VERSION 4

2.49 ea.

Raspberries 170 g
Product of Mexico or CANADA

Framboises 170 g
Produit du Mexique ou du CANADA

1.49 ea. or /lb

Yellow Zucchini /lb
Product of CANADA

Green Beans /lb
Product of CANADA 2.5 L, 10%, 1.25L

Courgettes jaunes /lb
Produit du CANADA

Haricots verts /lb
Produit du CANADA 2.5 L, 10%, 1.25L

1.99 ea.

Dole Garden Salad or Coleslaw/Salade Jardinière ou Salade de chou
Selected varieties
Selected varieties 340 g - 454 g

Salade de jardin ou de chou Dole
Variétés sélectionnées
Variétés sélectionnées 340 g - 454 g

3.99 ea.

Red Prime Apples /kg
Product of CHILE or USA

Organic Red Anjou or Bosc Pears /kg
Product of CHILE or USA

Pommes Red Prime /kg
Produit du CHILI ou des ÉTATS-UNIS

Poires biologiques Rouges d'Anjou ou Bosc /kg
Produit du CHILI ou des ÉTATS-UNIS

Get 10% off produce*

when you spend $20 or more on fresh produce

available in store or online

10% off

*Offer valid at participating Provigo and Maxi stores and online. Not valid on alcohol, tobacco products, lottery products, gift cards, prepaid cards, postage stamps, bottle deposits, bottle return, coupons, gasoline, Loblaw Card, Loblaw Gift Card, Loblaw Gift Cards, Loblaw Gift Card Reload, Loblaw Gift Card Reload Cards, Loblaw Gift Card Reload Cards Activation, Loblaw Gift Card Activation, Loblaw Gift Card Activation Cards, Loblaw Gift Card Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload, Loblaw Gift Card Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards Activation Cards Reload Cards

VERSION 4

metro
CANADIAN AND PROUD

FRESH CUT TULIPS
Ontario Grown
12.99 ea.
Tulipes coupées fraîches ONTARIO
Bouquet de 10 à 12 tiges
Ramo de 10 a 12 tallos

Fresh Rainbow Trout or Tilapia Fillets Value Pack
Truite arc-en-ciel ou tilapia fraîche
Rainbow Trout or Tilapia
Fresh
Arctic Char
Ou truite ou ombre de mer en cubes de 454g/lb, en emballage économique
Ou cubos de 454 g/lb en empaque económico
Ontario Grown Boneless Pork Loin Roast
IN TO 2KG, 5.99/LB, 1.36/KG
9.99 /lb or ea.

LEAN
Fresh Ground Beef Value Pack LEAN, 1.75KG/B
Bœuf haché frais
Carne molida fresca
Lean Ground Extra Lean Ground Chicken or Turkey 454g, 5.44/LB
Bœuf haché maigre en emballage économique Lean, 1.75KG/B
Carne molida magra
Poulet ou dinde haché extra maigre Mince Aire 454g, 5.44/LB
5.44 /lb or ea.

Schwarzwälder or Black Forest Ham Value Pack
Jambon de Schwarzwälder ou de Black Forest
Jamón de Schwarzwälder o Black Forest
Fromage Selection or Dip Value Pack
Fromage Sélection ou dip
Queso Selección o Dip
Fromage Selection or Dip 1.25kg
3.49 /100 g

French Pork Side Ribs Value Pack 1.25KG/B 2.99/KG
Côtes de porc parisiennes
Costillas de cerdo parisinas
Côtes de Porc de porc fraîches en emballage économique
Costillas de cerdo frescas
Côtelettes de veau de porc désossées en emballage économique
1.25kg
2.99 /lb

Fresh Bread Bakery Value Pack
Pain frais de la boulangerie
Pan fresco de panadería
Fresh Bread Bakery
Pain frais de la boulangerie
Fresh Bread Bakery
Pain frais de la boulangerie
125 CREDITS value of $1
7.99 ea.

NEW
TRI-TIP
Red Angus Beef
Red Cut Tri Tip Steak or Roast
Bœuf Rouge Angus
Bistec o Asado de Ternera Roja Angus
2.25kg
9.99 /lb

Habitant Canadian Chunky Soup or Habitant Pea Soup
Soupe Habitant ou Chunky Canadienne 540 - 796 ml/B
Sopa Habitant o Chunky Canadiense
Habitant Pea Soup 796 ml
Soupe Habitant aux pois
1.99 ea.

1 kg
Oat Fruit Peanut Butter 1.1kg / Beurre d'arachide et de fruits d'avoine
Mantequilla de cacahuate con avena y frutas
Smooth Caramel Chocolate Bar 50g / Barre de caramel et chocolat
Barra de caramelo y chocolate
5.99 ea.

Tex Mex Cracker Barrel Cheddar Cheese Bar or Black Diamond Sliced Cheese
Barre de cheddar Tex Mex ou Cracker Barrel ou fromage tranché Black Diamond
Fromage Selection or dip ou cajun, fromage Tex Mex ou Cracker Barrel ou fromage tranché Black Diamond
Queso Selección o Dip o cajún, Tex Mex o Cracker Barrel o Black Diamond
4.99 ea.

Quaker Crispy Minis, Rice Cakes, Cheez-It or Goldfish Snack Crackers
Quaker Crispy Minis, Cheez-It ou Goldfish
Quaker Crispy Minis, galettes de riz Cheez-It ou Goldfish
Quaker Crispy Minis, Cheez-It o Goldfish
1.99 ea.

Classico Pasta Sauce
Sauce Classico
Salsa Classico
Classico Alfredo 400 ml
Classico Tomato & Basil or Three Cheese 600 ml
125 CREDITS value of $1
2.99 ea.

Activia Yogurt, Earth's Own Beverage or Cheerios Cereal
Yogurt Activia, Boisson Earth's Own ou céréales Cheerios
Yogurt Activia, bebidas Earth's Own o Cheerios
Yogurt Activia, Boisson Earth's Own ou céréales Cheerios
3.49 ea.

Bounty Value Pack Detergent or Downy Softener or Bounty
Détergent Value Pack Bounty ou assouplissant Downy ou Bounty
Detergente Value Pack Bounty o suavizante Downy o Bounty
Bounty Detergent Value Pack
Détergent Value Pack Bounty
Bounty Detergent Value Pack
8.99 ea.

Crave Frozen Entrée
Entrée surgelée Crave
Entrada congelada Crave
Crave Frozen Entrée 1.25kg
Entrée surgelée Crave
Entrada congelada Crave
125 CREDITS value of $1
2.99 ea.

Dr. Oetker Pizza
Pizza Dr. Oetker
Pizza Dr. Oetker
Pizza Dr. Oetker
Pizza Dr. Oetker
125 CREDITS value of $1
3.49 ea.

