VERSION 3

MERRY CHRISTMAS

2 47 /lb
FRESH BUTTERBALL OR GRADE A TURKEYS
ALL AVAILABLE SIZES
5.44/kg

2 44 ea.
BLUEBERRIES PINT
PRODUCT OF PERU, No. 1 GRADE

9 88 /lb
FRESH ATLANTIC SALMON OR WILD CANADIAN HADDOCK FILLETS VALUE PACK
MIN 900 g, 2.18/100 g

Tropicana
No Pulp
Sans pulpe
EARTH'S OWN
we dig plants.
ALMOND
ORIGINAL

2 99 ea.
TROPICANA REFRIGERATED JUICE AND DRINKS OR EARTH'S OWN BEVERAGE
SELECTED SIZES, SELECTED VARIETIES

moi rewards
i redeem and save on what i buy most often
redeem 500 points = $4 in rewards
join today and save

Effective December
TH 19 | FR 20 | SA 21

SAN DANIELE
PROSCIUTTO
PROVOLONE

2 99 /100 g
SAN DANIELE PROSCIUTTO, MASTRO GENOA, CHORIZO SALAMI OR SAPUTO PROVOLONE
SELECTED VARIETIES, DELI SLICED OR SHAVED 13.56/lb

1/2 PRICE
L'EXTRA OR ILE DE FRANCE BRIE
DELI CUT, PRICES AS MARKED, 11.32/lb

made in my metro
OVER 5 LBS OF FRUIT

22 00 ea.
STORE MADE MEDIUM TRAYS
FRESH VEGETABLE 1.7 kg
FRESH FRUIT 2.5 kg

SELECTION WHITE OR WHOLE WHEAT BREAD 675 g

Everyday Low Price

WHITE BLANC
100% WHOLE WHEAT BLÉ ENTIER

1 99 ea.

Sun CHIPS
HARVEST CHEDDAR
CHEDDAR DE CAMPAGNE
Lay's
Classic
Classique
FAMILY SIZE FORMAT FAMILIAL
Takis
FUEGO

2 99 ea.
LAY'S FAMILY SIZE CHIPS, QUE PASA, SUNCHIPS, TAKIS OR LIFE SMART NATURALIA TORTILLA CHIPS
SELECTED SIZES, SELECTED VARIETIES

PLANTERS
Deluxe
Mixed Nuts
PLANTERS
WHOLE CASHEWS
DRY ROASTED
GRILLÉES À SEC

3 99 ea.
PLANTERS NUTS OR SELECTION PEANUTS
SELECTED SIZES, SELECTED VARIETIES

24 PACK
eska

3 49 ea.
ESKA NATURAL SPRING WATER
24 X 500 ml

metro.ca

VERSION 3

MERRY CHRISTMAS

metro

BUTTERBALL
Turkey Bacon
Bacon De Dinde
SCHNEIDERS
Hickory Smoked Fumé au hickory
CLASSIC CUT BACON COUPE CLASSIQUE

SCHNEIDERS BACON OR BUTTERBALL TURKEY BACON
375 g, SELECTED VARIETIES
4⁴⁴ ea.

CUT BY OUR BUTCHER
RED GRILL BEEF

RED GRILL PRIME RIB ROAST CHEF STYLE OR VALUE PACK RIB STEAK
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
19.58/kg
8⁸⁸ /lb

Irrésistible

IRRESISTIBLES SPIRAL SLICED HONEY HAM OR ARTISAN SEMI BONELESS SMOKED HAM READY TO SERVE
8.80/kg
3⁹⁹ /lb

NEW ZEALAND SPRING LAMB
• 100% Grass fed
• Free range
• Raised without antibiotics or added hormones
FRESH

FRESH LAMB LEG
SHORT CUT
NEW ZEALAND SPRING LAMB
12.96/kg
5⁸⁸ /lb

BUTTERBALL
Frozen • Congelé
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques
Young Turkey
Jeune dindon

FROZEN BUTTERBALL TURKEYS
ALL AVAILABLE SIZES
4.37/kg
1⁹⁸ /lb

BALDERSON
EXTRA OLD CHEDDAR EXTRA-FORT
BALDERSON
OLD CHEDDAR FORT

BALDERSON CHEDDAR OR GOUDA
170-280 g, SELECTED VARIETIES
5⁸⁸ ea.

THE LITTLE POTATO CO.
LITTLE YELLOWS PETITES JAUNES
CANADA
THE LITTLE POTATO CO.
LITTLE TRIOS
Petit Gourmet
French Beans · Haricots Verts

LPC CREAMER POTATOES 680 g
PRODUCT OF CANADA, CANADA No. 1 GRADE
SELECTED VARIETIES
GREEN FRENCH BEANS 400 g
PRODUCT OF GUATEMALA
2⁹⁹ ea.

Belle Grove
Foodland ONTARIO
Belle Grove
ANDY BOY

RAPINI
PRODUCT OF U.S.A.
BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS
227 g, PRODUCT OF ONTARIO
1⁹⁹ ea.

Villaggio
CLASSICO
Dempster's
Signature
PULL-APARTS

2 for
6⁰⁰

VILLAGGIO BREADS OR BUNS, DEMSPTER'S SIGNATURE BUNS OR OAKRUN ENGLISH MUFFINS OR CRUMPETS
SELECTED SIZES, SELECTED VARIETIES, OR 3.29-3.49 EA.

AquaStar
KING CRAB
CRABE ROYAL
FRESHWATER SHRIMP
6-8

AQUA STAR STAR CUT KING CRAB 500 g
COLOSSAL FRESHWATER SHRIMP
6-8 SIZE, 2 lb BAG
FROZEN
24⁹⁹ ea.

