VERSION A

MERRY CHRISTMAS

FRESH

2.47 /lb

FRESH BUTTERBALL OR GRADE A TURKEYS
PLU 4900 (10-22 lb)
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, 1.36 kg

2.99 ea.

DELIPICANE REFRIGERATED JUICE AND DRINKS OR EARTH'S OWN BEVERAGE
VARIOUS FLAVORS, SELECTED VARIETIES

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

CORE CHARCUTERIE PRESCIUTTO, MASTRO LONGA, SOPRESSATA, CAPICOLA OR SALAMI OR CORE CHARCUTERIE CHEESE, CHEDDAR OR SWISS
SELECTED VARIETIES, ON SALE UNTIL 2 PM

1/2 PRICE

EXTRA 0% ILS DE PRIMES ARE
PLUS PRIX REGULIER

OVER 5 LBS OF FRUIT

22.00 ea.

CITRUS MADE IN NATURE FRUITS
PRODUCE
PLU 4011 (Pkg. 1 lb)
Pkg. 2.27 kg

SELECTED WHITE OR WHOLE WHEAT BREAD 675 g

Limit of 4 for sale

1.99 ea.

2.99 ea.

LAY'S, RUFFLES, TUC CRISPS, SUN CHIPS, SUNCHIPS OR LAY'S OR SUNCHIPS TORTILLA CHIPS
VARIOUS SIZES AND VARIETIES

3.99 ea.

PLANTERS PEANUTS OR PLANTERS MIXED NUTS
VARIOUS SIZES AND VARIETIES

24 PACK

3.49 ea.

ESKA NATURAL SPRING WATER
500 ml

metro.ca

VERSION A

MERRY CHRISTMAS

metro

New Lower Prices

5.99 lb. — DELICATESSEN ARTISAN DRY MARINADED BACON
6.99 ea. — MAXIMUM TOUR DE FRANCE ARCHITECTURE COLLECTION MONDOUBLE CUTTER CARDIN 20 ML/0.68 FL OZ
19.99 ea. — SUPER FUSION MIX, SUSHI PINK GRAPEFRUIT, SUSHI MANGO, SUSHI CHERRY BLOSSOM 6 PACK
6.99 ea. — INVICTUS DEODORANT 150 ML/5 FL OZ
2.49 ea. — UNICO OLIVE OIL, SPICY OLIVE OIL, GARLIC OIL, HOT PEPPER OIL
2.99 ea. — PASTENE PLAIN BREAD CRUMBS, ITALIAN FLAVOURED BREAD CRUMBS
8.99 ea. — PACI BISCOTTI, PACI CHOCOLATES
27.99 ea. — JOHNNY STREET BAKERY CHOCOLATE CHUNK CAKE 1 kg
2 for 10.00 — LA SENTINELLE PARFAITS OR QUARTERS CHOCOLATE MILK 500 ml/16 fl oz
GRAB & GO! **12.99** ea. — BECKONS COFFEE WHOLE BEAN COFFEE 1 kg
GRAB & GO! **2 for 8.00** — MAISON ERIKA OR PURE MALLOW MARSHMALLOWS, TABLE SYRUP
6.99 ea. — IOGO NANO MILKY YOGHURT 500 g
1.49 ea. — STONE TOP STUFFING MIX 85 g
5.99 ea. — MAISON DU PLATO SOUPS OR SOUP 1.75 L
3.49 ea. — LIFE SMART ORGANIC CHICKEN OR FRESH VEGETABLES 1.5 L
14.99 ea. — QUALITY STREET CHOCOLATE BOXES, CHOCOLATE SELECTION BOXES, CHRISTMAS CRACKERS, CHRISTMAS TREE DECORATIONS
2 for 8.00 — TACOS TORTILLA CHIPS OR SALSA OR NACHO CHIPS 300 g/10.58 oz
3.99 ea. — STACY'S PITA CHIPS 184 g/6.5 oz
2 for 5.00 — SELECTION SNACKS, SELECTION CHIPS, ANGELLO'S CHIPS OR POPCORN 150 g/5.29 oz, 200 g/7.05 oz, 300 g/10.58 oz
2 for 4.00 — COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS 2 L
5.99 ea. — FUZE TEA DRINKS 1.75 L
2 for 4.50 — DOLE ALLIANCE PREMIUM FRUIT CUPS, DOLE MIXED NUTS OR ARIZONA ICED TEA 473 ml/16 fl oz, 170 g/6 oz, 946 ml/32 fl oz
6.99 ea. — CAMPO LEGANO NATURAL OR FLAVOURED SPARKLING DRINKS 750 ml/25.4 fl oz
2 for 8.00 — OCEAN SPRAY CRANBERRY JUICE OR COCKTAIL 1.75 L/59.2 fl oz
5.49 ea. — DOVE OR PANTENE PUDDING CARE 355 ml/12 fl oz
3.99 ea. — DANDY BLOOM, MAGIC MELTS OR MAGIC MELTS PREMIUM OR GLAD MAGIC MELTS 30 ml/1 fl oz
10.99 ea. — TIDE DETERGENT, TIDE PODS, TIDE SIMPLY CLEAN & FRESH OR CASCADE, CASCADE ACTION DISHWASHER DETERGENT 1.47 L/49.7 fl oz, 1.2 L/40.6 fl oz, 1.1 L/37.2 fl oz
8.99 ea. — CLEANMORE DISINFECTANT SPRAY 400 ml/13.5 fl oz, OR CLEANMORE FACIAL TISSUE 100 sheets

