Fresh matters

metro

CANADIAN AND PROUD



2.49 ea. BLACKBERRIES
170 g, PRODUCT OF U.S.A. OR MEXICO



LARGE SIZE

LARGE RED MANGOES
PRODUCT OF BRAZIL
LARGE AVOCADOS
PRODUCT OF MEXICO

3 for 5.00



JUMBO

1.99 /lb JUMBO WALNUTS
PRODUCT OF U.S.A.
4.39/kg



2.44 ea. BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS
227 g, PRODUCT OF ONTARIO



3 PACK

3.99 ea. ASSORTED COLOUR SWEET PEPPERS
3 PK, PRODUCT OF ONTARIO
HAVEN SALAD KITS
200 g, PRODUCT OF ONTARIO, SELECTED VARIETIES

FAMILY SIZE



8.88 ea. FAMILY SALADS
466 - 692 g



SAVE $4.99

18.00 ea. ROSE TRIO BOUQUET
ASSORTED COLOURS

FRESH



3.99 /lb FRESH SPLIT CHICKEN BREAST OR FRESH CHICKEN WINGS
8.80/kg



8.99 /lb RED GRILL TOP SIRLOIN STEAK VALUE PACK OR ROAST
CUT FROM CANADA AA GRADE OR HIGHER
19.82/kg



3.99 ea. SELECTION BACON, MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS
375 g, SELECTED VARIETIES

FRESH COHO



9.99 /lb or ea. FRESH COHO SALMON FILLETS VALUE PACK
MIN 900 g, 9.99/lb, 2.21/100 g
WILD JUMBO ARGENTINA RAW SHRIMP
11 - 15, 454 g, FROZEN, 9.99 EA.



BUY TWO GET ONE FREE
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE

IRRESISTIBLE APPETIZERS
FROZEN, 225 - 680 g
SELECTED VARIETIES



5.99 ea. PILLER'S PEPPERONI, CASTELLO CHEESE, TRE STELLE BOCCONCINI 125 - 475 g
SELECTED VARIETIES



30% OFF

IRRESISTIBLES ARTISAN BLACK FOREST HAM
SELECTED VARIETIES
DELI SLICED, 3.14/100 g



8.99 ea. IRRESISTIBLE FRUIT PIES
750 g
SELECTED VARIETIES



6.99 ea. FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES
PKG OF 10, 340 - 375 g
SELECTED VARIETIES



4.99 ea. BLACK DIAMOND BARS OR SHREDDED CHEESE 300 - 400 g
SELECTED VARIETIES



4.99 ea. DRUMSTICK OR REAL DAIRY ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



2.99 ea. LAY'S CHIPS
200 - 235 g
SELECTED VARIETIES



99¢ ea. CAMPBELL'S SOUP
284 ml
SELECTED VARIETIES



NESTLÉ HALLOWEEN CHOCOLATES
100 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

13.99 ea. + 125 points value of $1



7.99 ea. COCA-COLA OR PEPSI SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES



11.97 ea. ROBIN HOOD OR FIVE ROSES FLOUR
10 kg
SELECTED VARIETIES

moi rewards member price



KRAFT PEANUT BUTTER
750 g - 1 kg
SELECTED VARIETIES

4.99 ea. members-only price
SPECIAL PRICE 5.99 ea. for non-members



DR.OETKER RISTORANTE OR CASA DI MAMA PIZZA 288 - 410 g
SELECTED VARIETIES

3.49 ea. members-only price
SPECIAL PRICE 4.49 ea. for non-members



LACTANTIA CREAM
473 ml - 1 L
SELECTED VARIETIES

2.99 ea. members-only price
SPECIAL PRICE 3.99 ea. for non-members

Effective October - November

TH	FR	SA	SU	MO	TU	WE
29	30	31	1	2	3	4

2026

Check metro.ca for your local store hours.

MEO_RAD20261026_01_R_V3

metro

VILLAGGIO ITALIAN STYLE BREAD OR BUNS, DEMPSTER'S 7" TORTILLAS, BAGELS OR NATURAL RYE BREAD
SELECTED SIZES, SELECTED VARIETIES OR 3.99 EA.

2 for 7.00

mix & match



BOURSIN CREAM CHEESE OR BRANDT KOLBASSA 150 - 300 g
SELECTED VARIETIES

7.49 ea.



LILYDALE SHAVED TURKEY, CHICKEN OR TURKEY STRIPS OR SELECTION FAMILY DELI PACK
300 - 400 g, 2 X 150 g
SELECTED VARIETIES

10.99 ea.



IRRESISTIBLE PASTA ENTRÉES OR MEAT PIES
FROZEN
600 g - 1.13 kg
SELECTED VARIETIES

6.99 ea.





7.99 ea.

WATERVIEW MARKET SHRIMP WITH SAUCE 454 g
BACON WRAPPED SCALLOPS 200 g, FROZEN

AQUA STAR COOKED 26/30 SHRIMP 800 g
BLACK TIGER SHRIMP RING 454 g
DOM NORWEGIAN FJORD SMOKED SALMON
400 g, FROZEN

19.99 ea.



99¢



IRRESISTIBLE CHIPS
150 g
SELECTED VARIETIES

99¢



NESTLÉ, HERSHEY OR CADBURY CHOCOLATE BARS
SELECTED SIZES, SELECTED VARIETIES

99¢

ARIZONA BEVERAGES
473 ml
SELECTED VARIETIES



99¢



FANCY FEAST OR FRISKIES CAT FOOD
SELECTED SIZES, SELECTED VARIETIES

i earn with moi rewards

CHAPMAN'S ICE CREAM
500 ml, SELECTED VARIETIES

375 points value of $3

4.99 ea.



