VERSION 1

LEAN

GROUND IN-STORE DAILY

5.44 /lb

LEAN GROUND BEEF
VALUE PACK
10 kg

FRESH

1.99 /lb

FRESH CHICKEN
STRIPS
0.5 kg

CUT BY OUR IN-STORE BUTCHER

2.44 /lb

FRESH PORK LOIN CHOPS
SUPERMART PACK
1.5 kg

JANES PUB STYLE
CHICKEN
STRIPS OR WINGS
750 g - 125 g

6.88 ea.

value of $1

moi rewards member price

HERSHEY'S CHIPITS
OR MINI CHIPITS
BY-COMMERCE

3.99 ea.

SPECIAL PRICE
4.99
for non-members

Effective March 19 | 20 | 2

FRI | SAT | SUN

VERSION 1

metro
CANADIAN AND PROUD

FRESH 2 GO PANINI SANDWICHES 4 PACK
Stamps: 13.00 lb. | 125 Value of $5

10.99 /lb or ea.
FRESH CANADIAN FIELD BREAD TROUT OR BLACKENED PALLETS BILLED PACK
FRESH WHITE COOKED SHRIMP RING 454g/16oz. 16-20 ct.

1.99 ea.
STRAWBERRIES 454 g
Product of Canada

2.99 /100 g
GROCERY RED BATCH COL. MEATLOAF OR MINI SCHNITZ CORDON BLEU OR SCHNITZ HUNT
227-454 g/8-16 oz

1.29 /lb
LARGE CUSTOMER PICK: PEACHES
LARGE BARTLETT PEARS
Product of Canada, Mexico, Chile, Peru, Argentina, Ecuador, Costa Rica 2.84kg

5.99 ea.
FRESH LIGHT SMOKED SALMON, CONFIDENCE OR PORCELAIN TARTARE
PACKS 1.5 LB/ 680g BILLED MINIMUM 2

2.99 ea.
VEGAN GREEN LETTUCE
VEGAN LETTUCE 2 PK
Product of Canada

12.99 ea.
MONACHA, BALLAS, SAVORA, LAPIDUS LATTE 750ml
Product of Canada

3.99 ea.
ARGUSTINO I FROZEN PASTA, ACTIVIA OR ALTERNATIVES FRANCE
Product of Canada, Imported

5.49 ea.
Buy 2 Save
LACTANTIA PURFILTRE MILK
Product of Canada
125 Value of $3

2.99 ea.
SMART Ones CRAVE
2 EACH OF SMART ONES CRAVE OR SMART ONES
Product of Canada

5.99 ea.
CRACKER BARREL BARS OR SNACKING CHEESE
Product of Canada

3.49 ea.
125 Value of $3
DORITOS CHEETOS OR RUFFLES SNACKS 180g-235g
Product of Canada

5.99 ea.
125 Value of $3
HELLMANN'S MAYONNAISE
Product of Canada

29.99 ea.
HUGGIES Little Movers
HUGGIES OR PAMPERS BABY WIPES OR SWADDLES
Product of Canada, Imported

3.99 ea.
CASHMERE BATHROOM TISSUE OR SCOTTIES OR SCOTTIES SUPREME 12 PK
Product of Canada, Imported

Effective March 19 20 21 22 23 24 25 2026

LOW PRICE EVERY DAY

100's of items at the same low price every day.

SELECTION MAC & CHEESE 206-225 GRAMS

NOW 1.25 ea.

IRRÉSISTIBLE PIZZA 350-375 GRAMS

NOW 3.99 ea.

SELECTION CEREAL 275-350 GRAMS

NOW 4.99 ea.

NOW 4.99 ea.

SELECTION SLICED CHEESE 200-250 GRAMS

SELECTION SOFT DRINKS 1.5 L

NOW 1.49 ea.

IRRÉSISTABLES BABY CHEESE 150-175 GRAMS

NOW 9.49 ea.

