VERSION 1

MERRY CHRISTMAS

FRESH

2.47 /lb

FRESH BUTTERBALL OR GRADE A TURKEYS
PLU 4900 (OR 3)
5 kg/kg

PINT

2.44 ea.

BLUEBERRIES 340 g
PRODUCE OF PER IN, CHILE

CANADIAN

9.88 /lb

FRESH ATLANTIC SALMON OR WILD CANADIAN HADDOCK FILLETS VALUE PACK
WHOLE, 1.5 KG

2.99 ea.

DEEP CLEAN REFRIGERATED JUICE AND DRINKS OR EARTH'S OWN BEVERAGE
MADE FOR WELL, SELECT TO MARKETS

moi rewards

i redeem and save on what i buy most often

500 points = $4 in rewards

join today and save

Effective December 19 20 21

2.99 /100 g

CHIP SHARPES PRESCOTTS, MASTRO LONG, MASTRO CHUNK OR MASTRO CHUNK PLUS CHEESE
PRODUCE OF CANADA, USA OR COLOMBIA

1/2 PRICE

EXTRA 0% 0.5 OR PRIMATE BRIE
PLU 2 PRIMATE BRIE

OVER 5 LBS OF FRUIT

22.00 ea.

CITRUS MADE MELBOURN FRUITS
PRODUCE OF USA
MINIMUM 5 lbs

SELECTION WHITE OR WHOLE WHEAT BREAD 675 g

Limit of 4 for sale

1.99 ea.

2.99 ea.

SUN CHIPS, LAY'S OR TAKIS
MADE FOR WELL, SELECT TO MARKETS

3.99 ea.

PLANTERS PEANUTS OR PLANTERS MIXED NUTS
MADE FOR WELL, SELECT TO MARKETS

24 PACK

3.49 ea.

ESKA NATURAL SPRING WATER
24 X 500 ml

metro.ca

VERSION A

MERRY CHRISTMAS

metro

SALE BY WEIGHT PRICE EXTENDED

BEEF BLADE BONE RIBS OR BONE RIBOUT CHOICE STYLE OR VALUE PACK BBQ STEAK

8.88 /lb

4.44 ea.

SCHNEIDERS BACON OR BLUE MOUNTAIN CHOICE HALF HAM

Inviting

3.99 /lb

FRESH

FRESH LAMB LEG WHOLE OR SHANK HALF

5.88 /lb

BUTTERBALL

RAISED WITHOUT ANTIBIOTICS ELEVÉ SANS ANTIBIOTIQUES

Young Turkey

FRESH BUTTERBALL TURKEY

1.98 /lb

BALDERSON

BALDERSON

CHEDDAR

5.88 ea.

CHEESECAKE CHOICE OR VARIOUS

LITTLE POTATO CO.

2.99 ea.

Gelle Vogue

BELLE CHOVE BRIE, WHITE OR CHOVIVE MOUNTAIN CHEESE

1.99 ea.

Villageois

CLASSICO

2 for 6.00

BELLAGIO BREADS OR BUNS, SEAFOOD FEAST SEAFOOD BLUE OR SEAFOOD FEAST SEAFOOD BLUE OR SEAFOOD CHOUCHOUTE OR LA FONTE

KING CRAB LEGS AND CLAWS

24.99 ea.

AQUA STAR KING CRAB OR SNOW CRAB CLUSTERS OR SEAFOOD CHOUCHOUTE

Chevrons Special Or Perfect

MONSTER LARGE CHINESE SHRIMP 41-50 CT OR TIGER SHRIMP 41-50 CT

5.99 ea.

Singles

PHILADELPHIA

3.99 ea.

EGGNOG

LACTOSAID GREATER SWEETNESS REDUCED FAT, 1% MILK, 2% MILK, SKIM MILK, CHOCOLATE MILK, BUTTERMILK

2.99 ea.

BOX OF 12

CELIF

CELIF BABY CHAUDIN BURNT CHEESECAKE OR CHOCOLATE CHEESECAKE

12.99 ea.

Yogurt

Reo

Real Dairy

4.99 ea.

GINGER ALE

PEPSI

2 for 13.00

PEPSI COLA, DIAMOND CRYSTAL OR DIAMOND CRYSTAL DIET, PEPSI COLA DIET OR PEPSI COLA 12 PACK CAN OR 355 ml BOTTLE

CRACKER BARREL

TEX MEX

CRACKER BARREL CHEESE OR AMERICAN CHEESE

5.77 ea.

