VERSION A

Your GO-TO for festive feasts.

1.47 /lb

Frozen Grade A Turkeys
ALL AVAILABLE SIZES
12.00kg
Dinde surgelée cat. A
TOUTES TAILLES
12.00kg

3.99 ea.

Clementines
CLOTT
Clémentines
CLOTT
PRODUCE

9.88 /lb or ea.

FROZEN Atlantic Salmon Fillets Value Pack
Filets de saumon atlantique surgelés
Sockeye Salmon Steaks or
Saumon sockeye en tranches
Fresh PAN Atlantic Cod
Morue atlantique en tranches
SEAFOOD

4.44 ea.

Black Diamond Bars or Shredded Cheese
Barres ou fromage en lanières Black Diamond
DAIRY

moi rewards

i redeem and save on what i buy most often

500 points = $4 in rewards

join today and save

scan to download our app

Effective December 5 - 11, 2024

4.44 ea.

Maple Leaf Bacon
BACON
Bacon Maple Leaf Bacon
Bacon Maple Leaf Bacon
Bacon Maple Leaf Bacon Wood Smoked 375 g
Bacon Maple Leaf Bacon Artisan Irresistibles
Bacon Maple Leaf Bacon Wood Smoked Maple Flavour 375 g
PRODUCE

15.99 ea. or /lb

0.80 ¢

Cadeaux Sous Pacific Wild Shrimp 2 x 454 g, 2 x 680 g
Crevettes sauvages Cadeaux Sous Pacific
Frozen Atlantic Salmon Fillets
Saumon atlantique surgelé en tranches
Cremetina Gelato or Pa Pa Papa Gelato 2 x 1.5 L
Cremetina Gelato ou Pa Papa Gelato 2 x 1.5 L
Pistachios or almonds 2 x 170 g
Pistaches ou amandes 2 x 170 g
SEAFOOD

5.99 ea.

Jane's Beer Battered Fish
Jane's Malt Fish
Jane's Beer Battered Fish
Jane's Malt Fish
PRODUCE

3.49 ea.

Front Street Bakery Cauliflower Bread or Pizzaiolo
Pain au chou-fleur ou Pizzaiolo Front Street Bakery
BAKERY

3.99 ea.

Pepsi Cola Classic or Coca-Cola Classic Soda
Pepsi Cola Classic or Coca-Cola Classic Soda
Boissons gazeuses Coca-Cola, Pepsi-Cola ou Diet Pepsi 2 x 2 L
GROCERY

SAVE $1.00

9.99 ea.

Maxwell House Ground Coffee 925 g
Produits de café moulu Maxwell House
Lavazza Espresso Coffee 250 g
Café Espresso Lavazza
GROCERY

LARGER SIZES AVAILABLE

Poinsettias
Pots 6.5 cm
Pots 6.5 cm
PRODUCE

2 for 18.00 or 9.00 ea.

metro.ca

VERSION 4

metro

Sun Gardens Prosciutto, Genoa Cream Cheese Salami or Capers Pepperoni Assorted Flavours 100 g - 200 g

Prosciutto, salami de Gênes, fromage en crème, salami ou pepperoni aux câpres Saveurs variées

2.99 /100 g

Grass Fed Angus Rump Steak Cut from Hind Quarter Assembled 1.00kg

Intérieur de ronde Angus ÉLEVÉ À L'HERBE découpé à partir du quartier arrière assemblé 1.00kg

4.99 /lb

Boursin Cream Cheese Assorted Flavours 150g

Fromage à la crème Boursin Saveurs variées 150g

3.99 ea.

Fresh Lean Grinder Chuck or Ground Marinated Italian Pork Assembled 1.00kg

Palette à broyer frais maigre ou porc haché mariné à l'italienne assemblé 1.00kg

4.99 /lb

CUT BY OUR IN-STORE BUTCHER

Boneless Pork Loin Chops, Center Cut Pork or Roast Pork Loin Value Pack Assorted Sizes 1.00kg

Côtes de longe désossées de noisette ou rôti de longe de porc Paquet économique de valeur Tailles variées 1.00kg

2.99 /lb

Bounder Bread, BAGELS or MUFFINS 2 kg

Pain Bounder, muffins ou bagels Assorties 2 kg

6.00 ea.

Tastee Premium Sweet Potato Fries 2.00kg

Frites de patate douce Tastee Premium 2.00kg

99¢ /lb

Mr. Wonders Frozen Vegetables Assorted Flavours 1.00kg - 1.36kg

Légumes surgelés Mr. Wonders Saveurs variées 1.00kg - 1.36kg

2.49 ea.

Irresistible or Value Size Chips 30-35g Select Varieties

Irrésistible ou Chips de taille économique 30-35g Variétés sélectionnées

1.25 ea.

Campbell's Condensed Cream of Mushroom Soup 284 Mililitres

Soupe Campbell's condensée crème de champignons 284 millilitres

88¢ ea.

Robin Hood or Five Roses Flour 2.5 kg Select Varieties

Farine Robin Hood ou Five Roses 2.5 kg Variétés sélectionnées

Chipits Chocolate Chips 170-340g Select Varieties

Pépites de chocolat Chipits 170-340g Variétés sélectionnées

3.97 ea.

Bounty Paper Towel 6 rolls

Essuie-tout Bounty 6 rouleaux

7.99 ea.

