

VERSION 1



2⁹⁹
ea.

STRAWBERRIES
1.5 LBS BASKET (1.5 LBS, 680g)



3⁹⁹
ea.

ANY BRAND
CORN ON THE COB
OR
KIWI BASKETS (1.5 LBS)
CORN: 1.5 LBS (680g)
KIWI: 1.5 LBS (680g)



1⁹⁹
/lb

LARGE BLOOD ORANGES OR
JUMBO PINKS (1.5 LBS)
1.5 LBS (680g)



2⁴⁹
ea.

HARVEST FRESH
KALE SLAW
SALAD DE CHOUX
OR
GREEN GIANT
GREEN GIANT
SALAD



ONE
SWEET TOMATO

SWEET CHERRY TOMATOES (1.5 LBS)
SUNSET SWEET TOMATO
SALAD (1.5 LBS)

moi rewards member price

875 6



15⁹⁹
ea.

CADURRY
EASTER CHOCOLATES
OR
SWEET
MINI EGGS (1.5 LBS)

SPECIAL PRICE
19⁹⁹
for non-members

19⁹⁹
for non-members

Effective March

TH

5

FR

6

SAT

7

SUN

8

MON

9

TUE

1

CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8

DOOR BONUS

20⁰⁰ ea.

125 points value of \$1

metro

CANADIAN AND PROUD

FRESH ATLANTIC SALMON

PORTIONS: 100g/100g

ROCK LOSTER TAILS

2.5 lb/1.1kg

3⁹⁹ ea.

GROUND IN-STORE DAILY

EXTRA LEAN

EXTRA LEAN GROUND BEEF VALUE PACK - 100% BEEF TENDERLOIN

LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 60% L 1.01kg

5⁹⁹ ea. or /lb

ARTISAN TURKEY BREAST OR CASTLE HAMBURG

100% TURKEY

3⁴⁹ /100 g

BUTTERLESS PORK LOIN CHOPS VALUE PACK OR BONELESS PORK CHOPS VALUE PACK

1.01kg/2.2lb

3⁹⁹ /lb

BUCKLE UP! MUFFINS

125 points value of \$1

5⁹⁹ ea.

PRIME BUFFALO WINGS

125 points value of \$1

9⁹⁹ ea.

VECTOR RICE KRISPIES

3⁹⁹ ea.

INCRESTIBLE

3⁹⁹ ea.

Lactantia Butter

4⁹⁹ ea.

LAY'S

2⁹⁹ ea.

PHILADELPHIA

3⁹⁹ ea.

TEX MEX

4⁸⁸ ea.

Cashmere

4⁹⁹ ea.

eska

3⁹⁹ ea.

Lactantia Purifltre

3⁹⁹ ea.

Effective March 5 6 7 8 9 10 11 2026 my savings my metro

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



\$
 New Lower Prices

7⁰⁰
ea.

COUNTRY HARVEST
BREAD OR RUSKS
12/12

30% OFF

CASTELLO TICKER
BREAD OR RUSKS
12/12

6⁹⁹
ea.

JANES
BREADED
FISH FILLETS
12/12

19⁹⁹
ea.

COOKED SHRIMP
10/10

3⁴⁹
lb.

FLETCHER'S
PORK CHOPS
12/12

11⁹⁹
ea.

MONTANA'S
PORK BACK RIBS
12/12

6⁴⁹
ea.

BOURSIN
SWISS CHAMLET OR
MONTANA'S
PORK BACK RIBS
12/12

12⁹⁹
ea.

FRESH
FRUIT CARRELS
12/12

4⁴⁹
ea.

GENERAL MILLS
CEREAL
12/12

6⁹⁹
ea.

SIMPLY ORANGE
JUICE
12/12

3⁹⁹
ea.

MINUTE MAID
FRUIT FLAVORED
DRINK
12/12

5⁴⁹
ea.

CRACKER BARREL OR
BLACK DIAMOND
SLICED CHEESE
12/12

3⁴⁹
ea.

ASTRO
ORIGINAL
YOGURT TUBES
12/12

4⁹⁹
ea.

BECK'S PICKLES OR
FRENCH'S KETCHUP
12/12

2⁴⁹
ea.

MINUTE MAID
FRUIT FLAVORED
DRINK
12/12

3⁹⁹
ea.