Effective December 19 20 21 22 23 24 25 26 2024

All stores open December 22nd, 23rd and 26th at 7am
All stores closed on Wednesday, December 25th, 2024

New Lower Prices

5.99 /lb — BROCHETTES À L'ARTISAN MILLE MARINE SAVEUR À GRILLER 510kg

6.99 ea. — BRANDT HOLBRATSCH CHOUX, BROCHETTES À LA MONGOLIENNE LAITIER GRÉMA 1kg / BRANDT HOLBRATSCH CHOUX, BROCHETTES À LA MONGOLIENNE LAITIER GRÉMA 1kg

19.99 ea. — FROZEN SHRIMP RING 26/30 COOKED, PEELED, DEVEINED, TAIL OFF SHRIMP 1.36 kg (3 lb) / FROZEN SHRIMP RING 26/30 COOKED, PEELED, DEVEINED, TAIL OFF SHRIMP 1.36 kg (3 lb) — 2 PACK

6.99 ea. — INVINCIBLE LOW BRITANNIA PIES 900g / INVINCIBLE LOW BRITANNIA PIES 900g — 35 CENTS OFF

2 / **10.00** — LACTANTIA PURFITTES OU BLEUFRUIT CHOCOLATS PRÊTS À BOIRE 2x 236ml

5.99 — NESCAFÉ INSTANT 2x 200g / NESCAFÉ INSTANT 2x 200g

2 / **8.00** — MAISON STOKLY OU PEARL MILLING FINES HERBES OU FINES HERBES 2x 100g / MAISON STOKLY OU PEARL MILLING FINES HERBES OU FINES HERBES 2x 100g — SAVE $2.00 ON 2

6.99 ea. — ÉQUI-HOLLY YAOURT 650g / ÉQUI-HOLLY YAOURT 650g

1.49 ea. — STOVE TOP STUFFING MIX 85g / STOVE TOP STUFFING MIX 85g

3.49 ea. — LAYS DIPS 2x 200g / LAYS DIPS 2x 200g

5.99 ea. — CHICKEN BROTH 1L / CHICKEN BROTH 1L

14.99 ea. — QUALITY STREET CHOCOLATS ASSORTIS 1kg / QUALITY STREET CHOCOLATS ASSORTIS 1kg

2 / **8.00** — TRISTAR TORTILLA CHIPS OU SALSA OU NACHO CHIPS 2x 300g / TRISTAR TORTILLA CHIPS OU SALSA OU NACHO CHIPS 2x 300g

3.99 ea. — STACY'S PITA CHIPS 184g / STACY'S PITA CHIPS 184g

2 / **5.00** — SELECTION SNACKS, BISCUITS OU CHIPS 2x 200g / SELECTION SNACKS, BISCUITS OU CHIPS 2x 200g

6.99 ea. — ORVILLE REDENBACHER PAPPED CORN 283g / ORVILLE REDENBACHER PAPPED CORN 283g

2 / **4.00** — COCA-COLA CANADA DRY OU SELECTION 2L / COCA-COLA CANADA DRY OU SELECTION 2L

2 / **4.50** — OASIS, ALLIED OU SELECTION CONCENTRÉS, DES MONTS NECTAR OU SELECTION 2x 250ml / OASIS, ALLIED OU SELECTION CONCENTRÉS, DES MONTS NECTAR OU SELECTION 2x 250ml

6.99 ea. — SOMPTUEUSEMENT NATURELLE OU SOMMET SPARKLING BRANDS 473ml / SOMPTUEUSEMENT NATURELLE OU SOMMET SPARKLING BRANDS 473ml

2 / **8.00** — ÉCLAIR SYROP 1L / ÉCLAIR SYROP 1L

2.99 ea. — SUNNY'S PEACH, LITE SMART SOUP OU COCONUT WATER 1L / SUNNY'S PEACH, LITE SMART SOUP OU COCONUT WATER 1L

5.99 ea. — PEVEN FINE 2x 500g / PEVEN FINE 2x 500g

7.99 ea. — MONSTER ENERGY DRINKS 473ml / MONSTER ENERGY DRINKS 473ml

14.99 ea. — BUDWEISER 0% ALCOOLIQUE BIÈRE 12x 355ml / BUDWEISER 0% ALCOOLIQUE BIÈRE 12x 355ml

5.49 ea. — DOVE OU PANTENE SOINS PERSONNEL SELECTION 355ml / DOVE OU PANTENE SOINS PERSONNEL SELECTION 355ml

3.99 ea. — ALCAN 2x 30m / ALCAN 2x 30m — SAVE $2.00 ON 2

10.99 ea. — TIDE DÉTERGENT, CASCADE OU CLEARY SOFTENERS, CASCADE, CLEARWAY 2x 2.4L / TIDE DÉTERGENT, CASCADE OU CLEARY SOFTENERS, CASCADE, CLEARWAY 2x 2.4L

