

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 CHEDDAR 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)



PARTY SIZE

1.5 kg

DELUXE FRUIT
SALAD
(1.5 kg)



FRONT STREET
BAKERY MINI
PECAN PIES
(20 PCS)

metro.ca

\$ New Lower Prices

24
ea.

7⁰⁰

125
value of \$1

DUMPLINGS
WHITE, 100%
WHEAT
BREAD OR
SOMETIME SALES
SELECTED STORES

Dumplings
WHITE
100%
WHEAT
BREAD

Dumplings
100%
WHEAT
BREAD

24
ea.

6⁹⁹

900

Reala Fillets
Wild Pink
Salmon Fillets
90% WILD
100% WILD

Reala Fillets
Wild Pink
Salmon Fillets
90% WILD
100% WILD

Reala Fillets
Wild Pink
Salmon Fillets
90% WILD
100% WILD

24
ea.

7⁹⁹

900

Reala Fillets
Wild Pink
Salmon Fillets
90% WILD
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Wild Pink
Salmon Fillets
90% WILD
100% WILD

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Wild Pink
Salmon Fillets
90% WILD
100% WILD

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

5⁹⁹

125
value of \$1

RACHEL'S
CONJURED BEEF BRISKET
12.25kg

RACHEL'S
CONJURED BEEF BRISKET
12.25kg

RACHEL'S
CONJURED BEEF BRISKET
12.25kg

900

9⁹⁹

900

PRIME
Maple Leaf Prime
Braised Chicken Breast
Stuffed Chicken Breast
100% WILD
100% WILD

PRIME
Maple Leaf Prime
Braised Chicken Breast
Stuffed Chicken Breast
100% WILD
100% WILD

PRIME
Maple Leaf Prime
Braised Chicken Breast
Stuffed Chicken Breast
100% WILD
100% WILD

649

649

649

OLYMEAL
OLYMEAL PILLET'S
SAN DANIELE OR
DELICIOUS SACK
100% WILD
100% WILD

OLYMEAL
OLYMEAL PILLET'S
SAN DANIELE OR
DELICIOUS SACK
100% WILD
100% WILD

OLYMEAL
OLYMEAL PILLET'S
SAN DANIELE OR
DELICIOUS SACK
100% WILD
100% WILD

7⁹⁹

7⁹⁹

7⁹⁹

THE STEEL
CASTLE
HAWARTI
GOVORA 10-30g

THE STEEL
CASTLE
HAWARTI
GOVORA 10-30g

THE STEEL
CASTLE
HAWARTI
GOVORA 10-30g

5⁹⁹

5⁹⁹

5⁹⁹

DOUBLE CHEDDAR
SELECTED BARS OR SHREDDED CHEESE
SELECTED BARS OR SHREDDED CHEESE
SELECTED BARS OR SHREDDED CHEESE

DOUBLE CHEDDAR
SELECTED BARS OR SHREDDED CHEESE
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SELECTED BARS OR SHREDDED CHEESE