Silk Almond 946 ml

Silk Amande 946 millilitres

3.49 ea.

Ben & Jerry's Ice Cream 1.14 L Select Varieties

Crème glacée Ben & Jerry's 1.14 L Variétés sélectionnées

5.99 ea.

metro FRESH GO

4-DAY MEAL DEAL

THURSDAY DECEMBER 5th - SUNDAY DECEMBER 8th

YOUR CHOICE **10.99 ea.**

Assorted California Combo kit - 10's
Combo californiens assorti kit - 10's

Fried Quinoa Bowlets, 6 with Cheddar Wings or 20 Chicken Bites
Bols de quinoa frits, 6 avec aile de poulet au cheddar ou 20 morsoms de poulet

Warm Ready Caprese
Caprese prêt à chaud 355 g Fresh Fruit Tray
Plateau de fruits frais 1.00 kg Fresh Veggie Crudités 907 g Multi-Berry Pot 907 g

Hot Whole BBQ Mammoth Chicken, Jug
Poulet barbecue géant chaud en

8" Cocoa Peppermint Dream Ice Cake
Gâteau glacé à la menthe et au cacao 8"

Effective December 5 6 7 8 9 10 11 2024 | my savings my metro

New Lower Prices

Assorted Lean Cuisine Entrées and Sweet and Sour Chicken Bowl, Lean Cuisine Entrées Bowls or Lean Cuisine Marketplace Frozen Entrées or Lean Cuisine Marketplace Bowl or Marguerite Frozen Pizza
Selon le choix
Selon le choix
7.99 ea.

Lou's Pizza Bites or Lou's Pizza Bites Gourmet or Lou's Pizza Bites Gluten Free
Selon le choix
Selon le choix
7.99 ea.

Maple Leaf Deluxe Lean Ham or Maple Leaf Deli Lean Ham or Maple Leaf Deli Lean Ham Slices
Selon le choix
Selon le choix
2.49 / 700 g

ACTIVIA Yogurt
Selon le choix
Selon le choix
5.99 ea.

OIKOS Yogurt
Selon le choix
Selon le choix
5.99 ea.

Maxwell House Coffee or Coffee Mate Whitener
Selon le choix
Selon le choix
5.99 ea.

Kraft Dressing or Kraft Dressing Light or Kraft Dressing Fat Free or Kraft Dressing Light Fat Free or Lemonade or Lemonade Light or Lemonade Fat Free or Lemonade Light Fat Free or Tartare Sauce or Tartare Sauce Light or Barbecue Sauce or Barbecue Sauce Light or Lemon Juice or Lemon Juice Light or Lemon Juice Fat Free or Lemon Juice Light Fat Free or Lime Juice or Lime Juice Light or Lime Juice Fat Free or Lime Juice Light Fat Free
Selon le choix
Selon le choix
6.99 ea.

Maple Leaf Deli Lean Ham or Maple Leaf Deli Lean Ham Slices or Maple Leaf Deli Lean Ham Slices Gluten Free
Selon le choix
Selon le choix
4.99 ea.

Pure Life Water
24 PACK
Selon le choix
Selon le choix
8.00

Sprite, Mauxes Pomme or Mauxes Pomme Light or Sprite Zero Sugar or Ginger Ale or Ginger Ale Light or Orange Crush or Orange Crush Light or Fruitopia or Fruitopia Light
Selon le choix
Selon le choix
10.99 ea.

Coca-Cola or Coca-Cola Light or Coca-Cola Zero Sugar or Sprite or Sprite Zero Sugar or Fanta or Fanta Light or Barq's or Barq's Light or Dasani or Dasani Light or Dasani Zero or Dasani Zero Light or Dasani Fruit or Dasani Fruit Light or Coca-Cola Zero or Coca-Cola Zero Light or Coca-Cola Zero Caffeine Free or Coca-Cola Zero Caffeine Free Light or Coca-Cola Zero Cherry or Coca-Cola Zero Cherry Light or Coca-Cola Zero Vanilla or Coca-Cola Zero Vanilla Light or Coca-Cola Zero Lime or Coca-Cola Zero Lime Light or Coca-Cola Zero Orange or Coca-Cola Zero Orange Light or Coca-Cola Zero Raspberry or Coca-Cola Zero Raspberry Light or Coca-Cola Zero Cherry Vanilla or Coca-Cola Zero Cherry Vanilla Light or Coca-Cola Zero Peach or Coca-Cola Zero Peach Light or Coca-Cola Zero Pineapple or Coca-Cola Zero Pineapple Light or Coca-Cola Zero Mango or Coca-Cola Zero Mango Light or Coca-Cola Zero Strawberry or Coca-Cola Zero Strawberry Light or Coca-Cola Zero Watermelon or Coca-Cola Zero Watermelon Light or Coca-Cola Zero Blueberry or Coca-Cola Zero Blueberry Light or Coca-Cola Zero Pomegranate or Coca-Cola Zero Pomegranate Light or Coca-Cola Zero Blackberry or Coca-Cola Zero Blackberry Light or Coca-Cola Zero Cherry Cola or Coca-Cola Zero Cherry Cola Light or Coca-Cola Zero Cherry Lime or Coca-Cola Zero Cherry Lime Light or Coca-Cola Zero Cherry Berry or Coca-Cola Zero Cherry Berry Light or Coca-Cola Zero Cherry Vanilla or Coca-Cola Zero Cherry Vanilla Light or Coca-Cola Zero Peach Mango or Coca-Cola Zero Peach Mango Light or Coca-Cola Zero Pineapple Coconut or Coca-Cola Zero Pineapple Coconut Light or Coca-Cola Zero Mango Lime or Coca-Cola Zero Mango Lime Light or Coca-Cola Zero Strawberry Watermelon or Coca-Cola Zero Strawberry Watermelon Light or Coca-Cola Zero Blueberry Pomegranate or Coca-Cola Zero Blueberry Pomegranate Light or Coca-Cola Zero Blackberry Raspberry or Coca-Cola Zero Blackberry Raspberry Light or Coca-Cola Zero Cherry Cola Lime or Coca-Cola Zero Cherry Cola Lime 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Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime or Coca-Cola Zero Mango Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Light or Coca-Cola Zero Strawberry Watermelon Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime or Coca-Cola Zero Strawberry Watermelon Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Light or Coca-Cola Zero Blueberry Pomegranate Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime or Coca-Cola Zero Blueberry Pomegranate Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Light or Coca-Cola Zero Blackberry Raspberry Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime Lime or Coca-Cola Zero Blackberry Raspberry Lime