125 Bonus points value of $1

metro.ca

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

2.99* ea. KELLOGG'S RICE KRISPIES SQUARES 176 g OR POP-TARTS 384 g SELECTED VARIETIES

NOW **1.99** ea. SAVE UP TO $1

2.99* ea. PLANTERS TRAIL MIX 150 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 - 454 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 moiID account. Limit of one coupon redemption with a moiID 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

DEMPSTER'S WHOLE GRAIN BREADS OR BAGELS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.
2 for 7.00

VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS 208 - 236 g
SELECTED VARIETIES
mix & match
2 for 14.00

JANES ULTIMATES FISH FILLETS OR LIGHTLY DUSTED
FROZEN, 450 - 545 g
SELECTED VARIETIES
11.99 ea.

LOU'S KITCHEN ENTRÉES OR PEAMEAL BACK BACON
375 - 400 g
SELECTED VARIETIES
90 points
7.99 ea.

TRE STELLE RICOTTA OR BOCCONCINI
200 - 475 g
SELECTED VARIETIES
7.99 ea.

SAN DANIELE PROSCIUTTO, MASTRO HAM, SAPUTO PROVOLONE OR TRE STELLE MOZZARELLA
SELECTED VARIETIES
DELI SLICED OR SHAVED, 15.83/lb
3.49 /100 g

CORED PINEAPPLES 600 g
made in my metro
3.99 ea.

IÖGO MULTI 16 X 100 g or
SIGGI'S YOGOURT TUB 650 - 750 g
DEL MONTE REFIGERATED JUICE 2.5 L
SELECTED VARIETIES
6.99 ea.

OASIS REFRIGERATED JUICE
1.5 - 1.6 L
SELECTED VARIETIES
5.49 ea.

OLYMPIC YOGOURT 650 g
SELECTED VARIETIES
5.49 ea.

LACTANTIA CREAM
473 ml - 1 L
SELECTED VARIETIES
4.49 ea.

LAVAZZA COFFEE CAPSULES 10 un. OR
IRRESISTIBLES COFFEE CAPSULES
12 un., SELECTED VARIETIES
5.99 ea.

GENERAL MILLS OR LECLERC GO PURE BARS
SELECTED SIZES, SELECTED VARIETIES
2.99 ea.

LINDT EXCELLENCE CHOCOLATE BARS OR MAYNARDS CANDY
SELECTED SIZES
SELECTED VARIETIES
5.99 ea.

NESTEA 12 x 341 ml OR
JACK LINK'S JERKY
SELECTED SIZES
SELECTED VARIETIES
6.99 ea.

ORVILLE POPCORN OR STACY'S PITA CHIPS
SELECTED SIZES
SELECTED VARIETIES
4.44 ea.

CLOVER LEAF FLAKED OR SOLID TUNA
IN WATER, IN OIL OR LOW SODIUM
SELECTED SIZES, SELECTED VARIETIES
2.99 ea.

ANGIE'S POPCORN OR GT'S KOMBUCHA
SELECTED SIZES
SELECTED VARIETIES
3.99 ea.

CHRISTIE COOKIES, TRISCUIT OR WHEAT THIN CRACKERS
SELECTED SIZES, SELECTED VARIETIES
65 points
3.67 ea.

HEALTHY CHOICE OR SWANSON FROZEN MEAL
SELECTED SIZES, SELECTED VARIETIES
4.49 ea.

SENSIBLE PORTIONS, HARVEST SNAPS OR KETTLE CHIPS
SELECTED SIZES
SELECTED VARIETIES
2.99 ea.

BOOST, ENSURE, SIMPLY OR PREMIER PROTEIN
SELECTED SIZES
SELECTED VARIETIES
11.99 ea.

PALMOLIVE, DAWN DETERGENT OR GLAD PLASTIC WRAP
SELECTED SIZES, SELECTED VARIETIES
2.99 ea.