DOUBLE CHEDDAR
SELECTED BARS OR SHREDDED CHEESE
SELECTED BARS OR SHREDDED CHEESE
SELECTED BARS OR SHREDDED CHEESE

5⁹⁹

5⁹⁹

5⁹⁹

CRACKER
BROWN OR
BLACK DIAMOND
BLACK DIAMOND
BLACK DIAMOND

CRACKER
BROWN OR
BLACK DIAMOND
BLACK DIAMOND
BLACK DIAMOND

CRACKER
BROWN OR
BLACK DIAMOND
BLACK DIAMOND
BLACK DIAMOND

60
points

4⁹⁹

60
points

CHEX
NATURE'S PATH
BEVERAGES
SELECTED STORES

CHEX
NATURE'S PATH
BEVERAGES
SELECTED STORES

CHEX
NATURE'S PATH
BEVERAGES
SELECTED STORES

125
points

11⁹⁹

125
points

CRACKER
BROWN OR
BLACK DIAMOND
BLACK DIAMOND
BLACK DIAMOND

CRACKER
BROWN OR
BLACK DIAMOND
BLACK DIAMOND
BLACK DIAMOND

CRACKER
BROWN OR
BLACK DIAMOND
BLACK DIAMOND
BLACK DIAMOND

3⁹⁹

3⁹⁹

3⁹⁹

LET'S
POTATO CHIPS,
ALLIUM &
ROUSSEMENT
APPLE JUICE,
MOTT'S CLAMATO
COCKTAIL

LET'S
POTATO CHIPS,
ALLIUM &
ROUSSEMENT
APPLE JUICE,
MOTT'S CLAMATO
COCKTAIL

LET'S
POTATO CHIPS,
ALLIUM &
ROUSSEMENT
APPLE JUICE,
MOTT'S CLAMATO
COCKTAIL

2⁹⁹

2⁹⁹

2⁹⁹

PRINCELES
CHIPS,
MOTT'S
CLAMATO
COCKTAIL

PRINCELES
CHIPS,
MOTT'S
CLAMATO
COCKTAIL

PRINCELES
CHIPS,
MOTT'S
CLAMATO
COCKTAIL

6⁹⁹

6⁹⁹

6⁹⁹

GATORADE
SPORTS DRINKS
NESTEA
NESTEA
NESTEA

GATORADE
SPORTS DRINKS
NESTEA
NESTEA
NESTEA

GATORADE
SPORTS DRINKS
NESTEA
NESTEA
NESTEA

5⁹⁹

5⁹⁹

5⁹⁹

COLOGNE
SANGUINE OR
SANGUINE
SANGUINE

COLOGNE
SANGUINE OR
SANGUINE
SANGUINE

COLOGNE
SANGUINE OR
SANGUINE
SANGUINE

4⁹⁹

4⁹⁹

4⁹⁹

REESER'S
MINI
EGG
CHOCOLATES

REESER'S
MINI
EGG
CHOCOLATES

REESER'S
MINI
EGG
CHOCOLATES

5⁹⁹

5⁹⁹

5⁹⁹

Ristorante
DR. OETTER PIZZA
DR. OETTER PIZZA
DR. OETTER PIZZA

Ristorante
DR. OETTER PIZZA
DR. OETTER PIZZA
DR. OETTER PIZZA

Ristorante
DR. OETTER PIZZA
DR. OETTER PIZZA
DR. OETTER PIZZA

5⁹⁹

5⁹⁹

5⁹⁹

ADAM & HAMMER
LUMINOUS
BETTER, FASTER
CLEANER
CLEANER

ADAM & HAMMER
LUMINOUS
BETTER, FASTER
CLEANER
CLEANER

ADAM & HAMMER
LUMINOUS
BETTER, FASTER
CLEANER
CLEANER

7⁹⁹

7⁹⁹

7⁹⁹

CHARMIN
BATHROOM TISSUE
BATHROOM TISSUE
BATHROOM TISSUE

CHARMIN
BATHROOM TISSUE
BATHROOM TISSUE
BATHROOM TISSUE

CHARMIN
BATHROOM TISSUE
BATHROOM TISSUE
BATHROOM TISSUE

12⁹⁹

12⁹⁹

12⁹⁹

Cashmere
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE

Cashmere
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE

Cashmere
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE

125
value of \$1

4⁹⁹

125
value of \$1

RICC
RICC
RICC

RICC
RICC
RICC

RICC
RICC
RICC

125
value of \$1

5⁴⁹

125
value of \$1

RICC
RICC
RICC

RICC
RICC
RICC

RICC
RICC
RICC

125
value of \$1

4⁹⁹

125
value of \$1

RICC
RICC
RICC

RICC
RICC
RICC

RICC
RICC
RICC

125
value of \$1

5⁴⁹

125
value of \$1

RICC
RICC
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RICC
RICC
RICC

We reserve the right to limit quantities.
DISCOUNTS ARE PRECEDENCE OVER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at mcmco.ca
or call 1-800-361-3613
or visit us at mcmco.ca
or call 1-800-361-3613

WIN \$5000 in groceries

Visit us at mcmco.ca
or call 1-800-361-3613
or visit us at mcmco.ca
or call 1-800-361-3613

moi
rewards

SAVE BIG IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

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



NOW
199
ea.
SAVE UP TO
\$2

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



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**
300-350 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 / 10.00 lb

4.99 ea.
STRAWBERRIES 40g
FRODOES TINY TINY STRAWBERRIES 40g
PRODUCT OF CANADA / U.S.A.