Effective April 9 | 10 | 11 | 12 | 13 | 14 | 15 2026

LOW PRICE EVERY DAY

100's of items at the same low price every day available in-store or online.

Selection Chips 200 g
Sélection Croustilles 200 g
Specialties Selection Pita 300 g
Sélections Spéciales Pita 300 g
(VARIOUS FLAVOURS)

NOW 1.49 ea.

NOW 5.99 ea.

Selection Sparkling Water 12 x 355 ml
Sélection Eau pétillante 12 x 355 ml
Eau pétillante Sélection
(VARIOUS FLAVOURS)

Irresistible Ice Cream 1 L
Irrésistible Crème glacée 1 L
(VARIOUS FLAVOURS)

NOW 4.99 ea.

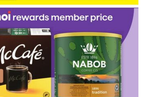
Selection Cream 473 ml
Sélection Crème 473 ml
Cream Selection 946 ml
Crème Sélection 946 ml
(VARIOUS FLAVOURS)

NOW 3.99 ea.

Irresistible Ground Coffee 454 g
Irrésistible Café moulu 454 g
Café Irresistible Ground Coffee
(VARIOUS FLAVOURS)

NOW 10.99 ea.

moi rewards member price



19.99 ea.

SPECIAL PRICE 21.99 for moi+ members

Nabob Ground Coffee 454 g
McCafé Coffee Capsules 84 g
(VARIOUS FLAVOURS)

Café Nabob moulu 454 g
McCafé Capsules de café 84 g
(VARIOUS FLAVOURS)

metro.ca

New Lower Prices

2 FOR 7.00 ea. — Vintage Italian or Brown Rice, Sweetpea's® Tortilla or Pasta Bowl 170-185 g/ 207-242 g/ 207-220 g/ 207-220 g, Pour, recherches de style Italien Vintage, Tortillas ou Pâtes à la Carte Sweetpea's® 170-185 g/ 207-242 g/ 207-220 g/ 207-220 g, Product of Canada, Produit du Canada

2.99 /100 g — Le Parc Lean 97% Farmhouse Ham Jambon de ferme Le Parc maigre 97% 1.25 kg, Product of Canada, Produit du Canada

14.00 ea. — Organic California or Spicy California Rolls Sushi biologique californien ou sushis épicés californiens 6 pk/ 6 x 170 g, Product of Canada, Produit du Canada

BUY TWO GET ONE FREE — Spring Rolls, Dumplings or Potstickers Rouleaux de printemps, dim sum ou potstickers 1.36 kg/ 1.36 kg/ 1.36 kg, Product of Canada, Produit du Canada

7.99 ea. — Lemon or Pink Pacific Salmon Fillets Filets de saumon rose ou citronné 2 x 170 g, Product of Canada, Produit du Canada

13.99 ea. — Fresh Cut Leaf Lettuce Salad Mix Salade de laitues coupées 454 g, Product of Canada, Produit du Canada

3.99 ea. — Lactose Free Mozzarella or Cheddar Cheese Mozzarella ou cheddar sans lactose 200 g, MADE IN CANADA, FABRIQUÉ EN CANADA

5.79 ea. — Lactantia PurFitness Milk 1 L Lait PurFitness 1 L, Product of Canada, Produit du Canada

2.49 ea. — Beaulieu Classic Vinegar 946 mL Lait de vinaigrette 946 mL, Product of Canada, Produit du Canada

4.99 ea. — ACTIVIA Yogurt 12 x 93 g Yogourt Activia 12 x 93 g, Product of Canada, Produit du Canada

5.99 ea. — Häagen-Dazs Ice Cream 473 mL Crème glacée Häagen-Dazs 473 mL, MADE IN CANADA, FABRIQUÉ EN CANADA

3.99 ea. — Minute Maid Refrigerated Drinks or Fruit Juice 1.75 L Boissons Minute Maid réfrigérées ou jus de fruit 1.75 L, Product of Canada, Produit du Canada

7.49 ea. — Liberté Yogurt Tubs 500 g Yogourt Liberté en bac 500 g, Product of Canada, Produit du Canada

3.99 ea. — Lay's Potato Chips or Tostitos Tortilla Chips 200 g/ 300 g Croustilles Lay's ou croustilles de maïs Tostitos 200 g/ 300 g, Product of Canada, Produit du Canada

3.99 ea. — Other's or Kingsmill English Muffins Minute Maid Orange Juice 1.75 L Gatâ Square Cake 350 g, Product of Canada, Produit du Canada

Jus de pomme Minute Maid Orange 1.75 L Gâteau carré Gatâ 350 g, Product of Canada, Produit du Canada

6.99 ea. — 80 — Monte Cristo Sandwiches 100 % Jack Links Beef Jerky Snacks bubly Sparkling Water 12 x 355 mL Sandwiches Monte Cristo 100 % Croustilles de bœuf séché Jack Links bubly Eau pétillante 12 x 355 mL, Product of Canada, Produit du Canada

1.99 ea. — Green Giant Canned Vegetables 341 mL Légumes Green Giant en conserve 341 mL, Product of Canada, Produit du Canada

3.99 ea. — McIntosh's Homemade Chicken Gravy or Beef Gravy 454 g Sauce Kraft Sauce à la volaille ou au bœuf 454 g, Product of Canada, Produit du Canada

10.99 ea. — Pure Protein Bars 6 x 50 g Barres Pure Protein 6 x 50 g, Product of Canada, Produit du Canada

5.99 ea. — Crest, Sensodyne Toothpaste or Colgate Total Gel Dentifrice Crest, Sensodyne ou Colgate Total Gel, Product of Canada, Product of U.S.A., Produit du Canada, Produit des E.U.

5.99 ea. — Glade or Glade Air Gel Air Wick Plug-In Refills Glade ou Glade Air Gel Air Wick Recharges pour prise murale, Product of Canada, Produit du Canada

I earn with moi rewards

65 moi points 3.67 ea. — Ritz or Oreo Cookies 300 g/ 400 g Biscuits Ritz ou Oreo 300 g/ 400 g, Product of Canada, Produit du Canada

250 moi points 12.99 ea. — Cashmere Bathroom Tissue, Sponge Paper Towels or Cashmere Facial Tissue Papier hygiénique Cashmere, essuie-tout Sponge ou papiers mouchoirs Cashmere 6 mega, MADE IN CANADA, FABRIQUÉ EN CANADA

We reserve the right to limit quantities.
NO SALES TO DEALERS OR OTHER RETAILERS.
FOR PRICES IN EFFECT NOV 07 - NOV 13, 2025 (WEEK 46).

