VERSION A

MERRY CHRISTMAS

FRESH

2.47 /lb

Fresh Butterball or Eagle A Turkeys. 5.44kg
Dindons frais Butterball ou Eagle A. 5.44kg

PINT

2.44 ea.

Blueberries 1ez
Bleuets 1onz.
Product of/Produit CHILE, USA, MEX

CANADIAN

9.88 /lb

Fresh Atlantic Salmon or Arctic Canadian Char 1.36kg
Frais de saumon atlantique ou d'omble canadien de l'Arctique 1.36kg

2.99 ea.

Maple and Wildgourmet Sauce and Drizzle or Earth's Own Flavored Almond Milk
Sauce et Drizzle de Wildgourmet ou Earth's Own Lait d'amandes aromatisé
Not on Discounts or Promotions
Pas sur les escomptes ni promotions
CHANGES DECEMBER 1 / MODIFIÉ LE 1 DÉCEMBRE

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i redeem and save on what i buy most often

500 points = $4 in rewards

join today and save

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Effective December 19 20 21

2.99 /100 g

Lactose Free Mozzarella, Ricotta Cotta, Ricotta Salata, Ricotta Affumicata, Mozzarella or Provolone 125-150g
Fromages Sans Lactose, Ricotta de Vache, Ricotta Salata, Ricotta Affumicata, Mozzarella ou Provolone 125-150g

1/2 PRICE

Cocktail de Mer Frozen Sea Cocktail 454g
Brise-Tempête Sea Breeze Frozen Cocktail Mix 454g

22.00 ea.

Fruit Bowl, Medium 5 kg
Bol de fruits, moyen 5 kg
Product of/Produit CHILE

Fruitcake de Noël aux raisins et pépins en sirop de sucre
Christmas Fruitcake
Not on Discounts or Promotions
Pas sur les escomptes ni promotions

Lower Sodium White or Black Beans 398ml
Haricots blancs ou noirs à teneur réduite en sel 398ml

Limit of 10 per sale

1.99 ea.

2.99 ea.

Sun Chips Gold Flax, Red Pepper, Sweet Mex, Lay's Classic, Lay's Kettle Cooked Wavy 200g
Takis Fuego 280g
Croustilles de Lay's Nature Sweet, Red Pepper, Sweet Mex, Lay's Classic, Lay's Kettle Cooked Wavy 200g
Takis Fuego 280g

3.99 ea.

Planters Nuts or Cocktail Mix 200g
Noix Planters ou mélange de cocktail 200g
Not on Discounts or Promotions
Pas sur les escomptes ni promotions
CHANGES DECEMBER 1 / MODIFIÉ LE 1 DÉCEMBRE

3.49 ea.

Eska Natural Spring Water
Eau de source naturelle Eska
24 x 500ml

metro.ca

VERSION A

MERRY CHRISTMAS

metro

New Lower Prices

5.99 lb. — Innovations de Veau Sur Place Cordon Bleu Farci Au Jambon
Veal Innovations Cordon Bleu Stuffed With Ham
0.25kg

6.99 ea. — Brandt Delicious Chili, Homestyle Beans, Vegetarian Bean Soupe Or Pinto Bean Soupe
Brandt Delicious Chili, Homestyle Beans, Vegetarian Bean Soupe Or Pinto Bean Soupe
19 - 28 oz/540 - 796 ml

19.99 ea. — Nestlé Stouffer's Frozen Family Size Meal Pack Assortment, Lasagna, Chicken Pot Pie, Beef Cottage Pie
Nestlé Stouffer's Frozen Family Size Meal Pack Assortment, Lasagna, Chicken Pot Pie, Beef Cottage Pie
2 PACK
Valid Jan 22-28 2026 2

6.99 ea. — Innovations Artisan Pain Frais Au Levain Tranché
Innovations Artisan Fresh Sliced Sourdough Bread
Frozen
Valid Jan 22-28 2026 2
35 CENTS OFF

2 / 10.00 — La Crème Parfait Or Parfait Fraise Bleuets
La Crème Parfait Or Parfait Strawberry Blueberry
Or Parfait
Valid Jan 22-28 2026 2
2 x 1.5 L

5.99 ea. — Nescafé Dolce Gusto Coffee Pepe Mocaccino Or Coffee Pepe Mocaccino
Nescafé Dolce Gusto Coffee Pepe Mocaccino Or Coffee Pepe Mocaccino
Valid Jan 22-28 2026 2
10 - 12 pk/90 - 108 g

2 / 8.00 — Pepperidge Farm Farmhouse Or Classic Stuffing Mix
Pepperidge Farm Farmhouse Or Classic Stuffing Mix
Valid Jan 22-28 2026 2
2 x 1 L

6.99 ea. — Yogo Multi Yogurt Pouches Assortment
Yogo Multi Yogurt Pouches Assortment
Valid Jan 22-28 2026 2
12 x 90 g

1.49 ea. — Stove Top Stuffing Mix Or Cranberry Sauce
Stove Top Stuffing Mix Or Cranberry Sauce
Valid Jan 22-28 2026 2

3.49 ea. — Les Delices Vinaigrette Or Sauce Pour Salade
Les Delices Vinaigrette Or Salad Sauce
Valid Jan 22-28 2026 2
Assorties, sauf Délices Grand Mère
Assorted, except Délices Grand Mère