3.99 ea. **50** pots
SWEET CHERRY TOMATOES
PRODUCT OF CANADA / MEXICO

1.99 /lb
SWEET POTATOES
PRODUCT OF CHINA / 4.20 lb

2.49 /lb
LARGE FLUOR OR RED DELICIOUS APPLES
PRODUCT OF CALIFORNIA / 5.40 kg

1.99 /lb
LARGE SEEDLESS NAVAL ORANGES
PRODUCT OF CALIFORNIA / 4.20 kg

4.49 ea.
CRUNCHY GREEN LITTONS
PRODUCT OF CANADA / 10.00 lb

2.49 ea.
YELLOW ONIONS 10
PRODUCT OF CALIFORNIA / 10.00 lb

2.49 /lb
LARGE AVOCADOS
PRODUCT OF MEXICO

6.99 ea.
ORION CLEMENTINES 20g
PRODUCT OF CHINA

3.69 ea.
BELLE GROVE Sliced WHITE MUSHROOMS 20g
PRODUCT OF CANADA

3.99 ea.
MINI CUCUMBERS
PRODUCT OF INDIA / 10.00 lb

2.49 /lb
LARGE RED GRANTHURST APPLES
PRODUCT OF CALIFORNIA / 5.40 kg

2.49 /lb
LARGE BARTLETT PEARS
PRODUCT OF CANADA / 5.40 kg

3.99 ea.
RUSSET POTATOES 5 lb
PRODUCT OF CANADA

3.99 ea.
RUSSET POTATOES 10
PRODUCT OF CANADA

4.99 ea.
MEYER LEMONS 10
PRODUCT OF CALIFORNIA

5.99 ea.
CANNY ON SALT CLUST CAROLINA
PRODUCT OF CANADA

7.99 ea.
LIVE VEGETABLE BROTH 20g
PRODUCT OF CANADA

7.99 ea.
FIELD ROAST PORK BASED PRANKCUTTER OR SARGUES 10g
PRODUCT OF CANADA

13⁹⁹
ea.

FRESH VEGETABLE OR FRUIT CAROUSELS
100% FRESH

6⁹⁹
ea.

**WATERMELON OR
HONEYDEW CHUNKS** 175g

10⁹⁹
ea.

FAMILY SIZE

FAMILY SIZE SALADS
400-500g

20⁰⁰
ea.

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

**ST. PATRICK'S
CELEBRATION
BOUQUET**
100% FRESH
FLORAL ARRANGEMENT

STARTING AT
4⁹⁹
ea.

SHRUBCOCK
100% FRESH
FLORAL ARRANGEMENT

**DOUBLE
SPIKE**

ORCHID 100%
FRESH

SAVE \$4.00

22⁹⁹
ea.

pick Ontario

16⁹⁹
ea.

FRESH CUT TULIPS
BOUTIQUE QUALITY

DMZ DMZ DMZ

ONE
SWEET CHERRY
POTATOES
1 lb

3.99
ea.

50
points

1.99
/lb

SWEET POTATOES
WASHED & GARNISHED
4.5 lb

4.49
ea.

CRUNCHY
WASHED & GARNISHED
LETTUCE
12.5 lb

2.49
ea.

SWEET POTATOES
WASHED & GARNISHED
4.5 lb

2.49
ea.

YELLOW ONIONS 15 lb
WASHED & GARNISHED

3.69
ea.

PECAN GRAPES
LETTUCES 12.5 lb
WASHED & GARNISHED

2.49
ea.

YELLOW ONIONS 15 lb
WASHED & GARNISHED

3.69
ea.

BELLE GROVE
MUSHROOMS 12.5 lb
WASHED & GARNISHED

2.49
ea.

YELLOW ONIONS 15 lb
WASHED & GARNISHED

3.99
ea.

BELLE GROVE
SWEET WHITE
POTATOES 12.5 lb
WASHED & GARNISHED

3.99
ea.

MINI CUCUMBERS
WASHED & GARNISHED
12.5 lb

3.99
ea.

GARLIC
WASHED & GARNISHED
12.5 lb

3.99
ea.