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SAVE $2 **2.99** ea.

Selection Windshield Washer Fluid
3.78 L
Selected Varieties

Selection Cream
473 ml - 1 L
Selected Varieties

SAVE $2 **1.99** ea.

SAVE $2 **2.99** ea.

Nestlé Carnation Hot Chocolate Envelopes
Selected Sizes
Selected Varieties

SAVE $2.01 **2.99** ea.

Smartfood Ready To Eat Popcorn
150 - 220 g
Selected Varieties

SAVE $2 **3.99** ea.

Irresistibles Pasta
340 - 350 g
Selected Varieties

Life Smart Naturalia Sweet Apple Cider
2 L

SAVE $1 **3.99** ea.

SAVE $4 **4.99** ea.

Downy Comfy Cozy or Fusions Scent Boosters
303 - 368 g
Selected Varieties

SAVE $4 **12.99** ea.

Christmas Sweater Bouquet
Assorted Colours

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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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.

Farm Fresh Produce

2.99 ea. — Cranberries 454g, Canada #1, Canneberges 454g, Canada #1

5 lb. **4.99** ea. — Seedless Red Grapes, Raisins rouges sans pépins, Product of Chile, Produit du Chili

PINT **2.49** ea. — Cantaloupe Yellow Dewberry, Melon jaune Dewberry, Product of Canada, Produit du Canada

2.99 /lb — Large Honeycrisp Apples, Pommes Honeycrisp grosses, Product of Canada, Produit du Canada; Sweet Jumbo Honeycrisp Apples, Pommes Honeycrisp jumbo, Product of Canada, Produit du Canada

3.99 ea. — Blueberries 454g, Product of Canada, Bleuets 454g, Produit du Canada; Raspberries 454g, Product of Canada, Framboises 454g, Produit du Canada; Blackberries 454g, Product of Canada, Mûres de ronces 454g, Produit du Canada; Strawberries 454g, Product of Canada, Fraises 454g, Produit du Canada

3.49 ea. — Garlic Scape Medley with Garlic Bulb, Product of Canada, Produit du Canada; Thompson Seedless Grape Medley, Product of Canada, Produit du Canada

2.99 /lb — Large Pomegranate, Product of Canada, Produit du Canada

4.99 ea. — Lemons 454g, Product of Canada, Citrons 454g, Produit du Canada

4.49 ea. — Attitude Cuties 2.5 kg, Product of Canada, Produit du Canada, Product of Chile, Produit du Chili, Product of U.S., Produit des É.-U.

3.99 ea. — Russet Potatoes 10 kg, Product of Canada, Produit du Canada, Product of U.S., Produit des É.-U., Russet 10 kg, Product of Canada, Produit du Canada

15 points

JUMBO **4.99** ea. — Jumbo Pineapple, Product of Costa Rica, Ananas jumbo, Produit du Costa Rica

1.99 ea. — Large Ripe Mangoes, Product of Brazil, Grosses mangues mûres, Produit du Brésil

3.49 ea. — Sweet Baby Broccoli, Product of U.S., Mini Broccoli, Produit des É.-U.

3.49 ea. — Sweet Baby Broccoli, Product of U.S., Mini Broccoli, Produit des É.-U.

4.99 ea. — Pom Poms Pomegranate Arils 113g, Product of Chile, Arilles de grenades 113g, Produit du Chili

1 kg **14.99** ea. — Innovation Whole Natural Almonds, Amandes entières naturelles, Product of U.S., Produit des É.-U.

50 points

7.99 ea. — Pecan Chocolate Bark, Product of Canada, Pacanes au chocolat et en amandes Pécanes, 200g

1.99 ea. — Baby Carrots 454g, Product of U.S., Carottes mignonnes 454g, Produit des É.-U.