I earn with moi rewards

45 moi points — 2 for 7.00 — GREEN GIANT FROZEN VEGETABLES, FROZEN SELECTIONS 300 g/10.6 oz
25 moi points — 2 for 7.50 — HEFTY CLEANERS OR HEFTY CLEANERS OR CLEAN & GREEN 1.42 L/48 fl oz
75 moi points — 2 for 11.00 — MAISON OR ST-CESAIRE DARK DECA, DEMI-SEC OR DRY PETITS 12 x 250 ml/8.5 fl oz, 750 ml/25.4 fl oz

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

We reserve the right to limit quantities.
EXCEPTIONS: TAX PROCEEDS & GIFT CARDS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Accepted in Canada only. Not redeemable for cash. Not valid on previous purchases.

Visit us at: metro.ca
Show us your receipt and get a $5 discount for MIN. $1,000 in groceries.

Effective Thursday, December 4 to Wednesday, December 10, 2025

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
FRESH FRUIT

3.99 ea. BLACKBERRIES OR RASPBERRIES OR BLUEBERRIES 170 g
FRESH FRUIT

2.99 /lb. TOMATOES ON THE VINE
FRESH VEGETABLES 0.336 kg

1.49 /lb. CHICKY FENNEL
FRESH VEGETABLES 0.454 kg

6.99 ea. CLEMENTINES 454 g/10 oz
FRESH FRUIT

11.99 ea. FRESH ORIGINS
FRESH FRUIT

2.49 ea. BROCCOLI BUNCHING
FRESH VEGETABLES

3.99 /lb. BRUSSELS SPROUTS
FRESH VEGETABLES 0.908 kg

1.99 /lb. LARGE GREEN BELL PEPPERS
FRESH VEGETABLES 0.454 kg

4.99 ea. FIRM BAKERS 2.27 kg
FRESH VEGETABLES

1.69 /lb. SWEET POTATOES
FRESH VEGETABLES 0.454 kg

3.99 ea. SWEET ONIONS, SWEET RED ONIONS OR ORANGE ONIONS
FRESH VEGETABLES

JUMBO

4.99 ea. SINGLE FINE APPLE
FRESH FRUIT
GOLDEN CROWN PINEAPPLES 2.27 kg

6.99 ea. SUNSWEET PRUNEPRIMES 454 g
DRIED FRUIT

3.49 ea. SWEET BABY BROCCOLI
FRESH VEGETABLES

4.99 ea. SWEET POTATO FRIES, SWEET POTATO CUBES OR BUTTERNUT
FRESH VEGETABLES

10.99 ea. FRESH POMEGRANATE ARILS
FRESH FRUIT

JUMBO

5.99 /lb. BRUSSELS SPROUTS
FRESH VEGETABLES 0.454 kg

2 LB

4.49 ea. BABY CARROTS 454 g
FRESH VEGETABLES

DIPPY BABY CARROTS
FRESH VEGETABLES

2.99 ea. 15 points

Organic

2.99 /lb. ORGANIC NAVEL ORANGES
FRESH FRUIT 0.336 kg

3.79 ea. FOCO LARGE ORGANIC SLICED SOURDOUGH WHITE OR GRAIN
FROZEN BREAD 454 g

10 points

2.99 ea. ORGANIC FRESH ORGANIC HERBS 30 g
FRESH VEGETABLES

ATTUNE ORGANIC SALADS
FRESH VEGETABLES
Mesclun Mix, Spring Mix, Baby Spinach, Baby Kale, Baby Arugula, Baby Spring Mix 142 g

5.49 ea. Altitude
FROZEN VEGETABLES

YOUR CHOICE THIS HOLIDAY
9.99 EACH
WHILE QUANTITIES LAST

HOT OR COLD

MINI PIROGIES FROM THE DELI

STORE MADE PARTY DIPS FROM THE DELI

STORE MADE LARGE SALADS FROM THE DELI

Holiday Floral

PREMIUM

GIFT CARD

20.00 PREMIUM FRESH ROSES
FLORAL

NEW

39.99 ea. ASSORTED CHRISTMAS PLANTER
FLORAL

PETITE POINSETTIA PLANTER
FLORAL

49.99 ea. 65 points

35.00 CONCETTA BROCCOLI
FRESH VEGETABLES
SERVING SUGGESTION ONLY

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

NEW

Cran-Merry Orange Refresher

SEASONALLY INSPIRED FLAVOURS OF SWEET ORANGE, TART CRANBERRY AND WARM SPICE SHAKEN WITH ICE, WATER, AND DELICIOUS CRANBERRY INCLUSIONS.

ORDER AHEAD & SAVE TIME

Use the Starbucks® app to place your order, then pick up at the Starbucks café in Metro.

