VERSION 3

100% CANADIAN BEEF FROM ALBERTA

4 DAY SALE

MARCH 12 – MARCH 15

9.88 /lb

BEEF GRILL CRISPY CAP STEAK
SOLD IN VALUE PACK
FRESH BEEF FROM ALBERTA
2.1-2.8kg

BONELESS SKINLESS

4.99 /lb

FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK
1.5-2kg

FRESH BONELESS
PORK LOIN CHOPS
PORK LOIN CHOP
PORK WHOLE LOIN
BLADE CHOPS
VALUE PACK
1.5-2kg

2.99 /lb

SPRING LAMB
100% Vegan Fed
Hormone Free
Antibiotic Free
Grass Fed
Grass Finished
Sustainable Farming
Animal Compassion

6.88 /lb

FRESH LAMB SHOULDER CHOPS VALUE PACK
0.75kg - 1.0kg x 2

moi rewards member price

BEST BUCKS
CHIPS
VARIOUS
SELECTED VARIETIES

2.99 ea.

SPECIAL PRICE
3.99
for non-members

Effective March 12 | 13 | 14 | 15

VERSION 3

RAINBOW CHARM BOUQUET
CONTAINER
SPECIAL PRICE
14.99

metro
CANADIAN AND PROUD

FRESH RAINBOW TROUT OR FILLETS FILLETS, VALUE PACK
SALMON FILLETS OR FILLETS
SKIN ON OR SKIN OFF
9.99 ea. or /lb

BERRY MIX OR LARGE BLACK SEEDLESS GRAPES
LEMONS
2.99 ea. or /lb

CONVENIENCE PRICE! SMALL SMOKED HAM OR SMOKED SMOKED HAMS
3.49 /100 g

ASSORTED COLOUR SWEET PEPPERS OR ASSORTED COLOUR SWEET PEPPERS OR ASSORTED COLOUR SWEET PEPPERS
3.99 ea.

FAMILY SIZE
125 pounds value of $1
DEMPSTER'S BAKERY ALL BUTTER CROISSANTS
7.99 ea.

FRESH CABBAGE
49¢ /lb

MAXWELL HOUSE ORIGINAL OR DECAF GROUND COFFEE
125 pounds value of $1
15.99 ea.

1 kg
Kraft Smooth Celebration
5.99 ea.

EARTH'S OWN ALMOND BEVERAGE OR ALPRO ORIGINAL
2.99 ea.

Shreddies
QUAKER
NUTRI GRAIN
QUICK OATS
2.99 ea.

1 L
12.98 ea.

900 g
Unico Diced Tomatoes
1.69 ea.

Bounty
Tide
3-6 Double
125 pounds value of $1
6.99 ea.

Oreo
Bear Paws
2.22 ea.

CHUNKY
Habitant
1.99 ea.

Effective March 12 13 14 15 16 17 18 2026

4-DAY MEAL DEAL

MARCH 12TH – MARCH 15TH, 2026

YOUR CHOICE 11.99 ea.

X-LARGE

16" X-LARGE PEPPERONI & CHEESE PIZZA
Pizza
Pizzeria Metro
Not sold individually.

1 KG

MEY WOOLF BARBECUED CHICKEN 1 kg

12 PCS

20 PCS

PRICE 2 EA
CHICKEN WINGS 12 pcs
CHICKEN TENDERS 12 pcs
CHICKEN BITES 20 pcs

20 PCS

STUFFED CALIFORNIA ROLLS WITH CRAB, MANGO & SPICY SWEET CHILI SAUCE
Sushi
Sushi Metro

PARTY SIZE 1.5 KG

PRICE 2 EA

DELUXE FRUIT SALAD
1 kg

PRICE 2 EA

FRENCH CREAM BAKERY CAKE
Bakery Cake
Metro Bakery
Not sold individually.

metro.ca

New Lower Prices

COMPOSANTS WHITE, TOUT-ÉTAPES WHITE OU MIXES DE SIGNATURE BOWL
Sélectionnés variétés
2 for 7.00 | 125 Valeur de 1.17 ¢/g

SAVE $1.00 | 2 for 6.99 ea.
BLACK FOREST Tranches de jambonneau
CHAPLEAU SUPERSTIK SALTED WALTER SALMON PALETTE
Sélectionnés variétés

MARYBROOK INSIDE SHRIMP & SCALLOP
UNBELIEVABLE APPETIZERS
Sélectionnés variétés
7.99 ea.