500 points value of $4 when you buy 3

3 for 10.00

BEN'S ORIGINAL BISTRO EXPRESS RICE
240 - 250 g
SELECTED VARIETIES OR 4.49 EA.



125 points value of $1

5.49 ea.

CHAPMAN'S YUKON FROZEN TREATS
5 X 140 ml - 6 X 90 ml
SELECTED VARIETIES



125 points value of $1

4.99 ea.

BEN'S ORIGINAL NATURAL SELECT RICE
397 g, SELECTED VARIETIES



125 points value of $1

2.49 ea.

BEN'S ORIGINAL FAST & FANCY RICE
132 g, SELECTED VARIETIES



125 points value of $1

14.99 ea.

PUREX OR SUNLIGHT LAUNDRY DETERGENT
3.85 L
SELECTED VARIETIES



IRRESISTIBLE FROZEN FRUIT
SELECTED SIZES
SELECTED VARIETIES

4.49 ea. members-only price

SPECIAL PRICE 5.99 ea. for non-members



SNUGGLE FABRIC SOFTENER
2.77 L, SELECTED VARIETIES

125 points value of $1

13.99 ea.



125 points value of $1

14.99 ea.

PERSIL LAUNDRY DETERGENT
1.86 L, SELECTED VARIETIES



IRRESISTIBLE MAPLE SYRUP
500 - 540 ml
SELECTED VARIETIES

9.99 ea. members-only price

SPECIAL PRICE 12.99 ea. for non-members



IRRESISTIBLES GROUND COFFEE
340 g
SELECTED VARIETIES

9.99 ea. members-only price

SPECIAL PRICE 10.99 ea. for non-members



4-DAY MEAL DEAL

OCTOBER 29TH – NOVEMBER 1ST, 2026

YOUR CHOICE 11.99 ea.



PEPPERONI & CHEESE 16" X-LARGE HOT PIZZA
NO TOPPING SUBSTITUTES
WALK-IN ORDERS ONLY

HOT MAMMOTH BBQ CHICKEN 1 kg

ASSORTED CALIFORNIA COMBO OR CALIFORNIA ROLL VARIETY PACK
420 - 424 g, SELECTED VARIETIES

PARTY SIZE DELUXE FRUIT SALAD
1.5 kg

12 CHICKEN TENDERS, 15 CHICKEN WINGS OR 20 CHICKEN BITES
HOT OR CHILLED, SELECTED VARIETIES

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WITCH WAY TO THE CANDY?

While Quantities Last.



HERSHEY'S CHOCOLATES OR TWIZZLERS CANDY
100 PACK
SELECTED VARIETIES

16.99 ea.



CADBURY CHOCOLATES OR MAYNARDS CANDY
45 PACK
SELECTED VARIETIES

6.99 ea.
members-only price

SPECIAL PRICE **7.99 ea.** for non-members



12.99 ea.

LAY'S POTATO CHIPS
40 PACK
SELECTED VARIETIES



6.99 ea.

SELECTION CHIPS
24 PACK
SELECTED VARIETIES



11.99 ea.

MARS HALLOWEEN CHOCOLATE
50 PACK
SELECTED VARIETIES



14.99 ea.

NESTLÉ HALLOWEEN CHOCOLATES
50 PACK
SELECTED VARIETIES



19.99 ea.

MARS HALLOWEEN CHOCOLATES
105 PACK
SELECTED VARIETIES



HARIBO HALLOWEEN CANDY
40 PACK
SELECTED VARIETIES

9.99 ea.



REESE'S HALLOWEEN CHOCOLATE
25 PACK
SELECTED VARIETIES

5.99 ea.



CHILD'S PLAY CANDY
1.3 kg
SELECTED VARIETIES

15.99 ea.



PILLSBURY REFRIGERATED HALLOWEEN DOUGH
260 g

4.99 ea.

Enjoy Fresh Produce



5.49 ea. **LOCAL APPLES** 3 lb
PRODUCT OF ONTARIO
CANADA FANCY GRADE
SELECTED VARIETIES



1.99 ea. **CARROTS OR YELLOW ONIONS**
2 lb, PRODUCT OF ONTARIO
CANADA No.1 GRADE



2.99 ea. **BROCCOLI CROWNS**
PRODUCT OF CANADA



1.99 /lb **SWEET POTATOES**
PRODUCT OF ONTARIO
4.39/kg



3.99 ea. **GARLIC**
115 g
PRODUCT OF ONTARIO



1.69 /lb **ACORN, BUTTERNUT, SPAGHETTI OR BUTTERCUP SQUASH**
PRODUCT OF ONTARIO
3.73/kg



4.99 ea. **YELLOW-FLESH, RED OR WHITE POTATOES**
5 lb, PRODUCT OF ONTARIO
CANADA No.1 GRADE



3.99 ea. **MINI CUCUMBERS**
397 g, PRODUCT OF ONTARIO
CANADA No.1 GRADE



5.99 ea. **CLEMENTINES**
2 lb, PRODUCT OF SOUTH AFRICA



3.99 ea. **RASPBERRIES**
170 g, PRODUCT OF U.S.A. OR MEXICO



4.99 ea. **LEMONS** 2 lb
PRODUCT OF SOUTH AFRICA



3.99 /lb **LARGE CARA CARA ORANGES**
PRODUCT OF AUSTRALIA
8.80/kg



4.99 ea. **CANARY MELON**
PRODUCT OF BRAZIL



5.49 ea. **KIWI BASKET** 600 g
PRODUCT OF CHILE OR GREECE



4.99 ea. **POMEGRANATE ARILS** 113 g
PRODUCT OF U.S.A.