Visit us at: loblaws.ca
Show us your moi rewards!
WIN $1,000 in gift cards!

We accept the following forms of payment: Interac, MasterCard, Visa, American Express, Apple Pay, Google Pay, Samsung Pay

Prices in effect on Thursday, November 07 to Wednesday, November 13, 2025 (Week 46) unless otherwise specified. We reserve the right to limit quantities. We are not responsible for typographical or pictorial errors. Product may vary from pictured. Prices and offers may vary in Quebec. Prices in effect in Quebec from Thursday, November 14 to Wednesday, November 20, 2025 (Week 47). Prices may be higher in Northern and Remote locations. Prices may vary in Nunavut. Prices may vary in Nunavut. Prices may vary in Nunavut

this week's deals:

Only until April 15, 2026, in-store or online

add your moi rewards coupons

NOW 3.99 ea. SAVE UP TO $2

5.99* ea.

LIVING LETTUCES
PRODUCT OF ONTARIO
2 pk, GREEN OR MIXED

NOW 3.49 ea. SAVE UP TO $2

5.49* ea.

PEARL MILLING PANCAKE MIX OR SYRUP
905 g, 710 ml
SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $2.80

5.79* ea.

IRRESISTIBLES ORGANICS GLUTEN FREE PASTA
300 g
SELECTED VARIETIES

NOW 3/$5 SAVE UP TO $3.97 ON 3

3/$8.97

SWANSON MEAT PIES
FROZEN, 200 g
SELECTED VARIETIES

NOW 6.99 ea. SAVE UP TO $2

8.99* ea.

McSWEENEY'S BEEF JERKY SNACKS
70 - 85 g
SELECTED VARIETIES

NOW 7.49 ea. SAVE UP TO $2

9.49* ea.

OONI FROZEN DOUGH
SELECTED SIZES
SELECTED VARIETIES

NOW 12.99 ea. SAVE UP TO $7

19.99* ea.

ARM & HAMMER KITTY LITTER
6.4 - 12.7 kg

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

4.99 ea. Strawberries 454 g / Fraises 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA

4.99 ea. 5 PK Avocados / Avocats
PRODUCE OF MEXICO / PRODUIT DU MEXIQUE

2.99 /lb Tomatoes on the Vine / Tomates en grappe
PRODUCE OF CANADA / PRODUIT DU CANADA
Tomatoes on the Vine / Tomates en grappe
PRODUCE OF CANADA / PRODUIT DU CANADA

1.99 ea. Seedless Cucumbers / Concombres sans pépins
PRODUCE OF CANADA / PRODUIT DU CANADA
Cucumbers / Concombres
PRODUCE OF CANADA / PRODUIT DU CANADA

1.99 /lb Large Seedless Navel Oranges / Oranges Navel sans pépins
PRODUCE OF CANADA / PRODUIT DU CANADA
Cuties Oranges / Oranges Cuties
PRODUCE OF CANADA / PRODUIT DU CANADA

5.00 4 for Large Kiwis / Kiwis grands
PRODUCE OF CHILE / PRODUIT DU CHILI
Kiwi Berries / Baies de kiwi
PRODUCE OF CHILE / PRODUIT DU CHILI

4.99 ea. Assorted Colour Sweet Peppers / Poivrons doux de couleurs variées
PRODUCE OF CANADA / PRODUIT DU CANADA
Sweet Peppers / Poivrons doux
PRODUCE OF CANADA / PRODUIT DU CANADA
Poivrons doux de couleurs variées / Poivrons doux
PRODUCE OF CANADA / PRODUIT DU CANADA
Poivrons doux / Poivrons doux
PRODUCE OF CANADA / PRODUIT DU CANADA

1.99 /lb Green Zucchini / Courgettes vertes
PRODUCE OF CANADA / PRODUIT DU CANADA
Zucchini / Courgettes
PRODUCE OF CANADA / PRODUIT DU CANADA

3.99 ea. Blueberries 396 g / Bleuets 396 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Mixed Berries / Baies mixtes
PRODUCE OF MEXICO / PRODUIT DU MEXIQUE

1.99 ea. Honey Bonito Mangoes / Mangues Bonito au miel
PRODUCE OF MEXICO / PRODUIT DU MEXIQUE

1.49 ea. Green Onions / Oignons verts
PRODUCE OF CANADA / PRODUIT DU CANADA
Organic Green Onions / Oignons verts biologiques
PRODUCE OF CANADA / PRODUIT DU CANADA

3.99 ea. 4.99 Mini Cucumbers 454 g / Mini concombres 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Mini Cucumbers 454 g / Mini concombres 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Mini Cucumbers 454 g / Mini concombres 454 g
PRODUCE OF MEXICO / PRODUIT DU MEXIQUE

5.99 ea. Dutcan Candy — Dutcan Candy Grapes / Raisins Dutcan Candy, 907 g / 2 kg
PRODUCE OF CHILE / PRODUIT DU CHILI
Dutcan Candy Grapes / Raisins Dutcan Candy, 907 g / 2 kg
PRODUCE OF CHILE / PRODUIT DU CHILI

2.99 /lb Navel Cara Cara Oranges / Oranges navel Cara Cara
PRODUCE OF CHILE / PRODUIT DU CHILI
Navel Cara Cara Oranges / Oranges navel Cara Cara
PRODUCE OF CHILE / PRODUIT DU CHILI

4.79 ea. Organic Mushrooms / Champignons biologiques
Baby Green Mushrooms 227 g / Champignons verts 227 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Portabella 227 g / Portabella 227 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Cremini Mushrooms 227 g / Champignons cremini 227 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Cremini 227 g / Cremini 227 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Sliced Portabella 227 g / Portabella tranchés 227 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Sliced Cremini 227 g / Cremini tranchés 227 g
PRODUCE OF CANADA / PRODUIT DU CANADA

3.99 ea. SHIZAM! Kale / Chou frisé
PRODUCE OF CANADA / PRODUIT DU CANADA
Kale Bunches / Bottes de chou frisé
PRODUCE OF CANADA / PRODUIT DU CANADA

Beverage Break

9.99 ea. Lemon Ginger or Berries Cleanse / Cleanse au citron et au gingembre ou aux baies
Pulp & Press Juice / Jus Pulp & Press
Pulp & Press Juice / Jus Pulp & Press
Pulp & Press Juice / Jus Pulp & Press
Pulp & Press Juice / Jus Pulp & Press

6.99 ea. Pulp & Press Cold Pressed Juice / Jus pressé à froid Pulp & Press
Pulp & Press Juice / Jus Pulp & Press
Pulp & Press Juice / Jus Pulp & Press