PERFECT FOR ST. PATRICK'S DAY
RACHETS COOKED BEEF BRISKET
Sélectionnés variétés
5.99 lb | 125 Valeur de 1.17 ¢/g

POCKET
PICKLES Readypicks
RUFUS LEAF PROVE PLANT-BASED FROZEN SKEWERS CHICKEN BREAST
Sélectionnés variétés
9.99 ea.

SAVE $1.00
BLUE PLANET SARDINES
LOUMEL
LOUMEL PREMIUM LIGHT CHUNK CLAM STRIPS IN CLAM JUICE
Sélectionnés variétés
6.49 ea.

CHICKEN OF THE SEA
CHICKEN OF THE SEA SARDINES IN SOYBEAN OIL
Sélectionnés variétés
7.99 ea.

5.99 ea.
SOUL & CHEESE
PIZZA PIZZA
SOUL FOOD BURGER OR SMOKEDHOUSE CHEESE
Sélectionnés variétés

CRACKER BARREL NATURAL CHEESE SLICES CHEESE
Sélectionnés variétés
5.49 ea.
Black Diamond

60
4.99 ea.
Chex
CHEX, MORNINGSTAR FARMS OR LOUD & CRUNCH BREAKFAST
Sélectionnés variétés

125 Valeur de 1.17 ¢/g
11.99 ea.
NESTLÉ NESCAFÉ GROUND COFFEE
Sélectionnés variétés

LIPTON, MINUTE MAID, ALLIED TEA, ALLIED JUICE, APPLE JUICE, MOTT'S CLAMATO COCKTAIL
Sélectionnés variétés
3.99 ea.

PRINGLES SELECTED SPECIALS CA ENERGY DRINKS
Sélectionnés variétés
2.99 ea.

GATORADE SPORTSDRINKS NESTLÉ PURE LIFE
Sélectionnés variétés
6.99 ea.

COLGATE, SENSODYNE OR TOM'S ORAL CARE
Sélectionnés variétés
5.99 ea.

4.99 ea.
Mini eggs
CADBURY MINI EGGS OR CADBURY CHOCOLATES
Sélectionnés variétés

5.99 ea.
Ristorante
Casa Mamma
MR. VETSCH PIZZA
Sélectionnés variétés

5.99 ea.
JOY & DAWN DISH LAUNDRY DETERGENT PLUS® SOFTWASH OR CLEAR DISHWASHER DETERGENT
Sélectionnés variétés

SAVE $1.00
7.99 ea.
Charmin
CHARMIN BATHROOM TISSUE
Sélectionnés variétés

7.5
12.99 ea.
Cashmere
Scotties
COMBOS BATHROOM TISSUE OR SCOTTIES FACIAL TISSUE
Sélectionnés variétés

I earn with moi rewards

125 Valeur de 1.17 ¢/g
4.99 ea.
RICE KRISPIES
Raisin Bran
VERTOR
SELECTED CEREAL
Sélectionnés variétés

125 Valeur de 1.17 ¢/g
5.49 ea.
SAVE $1.00
ICE & DIRT ICE CREAM
Sélectionnés variétés

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.
FOR SAFETY, THIS PRODUCT MAY CAUSE PAINFUL SKIN REACTIONS. READ PRODUCT WARNINGS BEFORE USE.