AquaStar
PACIFIC WHITE SHRIMP
CREVETTES BLANCHE DU PACIFIQUE
31-40
AquaStar
PACIFIC WHITE SHRIMP
RAW • QUICK-PEEL
CREVETTES BLANCHE DU PACIFIQUE
26-30

AQUASTAR LARGE COOKED SHRIMP 31-40 SIZE OR **RAW SHRIMP** 26-30 SIZE
FROZEN, 340 g
5⁹⁹ ea.

Kraft
Singles
Original Cheddar Original
PHILADELPHIA
ORIGINAL
PHILADELPHIA
ORIGINAL

PHILADELPHIA CREAM CHEESE, KRAFT SINGLES OR SELECTION SLICED CHEESE OR CHEEZ WHIZ SPREAD
SELECTED SIZES, SELECTED VARIETIES
3⁹⁹ ea.

EGG NOG
CLASSIC
Lactantia
Half & Half Cream
Crème à café
10%
Lactantia
Whipping Cream
Crème à fouetter
35%

LACTANTIA CREAM OR IRRESISTIBLES EGG NOG
WHILE QUANTITIES LAST
SELECTED SIZES
SELECTED VARIETIES
2⁹⁹ ea.

CRACKER BARREL
TEX MEX
CRACKER BARREL
MARBLE · MARBRÉ
CRACKER BARREL
OLD · FORT

CRACKER BARREL BARS OR SHREDDED CHEESE
SELECTED SIZES, SELECTED VARIETIES
5⁷⁷ ea.

CHAPMAN'S
Yogurt
Rolo
Real Dairy

REAL DAIRY ICE CREAM, CHAPMAN'S FROZEN YOGOURT OR DRUMSTICKS
SELECTED SIZES, SELECTED VARIETIES
4⁹⁹ ea.

CANADA DRY
GINGER ALE
Coca-Cola
12
PEPSI
12

2 for
13⁰⁰

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS OR NESTEA OR FUZE ICED TEA 12 X 341-355 ml
SELECTED VARIETIES, OR 7.99 EA.

COLAVITA
COLAVITA

1 L

COLAVITA EXTRA VIRGIN OLIVE OIL
1 L
13⁹⁹ ea.

Effective December TH 19 | FR 20 | SA 21 | SU 22* | MO 23* | TU 24* | WE ~~25~~ **2024**

*All stores open December 22nd, 23rd and 24th at 7am.
All stores closed on Wednesday, December 25th, 2024.

$ New Lower Prices

5.99 /lb
IRRESISTIBLES ARTISAN HALF MOON SMOKED HAM
13.21/kg

6.99 ea.
BRANDT KOLBASSA CHUB, IRRESISTIBLES OR MONSIEUR GUSTAV GOUDA
170–250 g, SELECTED VARIETIES

4 PACK

19.99 ea.
JUMBO SHRIMP RING 600 g
WILD PINK ARGENTINIAN RAW SHRIMP 20–30, 800 g OR
ROCK LOBSTER TAIL 3 oz, 4 PACK
FROZEN

IRRESISTIBLE ARTISAN PIES 750 g – 1 kg
SELECTED VARIETIES

6.99 ea.

35 points

2.49 ea.
UNICO
HOT PEPPER RINGS OR ARTICHOKE HEARTS
SELECTED SIZES, SELECTED VARIETIES

2.99 ea.
PASTENE BREADCRUMBS
425 g
SELECTED VARIETIES

8.99 ea.
BACI CHOCOLATES
150 g
SELECTED VARIETIES

FRONT STREET BAKERY
OUR ABSOLUTE FINEST

27.99 ea.
FRONT STREET BAKERY ALMOND PISTACHIO CAKE 1.1 kg

2 for
10.00
LACTANTIA PURFILTRE OR BEATRICE CHOCOLATE MILK
1.5–2 L, SELECTED VARIETIES
OR 5.49 EA.

SAVE $7.00
12.99 ea.
KICKING HORSE WHOLE BEAN COFFEE 454 g
SELECTED VARIETIES

SAVE $2.98 ON 2
2 for
8.00
QUAKER CEREAL OR PEARL MILLING PANCAKE MIX OR TABLE SYRUP
SELECTED SIZES, SELECTED VARIETIES

6.99 ea.
IÖGO MULTI YOGOURT
16 X 100 g
SELECTED VARIETIES

1.49 ea.
STOVE TOP STUFFING MIX 120 g
SELECTED VARIETIES

5.99 ea.
IMAGINE OR PACIFIC BROTH OR SOUP
SELECTED SIZES, SELECTED VARIETIES

3.49 ea.
LIFE SMART ORGANICS BROTH OR FROZEN VEGETABLES
SELECTED SIZES, SELECTED VARIETIES

QUALITY STREET CHOCOLATES OR IRRESISTIBLE EUROPEAN COOKIES 650 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

13.99 ea.

2 for
8.00
TOSTITOS TORTILLA CHIPS OR SALSA OR HAVOC CHIPS
SELECTED SIZES
SELECTED VARIETIES

3.99 ea.
STACY'S PITA CHIPS
SELECTED SIZES
SELECTED VARIETIES

2 for
5.00
SELECTION SNACKS, VEGGIE STICKS OR IRRESISTIBLES POP CORN
SELECTED VARIETIES, OR 3.49 EA.

2 for
4.00
COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
2 L, SELECTED VARIETIES
OR 3.49 EA.

5.99 ea.
FEVER-TREE DRINKS
4 X 200 ml
SELECTED VARIETIES

2 for
4.50
OASIS, ALLENS JUICE OR COCKTAILS, DEL MONTE NECTAR OR ARIZONA ICED TEA
960 ml – 1 L, SELECTED VARIETIES
OR 2.39 EA.

6.99 ea.
SANPELLEGRINO NATURALI OR MOMENTI SPARKLING DRINKS
6 X 330 ml, SELECTED VARIETIES

2 for
8.00
OCEAN SPRAY CRANBERRY JUICE OR COCKTAILS 1.77–1.89 L
SELECTED VARIETIES, OR 5.29 EA.