3.99 ea. **LIMES**
1 lb
PRODUCT OF MEXICO



4.99 ea. **BROCCOLI FLORETS OR BROCCOLI-CAULIFLOWER MEDLEY** 340 g
PRODUCT OF U.S.A.



5.99 /lb **JUMBO CHESTNUTS**
PRODUCT OF ITALY
13.21/kg



4.99 ea. **IRRESISTIBLE SALTED OR UNSALTED PISTACHIOS**
200 g



4.49 ea. **CHOPPED KALE**
284 g, PRODUCT OF U.S.A.

Organic



6.99 ea. **ORGANIC BOSC, BARTLETT OR ANJOU PEARS** 2 lb
PRODUCT OF U.S.A., FANCY GRADE



5.99 ea. 70 points **LPC ORGANIC LITTLE YELLOWS**
680 g, PRODUCT OF CANADA
CANADA No. 1 GRADE



4.99 ea. **GREENBELT ORGANIC GREENS**
113 - 142 g, PRODUCT OF ONTARIO
SELECTED VARIETIES



6.99 ea. **GREENHOUSE ORGANIC JUICES OR SMOOTHIES** 900 ml
SELECTED VARIETIES

Sliced & Diced

made in my metro



5.99 ea. **STORE MADE DIPS**
200 - 500 g



14.99 ea. **NACHO PLATTER**
800 g



9.99 ea. **PUMPERNICKEL TRAY**
790 g



GRAB & GO

3.99 ea. **MELON CHUNKS** 360 - 380 g
MINI SALADS 122 - 174 g

Fresh Blooms



SAVE $5.00

35.00 ea. **PREMIUM HAND-TIED ROSE BOUQUET**
ASSORTED COLOURS



DOUBLE SPIKE

SAVE $6.99

20.00 ea. **ORCHIDS**
5" POT
ASSORTED COLOURS



2 for

10.00 or 5.99 ea. **POINSETTIAS**
4.5" POT
ASSORTED COLOURS



2 for

18.00 or 9.99 ea. **AMARYLLIS BULB KITS**
ASSORTED COLOURS AND VARIETIES

DM2DM2DM2DM2

Fresh From Our Butcher



RED GRILL TOP SIRLOIN MEDALLIONS OR CLUB STEAK
CUT FROM CANADA AA GRADE OR HIGHER
24.23/kg
10.99/lb



PLATINUM GRILL ANGUS BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE
24.23/kg
10.99/lb



BONELESS PORK SIRLOIN CHOPS VALUE PACK
13.21/kg
5.99/lb



OUR PROMISE LEAN GROUND BEEF
900 g
13.99 ea.



FRESH SKINLESS CHICKEN BREAST
BONE IN
9.90/kg
4.49/lb



VEAL SHOULDER CHOPS
GRAIN FED
15.41/kg
6.99/lb



MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN BREAST FILLETS
BONELESS SKINLESS
28.64/kg
12.99/lb



FRESH LAMB LOIN CHOPS OR FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
NEW ZEALAND SPRING LAMB
30.84/kg
13.99/lb

Quick Meal Ideas



SWANSON PIES
FROZEN, 200 g
SELECTED VARIETIES
2.49 ea. 40 points



MAPLE LODGE CHICKEN WIENERS OR ZABIHA HALAL 450 g
2.99 ea.



MARC ANGELO PORK MEATBALLS
400 g, SELECTED VARIETIES
4.99 ea. 60 points



SELECTION STUFFED CHICKEN BREAST FROZEN, 284 g
SELECTED VARIETIES
4.99 ea.



OLYMEL BREAKFAST SAUSAGES
375 g, SELECTED VARIETIES
5.99 ea.



LOU'S KITCHEN FULLY COOKED ENTRÉES
400 g, SELECTED VARIETIES
9.99 ea.

Halal



AL SAFA BEEF PATTIES
1.17 kg, FROZEN
SELECTED VARIETIES
12.99 ea.



IRRESISTIBLE BEEF BURGERS
FROZEN, 852 g - 1.02 kg
SELECTED VARIETIES
17.99 ea.



SELECTION BOLOGNA
675 g, SELECTED VARIETIES
4.99 ea.



SCHNEIDERS MEAT PIES
FROZEN, 400 g
SELECTED VARIETIES
4.99 ea. 60 points

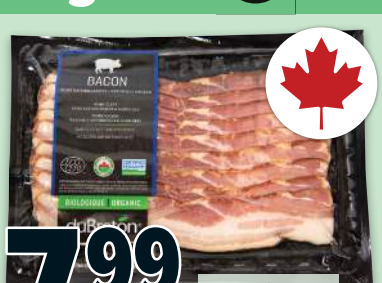


MAPLE LEAF FULLY COOKED CHICKEN
250 g, SELECTED VARIETIES
7.99 ea. 80 points



SIMPLY POULTRY CHICKEN BREAST SLICES
FULLY COOKED, 454 g
10.99 ea. 125 points value of $1

Organic



duBRETON ORGANIC BACON
250 g
7.99 ea.



duBRETON ORGANIC PORK SAUSAGES
400 g
SELECTED VARIETIES
8.99 ea.



YORKSHIRE VALLEY FARMS ORGANIC BREADED CHICKEN
FROZEN, 454 - 600 g, SELECTED VARIETIES
12.99 ea. 125 points value of $1



YORKSHIRE VALLEY FARMS ORGANIC CHICKEN MEATBALLS
800 g, FROZEN
17.99 ea. 125 points value of $1

If it matters to you, it matters to us.