8.99 ea. — SCOTTIES SALVETTES OU SELECTION 2x 100 / SCOTTIES SALVETTES OU SELECTION 2x 100

I earn with moi rewards

45 POINTS — **7.00** ea. — CHICKEN BREAST FILLETS OU CHICKEN BREAST FILLETS OU STRIPS 1kg

25 POINTS — **7.50** ea. — GARDEN OU GARDEN SAUCE OU SELECTION 2x 500ml / GARDEN OU GARDEN SAUCE OU SELECTION 2x 500ml

75 POINTS — **11.00** ea. — BERGERS OU SELECTION 2x 1.5L / BERGERS OU SELECTION 2x 1.5L

We reserve the right to limit quantities.
DESCRIPTIONS TIRÉ PRÉCISÉMENT À LEUR PAGINÉS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at: METRO.CA
Show us your receipt and we'll donate to WHY $1,000 in groceries.

moi rewards

add your **coupons** to the **My Metro App** for these exclusive deals.

moi rewards

SAVE BIG WITH metro MEGA APP DEALS

Only until **December 25, 2024**

Save $1 **3.44** ea.

IRRESISTIBLES SPARKLING WATER
4 L
SELECTED VARIETIES

Save $4 **7.99** ea.

LINDOR CHOCOLATE BOX
156 g
SELECTED VARIETIES

Save $2.50 **1.49** ea.

SELECTION FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES

Save $2 **1.99** ea.

FRUITÉ DRINKS
1 L
SELECTED VARIETIES

DEMPSTER'S BAGELS
375 - 530 g
SELECTED VARIETIES

Save $2 **2.49** ea.

Save up to $1.50 **2.99** ea.

SELECTION FLOUR
2.5 kg
SELECTED VARIETIES

Save $3.49 **$6** ea.

IRRESISTIBLES PEPPERONI STICKS
300 g
SELECTED VARIETIES

Save $6 **4.99** ea.

ENERGIZER AA BATTERIES
8 un

LIMIT ONE REDEMPTION PER ITEM PER CUSTOMER

Offer available only on the My Metro app with a linked Moi Rewards card. Limit of one coupon redemption per Moi Rewards card, 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.

Earn and save on the app

1 download the app

2 save by adding personalized coupons every week

3 use moi rewards card at checkout

metro

food Basics

moi rewards

i earn at over 275 stores across Ontario

join today and save

Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

2.99 ea. — CRANBERRIES 340 g, Ocean Spray

3.99 ea. — BLACKBERRIES OR RASPBERRIES, Driscoll's, 170 g/PUNNET

2.99 /lb — TOMATOES ON THE VINE, Grower's Choice, 0.33 kg

1.69 /lb — SWEET POTATOES 1 kg, Grower's Choice

6.99 ea. — CLEMENTINES 1.36 kg/2 lb, Sunny Valley

1.99 /lb — LARGE CALA OR MANDARIN ORANGES, Grower's Choice, 4.53 kg

2.49 ea. — BROCCOLI OR CAULIFLOWER, Grower's Choice, 454 g

3.99 /lb — BRUSSELS SPROUTS, Grower's Choice, 0.454 kg

JUMBO

4.99 ea. — JUMBO PINEAPPLE, Grower's Choice, 1.36 kg/3 lb, GOLDEN CROWN PINEAPPLE 1.36 kg/3 lb

6.99 ea. — MONTEREREY PINEAPPLE 340 g, Fresh Fruit Florida

4.99 ea. — RUSSET POTATOES 2.27 kg, Grower's Choice

3.99 ea. — SWEET, SWEET, SWEET OR SOUL POWERED TOMATOES, Fresh Wonder, 340 g/PUNNET, 510 g/PUNNET, 680 g/PUNNET

3.99 ea. — SWEET CORN 6 pk, Grower's Choice

JUMBO

5.99 /lb — JUMBO CRUTONES 0.227 kg, Grower's Choice

3.49 ea. — SWEET BABY BROCCOLI 340 g, Grower's Choice

4.99 ea. — SWEET BUTTERNUT SQUASH, SWEET POTATOES OR BUTTERNUT 1 kg, Grower's Choice

10.99 ea. — FRESH POMEGRANATE ARILS 340 g, Grower's Choice

4.99 ea. — BLACK MISSION FIGS 340 g, Grower's Choice

2 LB

4.49 ea. — BABY CARROTS 454 g, Bathurst Farms

2.99 ea. — DRY BRAISED CHICKEN THIGHS 1.36 kg, Grower's Choice

15 points

Organic

2.99 /lb — ORGANIC NAVEL ORANGES 0.454 kg, Grower's Choice

3.79 ea. — ROLLI LETTUCE ORGANIC SLICE'R, Grower's Choice, 340 g/PUNNET, 680 g/PUNNET