DOVE OR PANTENE PERSONAL CARE
SELECTED SIZES
SELECTED VARIETIES

5.49 ea.

HANDIFOIL ROASTER, ALCAN FOIL, REYNOLDS PARCHMENT OR GLAD WRAP
SELECTED SIZES
SELECTED VARIETIES

3.99 ea.

TIDE DETERGENT, DOWNY FABRIC SOFTENERS, CASCADE, CHARMIN, BOUNTY
SELECTED SIZES
SELECTED VARIETIES

10.99 ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWEL OR SCOTTIES FACIAL TISSUE
SELECTED SIZES
SELECTED VARIETIES

8.99 ea.

i earn with moi rewards

45 points when you buy 2
2 for
7.00
GREEN GIANT FROZEN VEGETABLES
SELECTED SIZES, SELECTED VARIETIES
OR 3.99 EA.

25 points when you buy 2
2 for
7.50
MOTT'S CLAMATO OR GARDEN VEGETABLE COCKTAIL 1.89 L
SELECTED VARIETIES

75 points when you buy 2
2 for
11.00
MAGNUM ICE CREAM BAR, BEN & JERRY'S OR BREYER ICE CREAM
SELECTED SIZES, SELECTED VARIETIES, OR 5.99 EA.

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

We reserve the right to limit quantities.
DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.

Visit us at: metro.ca
Give us your opinion for a chance to WIN* $1,000 in groceries

moi rewards

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

SAVE BIG WITH metro MEGA APP DEALS

Only until **December 25, 2024**

CARBONATED SPRING WATER
EAU DE SOURCE GAZÉIFIÉE
6x1L

Save $1
3.44 ea.

IRRESISTIBLES SPARKLING WATER
6 X 1 L
SELECTED VARIETIES

LINDOR
156g

Save $4
7.99 ea.

LINDOR CHOCOLATE BOX
156 g
SELECTED VARIETIES

Selection
Spinach
Épinards

Save $2.50
1.49 ea.

SELECTION FROZEN VEGETABLES
SELECTED SIZES
SELECTED VARIETIES

Fruité
Orange
1.54L

Save $2
1.99 ea.

FRUITÉ DRINKS
1.54 L
SELECTED VARIETIES

DEMPSTER'S BAGELS
375 - 510 g
SELECTED VARIETIES

Dempster's
EST 1890
BAGELS
EVERYTHING
TOUT GARNI

Save $2
2.49 ea.

Selection
all-purpose
flour
ideal for pancakes, pie crusts, pizzas, breads and croissants
2.5 kg

Save up to $1.50
2.99 ea.

SELECTION FLOUR
2.5 kg
SELECTED VARIETIES

Irresistibles
ARTISAN
BÂTONNETS DE PEPPERONI STICKS
ORIGINAL
EUROPEAN STYLE
À L'EUROPÉENNE
300 g

Save $3.49
$6 ea.

IRRESISTIBLES PEPPERONI STICKS
300 g
SELECTED VARIETIES

AA8
Energizer
MAX
10 YEAR SHELF LIFE/ANS DE DURÉE DE VIE
UP TO 50% LONGER LASTING
JUSQU'À 50% PLUS LONGTEMPS

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.

i 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
PRODUCT OF U.S.A.

3.99 ea.
BLACKBERRIES 170 g
PRODUCT OF MEXICO
GOLDENBERRIES 200 g
PRODUCT OF COLOMBIA

2.99 /lb
TOMATOES ON THE VINE
PRODUCT OF ONTARIO OR MEXICO
6.59/kg

1.49 /lb
ANISE-FENNEL
PRODUCT OF U.S.A.
3.28/kg

6.99 ea.
CLEMENTINES 4 LB CASE
PRODUCT OF MOROCCO

11.99 ea.
FRESH BROWN FIGS CASE
PRODUCT OF BRAZIL

2.49 ea.
BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO

3.99 /lb
BRUSSELS SPROUTS
PRODUCT OF U.S.A. OR BELGIUM
RADICCHIO
PRODUCT OF U.S.A.
8.80/kg

1.99 /lb
LARGE GALA OR AMBROSIA APPLES
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
4.39/kg

4.99 ea.
KIWI BASKETS 600 g
PRODUCT OF GREECE

1.69 /lb
SWEET POTATOES
PRODUCT OF ONTARIO
3.73/kg

3.99 ea.
SUNSET ANGEL SWEET OR WILD WONDERS TOMATOES
283 g
PRODUCT OF ONTARIO OR MEXICO

JUMBO

JUMBO PINEAPPLES
PRODUCT OF COSTA RICA
GOLDEN CORED PINEAPPLES 600 g
4.99 ea.

6.99 ea.
WINTEFROST PINEBERRIES 283 g
PRODUCT OF U.S.A.

SWEET BABY BROCCOLI
PRODUCT OF U.S.A.
3.49 ea.

4.99 ea.
CUBED BUTTERNUT SQUASH, SWEET POTATOES OR RUTABAGA
400 g

10.99 ea.
FRESH POMEGRANATE ARILS
2 X 227 g
PRODUCT OF U.S.A.

JUMBO

5.99 /lb
JUMBO CHESTNUTS
PRODUCT OF ITALY
13.21/kg

2 LB

4.49 ea.
BABY CARROTS 907 g
PRODUCT OF U.S.A.

DRY SHALLOTS
250 g, PRODUCT OF ONTARIO
2.99 ea.
15 points

Organic

2.99 /lb
ORGANIC NAVEL ORANGES
PRODUCT OF U.S.A.
6.59/kg

3.79 ea.
BELLE GROVE ORGANIC SLICED WHITE OR CREMINI MUSHROOMS 227 g
PRODUCT OF ONTARIO

10 points

2.99 ea.
IRRESISTIBLES ORGANIC HERBS 1 un.
SELECTED VARIETIES

ATTITUDE ORGANIC SALADS
142 g
PRODUCT OF U.S.A.
SELECTED VARIETIES

5.49 ea.