Organic

3 LB BAG **3.99** ea. — Organic Cranberries, Canneberges biologiques, Product of Canada, Produit du Canada

6.99 ea. — Organic Honeycrisp Apples, Pommes Honeycrisp biologiques, Product of Canada, Produit du Canada

30 points

1.69 /lb — Organic Green Cabbage, Chou vert biologique, Product of Canada, Produit du Canada; Organic Red Cabbage, Chou rouge biologique, Product of Canada, Produit du Canada

4.99 ea. — Organic Sweet Potatoes, Patates douces biologiques, Product of Canada, Produit du Canada

Holiday Floral

Assortment Trays Serve 10-12, Plateaux de assortiments pour 10-12 personnes

YOUR CHOICE THIS HOLIDAY **9.99** EACH

Regular Price $13.99 each, Prix régulier 13,99 $ chacun

Regular Gift Baskets, Paniers de fête réguliers, Product of Canada, Produit du Canada; Large Cheddar Garden Salad Bowl, Grande salade de cheddar du jardin, Product of Canada, Produit du Canada; Large Caesar Garden Salad Bowl, Grande salade du jardin César, Product of Canada, Produit du Canada; Large Garden Salad Bowl, Grande salade du jardin, Product of Canada, Produit du Canada; Large Garden Salad Bowl, Grande salade du jardin, Product of Canada, Produit du Canada

20.00 ea. — Large Ready-Decorated Poinsettia Plant, Grande Poinsettia Prêt-à-décorer, Product of Mexico, Produit du Mexique

DOUBLE SPIKE

Premium Orchids, Orchidées de première classe, Product of Canada, Produit du Canada

Premium Orchids, Orchidées de première classe, Product of Canada, Produit du Canada

22.99 ea.

60 points

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PRODUCT OF BELLS, DEPTOR
5 COUNT
POM
POMEGRANATES
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PRODUCT OF U.S.A.

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BUTCHER'S FINEST

11.99 /lb
Beef Cut Rib Steak Select Bleu
Côte de bœuf coupe spéciale Select Bleu
0.45kg
Bœuf de sélection Côte de bœuf Grill Ready
Côte de bœuf prête à griller
0.45kg

BUTCHER'S FINEST

11.99 /lb
Platinum Grill Angus Thick Sirloin Steak Value Pack or Roast
Bifteck de surlombe épais Platinum Grill Angus ou rôti
0.45kg
Bœuf de sélection Bifteck de surlombe épais ou rôti Platinum Grill Angus
0.45kg

PRIME

7.99 /lb
Maple Leaf Prime Boneless Skinless Chicken Breast Value Pack
1.00kg
Poitrine sans os ni peau de poulet Prime Maple Leaf Value
Poitrine de poulet Prime sans os ni peau, en emballage économique
1.00kg

6.99 /lb
Platinum Grill Angus Boneless Ribeye Steak Value Pack
Bifteck de côte sans os Platinum Grill Angus
0.45kg
Bifteck de côte sans os Platinum Grill Angus en emballage économique
0.45kg

11.99 /lb
Veal Rib or Loin Chops
Côtes de veau
0.45kg
Côtelettes de veau de côtes ou de longe
0.45kg
0.45kg

20.99 /lb
Lean Smart Naturally Raised Beef Boneless Steak or Strip Loin Steak
Bœuf Naturellement élevé Lean Smart
0.45kg
Bifteck désossé ou côte de longe de contre-filet de bœuf Naturally Raised Lean Smart
0.45kg

6.99 /lb
Platinum Grill Angus Inside Round Roast or Boneless Rump Roast
0.45kg
Rôti de ronde ou de croupe de bœuf Platinum Grill Angus sans os
0.45kg

6.99 /lb
Platinum Grill Angus Sirloin Cut Roast
Rôti de surlombe Platinum Grill Angus
0.45kg
Rôti de surlombe Platinum Grill Angus
0.45kg

FAST FRY

4.49 /lb
Boneless Pork Loin Chops Value Pack
1.00kg
Côtelettes de longe de porc sans os Value Pack
1.00kg
Côtelettes de longe de porc sans os Value Pack
1.00kg

6.99 /lb
Breaded Pork Loin Cutlets
0.45kg
Escalopes de longe de porc panées
0.45kg

Made in my Metro

3.99 /lb
Lemon-Scented Veal Loin Chops, Bacon or Vinaigrette Value Pack
1.00kg
Longe de veau citronnée farcie de bacon ou de vinaigrette
1.00kg
0.00kg

3.99 /lb
Marinated Boneless Pork Loin Chop
0.80kg
Côtelette de longe de porc désossée et marinée
0.80kg
0.80kg

5.49 /lb
Stuffed Pork Tenderloin Value Pack
1.00kg
Filet mignon de porc farci en emballage économique
1.00kg
1.00kg

12.99 /lb
Beef Cut Rib Eye Roast 28 DAY Dry-Aged Select Bleu
Rôti de côte de bœuf 28 JOURS Sec Select Bleu
0.45kg
Rôti de côte de bœuf sec 28 JOURS Select Bleu
0.45kg
0.45kg

5.99 /lb
Stuffed Sweet Mini Peppers or Mushrooms Value Pack
0.270kg
Poivrons doux farcis ou champignons farcis en emballage économique
0.270kg
0.270kg

8.99 /lb
Breaded Pork Loin Cutlets Value Pack
0.450kg
Escalopes de longe de porc panées en emballage économique
0.450kg
0.450kg

6.99 /lb
Platinum Grill Angus Sirloin Steak Value Pack Garlic and Herb Sausage Meat Value Pack
0.450kg
Lanière de côte de bœuf Angus Grill Platinum Value Pack ou chair de saucisse ail et herbes
0.450kg
0.450kg