PUREX OR SUNLIGHT DETERGENT, SNUGGLE SOFTENER, GLAD GARBAGE BAGS OR FINISH
SELECTED SIZES
SELECTED VARIETIES
13.99 ea.

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

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Farm Fresh Produce

2.49 each
1.99 ea. — LARGE AVOCADOS
Product of Mexico

3.99 ea. — BLACKBERRIES 170 g
Product of Mexico

1.99 /lb — SWEET POTATOES
Product of U.S.A. 4.30 kg

2.99 /lb — HEIRLOOM TOMATOES
Product of Canada 1.00 kg

3.99 /lb — SWEE CLEMENTINES
Product of Spain 0.910 kg

1.99 /lb — LARGE RED POTATOES
Product of U.S.A. 4.54 kg

3.99 ea. — SWEET CHERRY TOMATOES 454 g
Product of Canada

3.49 each
2.99 ea. — WILLA CASTLE WHOLE WHITE OR BROWN MUSHROOMS 454 g
Product of Canada

1.99 ea. — COCONUT
Product of Canada

3.99 /lb — LARGE PEACHES OR LARGE BLACK OR YELLOW PLUMS
Product of U.S.A. LARGE NECTARINES 0.910 kg

3.99 ea. — MINI CUCUMBERS 454 g
Product of Canada

60 cents
4.99 ea. — MINI SWEET PEPPERS 454 g
Product of Mexico

POM POMEGRANATE PROMOTION (MIX)
4.99 ea.

RED CABBAGE
4.99 ea. 60 cents

99¢ /lb — GREEN CABBAGE
Product of Canada 1.36 kg

3.99 /lb — BRUSSELS SPROUTS
Product of U.S.A. 0.680 kg

SPONGECAKE BITES OR DIPPERS
4.99 ea. 60 cents

2.49 ea. — CHIQUITA CELEBRATION CARROTS
Product of Canada

NOT FAMOUS PEPPERS 454 g
3.99 ea. 50 cents

SUNCHOKE CROWN
5.99 ea. — SWEET GREENS 454 g, SWEET BROCCOLI 454 g, SWEET CABBAGE 454 g
Product of U.S.A., Canada

Organic

ORGANIC KALE BUNDLE 454 g
6.99 ea.

50 cents
3.99 ea. — ORGANIC
Product of U.S.A. ENGLISH CUCUMBERS
Product of Canada

6.99 ea. — ORGANIC SWEET POTATOES
Product of U.S.A.

GREENWELL ORGANIC
Product of Canada
4.99 ea.

Sliced & Diced

4.99 ea. — MELON CHUNKS 341 g, ORANGE PINEAPPLE PARTS 341 g

70 cents
5.99 ea. — STORE MADE DIPS
Product of Canada

13.99 ea. — FRESH VEGETABLES OR FRESH FRUIT PLATTERS
Product of Canada

$11.99 DISCOUNT
14.99 ea. — HONEY DIJON CHICKEN CAESAR SALAD 454 g

HAPPY Nowruz

7.99 ea. — ORGANIC WHEATGRASS
Product of Canada

20.00 ea. — MIXED BOUQUET
Product of Canada

HYACINTH
Product of Netherlands
9.99 ea.

CAT GRASS
Product of Canada
STARTING AT
4.99 ea.

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FREE

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IRRÉSISTIBLE ANGUS MEATBALLS 680 g