2.99 ea. — ORGANIC FRUITS 340 g, Grower's Choice

5.49 ea. — ATTITUDE ORGANIC SALADS 340 g, Grower's Choice, Attitude

10 points

15 points

YOUR CHOICE THIS HOLIDAY **9.99** EACH

WHOLE PIE, CHEESECAKE OR TRUFFLE

MINI PIE OR CHEESECAKE

STORE MADE PARTY DIPS TRUFFLE DIP

STORE MADE LARGE SALAD SAVE $2.00

STORE MADE PARTY DIPS CRAB DIP

Holiday Floral

PREMIUM

20.00 ea. — GIFT CARD PREMIUM BOUQUETS 0.454 kg, Grower's Choice

39.99 ea. — NEW — FESTIVE CHRISTMAS PLANTER 0.454 kg, Grower's Choice

49.99 ea. — PETITE PLANTER 0.454 kg, Grower's Choice

35.00 ea. — CONCRETE BRIDGE CLOSE 0.454 kg, Grower's Choice, SUPPLIES LIMITED, SAVE $15.00 ON 2 PLANTERS

65 points

metro.ca

Healthy Together

MAKE THE OUT OF REACH REACHABLE

HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.

Between November 28, 2024 – December 30, 2024, Metro Inc. will match every $2.00 donation with a Metro gift card of the same value, up to a maximum of $100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Metro Employee.

Our Butcher's Finest

9.88 /lb — CATTLEMAN CHOICE BEEF CROSS RIB ROAST VALUE PACK 2.5 kg/5.5 lb CHOICE CANADA AA BEEF

9.88 /lb — 1855 CANADA CHOICE BEEF PRIME RIB ROAST 2.5 kg/5.5 lb CHOICE CANADA AA BEEF

7.99 /lb — MAPLE LEAF PRIME BACON WRAPPED JUMBO BONELESS SKINLESS CHICKEN BREAST VALUE PACK 1.5 kg

6.99 /lb — MEDIUM CEDARM BEEF VALUE PACK 1.5 kg

4.99 /lb — FRESH PORK TENDERLOIN VALUE PACK 1.8 kg

4.49 /lb — PORK LOIN CHOPS VALUE PACK ON REQUEST 1.5 kg/3.3 lb

6.99 /lb — FRESH LAMB SHOULDER CHOPS VALUE PACK 0.4 kg

10.99 /lb — FRESH LAMB LEG CROWN ROAST 2.25 kg

18.99 /lb — FRENCHED LAMB RACK WITH ROSEMARY AND GARLIC 0.8 kg

10.99 /lb — SEASONED LAMB KEBABS 2.25 kg

BUTTERBALL

4.99 /lb — BUTTERBALL FRESH TURKEY DRUMSTICKS 9.00 kg

4.99 /lb — BUTTERBALL FRESH TURKEY THIGHS 9.00 kg

6.99 /lb — BUTTERBALL FRESH TURKEY SPLIT BREAST 9.00 kg

8.99 /lb — BUTTERBALL BONELESS SKINLESS TURKEY BREAST 9.00 kg

Made in my Metro

5.99 /lb — STUFFED SWEET POTATOES WITH MEDITERRANEAN VALUE PACK 0.3 kg

6.99 /lb — HOMESTYLE HEALTHY MEATBALLS 0.4 kg

2.49 /lb — WHOLE STUFFED CHICKEN 1.6 kg

8.00 ea. — STUFFED CHICKEN BREAST 0.2 kg

LOCKED DOWN PRICES

UNTIL JANUARY 15TH, 2025

5.99 ea. — LONGONIGHT SAUSAGES 1.1 kg

5.99 ea. — LOU'S KITCHEN PEANUTS, BACON SLICED 90 g/3.17 oz

10.99 ea. — STONE ANGUS CHICKEN BREAST WITH MEATBALLS OR BREAKFAST SAUSAGE 900 g/1.98 lb

5.99 ea. — SCHNEIDERS SCHNEIDERS OVEN FRIED CHICKEN OR BREAKFAST BITES 500 g/1.1 lb/1.25 kg

5.88 ea. — BONE SUCKERS BONELESS PORK RIBS 1.5 kg/3.3 lb

8.99 ea. — FILLET TWISTERS BREADED FISH 1.36 kg/3 lb

14.99 ea. — JANES ULTIMATES BREADED CHICKEN 1.36 kg/3 lb

14.99 ea. — MONTANA'S ANGUS BEEF BURGERS OR BREAKFAST SAUSAGE MADE 1.36 kg/3 lb

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

Your GO TO
for festive feasts.
RED GRILL BEEF
1.99 ea.
SELECTION CRANBERRY SAUCE 198 ml
4/$5
9.88 /lb
10.99 /lb
SPRING LAMB
• 100% Grass fed
• Free range
• Raised without antibiotics or added hormones
3.99 /lb
21.99 ea.
14.99 ea.
2/$5
2.49 /lb

