

Your

GO-TO

for holiday essentials



Effective December	TH	FR	SA	SU	MO
	4	5	6	7	8

[illegible]

HOLIDAY BAKING FAVOURITES

BETTY CROCKER
CAKE MIX OR FROSTING
400 g (14 oz) tubs

\$1 back in points

125 points

199 ea.



REDPATH BROWN OR ICING SUGAR
1 kg (2 lb 4 oz) bags

249 ea.



349 ea.



ROBIN HOOD,
FIVE ROSES OR
MANARCA FLOUR
5 kg (11 lb) bags

399 ea.



SELECTION
CHOCOLATE CHIPS OR
BARKS & CHOCOLATE
200 g (7 oz) bags

399 ea.



IRRESISTIBLE WALNUT
HALVES & PIECES
1 kg (2 lb 4 oz) bag

14.99 ea.

750 g



\$ New Lower Prices

 7.00 ea. WONDER BREAD OR DUMPSIES BAGELS 12 SLICES 100% WHOLE WHEAT BREAD	 11.99 ea. HUSOCK HIGH LINE SIGNATURE HOT SAUCE OR SAUCE OF THE DAY BILLY 125ml, 100g 12/12	 5.99 1lb ARTISAN UNBREAKABLE ARTISAN CINNAMON SWIRLED HAM OR HELF KNOCK SANKED HAM 12.5lb	 6.99 6pk RED HOT BITES RED HOT BITES JUNIOR SHRIMP BURGERS 100% BEEF 100% WHOLE WHEAT BREAD 100% CREAM CHEESE 100% CHEDDAR CHEESE 100% MAYONNAISE 100% KETCHUP 100% MUSTARD 100% PICKLES 100% ONION RINGS 100% FRIES 100% BREAD 100% BUTTER 100% SUGAR 100% VANILLA ICE CREAM 100% CHOCOLATE SYRUP 100% PEANUT BUTTER 100% JELLY 100% CREAM 100% WHIPPED CREAM 100% FROSTING 100% ICING 100% GLAZE 100% SAUCE 100% DRESSING 100% MAYONNAISE 100% KETCHUP 100% MUSTARD 100% PICKLES 100% ONION RINGS 100% FRIES 100% BREAD 100% BUTTER 100% SUGAR 100% VANILLA ICE CREAM 100% CHOCOLATE SYRUP 100% PEANUT BUTTER 100% JELLY 100% CREAM 100% WHIPPED CREAM 100% FROSTING 100% ICING 100% GLAZE 100% SAUCE 100% DRESSING
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12/12	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 500g	 6.49 ea. NATREL ORGANIC MILK BUTTER 500g	 19.99 ea. VECTOR VECTOR ORIGINAL MAPLE SYRUP 500ml
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12/12	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 500g	 6.49 ea. NATREL ORGANIC MILK BUTTER 500g	 19.99 ea. VECTOR VECTOR ORIGINAL MAPLE SYRUP 500ml
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i earn with moi rewards

LAYS FAMILY SIZE 35 oz. 3⁹⁹ ea.	LAYS Classic Cheese	LAYS Wavy Original	LAYS Wavy Dill Pickle	40 oz. 5⁴⁹ CHARLOTTE FAMILY SIZE COOKIES ON CAKESTERS BALETTES OF COOKIES ON CAKESTERS	40 oz. 4⁹⁹ CHARLOTTE FAMILY SIZE CRACKERS
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[illegible]

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

[illegible]

**Healthy
Together**

MAKE THE OUT OF REACH REACHABLE



HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.

Between November 27, 2025 - December 24, 2025, 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.

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

Only until December 10, 2025, in-store or online



NOW
12⁰⁰
ea.
SAVE UP TO
\$3.99

~~15⁹⁹*~~
ea.
SELECTION
WASHER FLUID
4 x 3.78 L
SELECTED VARIETIES



NOW
5⁹⁹
ea.
SAVE UP TO
\$1

~~6⁹⁹*~~
ea.
OCEAN SPRAY
SPARKLING DRINKS
6 x 340 ml
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

~~5⁹⁹*~~
ea.
TWININGS
TEA
20 tea bags
SELECTED VARIETIES



NOW
2⁹⁹
ea.
SAVE UP TO
\$2

~~4⁹⁹*~~
ea.
LPC CREAMER
POTATO KITS
PRODUCT OF CANADA,
CANADA NO.1 GRADE, 454 g
SELECTED VARIETIES



NOW
1⁹⁹
ea.
SAVE UP TO
\$1

~~2⁹⁹*~~
ea.
FRENCH'S
DIJON MUSTARD
325 ml
SELECTED VARIETIES



NOW
14⁹⁹
ea.
SAVE UP TO
\$5

~~19⁹⁹*~~
ea.
ORCHIDS
3.5" POT
ASSORTED COLOURS



NOW
1⁹⁹
ea.
SAVE UP TO
\$1

~~2⁹⁹*~~
ea.
PALMOLIVE
DISH DETERGENT
591 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD account, 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. *Price may vary at select locations.