YOUR CHOICE THIS HOLIDAY
9.99 EACH
VALID UNTIL JANUARY 1, 2025

PUMPERNICKEL TRAY WITH DIP 790 g

STORE MADE PARTY SIZE TACO DIP 1 kg

STORE MADE LARGE SALADS
466-692 g

Holiday Floral

PREMIUM

SAVE $4.00
20.00 ea.
PREMIUM DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS

DISCOVER NEW
39.99 ea.
FESTIVE CHRISTMAS PLANTER
ASSORTED COLOURS AND FLOWERS

PETITE ORCHID PLANTER
8" POT
ASSORTED COLOURS
49.99 ea.
65 points

35.00
GRACEFUL OR DAZZLING SNOWFALL BOUQUET
ASSORTED COLOURS AND FLOWERS

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

CUT BY OUR BUTCHER
RED GRILL BEEF

RED GRILL CAP OFF RIB STEAK VALUE PACK
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
21.78/kg
9.88 /lb

INSIDE POP UP

9.88 /lb
RED GRILL EASY CARVE PRIME RIB ROAST
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
21.78/kg

PRIME
RAISED WITHOUT antibiotics

7.99 /lb
MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK
17.61/kg

GROUND • IN-STORE • DAILY

6.99 /lb
MEDIUM GROUND BEEF VALUE PACK
15.41/kg

4.99 /lb
FRESH PORK TENDERLOIN VALUE PACK
11.00/kg

PORK LOIN CHOPS VALUE PACK OR ROAST
CENTRE CUT, BONE IN
9.90/kg
4.49 /lb

6.99 /lb
FRESH LAMB SHOULDER CHOPS VALUE PACK
NEW ZEALAND SPRING LAMB
15.41/kg

10.99 /lb
FRESH LAMB LOIN CHOPS
NEW ZEALAND SPRING LAMB
24.23/kg

NEW ZEALAND SPRING LAMB
- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones

18.99 /lb
FRENCHED LAMB RACK HOTEL STYLE FROZEN
NEW ZEALAND SPRING LAMB
41.87/kg

10.99 /lb
SEASONED LAMB MEATBALLS
NEW ZEALAND SPRING LAMB
24.23/kg

BUTTERBALL

4.99 /lb
BUTTERBALL FRESH TURKEY DRUMSTICKS
11.00/kg

4.99 /lb
BUTTERBALL FRESH TURKEY THIGHS
11.00/kg

6.99 /lb
BUTTERBALL FRESH TURKEY SPLIT BREAST
15.41/kg

BONELESS

8.99 /lb
BUTTERBALL FRESH BONELESS SKINLESS TURKEY BREAST
19.82/kg

Made in my Metro

5.99 /lb
STUFFED SWEET MINI PEPPERS OR MUSHROOMS VALUE PACK
SELECTED VARIETIES
13.21/kg

6.99 /lb
HOMESTYLE MEATLOAF OR MEATBALLS
SELECTED VARIETIES
15.41/kg

STUFFED

2.49 /lb
WHOLE STUFFED CHICKEN
5.49/kg

8.00 ea.
STUFFED CHICKEN BREAST
310 - 350 g, SELECTED VARIETIES
PACKAGE OF 2

LOCKED DOWN PRICES UNTIL JANUARY 15TH, 2025

5.99 ea.
JOHNSONVILLE SAUSAGES 375 - 500 g
SELECTED VARIETIES

5.99 ea.
LOU'S KITCHEN PEAMEAL BACON SLICED
ROLLED IN CORNMEAL, 454 g

5.99 ea.
MARC ANGELO PORK SIRLOIN ROAST, PORK MEATBALLS OR BREAKFAST SAUSAGE
800 g - 1 kg

5.99 ea.
SCHNEIDERS BREAKFAST SANDWICHES OR BREAKFAST BITES
SELECTED VARIETIES OR
MINI-SIZZLERS
204 - 375 g, FROZEN

5.88 ea.
WONG WING ENTRÉES
FROZEN, 360 - 680 g
SELECTED VARIETIES

8.99 ea.
KRINOS FILLO TWISTERS
FROZEN, 840 g
SELECTED VARIETIES

14.99 ea.
JANES ULTIMATES BREADED CHICKEN
FROZEN, 710 - 720 g
SELECTED VARIETIES

14.99 ea.
MONTANA'S ANGUS BEEF BURGERS OR KELSEYS PORK BACK RIBS
FROZEN, 600 - 906 g

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

Your GO TO for festive feasts.

RED GRILL BEEF SATISFACTION GUARANTEED

Selection
CRANBERRY
CANNEBERGES
SAUCE

1.99 ea.

SELECTION CRANBERRY SAUCE
348 ml
SELECTED VARIETIES

FRANCO AMERICAN
Chicken Gravy
sauce aux poulet

4/$5

FRANCO-AMERICAN GRAVY
284 ml
SELECTED VARIETIES

9.88 /lb

RED GRILL EASY CARVE PRIME RIB ROAST
21.78/kg
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER

NEW ZEALAND SPRING LAMB

- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones

10.99 /lb

NEW ZEALAND SPRING LAMB
FRESH BONELESS LAMB LEG ROSEMARY AND GARLIC
24.23/kg

made in my metro

3.99 /lb

EASY CARVE PORK RIB ROAST
8.80/kg

BUTTERBALL BONELESS TURKEY BREAST
FROZEN, 1.2 - 1.5 kg
SELECTED VARIETIES

BUTTERBALL

21.99 ea.

SELECTION BONELESS SMOKED HAM
READY TO SERVE
1.4 kg

BONELESS SMOKED HAM
JAMBON FUMÉ DÉSOSSÉ

14.99 ea.