FRESH 2 GO

WE COOK, YOU HOST

19.99 ea.
FRESH 2 GO
PORK LOIN FRENCH RACK WITH PARMIGIANO POTATOES
1kg
SELL/SERVE: SERVED HOT

26.99 ea.
FRESH 2 GO
ROASTED TURKEY BREAST WITH CHICKEN POTATOES
1kg
SELL/SERVE: SERVED HOT

24.99 ea.
FRESH 2 GO
ROASTED PORK BUTTA WITH MIXED PEPPERS
1kg
SELL/SERVE: SERVED HOT

19.99 ea.
FRESH 2 GO
HERB ROAST WITH TARGIONE POTATOES
1kg
SELL/SERVE: SERVED HOT

6.50 ea.
FRESH 2 GO
SIDE DISHES
CHOICE
250 - 500 g
SELECTED VARIETIES

7.99 ea.
INNOCENTBLEU
CHOICE
500 ml
SELECTED VARIETIES

3.99 ea.
GIUSEPPE
CHOICE
SELECTED VARIETIES

7.99 ea.
STARBUCKS
CHOICE
LATTE, COCOA OR CHAI
SELECTED VARIETIES

9.99 ea.
STARBUCKS
CHOICE
COFFEE
SELECTED VARIETIES

1.99 ea.
PILLSBURY
CHOICE
SELECTED VARIETIES

3.99 ea.
SELECTION
REGULAR FORM
LOG - 300 g
SELECTED VARIETIES

BUY MORE SAVE MORE!

2/$12 Save than 2 pay $7.99 ea.
AHA
CHOICE
SPARKLING WATER
355 ml
SELECTED VARIETIES

3.99 ea.
ALLEMINIUM FOIL
PAPIER D'ALUMINIUM
50'
ALLEMINIUM FOIL
PAPIER D'ALUMINIUM
50'
SELECTION
ALUMINIUM
SELECTED VARIETIES

3.99 ea.
SAVER FOIL
ROASTER PAN
1ea.

Seafood

11.99 /lb
WILD CAUGHT YELLOWFIN TUNA OR SWORDFISH FILLET
SELECTED VARIETIES, 2.27kg

8.99 /lb
SNOW CRAB LEGS
FROZEN, SELECTED SIZES, 454g

2.99 /lb
FRESH WHOLE WHITING

14.00 ea.
CALIFORNIA ROLLS, SELECT OR SPICY TUNA ROLLS
SELECTED VARIETIES, 1.4kg

5.99 /2 lb or ea.
FRESH PACIFIC CLAMS OR FRESH CANADIAN CHOICE ORGANIC CANADIAN MUSSELS
SELECTED SIZES

5.99 ea.
GORY HEMP BALLS SWIMS
454g

11.99 ea.
HOLY MOKA CATCH OF THE DAY OR PAN SEAR FISH FILLETS
SELECTED VARIETIES, 454g

13.99 ea.
MOKA PASTEURIZED SCALLOPS OR BLUE CRAB MEAT
454g

15.99 /lb
TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS
SELECTED VARIETIES