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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 1.99 ea. SAVE UP TO $2

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

NOW 3.49 ea. SAVE UP TO $2

5.49* ea. MINUTE MAID OR FUZE ICED TEA 8 x 200 ml, 10 x 200 ml SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $1.50

5.49* ea. TROPICANA ORANGE JUICE 1.36 L SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $3.30

7.29* ea. LIFE SMART ORGANIC PITTED DATES 340 g

NOW 4.49 ea. SAVE UP TO 50¢

4.99* ea. SELECTION BBQ SAUCE 1 L SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $2

5.99* ea. IRRESISTIBLE FRESH PASTA 300 - 350 g SELECTED VARIETIES

NOW 1.29 ea. SAVE UP TO $1

2.29* ea. SELECTION ALUMINUM FOIL 25 ft.

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.*

Farm Fresh Produce

JUMBO
3.99 /lb — JUMBO GREEN SEEDLESS GRAPES 454g–1.36kg

4.99 ea. — STRAWBERRIES 454g; BLACKBERRIES 170g; ONLY ONE TINY TIMY STRAWBERRIES 454g

2.99 ea. — EARTHY BUNCH 454g–1.36kg

1.99 /lb — SWEET POTATOES 1.36kg–2.27kg

2.49 /lb — LARGE FUJI OR RED DELICIOUS APPLES 1.36kg–2.27kg

1.99 /lb — LARGE SEEDLESS NAVEL ORANGES 1.36kg–2.27kg

ONE — SWEET CHERRY TOMATOES 454g
3.99 ea. 50 CENTS

2.49 ea. — YELLOW ONIONS 2kg–4.54kg

2.49 1.99 ea. — LARGE AVOCADOS

6.99 ea. — BOOM TOMATOES 2kg–4.54kg

3.69 ea. — BELLE GRANGE BACON WRAPPED BLUE CHEESE STUFFED DATES 454g

3.99 ea. — MINI CUCUMBERS 454g–1.36kg

2.49 /lb — LARGE RED GRAPEFRUIT 1.36kg–2.27kg

2.49 /lb — LARGE BARTLETT PEARS 1.36kg–2.27kg

RUSSET — 3.99 ea. — RUSSET POTATOES 2.27kg–4.54kg

CRUNCHY — 4.49 ea. — LEMON DRESSING 473mL

5.99 ea. — CLEMENT OR SWEET CLASSIC MELONS

7.99 ea. — GREEN GIANT PLANT BASED BURGERS OR CHICKEN OR SAUSAGE 227–255g

live — 7.99 ea. — LIVE VEGETABLE DIPS 454g

3.99 ea. — LOCAL GARLIC 2kg–4.54kg

Organic

3.49 /lb — ORGANIC GALAXY OR GALA APPLES 1.36kg–2.27kg

3.99 /lb — ORGANIC TOMATOES ON THE VINE 0.454kg

5.99 ea. — ORGANIC SWEET PEPPERS 454g–1.36kg
70 CENTS

3.99 ea. — FRESH ORGANIC GARDEN SALAD OR SPRING MIX 142–312g

Sliced & Diced

m — Mix and Match

13.99 ea. — FRESH VEGETABLES OR FRUIT CASSEROLE 1.36kg–2.27kg

FAMILY SIZE

6.99 ea. — WATERMELON OR MIXED MELON CHUNKS 454g

10.99 ea. — FAMILY SIZE SALADS 340–454g

Flowers in Blooms

DOUBLE SPIKE

20.00 ea. — ST. PATRICK'S DAY GERBERA DAISY BOUQUET 30cm–40cm

SAVE $6.00
22.99 ea. — ORCHID PLANT 12cm–14cm

PERFECT FOR ST. PATRICK'S DAY

STARTING AT
4.99 ea. — SHAMROCK PLANT 12cm–14cm

grown in Ontario

16.99 ea. — FRESH CUT TULIPS 30cm–40cm

Our Butcher's Finest

PORK PICNIC SHOULDER ROAST 1.36kg