5.99 ea. — Maple Leaf Chicken Breasts
Maple Leaf Chicken Breasts
Valid Jan 22-28 2026 2
Congelé de Porc Et Bœuf Or Tofu
Frozen Pork or Beef or Tofu
Excellent au coupe-frites de Pacific
Excellent for Pacific fry cutter

13.99 ea. — Quality Street Assortiment Chocolats Européens Essentiels
Quality Street Assortment European Essentials
Valid Jan 22-28 2026 2
Quality Street ou Assortiment Chocolats Européens Essentiels
Quality Street or Assortment European Essentials
Valid Jan 22-28 2026 2
1.4 - 1.5 kg

2 / 8.00 — Doritos Tortilla Chips or Cool Ranch Chips
Doritos Tortilla Chips or Cool Ranch Chips
Valid Jan 22-28 2026 2
Croustilles de tortillas ou saveur Cool Ranch
Tortilla chips or Cool Ranch flavour
Valid Jan 22-28 2026 2
2 x 300 g

3.99 ea. — Tostitos Pita Chips
Tostitos Pita Chips
Croustilles de pita Tostitos
Tostitos Pita Chips
Valid Jan 22-28 2026 2
Assorties, sauf Tortillas Grand Mère
Assorted, except Tortillas Grand Mère

2 / 5.00 — Delicious Snacks, Doughnut Holes or Innovations Pita Pocket Sandwiches
Delicious, Injoyeuses Doughnut Holes or Innovations Pita Pocket Sandwiches
Valid Jan 22-28 2026 2
Assorties, sauf Innovations
Assorted, except Innovations
2 x 1.5 L

6.99 ea. — Bi-Mills Buckwheat Or Popping Corn Or Pancake Mix
Bi-Mills Buckwheat Or Popping Corn Or Pancake Mix
Valid Jan 22-28 2026 2
Assorties, sauf Bi-Mills Sarrasin Bio
Assorted, except Bi-Mills Organic Buckwheat

2 / 4.00 — Coca-Cola, Canada Dry Or Fanta Soft Drinks
Coca-Cola, Canada Dry Or Fanta Soft Drinks
Valid Jan 22-28 2026 2
Assorties, sauf Coca-Cola Zero
Assorted, except Coca-Cola Zero
2 x 2 L

2 / 4.50 — Welch's White Grape Juice
Welch's White Grape Juice
Jus de raisin blanc Welch's
Welch's White Grape Juice
Valid Jan 22-28 2026 2
Assorties, sauf Welch's Bio
Assorted, except Welch's Organic
1.89 L

6.99 ea. — Campbell's Soup, Swanson or Pacificos Sparkling Drink
Campbell's Soup, Swanson or Pacificos Sparkling Drink
Valid Jan 22-28 2026 2
Assorties, sauf Pacificos
Assorted, except Pacificos
2 x 1.5 L

2 / 8.00 — Ocean Spray Cranberry Juice Cocktail
Ocean Spray Cranberry Juice Cocktail
Valid Jan 22-28 2026 2
Jus de canneberge de Ocean Spray
Ocean Spray Cranberry Juice
2 x 1.75 L

2.99 ea. — Kashi Pure Cereal, 12% Cream Cream or Cream Cream Cereal
Kashi Pure Cereal, 12% Cream Cream or Cream Cream Cereal
Valid Jan 22-28 2026 2
Céréales Kashi à saveur Pétales d'avoine
Kashi Cereal Oat Flakes Flavour
Valid Jan 22-28 2026 2
Assorties, sauf Céréales Kashi Bio
Assorted, except Kashi Organic Cereal
1.1 - 1.2 kg

5.99 ea. — Pevan Fine Or Pevan Fine Cooking Cream
Pevan Fine Or Pevan Fine Cooking Cream
Valid Jan 22-28 2026 2
Assorties, sauf Pevan Fine Bio
Assorted, except Pevan Fine Organic
2 x 1 L

7.99 ea. — Atypique Cheese Sticks
Atypique Cheese Sticks
Bâtonnets de fromage Atypique
Atypique Cheese Sticks
Valid Jan 22-28 2026 2
Assorties, sauf Bio
Assorted, except Organic
2 x 1.5 kg

14.99 ea. — Budweiser Zero Alcohol Beer
Budweiser Non-Alcoholic Beer
Bière Budweiser sans alcool
Budweiser Zero
Valid Jan 22-28 2026 2
Assorties, sauf Bud Light
Assorted, except Bud Light
2 x 355 ml

5.49 ea. — Dove Or Degree Deodorant Or Antiperspirant
Dove Or Degree Deodorant Or Antiperspirant
Valid Jan 22-28 2026 2
Soins personnels
Personal Care
Valid Jan 22-28 2026 2
Assorties, sauf Dove Men+Care
Assorted, except Dove Men+Care

3.99 ea. — Bumble Bee Tuna Or Bumble Bee Tuna Flavoured Or Bumble Bee Tuna Flavoured Seasoned
Bumble Bee Tuna Or Bumble Bee Tuna Flavoured Or Bumble Bee Tuna Flavoured Seasoned
Valid Jan 22-28 2026 2
Assorties, sauf Bio
Assorted, except Organic
2 x 170 g