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

BLOOD ORANGES
PRODUCT OF AUSTRALIA
4.39/kg

1⁹⁹
/lb

GREEN ZUCCHINI
PRODUCT OF MEXICO
2.16/kg

99¢
/lb

WILD CAUGHT

FRESH
KINGFISH STEAKS
2.21/100g

9⁹⁹
/lb

Turn a picture into a plate.

**Every drawing submitted becomes a donation
to Breakfast Club of Canada.**

Submit your drawings online at metro.ca/holiday



metro



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

*Minimum purchase of \$150 (before taxes) required.
Certain conditions apply. Details on metro.ca

FREE

**BELGIAN
COOKIES
650 g**



\$15⁹⁹
VALUE

**PROMO CODE
COOKIE**

Farm Fresh Produce

2⁹⁹
ea.
RASPBERRIES 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
BLUEBERRIES 1lb
PRODUCT OF MEXICO & ARGENTINA, IN U.S.A.

1⁹⁹
ea. or /lb
SEEDLESS CUCUMBERS
PRODUCT OF CANADA, MEXICO, U.S.A.
EXTRA LARGE
REFRESHING TOMATOES
PRODUCT OF MEXICO, U.S.A., & CANADA

3⁴⁹
ea.
BELLE GROVE
WHEAT WHITE OR
CREAM
MUSHROOMS 201g
PRODUCT OF CANADA

4⁹⁹
ea.
HAWAIIAN AVOCADOS 5 PK
PRODUCT OF CALIFORNIA & MEXICO

2⁹⁹
ea.
CRANBERRIES 140g
PRODUCT OF U.S.A.

4⁹⁹
ea.
LEMONS 1lb
PRODUCT OF U.S.A. OR MEXICO

5⁹⁹
ea.
DOLE SALAD KITS
10 PK
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
KIWI BASKETS
10 PK
PRODUCT OF CANADA

4⁹⁹
ea.
JUMBO PINEAPPLES
10 PK
PRODUCT OF CANADA

3⁴⁹
/lb
BRUSSELS SPROUTS
200g
PRODUCT OF CANADA & U.S.A.

2⁹⁹
ea.
ENDIVE OR ESCAROLE
200g
PRODUCT OF U.S.A.

9⁹⁹
ea.
VANILLA
POMEGRANATES
150g
PRODUCT OF CANADA

2⁹⁹
ea.
LARGE
POMEGRANATES
10 PK
PRODUCT OF U.S.A.

4⁴⁹
ea.
GOODLEAF
SALAD MIXES 10 PK
PRODUCT OF CANADA & MEXICO

6⁹⁹
ea.
FROZEN LETTUCE
10 PK

4⁹⁹
ea.
LIFE SAVER
NATURAL
SWEET APPLE
CIDER
1L
PRODUCT OF CANADA

1⁹⁹
ea.
PLANT-BASED
ROAST & GRAVY
10 PK
PRODUCT OF CANADA

1⁹⁹
ea.
BIG MOUNTAIN
PLANT-BASED
ROAST 10 PK
PRODUCT OF CANADA

5⁹⁹
/lb
JUMBO CHESTNUTS
13.25kg
PRODUCT OF CANADA

7⁹⁹
ea.
MOVERS
CHOCOLATE
CARAMEL APPLE 10 PK

Organic

1⁶⁹
/lb
ORGANIC GREEN
CABBAGE
3.75kg
PRODUCT OF CANADA

5⁹⁹
ea.
LPC ORGANIC
LITTLE FELLOWS
10 PK
PRODUCT OF CANADA

3⁴⁹
ea.
BOLTHOUSE
FRESH
ORGANIC
BABY CARROTS
10 PK
PRODUCT OF U.S.A.

12⁹⁹
ea.
GREENHOUSE
ORGANIC CHITS
10 PK
PRODUCT OF CANADA

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 201g
BONITO KITS 10 PK
BROCCOLI SALAD 10 PK
TOMATO CUCUMBER SALAD 10 PK

13⁹⁹
ea.
SMALL BERRY
KIWI TRAY 10 PK
PUMPKIN & ZEL
TRAY WITH DOP 10 PK
MICRO PLANTER 10 PK

40⁰⁰
ea.
CHRISTMAS
MAGIC BOUQUET
10 PK
PRODUCT OF CANADA

38⁹⁹
ea.
POINSETTIA
FLOWER FEATURE
10 PK
PRODUCT OF CANADA

metro
FRESH
2 GO

ENTERTAINING MADE EASY

We have your catering covered.

