & Dark Chocolate	 7.49 ea. HALO TOP HALO TOP 140 CALORIE DESSERT	 7.49 ea. MilkBuds Big Boy CHEEZIES
 8.99 ea. MAISON PERrier	 2.99 ea. PRIME PRIME HYDRATION SPORTS DRINK	 3.99 ea. ENTENMIL ENTENMIL PIECES BOUCHEES	 4.99 ea. GARDEN OF EATIN' GARDEN OF EATIN' GARDEN OF EATIN'
 18.99 ea. COORS EDGE NON-ALCOHOLIC BEER	 2.99 ea. BARFLY SUNNY MARGARITA	 1.79 ea. BARFLY PINA COLADA	 9.99 ea. TWINNINGS TEA PURE CAMOMILE

FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

YOUR FIRST 3 ORDERS*

metro.ca

UP TO
\$60
OFF



Shop Offer



*\$20 off your first 3 online orders of \$80 or more.
Certain conditions apply. Details on metro.ca

More Great Savings

 5⁹⁹ ea. SILK PLANT BASED YOGOURT 1 L (32 FL OZ) SELECTED VARIETIES	 8⁹⁹ ea. DUTCHMAN'S GOLD HONEY MIEL 500 g (17.6 OZ) SELECTED VARIETIES	 6⁴⁹ ea. delight SWEETENER 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. SUGAR TWIN SWEETENER 1 L (33.8 FL OZ)
 3⁹⁹ ea. 50¢ GARDEN OF EATIN' SOUR CREAM 480 g (16.9 FL OZ) SELECTED VARIETIES	 4⁹⁹ ea. THE STILLE CREAM CHEESE TOPPING 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. COOL WHIP CREAM CHEESE TOPPING 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. IRRESISTIBLE BOTTLED SPICES (1 L) SELECTED VARIETIES
 2⁴⁹ ea. CAMPBELL'S SOUP 300 g (10.6 OZ) SELECTED VARIETIES	 3⁷⁹ ea. BEN'S ORIGINAL RICE TASTY BITE (10 g) SELECTED VARIETIES	 2⁴⁹ ea. KNORR CHICKEN STOCK 1 L (33.8 FL OZ) SELECTED VARIETIES	 1²⁹ ea. NO NOODLES INSTANT NOODLE PACK 1 L (33.8 FL OZ)
 4⁴⁹ ea. GREEN GIANT FROZEN VEGETABLES 500 g (17.6 OZ) SELECTED VARIETIES	 4⁹⁹ ea. IRRESISTIBLE FROZEN MEAL 500 g (17.6 OZ) SELECTED VARIETIES	 7⁹⁹ ea. MULLE MULLE MUESLI 1 L (33.8 FL OZ) SELECTED VARIETIES	 6⁹⁹ ea. TRACKLEMENTS PEANUT BUTTER 500 g (17.6 OZ) SELECTED VARIETIES
 5⁴⁹ ea. BUFFALO WILD WINGS HOT SAUCE 250 mL (8.5 FL OZ) SELECTED VARIETIES	 10⁹⁹ ea. HEARTBEAT HOT SAUCE 250 mL (8.5 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. SAVAGE HOT SWEET HEAT BBQ SAUCE 250 mL (8.5 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. SAVAGE HOT SWEET HEAT BBQ SAUCE 250 mL (8.5 FL OZ) SELECTED VARIETIES

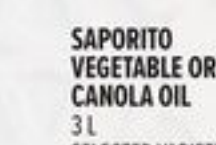
Low Price Every Day

 3⁴⁹ ea. 90¢ CREAM CHEESE SPREAD 200 g (7.1 OZ) SELECTED VARIETIES	 4⁹⁹ ea. SELECTION CHOCO CHOCO BARS 100 g (3.5 OZ) SELECTED VARIETIES	 2⁴⁹ ea. SELECTION CHOCO CHOCO BARS 100 g (3.5 OZ) SELECTED VARIETIES	 2⁹⁹ ea. SELECTION PEACHY BARS 100 g (3.5 OZ) SELECTED VARIETIES
 99¢ ea. IRRESISTIBLE ON SELECTION SPARKLING WATER 1 L (33.8 FL OZ) SELECTED VARIETIES	 3⁴⁹ ea. LIFE SMART NATURALA TORTILLA CHIPS 200 g (7.1 OZ) SELECTED VARIETIES	 4⁴⁹ ea. SELECTION SALSA 400 g (14.1 OZ) SELECTED VARIETIES	 1⁷⁹ ea. SELECTION DICED POTATOES 1 L (33.8 FL OZ) SELECTED VARIETIES
 2⁹⁹ ea. SELECTION DRESSING 400 mL (13.5 FL OZ) SELECTED VARIETIES	 1²⁵ ea. SELECTION CONDENSED SOUP 400 g (14.1 OZ) SELECTED VARIETIES	 1⁴⁹ ea. SELECTION CANNED VEGETABLES 400 g (14.1 OZ) SELECTED VARIETIES	 3⁹⁹ ea. IRRESISTIBLE FROZEN VEGETABLES 500 g (17.6 OZ) SELECTED VARIETIES

CELEBRATING GRATITUDE, GENEROSITY
COMPASSION & COMMUNITY



**PARLIAMENT GOLD, NOOR OR LAL OILLA SUPREME SELLA,
NOOR GOLD OR BROWN BASMATI RICE**
4.54 kg
SELECTED VARIETIES



**SAPORITO
VEGETABLE OR
CANOLA OIL**
3 L



LA ROCCA EGG-I
MANGO MOUSS
600 g

219
€



WHOLE MEDJOU
DATES
PRODUCT OF U.S.
907 g

99¢
ea.