WHEN YOU SPEND $150 OR MORE*

Enjoy the Offer

*Certain conditions apply. Details on metro.ca

$12.99 VALUE

PROMO CODE

ANGUS

Our Butcher's Finest

I earn with moi rewards

Irresistible

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Seafood

19.99 lb. FRESH ORGANIC CHINOOK CANADIAN SALMON FILLETS

10.99 lb. SEAFOOD BOX SNOW CRAB, BLUE SHRIMP, LOBSTER CLAWS AND CLAMS

INCLUDES SNOW CRAB, BLUE SHRIMP, LOBSTER CLAWS AND CLAMS

3.99 ea. SELECTION ORIGINAL CRAB CAKES

6.99 ea. FRESH SMOKED SALMON PINWHEELS

7.99 ea. STORE MADE MINI SEAFOOD PLATTER

15.99 lb. TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CROWNS

6.99 ea. CHILLED SEAFOOD SNACKS

7.99 ea. MARINA DEL MAR MARINAS

7.49 ea. BLUE WATER SEAFOOD CRAB OR SHRIMP

13.99 ea. KIRON BRAISED SEAFOOD SNACKS

BOX OF 24

Irrésistible

3.99 ea. IRRÉSISTIBLE CHOCOLATE CHEESECAKE

7.99 ea. IRRÉSISTIBLE FRUIT TOP CHEESECAKE

10.99 ea. IRRÉSISTIBLE COCONUT CHOCOLATE CHEESECAKE

40 CALORIES

10.99 ea. IRRÉSISTIBLE CHOCOLATE CHEESE & BERRY TOUR CHEESE

Deli Favourites

2.49 /100 g. STORE MADE MOCK CHICKEN

2.69 /100 g. IRRÉSISTIBLE APPETIZELLE

4.49 /100 g. IRRÉSISTIBLE ASIAGO CHEESE

4.79 /100 g. CHEESELIX CHEESEMAKERS CHEESE

2.99 /100 g. IRRÉSISTIBLE CHOCOLATE CHEESECAKE

3.99 /100 g. IRRÉSISTIBLE APPETIZELLE TURKEY BREAST

15.99 ea. SMOKED WINE PEAR AND CHEESE

4.49 /100 g. LUPI PECORINO ROMANO

6.99 ea. PILLER'S PEPPERONI

8.49 ea. DELICIOUS SMOKE HOUSE SMOKED PEPPERONI

8.99 ea. THE STELLE GRATED PARMESAN OR ROMANO

7.99 ea. THE STELLE MOZZARELLA BALL

BUY 1 Fresh Z'Ice Pizza Slice Combo 4.79 ea. & GET 1 FREE Limit 2 Free Slices Per Customer

10.79 ea. SOUPS ON SOUP

10.49 ea. SUNRISE FRESH SALADS

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

+1 moi pt‡ on $2 spent

Min. purchase required.

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‡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

4.49 ea. SELECTION EASTER MINI EGGS CHOCOLATE 100 g SELECTED VARIETIES

Find these Easter treats and more. SHOP NOW

INVISIBLE EASTER MINI EGG CHOCOLATE 100 g SELECTED VARIETIES

16.99 ea.

PEEPS MARSHMALLOW 5-6 PK SELECTED VARIETIES

2.99 ea.

5.99 ea. CADBURY MINI EGGS CHOCOLATE 200 g SELECTED VARIETIES

FERRERO KINDER EASTER CHOCOLATE 100 g SELECTED VARIETIES

2.99 ea.

6.49 ea. CADBURY EASTER CHOCOLATE 100 g SELECTED VARIETIES

20.99 ea. NESTLÉ HIDE ME EASTER CHOCOLATE 100 g SELECTED VARIETIES

8.49 ea. FERRERO EASTER CHOCOLATE BALL 125 g SELECTED VARIETIES

6.49 ea. FERRERO KINDER EASTER CHOCOLATE 100 g SELECTED VARIETIES

10.49 ea. HERSHEY'S EASTER EGG HUNT CHOCOLATE 100 g SELECTED VARIETIES

5.49 ea. HERSHEY'S REESE'S CHOCOLATE 100 g SELECTED VARIETIES

13.99 ea. KINDER EGG HUNT CHOCOLATE 100 g SELECTED VARIETIES

Chocolate Lovers

Indulge in a rich chocolate cake from our selection of cake from Sobeys and Chocolate Lovers!