10.99 ea. — Tide Detergent, Tide Pods, Gain Detergent, Cascade, Dawn Dishwashing Liquid
Tide Detergent, Tide Pods, Gain Detergent, Cascade, Dawn Dishwashing Liquid
Valid Jan 22-28 2026 2
Assorties, sauf Tide Free & Gentle, Gain Ultra, Cascade Platinum
Assorted, except Tide Free & Gentle, Gain Ultra, Cascade Platinum
Valid Jan 22-28 2026 2
Assorties, sauf Dawn Ultra
Assorted, except Dawn Ultra
2 x 1.47 L

8.99 ea. — Cashmere Bathroom Tissue, Scott Paper Towels, Scott Bathroom Tissue
Cashmere Bathroom Tissue, Scott Paper Towels, Scott Bathroom Tissue
Valid Jan 22-28 2026 2
Assorties, sauf Cashmere Bathroom Tissue Bleu
Assorted, except Cashmere Bathroom Tissue Blue

I earn with moi rewards

45 POINTS — 7.00 — Cuisine Coupe Et Saute Vegetables Or Cuisine Coupe Et Saute Vegetables
Valid Jan 22-28 2026 2
Légumes de cuisine coupe et saute
Cuisine Cut and Saute Vegetables
Valid Jan 22-28 2026 2
Assorties, sauf Bio
Assorted, except Organic
2 x 1.5 kg

25 POINTS — 7.50 — Heinz Condiments Or Heinz Ketchup Or Heinz Ketchup Organic
Heinz Condiments Or Heinz Ketchup Or Heinz Ketchup Organic
Valid Jan 22-28 2026 2
Condiments de Heinz
Heinz Condiments
Valid Jan 22-28 2026 2
Assorties, sauf Bio
Assorted, except Organic
2 x 1 L

75 POINTS — 11.00 — Bergers Gourmet Or Bergers Gourmet Organic
Bergers Gourmet Or Bergers Gourmet Organic
Valid Jan 22-28 2026 2
Assorties, sauf Bio
Assorted, except Organic
2 x 1.5 kg

Moi Rewards Ice Cream Bar, Bon & Bon or Ice Cream Bar Cake
Valid Jan 22-28 2026 2
Barre de crème glacée Moi Rewards, crème glacée Bon & Bon ou sac-bonbon
Valid Jan 22-28 2026 2
Assorties, sauf Bio
Assorted, except Organic

We reserve the right to limit quantities.
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SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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Valid Jan 22-28 2026

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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.

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1 download the app

2 save by adding personalized coupons every week

3 use moi rewards card at checkout

metro

Jean Coutu

i earn at over 275 stores across Ontario

join today
and save

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Farm Fresh Produce

2.99 ea. — Cranberries 454g / Canneberges 454g

3.99 ea. — Blueberries or Raspberries 125g / Canneberges 125g, Fraises ou Bleuets 125g

2.99 /lb — Tomatoes on the Vine / Tomates en grappe 625kg

1.49 /lb — Sweet Potatoes / Patates douces 1.36kg

6.99 ea. — Clementines 454g / Clémentines 454g, Clementines 454g / Clémentines 454g, Organic Lemons / Citrons biologiques 454g

1.99 /lb — Bell Pepper Multicolour Assortment / Poivron multicolore assorti 1.36kg, Assorted Capsicum Combo / Combinaison de poivrons assortis 1.36kg

2.49 ea. — Broccoli Crowns / Couronnes de brocoli 454g, Cauliflower de Broccoli / Chou-fleur de brocoli 454g

3.99 /lb — Brussels Sprouts / Choux de Bruxelles 1.36kg, Choux de Bruxelles biologiques 1.36kg

JUMBO

4.99 ea. — Sweetest Pineapple / Ananas le plus sucré 1.36kg, Pineapples / Ananas 1.36kg, Pineapple Wedges / Quartiers d'ananas 1.36kg, Organic Pineapple / Ananas biologique 1.36kg

6.99 ea. — Strawberries / Fraises 454g, Organic Strawberries / Fraises bio 454g

4.99 ea. — Yellow Potatoes / Pommes de terre jaunes 2.27kg

3.99 ea. — Lettuce Hearts Romaine / Coeurs de laitue romaine 454g, Lettuce Hearts Romaine / Coeurs de laitue romaine 454g, Organic Hearts Romaine / Coeurs de laitue romaine biologiques 454g

3.99 ea. — Lettuce / Laitue 454g, Romaine Lettuce / Laitue romaine 454g, Romaine Lettuce / Laitue romaine 454g, Romaine Lettuce / Laitue romaine 454g, Organic Romaine Lettuce / Laitue romaine biologique 454g

15 points

JUMBO

5.99 /lb — Roasted Chestnuts / Marrons rôtis 1.36kg, Roasted Chestnuts / Marrons rôtis 1.36kg

3.49 ea. — Sweet Baby Broccoli / Petits brocolis 454g, Baby Broccoli / Petits brocolis 454g

4.99 ea. — Cubed Butternut Squash / Courge Butternut cubée 1.36kg, Sweet Potatoes / Patates douces 1.36kg, Cubed Butternut Squash / Courge butternut cubée 1.36kg, Organic Butternut Squash / Courge butternut biologique 1.36kg