Fresh GUARANTEE metro

DM3DM3DM3DM3

ONLINE EXCLUSIVE

metro.ca

FREE

WHEN YOU SPEND $130 OR MORE*



IRRÉSISTIBLE PUMPKIN PIE
900 g

$10.99 VALUE

PROMO CODE
PIE

Redeem Now

*Certain conditions apply. Details on metro.ca

Enjoy Fresh Seafood



DOM CEDAR PLANKED SALMON
454 g
SELECTED VARIETIES
15.99 ea.

680 G BAG



JUMBO BLACK TIGER RAW SHRIMP 8-12 SIZE
FROZEN, 680 g
22.99 ea.



SELECTION IMITATION CRAB
FLAKES OR STICKS
227 g
3.99 ea.

Organic



5.99 ea. **FRESH CANADIAN COVE ORGANIC MUSSELS**
2 lb, 907 g



4.99 ea. **CHELSEA BAY SCALLOPS**
FROZEN, 227 g



15.99 /lb **TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS**
FROZEN, 3.52/100 g

WILD CAUGHT



CHELSEA SILVERSIDE SMELTS
FROZEN, 454 g
6.99 ea.

WILD CAUGHT



NATURALIA WILD CAUGHT SOLE FILLETS
FROZEN, 400 g
6.99 ea.

Foodland ONTARIO



SPRINGHILLS RAINBOW TROUT FILLETS
FROZEN, 510 g
12.99 ea.

WILD CAUGHT



AQUA STAR WILD SOCKEYE SALMON PORTIONS
FROZEN, 454 g
16.99 ea.

Irrésistible



7.99 ea. **IRRESISTIBLES PACIFIC WHITE SHRIMP RING**
FROZEN, 284 g



IRRESISTIBLE BAY SCALLOPS
FROZEN, 700 g
10.99 ea.



13.99 ea. **IRRESISTIBLE SALMON WELLINGTON**
FROZEN, 2 X 150 g

300 G



18.99 ea. **IRRESISTIBLE SLICED SMOKED ATLANTIC SALMON**
FROZEN, 300 g

Deli Favourites



2.99 /100 g **MAPLE LODGE CHICKEN BREAST**
SELECTED VARIETIES
DELI SLICED OR SHAVED, 13.56/lb

2.99 /100 g **MASTRO GENOA SALAMI**
MILD OR HOT
DELI SLICED, 13.56/lb



5.49 /100 g **MANCHEGO CHEESE AGED 3 MONTHS**
DELI CUT, PRICES AS MARKED, 24.90/lb

5.99 /100 g **LE GRUYÈRE SWISS CHEESE**
DELI CUT
PRICES AS MARKED, 27.17/lb

3.99 /100 g **IRRESISTIBLES ARTISAN ANGUS ROAST BEEF**
DELI SLICED OR SHAVED, 18.10/lb

4.99 ea. **BRANDT SLICED DELI MEAT OR LIVER SAUSAGE**
100 - 250 g, SELECTED VARIETIES

5.49 /100 g **SOMERDALE CHAMPAGNE CHEDDAR**
DELI CUT, PRICES AS MARKED, 24.90/lb

BUY MORE SAVE MORE!

4.79 /100 g
when you buy 400 g or more

JARLSBERG CHEESE DELI CUT
PRICES AS MARKED
5.39/100 g WHEN YOU BUY LESS THAN 400 g

8.99 ea. **SIKORSKI SAUSAGES**
325 - 375 g, SELECTED VARIETIES

8.99 ea. **BELLITALIA SALAMETTI OR GOLD LABEL PEPPERONI**
225 - 375 g
SELECTED VARIETIES

10.99 ea. **TRE STELLE FETA**
375 g
SELECTED VARIETIES

12.99 ea. **SNOWDONIA CHEDDAR CHEESE**
200 g, SELECTED VARIETIES

9.99 ea. **SUMMER FRESH SALADS** 650 - 800 g
SELECTED VARIETIES

RANA PASTA KIT
454 g
SELECTED VARIETIES
10.49 ea.



10.99 ea. **FRESH 2 GO BOWLS** 1 un.
SELECTED VARIETIES

4 PACK



13.00 ea. **FRESH 2 GO PANINI SANDWICHES**
4 un.
SELECTED VARIETIES

If it matters to you, it matters to us.

Fresh GUARANTEE metro

DM4DM4DM4DM4

metro FRESH 2 GO

FRIGHTFULLY FLAVOURFUL

FOR YOUR MONSTER MASH



6.99 ea.
FRESH 2 GO
LARGE POTATO WEDGES
1 un



16.00 ea.
FRESH 2 GO
FRIED CHICKEN
8 pcs



8.00 /combo
1 package of ea.
FRESH 2 GO
POPCORN CHICKEN AND WAFFLE FRIES COMBO
1 un

NOW AVAILABLE IN BUFFALO FLAVOUR



11.99 ea.
FRESH 2 GO
CHICKEN BITES
20 un

SPOOKTACULAR PARTY PLATTERS



FRESH 2 GO
SNACK TRAYS
450 - 700 g
SELECTED VARIETIES

15.00 ea.



FRESH 2 GO
MINI KOBASSA, CUBED CHEESE OR MEAT OR CHEESE TRAYS
SERVES 2 - 4

29.99 ea.

Place Your Catering Order Today

Online
fresh2go.metro.ca

In Store
Visit Our Deli

ORDER NOW

*Minimum of 48 hours notice on all orders.

FLAVOURS OF italy





2.99 ea.

RAPINI
PRODUCT OF U.S.A.