26.99 ea. — BAKERY FRESH CHOCOLATE MOUSSE CAKE 1.4 kg

31.99 ea. — JAMOCKA ALMOND CRUNCH CAKE 1.4 kg

24.99 ea. — ELITE SWEETS CHOCOLATE PRALINE CHOCOLATE CAKE 0.6 kg

125 Sobeys Inc. Flyers

2.99 ea. — FRONT STREET BAKERY CHOCOLATE FUDGE CUPCAKES 6 pk

22.99 ea. — FRONT STREET BAKERY CHOCOLATE FUDGE BUTTERCREAM CAKE 1.4 kg

8.99 ea. — SELECTION BROWNIES 0.4 kg

6.49 ea. — BAKERY FRESH BANANA CREAM PIE 0.9 kg

Sourdough Favourites

4.49 ea. — PREMIÈRE MOISSON SELECT SOURDOUGH BREAD 675 g

4.59 ea. — FRONT STREET BAKERY SOURDOUGH BREAD 675 g

6.49 ea. — PREMIÈRE MOISSON HEALTHY SOURDOUGH BREAD 675 g

4.99 ea. — TOMPKINS 10" TORTILLAS 8 pk, 340 g/Assorted

1.99 ea. — FRONTIER PITA BREAD 6 PACK/340 g

4.99 ea. — SUN-MAID RAISIN BREAD 675 g

8.99 ea. — SCHWÄ GLUTEN FREE SOURDOUGH HOT DOG OR HAMBURGER BUNS 454 g

More Great Savings

7.99 ea. — DR. OETKER GIUSEPPE OR SUPREMA PIZZA 350 g–400 g

6.99 ea. — DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA 350 g–400 g/Assorted

6.99 ea. — DR. OETKER GIUSEPPE PIZZA 350 g–400 g

2.49 ea. — MICHELINA'S FROZEN MEAL 340 g–454 g/Assorted

3.99 ea. — GOGO SQUEEZ FRUIT SNACK 12 x 90 g/Assorted

12.99 ea. — MAZOLA OIL 2 L/NC

3.49 ea. — CLUB HOUSE SPICE BLENDS 30 g–55 g/Assorted

FOR EVERY BURGER

A TASTE FOR HEINZ

5.99 ea. — HEINZ KETCHUP WALLY'S NAP SWEETENER 500 g–1 L

4.29 ea. — HEINZ MAYONNAISE-STYLE SAUCES 475 g–625 g/Assorted

3.99 ea. — KRAFT CELEBRATIONS 475 g–625 g/Assorted

3.49 ea. — KRAFT BBQ SAUCE 475 g–650 g/Assorted

5.79 ea. — KRAFT FLAVOURED DRESSING 475 g/Assorted

4.49 ea. — MIO MIO WATER ENHANCERS OR DRINK MIX 48 g–162 g/Assorted

4.99 ea. — PHILADELPHIA DIPS 227 g/Assorted

2.99 ea. — TACO BELL SAUCE 213 g–312 g

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

NO RESERVATIONS REQUIRED

Savour restaurant flavours, at home

Discover our great selection from your favourite restaurants.

