VERSION A

HAPPY NEW YEAR

SELECTION BACON
OU SELECTIONS FUMÉ OU LEGACY PREMIUM, CRISP, 1 kg
VALUE/VALEUR: 2.99/kg

2.99 ea. or 2 for

5 PK

LEMONS OU PAQUET ASSORTIS OU LIMES OU PAQUET ASSORTIS
VALUE/VALEUR: 2.99 ea.

2.99 ea.

ROCK LOBSTER TAILS
VALUE PACK
1 kg

20.00 4 pack

$5 PER TAIL

CHRISTIE CRACKERS OU KARI CRACKERS OU RITZ CRACKERS
VALUE/VALEUR: 1.88 ea.

1.88 ea.

moi rewards

i redeem and save on what i buy most often

500 points = $4 in rewards

join today and save

Effective December-January 26 27 28

BUY TWO GET ONE FREE

INVINCIBLE APPETIZERS
VARIOUS OR MIXED FLAVOURS, 150 g - 180 g
VALUE/VALEUR: 5.00/kg

SAVE $3.29

5.00 ea.

MARC ANGELO SLICED ITALIAN DELI MEAT
VALUE/VALEUR: 5.00/ea.

ARGENTINA KING CRAB
OR
FRIED MARINATED KING SHRIMP
Value/Valeur

24.99 ea.

Save $5.00

INVICTUS FULLY ASSORTED CHEESECAKES 1 kg
VALUE/VALEUR: 16.99 ea.

16.99 ea.

KELLOGG'S CEREAL
VARIOUS
VALUE/VALEUR: 3.99 ea.

3.99 ea.

SAVE $5.00

10.99 ea.

NABOB CANADIAN COFFEE 1 kg
BALCAN 'S COFFEE BEANS 454 g
NABOB BRUNCH BLEND COFFEE CAPSULES 24 ea.
VALUE/VALEUR: 10.99/ea.

2 for

BUBLY VARIETIES OR AHA SPARKLING WATER
12 x 355 ml
VALUE/VALEUR: 11.00/ea.

11.00

metro.ca

VERSION A

HAPPY NEW YEAR

metro

BOUCHERIE LILLY CARTON
TURKEY breast or ham or cheese breakfast sausage
Selected varieties, 100 g

2.99 /100 g

AGED 1/2 PRICE

SARTORI BELLA ANTONIO CHEESE
Selected varieties, 150 g

5.99 ea.

MEDIUM RED MEAT

CUT BY OUR BUTCHER

FRESH PRIME BEEF RIB EYE ROAST
BONELESS, SELECTED VARIETIES
Selected varieties, 1.12 kg

6.88 /lb

FRESH

FRESH PRIME BACK RIBS
VALUE PACK
Selected varieties, 1.5 kg

3.44 /lb

STEMALI LARGE
RED SEEDLESS GRAPES
Selected varieties, 0.454 kg

2.99 /lb

ROBICHAUD CANADA SHRIMP 26-30 COOKED PACIFIC, WHITE, ICANDO SHRIMP 31-40 COOKED PACIFIC, WHITE, ICANDO SHRIMP 41-50 COOKED PACIFIC, WHITE, ICANDO SHRIMP 51-60 COOKED PACIFIC, WHITE, ICANDO SHRIMP 61-70 COOKED PACIFIC, WHITE, ICANDO SHRIMP 71-80 COOKED PACIFIC, WHITE, ICANDO SHRIMP 81-90 COOKED PACIFIC, WHITE, ICANDO SHRIMP 91-100 COOKED PACIFIC, WHITE, ICANDO SHRIMP 101-120 COOKED PACIFIC, WHITE, ICANDO SHRIMP 121-150 COOKED PACIFIC, WHITE, ICANDO SHRIMP 151-200 COOKED PACIFIC, WHITE, ICANDO SHRIMP 201-250 COOKED PACIFIC, WHITE, ICANDO SHRIMP 251-300 COOKED PACIFIC, WHITE, ICANDO SHRIMP 301-350 COOKED PACIFIC, WHITE, ICANDO SHRIMP 351-400 COOKED PACIFIC, WHITE, ICANDO SHRIMP 401-500 COOKED PACIFIC, WHITE, ICANDO SHRIMP 501-600 COOKED PACIFIC, WHITE, ICANDO SHRIMP 601-700 COOKED PACIFIC, WHITE, ICANDO SHRIMP 701-800 COOKED PACIFIC, WHITE, ICANDO SHRIMP 801-900 COOKED PACIFIC, WHITE, ICANDO SHRIMP 901-1000 COOKED PACIFIC, WHITE, ICANDO SHRIMP 1001-1200 COOKED PACIFIC, WHITE, ICANDO SHRIMP 1201-1500 COOKED PACIFIC, WHITE, ICANDO SHRIMP 1501-1800 COOKED PACIFIC, WHITE, ICANDO SHRIMP 1801-2000 COOKED PACIFIC, WHITE, ICANDO SHRIMP 2001-2500 COOKED PACIFIC, WHITE, ICANDO SHRIMP 2501-3000 COOKED PACIFIC, WHITE, ICANDO SHRIMP 3001-3500 COOKED PACIFIC, WHITE, ICANDO SHRIMP 3501-4000 COOKED PACIFIC, WHITE, ICANDO SHRIMP 4001-4500 COOKED PACIFIC, WHITE, ICANDO SHRIMP 4501-5000 COOKED PACIFIC, WHITE, ICANDO SHRIMP