2.49 /lb

LIFE SMART NATURALIA GRASS FED BEEF INSIDE ROUND ROAST OR INSIDE BLADE ROAST 1.36kg
125 value of $1
9.99 /lb

FRESH CHICKEN DRUMSTICKS OR THIGHS 1.36kg
4.49 /lb

VEAL SCHOLLER CHOPS 0.454kg
6.99 /lb

BREADED CHICKEN BRIDGE CUTLETS VILLAGE PACK 1.36kg
5.99 /lb

CUT BY OUR BUTCHER
BEEF BOURGUIGNONNE CUBED CHUCK FOR FONDUE 1.36kg
125 value of $1
8.99 /lb

SPRING LAMB
FRENCH LAMB LEG 1.36kg
250 value of $2
7.99 /lb

PRIME BEEF
MAPLE LEAF PRIME NATURALLY RAISED WITHOUT ANTIBIOTICS BEEF WHOLE CHUCKER 2.268kg
125 value of $1
4.99 /lb

Breakfast Favourites

2.99 ea.

SELECTION BACON 375g
4.99 ea. 60

MAPLE LEAF PREMIUM CHICKEN BREAKFAST OR CHICKEN BACON OR CHORIZO SAUSAGE 213g
4.99 ea.

Mini Sliders
MINI SLIDERS 350g
7.99 ea.

SELECTION PEANUTS, CITRUS BACON 125g
4.99 /lb 60

BURNS BREAKFAST SAUSAGES 340g
4.99 ea. 60

BUTTERBALL TURKEY BACON 375g
6.99 ea. 70

SCHWEBISCH SAUSAGE OR SAUSAGE OR EGG BITES 340g
6.99 ea. 80

LOCKED DOWN PRICES UNTIL APRIL 8TH, 2026

ARCHERS CHICKEN BACON 375g
7.99 ea.

Tim Hortons Frozen Sandwiches
7.99 ea.

MOON SPUN CRUNCHES 300g
11.99 ea.

PRIME RIB BEEF BURGERS
19.99 ea.

LIFE SMART NATURALIA GRASS FED GROUND BEEF 454g
8.99 ea.

SWISS CHALET
SWISS CHALET 1/2 HANDCUT OR MEDIUM OR 5 MILE FRIES 1.36kg
10.99 ea.

HAPPY STREET FULLY COOKED PORK BACK RIBS OR PORK BELLY OR PORK ROAST 1.36kg
11.99 ea.

HOME GROUND SAUSAGE OR SAUSAGES 1.36kg
12.99 ea.

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ST. PADDY'S DAY HAPPY HOUR

Raise a pint with everyone's favourite cold brews.

KILKENNY IRISH CREAM ALE
6 x 500 mL
11.99 EA.

JAMES READY 5.5
JAMES READY
6 x 355 mL
12.99 EA.

GUINNESS DRAUGHT STOUT
GUINNESS
24 x 440 mL
24.49 EA.

CREMORE SPRING'S PREMIUM LAGER
CREMORE LIGHT
18 x 355 mL
18.49 EA.

STELLA ARTOIS
STELLA ARTOIS
28.99 EA.

HEINEKEN
HEINEKEN
29.99 EA.

MIX PACK
CAPTAIN MORGAN
CAPTAIN MORGAN
CAPTAIN MORGAN

Seafood

Irrésistible

Deli Favourities

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metro FRESH 2 GO

SKIP

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.

FLAVOURS OF
italy
2.99 /lb
STORE & LEAF CLEMENTINES
2.99 ea.
GREEN OR RED SWISS CHARD OR DANDELION GREENS
4.49 ea.
MORCIANO
SLICED
MORTADELLA
3 PACK
14.99 ea.
TAN STELLE
MOZZARELLA BALL
CUT BY OUR BUTCHERS EXCLUSIVE
13.99 /lb
BEEF RIB EYE
2 LB BAG
SEAFOOD MIX
MÉLANGE DE MER MILANO
OCEAN PRIME
SEAFOOD MIX
14.99 ea.
ITALIAN
DEMI CAKE
31.99 ea.
4.49 ea.
GUMONI
ALMOND BISCOTTI
MARCIANO
MILANESE
ARTICHOKE
5.49 ea.
MARCIANO
ARTICHOKE
ARBORIO
RICE
4.49 ea.
21.99 ea.
PASCHAMARE COLOMBA EASTER CAKE
MARINELLI
PASTA SAUCE
4.99 ea.