CLOVER LEAF OYSTERS OR MUSSELS
85 g
SELECTED VARIETIES

CLOVER LEAF
HARDWOOD
SMOKED OYSTERS
HUÎTRES FUMÉES
CLOVER LEAF
HARDWOOD
SMOKED MUSSELS
MOULES FUMÉES
AU BOIS DUR
IN SUNFLOWER OIL
DANS L'HUILE DE TOURNESOL
85g

2/$5

FRESH WHOLE CHICKEN
5.49/kg

2.49 /lb

metro FRESH 2 GO

WE COOK, YOU HOST

19.99 ea.

FRESH 2 GO
BLACK FOREST HAM WITH PARISIENNE POTATOES
900 g
DELI SERVED, SERVED HOT

26.99 ea.

FRESH 2 GO
ROASTED TURKEY BREAST WITH PARISIENNE POTATOES
800 g
DELI SERVED, SERVED HOT

24.99 ea.

FRESH 2 GO
ROASTED PORCHETTA WITH MIXED PEPPERS
1 kg
DELI SERVED, SERVED HOT

19.99 ea.

FRESH 2 GO
PORK ROAST WITH PARISIENNE POTATOES
900 g
DELI SERVED, SERVED HOT

6.50 ea.

FRESH 2 GO
SIDE DISHES
250 - 350 g
SELECTED VARIETIES

Irrésistible
SOUPE
MINESTRONE
SOUP

7.99 ea.

IRRESISTIBLE
SOUPS
600 ml, 642 g
SELECTED VARIETIES

Dr.Oetker
GIUSEPPE
PIZZERIA
GARLIC FINGERS · BÂTONNETS À L'AIL
CHEESE & GARLIC
FROMAGE ET AIL
317 g

3.99 ea.

DR OETKER
CHEESE GARLIC TOASTS
SELECTED SIZES
SELECTED VARIETIES

BUY MORE
SAVE MORE!

AHA
SPARKLING WATER BEVERAGE
PEACH + HONEY
AHA
SPARKLING WATER BEVERAGE
BLUEBERRY + POMEGRANATE
NO SWEETENERS
NO CALORIES
12 x 355 mL
CANS (4.26 L)

2/$12
less than 2
pay 8.99 ea.

AHA
SPARKLING WATER
12 x 355 ml
SELECTED VARIETIES

COFFEE ENHANCER
CARAMEL MACCHIATO

7.99 ea.

STARBUCKS
COFFEE CREAMER
828 ml
SELECTED VARIETIES

LIMITED EDITION
ÉDITION LIMITÉE
STARBUCKS
HOLIDAY
BLEND · MÉLANGE DES FÊTES
NOTES OF SWEET MAPLE & HERBS
DOUCES NOTES D'ÉRABLE ET D'HERBES
GROUND
MOULU

9.99 ea.

STARBUCKS
GROUND COFFEE
283 - 340 g
OR COFFEE CAPSULES
10 un
SELECTED VARIETIES

Crescents
Croissants

PILLSBURY
CRESCENTS
SELECTED SIZES
SELECTED VARIETIES

1.99 ea.

Selection
SEMI-SWEET
MI-SUCRÉ

3.99 ea.

SELECTION
CHOCOLATE CHIPS
200 - 300 g
SELECTED VARIETIES

Selection
ALUMINUM FOIL
PAPIER D'ALUMINIUM
50'

3.99 ea.

SELECTION
ALUMINUM FOIL
50 ft
SELECTED VARIETIES

HANDI-FOIL
ROASTER PAN
1 un

3.99 ea.

Seafood

WILD CAUGHT

11.99 /lb
WILD CAUGHT YELLOWFIN TUNA OR SWORDFISH STEAKS
FROZEN OR PREVIOUSLY FROZEN, 2.65/100 g

8.99 /lb
SNOW CRAB LEGS
FROZEN OR PREVIOUSLY FROZEN
1.99/100 g

MERLUZZO

2.99 /lb
FRESH WHOLE WHITING
66¢/100 g

mix & match

2 for **14.00**
CALIFORNIA ROLLS, VEGGIE OR SPICY SUSHI
200-300 g, SELECTED VARIETIES

2 LB

5.99 /lb or ea.
FRESH PASTA CLAMS
1.33/100 g, 5.99/lb OR
FRESH CANADIAN COVE ORGANIC CANADIAN MUSSELS
2 lb, 907 g, 5.99 EA.

5.99 ea.
LOUIS KEMP SEA LEGS SURIMI
FROZEN, 454 g

11.99 ea.
HIGH LINER CATCH OF THE DAY OR PAN SEAR FISH FILLETS
FROZEN, SELECTED SIZES, SELECTED VARIETIES

13.99 ea.
ARUNA PASTEURIZED BLUE CRAB MEAT
FRESH, 227 g

15.99 /lb
TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS
FROZEN, 3.53/100 g

BACCALA

11.99 ea.
CHELSEA BONED SALTED COD 454 g

Irrésistible

6.99 ea.
IRRESISTIBLE CRISPY CALAMARI
FROZEN, 340 g

7.99 ea.
IRRESISTIBLE SHRIMP APPETIZERS
FROZEN, 284-340 g
SELECTED VARIETIES

9.99 ea.
IRRESISTIBLE MARINATED MUSSELS
FROZEN, 907 g
SELECTED VARIETIES

10.99 ea.
IRRESISTIBLE COCONUT SHRIMP
FROZEN, 454 g

Breakfast Favourites

3.49 ea.
RESER'S FRESH HASH BROWNS
450 g

4.99 /lb
SELECTION PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
11.00/kg