New Lower Prices

8.99 ea. CARBONE PASTA SAUCE 650 ml/680 mL

5.99 ea. GARDEN SPRINGS 1.75 L

3 for 5.00 BRIO OR MIO 500 mL

Fresh Cheese Bakery

27.99 ea. FARM STREET BAKERY PISTACHIO ALMOND CAKE 1.4 kg

4.49 ea. TROPICANA FRUIT DRINKS 1.75 L

5.49 ea. ORIGINAL 24 PACK 355 ml

2 for 4.50 ALLEN'S 946 mL

4.99 ea. ESKA 20 PACK 355 ml

6.99 ea. MONTELLA CHEESE 500 g

8.99 ea. RED BULL ENERGY DRINK 4 x 250 mL

BUY MORE SAVE MORE! 2 for 6.00 MONSTER ENERGY DRINKS 473 mL

BUY MORE SAVE MORE! 2 for 9.00 INVISIBLE PRESSED PORK 1.5 kg

KRAKEN RUM 1.75 L

BUY MORE SAVE MORE! 2 for 11.00 LAY'S TWISTS OR CHIPS 275 g/300 g

2 for 7.00 CARGILL GROUND BEEF 454 g

NATURE'S THYN CRISPS 200 g

9.99 ea. SMITHER FAMILY HAM 1.5 kg

2.99 ea. CLAMATO 1.36 L

4.99 ea. JACK LINK'S BEEF JERKY 90 g

8.50 ea. SUN-MAID RAISINS, TRAILS, GRANOLA OR MUNCHIES SNACKS 300 g/325 g

LAY'S SUNBURST OR SUPER SUNBURST CHIPS 200 g/220 g

3.49 ea. 15 PACK

1.88 ea. CROPSHIP OR BITS & BITES 125 ml

2 for 7.00 GREEN GIANT FROZEN VEGETABLES 750 g/1.5 kg

3.99 ea. BULK SPICEBELL, HONEY CHUNK OR SWEET CHILI SAUCE OR KETCHUP 500 ml/750 g/1.5 kg

RECAN PACKAGED OR BARN-RAISED CHICKEN, PORK OR BEEF PRIME RIB, PORCHEMONT PORTER 1.5 kg/1.7 kg/1.8 kg

2.99 ea. Mr. Clean 1.25 L

Sponge Cloth 2.99 ea.

8.99 ea. CARBONE BATHROOM TISSUE, KITCHEN TOWEL OR SOFFTESSENTIAL TISSUE 6 ea. 12 ea/16 ea/18 ea

Irrésistible Selection

14.99 ea. IRRESISTIBLE CLASSIC SUN CANDIES 454 g/500 g/540 g

7.99 ea. IRRESISTIBLE BELGIAN COOKIES 454 g/500 g/540 g

7.99 ea. IRRESISTIBLE PECAN CLUSTERS 454 g/500 g/540 g

5.99 ea. IRRESISTIBLE CHOCOLATE CHUNK COOKIES 454 g/500 g/540 g

2.99 ea. EGG BOX 12 ea

3.79 ea. SELECTION COFFEE 250 g/300 g

8.99 ea. SELECTION BLONDE LAGER BEER 6 x 355 ml

1.99 ea. SELECTION 12 x 75 g

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

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5.99 ea.

IRRESISTIBLES PEANUT OR POPCORN ULTIMATE MIX
520 - 600 g

Save $2.80
2.99 ea.

LACTANTIA ULTRAPUR MILK
1.5 L
SELECTED VARIETIES

Save $2.50
3.99 ea.

NATREL CREAMER
1 L
SELECTED VARIETIES

Save $5
8.99 ea.

BOUNTY PAPER TOWEL
4 + 6 un

Save $9.98
2/$20 when you buy 2

MONTANA'S OR SWISS CHALET FULLY COOKED BACK RIBS
600 - 800 g
SELECTED VARIETIES

Save $2
3.49 ea.

MISS VICKIE'S CHIPS
180 - 200 g
SELECTED VARIETIES

Save $1.01
2.99 ea.

