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

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 or visit www.metro.ca/moi

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

4.44 ea.

SALE at the butcher counter

Beef OUTSIDE Flank Steak
Product of Canada
Sold as a minimum quantity of 0.50 kg
0.50 kg
Lightly marinated in our special Grill Master Rub. Our rub is made up of a combination of herbs and spices, including paprika, garlic, onion, pepper and more. Perfect for your next cookout!

8.88 /lb

Schneiders Bacon or Butterball Turkey Bacon
Bacon or Turkey Bacon
Schneiders Bacon or Butterball Turkey Bacon
Bacon or Turkey Bacon
Product of Canada or Imported

3.99 /lb

FRESH

Pork Loin Roast
Product of Canada
Sold as a minimum weight of 1.50 kg
1.50 kg
Sold as a minimum weight of 1.50 kg

5.88 /lb

Butterball
Frozen Turkey
RAISED WITHOUT ANTIBIOTICS
ÉLEVÉ SANS ANTIBIOTIQUES
Young Turkey
Product of Canada
Frozen Butterball Turkey
Product of Canada
Frozen Butterball Turkey
1.98 /lb

BALDERSON
Aged Cheddar
Cheddar
Balderson Aged Cheddar 500 g
Balderson Cheddar 500 g
Product of Canada
Cheddar de grande maturité 500 g
Cheddar 500 g
Product of Canada

5.88 ea.

LITTLE POTATO CO.
Product of Canada
Little Potato Co. Mini Potatoes 454 g
Little Potato Co. Mini Potatoes 454 g
Product of Canada

2.99 ea.

Gelato Classico
Gelato Classico Ice Cream 1 L
Product of Canada

1.99 ea.

Bulk Frozen Shrimp
Product of Canada
Sold as a minimum weight of 1.36 kg
Sold as a minimum weight of 1.36 kg
Product of Canada

24.99 ea.

Bulk Frozen Snow Crab Legs
Product of Canada
Sold as a minimum weight of 1.36 kg
Sold as a minimum weight of 1.36 kg
Product of Canada

5.99 ea.

Maple Leaf
Ready to Serve
Classics Special
Product of Canada
Maple Leaf Ready to Serve Classics Special 10 Pieces 1 kg
Product of Canada

2 for 6.00

Singles
Cheese Product Slices
Singles Cheese Product Slices 500 g
Product of Canada
Tranches de fromage fondu Singles 500 g
Product of Canada

3.99 ea.

PHILADELPHIA
Original
Philadelphia Original Cream Cheese 250 g
Product of Canada
Fromage à la crème Philadelphia Original 250 g
Product of Canada

2.99 ea.

EGG NOG
Egg Nog
Egg Nog 946 ml
Product of Canada
Lait de poule 946 ml
Product of Canada

BOX OF 12
CELLE
Cellé Bakery
Cellé Bakery Whole Bean Coffee Lot
Product of Canada
Cellé Bakery Whole Bean Coffee Lot
Product of Canada

12.99 ea.

Yogurt
Yogurt
Yogurt 500 g
Product of Canada
Yogurt 500 g
Product of Canada

Reo
Reo Mixed Dairy
Reo Mixed Dairy 2 L
Product of Canada
Reo Mélange laitier 2 L
Product of Canada

4.99 ea.

CANADA DRY
GINGER ALE
Canada Dry Ginger Ale
Canada Dry Ginger Ale 2 L
Product of Canada
Canada Dry Ginger Ale 2 L
Product of Canada

PEPSI
Pepsi
Pepsi 2 L
Product of Canada
Pepsi 2 L
Product of Canada

2 for 13.00

CRACKER BARREL
TEX MEX
Cracker Barrel
Cracker Barrel Tex Mex Cheddar
Product of Canada
Cheddar Tex Mex Cracker Barrel
Product of Canada

5.77 ea.

Effective December 19 20 21 22 23 24 25 2024

*All stores open December 23rd, 24th and 26th at 7am.
All stores closed on Wednesday, December 25th, 2024.