6.99 ea. Baldwinsville Cold Pressed Juice / Jus pressé à froid Baldwinsville
Baldwinsville Cold Pressed Juice / Jus pressé à froid Baldwinsville

9.99 ea. 1.1 L Tonica Organic Kombucha / Kombucha biologique
Kombucha Tonica / Kombucha Tonica

Organic

5.49 ea. Organic Grapes / Raisins biologiques
Organic Grapes 454 g / Raisins biologiques 454 g
PRODUCE OF CHILE / PRODUIT DU CHILI
Organic Grapes 454 g / Raisins biologiques 454 g
PRODUCE OF CHILE / PRODUIT DU CHILI

2.49 ea. Organic Avocados / Avocats biologiques
Avocados / Avocats
PRODUCE OF MEXICO / PRODUIT DU MEXIQUE

4.99 /lb Organic Tomatoes / Tomates biologiques
PRODUCE OF CANADA / PRODUIT DU CANADA

3.99 ea. Fresh Organic Tofu / Tofu biologique frais
Fresh Organic Firm Tofu 454 g / Tofu biologique ferme frais 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Fresh Organic Firm Tofu 454 g / Tofu biologique ferme frais 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Organic Tofu 454 g / Tofu biologique 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA
Organic Tofu 454 g / Tofu biologique 454 g
PRODUCE OF CANADA / PRODUIT DU CANADA

Sliced & Diced

4.99 ea. Mixed Chunks 454 g / Morceaux mixtes 454 g
Red Salad 454 g / Salade rouge 454 g
Parfait au yogourt 454 g / Parfait au yogourt 454 g
Mini salade 454 g / Mini salade 454 g
Large Size Available / Grande taille disponible

5.99 ea. Snack Kits 227 g / Boîtes-repas 227 g
Mixed Fruit Cup 454 g / Préparations en bocks 454 g
Salade de fruits du jardin 454 g

Fresh Blooms

20.00 ea. Premium Garden Bouquet / Bouquet de jardin premium
Premium Garden Bouquet / Bouquet de jardin premium
Premium Garden Bouquet / Bouquet de jardin premium
Premium Garden Bouquet / Bouquet de jardin premium

16.99 ea. NEW Live Trends Bouquet / Bouquet tendance
Bordeaux Lactucca Bouquet / Bouquet Lactucca bordeaux
Lactucca Bouquet / Bouquet Lactucca

16.99 ea. Foliage Plants / Plantes feuillues
Plants with Foliage / Plantes avec feuillage
Plants with Foliage / Plantes avec feuillage
Plants with Foliage / Plantes avec feuillage

April is Azalea Month

2 for 20.00 ea. 15.99 Azalea / Azalée
Azalea / Azalée
Azalea / Azalée
Azalea / Azalée

metro.ca

Get 10% off produce*

when you spend $20 or more on fresh produce

moi rewards

available in storeor online

*Limit of one Moi Rewards bonus offer per account per day (April 9-May 6). This offer applies only to fresh fruits, vegetables and salad bar. Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Our Butcher's Finest

Premium Grill Ready T-Bone Steak
Bifteck T-Bone prêt à griller
22.99 /lb
22.99 /kg

TRI-TIP
Tri-Tip Steak
Bifteck de Tri-Tip
10.99 /lb
24.25 /kg

Grain Fed Beef Short Ribs
Côtes courtes de bœuf nourri au grain
6.99 /lb
15.43 /kg

Grain Fed Beef Short Ribs
Côtes courtes de bœuf nourri au grain
12.99 /lb
28.64 /kg

Smoked Whole Cumberland Sausage
Saucisse fumée de Cumberland
7.99 /lb
17.63 /kg

Pork Back Ribs
Côtes de porc
6.99 /lb
15.43 /kg

125 value of $3
PRIME
Maple Leaf Prime Boneless Pork Chops
3.44 /lb
7.59 /kg

125 value of $10
FRESH
Grain Fed Beef Long Cut Prime Rib Roast
8.99 /lb
19.83 /kg

Irrésistible

Irrésistible Pork Tenderloin Medallions
4.99 ea.

Irrésistible Pork Tenderloin Medallions
7.99 ea.

Irrésistible Pork Tenderloin Medallions
8.99 ea.

Irrésistible Pork Tenderloin Medallions
9.99 ea.

Irrésistible Pork Tenderloin Medallions
6.99 ea.

Irrésistible Pork Tenderloin Medallions
8.99 ea.

Irrésistible Prime Rib Beef Sliders
11.99 ea.

Irrésistible Pork Back Ribs
13.99 ea.

LOCKED DOWN PRICES UNTIL MAY 6TH, 2026

Lactose Free Salted Butter
6.99 ea.

Butterball Turkey Burger
6.99 ea.
60 points

Maple Leaf Prime Smoked Ham Steaks or Stuffed Chicken Breast or Pork Loin Roast
6.99 ea.

90 points
Lou's Kitchen Frozen Meals
9.99 ea.

Sausages Jalousiennes
8.99 ea.

Turkey Burgers
11.99 ea.

Butterball Turkey Burgers
11.99 ea.

Maple Leaf Prime Smoked Ham Steaks or Stuffed Chicken Breast or Pork Loin Roast
14.99 ea.

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

Seafood

2.99 /lb. — Basa Fillets / Filets de pangasius

10.99 /lb. — Fresh Seafood Mixed Bouillabaisse Trays / Bouillabaisse mixte frais de fruits de mer en cas-cat de l'Ontario

3.99 ea. — Seafood Breaded Crab Cakes / Crabe panés de fruits de mer

7.99 ea. — La Boucanerie Smoked Sockeyed Salmon / Saumon en cal-cat fumé à la Boucanerie

7.99 ea. — Spicy Whole Mediterranean Porter Mussels / Moules entières de Porto de Mediterranée épicées en marinade

907 g **11.99** ea. — Canned Whole Mackerel / Maquereau entier en pots

5.99 ea. — Atlantic Salmon Grilled Steaks / Steaks de saumon atlantique grillés

NEW **7.99** ea. — Ocean's Catch Smoked Salmon Lemon Dream / Saumon fumé Rêve de citron

Chaudière de pêcheur Seafood Chowder / Soupe de fruits de mer

9.99 ea. — Lobster Bisque Seafood Chowder Mac & Cheese / Soupe au homard

Mac and Cheese Trio au fromage à la crème de fruits de mer / Trio de mac and cheese

BOX OF 24 **13.99** ea. — Chaudière de pêcheur Seafood Chowder / Soupe de fruits de mer

Chaudière de pêcheur Seafood Chowder / Soupe de fruits de mer

Irrésistible

NEW **5.99** ea. — Irrésistible Breaded Shrimp Spicy Buffalo / Crevettes panées Buffalo épicées