PEPSI MINI SOFT DRINKS
6 x 222 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER ITEM PER CUSTOMER

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PM26 - 12OL
3.99 ea. BLACKBERRIES 6 oz. PRODUCT OF MEXICO

PM26 - 15OR
1.99 /lb. BELL & ALL OR ASSORTED LOOSE PRODUCT OF CANADA 4.25kg

PM26 - 15OB
4.99 ea. BLUEBERRIES 6 oz PRODUCT OF CHILE OR CANADA

PM26 - 12OG
2.99 /lb. ALFALFA SPROUTS PRODUCT OF CANADA

JUMBO
PM26 - 10OG
DOLE® PINEAPPLE WHOLE OR DOLE® ORGANIC PINEAPPLE
PM26 - 20OG
4.99 ea.

PM26 - 20OG
BELLO GROVE® ORGANIC BABY BELLA MUSHROOMS PRODUCT OF CANADA
3.49 ea. 15 REWARDS

PM26 - 20OT
CHEFS PRIDE® BEAR ca. PRODUCT OF CANADA
4.99 ea. 20 REWARDS

PM26 - 20OG
Dole Whip SOY
4.99 ea. TONGUE HEARTS 6 oz. PRODUCT OF CANADA

PM26 - 22OG
11.99 ea. FRESH BROWN PACK 2kg PRODUCT OF BELGIUM OR FRANCE

PM26 - 20OG
4.99 ea. ANTIOXIDANTS 454 g PRODUCT OF ARGO

LITTLE POTATO CO.
PM26 - 20OG
3.99 ea. LITTLE CREAMER POTATOES 454 g PRODUCT OF CANADA OR UNITED STATES

2 LB
Bethany FARMS
PM26 - 12OG
4.49 ea. BABY CARROTS 454 g PRODUCT OF U.S.A.

Organic
Mitica
PM26 - 21OG
PM26 - 21OG
5.49 ea. JETTIGOU ORGANIC SALADES 454 g PRODUCT OF U.S.A. OR CANADA

PM26 - 21OG
BONNE MAMAN® CLASSIC OR ORIGINAL SPREADS 454 g
FAMILY SIZE
7.99 ea. 35 REWARDS

PM26 - 15OG
9.99 ea. PLANT-FORWARD: TOUR WITH DIP ca. 1.1 kg OR ASIAN: SUSHI TOUR DIP ca. 1.1 kg OR LARGE SALADS 340-454 g

Flowers in Bloom

PM26 - 12OG
12.99 ea. DELICATE ORCHID ARRANGEMENT 12 cm

PM26 - 12OG
3.99 ea. PEPINIERE PLANTS 15 cm
15 REWARDS

GUARANTEED FOR 10 DAYS
PM26 - 20OG
15.00 ea. ROSE BOUQUET 10 stems

PM26 - 12OG
22.99 ea. ORCHID SPIKE

Meat

LIFE WITHOUT BUTCHERS
PM18 - 20OZ
14.99 /lb. BEYOND MEAT® STEAK FOR LOVERS 350g

PM18 - 10OZ
5.99 /lb. BEYOND MEAT® BEYOND BEEF ONE PACK 454g

50 COUNT
37.99 ea. HAND SHUCKED LAND OYSTERS 50 count

12 SANDWICHES
PM18 - 12OZ
5.99 ea. ULTIMATE SANDWICHES BREAKFAST OR LUNCH 1.1kg

PM18 - 10OZ
18.99 /lb. FRENCHED LAMB RACKS 454g

PM18 - 20OZ
6.99 /lb. HUDSON GROUND BEEF VALUE PACK 5.25kg

PM18 - 20OZ
5.88 ea. ROYAL FLUSH SHRIMP DUMPLINGS 454 g

PM18 - 22OZ
PRIME
9.99 ea. Chicken Strips or Chicken Breast 454 g CHICKEN STRIPS: PRODUCT OF CANADA OR UNITED STATES CHICKEN BREAST: PRODUCT OF CANADA OR UNITED STATES

PM18 - 22OZ
2.99 /lb. BONELESS PORK LOIN ROAST OR BONELESS PORK LOIN CHOPS VACUUM PACK 1.0kg

Gourmet Butcher
PM18 - 24OZ
5.99 /lb. HAND STUFFED & ARTISAN HALF FROZEN SMOKED HAM 5.25kg

JAMES Salmon
WHOLLY BITES
PM18 - 18OZ
14.99 ea. WHOLLY BITES® BREADED CHICKEN BREAST 454 g PRODUCT OF U.S.A.

BEEF PRODUCT OF CANADA
PRIME RIB BEEF BURGERS
PM18 - 20OZ
17.99 ea. THE ICES PRIME RIB BEEF BURGERS 454 g PRODUCT OF CANADA

Seafood

Entertaining Cakes

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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

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