10.99 ea. — Fresh Pomegranate Arils / Arilles de grenade fraîches 454g, Arils de grenade fraîches 454g

4.99 ea. — Black Mexican Pepper / Poivre noir mexicain 454g, Organic Black Mexican / Poivre noir mexicain biologique 454g

2 LB

4.49 ea. — Baby Carrots / Carottes 454g, Carottes biologiques 454g

2.99 ea. — Bio Shallots / Échalotes bio 454g, Shallots / Échalotes 454g, Organic Shallots / Échalotes biologiques 454g

15 points

Organic

2.99 /lb — Organic Navel Oranges / Oranges Navel biologiques 1.36kg, Organic Cara Cara Oranges / Oranges Cara Cara biologiques 1.36kg

3.79 ea. — Bella Lauren Organic Sliced Apples or Canada Gala Apples / Pommes biologiques tranchées ou pommes Canada Gala, Bella Lauren Organic Sliced Apples / Pommes biologiques tranchées Bella Lauren, Organic Sliced Apples / Pommes biologiques tranchées

10 points

2.99 ea. — Alternate Organic Cards / Cartes biologiques ALTERNATE, Alternate Organic Berries / Baies biologiques ALTERNATE, Alternate Organic Cantaloupe / Melon d'eau biologique ALTERNATE

5.49 ea. — Altitude Organic Hass Avocados / Avocats biologiques Hass Altitude, Altitude Organic Hass Avocados / Avocats biologiques Hass Altitude

YOUR CHOICE THIS HOLIDAY

9.99 EACH

www.metro.ca/your-choice-this-holiday

Pumpernickel Trail Mix 454g / Mélange de pumpernickel Trail Mix 454g

Charcuterie Tray Mix / Tray Mix Charcuterie 454g, Charcuterie Tray Mix / Tray Mix Charcuterie 454g, Charcuterie Tray Mix / Tray Mix Charcuterie 454g

Dairy Fresh Large Square Tray / Grand plateau carré de produits laitiers 454g

Dairy Fresh Large Square Tray / Grand plateau carré de produits laitiers 454g

Holiday Floral

PREMIUM

GIFT CARD

20.00 — Premium Holiday Arrangement / Arrangement de Noël Premium, Premium Holiday Arrangement / Arrangement de Noël Premium, Premium Holiday Arrangement / Arrangement de Noël Premium

NEW

39.99 ea. — Premium Centerpiece Planter / Jardinière centrale de luxe, Premium Centerpiece Planter / Jardinière centrale de luxe, Premium Centerpiece Planter / Jardinière centrale de luxe

49.99 ea. — Poinsettia Bouquet / Bouquet de poinsettias, Poinsettia Bouquet / Bouquet de poinsettias, Poinsettia Bouquet / Bouquet de poinsettias

65 points

35.00 — Grand Fall Bouquet / Grand bouquet d'automne, Grand Fall Bouquet / Grand bouquet d'automne, Grand Fall Bouquet / Grand bouquet d'automne

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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 — Beef Eye of Round Cube Steak Family Pack
Aloyau de bœuf en cubes
0.09 kg

9.88 /lb — Beef Grilled Cut Carve Prime Rib Roast
Rôti de côtes de bœuf coupé à griller
0.09 kg

7.99 /lb — Maple Leaf Prime Boneless Skinless Chicken Breast Value Pack
Poitrines de poulet de grande série sans antibiotiques sans os ni peau
0.09 kg

6.99 /lb — Northern Ontario Beef Ground Family Pack
Bœuf haché de longue durée
0.09 kg

4.99 /lb — Pork Loin Chops Family Pack
Côtes de porc
0.09 kg

4.49 /lb — Pork Loin Chops Family Pack or Roast
Côtes de porc ou rôti
0.09 kg

6.99 /lb — Frozen Lamb Shoulder Chops Family Pack
Côtes d'épaule d'agneau congelées
0.09 kg

10.99 /lb — Frozen Lamb Loin Chops
Côtes d'agneau congelées
0.09 kg

18.99 /lb — Frozen Lamb Rack Mini Frenched
Rack d'agneau mini
0.09 kg

10.99 /lb — Assorted Lamb Meatballs
Boulettes d'agneau assaisonnées
0.09 kg

BUTTERBALL

4.99 /lb — Butterball Whole Turkey Drumsticks
0.09 kg

4.99 /lb — Butterball Boneless Thighs
Cuisses de dinde désossées
0.09 kg

6.99 /lb — Butterball Boneless Breast Roast
0.09 kg

8.99 /lb — Butterball Boneless Skinless Turkey Breast
0.09 kg

Made in my Metro

5.99 /lb — Bacon Cheese Stuffed Chicken Breast
0.09 kg

6.99 /lb — Homemade Beef Meatballs
0.09 kg

2.49 /lb — Whole Stuffed Chicken
0.09 kg

8.00 ea. — Stuffed Chicken Breast
0.09 kg

LOCKED DOWN PRICES

UNTIL JANUARY 15TH, 2025

5.99 ea. — Lactantia Whipping Cream
Crème à fouetter

5.99 ea. — Lean Cuisine Entrées Assorted
Assortiment de plats principaux

5.99 ea. — Frozen Angelic Pacific Grilled Wild Salmon Fillet
Saumon sauvage grillé congelé