11.99 ea.
CHELSEA BONELESS SALTED COD
454g

Irrésistible

6.99 ea.
IRRÉSISTIBLE CHOPS CALAMARI
SELECTED VARIETIES

7.99 ea.
IRRÉSISTIBLE SHRIMP SELECTED VARIETIES
SELECTED VARIETIES, 454g

9.99 ea.
IRRÉSISTIBLE MUSSELS
SELECTED VARIETIES, 454g

10.99 ea.
IRRÉSISTIBLE COCONUT SHRIMP
SELECTED VARIETIES, 454g

Breakfast Favourites

3.49 ea.
BECKER'S FRESH SMOKE HOUSE BACON

4.99 /lb
SELECTION SLAB BACON, 2 PIECE BACON
1.000kg

6.99 ea.
MAPLE LEAF NATURAL OR READY CRISP BACON
SELECTED VARIETIES

8.99 ea.
25 SELECTIONS
SUNRISE ORGANIC BAKERY
SELECTED VARIETIES

3.99 ea.
SELECTION MAIN STEAKS
SELECTED VARIETIES, 454g

4.99 ea.
10 SELECTIONS
BURNS ORGANIC BAKERY
SELECTED VARIETIES

5.99 ea.
BEYOND MEAT PLANT-BASED BREAKFAST SAUSAGE LINKS
454g

7.99 ea.
IRRÉSISTIBLES MINI BRIOCHE
SELECTED VARIETIES, 454g

Meal Ideas

3.49 /lb
LEVESQUE HALF SMOKED BONELESS SHOULDER ROAST
SELECTED VARIETIES, 1.000kg

12.99 ea.
PILLERS SAUSAGE SELECTION
SELECTED VARIETIES, 1.000kg

11.99 ea.
SELECTION CHICKEN WINGS
SELECTED VARIETIES, 1.000kg

13.99 ea.
IRRÉSISTIBLES SELECTION CHICKEN
SELECTED VARIETIES, 2.268kg

Irrésistible

5.99 ea.
IRRÉSISTIBLE SHOE SHAPED CHICKEN BITES OR CHOPS
SELECTED VARIETIES, 454g

8.99 ea.
IRRÉSISTIBLE MEATBALLS SELECTED VARIETIES, 454g

8.99 ea.
IRRÉSISTIBLE CRANBERRY BRIE OR PUFF CHICKEN PACK
454g

8.99 ea.
IRRÉSISTIBLE CHICKEN BITES WITH HOT HONEY & BACON
454g

metro.ca

Holiday Desserts

65 points

29.99 EA. FRONT STREET BAKERY BRUNSWICK CHOCOLATE BUTTER CAKE 1.4kg

Home Style Homemade cake and dessert accessories available in store

NEW

18.99 EA. FRONT STREET BAKERY YULE LOG 1.5kg

29.99 EA. FRONT STREET BAKERY CHOCOLATE CAKE 1.4kg

65 points

28.99 EA. FRONT STREET BAKERY RED VELVET TIM CHOCOLATE ALMOND STRIPE CAKE

23.99 EA. FRONT STREET BAKERY CHOCOLATE DECADENCE 1.4kg

mix match

6 FOR

13.00 FRONT STREET BAKERY SINGLE SERVE DESSERTS

3.79 EA. FRONT STREET BAKERY POMPONNETTES, BRIOCHES

FRONT STREET BAKERY BUNDT PETITES 6PK/300G

5.49 EA. FRONT STREET BAKERY ICE BOX COOKIES 12PK/300G

8.99 EA. FRONT STREET BAKERY GOURMET TWISTS 12PK/300G

40 points

4.99 EA. SUN-MAID RAISINS, CINNAMON RAISINS OR BREAKS 1.36-1.5kg

25 points

4.99 EA. MINI BRIOCHE BUNS 6PK/300G

3.99 EA. STONEFIRE BAGELS, PIZZA CRUSTS, NAAN OR NAAN WRAPS 2PK-10PK

19.99 EA. BAKERS LUXURY DECADENT VARIOUS FLAVOURS CAKE 1.4-1.6kg

50 points

DELI FAVOURITES • MEAT & CHEESE •

Premium Quality Fresh Daily

3.99 /100 g CERTIFIED LAFERME SWEET BREAKFAST SAUSAGE 500G

4.49 /100 g CATHEDRAL CITY CHEDDAR CHEESE 200G-250G

2.99 /100 g BRAMPTON CHICKEN SAUSAGE COIL, MELBY LOAF OR HONEY MAPLE SMOKED HAM

11.49 EA. PALLIO'S SAUSAGE, PEPPERONI OR SALAMI CHEESE 50-100g

7.99 EA. PRESIDENT SPREADABLE BRIE 200g

5.49 /100 g CHARCUTILE BLUE CHEESE

8.79 /100 g MASTRO CHARCUTERIE TRAY

4.49 /100 g MASTRO BRIE 125g

6.99 /100 g KANA & KANA SMOKED SALMON 100g

2 FOR 8.00 NEW YORK BAGEL CRISPS 2PK-3PK

MASTRO FINE CUT, PRAGUE OR FRANKFURT, MASTRO SALAMI, MASTRO SMOKED SAUSAGE OR CANADIAN PROSCIUTTO 100g-200g

9.99 EA.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

Valid Sunday, Oct. 5 - Saturday, Oct. 11

READY-TO-GO

SERVES 4 & 6
FRESH 2 GO
CUSTOM PIE
1 kg

YOUR CHOICE
$25 EA.

SERVES 4 & 6
FRESH 2 GO
MEAT LASAGNA
1.5 kg

9.99 EA.
SUNDRY PASTA, SAUCE & SELECT MAIN DISHES
250 g

FRESH 2 GO
MAIN COMBO TRAYS
1 kg
SELECTED VARIETIES

YOUR CHOICE
$25 EA.

FRESH 2 GO
SNACK TRAYS
450 - 600 g
SELECTED VARIETIES

YOUR CHOICE
$15 EA.

GRAB N' GO

YOUR CHOICE
$5 EA.