6.99 ea.
MAPLE LEAF BACON OR READY CRISP BACON
65-375 g, SELECTED VARIETIES

Organic

8.99 ea.
DUBRETON ORGANIC BACON
250 g
25 points

3.99 ea.
SELECTION HAM STEAKS 250 g
SELECTED VARIETIES

4.99 ea.
OLYMEL BREAKFAST SAUSAGES 375 g
SELECTED VARIETIES
10 points

Plant-Based

5.99 ea.
BEYOND MEAT PLANT-BASED BREAKFAST SAUSAGE LINKS 235 g

7.99 ea.
IRRESISTIBLES MINI QUICHE
FROZEN, 360 g
SELECTED VARIETIES

Meal Ideas

3.49 /lb
LEVESQUE HALF SMOKED PORK PICNIC SHOULDER ROAST
BONE IN
7.69/kg

12.99 ea.
PILLER'S SMOKED HAM 800 g
SELECTED VARIETIES
35 points

11.99 ea.
SELECTION CHICKEN WINGS
FROZEN, 800-850 g
SELECTED VARIETIES

5 LB

13.99 ea.
IRRESISTIBLES MEAT LASAGNA
FROZEN, 2.27 kg

Irrésistible

DISCOVER NEW

5.99 ea.
IRRESISTIBLE SMOKY GOUDA BOMBS OR TEMPURA PICKLE CHIPS
FROZEN, 225-300 g

8.99 ea.
IRRESISTIBLE MEATBALLS
FROZEN, 500-680 g
SELECTED VARIETIES

8.99 ea.
IRRESISTIBLE CRANBERRY BRIE OR PUFF PASTRY PACK
FROZEN, 225-432 g

DISCOVER NEW

8.99 ea.
IRRESISTIBLE CHICKEN BITES WITH HOT HONEY & BACON
FROZEN, 305 g

Holiday Desserts

Moist Vanilla infused coffee cake layered in creamy Biscoff mousse

65 points

29⁹⁹ ea.

FRONT STREET BAKERY
BISCOFFEE COOKIE BUTTER CAKE 1.2 kg

DISCOVER NEW

18⁹⁹ ea.

FRONT STREET BAKERY
FESTIVE YULE LOGS
852-900 g
SELECTED VARIETIES

FRONT STREET BAKERY
BANANA CHOCOLATE CAKE 1.4 kg

29⁹⁹ ea.

65 points

28⁹⁹ ea.

FRONT STREET BAKERY
RED VELVET OR
JAMOCHA ALMOND
CRUNCH CAKE
1.25-1.45 kg

23⁹⁹ ea.

FRONT STREET BAKERY
CHEESECAKE 1400-1500 g
SELECTED VARIETIES

mix & match

6 for 13⁰⁰

FRONT STREET BAKERY
SINGLE SERVE DESSERTS
SELECTED SIZES, SELECTED VARIETIES

FRONT STREET BAKERY
PUMPERNICKEL BREAD 675 g

3⁷⁹ ea.

FRONT STREET BAKERY
DINNER ROLLS
PKG OF 12, 300 g, SELECTED VARIETIES

baked in my metro

5⁴⁹ ea.

FRONT STREET BAKERY
ICE BOX COOKIES
PKG OF 12, 456-560 g
SELECTED VARIETIES

FRONT STREET BAKERY
GOURMET SWISS
APPLE STRUDEL 950-990 g

8⁹⁹ ea.

40 points

SUN-MAID
RAISIN, CINNABON OR
THOMAS BREAKFAST
BREADS 450-454 g
SELECTED VARIETIES

4⁹⁹ ea.

25 points

4⁹⁹ ea.

IRRESISTIBLES
MINI BRIOCHE BUNS 480 g

3⁹⁹ ea.

STONEFIRE
DIPPERS, PIZZA CRUST,
FLAT BREAD OR
ROUND NAANS
200-460 g

BAILEYS
MOUSSE CAKE OR
GODIVA CHOCOLATE
CAKE 425-485 g

19⁹⁹ ea.

50 points

DELI FAVOURITES MEAT & CHEESE

Premium Quality
Expert Service

3⁹⁹ /100 g

CUDDY OR LILYDALE
TURKEY BREAST
DELI SLICED
SELECTED VARIETIES, 18.10/lb

4⁴⁹ /100 g

CATHEDRAL CITY
CHEDDAR CHEESE
DELI CUT, PRICES AS MARKED, 20.37/lb

2⁹⁹ /100 g

BRANDT
KOLBASSA SAUSAGE COIL,
MEAT LOAF OR
HONEY MAPLE SMOKED HAM
DELI CUT, 13.56/lb

11⁴⁹ ea.

PILLER'S
SAUSAGE, PEPPERONI OR
SALAMI STICKS 300-500 g
SELECTED VARIETIES

7⁹⁹ ea.

PRESIDENT
SPREADABLE BRIE 185 g
SELECTED VARIETIES

5⁴⁹ /100 g

CAMBOZOLA
BLUE CHEESE
DELI CUT, PRICES AS MARKED, 24.90/lb

8⁷⁹ ea.

MASTRO
CHARCUTERIE TRIO
150-250 g
SELECTED VARIETIES

4⁴⁹ ea.

LA BELLE BRETAGNE
PATE 150 g
SELECTED VARIETIES

6⁹⁹ ea.

RANA RAVIOLI
300 g
SELECTED VARIETIES

NEW YORK STYLE
BAGEL CRISPS OR
PITA CHIPS
170-227 g
SELECTED VARIETIES
OR 4.49 EA.

2 for 8⁰⁰

IRRESISTIBLES
PADANO OR PARMESAN,
MASTRO SALAMI,
CHARCUTERIE TRIO OR
SAN DANIELE PROSCIUTTO
200-375 g
SELECTED VARIETIES

YOUR CHOICE **9⁹⁹ ea.**

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

metro FRESH 2 GO
Back Door Please

$45 ENTIRE FEAST
Clark's Family Turkey Dinner
2.250 kg, 700 Cals/Serving, Serves 4

19⁹⁹ EACH
Ralph's Meatloaf with Marinara
1.5 kg, 510 Cals/Serving, Serves 5

$20 EA.
Buddy's Spaghetti with Meatballs
1.5 kg, 580 Cals/Serving, Serves 5

FRESH FOR THE HOLIDAYS

Joy to Festive Classics

LIMITED TIME ONLY

12⁹⁹ EACH
Kevin's 3-Cheese Pizza
400 Cals/Serving, Serves 8

13⁸⁸ EACH
Metroville's Roast Beast BBQ Chicken
900 g, 450 Cals/Serving, Serves 4

READY-TO-GO

SERVES 4-6
FRESH 2 GO
FESTIVE PIE
1 kg

YOUR CHOICE
$25 ea.