5.99 ea. — Schneiders Breakfast Sausages
Saucisses de déjeuner

5.88 ea. — Mango Mango Sculpture Assorted
Sculpture de mangue assortie

8.99 ea. — Lucaders Mini Pancakes
Mini crêpes

14.99 ea. — Janes Allbreeds Breaded Chicken Pieces
Morceaux de poulet panés

14.99 ea. — Montana Assorted Flavours
Assorts de biscuit Nuggets

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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

WILD CAUGHT

11.99 /lb — Wild Caught Yellowfin Sole or Fresh Cod Fillets
Sole de mer sauvage ou Filets de morue frais

8.99 /lb — Snow Crab Legs
Pattes de crabe des neiges
Frozen/Congelées (1016g)

MERLUZZO

2.99 /lb — fresh Whole Whiting
Merlan frais entier

14.00 — Fish Fillets, Tilapia or Sole Fillets
Filets de poisson: Filets de tilapia ou de sole

2 LB

5.99 /lb or EA. — fresh Atlantic Cod Fillets
Filets de morue fraîche de l'Atlantique

5.99 /lb or EA. — fresh Atlantic Cod Tracks
Filets de morue fraîche de l'Atlantique
Frozen/Congelés (1.36 kg - 2.27 kg)

5.99 EA. — Lobster Tail
Queue de homard
Frozen/Congelée (454g - 567g)

11.99 EA. — Fresh Steel Cut Cod of The Day or Fish Bake Fish Fillets
Morue fraîche du jour coupée en tranches ou Filets de poisson à cuire au four

13.99 EA. — Smoked Haddock or Smoked Cod Fillets
Aiglefin fumé ou Morue fumée
Frozen (8-12 oz)
Congelés (227g - 340g)

15.99 EA. — True North Regular or MSC Atlantic Salmon Fillets
Saumon de l'Atlantique
Mowi Salmon or Lumber atlantique
True North ou Filets de Saumon de l'Atlantique
Frozen/Congelés (1.36 kg)

BACCALA

11.99 EA. — Norwegian Dried Salted Cod (454g)
Morue séchée salée de Norvège

Irrésistible

6.99 EA. — Irrésistible Crispy Calamari Rings (454g)
Anneaux de calmar croustillants Irrésistible

7.99 EA. — Irrésistible Breaded Shrimp (454g) or Breaded Scallops (340g)
Crevettes panées Irrésistible (454g) ou Pétoncles panés Irrésistible (340g)

9.99 EA. — Irrésistible Pan-seared Mussels (454g) or Clams (340g)
Moules au poêle Irrésistible (454g) ou Palourdes au poêle Irrésistible (340g)

10.99 EA. — Irrésistible Pan-seared Scallops (340g)
Pétoncles au poêle Irrésistible
Frozen/Congelés

Breakfast Favourites

3.49 EA. — Bruno's Hard Boiled Eggs, Pickled Eggs, Pepperoni Sticks, Beef Sticks or Jerky (Selected Varieties)
Oeufs durs, Oeufs marinés, Pepperoni en bâtonnets, Bâtonnets de bœuf ou Jerky (Variétés sélectionnées)

4.99 /lb — Schneiders Premium Pork Side or Back Bacon (Selected Varieties)
Lard fumé Schneiders de choix de dos ou de côtes (Variétés sélectionnées) 1.36kg

6.99 EA. — Maple Leaf Frozen Breakfast Sandwiches (Selected Varieties)
Sandwichs pour le déjeuner Maple Leaf (Variétés sélectionnées)

8.99 EA. — Maple Leaf Cured Bacon Strips (Selected Varieties)
Lanières de bacon Maple Leaf (Variétés sélectionnées) 375g

Regular

25 — Regular Quiche Lorraine or Spinach Quiche
Quiche lorraine régulière ou quiche aux épinards

3.99 EA. — Dalla Rosa Hard Salami, Dry Salami or Traditional Salami
Salami dur, Salami sec ou Salami traditionnel (Selected Varieties)
Variétés sélectionnées

4.99 EA. — Bruno's Premium Pepperoni Pizza Kit or Traditional Pepperoni Pizza Kit (Selected Varieties)
Trousse de pepperoni pizza Premium Bruno's ou Trousse de pepperoni pizza traditionnelle Bruno's (Variétés sélectionnées)

10

Gluten Free

5.99 EA. — Beyond Meat Plant-based Breakfast Sausage Links
Saucisses à déjeuner végétaliennes Beyond Meat
Frozen/Congelées 340g

7.99 EA. — Irrésistible Mini Quiche Lorraine
Mini quiches lorraine Irrésistible
Frozen/Congelées (340g) (12 EA.)

Meal Ideas

3.49 /lb — Lassonde Half Cooked Beef Pork Pork Shoulder Roast or Beef Brisket 1500g
Rôti de bœuf haché à moitié cuit ou Rôti de porc ou Rôti d'épaule de porc ou Poitrine de bœuf 1500g

12.99 EA. — Pizza Pizza Frozen Pizza (Selected Varieties) 35 pieces
Pizza Pizza Pizza surgelée (Variétés sélectionnées) 35 pièces