GARDEN FRESH
GUACAMOLE DIP, TORTILLA CHIPS, SUNDRY PICK-AND-MIX, HUMMUS DIP, TORTILLA CHIPS, FRESH 2 GO TORTILLA CHIPS
150 - 175 g, 425 ml
SELECTED VARIETIES

More Great Savings

8.00 PICO CEREAL 500 g
SELECTIONS

2 / 40.00 BUY MORE SAVE MORE
CAFÉ MAXWELL HOUSE COFFEE 1.36 kg
MACCAFÉ MAXWELL HOUSE COFFEE 1.36 kg

4.99 ea. CELESTIAL TEA 20 TEA BAGS

6.29 NESTRÉ LACTOSE FREE MILK 2 L
NESTRÉ

9.99 3 / BUY MORE SAVE MORE
BEAN DIP 500 g
MINUTE RICE BROWN RICE 2.5 kg

2.99 ea. BETTY CRACKER SCALLOPED TRANCHES 50 g

1.99 ea. CHICKEN COUNTRY CLASSICS CHICKEN STOCK 1.75 L

5.00 4 / CHUNKY AMERICAN CHEESE 500 g

3.49 ea. GAY LEA SOUR CREAM 500 ml
GAY LEA SOUR CREAM 500 ml
GAY LEA SOUR CREAM 500 ml
SELECTIONS

5.99 ea. HEIN'S MUSTARD 500 ml
HEIN'S MUSTARD 500 ml
SELECTIONS

6.49 ea. BICK'S PICKLES 1.5 L
SELECTIONS

4.49 ea. BERTOLLI SAUCE 650 ml
SELECTIONS

1.99 ea. PRIMO TOMATOES 796 ml
PRIMO TOMATOES 796 ml
SELECTIONS

2.99 ea. MINUTE MAID PINK GRAPEFRUIT JUICE 1.75 L
MINUTE MAID PINK GRAPEFRUIT JUICE 1.75 L
SELECTIONS

7.00 4 / HEINZ BEANS OR PASTA 398 ml
HEINZ BEANS OR PASTA 398 ml
SELECTIONS

6.99 ea. BELL MONTE VEGETABLE OIL 2 L
BELL MONTE VEGETABLE OIL 2 L
SELECTIONS

3.79 ea. SELECTION PARTY FOOD CHIPS 200 g
SELECTIONS

3.99 ea. MEADOWS BBQ CHIPS 200 g
MEADOWS BBQ CHIPS 200 g
SELECTIONS

7.99 ea. MOVIE TIME POPCORN 300 g
MOVIE TIME POPCORN 300 g
SELECTIONS

2.50 2 / MONTELLIER SPARKLING WATER 1.5 L
MONTELLIER SPARKLING WATER 1.5 L
SELECTIONS

4.99 ea. DOLE PINEAPPLE JUICE 1.75 L
DOLE PINEAPPLE JUICE 1.75 L
SELECTIONS

8.00 2 / ALLEN'S NECTAR 1.75 L
ALLEN'S NECTAR 1.75 L
SELECTIONS

22.49 ea. CORONA SUNBRIGHT NON-ALCOHOLIC BEER 12 x 355 ml

12.99 ea. HEINEKEN NON-ALCOHOLIC BEER 6 x 330 ml
SELECTIONS

4.99 ea. AURORA DOLCE ITALIA COLOR PANETTONE 750 g
AURORA DOLCE ITALIA COLOR PANETTONE 750 g
SELECTIONS

7.99 ea. MONTEREY DA VINCI PANETTONE 750 g
MONTEREY DA VINCI PANETTONE 750 g
SELECTIONS

8.00 2 / INVICTUS/TRUE COOKIES 300 g
INVICTUS/TRUE COOKIES 300 g
SELECTIONS

5.49 ea. INVICTUS/TRUE ASSORTMENT CRACKERS 70 g

12.99 ea. CUDA PANCORE 750 g
CUDA PANCORE 750 g
SELECTIONS

14.99 ea. DAVIS PLAIN/FLAVORED PANCORE 750 g
DAVIS PLAIN/FLAVORED PANCORE 750 g
SELECTIONS

4.99 ea. PILLSBURY CHRISTMAS COOKIES 454 g
PILLSBURY CHRISTMAS COOKIES 454 g
SELECTIONS

6.49 ea. SAUPIQUET CHRISTMAS ICE CREAM OR NOVELTY 1.5 L
SAUPIQUET CHRISTMAS ICE CREAM OR NOVELTY 1.5 L
SELECTIONS

Your GO TO
for sweet holiday favourites.
Lindt
MINI PRALINES
100 g
9.99 ea.
LINDT MINI PRALINES CHOCOLATE BOX 100 g
SELECTED VARIETIES
After Eight
5.49 ea.
NESTLÉ AFTER EIGHT CHOCOLATE 200 g
SELECTED VARIETIES
Lindt
LINDOR
7.99 ea.
LINDT LINDOR ASSORTMENT CHOCOLATES 200 g / 215 g
SELECTED VARIETIES
TOBLERONE
9.99 ea.
TOBLERONE CHOCOLATE BAR 360 g
SELECTED VARIETIES
Terry's
Orange
5.49 ea.
TERRY'S CHOCOLATE ORANGE 157 g
SELECTED VARIETIES
HERSHEY'S
Kisses
4.99 ea.
HERSHEY'S KISSES 150 g
SELECTED VARIETIES
FERRERO ROCHER
11.99 ea.
FERRERO ROCHER 375 g
SELECTED VARIETIES
TURCELLES
7.99 ea.
NESTLÉ TURCELLES
SELECTED VARIETIES
WALKER'S
4.99 ea.
WALKER'S SHORTBREAD
SELECTED VARIETIES
merci
12.49 ea.
MERCI CHOCOLATE
SELECTED VARIETIES
7.99 ea.
CADBURY MINI EGGS CELEBRATIONS 78 - 97.5 g
SELECTED VARIETIES
Mini Eggs
8.99 ea.
CADBURY MINI EGGS CHOCOLATES
SELECTED VARIETIES
While quantities last