New Lower Prices

5.99 lb. — Innovations Artisan Gold Potato Sandwich Rolls 6 Pk. / Innovations Artisan Potato Sandwich Rolls 0.25kg

6.99 ea. — Brandt Delicious Chub, Smoked Sausage, Smoked Ham Steak or Smoked Pork Chops 1.1-1.4kg / Saucisses fumées Brandt Delicious, Jambon fumé en tranche ou Côtelettes de longe fumées 1.1-1.4kg

19.99 ea. — Nestlé Gourmet Collection Blue Ribbon Assortment, Blue Ribbon Assortment Mini or Blue Ribbon Mini Cocktail Tub 1.4-1.6kg / 2 PACK — Assortiment de cocktails gourmets Nestlé Blue Ribbon, Assortiment Nestlé Blue Ribbon ou Petits cocktails Nestlé Blue Ribbon 1.4-1.6kg

6.99 ea. — Innovations Artisan Pita Pockets or Tortillas 6 Pk. / Innovations Artisan Pita Pockets ou Tortillas 6 Pk. — 35 cents off

10.00 2 ea. — Lactaid Partially Skim Milk 2L / Lait partiellement écrémé Lactaid 2L

5.99 ea. — Nescafé Dolce Gusto Coffee Pods Whitmor Collection Mug or Coffee Mug Whitmor Collection — Capsules Nescafé Dolce Gusto, Tasse Whitmor Collection ou Tasse à café Whitmor Collection

8.00 2 ea. — Pepperidge Farm Farmhouse Bread or Farmhouse Bread Thins 350g / Pain Pepperidge Farm Farmhouse ou Pain Pepperidge Farm Farmhouse Thins 350g — SAVE $2.00 ON 2

6.99 ea. — Iögo Nature Yogurt 750g / Yogourt Iögo Nature 750g

1.49 ea. — Stove Top Stuffing Mix 70-170g / Farce Stove Top 70-170g

3.49 ea. — Lay's Bistro Rotisserie Chicken Dip 375g / Trempette au poulet rôti Lay's Bistro 375g

5.99 ea. — Maple Grove Farms Chicken Breasts 1.1kg / Poitrines de poulet Maple Grove Farms 1.1kg

14.99 ea. — Quality Street Assorted Chocolates 1.1kg / Chocolats assortis Quality Street 1.1kg

8.00 2 ea. — Tostitos Tortilla Chips or Scoops Tortilla Chips 300-425g / Croustilles de tortillas ou croustilles Scoops Tortilla 300-425g

3.99 ea. — Stacys Pita Chips Original or Sea Salt 142-213g / Croustilles de pita Stacys Original ou Sel de mer 142-213g

5.00 2 ea. — Kellogg's Frosted Mini-Wheats, Froot Loops or Frosted Flakes 1.1-1.2kg / Céréales Kellogg's Frosted Mini-Wheats, Froot Loops ou Frosted Flakes 1.1-1.2kg

6.99 ea. — Ore-Ida Bonbons Aux Pommes de Terre Frites 1.4kg / Pommes de terre frites Ore-Ida Bonbons 1.4kg

4.00 2 ea. — Pepsi 2L Diet, Classic Mix or Regular Cola / Pepsi 2L Diet, Classic Mix ou Regular Cola — Coca-Cola 2L Diet, Classic Mix or Regular Cola / Coca-Cola 2L Diet, Classic Mix ou Regular Cola

4.50 2 ea. — Welch's White Grape Juice 1.75L / Jus de raisin blanc Welch's 1.75L — Welch's Grape Juice 1.75L or Welch's Grape Juice Cocktail 1.75L / Jus de raisin Welch's 1.75L ou Cocktail de raisin Welch's 1.75L

6.99 ea. — Campbell's Soup Journal of Gourmet Soup Bowl 454g / Soupe Journal of Gourmet Campbell's Soup Bowl 454g

8.00 2 ea. — Ocean Spray Cranberry Cocktail 1.75L / Cocktail de canneberge Ocean Spray 1.75L

2.99 ea. — Dove 2 Pack Cool Moisture Cream or Cool Moisture Cream Refill 2x90ml / Crème hydratante Dove 2 Pack ou Recharge de crème hydratante Dove 2x90ml

5.99 ea. — Pavan Fine Cream Cleanser or Cream Cleanser Refill 2x90ml / Nettoyant crème Pavan Fine ou Recharge de nettoyant crème Pavan Fine 2x90ml

7.99 ea. — Atypique Mango Cheeks, Mango Cheeks Mix or Mango Cheeks Chili Lime 200-300g / Atypique Mangues Cheeks, Mangues Cheeks Mix ou Mangues Cheeks Chili Lime 200-300g

14.99 ea. — Budweiser Zero Non-Alcoholic Beer 6 Pk. / Bière Budweiser sans alcool 6 Pk.