8.99 ea. — Irrésistible Breaded Scallops / Pétoncles panés

NEW **8.99** ea. — Irrésistible Wild Argentinian Shrimp With Garlic Butter / Crevettes argentines sauvages à l'ail et au beurre

JUMBO **9.99** ea. — Irrésistible Breaded Jumbo Shrimp Spicy Buffalo / Crevettes panées Buffalo épicées

Deli Favourites

YOUR CHOICE **3.99** /100 g — Irrésistible Artisan Smoked Turkey Breast / Dinde fumée artisanale; Irrésistible Artisan Smoked Ham / Jambon fumé artisanal; Irrésistible Artisan Smoked Pork Loin / Longe de porc fumée artisanale; Irrésistible Artisan Smoked Pork Loin / Longe de porc fumée artisanale; Jambon Paris Noir Artisan Irrésistible / Jambon noir de Paris

BUY MORE SAVE MORE **3.29** when you buy 500 g or more — Boneless Cooked Ham / Jambon cuit désossé

4.49 /100 g — Kerrobert Cheddar Cheese / Fromage cheddar de Kerrobert; Cheddar Cheese / Fromage cheddar

NEW **7.49** ea. — Castello Blue Cheese / Fromage bleu Castello

9.99 ea. — Bergerac Hidden Bleu Cheese Cards / Cartes Bergerac Bleu cachées; Bergerac Hidden Bleu Cheese Cards / Cartes Bleu cachées Bergerac

NEW **7.49** ea. — Boursin Sausage Chubs / Saucisses Boursin; Boursin Sausage Chubs / Saucisses Boursin

7.99 ea. — Andrew & Mandolin Artisan Cheese Trio / Trio de fromages artisanaux Andrew & Mandolin; Andrew & Mandolin Artisan Cheese Trio / Trio de fromages artisanaux Andrew & Mandolin

8.99 ea. — Tre Stelle Grated Cheese / Fromage râpé Tre Stelle; Tre Stelle Grated Cheese / Fromage râpé Tre Stelle

9.99 ea. — Tre Stelle Dip / Trempette Tre Stelle; Tre Stelle Dip / Trempette Tre Stelle

9.99 ea. — Rana Fresh Pasta Selection / Pâtes fraîches Rana; Rana Fresh Pasta Selection / Pâtes fraîches Rana

6.99 ea. — Maestro Marcone Sauce / Sauce à la Maestro Marcone; Maestro Marcone Sauce / Sauce à la Maestro Marcone

earn more with moi rewards

250 when you buy any Frozen Chicken Wings or Frozen Boneless Chicken Wings

17.99 — Fresh Fully Cooked Chicken Wings / Ailes de poulet frais cuites; Fresh Fully Cooked Chicken Wings / Ailes de poulet frais cuites

6.99 ea. — Fresh Fully Cooked Grissini Wrapped in Prosciutto / Grissini enveloppés de prosciutto; Fresh Fully Cooked Grissini Wrapped in Prosciutto / Grissini enveloppés de prosciutto

UP TO

$60

OFF

YOUR FIRST 3 ORDERS*

metro.ca

Shop Offer

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

Cheesy Delights

Front Street Bakery Cheese Bun or Pizza Bun or Sausage Front Street Bakery
7.49 ea.

WHAT'S IN MY MARTS

Front Street Bakery Pizza Bun Front Bun Pizza glaze Front Street Bakery
6.99 ea.

Front Street Bakery Cheese Bun or Pizza Bun or Sausage Front Street Bakery
5.99 ea.

Front Street Bakery — Our Absolute Finest

Front Street Bakery Chocolate Cake Gâteau au chocolat Tobias Bourbon Vanilla Cake Gâteau à la vanille au bourbon de Tobias Front Street Bakery
22.99 ea.

Front Street Bakery Red Velvet Cake Gâteau rouge velours Front Street Bakery
16.99 ea.

Front Street Bakery Eclairs Éclairs Sorbets de glace Front Street Bakery 4 x 100 ml (3.4 fl oz) ea.
2.99 ea.

mix match

Front Street Bakery Tiramisu Tiramisu Front Street Bakery 4 x 100 g (3.5 oz) ea.
4.49 ea.

BEST SERVED WARM

WHAT'S IN MY MARTS

Front Street Bakery Cinnamon Buns Pains à la cannelle Front Street Bakery 6 x 90 g (3.2 oz) ea.
5.99 ea.

Selection Mini Cupcakes Petits cupcakes 24 x 15 g (0.53 oz) ea.
7.99 ea.

Selection Mini Cupcakes Petits cupcakes 24 x 15 g (0.53 oz) ea.
5.99 ea.

Snacks & Beverages

Starbucks Ground Coffee Café moulu 340 g (12 oz) ea. Cafe Santander Ground Coffee Café moulu 340 g (12 oz) ea.
13.49 ea.

Tim Hortons Tim Hortons Coffee Capsules Capsules de café 12 x 10 g (0.35 oz) ea. Cafe Santander en capsules 12 x 10 g (0.35 oz) ea.
14.99 ea.

Harvest Crunch Cereal Céréales Croque-Nature 1 kg (35.3 oz) ea.
4.79 ea.

Swing Swing Rice Cakes Galettes de riz 100 g (3.5 oz) ea.
5.49 ea.

Zoa Zero Energy Drink Boisson énergisante Zoa 355 ml (12 fl oz) ea.
2.49 ea.

Corona Cero Corona Non-Alcoholic Beer 6 x 355 ml Bière Corona alcoolisée 6 x 355 ml
24.99 ea.

Sunlight Slim Juice Sunlight Slim Jus 1.75 L (59 fl oz) ea.
3.99 ea.

Tostitos Tostitos Salsa Salsa 650 ml (22 fl oz) ea.
5.79 ea.

Nestlé Nestlé Mini Cookies Snacks Petits biscuits 6 x 25 g (0.88 oz) ea. Collation Petits biscuits 6 x 25 g (0.88 oz) ea.
1.67 ea.

Doritos Nacho Cheese Tortilla Chips Croustilles Doritos 300 g (10.6 oz) ea.
3.99 ea.

Monster Energy Drinks Boisson énergisante 473 ml (16 fl oz) ea.
3.49 ea.

Ward & Stuart's Caesar Mix Mélange à César Ward & Stuart's 1 L (33.8 fl oz) ea.
4.49 ea.

Hot Wheels 3.49 BARI HOT WHEELS COOKIES OR CRACKERS Biscuits ou craquelins Hot Wheels 150 g (5.3 oz) ea.