MINUTE MAID
FRUIT FLAVORED
DRINK
12/12

11⁴⁹
ea.

CORONA BEER
12/12

5⁹⁹
ea.

HÄAGEN-DAZS
ICE CREAM
12/12

3⁴⁹
ea.

SKINNY POP
POPCORN
12/12

9⁹⁹
ea.

LINDT LINDOR
CHOCOLATE
12/12

10⁹⁹
ea.

BOUNCE
DOWNY
SOFTENERS
12/12

10⁹⁹
ea.

BOUNTY
PAPER TOWELS
12/12

4⁴⁹
ea.

ZIPLOC
FOOD STORAGE
BAGS
12/12

6⁴⁹
ea.

AMY'S OWN
FOODS
FROZEN MEALS
12/12

4⁴⁹
ea.

TOSTITOS
QUESITOS
12/12

3⁹⁹
ea.

CELEBRATION
COOKIES
12/12

We reserve the right to limit quantities.

DISCOUNTS ARE PRECEDENCE OVER PRICES.

SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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or call 1-800-361-3613

WIN \$5000 in groceries

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YouTube

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moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.



NOW
3.99
ea.
SAVE UP TO
\$1.50

5.49*
ea.
OREO
CAKESTERS
285 g
SELECTED VARIETIES

THIS WEEK'S DEALS:
Only until March 11, 2026, in-store or online



NOW
3.99
ea.
SAVE UP TO
\$2.80

6.75*
ea.
NESTLE CARNATION
HOT CHOCOLATE
ENVELOPES
7 - 10 x 13 - 25 g
SELECTED VARIETIES



NOW
4.99
ea.
SAVE UP TO
\$2

6.99*
ea.
SCHNEIDERS JUICY JUMBOS
OR SMOKED SAUSAGES
375 - 450 g
SELECTED VARIETIES



NOW
5.99
ea.
SAVE UP TO
\$1

6.99*
ea.
AQUASTAR BASA
FILLETS
FROZEN, 908 g



NOW
1.99
ea.
SAVE UP TO
\$1.50

3.49*
ea.
CHEEMO
PEROGIES
SELECTED SIZES
SELECTED VARIETIES



NOW
5.99
ea.
SAVE UP TO
\$3

8.99*
ea.
CLEARLY CANADIAN
SPARKLING WATER
6 x 355 ml
SELECTED VARIETIES



NOW
3.99
ea.
SAVE UP TO
\$1.50

5.49*
ea.
CREST TOOTHPASTE
OR ORAL-B ORAL CARE
SELECTED SIZES
SELECTED VARIETIES

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.

contest
until March 11th

my
brands &
moi

total of
20
million
points
to be won

participate by purchasing two
products from these brands

Selection ✓

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

*No purchase required. From February 12 to March 11, 2026. Contest rules at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



4.99
/lb

JUMBO GREEN GRAPES
PRODUCT OF PERU, 14 TUBES
6.00kg



1.99
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



1.99
/lb

SWEET POTATOES
PRODUCT OF MEXICO
6.30kg



2.99
ea.

BELLE GROVE WHITE AND CHERRY MUSHROOMS
PRODUCT OF CANADA



2.49
/lb

LARGE BARTLETT PEARS
PRODUCT OF CANADA
5.49kg



3.99
ea.

BLACKBERRIES 1kg
PRODUCT OF MEXICO



2.49
ea.

YELLOW ONIONS 1kg
PRODUCT OF CANADA
CANADA 14, 14.2kg



2.99
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
6.59kg



3.99
ea.

LITTLE POTATO CO. POTATO CHIPS
PRODUCT OF CANADA



2.99
/lb

LARGE PEACHES
PRODUCT OF CANADA
6.30kg



2.99
/lb

LARGE MACADAMIA NUTS
PRODUCT OF CANADA
6.30kg



3.99
ea.

LYCIUM POWER KITES 1kg
PRODUCT OF CANADA



3.99
/lb

DRAGON FRUIT
PRODUCT OF CANADA
5.49kg



5.49
ea.

LOCAL APPLES 1kg
PRODUCT OF CANADA



4.49
ea.

HAVEN GREENS 1kg
PRODUCT OF CANADA



5.99
ea.

LYCIUM POWER KITES 1kg
PRODUCT OF CANADA



4.99
ea.

GUSTA VEGGIE SLICES 1kg
PRODUCT OF CANADA



2.49
ea.