5.49 ea. — Dove or Pantene Shampoo or Conditioner 355-400ml / Shampoing ou Revitalisant Dove ou Pantene 355-400ml — Same percentage discount on other participating Dove or Pantene products / Même pourcentage de rabais sur d'autres produits participants Dove ou Pantene

3.99 ea. — Bumble and Bumble Hair Care Product 60-75ml / Produit capillaire Bumble and Bumble 60-75ml — Bumble and Bumble Hair Care Product 60-75ml or Bumble and Bumble Hair Care Product Gift Set / Produit capillaire Bumble and Bumble 60-75ml ou Ensemble-cadeau de produits capillaires Bumble and Bumble

10.99 ea. — Tide Detergent, Cascade Dishwasher Gel or Downy Fabric Softener 1.1-2.4L / Détergent Tide, Gel lave-vaisselle Cascade ou Assouplissant de tissu Downy 1.1-2.4L

8.99 ea. — Scott Paper Towels 6 Pk. or Scott Bathroom Tissue 12 Pk. / Essuie-tout Scott 6 Pk. ou Papier hygiénique Scott 12 Pk.

I earn with moi rewards

7.00 45 moi points — Cucumber Cooler Triple Vegetable Juice 1.75L / Jus de légumes de concombre Cooler Triple Vegetable 1.75L

7.50 25 moi points — Heinz Ketchup or Heinz Ketchup Squeeze 1.0-1.2L / Ketchup de tomates Heinz ou Ketchup de tomates Heinz Squeeze 1.0-1.2L

11.00 75 moi points — Bergers Gourmet Angus Burger 2.5kg / Burgers Angus Bergers Gourmet 2.5kg — Bergers Gourmet Angus Burger 2.5kg or Bergers Gourmet Angus Burger Combo 2.5kg / Burgers Angus Bergers Gourmet 2.5kg ou Combo Burgers Angus Bergers Gourmet 2.5kg

We reserve the right to limit quantities.
LES EXCEPTIONS TIRÉ PRÉCISÉMENT À LEUR PAIEMENT.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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Sobeys Inc. Sobeys Quebec

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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 Roast Family Pack
Rôti de bœuf de ronde
1.36 kg/min. 6.50 kg
Sold as a whole piece
Vendu en pièce entière

9.88 /lb — Beef Grilled Eye of Round Prime Rib Roast
Rôti de côtes de bœuf grillé sur le dessus de ronde
Family Pack
Format de grande valeur
1.36 kg/min. 6.50 kg
Sold as a whole piece
Vendu en pièce entière

7.99 /lb — Pork Loin Prime Boneless Without Tenderloin Thick Boneless Stuffing Chicken Breast Value Pack
Family Pack
Paquet de plus de valeur
Pointe de filet de porc sans ficelle, sans tenderloin, épaisse, sans farcin, avec poitrine de poulet sans os
2.00 kg

6.99 /lb — Medium Ground Beef
Family Pack
Bœuf haché de moyenne consistance
1.36 kg

4.99 /lb — Pork Loin Chops
Family Pack or Bulk
1.36 kg/min. 6.50 kg
Sold as a whole piece
Longe de porc
Vendu en pièce entière

4.49 /lb — Pork Loin Chops
Family Pack or Bulk
1.36 kg/min. 6.50 kg
Sold as a whole piece
Longe de porc
Vendu en pièce entière

6.99 /lb — Frenched Lamb Rack
Family Pack
Carré d'agneau frenché
1.36 kg/min. 6.50 kg

10.99 /lb — Frenched Lamb Loin Chops
Family Pack
Côtes d'agneau
1.36 kg/min. 6.50 kg