35

11.99 EA. — Lassonde Crispy Chicken Wings
Ailes de poulet croustillantes
Frozen/Congelées (1.36 kg)
(VARIOUS OR WALLMART CHOICE)

5 LB

13.99 /lb — Irrésistible Pulled Pork (454g)
Porc effiloché Irrésistible
Frozen (2.27kg)

Irrésistible

NEW

5.99 EA. — Irrésistible Green Canada Kitchen or Southern Style Fried Chicken
Poulet frit Green Canada Kitchen ou Poulet frit du Sud Irrésistible
Frozen (1.36kg)

8.99 EA. — Irrésistible Pan-seared Mussels (454g) or Clams (340g)
Moules au poêle Irrésistible (454g) ou Palourdes au poêle Irrésistible (340g)

8.99 EA. — Irrésistible Cranberry Brie or Pecan Pumpkin Pie
Brie aux canneberges ou Tarte à la citrouille et aux pacanes Irrésistible
Frozen (12 oz - 24 oz)

NEW

8.99 EA. — Irrésistible Chicken Bites with Honey Mustard
Bouchées de poulet Irrésistible avec miel et moutarde
Frozen (1.36kg)

metro.ca

Holiday Desserts

65 points
29.99 ea.
Frozen Dessert Bakery
Cheesecake or Mousse, or Bakery Cake or Cheesecake
Gâteau de fromage ou de mousse ou gâteau ou cheesecake de la boulangerie-dessert congelé 1 kg

Frozen Dessert Bakery
Bavarian Cake or Cheesecake
Gâteau bavarois ou cheesecake de la boulangerie-dessert congelé 1 kg

NEW
18.99 ea.
Frozen Dessert Bakery
Bavarian Mud Cake or Log
Gâteau bavarois au mud ou bûche de la boulangerie-dessert congelé 1 kg
Frozen Dessert Bakery or Mini Log
Gâteau ou bûche de la boulangerie-dessert congelé 1 kg

Frozen Dessert Bakery
Cake or Cheesecake
Gâteau ou cheesecake de la boulangerie-dessert congelé 1 kg
29.99 ea.
65 points

Frozen Dessert Bakery
Cake or Cheesecake
Gâteau ou cheesecake de la boulangerie-dessert congelé 1 kg
28.99 ea.

Frozen Dessert Bakery
Cake or Cheesecake
Gâteau ou cheesecake de la boulangerie-dessert congelé 1 kg
23.99 ea.

mix match
6 for
13.00
Frozen Dessert Bakery
Bavarian Cake or Cheesecake
Gâteau bavarois ou cheesecake de la boulangerie-dessert congelé 1 kg
Frozen Dessert Bakery
Cake or Cheesecake
Gâteau ou cheesecake de la boulangerie-dessert congelé 1 kg

Frozen Dessert Bakery
Pumpernickel Bread 454 g
Pain de pumpernickel congelé 454 g
Frozen Dessert Bakery
Pain congelé 454 g
3.79 ea.

Frozen Dessert Bakery Dinner Rolls
Petits pains congelés
Frozen Dessert Bakery
Petits pains congelés 454 g
5.49 ea.

SUPER SAVER
Frozen Dessert Bakery
Ice Box Cookies
Biscuits congelés
Frozen Dessert Bakery
Biscuits congelés 454 g
8.99 ea.
40 points

Frozen Dessert Bakery
Assorted Fruit or Apple Strudel 454 g
Strudel aux fruits ou aux pommes congelé 454 g
Frozen Dessert Bakery
Strudel congelé 454 g

Sun-maid
Raisins, Cranberries or Blueberries
Raisins, canneberges ou bleuets
Raisins secs ou canneberges séchées ou bleuets
Sun-Maid
Raisins, canneberges ou bleuets
Raisins secs, canneberges séchées ou bleuets
Assorted varieties
Variétés variées
4.99 ea.

SUN-MAID
RAISINS
Sun-Maid
Raisins, canneberges ou bleuets
Raisins secs, canneberges séchées ou bleuets
Assorted varieties
Variétés variées

25 points
Nine Brioche
Assorted Varieties
Variétés variées
4.99 ea.

Smoothie
Assorted Varieties
Variétés variées
3.99 ea.

Bulkies
Pecan or Cinnamon Cake or Cinnamon Bun
Gâteau aux pacanes ou cannelle ou brioche à la cannelle
Assorted Varieties
Variétés variées
19.99 ea.
50 points

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Carlo e Giulia
Salami Milano
SALAMI MILANO
Carlo e Giulia
Salami Milano
SALAMI MILANO
3.99 /100 g

Gibbard Cheddar
Cheddar Fort
FORT CHEDDAR
Gibbard Cheddar
Cheddar Fort
FORT CHEDDAR
4.49 /100 g

Brandt
Rotisserie Seasoned Roast Beef
Rôti de bœuf assaisonné à la rôtisserie
Brandt
Rôti de bœuf assaisonné à la rôtisserie
2.99 /100 g

Prairie Classics
Pepper Jack or Cheddar
Pepper Jack ou cheddar
Prairie Classics
Pepper Jack or Cheddar
Pepper Jack ou cheddar
11.49 ea.