Foodland ONTARIO

BOSC PEARS
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
5.49/kg

2.49 /lb



600 G

MASTRO GENOA SALAMI
600 g
SELECTED VARIETIES

14.99 ea.



3 PACK

TRE STELLE MOZZARELLA BALL
3 X 250 g

14.99 ea.

MARC ANGELO LAMB SPIEDINI
FROZEN, 1 kg

250 points value of $2

42.99 ea.



50 COUNT

ROCK HARBOUR ANCHOVY FILLETS IN OLIVE OIL
106 g



8.99 ea.

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



FRONT STREET BAKERY BACIO HAZELNUT CAKE
1.3 kg

31.99 ea.

baked in my metro



4.49 ea.

FRONT STREET BAKERY ITALIAN PANINI ROLLS
PKG OF 6, 325 g



VITA SANA NECTAR DRINKS
680 ml
SELECTED VARIETIES

2.99 ea.



2.99 ea.

COLUSSI COOKIES
400 - 500 g
SELECTED VARIETIES



COLAVITA BALSAMIC VINEGAR
500 ml
SELECTED VARIETIES

4.99 ea.



CARBONE PASTA SAUCE
660 ml
SELECTED VARIETIES

8.99 ea.



MOLISANA GREEN CERIGNOLA OLIVES
580 ml
SELECTED VARIETIES

5.49 ea.



3.49 ea.

RIO MARE INSALATISSIME BOWLS
160 g
SELECTED VARIETIES

DITL1DITL1DITL1DITL1

SPOOKY SWEETS



23.99 ea. HALLOWEEN DESSERT CAKES 800 - 975 g SELECTED VARIETIES



7.99 ea. HALLOWEEN CUPCAKES PKG OF 6, 320 - 480 g SELECTED VARIETIES



6.99 ea. IRRESISTIBLE PUMPKIN CHAÏ MUFFINS 600 g



6.99 ea. FRONT STREET BAKERY PUMPKIN WHITE CHOCOLATE COOKIES PKG OF 10, 380 g

Irrésistible



7.99 ea. IRRESISTIBLE PORTUGUESE CUSTARD TARTS 450 g



6.49 ea. IRRESISTIBLE MINI MUFFINS 336 g SELECTED VARIETIES



10.99 ea. IRRESISTIBLE COFFEE CAKE 750 g SELECTED VARIETIES



6.99 ea. IRRESISTIBLES BUTTER TARTS 510 g SELECTED VARIETIES



4.49 ea. FRONT STREET BAKERY KAISER ROLLS PKG OF 6, 390 - 420 g SELECTED VARIETIES



3.99 ea. PREMIÈRE MOISSON BAGUETTES 325 g SELECTED VARIETIES



5.49 ea. SCHOOLSAFE SNACK CAKES, OAT BITES OR CUPCAKES 280 - 320 g SELECTED VARIETIES



8.99 ea. SELECTION BROWNIES 608 g



mix & match

October 29 - November 11, 2026

BUY ANY 2

2 for 7.00

VILLAGGIO ITALIAN STYLE BREADS, BUNS, DEMPSTER'S 7" TORTILLAS, BAGELS OR NATURAL RYE BREAD SELECTED SIZES SELECTED VARIETIES OR 3.99 EA.

Low Price Every Day



IRRESISTIBLE REFRIGERATED JUICE 1.36 L SELECTED VARIETIES

NOW **4.99 ea.**



SELECTION CEREAL SELECTED SIZES SELECTED VARIETIES

NOW **4.99 ea.**



SELECTION JAM 500 ml SELECTED VARIETIES

NOW **4.99 ea.**



IRRESISTIBLE COOKIES 280 g SELECTED VARIETIES

NOW **3.99 ea.**



IRRESISTIBLE VEGETABLE STICKS 142 g SELECTED VARIETIES

NOW **3.99 ea.**



SELECTION COOKING SAUCE 350 - 355 ml SELECTED VARIETIES

NOW **2.99 ea.**



IRRESISTIBLE CHOCOLATE BARS 100 g SELECTED VARIETIES

NOW **2.99 ea.**



SELECTION GARDEN BLEND 1.89 L

NOW **3.49 ea.**



IRRESISTIBLES FROZEN VEGETABLES 500 g SELECTED VARIETIES

NOW **3.99 ea.**



SELECTION FROZEN MEALS 215 g SELECTED VARIETIES

NOW **1.99 ea.**



SELECTION DRESSING 425 ml SELECTED VARIETIES

NOW **2.99 ea.**



SELECTION PICKLES 1 L SELECTED VARIETIES

NOW **3.99 ea.**



PERSONNELLE FOAM HAND SOAP 251 ml SELECTED VARIETIES

NOW **2.49 ea.**



SELECTION FACIAL TISSUE 1 un. SELECTED VARIETIES

NOW **1.99 ea.**



SELECTION BATHROOM TISSUE 8 - 12 un. SELECTED VARIETIES

NOW **6.99 ea.**



SELECTION BLEACH 2.4 L

NOW **3.99 ea.**

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

FLAVOURS OF Diwali

CELEBRATE THE FESTIVAL OF LIGHTS



9.99 ea. SAPORITO VEGETABLE OR CANOLA OIL
3 L
SELECTED VARIETIES



7.99 ea. ARJUN PREMIUM BASMATI RICE
3.63 kg
SELECTED VARIETIES



BORNA DATES
PRODUCT OF IRAN
400 g
3.49 ea.



2.49 ea. BUNCH SPINACH
PRODUCT OF MEXICO OR U.S.A.



2.49 ea. SANTOSH NAAN
500 g
SELECTED VARIETIES



SEAHORSE BASA STEAKS
FROZEN, 500 g
3.99 ea.