Celebrate National Pi[π] Day March 14th

10.99 ea. — UNCOUTABLE APPLE PIE 24 oz. (61 oz. EQUIVALENT)

9.99 ea. — UNCOUTABLE FRUIT PIES 24 oz. (61 oz. EQUIVALENT)

7.99 ea. — FRONT STREET BAKERY CHOCOLATE CARAMEL PIE 48 oz.

14.99 ea. — UNCOUTABLE LEMON CITRON CHIFFON PIE 24 oz. (61 oz. EQUIVALENT)

PERFECT FOR ST. PATRICK'S DAY

22.99 ea. — ST. PATRICK'S DAY DESSERT CAKES 24 oz. (61 oz. EQUIVALENT)

7.49 ea. — ST. PATRICK'S DAY CUPCAKES 12 ct. (30 oz. EQUIVALENT)

22.99 ea. — FRONT STREET BAKERY FRUIT TOPPED CHEESECAKE 48 oz. (122 oz. EQUIVALENT)

16.99 ea. — FRONT STREET BAKERY FRUIT CAKES 24 oz. (61 oz. EQUIVALENT)

4.29 ea. — FRONT STREET BAKERY BUTTER DINNER ROLLS 12 ct. (30 oz. EQUIVALENT)

4.49 ea. — FRONT STREET BAKERY ITEL BREADS. (122 oz. EQUIVALENT)

5.99 ea. — SELECTION TRUFFLE CLAY CAKES 12 ct. (30 oz. EQUIVALENT)

4.99 ea. — SELECTION CHOCOLATE TARTS 12 ct. (30 oz. EQUIVALENT)

2.49 ea. — SELECTION BAGELS 6 ct. (15 oz. EQUIVALENT)

2.99 ea. — DEMPSTER'S ENGLISH MUFFINS 12 ct. (30 oz. EQUIVALENT)

4.99 ea. — STONEWALL BREADS 12 ct. (30 oz. EQUIVALENT)

8.99 ea. — LITTLE NORTHERN GOURMET BAKERY FRUIT BREADS. 12 ct. (30 oz. EQUIVALENT)

Snacks & Beverages

4.99 ea. — WALKER'S COOKIES 16 oz. (32 oz. EQUIVALENT)

4.49 ea. — KEVITA CRACKERS 16 oz. (32 oz. EQUIVALENT)

3.79 ea. — JELLY BEAN CANDY 50 oz. (100 oz. EQUIVALENT)

11.49 ea. — LINDT SWISS CLASSIC CHOCOLATE BARS 4 ct. (12 oz. EQUIVALENT) — 125 value of $1.

8.49 ea. — PALCINI PIZZA POCKETS 12 ct. (24 oz. EQUIVALENT) — 125 value of $1.

9.49 ea. — KIND ALMONDS & DATES 12 ct. (24 oz. EQUIVALENT)

7.49 ea. — BUILT TOP PROTEIN DESSERT 8 ct. (16 oz. EQUIVALENT)

7.49 ea. — HARIBO CHEEZIES SNACKS 6 ct.

8.99 ea. — MAXIMUM PROTEIN SPARKLING WATER 12 ct. (12 oz. EQUIVALENT)

2.99 ea. — PRIME HYDRATION SPORTS DRINKS 6 ct. (12 oz. EQUIVALENT)

3.99 ea. — BRITON'S PRETZEL SNACKS 4 oz. (12 oz. EQUIVALENT)

4.99 ea. — GARDEN COCKTAIL 1 ltr. (32 oz. EQUIVALENT)

18.99 ea. — COORS EDGE HARD LEMONADE 12 ct. (144 oz. EQUIVALENT)

2.99 ea. — SUNNY MARGARITA / PINA COLADA 1 ltr. (32 oz. EQUIVALENT)

1.79 ea. — CRAFTED SPARKLING DRINKS 50 ct. (50 oz. EQUIVALENT)

9.99 ea. — ORIENTAL TEA 20 ct. (40 oz. EQUIVALENT)

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

MARCH BREAK FAMILY BITES

Get a break on assorted family favourites.