SERVES 4-6
FRESH 2 GO
MEAT LASAGNA
1.5 kg

9⁹⁹ ea.
QUEEN'S PASTA
FESTIVE RICOTTA
BASIL RAVIOLI
350 g

FRESH 2 GO
MINI CHARCUTERIE TRAYS
1 un
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
SALSA OR TORTILLA CHIPS,
SUMMER FRESH HUMMUS,
SABRA GUACAMOLE OR
FRESH 2 GO TORTILLA CHIPS
198 - 397 g, 473 ml
SELECTED VARIETIES

JACK'S SPECIAL SALSA
Sabra Guacamole
Summer Fresh Hummus
metro FRESH 2 GO

More Great Savings

2 for 8.00

POST CEREAL
SELECTED SIZES
SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 40.00
LESS THAN 2 PAY 24.99 EA.

McCAFÉ COFFEE CAPSULE 30 un.
SELECTED VARIETIES

4.99 ea.

CELESTIAL TEA
20 un.
SELECTED VARIETIES

NATREL LACTOSE FREE MILK 2L
SELECTED VARIETIES

6.29 ea.

BUY MORE SAVE MORE!

3 for 9.99
LESS THAN 3 PAY 3.99 EA.

MINUTE RICE INSTANT RICE 2 X 125 g
SELECTED VARIETIES

2.99 ea.

BETTY CROCKER POTATOES 141-215 g
SELECTED VARIETIES

GREEN GIANT CANNED VEGETABLES
341-398 ml
SELECTED VARIETIES

1.99 ea.

4 for 5.00

FRANCO-AMERICAN GRAVY 284 ml
SELECTED VARIETIES

3.49 ea.

GAY LEA SOUR CREAM 500 ml
SELECTED VARIETIES

5.99 ea.

KOZLIK'S MUSTARD 250 ml
SELECTED VARIETIES

BICK'S PICKLES
750 ml-1L
SELECTED VARIETIES

6.49 ea.

4.49 ea.

BERTOLLI OLIVE 250 ml
SELECTED VARIETIES

1.99 ea.

PRIMO TOMATOES
796 ml
SELECTED VARIETIES

2.99 ea.

IRRESISTIBLES PANKO BREADCRUMBS
227 g
SELECTED VARIETIES

4 for 7.00

HEINZ BEANS OR PASTA
SELECTED SIZES, SELECTED VARIETIES

6.99 ea.

DEL MONTE REFRIGERATED JUICE
2.5L
SELECTED VARIETIES

3.79 ea.

SELECTION PARTY SIZE CHIPS
454 g
SELECTED VARIETIES

3.99 ea.

RICEWORKS RICE CRISPS
SELECTED SIZES
SELECTED VARIETIES

7.99 ea.

NESTLÉ TURTLES
SELECTED SIZES
SELECTED VARIETIES
WHILE QUANTITIES LAST

MONTELLIER SPARKLING WATER
1L
SELECTED VARIETIES
OR 1.69 EA.

2 for 2.50

4.99 ea.

DOLE PINEAPPLE JUICE
SELECTED SIZES
SELECTED VARIETIES

2 for 8.00

ALLEN'S JUICE OR COCKTAILS 1.89L
SELECTED VARIETIES
OR 4.39 EA.

22.49 ea.

CORONA SUNBREW NON-ALCOHOLIC BEER
12 X 355 ml

HEINEKEN NON-ALCOHOLIC BEER
6 X 330 ml
SELECTED VARIETIES

12.99 ea.

4.99 ea.

AURORA DOLCE ITALIA CELLO PANETTONE
500 g, SELECTED VARIETIES

7.99 ea.

BAUDUCCO OR GIOIA PANETTONE
680 g, 750 g
SELECTED VARIETIES

2 for 8.00

IRRESISTIBLE COOKIES
240-350 g
SELECTED VARIETIES

5.49 ea.

IRRESISTIBLE ASSORTMENT CRACKERS
150 g

12.99 ea.

GIOIA PANDORO
750 g, SELECTED VARIETIES

14.99 ea.

BAULI FLAVOURED PANDORO
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.

PILLSBURY CHRISTMAS COOKIES
SELECED SIZES, SELECTED VARIETIES
WHILE QUANTITIES LAST

6.49 ea.

CHAPMAN'S CHRISTMAS ICE CREAM OR NOVELTY
SELECTED SIZES, SELECTED VARIETIES
WHILE QUANTITIES LAST

metro.ca

Your GO TO for festive spirits

JACOB'S CREEK MOSCATO ROSÉ
750 ml
Pairs with: Chocolate Desserts

13⁰⁴ ea.

2⁹⁶ ea.

WHITE CLAW BLACK CHERRY
473 ml

13⁹⁴ ea.

RUFFINO LUMINA PINOT GRIGIO
750 ml
Pairs with: Raw Oysters

21⁷⁷ ea.

MASI CAMPOFIORIN RED
750 ml
Pairs with: Butternut Squash Soup

JOSH CELLARS CABERNET SAUVIGNON
750 ml
Pairs with: Rack of Lamb

17⁴⁸ ea.

17⁴⁸ ea.

STONELEIGH SAUVIGNON BLANC
750 ml
Pairs with: Fish, Salad or White Meat

12¹⁷ ea.

OPEN SMOOTH RED
750 ml
Pairs with: Steaks or Sausages

12¹⁷ ea.