TOFU 1kg
PRODUCT OF CANADA



4.99
ea.

DOLE CAESAR SALAD KITS 1kg
PRODUCT OF CANADA



4.99
ea.

GUSTA VEGGIE SLICES 1kg
PRODUCT OF CANADA



2.49
ea.

TOFU 1kg
PRODUCT OF CANADA



4.99
ea.

DOLE CAESAR SALAD KITS 1kg
PRODUCT OF CANADA



4.99
ea.

GUSTA VEGGIE SLICES 1kg
PRODUCT OF CANADA



2.49
ea.

TOFU 1kg
PRODUCT OF CANADA

Organic

 ORGANIC LEMONS 2.5lb PRODUCT OF U.S.A. & MEXICO 4.99 ea.	 ORGANIC RED DELICIOUS APPLES CANNED 6.5lb CASE 6.99ea 2.99 1lb	 ORGANIC GREEN CABBAGE CANNED 14.5lb CASE 4.99ea 1.99 1lb	 ORGANIC GREEN BELL PEPPERS PRODUCT OF MEXICO 100% GUARANTEED 4.99 ea.
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Sliced & Diced CELEBRATE INTERNATIONAL WOMEN'S DAY



5⁹⁹
ea.

BENTO KITS
225-275g

CRACKER SANDWICHES



6⁹⁹
ea.

SMALL SALADS
180-240g

made in
Canada
m



7⁹⁹
ea.

**LARGE WATERMELON OR
MIXED MELON CHUNKS**
875g

READY TO COOK
VEGETABLE KITS 300-400g



12⁹⁹
ea.

HYDRANGEAS
10-12 FLOWER COLOURS



16⁹⁹
ea.

**RAINBOW CORN
BOUQUET**
10-12 FLOWER COLOURS



39⁹⁹
ea.

**NALLORSCOPE
ORCHIDS**

pick Ontario

14⁹⁹
ea.

**FRESH CUT
TULIPS**
10-12 FLOWER COLOURS
AVAILABLE WHILE STOCKS LAST

SAVE \$2.00



16⁹⁹
e.a.

ASSORTED CHERRY BLOSSOM
100% GROWN IN CANADA



12⁹⁹
e.a.

HYDRANGEAS
100% IMPORTED FLOWERS



39⁹⁹
e.a.

CALLIOPHYS ORCHIDS



14⁹⁹
e.a.

FRESH CUT TULIPS
100% GROWN IN CANADA
AVAILABLE WHILE STOCKS LAST

NEW

pickOntario

SAVE \$2.00



Zoey Shamai
Founder & CEO



TONICA
ORGANIC KOMBUCHA
350 ml
SELECTED VARIETIES

3⁹⁹
ea.



Miki Talebi
Founder & CEO



SMOKED TOFU
oomé
TOFU FINE
Greek
Grecque
200g

6⁴⁹
ea.



Kimberly Chamberland
and **Jasmine Bryne**
CEO and COO



MIGHTY MUSHROOM BITES
BIG MOUNTAIN
VEGGIE BITES
GROUND OR BITES
300 - 360g

6⁹⁹
ea.



Jennifer Italiano
Co-Founder & Owner



live.
LIVE
VEGETABLE
KIMCHI
175 ml

7⁹⁹
ea.



Genevieve Broussau
Provencher
CEO & Co-Founder



DÖSE
PREMIUM BLENDED
GINGER & TURMERIC
DÖSE
WELLNESS SHOTS
100 ml
SELECTED VARIETIES

13⁹⁹
ea.



Natasa Karambatas
President



KOUKULA
VANILLA COCONUT BITES
MOCHES COCO VANILLA
CO. 100 g
SELECTED VARIETIES

8⁹⁹
ea.

Celebrate the women in your life



ARTISTICAL LITTLE SWAN ORCHID
BOUTIQUE FLOWERS

22⁹⁹
ea.



GERBERA GRACE
BOUQUET
VIBRANT COLOURS

25⁰⁰
ea.



PREMIUM HAND-TIED ROSE BOUQUET OR FANCY PREMIUM ROSE

39⁹⁹
ea.



CELEBRATION BOUQUET
VIBRANT COLOURS

20⁰⁰
ea.



INVITATIONS ALL'ONDA, FREE WINE
750 ml
SELECTED VARIETIES

8⁴⁹
ea.