Baking Essentials

3.99 ea. — STARKIST PLANT CHUNK ON PATCHY 85 g

3.79 ea. — EAGLE BRAND CONDENSED MILK 300 ml

5.99 ea. — ROBIN HOOD OR FINE ROGER FLOUR 2.5 kg

3.99 ea. — COCO SHORTENING 454 g

2.49 ea. — SELECTION COCONUT 200 g

5.99 ea. — E.D. SMITH PIE FILLING 540 ml

5.49 ea. — COOL WHIP WHIPPED TOPPING 500 ml

2.99 ea. — SELECTION GERMAN OR MILK CHOCOLATE 100 g

Gluten-Free

TUTTI GOURMET BISCUITS 150 g
5.49 ea.

CONCORDE VEGGIEVIE GARDEN VEGGIE STRAWS 113 g
3.49 ea.

WALKERS SHORTBREAD TRIANGLES 125 g
4.99 ea.

SUN TROPICS COCO ROLLS 113 g
4.49 ea.

LIFE SMART PEA CRACKERS 142 g
1.49 ea.

GARDEN VEGGIE TORTILLA CHIPS 113 g
4.49 ea.

VIOLIFE DARK CHOCOLATE 75 g
6.99 ea.

C. ROGERS SAUCE 250 ml
6.49 ea.

Plant-Based

EARTH BALANCE 454 g
8.49 ea.

NATURE'S NOTE ALMOND BUTTER 500 g
13.99 ea.

Organic

EAST SPRING ORGANIC TEA OR COFFEE 40 g
13.99 ea.

ORGANIC SELECTION ICE CREAM 1 L
9.99 ea.

WAKE UP & KICK ASS
9.99 ea.
ASSORTED OR ORGANIC COFFEE 340 g

ORGANIC EAT WHOLESOME CANNED VEGETABLES 540 ml
4.49 ea.

RICE KOMBUCHA 500 ml
3.99 ea.

Household Helpers and Beauty

ROYAL CHARMIN PLATES 24 s
9.99 ea.

SCOTT PAPER TOWELS OR CUPS 6 ea. OR 8 ea. ASSORTMENTS
5.99 ea.

BOUNTY NAPKINS 200 s
5.49 ea.

SELECTION SANDWICH OR FREEZER BAGS 20 s
2.49 ea.

WOOD BARREL BOURBON 750 ml
7.99 ea.

BIORÉ PORE CARE 60 s
10.99 ea.

GARNIER MICELLAR WATER 400 ml
9.99 ea.

NATIVE HAIR CARE 355 ml
9.99 ea.

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

DISCOVER

SOUTH ASIAN FOODS

DORIC
MEDITERRANEAN STYLE FETA
10.99 ea.

2.99 ea.
CRISPY CHICK FRESH PRUNE CAKE
FRESH
SELF-BAKERY

OCEAN KEWEL
SMOKED MEDITERRANEAN SEA BASS
FROZEN
9.99 ea.

7.99 /lb
CHICKEN BREAST
FROZEN BONELESS SKINLESS CHICKEN BREAST
FROZEN

TILDA
BASMATI RICE
FRESH
12.88 ea.

DAYNA
CURRYING SAUCES
FRESH
SELECTED VARIETIES
2.49 ea.

CHEESES
CHEESE BALLS OR CHEESEBALLS OR PANEER OR TOMATO KASURI METHI
FROZEN
89¢ ea.

PUBLIMENT
MILK RUSK OR PEANUTS
SELECTED VARIETIES
1.99 ea.

GARLIC
PEELED CLOVES
99¢ ea.

LARGE PURPLE SWEET POTATOES
SELECTED VARIETIES
2.27kg
99¢ /lb

metro.ca

YOUR ONLINE GROCERIES

YOUR GO-TO FOR FRESH AND EASY HOLIDAY FEASTS.

*Conditions apply. Details on metro.ca.

$80 OFF

$20 off on your first 4 online orders*

PROMO CODES
1FESTIVE
2FESTIVE
3FESTIVE
4FESTIVE

Order Now