PELLER FAMILY RESERVE CHARDONNAY
750 ml
Pairs with: Roasted Winter Vegetables

13⁰⁵ ea.

YELLOW TAIL SHIRAZ
750 ml
Pairs with: Chocolate Cake

SAVE $2

JACKSON-TRIGGS SPARKLING WINE
750 ml

13⁷¹ ea.

SAVE $2

JACKSON-TRIGGS CABERNET SAUVIGNON
3 L

33¹⁸ ea.

JACKSON-TRIGGS PINOT GRIGIO
3 L

MAKE MERRY WITH MORE SELTZERS

8 PACK
12 PACK

18⁷² ea.

COTTAGE SPRINGS VODKA SODA MIX PACK
8 x 355 ml

25⁴⁹ ea.

TWISTED TEA MIXER
12 x 355 ml

2⁷⁴ ea.

GEORGIAN BAY GIN SMASH
473 ml

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

Your GO TO for sweet holiday favourites.

9.99 ea.

LINDT PRALINES CHOCOLATE BOX
100 g
SELECTED VARIETIES

5.49 ea.

NESTLÉ AFTER EIGHT CHOCOLATE
90 g
SELECTED VARIETIES

7.99 ea.

LINDT LINDOR CELLOPHANE CHOCOLATES
130 - 150 g
SELECTED VARIETIES

9.99 ea.

TOBLERONE X'MAS CHOCOLATE BOX
200 g
SELECTED VARIETIES

5.49 ea.

TERRY'S CHOCOLATES
147 - 157 g
SELECTED VARIETIES

HERSHEY'S KISSES
180 - 200 g
SELECTED VARIETIES

4.99 ea.

FERRERO ROCHER
375 g
SELECTED VARIETIES

11.99 ea.

7.99 ea.

NESTLÉ TURTLES
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.

WALKER'S COOKIES
125 g
SELECTED VARIETIES

12.49 ea.

STORCK MERCI CHOCOLATES
400 g
SELECTED VARIETIES

7.99 ea.

GHIRARDELLI SQUARES CELLO CHOCOLATES
116 - 153 g
SELECTED VARIETIES

8.99 ea.

CADBURY MINI EGG CHOCOLATES
400 g
SELECTED VARIETIES

WHILE QUANTITIES LAST

Baking Essentials

3.99 ea. TENDER FLAKE CRUST OR PASTRY
SELECTED SIZES
SELECTED VARIETIES

3.79 ea. EAGLE BRAND CONDENSED MILK
300 ml
SELECTED VARIETIES

5.99 ea. ROBIN HOOD OR FIVE ROSES FLOUR
2.5 kg
SELECTED VARIETIES

3.99 ea. CRISCO SHORTENING
454 g
SELECTED VARIETIES

2.49 ea. SELECTION COCONUT
200 g
SELECTED VARIETIES

5.99 ea. E.D. SMITH PIE FILLING
540-796 ml
SELECTED VARIETIES

5.49 ea. COOL WHIP WHIPPED TOPPING
1 L
SELECTED VARIETIES

2.99 ea. REDPATH BROWN OR ICING SUGAR
1 kg, SELECTED VARIETIES

Gluten-Free

TUTTI GOURMET BISCOTTI 180 g
SELECTED VARIETIES
5.49 ea.

SENSIBLE PORTIONS GARDEN VEGGIE STRAWS
120-142 g
SELECTED VARIETIES
3.49 ea.

4.99 ea. WALKERS SHORTBREAD COOKIES
140 g
SELECTED VARIETIES

SUN TROPICS COCO ROLLS
100 g
SELECTED VARIETIES
4.49 ea.

1.49 ea. LIFE SMART RICE CRACKERS
100 g
SELECTED VARIETIES

NEW! NOUVEAU!
GARDEN VEGGIE TORTILLA CHIPS
170 g
SELECTED VARIETIES
4.49 ea.

6.99 ea. VIOLIFE SLICED CHEESE
200 g
SELECTED VARIETIES

G HUGHES SAUCES
490 ml
SELECTED VARIETIES
6.49 ea.

Plant-Based

8.49 ea. EARTH BALANCE SPREAD
425 g
SELECTED VARIETIES

NATURE'S NUTS ALMOND BUTTER
500 g
SELECTED VARIETIES
13.99 ea.

WAKE UP
& KICK ASS®
9.99 ea.
KICKING HORSE GROUND COFFEE
284 g
SELECTED VARIETIES

Organic

SALT SPRING WHOLE BEAN COFFEE
400 g
SELECTED VARIETIES
13.99 ea.

ORGANIC MEADOW ICE CREAM
946 ml
SELECTED VARIETIES
9.99 ea.

4.49 ea. EAT WHOLESOME CANNED VEGETABLES
341-398 ml
SELECTED VARIETIES

RISE KOMBUCHA
414 ml
SELECTED VARIETIES
3.99 ea.

Household Helpers and Beauty

9.99 ea. ROYAL CHINET PLATES
40 un.

5.99 ea. SELECTION PAPER PLATES, BOWLS OR CUPS
24-40 un., SELECTED VARIETIES

5.49 ea. BOUNTY NAPKINS 200 un.

2.49 ea. SELECTION SANDWICH OR FREEZER BAGS
20-100 un.
SELECTED VARIETIES

7.99 ea. DR.SQUATCH BAR SOAP
141.7 g
SELECTED VARIETIES

BIORÉ FACIAL CARE
SELECTED SIZES
SELECTED VARIETIES

10.99 ea.

GARNIER MICELLAR WATER
400 ml

DISCOVER NEW
9.99 ea.

NATIVE HAIR CARE
487 ml
SELECTED VARIETIES

9.99 ea.

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

UNWRAP THE SAVINGS

Boxing Week MEGA SALE!

ENTIRE BRANDS UP TO 40% off

Dec. 19, 2024 to 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 Champs
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
natures-source.com

Find Your Nearest Location

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