ARRANGEMENT IN A VASE OR POT
VIBRANT COLOURS AND STYLES

STARTING AT 44⁹⁹
ea.



PRESENTATION BOUQUET
VIBRANT COLOURS AND STYLES

STARTING AT 39⁹⁹
ea.



GET TOGETHER FOR INTERNATIONAL WOMEN'S DAY

We have your catering covered.

**Minimum of 48 hours notice on all orders.*



Place Your Catering Order Today



Online
fresh2go.metro.ca



In Store
Visit Our Deli

[illegible]

299
/100g

SIKORIS
SAUSAGES

SIKORIS
GRANDPA OR
GRANDMA HAM
200g, 10x2,5x2,5x2,5cm

299
/100g

MAPLE LOOPS
CHICKEN BREAST
200g, 10x10x2,5cm
SELECTED MARINATED, 100%

**BUY MORE
SAVE MORE!**

329
/100g

when you buy 500g or more

BALDERSON
2 YEAR OLD CHEDDAR
200g, 10x10x2,5cm
80% FAT FREE

**BUY MORE
SAVE MORE!**

349
/100g

when you buy 500g or more

PIZZANINO
KOSCIUSKO CHEESE
KRAFT 200g, 10x10x2,5cm
80% FAT FREE

399
/100g

HIROSTETOS ARTISAN
MONTREAL CURED
HEAVY CORNED BEEF OR
PASTRAM
200g, 10x10x2,5cm, 100%

849
ea.

**PILLER'S KOLBASA OR
POLISH SAUSAGES**
200g, 10x10x2,5cm

999
ea.

TRE STELLE
ICE CREAM
200g, 10x10x2,5cm

399
/100g

**CARTON PASTILLA
CHILE BELLAVITTANO**
200g, 10x10x2,5cm

879
ea.

SMOKE HOUSE
SAUSAGE
200g, 10x10x2,5cm

1299
ea.

MASTRO
SALAMI
200g, 10x10x2,5cm

649
ea.

SIRVIKOS
SAUSAGE
200g, 10x10x2,5cm

649
ea.

MT. VINOS SPREADS
200g, 10x10x2,5cm

879
ea.

BELLAVITTANO
SALAMI OR
SAUSAGES
200g, 10x10x2,5cm

1299
ea.

MASTRO
SALAMI
200g, 10x10x2,5cm

649
ea.

SIRVIKOS
SAUSAGE
200g, 10x10x2,5cm

649
ea.

MT. VINOS SPREADS
200g, 10x10x2,5cm

699
ea.

PREMIERE
MOUSSE
200g, 10x10x2,5cm

1300
ea.

PENNE'S 100
PASTA
200g, 10x10x2,5cm

1599
ea.

PENNE'S 200
PASTA
200g, 10x10x2,5cm

More Great Savings



2⁹⁹
ea.



6⁹⁹
ea.



3⁷⁹
ea.



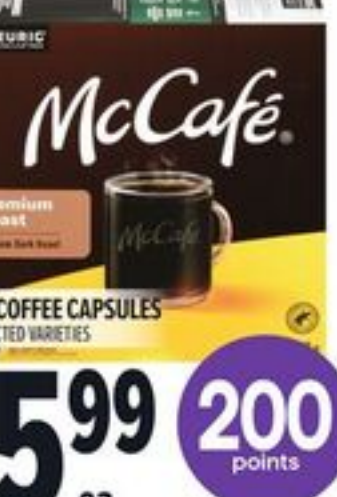
8⁴⁹
ea.



4⁹⁹
ea.



5⁹⁹
ea.



25⁹⁹ **200**
ea.



6⁹⁹
ea.



5⁴⁹ **60**
ea.



9⁴⁹ **60**
ea.



80
ea.



14²⁹
ea.



7⁹⁹
ea.



3⁹⁹
ea.



5⁹⁹
ea.



5⁴⁹
ea.



5⁴⁹
ea.



5⁴⁹
ea.

Snack up for Spring Break



4⁴⁹
ea.



2⁹⁹
ea.



6⁹⁹
ea.



2⁴⁹
ea.



2⁹⁹
ea.

549 ea.

449 ea.

449 ea.

399 ea.

549 ea.

249 ea.

249 ea.

899 ea.