14.49 /lb
Platinum Grill Angus Platinum Grill Angus Cut Off Steak
Bifteck Platinum Grill Angus
0.450kg
Bœuf de surlonge Angus Grill Platinum Value Pack ou tranche supérieure
0.450kg
0.450kg

Make Your Own Holiday Tourtière

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Prepare your classic French Canadian holiday Tourtière using quality ingredients

4.49 /lb
Lean Ground Pork Value Pack
1.00kg
Porc haché maigre en emballage économique
1.00kg

6.99 /lb
Lean Ground Beef Value Pack/Tourtière Blend
0.450kg
Bœuf haché maigre Value Pack/Tourtière mélange
0.450kg

5.99 /lb
Cream de Hubert Pie Dough
0.450kg
Pâte à tarte Crème de François Hubert
0.450kg

8.99 /lb
Platinum Grill Angus Ground Round
0.450kg
Rond de bœuf haché Angus Grill Platinum
0.450kg
0.450kg

6.99 /lb
White Feather Lean Ground Veal
0.450kg
Veau haché maigre White Feather
0.450kg

11.99 /lb
Lean Ground Lamb
0.450kg
Agneau haché maigre
0.450kg

Seafood

PAN FRY IN LESS THAN 10 MIN

3.99 ea. Fresh Haddock or Cod Loins Boîtes Prêtes à Frire
Frais Tranches de haddock ou de morue sans os

16.99 /lb Fresh Canadian Organic Chinook Salmon Fillets
Frais Tranches de saumon Chinook biologique du Canada

2 LB

5.99 ea. Fresh Canadian Cove Oysters Canadian Mussels Fresh Shrimp
Huîtres du Canada Moules du Canada Crevettes fraîches
(16 oz)

7.99 /lb Sushi Made Seafood Salad
Salade de sushi aux fruits de mer
(CANADA GRADE A, 1 LB)

15.99 /lb Fish Bites
Bouchées de Poisson au BBQ
Bouchées de poisson fumées
(CANADA GRADE A, 1 LB)

JUMBO 9 - 8 SIZE

14.99 /lb Fresh Alaska Cooked Shrimp
Crevettes cuites de l'Alaska
(CANADA GRADE A, 1 LB)

8.99 ea. Naturally Wild Cold Fillets
Naturellement sauvage Filets de saumon froid
(CANADA GRADE A)

50 CANADIAN FISH SERVINGS

8.99 ea. Cross Platter
Plateau Croisé de Tassot
(CANADA GRADE A)

11.99 ea. Alaska Cod Or Haddock Breaded Fillets
Filets de morue ou haddock panés
(CANADA GRADE A, 1 LB)

Asian Style Shrimp Wrap Pack
Crevettes à l'asiatique
(CANADA GRADE A, 1 LB)

29.99 ea. Premium Lobster Tail Wrapped Pack
Queue de homard emballée
(CANADA GRADE A)

CATCH OF THE DAY

4.49 ea. Fish Cuts Or Fish Bites Breaded Fish
Coupes de poisson ou Bouchées de poisson
(CANADA GRADE A, 1 LB)

THE CAPTAIN'S CHOICE

4.99 ea. High Liner Wrapped Fish
Poisson emballé High Liner
(CANADA GRADE A, 1 LB)

Coquille St-Jacques High Liner
(CANADA, 375 g, WAS $7.99, SAVE $3.00)

2 / 5.00 The King Oven-ready Bake
Dorée Roi Prête-à-Cuire
(1 kg)

2 / 5.00 Bonne Fin
Bonne Fin Grand Grands Bonbons
Bonbons de Noël assortis
(454 g)

2 / 10.00 Grand Prize Shrimp
Grand Prix Crevettes
(CANADA GRADE A, 454 g, WAS $7.99 SAVE $3.99)

2 / 10.00 Grand Prize Bacon
Grand Prix Bacon de dos
(CANADA GRADE A, 454 g, WAS $7.99 SAVE $3.99)

2.99 ea. Selection Wieners
Saucisses Hamburg Sélection
(CANADA GRADE A, 500 g, WAS $3.99 SAVE $1.00)

2.99 ea. Maple Lodge Chicken Wieners or Sausages
Saucisses Hamburg de poulet ou saucisses Maple Lodge au Cidre de Glace
(CANADA GRADE A, 454 g)

5.99 ea. Maple Lodge Chicken Bacon or Sausage Links
Bacon de dos ou saucisses Maple Lodge au Cidre de Glace
(CANADA GRADE A, 375 g)

5.99 ea. Top Chef Rotisserie Chicken
Poulet rôti Top Chef
(CANADA GRADE A, 1.36 kg, WAS $7.99 SAVE $2.00)

4.99 ea. Gourmet Chicken Breast Stuffed Cordon Bleu
Poitrine de poulet farcie Cordon Bleu
(CANADA GRADE A, 1 LB)

5.88 ea. Maple Hickory Chicken
Poulet fumé au bois d'érable
(CANADA GRADE A, 1 LB, WAS $7.99 SAVE $2.11)

5.99 ea. Maple Leaf Pepperoni Sausage
Saucisses Pepperoni Maple Leaf
(CANADA GRADE A, 454 g, WAS $7.99 SAVE $2.00)

6.99 ea. Stripe Lanières
Lanières de poulet panées
(CANADA GRADE A, 1 LB, WAS $7.99 SAVE $1.00)