13.99 ea. BRAR'S PURE DESI GHEE
800 g
SELECTED VARIETIES



SHER BESAN CHANA OR BRAR SWEET CORN FLOUR
1.81 kg
SELECTED VARIETIES
5.99 ea.



PILLSBURY CHAKKI ATTA
9.07 kg
SELECTED VARIETIES
11.99 ea.



1.67 ea. GITS OR NATIONAL SPICE MIXES
45 - 200 g
SELECTED VARIETIES



DIVYA LENTILS OR BLACK CHICKPEAS
1.8 - 1.81 kg
SELECTED VARIETIES
3.99 ea.



6.99 ea. DIVYA OR TATA AGNI, PREMIUM OR GOLD TEA
216 - 220'S, 1 kg, 450 g
SELECTED VARIETIES



2.49 ea. DIVYA COOKING SAUCES OR SEEDLESS TAMARIND
375 ml, 400 g
SELECTED VARIETIES



ROYAL DELIGHT SAMOSAS
FROZEN, 400 - 500 g
SELECTED VARIETIES
3.99 ea.



BEST NECTAR OR DIVYA MANGO PULP
1 L, 850 g
SELECTED VARIETIES
3.29 ea.



4.99 ea. NOOR PITTED DATES
800 g
SELECTED VARIETIES



PRIMO BEANS
540 ml
SELECTED VARIETIES
1.49 ea.



1.99 ea. PARLE ELAICHI OR MILK RUSKS
273 - 300 g
SELECTED VARIETIES



44¢ ea. MAGGI NOODLES
70 g
SELECTED VARIETIES



3.99 ea. PATAK'S COOKING SAUCE
313 - 400 ml
SELECTED VARIETIES



DIVYA SESAME OR MUSTARD OIL
500 ml
SELECTED VARIETIES
3.49 ea.



KURKURE CHIPS
115 g
SELECTED VARIETIES
1.67 ea.

Item availability varies by store.

More Great Savings



BUY MORE SAVE MORE!
2 for
6.00
LESS THAN 2 PAY 3.99 EA.
MONSTER ENERGY DRINKS
473 ml
SELECTED VARIETIES



7.99 ea.
BUBLY POP SOFT DRINKS
6 X 355 ml
SELECTED VARIETIES



8.99 ea.
MAISON PERRIER SPARKLING WATER
6 X 500 ml
SELECTED VARIETIES



18.99 ea.
COORS EDGE NON-ALCOHOLIC BEER
12 X 355 ml



BUY MORE SAVE MORE!
3 for
3.99
LESS THAN 2 PAY 1.99 EA.
HALLS COUGH DROPS
1 un.
SELECTED VARIETIES



3.49 ea.
MAYNARDS CANDIES
SELECTED SIZES
SELECTED VARIETIES



6.49 ea.
PLANTERS CRAFT BAR NUTS
550 g



LOW PRICE EVERY DAY
3.49 ea.
SELECTION PRETZELS OR SNACKS
265 - 400 g
SELECTED VARIETIES



RED BARON DEEP DISH PIZZA
318 - 326 g
SELECTED VARIETIES
4.49 ea.



RED BARON FULLY LOADED PIZZA
805 - 815 g
SELECTED VARIETIES
7.99 ea.



OREO COOKIES
224 - 270 g
SELECTED VARIETIES

BUY MORE SAVE MORE!
2 for
8.00
LESS THAN 2 PAY 4.99 EA.



2.99 ea.
CHEEZ-IT CRACKERS
191 - 200 g
SELECTED VARIETIES



6.49 ea.
NANDO'S PERI-NAISE
450 ml
SELECTED VARIETIES



3.99 ea.
CHEEMO PEROGIES
745 - 907 g
SELECTED VARIETIES



3.49 ea.
CRAVE FROZEN MEALS
200 - 340 g
SELECTED VARIETIES



6.49 ea.
EGGO WAFFLES
220 - 560 g
SELECTED VARIETIES



6.99 ea.
RIVIERA GREEK YOGOURT
650 - 750 g
SELECTED VARIETIES



4.49 ea.
LACTANTIA MARGARINE 427 g
SELECTED VARIETIES



4.49 ea.
TETLEY TEA BAGS
20 - 24 un.
SELECTED VARIETIES



15.99 ea.
McCAFÉ K-CUPS
12 un.
SELECTED VARIETIES



10.99 ea.
NUTELLA HAZELNUT SPREAD
750 g



10.99 ea.
KELLOGG'S JUMBO CEREAL
700 g - 1.05 kg
SELECTED VARIETIES



4.99 ea.
OASIS HEALTH BREAK OR SMOOTHIES JUICE
1.5 - 1.6 L
SELECTED VARIETIES



SILK BEVERAGE
1.75 - 1.89 L
SELECTED VARIETIES

BUY MORE SAVE MORE!
2 for
9.00
LESS THAN 2 PAY 5.99 EA.