RUSSET
POTATOES 12.5 lb
WASHED & GARNISHED

3.99
ea.

LOCAL GARLIC 12.5 lb
WASHED & GARNISHED

7.99
ea.

LIVE
PLANT BASED
PROTEIN
WASHED & GARNISHED
12.5 lb

7.99
ea.

FIELD ROAST
PLANT BASED
BEANS
WASHED & GARNISHED
12.5 lb

ORGANIC
BELL PEPPERS 2 LBS
PRODUCT OF CANADA OR MEXICO

5.99 ea.

70 points

3.99 ea.

FRESH ORGANIC GINGER
10 LBS. PRODUCT OF THAILAND

FRESH ORGANIC
SHALLOTS 25 LBS
PRODUCT OF FRANCE OR
THE NETHERLANDS

STARTING AT
20⁹⁹
ea.

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

STARTING AT
4⁹⁹
ea.

**SHAMROCK
GLORIOUS GARDES**

**DOUBLE
SPIKE**

ORCHID with
purple
pompoms

SAVE \$4.00

22⁹⁹
ea.

3" pick, Ontario

16⁹⁹
ea.

FRESH CUT TULIPS
100%
HYDRANGEAS

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 LAMB LEGS
12.5kg

250
points
7⁹⁹
value of \$2
/lb

POKE DOGS
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
ENTRÉE

125
value of \$1

4⁹⁹
/lb

Breakfast Favourites

PREPARED
FRESH WASH BROWNS
1.0kg

2⁹⁹
ea.

SELECTION BACON
1.0kg

4⁹⁹ **60**
ea. points

MAPLE LOGS
BREAKFAST SAUSAGES OR
CHICKEN BACON OR
ZARIBIA HALAL
1.0kg

4⁹⁹
ea.

Mini Sizzlers
SCHNEIDER'S
MINI-SIZZLERS
1.0kg

7⁹⁹ **80**
ea. points

SELECTION PEANUT STYLE BACON
1.0kg

4⁹⁹ **60**
/lb points

SCHEWEL
BREAKFAST
TURKEY BACON
1.0kg

4⁹⁹ **60**
ea. points

BUTTERBALL
EGG BITES
1.0kg

6⁹⁹ **70**
ea. points

SCHNEIDER'S
BREAKFAST
EGG BITES
1.0kg

6⁹⁹ **80**
ea. points

LOCKED DOWN PRICES UNTIL APRIL 8TH, 2026

GREENFIELD
BACON
1.0kg

7⁹⁹
ea.

WONG WING ENTREES
1.0kg

7⁹⁹
ea.

NEW ZEALAND SPRINGWALL
BEEF ON LAMB
HOT POT BILLS
1.0kg

11⁹⁹
ea.

PRIME RIB BEEF BURGERS
1.0kg

19⁹⁹
ea.

LIFE SMART NATURALIA
GRASS FED LEAN
GROUND BEEF
1.0kg

8⁹⁹
ea.

SWISS CHALET
CHICKEN
POULET
1.0kg

10⁹⁹
ea.

44TH STREET POLLY
COUNTRY PORK BACK RIBS
1.0kg

11⁹⁹
ea.

MARCO ANGELO
KABOBS OR SAUSAGES
1.0kg

12⁹⁹
ea.

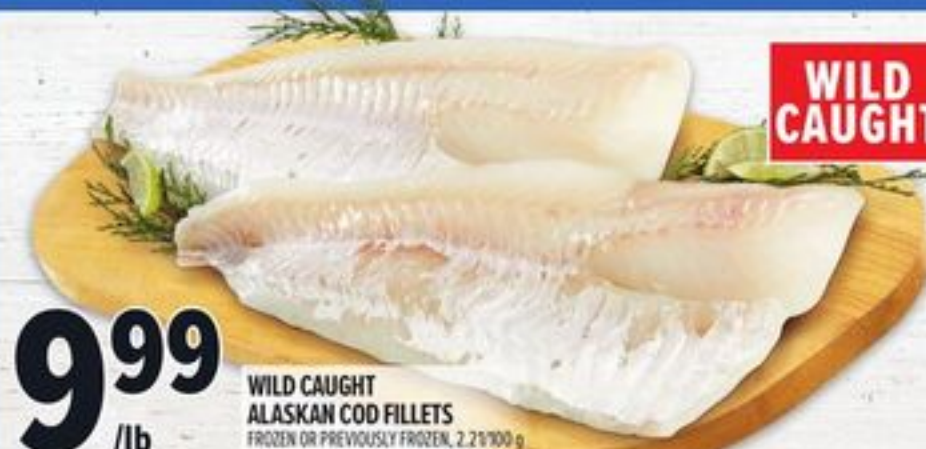
FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

ST. PADDY'S DAY HAPPY HOUR

Raise a pint with everyone's favourite cold brews.