Président
Spreadable Brie
Brie tartinable
Président
Spreadable Brie
Brie tartinable
7.99 ea.

Emmental
Swiss Cheese
FROM SWITZERLAND
Emmental
Swiss Cheese
FROM SWITZERLAND
5.49 /100 g

Chaoyang
Pepperoni
PEPPERONI
Chaoyang
Pepperoni
PEPPERONI
8.79 ea.

Kana
Smoked Salmon
Saumon fumé
Kana
Smoked Salmon
Saumon fumé
4.49 ea.

Kana
Smoked Salmon
Saumon fumé
Kana
Smoked Salmon
Saumon fumé
6.99 ea.

New York Style
Bagel Crisps
Pita Chips
Bagelles
Croustilles de pita
Bagelles
Croustilles de pita
NEW YORK
BAGEL CRISPS
2 for
8.00

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Salamis or Pepperoni
Assortiment
Charcuterie fine or
Salami ou pepperoni
de l'Ouest Canadien
Fabriqués au Canada
Assortment
Fine de charcuterie
Salami ou pepperoni
de l'Ouest Canadien
Fabriqués au Canada
9.99 ea.

Assortment
Salamis or Pepperoni
Assortiment
Charcuterie fine or
Salami ou pepperoni
de l'Ouest Canadien
Fabriqués au Canada
Assortment
Fine de charcuterie
Salami ou pepperoni
de l'Ouest Canadien
Fabriqués au Canada

PROSCIUTTO
Assortment
Fine de charcuterie
Salami ou pepperoni
de l'Ouest Canadien
Fabriqués au Canada
Assortment
Fine de charcuterie
Salami ou pepperoni
de l'Ouest Canadien
Fabriqués au Canada

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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 ea. — Honeycrisp Apples or Sweetdaddies Cocoa Pear, Product of Canada, Limited Quantities Available

BUY MORE SAVE MORE — 2 **40.00** — Lady Grey or Earl Grey Tea, 100 ct, Limited Quantities Available

4.99 ea. — Cantaloupe, Product of Canada, Limited Quantities Available

6.29 — Nestlé Lactantine Milk, 1 L or Lait Nestlé Sweetened Milk, 1 L

BUY MORE SAVE MORE — 2 **9.99** — Minute Maid Orange Juice, 1.75 L or Minute Maid Pink Lemonade, 1.75 L, Limited Quantities Available

2.99 ea. — Nestlé Chocolate Scattered Tranches, 4 - 6 oz, Limited Quantities Available

1.99 ea. — Green Giant Canned Vegetables, 341 ml - 398 ml, Limited Quantities Available

4 **5.00** — Tropicana Orange Juice or Lemonade, 1.89 L, Limited Quantities Available

3.49 ea. — Gay Lea Sour Cream, 500 ml, Limited Quantities Available

5.99 ea. — Nutella or Nutella B-ready, 350 g - 725 g, Limited Quantities Available

6.49 ea. — Mario's Pasta Sauce, 650 ml - 1.5 L, Limited Quantities Available

4.49 ea. — Bertolli Olive Oil, 250 ml - 1 L, Limited Quantities Available

1.99 ea. — Primo Tomatoes, 796 ml - 1.36 L, Limited Quantities Available

2.99 ea. — Panko Breadcrumbs, 454 g, Limited Quantities Available

7.00 — Heinz Beans and Pasta, 398 ml - 425 ml, Limited Quantities Available

6.99 ea. — Lactantia Milk, 2 L, Limited Quantities Available

3.79 ea. — Dollar Tree Party Size Chips, 225 g - 275 g, Limited Quantities Available

3.99 ea. — Frosty Boy Cone, 4 pk, Limited Quantities Available

7.99 ea. — Nestlé Turtles Assorted Chocolates, 425 g - 454 g, Limited Quantities Available

2.50 — Nestlé Pure Life Water, 2 L, Limited Quantities Available

4.99 ea. — Dole Pineapple and Tropical Fruit, 540 ml, Limited Quantities Available

2 **8.00** — Mazola Canola Oil, 2 L, Limited Quantities Available

22.49 ea. — Costco Exclusive Non-alcoholic Beer, 24 x 355 ml, Limited Quantities Available

12.99 ea. — Heineken Non-alcoholic, Amstel Light or Heineken Light, 24 x 355 ml, Limited Quantities Available

4.99 ea. — Aurora Bakery Frolla Pinettone, 750 g, Limited Quantities Available

7.99 ea. — Aurora Bakery Frolla con Crema Pasticcera, 750 g, Limited Quantities Available

8.00 — Innovation Cookies, Assorted Flavours, 2 x 454 g, Limited Quantities Available

5.49 ea. — Innovation Assorted Cookies, 454 g, Limited Quantities Available

12.99 ea. — Good Humor Assorted Ice Cream Novelties, 12 pk, Limited Quantities Available

14.99 ea. — Nestlé Fraîcheur Assorted Ice Cream Novelties, 12 pk, Limited Quantities Available

4.99 ea. — Michael's Gourmet Cookies, 454 g, Limited Quantities Available

6.49 ea. — Hershey's Assorted Chocolate Gift Box, 250 g - 270 g, Limited Quantities Available

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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