6.99 /lb Alaska Canned Beef Brisket
Bœuf salé
(CANADA GRADE A, 1 LB)

8.99 ea. Mandarin Cocktail
Cocktail de mandarine
(CANADA GRADE A, 1 LB)

9.99 ea. Canadian Lady Canned Crab Meat
Chair de crabe
(CANADA GRADE A, 1 LB)

12.99 ea. Alaska Lean Beef Burgers
Hamburgers de bœuf maigre
(CANADA GRADE A, 1 LB)

Cheesy Delights

MADE WITH 1/2 LB CHEDDAR CHEESE

5.99 EA. Great Canadian Bakery Cheddar Cheese Bread 454 g
Pain au Fromage extra cheddar Great Canadian Bakery 454 g

5.49 EA. Great Canadian Bakery Cheddar Cheese Scones 6 Pk
Scones au fromage extra cheddar Great Canadian Bakery 6 Pk

4.99 EA. Great Canadian Bakery Cheddar Cheese Croissants 4 Pk
Croissants au Fromage extra cheddar Great Canadian Bakery 4 x 75 g

Bakery Cakes

NEW

24.99 EA. Incredible Monster Cakes
Gâteaux Monstre Incroyables
Various Monster Incredibles
Divers Monstres Incroyables

9.99 EA. Great Canadian Bakery Mini Cake
Mini Gâteau Great Canadian Bakery
Mini Gâteau Great Canadian Bakery

18.99 EA. Great Canadian Bakery Cake Gâteau Great Canadian Bakery
Gâteau Frozen Great Canadian Bakery
Gâteau congelé Great Canadian Bakery

3.99 EA. Great Canadian Bakery Scone Mix 454 g
Pain de grains Great Canadian Bakery 454 g

3.79 EA. Inspiration Molasses Gingersnaps 454 g
Inspiration Mélasse Gingembre 454 g

4.79 EA. Inspiration Mini Mini Cookies
Mini Mini Cookies
Mini Mini Cookies
Mini Mini Cookies

8.99 EA. Incredible Pies
Incroyables Tartes
Incredible Pies
Incroyables Tartes

NEW

7.49 EA. The Grain Escape Cracker Bites 150 g
Bouchées de Biscuit Grain Escape 150 g

5.99 EA. La Superba Tapenade Kalamata Olives 12 oz
Olives Kalamata La Superba Kalamata 12 oz

5.29 EA. Demarco's 6" Tortillas
Tortillas Demarco's 6" Tortillas
Tortillas Demarco's 6" Tortillas

6.49 EA. Great Value Dessert Squares
Carrés Valu Valu Dessert Squares
Carrés Valu Valu Dessert Squares

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Premium Quality
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2.69 /100 g Sun Garden Mortadella
Mortadelle Sun Garden
Sun Garden Mortadella
Mortadelle Sun Garden

5.49 /100 g Sun Garden Cheddar Cheese
Fromage Cheddar Sun Garden
Sun Garden Cheddar Cheese
Fromage Cheddar Sun Garden

2.99 /100 g Lofino Extra Lean Cooked Ham
Jambon Lofino Lofino Extra Lean Cooked Ham
Jambon extra maigre Lofino

3.49 /100 g Maple Leaf Chicken Breast
Poitrine de dinde Maple Leaf Maple Leaf Chicken Breast
Poitrine de dinde Maple Leaf

5.49 /100 g Manchego Cheese Aged 7 Months
Fromage Manchego vieilli 7 mois Fromage Manchego vieilli 7 mois

9.99 EA. Oka Cheese
Fromage Oka
Fromage Oka

Mexican Artisan Blue Cheese
Fromage Bleu Artisan Mexicain

7.99 EA. Fetaxi Feta
Fetaxi Feta
Fetaxi Feta

8.99 EA. Swiss Chalet Pre-Cooked Whole Chicken
Poulet cuit entier Swiss Chalet
Swiss Chalet Pre-Cooked Whole Chicken
Poulet cuit entier Swiss Chalet

7.49 EA. Kana Kana Boneless Skinless Chicken Breast
Poitrine de poulet Kana Kana Boneless Skinless Chicken Breast
Poitrine de poulet Kana

5.99 EA. Lancaster Sweet Gelato
Gelato Lancaster Lancaster Sweet Gelato
Gelato Lancaster Lancaster Sweet Gelato

ELEVATED ENTERTAINING

Pepperoni

10.99 EA. Lancaster Sweet Gelato

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6.99 EA. Lancaster Monster Sweet Gelato

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Crisco TenderFlake
3.99 ea.
CRISCO SHORTENING OR TENDERFLAKE PURE LARD SELECTED VARIETIES
2.49 ea.
SELECTION PIE SHELLS SELECTED VARIETIES
5.99 ea.
E.D. SMITH PIE FILLING SELECTED VARIETIES
LIFE SMART DIPS SELECTED VARIETIES
3.49 ea.
SELECTION SPARKLING WATER 12 x 355 ml SELECTION VARIETIES
BUY MORE SAVE MORE!
2/5.10 MIX OR MATCH ANY PRICE
Cary Farm Sour Cream LOW FAT
3.49 ea.
GIFT CER. SOUR CREAM SELECTED VARIETIES
Cary Farm Sour Cream ORIGINAL
GALA
2.99 ea.
SELECTION CANDIES 375 - 454 g SELECTED VARIETIES
4.99 ea.
Green Giant Grand Vert
Green Giant Grand Vert
2/7.50 or 3.99 ea.
GREEN GIANT FROZEN VEGETABLES SELECTED VARIETIES SELECTED BAGS 907g
9.99 ea.
AUNT FANNY'S DETOUR SELECTED BAKE READY SELECTED VARIETIES
Oysters · Huîtres
Mussels · Moules
1.49 ea.
MOISSONTIER OR OPTIMAL OR MUSSELS 454 g SELECTED VARIETIES