Seafood



9⁹⁹
/lb

WILD CAUGHT
ALASKAN COD FILLETS
PACKED IN NEUTRAL FLAVOUR, 1.2 LBS



15⁹⁹
ea.

125
value of \$1

DON
CEDAR PLANKED SALMON
SELECTED MARINATED



3⁹⁹
ea.

TRUE BLUE MARYLAND
CRAB CAKES 100g
PREPARED IN CANADA



7⁹⁹
ea.

WILD PINK
SMOKED SALMON
100g
SELECTED CARRIES



8⁹⁹
ea.

STORE MADE SEAFOOD
SAMPLER WITH SAUCE
PREPARED IN CANADA, 100g



125
value of \$1

OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
100g
WINTERFISH SEA BASS
SALMONDAN LAMPING



5⁹⁹
ea.

COLD WATER
SHRIMP
100g
CHERRY 125
NORWEGIAN



8⁹⁹
ea.

LIFE SMART NATURAL
WILD HADDOCK FILLETS
100g



12⁹⁹
ea.

SPRINGHILL'S
RAINBOW TROUT FILLETS
100g



14⁹⁹
ea.

GO WILD!
WILD SALMON
100g
10-21
10-21
10-21

Irresistible



6⁹⁹
ea.

IRRESISTIBLE
UNCOOKED
SHRIMP RINGS
100g



10⁹⁹
ea.

IRRESISTIBLE
ATLANTIC WILD CAUGHT
SALMON
100g



10⁹⁹
ea.

IRRESISTIBLE
MAPLE LAMB STYLE
CRAB CAKES
100g



19⁹⁹
ea.

IRRESISTIBLE
MAPLE BLACK TIGER
SHRIMP RING
100g

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 ON
100g



5⁰⁰
ea.

GOLD LABEL
SLICED DELI MEAT
100g



10⁹⁹
ea.

PEPPERETTE'S
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

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.

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

 10⁹⁹ ea. IRRESISTIBLE APPLE PIES (14) SELECTED VARIETIES	 9⁹⁹ ea. IRRESISTIBLE CREAMY CHEESECAKES FRUIT PIES (14) SELECTED VARIETIES	 22⁹⁹ ea. ST. PATRICK'S DAY DESSERT CAKES (14) 3 1/2" x 5 1/2" x 1 1/2"	 74⁹⁹ ea. ST. PATRICK'S DAY CUPCAKES (14) 1 1/2" x 1 1/2" x 1 1/2"
 7⁹⁹ ea. FRONT STREET BAKERY STRAWBERRY CUSTARD PIE (8 1/2")	 14⁹⁹ ea. IRRESISTIBLE LEMON CITRUS CAKES (14) SELECTED VARIETIES	 22⁹⁹ ea. FRONT STREET BAKERY CHERRY CHEESECAKE SELECTED VARIETIES	 16⁹⁹ ea. FRONT STREET BAKED HALF CAKES SELECTED VARIETIES