2.49 ea. THE ARC SAUCE MIXES SELECTED VARIETIES

7.99 ea. P.F. CHANG'S FROZEN MEALS SELECTED VARIETIES

10.49 ea. CRAFTY DANDIE NOODLES 500–560 g SELECTED VARIETIES

9.99 ea. RAO'S PASTA SAUCE 680 ml SELECTED VARIETIES

2.99 ea. SWEET CHOLOT, MARTIGNETTE OR SWEET SOUR MARKET'S SALAD SELECTED VARIETIES

4.99 ea. MR. SUB SAUCE 500 ml SELECTED VARIETIES

5.49 ea. SUBWAY SAUCE 500 ml SELECTED VARIETIES

8.99 ea. KAWARTHA ICE CREAM 1 L SELECTED VARIETIES

7.99 ea. STARBUCKS ICED COFFEE 300 ml SELECTED VARIETIES

26.99 ea. McCAFÉ INSTANT COFFEE OR COFFEE CAPSULES 370 g, 30 ct SELECTED VARIETIES

5.99 ea. McCAFÉ INSTANT COFFEE 200 g SELECTED VARIETIES

12.99 ea. STARBUCKS VERANDA BLEND COFFEE CAPSULES 10 ct SELECTED VARIETIES

7.49 ea. STARBUCKS COLD BREW CONCENTRATE 946 ml SELECTED VARIETIES

8.49 ea. STARBUCKS NESPRESSO COFFEE CAPSULES 10 ct SELECTED VARIETIES

GREAT COFFEE. EVERY DAY.

13.99 ea. CAFÉ WILLIAM GROUND COFFEE 907 g SELECTED VARIETIES

FLAVOURS OF Eid

CELEBRATING GRATITUDE, GENEROSITY, COMPASSION & COMMUNITY

7.99 ea. SEASON OR ARGUIN BASMATI RICE 2 kg (32 - 4.0 kg) SELECTED VARIETIES

8.99 ea. WHOLE TILAPIA SUNDAY PACK FROZEN, 1.36 kg

8.99 ea. HALAL FACTORY CHICKEN TANDOORI OR LEG PIECES FROZEN, 910 g - 1 kg

9.99 ea. SAFFRITO VEGETABLE OR CANOLA OIL 2 L SELECTED VARIETIES

2.99 ea. SARTOUN NAAN 500 g SELECTED VARIETIES

3.99 ea. RED ONIONS PRODUCT OF CANADA CANADA NO. 1 GRADE 1 lb

1.99 lb JUMBO PAPAYAS PRODUCT OF MEXICO OR GUATEMALA 4.50 kg

3.49 ea. DOUWES MOSSELS OR MAGGI SAUCES 250 - 500 ml SELECTED VARIETIES

99¢ ea. ZAYTA OKRA 454 g SELECTED VARIETIES

2.99 ea. CEDAR KLEGER OR PHYLLO PASTRY DOUGH, OKRA, SPINACH OR STUFFED VINE LEAVES 454 g SELECTED VARIETIES

3.99 ea. ZAYTA LENTILS OR CHICK PEAS 540 ml SELECTED VARIETIES

4.99 ea. MOON SAUCE OR COOKING SAUCE 300 g - 1 L SELECTED VARIETIES

1.69 ea. CEDAR CANNED BEANS 398 ml SELECTED VARIETIES

2.49 ea. MAMI DAIRY, CEDAR OR PHOENICIA YOGURT 650 - 750 g SELECTED VARIETIES

3.29 ea. BEST NECTARS, ZAYTA MANGO PULP OR MENDES ESTATES CHEESE 250 - 500 ml SELECTED VARIETIES

2.99 ea. CEDAR DRY BEANS, CHICKPEAS, LENTILS OR SAMOLINA 907 g SELECTED VARIETIES

2.49 ea. SUNSET SNACKS, ZAYTA ROASTED CHANA, BIGBUCK OR SUNBEAM SNACKS 200 - 454 g SELECTED VARIETIES

8.99 ea. ALKANATER OR CEDAR TAHINI, PHOENICIA HONEY 500 g SELECTED VARIETIES

2.49 ea. ZAYTA COOKING SAUCE 454 g SELECTED VARIETIES

1.99 ea. CEDAR COCONUT MILK, ROSE OR ORANGE BLOSSOM ESSENCE 250 - 540 ml SELECTED VARIETIES

3.99 ea. CELEBRANCA ORIGINAL DANISH BUTTER COOKIES 454 g

1.99 ea. ZAYTA BAKLAVA OR PHILLYNUT 320 - 400 g SELECTED VARIETIES

99¢ ea. PARLE-G OR LU BISCUITS 70 - 200 g SELECTED VARIETIES

Store availability varies by store.