6.49 ea.
KIRI CREAM CHEESE
144 g



4.99 ea.
LAUGHING COW CHEESE OR DIPPERS
133 - 140 g, SELECTED VARIETIES

Snack into the Spooky Season



11.99 ea.
GOGO SQUEEZ FRUIT SNACKS
12 X 90 g
SELECTED VARIETIES



5.49 ea.
BABYBEL MINI CHEESE
102 - 120 g
SELECTED VARIETIES



5.99 ea.
COFFEE MATE COFFEE WHITENER
828 - 946 ml
SELECTED VARIETIES



2.29 ea.
BAUDUCCO MINI PANETTONE
80 g, SELECTED VARIETIES
WHILE QUANTITIES LAST



2.49 ea.
DEL MONTE CANNED FRUIT, CORN MEDLEY OR BEAN SALAD
398 ml, SELECTED VARIETIES



4.99 ea.
ALLESSIA OR FESTA TORRONE
150 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

roll with moi

members save more

+ members-only price
+ personalized coupons
+ bonus points



NESTLÉ HALLOWEEN CHOCOLATES
50 PACK
SELECTED VARIETIES, WHILE QUANTITIES LAST

7.99 ea. members-only price

SPECIAL PRICE **10.99 ea.** for non-members



LAY'S HALLOWEEN CHIPS
40 PACK
SELECTED VARIETIES, WHILE QUANTITIES LAST

10.99 ea. members-only price

SPECIAL PRICE **11.99 ea.** for non-members



CADBURY CHOCOLATES OR MAYNARDS CANDY
45 PACK
SELECTED VARIETIES, WHILE QUANTITIES LAST

6.99 ea. members-only price

SPECIAL PRICE **7.99 ea.** for non-members



HERSHEY'S CHOCOLATES OR CANDY
100 PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

14.99 ea. members-only price

SPECIAL PRICE **15.99 ea.** for non-members



SAN PELLEGRINO SPARKLING WATER
6 X 330 ml
SELECTED VARIETIES

6.99 ea. members-only price

SPECIAL PRICE **7.99 ea.** for non-members



STARBUCKS GROUND COFFEE
340 g
SELECTED VARIETIES

9.99 ea. members-only price

SPECIAL PRICE **11.99 ea.** for non-members

SNACK GOALS

Try delicious smart snacks made with ingredients that match your lifestyle goals.

PROTEIN POWERED



2 for 5.00
SIMPLY PROTEIN BARS
40 g
SELECTED VARIETIES



60 points when you buy 2

2 for 5.00
RXBAR PROTEIN BARS
52 g
SELECTED VARIETIES



50 points when you buy 2

2 for 4.00
LÄRABAR ENERGY BARS
45 - 48 g
SELECTED VARIETIES



125 points value of $1

9.49 ea.
LÄRABAR ENERGY BARS
5 x 45 g
SELECTED VARIETIES



15.99 ea.
PURE PROTEIN PROTEIN BARS
6 x 50 g
SELECTED VARIETIES

CLIF BUILDERS PROTEIN BARS
68 g
SELECTED VARIETIES
2.99 ea.



KIND PROTEIN+ GRANOLA BARS
62 g
SELECTED VARIETIES
2 for 7.00





2 for 7.00
BAREBELLS PROTEIN BARS
55 g
SELECTED VARIETIES



BAREBELLS PROTEIN BARS
4 x 55 g
SELECTED VARIETIES
14.49 ea.



9.99 ea.
KIND PROTEIN+ BARS
4 x 62 g
SELECTED VARIETIES



2 for 7.00
PROBAR PROTEIN BARS
70 g
SELECTED VARIETIES

LIGHTLY SWEETENED



2 for 5.00
LOVE GOOD PROTEIN BARS
39 - 40 g
SELECTED VARIETIES



2 for 5.00
NO SUGAR COMPANY KETO BARS
40 g
SELECTED VARIETIES



35.99 ea.
TASTE OF NATURE BARS
16 x 40 g
SELECTED VARIETIES



60 points

4.49 ea.
QUEST TORTILLA CHIPS
32 g
SELECTED VARIETIES

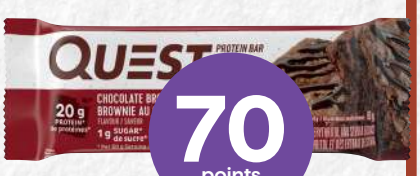


10.49 ea.
KIND THINS GRANOLA BARS
10 x 21 g
SELECTED VARIETIES



80 points when you buy 2

2 for 7.00
ONE PROTEIN BARS
60 g
SELECTED VARIETIES



70 points

5.49 ea.
QUEST PROTEIN BARS
60 g
SELECTED VARIETIES

FEEL GOOD FIBRE

TRUBAR PROTEIN BARS
50 g
SELECTED VARIETIES
2 for 5.00



PERFECT BAR PROTEIN BARS
46 - 48 g
SELECTED VARIETIES
2 for 7.00





3.79 ea.
LOVE GOOD PROTEIN BARS
60 g
SELECTED VARIETIES



3.99 ea.
LECLERC GO PURE BARS
140 - 175 g
SELECTED VARIETIES



9.49 ea.
KIND GRANOLA BARS
5 x 40 g
SELECTED VARIETIES



3.99 ea.
MADE GOOD GRANOLA BARS
150 g
SELECTED VARIETIES



50 points

3.99 ea.
KASHI GRANOLA BARS
175 g
SELECTED VARIETIES

Keto



8.49 ea.
ZEVIA SOFT DRINKS
6 X 355 ml
SELECTED VARIETIES



12.49 ea.
NUTS TO YOU ALMOND BUTTER
365 g
SELECTED VARIETIES

Gluten-Free



6.99 ea.
COOL WAY FROZEN DESSERT
500 ml
SELECTED VARIETIES



125 points value of $1

11.99 ea.
OGGI PIZZA
450 - 452 g
SELECTED VARIETIES

Organic



5.49 ea.
SUNRYPE FRUIT BITES
108 g
SELECTED VARIETIES

5.99 ea.
IMAGINE BONE BROTH
946 ml
SELECTED VARIETIES







4.99 ea.
NATURE'S PATH OATMEAL
510 - 850 g
SELECTED VARIETIES

Non-GMO



5.49 ea.
BOB'S RED MILL OATMEAL
454 g
SELECTED VARIETIES



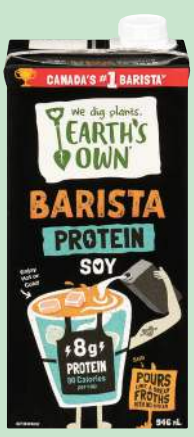
16.49 ea.
CHOSEN FOODS MAYONNAISE
710 ml
SELECTED VARIETIES