250
points
value of \$
7.99
/lb



2 for \$20



CEDAR CANNED BEANS
540 ml
SELECTED VARIETIES

169



BRAR'S SAMOSA
624 g
SELECTED VARIETIES
649
03



3.99 KFI OR PATAK'S SAUCE
375 - 400 ml, 313 - 319
SELECTED VARIETIES

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4⁹⁹
ea.

MOOR DATES, SHERRON JUICE OR MOOR AFZA SYRUP
800 g / 28.190 fl.oz.
SELECTED VARIETIES



8⁹⁹
ea.

ALKANATER OR CEDAR TAHINI, PHOENICIA HONEY
500 / 900 g
SELECTED VARIETIES



3²⁹
ea.

BEST MEXICO, DIVYA MANGO PULP OR
NUXES KESHI CREAM
1 L / 500 / 850 g / 1.75 L
SELECTED VARIETIES



7⁹⁹
ea.

ALFA PIES
200 / 800 g
SELECTED VARIETIES



2⁹⁹
ea.

CEDAR DRY BEANS,
BARLEY, BULGUR,
OR SEMOLINA
500 g
SELECTED VARIETIES



1⁹⁹
ea.

DIVYA MAMS
OR PARATHAS
320 / 400 g
SELECTED VARIETIES



3⁹⁹
ea.

CASABLANCA
ORIGINAL DANISH
BUTTER COOKIES
65 g



99¢
ea.

PARLE-G OR
WALEETABLS
300 g
SELECTED VARIETIES



2⁴⁹
ea.

RUBICON OR SURATI
MANGO
200 / 400 g / 1 L
SELECTED VARIETIES



2⁴⁹
ea.

SURATI CHICKS, DIVYA ROASTED CHANA,
RUBICON OR SHERRON DRINKS
200 / 400 g / 1 L
SELECTED VARIETIES



4⁹⁹
ea.

CEDAR MARINADES, CUCUMBERS OR GRAPE LEAVES
200 ml / 1 L
SELECTED VARIETIES



99¢
ea.

DIVYA OKRA
200 g
SELECTED VARIETIES



1⁹⁹
ea.

CEDAR COCONUT MILK,
ROSE OR ORANGE
WATER ESSENCE
250 / 350 ml
SELECTED VARIETIES

Item availability varies by store.

ITALPASTA
PASTA
100%
SELECTED VARIETIES

169
ea.

IP
ITALPASTA

MUTTI PASTA
OR PEEL
TOMATOES
600-796 ml
SELECTED VARIETIES

449
ea.

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

749
ea.

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

549
ea.

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

379
ea.

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

349
ea.

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

249
ea.

MUTTI PASTA SAUCE
600 ml
SELECTED VARIETIES

125
value of \$1

999
ea.

JANES PUB-STYLE CHICKEN WINGS
FROZEN, 600 g
SELECTED VARIETIES

125
value of \$1

1199
ea.

JANES ULTIMATES
BREADED CHICKEN
OR BONELESS BITES
FROZEN, 700-750 g
SELECTED VARIETIES

HIGH LINER
PAN SEAR, SIGNATURE
OR CHICK OF THE DAY
FILETS
FROZEN, 450 g - 1.32 kg
SELECTED VARIETIES

1299
ea.

HIGH LINER
PAN SEAR, SIGNATURE
OR CHICK OF THE DAY
FILETS
FROZEN, 450 g - 1.32 kg
SELECTED VARIETIES

599
ea.

HIGH LINER
PAN SEAR, SIGNATURE
OR CHICK OF THE DAY
FILETS
FROZEN, 450 g - 1.32 kg
SELECTED VARIETIES

799
ea.

HIGH LINER
PAN SEAR, SIGNATURE
OR CHICK OF THE DAY
FILETS
FROZEN, 450 g - 1.32 kg
SELECTED VARIETIES

RRROLL
UPTOWIN
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FEBRUARY 23 - MARCH 22

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www.rrrolluptowin.com
by March 22, 2024

1499
ea.

TIM HORTONS
READY TO
SERVE SOUP
OR CHILI
425 ml
SELECTED VARIETIES

399
ea.

TIM HORTONS
GROUND COFFEE
OR COFFEE CAPSULES
200 g - 10-12 oz
SELECTED VARIETIES

2299
ea.

FOLGERS
COFFEE CAPSULES
20-25
SELECTED VARIETIES

2299
ea.

FOLGERS
GROUND COFFEE
250 g - 8.8 oz
SELECTED VARIETIES