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SWEET TRAY
1.5 kg - 2 kg
(SELECTED VARIETIES)

MORE THAN 50 COOKIES

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FRONT STREET BAKERY
COOKIE TRAY WITH DIPPER
MIN. 50 PCS. 1.7 kg

CHEF BOARD
CHEESE DIP
PLATTER
1.5 kg

53 PCS

$35. EA.

9.99 EA.

STORE MADE
SAUCE GROUP WITH SAUCE
PREPARED FRESH DAILY 2.5 LITRES

39.99 EA.

FRESH 2.5L
CHEESE PLANK
TRAY
(SELECTED VARIETIES WITH
DIPPER OR STORE OR ONLINE)

29.99 EA.

FRESH 2.5L
PROVOLONE-MOZZARELLA CARVINGS CHEESE TRAY
2 kg
(SELECTED VARIETIES WITH DIPPER OR STORE OR ONLINE)

FRESH 2.5L
TASTE OF ITALY
PARM PARMESAN
TRAY
2 kg

$25. EA.

FRESH 2.5L
GRAND PACK
CALORIE PLATTER
2.5 kg
(SELECTED VARIETIES WITH DIPPER OR STORE OR ONLINE)

64.99 EA.

FRESH 2.5L
FRUIT CHEESE PLATTER
2.5 kg
(SELECTED VARIETIES WITH DIPPER OR STORE OR ONLINE)

54.99 EA.

More Great Savings

Lactaid Milk 1 L or Lactaid Cream 946 mL
5.79 ea.

Selected Cream Cheese 250 g or Cottage Selections 500 g
3.99 ea.

Selected Jams 500 mL
5.99 ea.

Tazo Tea 20 ct or Tazo Concentrates 946 mL
6.99 ea.

Selected Dips 500 g or Cottage Cheese 1 kg
4.49 ea.

Selected Appetizers 300 g
4.49 ea.

Selected Pops 35 ct or 3Ps 30 ct
7.99 ea.

Selected Pierogies 1 kg or Selected Pierogies Bakery Selections 1 kg
2.99 ea.

Minute Rice 250 - 454 g or Minute Rice Bakery Selections 454 g
5.49 ea.

2 Selected Mac & Cheese Entrées 200 - 225 g
4.00 ea.

Buy more save more: 3 Selected Fruit Cups 425 - 540 g or Selected Fruit Bowls 454 g
9.00 ea. (3 for 6.00)

Selected Ketchup 1 L or Selected Mustard 500 mL
4.99 ea.

Pringles Chips 40 - 70 g or Pringles Crisps Bakery Selections 70 g
2.99 ea.

2 Selected Cheezies 200 - 300 g
7.50 ea.

Selected Yogurt 4 x 100 g or Selected Yogurt Bakery Selections 4 x 100 g
5.49 ea.

Buy more save more: 2 Selected Soft Drinks 2 L or Selected Soft Drinks Bakery Selections 2 L
11.00 ea.

Celebration Chocolate 200 - 250 g or Celebration Bakery Selections 250 g
3.99 ea.

Selected Crackers 200 - 300 g or Crackpotato Crisp Bakery Selections 200 g
4.99 ea.

2 Bai Drinks 473 mL or Bai Bakery Selections 473 mL
5.50 ea.

Canada Dry Soft Drinks 2 L or Canada Dry Bakery Selections 2 L
8.49 ea. 40 ¢ back

Guinness Beer 440 - 473 mL or Guinness Bakery Selections 473 mL
12.99 ea.

Pandoro Pan Di Stelle 1 kg or Pandoro Cake Pan Di Stelle 1 kg
5.49 ea.

Tea Bags or Instant Tea 100 - 200 g or Pyramid Tea Bags or Pyramid Tea Bakery Selections 100 - 200 g
17.99 ea.

Pulmuone Kimchi 454 g or Pulmuone Bakery Selections 454 g
16.99 ea.

Organic: Green & Black's Chocolate Bar 90 g or Green & Black's Bakery Selections 90 g
4.49 ea.

Regular: Pacific Foods Soup 1 L or Pacific Foods Bakery Selections 1 L
6.99 ea.

Blue Diamond Sponges 12 ct or Blue Diamond Bakery Selections 12 ct
4.99 ea.

Regular: Ste-Adèle Cracker 150 g or Ste-Adèle Bakery Selections 150 g
5.29 ea.

Mentor Golf Flex 50 SST Lady or Mentor Golf Flex 50 SST Men
10.49 ea.

Scotties Facial Tissue 90 - 100 ct or Scotties Bakery Selections 90 - 100 ct
2.49 ea.

Alcan Aluminum Foil 30 m or Alcan Aluminum Paper 50 ct or Alcan Aluminum Foil Bakery Selections 30 m or Alcan Aluminum Paper Bakery Selections 50 ct
4.49 ea.

Method Cleaners 354 - 473 mL or Method Bakery Selections 473 mL
5.99 ea.