Dessert BITES

6.49 ea. Hot Wheels Dessert Bites Bouchées de dessert Hot Wheels 150 g (5.3 oz) ea.

BARI HOT WHEELS COOKIES OR CRACKERS Biscuits ou craquelins Hot Wheels 150 g (5.3 oz) ea.

Lindt Swiss Classic Chocolate Bar Tablette de chocolat Classic Suisse Lindt 125 g (4.4 oz) ea.
11.99 ea. 125 Value of $7.3

Nerds Candy Bonbons Nerds 40 x 9 g (0.32 oz) ea.
3.49 ea.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

DEL MONTE JUICE
1 L
SELECTED VARIETIES

2.99 ea.

NESTEA ICED TEA MIX
650 g
SELECTED VARIETIES

7.69 ea.

O'SOLE MIO FRESH PASTA OR SAUCE
255 g, 300 ml
SELECTED VARIETIES

2 for
10.00

125 points
value of $1 when you buy 2

SARDO OLIVES
375 ml
SELECTED VARIETIES

4.49 ea.

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

DISCOVER NEW

STRUB'S PICKLES
500 ml
SELECTED VARIETIES

4.49 ea.

WINDSOR SEASONING SALT
124 - 147 g
SELECTED VARIETIES

4.99 ea.

MEZZETTA PICKLES
375 ml
SELECTED VARIETIES

5.99 ea.

STRUB'S PICKLES
1 L
SELECTED VARIETIES

5.49 ea.

More Great Savings

Bick's Pickles 500 ml - 625 ml Assorted Varieties or Sweet Gherkins 5.49 ea.

Chef Boyardee Cans 398 ml - 454 ml Assorted Varieties or Cans 454 ml - 540 ml Assorted Varieties 2.99 ea.

Mr. Noodles Assorted Brands 85 g - 90 g Noodles Instantaneous Or Cup Noodles 69.9 ea.

Whole Instant Oats 1.1 kg - 1.2 kg Assorted Varieties Or Instant Oatmeal Minutes 3.49 ea.

Garlic Mustard 250 ml - 260 ml Assorted Varieties Mexicana Mojito 6.99 ea.

Kitarone Salad Dressing 500 ml - 750 ml Assorted Vinaigrette Kitarone Assorted Varieties 6.99 ea.

Mutti Peeled Canned Tomatoes 400 g - 425 g Assorted Varieties Or Mutti Cubed Tomatoes 4.99 ea.

Dainty Rice 1 kg - 2 kg Assorted Varieties Or Pasta 9.99 ea.

Starbucks Iced Coffee 281 ml - 300 ml Assorted Varieties Cold Brew Starbucks 8.99 ea.

Smucker's Microwave Sandwich 200 g - 240 g Assorted Varieties Sandwich Assorties, Smucker's Mini Muffins 10.99 ea.

Healthy Choice Frozen Meals 300 g - 340 g Assorted Varieties Or Healthy Choice Soup 540 ml - 650 ml Assorted Varieties 5.99 ea.

Magic Baking Powder 454 g - 540 g Assorted Varieties Magic Baking Powder 6.99 ea.

Starbucks Coffee Creamer 473 ml - 500 ml Assorted Varieties Cream Iced Starbucks 7.49 ea.

Tony Chachere's Seasoning 142 g - 454 g Assorted Varieties Creole Seasoning Blend 3.99 ea.

Silly Bee Honey 500 g - 1 kg Assorted Varieties Wild Silly Bee 8.99 ea.

Kellogg's Smart Start 350 g - 400 g Assorted Varieties Or Special K Cereal 9.99 ea.

Lactantia — Delicious & Easy to Digest

Lactantia Lactose Free Milk 2 L Assorted Varieties 5.79 ea.

Lactantia Lactose Free Milk 1 L Assorted Varieties 6.59 ea.

Lactantia Lactose Free Milk 1 L Assorted Varieties 11.29 ea.

FOR EVERY BURGER — HEINZ

Heinz Mayonnaise Style Sauce 410 ml - 500 ml Assorted Varieties 3.99 ea.

Heinz Egg Tea Powder Mix 500 g - 1 kg Assorted Varieties 6.99 ea.

Heinz Ketchup Or Chile Sauce 1 L - 1.5 L Assorted Varieties 5.99 ea.

Maple Syrup 250 ml - 540 ml Assorted Varieties 4.99 ea.

Earn with moi rewards

Dog Bone Starbucks Topped 500 g - 600 g Assorted Varieties Regular Or Grain Free Dog Treats 3.99 ea. Regular 125 moi rewards

Pizza Pops 300 g - 400 g Assorted Varieties Pizza Pops Pizzas 6.99 ea. 50 moi rewards

Dole 1 L Assorted Varieties Dole Juice Or Dole Juice Cocktail 3.99 ea. 100 moi rewards

Dr. Oetker 150 g - 200 g Assorted Varieties Sandwich Or Grill Cheese 2.49 ea. 60 moi rewards

Dr. Oetker Bon Appétit 300 g - 400 g Assorted Varieties Cookies & Cake Or Bon Appétit Cake 5.49 ea. 60 moi rewards

Werther's Original 70 g - 80 g Assorted Varieties Werther's Original Hard Candies 5.49 ea. 70 moi rewards

Invincible 150 g - 200 g Assorted Varieties Invincible Sweet Treats 2.49 ea. 30 moi rewards

Kiss Kombucha 355 ml - 473 ml Assorted Varieties Kombucha Kiss Drinks 3.99 ea. 50 moi rewards

metro.ca

4.99 ea.
QUEST BARS
10 ct.
SELECTED VARIETIES

3.99 ea.
GO MACRO BARS
10 ct.
SELECTED VARIETIES

FUEL YOUR RUN

Run, jog, walk – power up with our variety of protein-packed snacks & drinks that also taste great.

2.99 ea.
BARRIELLE
PROTEIN BARS
SELECTED VARIETIES

2.49 ea.
MIGHTY PROTEIN
CHICKEN STICKS
10 ct.
SELECTED VARIETIES

6.99 ea.
BUFF BUCKS
SNACK STICKS
10 ct.
SELECTED VARIETIES

10.99 ea.
WAGYU JERKY
10 ct.
SELECTED VARIETIES

4.99 ea.
CORE POWER ELITE
PROTEIN BEVERAGE
14 oz.