4.29 ea. **FRONT STREET BAKERY**
KASHO ROLLS
100% WHOLE WHEAT
12/12

4.49 ea. **FRONT STREET BAKERY**
RYE BREAD
100% WHOLE WHEAT
12/12

5.99 ea. **SELECTION**
SUGAR COAT CAKES
12/12

4.99 ea. **SELECTION**
MINI BUTTER TARTS
12/12

2.49 ea. **Depot**
PLAIN
nature
12/12

2.49 ea. **Depot**
everything
toss garni
12/12

2.99 ea. **Depot**
MUFFINS
multigrain
12/12

4.99 ea. **STONEMILL**
BREAD
100% WHOLE WHEAT
12/12

8.99 ea. **LITTLE NORTHERN**
BACONCHIVE
GLUTEN FREE
BREAD
12/12

2.49 ea. **Depot**
BAGELS
100% WHOLE WHEAT
12/12

2.99 ea. **Depot**
BAGELS
100% WHOLE WHEAT
12/12

4.99 ea. **STONEMILL**
BREAD
100% WHOLE WHEAT
12/12

8.99 ea. **LITTLE NORTHERN**
BACONCHIVE
GLUTEN FREE
BREAD
12/12

Snacks & Beverages

 4.99 ea. WALKER'S COOKIES 12.5 OZ. BOX SELECTED VARIETIES	 4.49 ea. RYVITA CRACKERS 10.5 OZ. BOX SELECTED VARIETIES	 3.79 ea. JOLLY RANCHER CANDY 10.5 OZ. BAG SELECTED VARIETIES	 11.49 ea. LINDT SWISS CLASSIC CHOCOLATE BAIRS 10.5 OZ. BOX 125 points value of \$1
 8.49 ea. MISSION PIZZIN POCKETS 10.5 OZ. BOX SELECTED VARIETIES	 3.99 ea. KIND Almond Sea Salt & Dark Chocolate 1.5 OZ. BOX SELECTED VARIETIES	 7.49 ea. HALO TOP 140 CALORIES HALO TOP FROZEN DESSERT 10.5 OZ. CUP SELECTED VARIETIES	 7.49 ea. MISSION CHEEZIES 10.5 OZ. BOX SELECTED VARIETIES
 8.99 ea. MAISON PERRIER SPARKLING WATER 12.5 OZ. BOTTLE SELECTED VARIETIES	 2.99 ea. PRIME PRIME HYDRATION SPORTS DRINK 12.5 OZ. BOTTLE SELECTED VARIETIES	 3.99 ea. ON THE BORDER PIES & SNACKS 10.5 OZ. BAG SELECTED VARIETIES	 4.99 ea. GARDEN OF EATIN' GARDEN VEGETABLE ROCKERS 10.5 OZ. BOTTLE SELECTED VARIETIES
 18.99 ea. COORS EDGE NON-ALCOHOLIC BEER 12 OZ. CAN	 2.99 ea. BARFLY SUNNY MARGARITA NON-ALCOHOLIC BEVERAGE 12.5 OZ. BOTTLE SELECTED VARIETIES	 17.99 ea. FRUITO SPARKLING DRINK 12.5 OZ. BOTTLE SELECTED VARIETIES 50 points	 9.99 ea. TWINNINGS TEA 10.5 OZ. BOX SELECTED VARIETIES

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

More Great Savings

 5⁹⁹ ea. SILK PLANT BASED YOGOURT 1 L (33.8 FL OZ) SELECTED VARIETIES	 8⁹⁹ ea. DUTCHMAN'S GOLD HONEY MIEL 500 g (1.1 LBS) SELECTED VARIETIES	 6⁴⁹ ea. delight INTERNATIONAL BEVERAGE 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. SUGAR TWIN SWEETENER 1 L (33.8 FL OZ)
 3⁹⁹ ea. GARDEN OF EATIN' SOUR CREAM 480 g (1.06 LBS) 50¢ OFF	 4⁹⁹ ea. THE STILLE CREAM CHEESE TOPPING 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. COOL WHIP COOL WHIP TOPPING 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. IRRESISTIBLE BOTTLED SPICES 1 L (33.8 FL OZ) SELECTED VARIETIES
 2⁴⁹ ea. CAMPBELL'S SOUP 234 g (8.25 FL OZ) SELECTED VARIETIES	 3⁷⁹ ea. BEN'S ORIGINAL TASTY BITE 100 g (3.52 FL OZ) SELECTED VARIETIES	 2⁴⁹ ea. KNORR 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 1 L (33.8 FL OZ) SELECTED VARIETIES	 4⁹⁹ ea. IRRESISTIBLE FROZEN MEAL 1 L (33.8 FL OZ) SELECTED VARIETIES	 7⁹⁹ ea. MULLE MULLE PLUM MUESLI 1 L (33.8 FL OZ) SELECTED VARIETIES	 6⁹⁹ ea. TRACKLEMENTS TRACKLEMENTS PEANUT BUTTER 1 L (33.8 FL OZ) SELECTED VARIETIES
 5⁴⁹ ea. BUFFALO WILD WINGS BUFFALO WILD WINGS HOT SAUCE 1 L (33.8 FL OZ) SELECTED VARIETIES	 10⁹⁹ ea. HEARTBEAT HOT SAUCE 1 L (33.8 FL OZ) SELECTED VARIETIES	 5⁹⁹ ea. MYELOMA CANADA MYELOMA CANADA HOT SAUCE 1 L (33.8 FL OZ) SELECTED VARIETIES	