STARBUCKS®

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 festive spirits

JACOB'S CREEK MOSCATO ROSÉ 750 ml
Pink Moscato
Australia
Dessert/Sweet

13.04 ea.

WHITE CLAW HARD SELTZER 6/355 ml
Assorted Flavours

2.96 ea.

RUFFINO LUMINO PINOT GRIGIO 750 ml
Pale straw. Apple blossom.

13.94 ea.

MASI CAMPOFIORIN RSV 750 ml
Italy
Veneto Valpolicella Ripasso
Dry/Savoury

21.77 ea.

KEN COLLAR CABERNET SAUVIGNON 750 ml
Pale violet. Rich of fruits

17.48 ea.

SAVE $2

JACKSON-TRIGGS SPARKLING WINE 750 ml

13.71 ea.

17.48 ea.

STONEGATE CHARDONNAY BLANC 750 ml
Pale with chic. Great in White Heat

12.17 ea.

OPEN SHOOTER RED 187 ml
Pale with Vanilla
or Apricots

12.17 ea.

MILLER FAMILY RESERVE CHARDONNAY 750 ml
Pale with Apple/
Melon Vegetables

13.05 ea.

YELLOW TAIL SHIRAZ 750 ml
Pale with
Chocolate/Jam

SAVE $2

JACKSON-TRIGGS CABERNET SAUVIGNON 750 ml

MAKE MERRY WITH MORE SELTZERS

8 PACK
VODKA SODA 355 ml

18.72 ea.

LITTLE SPRINGS CLASSIC WHITE WINE SPRITZER 355 ml

12 PACK
TWISTED TEA 355 ml

25.49 ea.

TWISTED TEA HARD SELTZER 12/355 ml

GIN SMASH 355 ml
ORIGINAL LEMON

2.74 ea.

LEMONADE GIN SMASH 355 ml

JACKSON-TRIGGS PINOT GRIGIO 750 ml

33.18 ea.

JACKSON-TRIGGS PINOT GRIGIO 3L

The advertised unlatched prices exclude taxes and deposit fees, which will be added at checkout. The final price remains unchanged.

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

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

UNWRAP THE SAVINGS

Boxing Week MEGA SALE!

ENTIRE BRANDS UP TO **40% off**

Dec. 19, 2024 – Jan. 1, 2025

health

- Entire Brand Up To 40% Off — **Organika** Enhanced Collagen
- Entire Brand Up To 40% Off — **Provita** Lion's Mane 5000
- Entire Brand Up To 40% Off — **Clef Des Champ.** Astragalus
- Entire Brand Up To 35% Off — **NOW** Quercetin Phytosome
- Entire Brand Up To 35% Off — **Heal + Co.** Ashwagandha
- Entire Brand Up To 35% Off — **A. Vogel** GoodNight!
- Entire Brand Up To 30% Off — **AOR** Zinc And Copper Balance
- 30% Off — **Atrantil** IBS Relief
- Entire Brand Up To 30% Off — **Progressive** MultiVitamin Men 50+
- Entire Brand Up To 25% Off — **AquaOmega** High EPA
- Entire Brand Up To 25% Off — **Prairie Naturals** Vigor Force
- Entire Brand Up To 20% Off — **CanPrev** L-Theanine with Magnesium
- Entire Brand Up To 20% Off — **Natural Factors** Coenzyme Q10 *Nature's Source Exclusive*
- Entire Brand Up To 25% Off — **Sisu** Ester-C Supreme
- Entire Brand Up To 30% Off — **Arcwell** NMN Powder
- Entire Brand Up To 25% Off — **Dr. Klein's** Keep Calm For Kids Black Current

grocery

- 2 FOR $5 — **Daryl's Bars** Vegan Chocolate Chip Cookiedough
- 25% Off — **The Cultured Coconut** Cultured Milk Probiotic

expert

- Great Price — **Genestra** HMF Forte
- Great Price — **Biomed** Bonesure

fitness

- Entire Brand Up To 40% Off — **Cwench** Hydration Mix Rainbow Swirl
- Entire Brand Up To 40% Off — **Blessed** Protein Powder Peanut Butter Cups
- Entire Brand Up To 30% Off — **Confident Sports** Glutamine
- Entire Brand Up To 30% Off — **Garden of Life** All-In-One Shake
- Entire Brand Up To 35% Off — **Vega One** Protein Chocolate
- 2 FOR $99 — **SON Formula**
- Entire Brand Up To 30% Off — **Organika** Creatine

beauty

- Entire Brand Up To 35% Off — **NOW** Rosemary Oil
- Entire Brand Up To 15% Off — **Sensible** Liquid Soap Lavender
- Entire Brand Up To 25% Off — **Nelson Naturals** Crush & Swsh Mouthwash Tablets

nature's signature

Find Your Nearest **Location**

metro.ca
YOUR ONLINE GROCERIES
YOUR
GO-TO
FOR FRESH AND EASY HOLIDAY FEASTS.
$80
OFF
$20 off on your first 4 online orders*
PROMO CODES
1FESTIVE
2FESTIVE
3FESTIVE
4FESTIVE
Order Now
Conditions apply. Details on metro.ca.