18.99 /lb — Frenched Lamb Rack Wellington
Family Pack
Carré d'agneau Wellington
1.36 kg/min. 6.50 kg

10.99 /lb — Seasoned Lamb Meatballs
Family Pack
Boulettes d'agneau assaisonnées
1.36 kg/min. 6.50 kg

BUTTERBALL

4.99 /lb — Butterball Whole Turkey Drumsticks
Pilons de dinde entière Butterball
1.00 kg

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

6.99 /lb — Butterball Boneless Breast Roast
Rôti de poitrine de dinde désossée Butterball
0.454 kg

8.99 /lb — Butterball Boneless Turkey Breast
Poitrine de dinde désossée Butterball
0.454 kg

Made in my Metro

5.99 /lb — Stuffed Cheese Chicken Breast
Poulet farci au fromage
0.170 kg
Other proteins are available in the meat section or in the frozen section
Autres protéines se trouvent dans la section de la viande ou dans la section des produits congelés
0.170 kg

6.99 /lb — Homemade Beef Meatballs
Boulettes de bœuf maison
0.454 kg
Other varieties are available in the meat section or in the frozen section
Autres variétés se trouvent dans la section de la viande ou dans la section des produits congelés
0.454 kg

2.49 /lb — Whole Stuffed Chicken
Poulet farci
Product will be cooked when you receive it
Produit cuit au moment de la livraison
0.454 kg

8.00 ea. — Stuffed Chicken Breast
Poulet farci
Product will be cooked when you receive it
Produit cuit au moment de la livraison
0.170 kg

LOCKED DOWN PRICES

UNTIL JANUARY 15TH, 2025

5.99 ea. — Lactantia Whipping Cream
Crème à fouetter Lactantia
1 L

5.99 ea. — Lean Cuisine Chicken Alfredo
Poulet Alfredo Lean Cuisine
Product will be cooked when you receive it
Produit cuit au moment de la livraison
400-450 g

10.99 ea. — Tyson Angelic Plant Grown Meats Chicken Breast Nuggets
Nuggets de poulet végétalien Tyson
Product will be cooked when you receive it
Produit cuit au moment de la livraison
Other varieties are available in the meat section or in the frozen section
Autres variétés se trouvent dans la section de la viande ou dans la section des produits congelés
Product will be cooked when you receive it
Produit cuit au moment de la livraison
1 kg

5.99 ea. — Schneiders Breakfast Sausages or Breakfast Strips
Saucisses ou lanières de déjeuner Schneiders
Product will be cooked when you receive it
Produit cuit au moment de la livraison
Other varieties are available in the meat section or in the frozen section
Autres variétés se trouvent dans la section de la viande ou dans la section des produits congelés
Product will be cooked when you receive it
Produit cuit au moment de la livraison
300-350 g

5.88 ea. — Wings Wings Wings Chicken Wings
Ailes d'aile de poulet
Product will be cooked when you receive it
Produit cuit au moment de la livraison
1 kg

8.99 ea. — Lucaders Chicken Pot Pie Assortment
Assortiment de pâtés au poulet Lucaders
Product will be cooked when you receive it
Produit cuit au moment de la livraison
Other varieties are available in the frozen section
Autres variétés se trouvent dans la section des produits congelés
Product will be cooked when you receive it
Produit cuit au moment de la livraison
4 x 200 g

14.99 ea. — Janes Allrounder Breaded Chicken
Poulet de J. Ian Allrounder panés
Product will be cooked when you receive it
Produit cuit au moment de la livraison
Other varieties are available in the frozen section
Autres variétés se trouvent dans la section des produits congelés
Product will be cooked when you receive it
Produit cuit au moment de la livraison
1 kg

14.99 ea. — Kellerhof Montana Beef Burgers or Kellerhof Montana Pulled Pork Burgers
Burgers de bœuf Montana Kellerhof ou burgers de porc effiloché Montana Kellerhof
Product will be cooked when you receive it
Produit cuit au moment de la livraison
Other varieties are available in the frozen section
Autres variétés se trouvent dans la section des produits congelés
Product will be cooked when you receive it
Produit cuit au moment de la livraison
1 kg

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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

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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)

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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
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8.00

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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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FRESH 2 GO
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1 kg

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$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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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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