Low Price Every Day

 3⁴⁹ ea. SELECTION CREAM CHEESE SPREAD 1 L (33.8 FL OZ) 90¢ OFF	 4⁹⁹ ea. SELECTION CHEDDAR CHEESE SPREAD 1 L (33.8 FL OZ)	 2⁴⁹ ea. SELECTION CHERRY BARS 1 L (33.8 FL OZ)	 2⁹⁹ ea. SELECTION PEACH BARS 1 L (33.8 FL OZ)
 99¢ ea. IRRESISTIBLE ON SELECTION SPARKLING WATER 1 L (33.8 FL OZ)	 3⁴⁹ ea. LIFE SMART NATURALA TORTILLA CHIPS 1 L (33.8 FL OZ)	 4⁴⁹ ea. SELECTION SALSA 1 L (33.8 FL OZ)	 1⁷⁹ ea. SELECTION TOMATOES 1 L (33.8 FL OZ)
 2⁹⁹ ea. SELECTION DRESSING 1 L (33.8 FL OZ)	 1²⁵ ea. SELECTION CONDENSED SOUP 1 L (33.8 FL OZ)	 1⁴⁹ ea. SELECTION CANNED VEGETABLES 1 L (33.8 FL OZ)	 3⁹⁹ ea. IRRESISTIBLE FROZEN VEGETABLES 1 L (33.8 FL OZ)

FLAVOURS
OF

Eid

CELEBRATING GRATITUDE, GENEROSITY,
COMPASSION & COMMUNITY



PARLIAMENT GOLD
BASMATI RICE
5 kg



NOOR GOLD
BASMATI RICE
5 kg



LAL OLLA SUPREME SELLA
BASMATI RICE
5 kg



SAPORITO
VEGETABLE OR
CANOLA OIL
2 L
SELECTED VARIETIES



LA ROCCA EGG FREE
MANGO MOUSSE CAKE
800 g



LA ROCCA
WHOLE MEDJOL
DATES
PRODUCT OF U.S.A.
907 g



250
points
value of \$2
7.99
/lb
FRESH
LAMB LEGS SHORT CUT
NEW ZEALAND SPRING LAMB
10.5 kg



2
for
20.00
11.99 ea.
INTERMEDIATE
ROSES
10/12M BUNCH
ASSORTED COLOURS
SELECTED VARIETIES



CEDAR
CANNED BEANS
540 ml
SELECTED VARIETIES



BHAR'S
SAMOSAS
24 ct
SELECTED VARIETIES



BUTTER
CHICKEN
400 g



BHAR'S
BUTTER CHICKEN
MOOLAY AD BESHEERA
400 g



9.99
ea.
PILLALONY
CHAKKI ATTA FLOUR
9.07 kg



3.99
ea.
KER OR PATAK'S
SAUCE
375 - 400 ml 313 - 375 g
SELECTED VARIETIES

Item availability varies by store.



4⁹⁹
ea.

MOOR DATES, SHERRON JUICE OR MOOR AFEA SYRUP
800 g / 2 1/2 LITRE
SELECTED VARIETIES



8⁹⁹
ea.

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



3²⁹
ea.

BEST MANGOES, DIVYA MANGO PULP OR NIMESH 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, BURGOL 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 WALEETABULE
300 g
SELECTED VARIETIES



2⁴⁹
ea.

RUBICON OR SHERRON DRINKS
200 / 400 g / 1 L
SELECTED VARIETIES



2⁴⁹
ea.

SURATI CHACKS, 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.