5.99 ea.
SIMPLY PROTEIN
SUPER BARS
5 ct.
SELECTED VARIETIES

5.99 ea.
TASTE OF NATURE
BARS
20 ct.
SELECTED VARIETIES

9.49 ea.
CLIF BARS
12 ct.
SELECTED VARIETIES

9.49 ea.
KIND
SNACKS BARS
12 ct.
SELECTED VARIETIES

3.99 ea.
ZERAW
CHOCOLATE
BARS
10 ct.
SELECTED VARIETIES

2.99 ea.
PROBAR BARS
10 ct.
SELECTED VARIETIES

1.99 ea.
KIND
GRANOLA BARS
10 ct.
SELECTED VARIETIES

2.99 ea.
PERFECT BARS
10 - 12 ct.
SELECTED VARIETIES

2.99 ea.
LOVE GOOD FATS
BARS
12 ct.
SELECTED VARIETIES

Non-GMO

6.99 ea. — Dare Cheesecake Cups 4 x 100 g (400 g) (Excludes Cheesecake Chocolate Hazelnut)

2.49 ea. — Dare Cookies Sweet Soy 125 g (Excludes Cookies Sweet Soy)

3.99 ea. — Heinz Ketchup Mustard Mustard 500 ml (Excludes Mustard Dijon)

8.49 ea. — Danone Danone Yogurt Bananas 500 g (Excludes Danone Yogurt Bananas)

11.99 ea. — Daiya Daiya Pizza 2 x 475 g (Excludes Daiya Pizza Pepperoni)

6.99 ea. — Danone Danone Drinks 4 x 750 ml (Excludes Danone Drinks Mixed Berry)

9.99 ea. — Rice to You Rice Rice Pudding 2 x 425 g (Excludes Rice to You Rice Pudding Coconut)

7.99 ea. — Nuit Sur Square Nuit Sur Square Bars Bars 6 x 40 g (Excludes Nuit Sur Square Bars Peanut Butter)

Plant-Based

8.49 ea. — Bari Life Bari Wild Yogurt Bari Wild Yogurt 4 x 100 g (Excludes Bari Wild Yogurt Mixed Berry)

7.99 ea. — Yoggu! Yoggu! Yogurt Yoggu! Yogurt 4 x 100 g (Excludes Yoggu! Yogurt Mixed Berry)

6.99 ea. — Aisu Aisu Peanut Butter Aisu Peanut Butter 1 kg (Excludes Aisu Peanut Butter Creamy)

Organic

3.49 ea. — Fulcrum Fulcrum Pasta 340 g (Excludes Fulcrum Pasta Spaghetti)

4.49 ea. — Humble Humble Potato Chips Humble Potato Chips 200 g (Excludes Humble Potato Chips Sea Salt)

15.99 ea. — Café William Café William Coffee 340 g (Excludes Café William Coffee Espresso)

Household Helpers

16.99 ea. — Energizer Energizer Batteries 10 x 1 ea. (Excludes Energizer Batteries Max Alkaline)

2.99 ea. — Sale Sale Gallery 20 x 1 ea. (Excludes Sale Gallery Assorted Colour Spoon)

5.99 ea. — Bounty Bounty Bounty or Bounty Napkins 2 x 1 ea. (Excludes Bounty or Bounty Napkins Quantum Mega Roll)

6.99 ea. — Lysol Lysol Disinfecting Wipes Lysol Disinfecting Wipes 2 x 1 ea. (Excludes Lysol Disinfecting Wipes Lemon Fresh)

8.99 ea. — Charmin Charmin Bathroom Tissue 12 x 1 ea. (Excludes Charmin Charmin Ultra Soft)

8.99 ea. — Downy Downy Downy Fabric Softener 2 x 1.8 L (Excludes Downy Downy Sensitive)

8.99 ea. — Downy Downy Downy Sheery Rinse 2 x 1.8 L (Excludes Downy Downy Sensitive)

8.99 ea. — Bounce Bounce Bounce Sheets 2 x 1 ea. (Excludes Bounce Bounce on the Breeze)

Pet

2.99 ea. — Temptations Temptations Cat Treats Temptations Cat Treats 2 x 90 g (Excludes Temptations Cat Treats Seafood Medley)

3.99 ea. — Beggin' Strips Beggin' Strips Dog Treats 2 x 1 ea. (Excludes Beggin' Strips Dog Treats Bacon Flavour)

11.49 ea. — Milk-Bone Milk-Bone Dog Treats 2 x 1 ea. (Excludes Milk-Bone Dog Treats Brushing Chews)

12.49 ea. — Milk-Bone Milk-Bone Dental Treats Milk-Bone Dental Treats 2 x 1 ea. (Excludes Milk-Bone Dental Treats Medium)

14.49 ea. — Tidy Cats Tidy Cats Purina 2 x 7 kg (Excludes Tidy Cats Purina Tidy Cats Purina)

3.79 ea. — Pedigree Pedigree Wet Dog Food 12 x 1 ea. (Excludes Pedigree Pedigree Wet Dog Food Vitality)

14.49 ea. — Purina One Purina One Cat Food 2 x 1.5 kg (Excludes Purina One Cat Food Beef)

19.99 ea. — Iams Iams Dog Food 2 x 2.5 kg (Excludes Iams Iams Dog Food Small and Mini Chicken)