Snacks & Beverages

CELSIUS ENERGY DRINKS 355 ml
80 CALORIES
3.49 ea.

RED BULL ENERGY DRINK 473 ml
10.99

SUNRYPE SLIM JUICE 1.75 L
50 CALORIES
4.49

C'EST BON CANADIAN SPARKLING WATER 1.5 L
6.99

Budweiser BRAND
12.49 ea.
BUDWEISER NON-ALCOHOLIC BEER 355 ml

12 ROUGE DE ALCOHOLIZED WINE 750 ml
9.49

BEAT GEORGE'S GINGER BEER
8.49 ea.
GEORGE'S GINGER BEER NON-ALCOHOLIC GINGER BEER 355 ml

Smart
3.49 ea.
SMART DRINKS 1 GET 1 FREE 1 L

Takis
4.99 ea.
TAKIS TORTILLA CHIPS 280 g

7.99 ea.
SMARTS CLAM DRINK STRAWBERRY DRINKS 12 x 236 ml

GATORADE SPORTS DRINKS 12 x 473 ml
7.49 ea.

ioco
nano
6.49 ea.
IOCO PROTEIN YOGURT OR NANO MILK SUBMIT 4 x 90 g

CHEESTERS
5.49 ea.
ZERO CHEESTERS 150 g

FINGERS
NEW
4.49 ea.
CLASSIC FINGERS 150 g

RITZ bits
RITZ
2.99 ea.
RITZ CRACKERS 200 g

5.49 ea.
SMACKDOWN CRISP SNACKERS 150 g

NEW
DAIRY MILK
3.99 ea.
CADBURY CHOCOLATE BARS 50 g

NEW
Ginger's
3.99 ea.
GINGER'S OR BITS & BITES SNACKS 200 g

NEW
SNACK TIME WITH A TWIST
Cavendish Farms Bake Crisp Cookie Chips 540 g

NEW
Cavendish
4.49 ea.
CAVENDISH FRIES PREMIUM 1 kg

CHAMPIONS CELEBRATE WITH Reese's
Reese's
6.49 ea.
REESE'S CHOCOLATE 170 g

1.79 ea.
REESE'S CHOCOLATE BAR 39 g

CELEBRATE THE MOMENT
NESTLÉ
5.49 ea.
NESTLÉ CHOCOLATES 100 g

40 CALORIES
2.49 ea.
NESTLÉ PILLSBURY, NESTLÉ PURE LIFE OR EVIAN WATER 1 L

NEW
STARBUCKS
13.99 ea.
STARBUCKS COFFEE CAPSULES 10 x 55 g

NEW
STARBUCKS DOUBLE ESPRESSO 7.49

Now Available at Metro

NEW
BR BASKIN-ROBBINS
REGULAR SERVING ICE CREAM CUP 1 L
9.99 ea.

Try our new sandwiches!

REGULAR SERVING ICE CREAM BAR 1 L
9.99 ea.

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Non-GMO

HOLDER CHEESE 200 g — 5.99 ea.

PACIFIC FOODS BROTH 946 ml — 7.99 ea.

CHOSEN FOODS MAYONNAISE 946 ml — 18.99 ea.

LUNDBERG RICE CAKES 127 g — 7.99 ea.

SUN MAID RAISINS 500 g — 6.99 ea.

LOLA'S HOT SAUCE 148 ml — 8.49 ea.

CELESTIAL TEA 20 Sachets — 5.49 ea.

Gluten-Free

COOL WHIP FROZEN DESSERT 2.0 L — 6.99 ea.

TERRA CHIPS & BITS PULSE CHIPS 113 g — 5.99 ea.

MONTRIOUX CHOCOLATE COATED COFFEE BEANS 150 g — 6.99 ea.

LIFE SMART CHIA SEEDS 454 g — 4.49 ea.

Plant-Based

CARTON MONROE 1 L — 12.99 ea.

NEAL BROTHERS PASTA SAUCE 650 ml — 8.99 ea.