11.99 EA. — LA PATISSERIE ICE CREAM SANDWICH 6CT/12CT, 10.5-16.5OZ SELECTED VARIETIES

2.99 EA. — SUMMER FRESH SNACK PACKS 175G SELECTED VARIETIES

60 CENTS — 4.99 EA. — OZERY BOUNDIES MOUNDS 5CT/6CT, 150-180G SELECTED VARIETIES

9.99 EA. — PROPERBOWL DIP TRAY SMALL FRUIT TRAY 397G

3.79 EA. — NESTEA ICED TEA 16 x 355 ml SELECTED VARIETIES

23.99 EA. — MEDIUM VEGETABLE DIP TRAY SELECTED VARIETIES

SUPER 8 LBS AT FRIDAY

4.99 EA. — SUNNY STREET BAKERY PARTY BITES 6CT/8CT, 6-8OZ SELECTED VARIETIES

SAVE ON FOODS — SELECTED VARIETIES

60 CENTS — 5.49 EA. — CHEETOS CHEESE PUFFS 6 PACK

SAVE ON FOODS — SELECTED VARIETIES

60 CENTS — 1.99 EA. — INVESTIBLE CHIPS 150G SELECTED VARIETIES

2 PACK — FRESH 1-CO PANINI SANDWICHES 2CT/2PK SELECTED VARIETIES

13.00 EA.

NOW 1.49 EA. — SELECTION SOFT DRINKS SELECTED VARIETIES

NOW 4.99 EA. — SELECTION PRUNES 1.5L SELECTED VARIETIES

SELECTION BBQ 2.99 EA.