FLAVOURS OF

Vaisakhi

CELEBRATE THE NEW YEAR SPRING HARVEST FESTIVAL

19.99 ea. — JOHNSTON CAKE MIX OR CAKE CONCOCTION 500 g

1.99 lb. — LONG EGGPLANT PRODUCT OF UNITED STATES 1.75 kg

3.99 ea. — SAYOL TOFU HOT SAUCE 340 g/400 g SELECTED VARIETIES

9.99 ea. — MEADOWBROOK GOLD, MOOR OR LA GOLLA, ORIGINAL OR BROWN BASMATI RICE 4.54 kg SELECTED VARIETIES

9.99 ea. — SAFFORITO VEGETABLE OR CANOLA OIL 2 L

6.99 lb. — GOLDEN MANGOES PRODUCT OF COLOMBIA 1.36 kg

28.00 ea. 3 lb. — INTERNATIONAL BOUQUET 3-STEM BUNCH SELECTED COLOUR

7.99 ea. — GOLDEN MOOR OR LA GOLLA GOURMET RICE 2 kg SELECTED VARIETIES

13.99 ea. — DAIAN'S GHEE 500 g

1.69 ea. — CEDAR CANNED BEANS 540 ml SELECTED VARIETIES

3.49 ea. — INSTANT NOODLES OR MAGGI SAUCES 70 g/85 g/100 g SELECTED VARIETIES

8.99 ea. — ALA CARTE OR CEDAR TAHINI OR CEDAR HONEY 250 - 500 g SELECTED VARIETIES

1.99 ea. — SAVEN SELECTED PARATHAS 340 - 450 g SELECTED VARIETIES

2.49 ea. — HAMS DAIRY, PROVINCIAL OR CEDAR YOGURT 750 g SELECTED VARIETIES

3.99 ea. — SAYOL CHIPS 2.5 OR SAYOL CHIPS 1.5 OR SAYOL SLICE 1.5 L SELECTED VARIETIES

2.49 ea. — CHOICE SNACKS, SAYOL ROASTED CHANA, CHORLIAN OR CHORLIAN MIXES 225 - 400 g SELECTED VARIETIES

3.99 ea. — PATNA 5 LB BASMATI RICE 2.25 - 400 g SELECTED VARIETIES

3.99 ea. — CASABLANCA SHORTBREAD BUTTER COOKIES 454 g

1.67 ea. — NATIONAL SPICE MIXES OR SAUCE MIXES 75 - 200 g

3.49 ea. — SAYOL PICKLES CONDIMENTS OR SAUCE 250 - 1 L SELECTED VARIETIES

99¢ ea. — SAYOL MASALA 200 g SELECTED VARIETIES

99¢ — PARLE-G OR LU COOKIES 200 - 800 g SELECTED VARIETIES

Best availability earlier in store

FROZEN FAVOURITES

Make mealtime quick, easy & delicious with our variety of frozen meals

GREEN GIANT FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES
3.99 ea.

5.49 ea.
SMUCKER'S UNCRUSTABLES
SELECTED SIZES
SELECTED VARIETIES

7.49 ea.
DR. OETKER PICCOLISSIMA
SELECTED SIZES
SELECTED VARIETIES

7.49 ea.
DR. OETKER SUPREMA PIZZA
SELECTED SIZES
SELECTED VARIETIES

RUSTICA PIZZA
SELECTED SIZES
SELECTED VARIETIES
7.99 ea.

6.99 ea.
STEFANO PIZZA
SELECTED SIZES
SELECTED VARIETIES

RUSTICA PIZZA
SELECTED SIZES
SELECTED VARIETIES
7.99 ea.

McCAIN FRIES
SELECTED SIZES
SELECTED VARIETIES
4.49 ea.

THE OFFICIAL
HIGH PROTEIN
YOGURT OF THE NHL®

OÎKOS SNACK TO WIN

YOU COULD **WIN*** **A TRIP FOR 2** TO THE **STANLEY CUP® FINAL**

$25,000 IN TOTAL PRIZES

SCAN NOW

3.49 ea. OIKOS® PRO™ DRINKS 300 ml SELECTED VARIETIES

6.49 ea. OIKOS® AND OIKOS® PRO™ 650 - 750 g SELECTED VARIETIES

3 for 11.00 OIKOS® YOGURT 4 x 95 g , 4 x 100 g SELECTED VARIETIES

* NO PURCHASE NECESSARY. BEGINS 03/23/26 AT 12:00:01 AM ET & ENDS 05/26/26 AT 11:59:59 PM ET. DRAW 05/25/26 AT 3PM ET. ONE (1) GRAND PRIZE: TRIP FOR 2 TO A 2026 STANLEY CUP® FINAL GAME (ARV $9,000 CAD) AND 100 INSTANT WIN PRIZES. A $100 CAD DIGITAL PREPAID CARD (100 TOTAL), OR A $5 CAD PHYSICAL DANONE ONOS® COUPON (100 TOTAL). MATHEMATICAL SKILL TESTING QUESTION REQUIRED. FULL CONTEST RULES: WWW.DANONEONOS.CA. ONOS® USED UNDER L.C. © 2026, DANONE US, LLC. ALL RIGHTS RESERVED. ONOS® PRO™ USED UNDER L.C. © 2026, DANONE US, LLC. ALL RIGHTS RESERVED.

NHL, THE NHL SHIELD, THE WORD MARK AND IMAGE OF THE STANLEY CUP AND THE STANLEY CUP FINAL LOGO ARE REGISTERED TRADEMARKS OF THE NATIONAL HOCKEY LEAGUE.
NHL AND NHL TEAM MARKS ARE THE PROPERTY OF THE NHL AND ITS TEAMS. © 2026 NHL. ALL RIGHTS RESERVED.

SNACK UP WITH SPRING SAVINGS

RXBAR PROTEIN BARS
5 x 52 g
SELECTED VARIETIES
10.99 ea.

PRINGLES CHIPS OR MINGLES SNACKS
SELECTED SIZES
SELECTED VARIETIES
2.99 ea.

TOWN HOUSE CRACKERS
SELECTED SIZES
SELECTED VARIETIES
3.49 ea.

RICE KRISPIES SQUARES BARS
176 g
NUTRI-GRAIN BARS
295 g
POP-TARTS PASTRIES
384 g
SELECTED VARIETIES
3.49 ea.

5.99 ea. **EGGO WAFFLES**
SELECTED SIZES
SELECTED VARIETIES

CONAGRA BRANDS

POGO BREADED WIENERS
FROZEN, 600 - 750 g
SELECTED VARIETIES

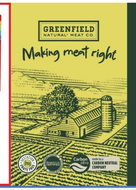
12.99 ea.

125 points value of $1

POGO BREADED WIENERS
FROZEN, 960 g - 1.5 kg
SELECTED VARIETIES

16.99 ea.

125 points value of $1



80 points

8.99 ea.

GREENFIELD BACON OR WIENERS
375 g
SELECTED VARIETIES

BlueWater SEAFOODS

13.99 ea.

BLUEWATER BREADED FISH FILLETS
FROZEN, 480 - 725 g
SELECTED VARIETIES

4.99 ea.

BLUEWATER LEMON PEPPER OR TRADITIONAL FISH FILLETS
FROZEN, 300 g

BLUEWATER SHRIMP OR FISH FILLETS
FROZEN, 255 - 600 g
SELECTED VARIETIES

8.99 ea.

Cadbury

MAKE EVERY BITE COUNT

BUY A CADBURY PRODUCT, HELP DONATE A MEAL*

CADBURY CHOCOLATE BARS
80 - 100 g
SELECTED VARIETIES

3.99 ea.

11.49 ea.

CADBURY CHOCOLATES
300 - 342 g
SELECTED VARIETIES

NAZEM KADRI
PROFESSIONAL HOCKEY PLAYER
OBO PHILANTHROPIST

Food Banks Canada
Banques alimentaires Canada
AND ALSO AFFILIATE FOOD BANKS

NHLPA

*Cadbury is donating $100,000 to Food Banks Canada, and you can help raise $100,000 more for select affiliate food banks within Canada. A portion of proceeds from the purchase of Cadbury products between April 6th - May 18th, 2026, will be donated, up to a maximum of $100K. Food Banks Canada meal metric: $1 = 2 meals. WHLPA and the WHLPA logo are registered trademarks of the National Hockey League Players' Association. © WHLPA. All Rights Reserved.