MARGARITAS PEANUT BUTTER 500 g — 8.99 ea.

KEEPS MULTI-GRAIN 200 g — 3.99 ea.

Baby & Beauty

BABY GOURMET BABY PURÉE 128 ml — 2.49 ea.

LILLY'S BEST BABY SNACKS 28 g — 4.49 ea.

JOHNSON'S BABY CARE 80 ml — 6.49 ea.

HUGGIES BABY WIPES 80 Pk — 13.99 ea.

CREST TOOTHPASTE 100 ml — 5.49 ea.

IVORY BODY WASH 887 ml — 9.49 ea.

Household Helpers

DOUBLE CHINET DINNER PLATES 25 ct — 9.99 ea.

DOUBLE CHINET LUNCH PLATES 25 ct — 8.99 ea.

NATURE CLEAN LAUNDRY DETERGENT 1.5 L — 14.49 ea.

GAIN FLINGS OR SHEETS 24 Pk — 3.99 ea.

WARMER + DUAL REFILL

FEBREZE PLUG WARMER — 99¢ ea.

FEBREZE PLUG REFILLS 2 x 21 ml — 11.99 ea.

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CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

12.99 ea. — IRISH OATS ROLLED OATS OR BLUE RIBBON BASMATI RICE, 1.9 kg or PARMAKIT RICE — SELECTED VARIETIES

1.99 ea. — ALPHONSO MANGOES — PRODUCE OF MEXICO

9.99 ea. — PILLSBURY CHAPATI ATTA FLAVOUR — 9.07 kg

2.99 ea. — SUNFLOWER BASMATI RICE — 5 kg — SELECTED VARIETIES

1.29 ea. — FRESH CILANTRO — PRODUCE OF MEXICO

1.99 ea. — COCONUT — PRODUCE OF THE DOMINICAN REPUBLIC

4.99 ea. — TERRA SPECIFIC CHICKEN, PETITE SWEETS OR LAMB — 454 g

12.99 ea. — NANAK GHEE — 907 g

8.99 ea. — WHOLE TILAPIA — 125 WHOLE LB — FROZEN, 1.8 kg

16.99 ea. — ALBERTON'S CHARM BOUQUET — SEASONAL DELIVERY

4.99 ea. — EVERAY MARINADES, CUCUMBERS OR SAUCE CARTS — SELECTED VARIETIES

5.49 ea. — EVERAY OR MEEROO BUTTER, SAUCE OR CHAPATI FLOUR — SELECTED VARIETIES

15.99 ea. — BRAR'S DARK BITE FLOUR — 9.07 kg

1.99 ea. — PURELLE FLAVOUR OR MILK — FRUIT, NATURAL, COCONUT OR ALMOND — SELECTED VARIETIES

2.99 ea. — LATICO SPRING ROLLS OR SAMOSAS — 400 g — SELECTED VARIETIES

6.49 ea. — BRAR'S SAMOSAS — 1.81 kg — SELECTED VARIETIES

6.99 ea. — CASABLANCA HONEY, ICED TEA BLUE, PREMIUM OR GOLD — 1 lb — 454 g — SELECTED VARIETIES — LIMIT 1

7.99 ea. — ALFA PITS — 400 g — SELECTED VARIETIES

5.29 ea. — SHANMUGA'S PICKLES — 500 g — SELECTED VARIETIES

6.49 ea. — MEELA LICKERS — 125 g — SELECTED VARIETIES

1.99 ea. — SHAN MASALA OR MIX — CURRY OR GARLIC PASTE — 50 – 100 g — SELECTED VARIETIES

1.67 ea. — SHAN — FROZEN VEGETABLES — 340 g — SELECTED VARIETIES

1.69 ea. — KURKURE CHIPS — 70 g — SELECTED VARIETIES

39¢ ea. — MAGGI — INSTANT NOODLES — 70 g

Item availability varies by store