SELECTION BREADED CHICKEN 1.5-2.5KG SELECTED VARIETIES

80 CENTS — 6.99 EA. — NUGGETS CROQUETTES

UP TO

$60

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Shop Offer

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

More Great Savings

5.99 ea. — SILK PLANT BASED YOGURT 675 g/ml

8.99 ea. — BUTTERNUT & GOLD HONEY 500 g/ml

6.49 ea. — INTERNATIONAL DELIGHT COFFEE WHITENER 946 ml/ml

5.99 ea. — SUGAR TWIN SWEETENER 200 g/ml

3.99 ea. 50 — SOFT ICE CREAM DESSERT 1.5 L/L

4.99 ea. — THE STELLA CREAM CHEESE 250 g/g

5.99 ea. — COOL WHIP TOPPING 500 g/g

5.99 ea. — BIRDS EYE BUTTER SPICES 5 – 24 g/g

2.49 ea. — CAMPBELL'S SOUP 284 ml/ml

3.79 ea. — BEN'S ORIGINAL RICE 800 g/g

2.49 ea. — KNORR SIDEKICKS 70 – 77 g/g

1.29 ea. — MR. NOODLES INSTANT SNACK 85 g/g

4.49 ea. — GREEN GIANT FROZEN VEGETABLES 750 g/g

4.99 ea. — BIRDS EYE BILLS FROZEN MEAL 300 – 400 g/g

7.99 ea. — MAILLE DIJONNAISE 250 ml/ml

6.99 ea. — MONA CONDIMENTS 250 ml/ml

5.49 ea. — BUFFALO WILD WINGS BBQ SAUCE 355 ml/ml

10.99 — VEGETABLE HOT SAUCE 375 ml/ml

5.99 ea. — SUGAR SHACK BEEF MARINADE 750 ml/ml

Low Price Every Day

NOW 3.49 ea. 90 — SELECTION CREAM CHEESE CAKE 397 – 500 g/g

NOW 4.99 — SELECTION 9 LIVES CHEESE 200 – 400 g/g

NOW 2.49 — SELECTION CHEWY BARS 30 – 35 g/g

NOW 2.99 — SELECTION JUICE OR COCKTAILS 1.89 L/L

NOW 99¢ — BIRDS EYE BILLS OR SPARKLING WATER 1 L/L

NOW 3.49 — OUR SMART NATURALS TORTILLA CHIPS 180 – 200 g/g

NOW 4.49 — SELECTION SALSA 454 ml/ml

NOW 1.79 — SELECTION TOMATOES 796 – 796 ml/ml

NOW 2.99 — SELECTION DRESSING 355 ml/ml

NOW 1.25 — SELECTION CONDENSED SOUP 284 ml/ml

NOW 1.49 — SELECTION CANNED VEGETABLES 398 – 540 ml/ml

NOW 3.99 — BIRDS EYE BILLS OR VEGETABLES 750 – 1 L/L

FLAVOURS OF

Eid

CELEBRATING GRATITUDE, GENEROSITY, COMPASSION & COMMUNITY

9.99 ea.

PARLIAMENT GOLD, MOOR OR LIL-DELLA SUPREME SELLA, MOOR GOLD OR BROWN BASMATI RICE
2 kg
SELECTED VARIETIES

9.99 ea.

SAPORITO VEGETABLE OR CANOLA OIL
2 L
SELECTED VARIETIES

NEW

21.99 ea.

LA ROCCA EGG-FREE MARBLE WHOLE CAKE
Approx. 1.5 kg

2 LB

9.99 ea.

WHOLE MEDJOOL DATES
Approx. 2 lb
Product of U.S.A.

Halal

250 VARIANT EST.

7.99 lb

FRESH
LAMB LEG SHORT CUT
NEW ZEALAND SPRING LAMB
Frozen

INTERMEDIATE ROSES
10 STEM BUNCH
ASSORTED COLOURS
SELECTED VARIETIES

2 for

20.00 CAD 10.00 ea.

9.99 ea.

PILLSBURY
CHANA ATTA FLOUR
1.02 kg

CEDAR
Dark Red Kidney Beans

1.69 ea.

CEDAR
CANNED BEANS
540 ml
SELECTED VARIETIES

6.49 ea.

BRIAR'S SAMOSAS
Frozen
2.268 kg (approx.)

3.99 ea.

KOLSIR INDIAN'S SAUCE
355 - 400 ml, 411 - 784 g
SELECTED VARIETIES

Item availability varies by store.

4.99 ea.
MOON DATES, SHIRBOON JUICE OR ROOH AFZA SYRUP
800 g / L, 200 ml
SELECTED VARIETIES.

8.99 ea.
ALKANATER OR CEDAR TAHINI, PHOENICIA HONEY
500 - 900 g
SELECTED VARIETIES.

3.29 ea.
BEST NECTARS, ZEYTA BRANCH PULP OR MARMEE KESAFA CREAM
1 L, 250 - 500 g, 75 g
SELECTED VARIETIES.

7.99 ea.
ALFA PIES
1 kg - 1.5 kg
SELECTED VARIETIES.

2.99 ea.
CEDAR DRY BEANS, BURGUL, BORGUL, BROWN LENTILS OR SPLIT PEAS
SELECTED VARIETIES.

1.99 ea.
ZEYTA BEANS
SELECTED VARIETIES.

3.99 ea.
CASABLANCA ORIGINAL SHORTBUTTER COOKIES
375 g

99¢ ea.
PARLE-G OR LU COOKIES
80 - 200 g
SELECTED VARIETIES.

2.49 ea.
SERVER SNACKS, ZEYTA ROASTED CHANA, SUBLICIN OR SAHARAN DRINKS
200 - 400 g, 1 L
SELECTED VARIETIES.

4.99 ea.
CEDAR MARINADES, CUCUMBERS OR GRAPE LEAVES
500 - 1 kg
SELECTED VARIETIES.

99¢ ea.
ZEYTA OKRA
500 g
SELECTED VARIETIES.