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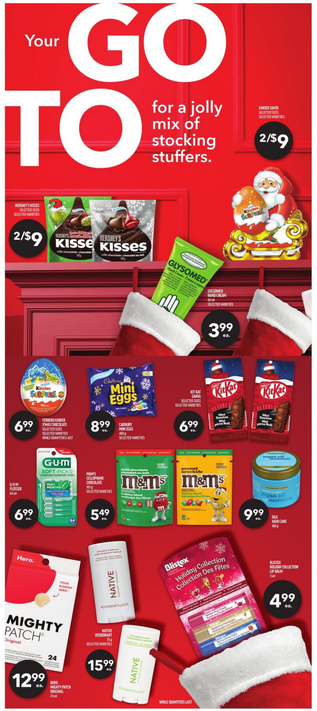
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CHOCOLATE
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CHOCOLATE
ORANGES
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5.49 EA.
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MONDO ICY BISCUITS
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OR SYRUP
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NUTS
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LAURA SECORD
CHOCOLATE
SELECTED MARKETS

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NESTLÉ
AFTER EIGHT CHOCOLATE
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12.99 EA.
LINDT
CRÉATION
PETITS FLEURONS
SELECTED MARKETS
WHILE QUANTITIES LAST

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WALKERS COOKIES
375 g
SELECTED MARKETS

4.99 EA.
WALKER'S
MINI SHORTBREAD
COOKIES
SELECTED MARKETS

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9.49 EA. BILLY BEE® HONEY 500 mL

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2 for 7.50 (3.75 each) RITZ® CRACKER SANDWICHES 200 g–300 g

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BUY MORE SAVE MORE!
2 for 7.00 (3.50 each) Chips Ahoy! Soft Mega Cookies 280 g–300 g

BUY MORE SAVE MORE!
2 for 8.00 (4.00 each) RITZ® PRESSED CRACKERS 200 g–300 g

2 for 8.00 (4.00 each) CRACKER CHEESE 150 g–200 g

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45 10.99 EA. PF CHANG'S HOME MENU™ CHICKEN FRIED & BURNED 340 g–360 g

25 5.49 EA. HEALTHY CHOICE™ 30 MINUTE MEALS 300 g–340 g

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MAXWELL HOUSE OR NABOB COFFEE CAPSULES 10 CT–12 CT

Buy $10, Get $5 Back*

2 for 4.00 (2.00 each) KNORR SIDES SELECTED VARIETIES 90 g–150 g

2 for 4.00 (2.00 each) LIPTON SIDES SELECTED VARIETIES 90 g–150 g

2 for 4.00 (2.00 each) KNORR SOUP SELECTED VARIETIES 250 mL–300 mL

2 for 3.00 (1.50 each) KNORR PASTA SIDES SELECTED VARIETIES 90 g–150 g

*Valid when buys and redeems by terms & conditions. The Real Deals offer is sponsored and administered by Unilever Canada in Metro Ontario and Metro Quebec. Metro is not sponsor of the promotion and is not responsible for its administration.

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7.49 EA. CRACKER BARREL CHEESE BAR 200 g–250 g

7.99 EA. CRACKER BARREL SMOOTHED CHEESE 200 g–250 g

40 8.99 EA. BEAST PARMESAN SMOOTHED CHEESE 200 g–250 g

30 6.49 EA. BEAST PARMESAN CHEESE 113 g

No purchase necessary. Open to residents of Canada (excluding Quebec) who are 18 years old or the age of majority in their province or territory of residence at the time of entry. Contest starts at 12:00 noon ET on November 1, 2025 and ends at 11:59 pm ET on December 31, 2025. Total prize value $25,000 (CAD). Random draw on January 15, 2026 at 12:00 noon ET at Metro Inc. Corporate Headquarters, 11011 Maurice-Duplessis Boulevard, Montréal, QC. Winner will be notified by phone or email within 2 business days of the draw. Winner must correctly answer a mathematical skill-testing question. Complete Contest Rules at together with cheese.ca.

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TASTY TREATS FOR YOUR FUR-EVER FRIENDS
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MILK-BONE
4.99 ea.
11.99 ea.
2/$4

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CHEDDAR CHEESE
270 g

9.99 ea.

L'ORIGINAL
HAMS
13.2/kg
SELECTED VARIETIES

5.99 /lb

LOS CANTORES
CHIPS
325 - 360 g
SELECTED VARIETIES

2 for **9.00**

ST. ALBERT
5-YEAR AGED CHEESE
15.63/lb

3.49 /100 g

LAVIOLETTE
LARGE EGGS
PKG. OF 12

3.89 ea.

GOLDEN MAPLES
ORGANIC MAPLE SYRUP
500 ml

11.99 ea.

Effective December 5, 2024 - January 8, 2025

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Crisp Winter Snacking

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TOWN HOUSE CRACKERS
247 - 391 g
SELECTED VARIETIES

3.49 ea.
CHEEZ-IT FAMILY SIZE CRACKERS OR SNAP'D
213 - 352 g
SELECTED VARIETIES

2.99 ea.
PRINGLES POTATO CHIPS
148 - 156 g
SELECTED VARIETIES

3.99 ea.
KASHI GRANOLA BARS
175 - 200 g
SELECTED VARIETIES

SMUCKER'S UNCRUSTABLES
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.

Find it in the FREEZER AISLE!