New options.
New flavours.
New reasons
to shop Metro
for new &
trusted brands.

DISCOVER

NEW

449 ea.

1199 ea.

349 ea.

299 ea.

299 ea.

399 ea.

349 ea.

199 ea.

LIBERTÉ

349 ea.

LIBERTÉ

649 ea.

LIBERTÉ

299 ea.

Yoplait

99¢ ea.

Yoplait

299 ea.

MADE IN CANADA

YOP DRINKABLE YOGOURT 500g ea. 99¢

YOP DRINKABLE YOGOURT 500g ea. 599

YOP DRINKABLE YOGOURT 500g ea. 599

#1 MOST TRUSTED by Canadians

OASIS 4 YEAR

SMOOTHIES OR HEALTHY BREAKFAST REFRIGERATED JUICE 500-600g ea. 499

OASIS

ORANGE JUICE 500-600g ea. 599

AN OASIS OF LIGHT FOR CANADIAN MORNINGS.



Nestlé®
Good Food, Good Life

Your favourite
at any time!



1199
ea.

STARBUCKS COFFEE
371L - 340 g (12.15 oz)
SELECTED VARIETIES



799
ea.

NESCAFÉ GOLD
INSTANT COFFEE
95 - 100 g
SELECTED VARIETIES



1399
ea.

STARBUCKS VERTUO
COFFEE CAPSULES
8 - 10 ml
SELECTED VARIETIES



250
points
value of \$2

749
ea.

STARBUCKS
SHAKERS
SELECTED SIZES
SELECTED VARIETIES



699
ea.

NESTLÉ
KEO TEA MIX
500 g



579
ea.

NESTLÉ CHOCOLATES
70 - 200 g
SELECTED VARIETIES



1249
ea.

MAISON PERRIER
OR SAN PELLEGRINO
SPARKLING WATER
6 x 1 L
SELECTED VARIETIES



849
ea.

SAN PELLEGRINO
NATURAL OR CIO
SPARKLING DRINKS
6 x 330 ml
SELECTED VARIETIES



1299
ea.

BOOST
HIGH PROTEIN
HYPERPROTEINE
6 x 250 ml
SELECTED VARIETIES



599
ea.

HÄAGEN-DAZS
ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



999
ea.

HÄAGEN-DAZS
ICE CREAM
146 ml
SELECTED VARIETIES



649
ea.

iöco FROZEN YOGURT
OR DEL MONTE SOFRET
SELECTED VARIETIES

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BUILDING COMMUNITY

One Rink at a Time

© NHL © NHLPA



6⁹⁹ ea.
KRAFT PEANUT BUTTER OR HAZELNUT SPREAD 750 g / 140 g
SELECTED VARIETIES



4²⁹ ea.
KRAFT SALAD DRESSINGS 425 ml
SELECTED VARIETIES



6⁹⁹ ea.
MIRACLE WHIP SPREAD 500 ml
SELECTED VARIETIES



3⁹⁹ ea.
HEINZ MAYONNAISE-STYLE SAUCES OR KETCHUP 340 / 375 ml
SELECTED VARIETIES



4⁹⁹ ea.
CLASSICO PASTA SAUCE 238 / 650 ml
SELECTED VARIETIES



1⁶⁶ ea.
KRAFT DINNER MACARONI & CHEESE 56 / 200 g
SELECTED VARIETIES



5⁴⁹ ea.
CRAVE OR KRAFT DINNER DELUXE PROTEIN MEAL 200 / 340 g
SELECTED VARIETIES

*Based on the 2018 BrandScan® Canadian Trust Study.



4⁹⁹ ea.
PHILADELPHIA DIPS 227 g
SELECTED VARIETIES

BUY \$20 OF PARTICIPATING
KRAFT HEINZ HOCKEYVILLE ITEMS
GET 500 POINTS



Participating products: KRAFT DINNER MACARONI & CHEESE 56 / 200 g; KRAFT PEANUT BUTTER 750 g / 140 g; KRAFT SALAD DRESSINGS 425 ml; KRAFT SINGLES PROCESS CHEESE PRODUCT 410 g; CLASSICO PASTA SAUCE 410 / 650 ml; HEINZ KETCHUP 375 ml / 1 L; PHILADELPHIA CHEESE PRODUCT 227 / 250 g; CRAVE FROZEN ENTREES 200 / 340 g.