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SELECTED VARIETIES
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NESTLÉ AFTER EIGHT CHOCOLATE 200 g
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LINDT LINDOR ASSORTMENT CHOCOLATES 200 g / 215 g
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TOBLERONE CHOCOLATE BAR 360 g
SELECTED VARIETIES
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TERRY'S CHOCOLATE ORANGE 157 g
SELECTED VARIETIES
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HERSHEY'S KISSES 150 g
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FERRERO ROCHER 375 g
SELECTED VARIETIES
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NESTLÉ TURCELLES
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SELECTED VARIETIES
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MERCI CHOCOLATE
SELECTED VARIETIES
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SELECTED VARIETIES
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8.99 ea.
CADBURY MINI EGGS CHOCOLATES
SELECTED VARIETIES
While quantities last

Baking Essentials

3.99 ea. — Dessert Topping Coconut Pecan or Fudgeriffic Fudge Sundae Topping Crème anglaise Dessert Flavor or Fudgeriffic Fudge Sundae 500 ml/125 ml Limited

3.79 ea. — Eagle Brand Condensed Milk 300 ml/395 ml Eagle Brand Evaporated Milk 354 ml/385 ml Limited

5.99 ea. — Pillsbury Baker Pure Vanilla Extract 250 ml/125 ml Pure Baking Vanilla Extract 250 ml/125 ml Limited

3.99 ea. — Coco Chocolate Chip 150 g/200 g Coco Chocolate Chip 150 g/200 g Limited

2.49 ea. — Dessert Topping Coconut 454 g/125 ml Dessert Topping Pecan 454 g/125 ml Limited

5.99 ea. — L.D. Smith Pie Filling Cherry 540 ml/540 ml L.D. Smith Pie Filling Apple Cinnamon 540 ml/540 ml Limited

5.49 ea. — Cool Whip Whipped Topping Original 500 g/500 g Cool Whip Whipped Topping Lite 500 g/500 g Limited

2.99 ea. — Redpath Granulated Sugar 2 kg/2 kg Redpath Icing Sugar 2 kg/2 kg Limited

Gluten-Free

5.49 ea. — Tutti Frutti Cookies Assorted 400 g/400 g Tutti Frutti Cookies Assorted 400 g/400 g Limited

3.49 ea. — Veggie Straws Garden Veggie 142 g/142 g Veggie Straws Sweet Potato 142 g/142 g Limited

4.99 ea. — Wellsley Shortbread Cookies Chocolate 200 g/200 g Wellsley Cookies Walnut 200 g/200 g Limited

4.49 ea. — Coco Rolls Chocolate 150 g/150 g Coco Rolls Vanilla 150 g/150 g Limited

1.49 ea. — Life Smart Yogurt Cup 100 g/100 g Life Smart Yogurt Cup 100 g/100 g Limited

4.49 ea. — Veggie Straws Garden Veggie 142 g/142 g Veggie Straws Sweet Potato 142 g/142 g Limited

6.99 ea. — Vitalite Canola Cooking Spray 170 g/170 g Vitalite Canola Cooking Spray 170 g/170 g Limited

6.49 ea. — Bagelicious Bagel 400 g/400 g Bagelicious Bagel 400 g/400 g Limited

Plant-Based

8.49 ea. — Earth Balance Spread 454 g/454 g Earth Balance Spread 454 g/454 g Limited

13.99 ea. — Adam's Nuts Almond Butter 500 g/500 g Adam's Nuts Almond Butter 500 g/500 g Limited

9.99 ea. — Wake Up & Kick Ass Organic Coffee 340 g/340 g Wake Up & Kick Ass Organic Coffee 340 g/340 g Limited

Organic

13.99 ea. — Cott Spring Whole Bean Coffee 454 g/454 g Cott Spring Whole Bean Coffee 454 g/454 g Limited

9.99 ea. — Organic Valley Sour Cream 500 g/500 g Organic Valley Cheese Kraft 500 g/500 g Limited

4.49 ea. — Lipton Organic Tea 20 pk/20 pk Lipton Organic Tea 20 pk/20 pk Limited

3.99 ea. — Rise Kombucha 473 ml/473 ml Rise Kombucha Blue 473 ml/473 ml Limited

Household Helpers and Beauty

9.99 ea. — Bounty Paper Towels 6 pk/6 pk Bounty Paper Towels 6 pk/6 pk Limited

5.99 ea. — Kleenex Super Flushable Wipes 60 pk/60 pk Kleenex Super Flushable Wipes 60 pk/60 pk Limited

5.49 ea. — Bounty Paper Towels 6 pk/6 pk Bounty Paper Towels 6 pk/6 pk Limited

2.49 ea. — Kleenex Facial Tissues 20 pk/20 pk Kleenex Facial Tissues 20 pk/20 pk Limited

7.99 ea. — Dr. Squatch Bar Soap 113 g/113 g Dr. Squatch Bar Soap 113 g/113 g Limited

10.99 ea. — Bioré Pore Strips 60 pk/60 pk Bioré Pore Strips 60 pk/60 pk Limited

9.99 ea. — Garnier Micellar Water 400 ml/400 ml Garnier Micellar Water 400 ml/400 ml Limited

9.99 ea. — Native Body Wash 473 ml/473 ml Native Body Wash 473 ml/473 ml Limited

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