1.99 ea.
CEDAR CHICKPEA MILK, ROSE OR ORANGE WATER ESSENCE
355 - 500 ml
SELECTED VARIETIES.

Item availability varies by store.

Non-GMO

JACK & ANNIE'S BREADED CHICKEN 7.99 ea. Limit 2

MATLAND CHEESE SPRINKLES 8.99 ea.

MAIN'S CHOICE 6.49 ea.

LACEWOOD BLUEBERRY 125 mL Value of 1 10.99 ea.

Gluten-Free

QUEST BARS 4.49 ea.

COOLWAY KETO BARS 8.49 ea.

CHOC. MINT KETO BARS 9.49 ea.

Vegetarian

LACEWOOD PORCHETTA PORCHETTA 10.49 ea. 125 Value of 1

LAFFA PIZZA 12.49 ea.

Flourish 10.99 ea.

PACIFIC FOODS SOUP 6.49 ea. 80

KIND PLUS 9.99 ea.

NANA POPSY 6.99 ea.

CRETORS POPCORN 5.49 ea.

Baby & Beauty

BABY GOURMET BABY SNACKS 4.99 ea.

HUGGIES Natural Care 9.99 ea.

Potty Training Made FUN

Bluey easy ups

PAMPERS EASY UPS TRAINING PANTS 29.99 ea.

DOVE BODY CARE 6.49 ea.

80 AXE DEODORANT 6.99 ea.

80 ORTHO 2.99 ea.

POISE PADS 8.49 ea. 125 Value of 2.1

Household Helpers

Ziploc 4.99 ea.

Energizer 9.99 ea.

AIR WICK 4.99 ea.

AIR WICK 9.99 ea.

LYSOL 7.99 ea.

LYSOL 8.99 ea.

STAINS? SHOUT IT OUT.

SHOUT STAIN SCRUBBER 6.49 ea.

SHOUT STAIN & STAIN REMOVER 4.99 ea.

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

FRESH PASTA 454 g SELECTED VARIETIES

1.69 ea.

ITALPASTA

7.49 ea. MUTTI PASSATA SAUCE 680 ml SELECTED VARIETIES

MUTTI PASSATA PELATI PEELED TOMATOES 425 - 794 ml SELECTED VARIETIES

4.49 ea.

MUTTI SUR MASSARO PELATI TOMATOES 796 ml

5.49 ea.

3.79 ea. MUTTI TOMATO PASTE 156 ml

3.49 ea. MUTTI PIZZA SAUCE 398 ml

2.49 ea. MUTTI POLPA FINELY CHOPPED TOMATOES 400 ml

125 value of $1

9.99 ea. JANE'S BONELESS FULL CHICKEN WINGS FROZEN, 900 g SELECTED VARIETIES

125 value of $1

11.99 ea. JANE'S ULTIMATES FROZEN, 700 - 790 g SELECTED VARIETIES

HIGH LINER WILD ALASKA SOCKEYE OR COHO SALMON OR CATCH OF THE DAY FILLETS FROZEN, 454 - 907 g SELECTED VARIETIES

12.99 ea.

5.99 ea. HIGH LINER MARKET CUTS FROZEN, 113 g SELECTED VARIETIES

7.99 ea. HIGH LINER FRIED FISH PIECES OR SHRIMP FROZEN, 170 - 454 g SELECTED VARIETIES

RRROLL UP TO WIN

PLAY IN GROCERY

FROM SUNDAY, MARCH 24 - MARCH 30

Scan to view contest rules and participating products. Contest ends March 30, 2026. Ends March 30, 2026.

14.99 ea. TIM HORTONS COFFEE PODS OR COFFEE CAPSULES 84 g, 10 - 12 ct. SELECTED VARIETIES

3.99 ea. TIM HORTONS CHUNKY SOUP OR CHILI 515 g SELECTED VARIETIES

Folgers

ACE THE DAY

22.99 ea. FOLGERS COFFEE CAPSULES 84 g SELECTED VARIETIES

22.99 ea. FOLGERS COFFEE 340 - 680 g SELECTED VARIETIES