7.49 ea.
AMY'S FROZEN MEALS
235 - 284 g, SELECTED VARIETIES



4.99 ea.
GOGO QUINOA
375 g, SELECTED VARIETIES





2 for **10.00**
EARTH'S OWN BARISTA
946 ml
SELECTED VARIETIES



5.99 ea.
MARTIN'S APPLE SMASH
5 X 120 g
SELECTED VARIETIES



40 points

2.49 ea.
CHEF WOO RAMEN
71 g
SELECTED VARIETIES

Baby & Beauty







5.99 ea.
GERBER BABY SNACKS
SELECTED SIZES
SELECTED VARIETIES



LOW PRICE EVERY DAY **2.99 ea.**
PERSONNELLE BABY WET WIPES
64 un.



30.49 ea.
HUGGIES DIAPERS
SELECTED SIZES
SELECTED VARIETIES



9.99 ea.
VASELINE BODY CREAM
600 ml
SELECTED VARIETIES



13.99 ea.
NIVEA NOURISHING CREAM
400 ml





4.49 ea.
SPEED STICK DEODORANT
SELECTED SIZES
SELECTED VARIETIES



12.99 ea.
DOVE MEN+CARE BODY WASH
SELECTED SIZES
SELECTED VARIETIES

Household Helpers



3.49 ea.
ECO MAX DISHWASHING DETERGENT
740 ml
SELECTED VARIETIES



6.99 ea.
FLEECY FABRIC SOFTENER OR SHEETS
SELECTED SIZES
SELECTED VARIETIES



9.49 ea.
COTTONELLE WIPES
SELECTED SIZES
SELECTED VARIETIES



10.99 ea.
BOUNTY PAPER TOWEL
2 = 5 ROLLS



4.79 ea.
SELECTION ALL-PURPOSE CLEANER
950 ml
SELECTED VARIETIES



11.99 ea.
GLADE PLUGINS SCENTED OIL REFILLS
2 un.
SELECTED VARIETIES



6.99 ea.
FANTASTIK MULTI-PURPOSE CLEANER
650 ml
SELECTED VARIETIES



BUY MORE SAVE MORE!
2 for **16.00**
LESS THAN 2 PAY 12.49 EA.
ZIPLOC BAGS
SELECTED SIZES
SELECTED VARIETIES

BIG FLAVOUR

PUSHING THE LIMITS OF FLAVOUR™

CRISPY CRUNCH

SO TWISTY. SO TEMPTING.

5.49 ea.
SNYDER'S TWISTED PRETZEL STICKS
340 g
SELECTED VARIETIES

SNYDER'S PRETZELS
240 g
SELECTED VARIETIES
3.99 ea.

SNYDER'S PRETZEL PIECES
240 g
SELECTED VARIETIES
3.99 ea.

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18 TOYS TO DISCOVER!

playmobil®

5.49 ea.
KINDER SUPRISE MILK CHOCOLATE
3 x 20 g
SELECTED VARIETIES

8 TOYS TO DISCOVER!

HELLO KITTY® AND FRIENDS

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Smile.
Snack time just got sweeter.

3.49 ea.
GOLDFISH CRACKERS AND GRAHAM SNACKS
180 g
SELECTED VARIETIES

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Find us in the cookie aisle.

LIMITED EDITION

SNOOPY™

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BAKE WITH FALL FAVOURITES

ROBIN HOOD OATS
1 kg
SELECTED VARIETIES
3.99 ea.

Apple Crisp Cheesecake

FOR DELICIOUS FALL RECIPES VISIT
ROBINHOOD.CA

SOLO POMODORO. MUTTI PARMA

MUTTI PASTA SAUCE
660 ml
SELECTED VARIETIES
5.99 ea.

900 G

2.49 ea.
ITALPASTA PASTA
900 g
SELECTED VARIETIES

MUTTI POLPA FINELY CHOPPED TOMATOES
398 ml
SELECTED VARIETIES
2.79 ea.

4.99 ea.
MUTTI PASSATA, TOMATOES OR PIZZA SAUCE
156 - 796 ml
SELECTED VARIETIES

JANES Ready for anything!

JANES ULTIMATES OR RESTAURANT STYLE BREADED CHICKEN
FROZEN, 700.- 720 g
SELECTED VARIETIES
12.99 ea.

8.99 ea.
JANES PUB STYLE BREADED CHICKEN OR WINGS
FROZEN, 660 - 700 g
SELECTED VARIETIES

JANES ULTIMATES CHICKEN WINGS
FROZEN, 754 g
SELECTED VARIETIES
12.99 ea.

High Liner SINCE 1899

5.49 ea.
HIGH LINER CATCH OF THE DAY BREADED FISH
FROZEN, 350 g

13.99 ea.
HIGH LINER BREADED OR BATTERED FISH, PAN SEAR OR CATCH OF THE DAY FILLETS
FROZEN, 425 g - 1.32 kg
SELECTED VARIETIES

7.99 ea.
HIGH LINER SHRIMP, BREADED OR BATTERED FISH FILLETS
FROZEN, 315 - 700 g
SELECTED VARIETIES