**Minimum of 48 hours notice on all orders.*



Place Your Catering Order Today



Online
fresh2go.metro.ca



In Store
Visit Our Deli

Holiday Roasts

PLATINUM GRILL ANGUS
TOP SIRLOIN ROAST
100% CANADIAN ANGUS
26.43kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS
BLADE ROAST
100% CANADIAN ANGUS
26.43kg

11⁹⁹
/lb

**CUT FROM
100%
CANADIAN
AAA ANGUS BEEF**

PLATINUM GRILL ANGUS
PORK LOIN ROAST
100% CANADIAN PORK
13.21kg

7⁹⁹
/lb

LIFE SMART NATURALA PORK SHOULDER PICNIC ROAST OR
PORK SHOULDER BLADE ROAST
5.0kg

3⁹⁹
/lb

FRESH WHOLE
CHICKEN
3.50kg

3⁹⁹
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
26.43kg

11⁹⁹
/lb

50
points

5⁹⁹
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK
13.21kg

50
points

3⁹⁹
/lb

BREADED PORK LOIN CUTLETS VALUE PACK
8.80kg

125
points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.20kg

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKEN WINGS
11.20kg

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED HITS 12.7
kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
100% CANADIAN PORK
BACON 201

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.00kg

7⁹⁹
ea.

SELECTION
SMOKED HAM 15.5
kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST 10.5
kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
10.5 kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES 10.5
kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
10.5 kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
10.5 kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
10.5 kg

Bakery Favorites



FRONT STREET BAKERY
CHEESTICKS OR CHEESE BUNS
100-125g

5⁹⁹
ea.

75
points



FRONT STREET BAKERY
ITALIAN BREAD
400-450g

3⁴⁹
ea.

50
points



micro croissants
250g

4⁹⁹
ea.



LITTLE NORTHERN
BAKED GOODS
WIDE SLICED
BAGELS OR
EVERYTHING BAGELS
1kg

8⁴⁹
ea.



MINI'S SUMMER
ROLLS 100g

4⁴⁹
ea.



FURLANI TEXAS
TOAST
1kg

5⁴⁹
ea.



FRONT STREET BAKERY
PECAN CAKES
100-125g

22⁹⁹
ea.

125
points



JAMONCA ALMOND
CRUNCH CAKE
100g

31⁹⁹
ea.

250
points



FURLANI TEXAS
GARLIC TOAST
1kg

7⁴⁹
ea.



INRESISTIBLE
BUTTER TARTS 100g

6⁹⁹
ea.

Deli Favourites



MAPLE LOAF
100g

2⁹⁹
ea.



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2⁹⁹
ea.



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3⁹⁹
ea.



LE GRUYERE
SWISS CHEESE
100g

5⁹⁹
ea.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

2⁹⁹
ea.



BELLACASA
BURRATA
CHEESE 100g

3⁹⁹
ea.



SHORSKI
SAUSAGES
100g

2⁹⁹
ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3⁴⁹
ea.



MACGARGOLIO
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100g

6⁹⁹
ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEMEERS SLICED DELI
100g

8⁴⁹
ea.



BELLITALIA
SALAMI OR
GOLD LABEL PEPPERONI
100g

8⁷⁹
ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10⁹⁹
ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7⁹⁹
ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9⁴⁹
ea.



LA BELLE BRETAGNE
PATE 100g

4⁹⁹
ea.



SWISS CHALET
POT PIE 100g

8⁹⁹
ea.



KANA
BANI 100g

7⁴⁹
ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8⁰⁰
ea.

4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

**YOUR
CHOICE** **11.99**
ea.



**16" X-LARGE
PEPPERONI &
CHEESE PIZZA**
WALK-IN ORDERS ONLY
NO TOPPING SUBSTITUTES



**HOT WHOLE BBQ
MAMMOTH CHICKEN**
1 kg

**STORE MADE
CAROUSELS**
FRESH VEGETABLE 955 g
FRESH FRUIT 1.4 kg



**FRESH 2 GO
20 CHICKEN BITES**



**ASSORTED CALIFORNIA COMBO OR
CALIFORNIA ROLL VARIETY PACK**
420 - 424 g, SELECTED VARIETIES



Seafood

12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LBS/1130g

12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LBS/1130g

12⁹⁹
ea.

CHOICE
CHOICE OYSTERS
SELECTION VARIETIES

7⁹⁹
ea.

**LA ROCHESTERIE
SMOKED STEAMED
SALMON**
FRESH, 1.5 LBS/680g

9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.0 LBS/907g

12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL
TUNA STEAKS**
FRESH, 2.5 LBS/1130g

12⁹⁹
ea.

**OCEAN JEWEL
WHOLE
WILDCOD STEAMED
SEA BASS**
FRESH, 1.5 LBS/680g

12⁹⁹
ea.

**ADMIRAL
SNOW CRAB
CLOVES**
FRESH, 1.5 LBS/680g

3⁹⁹
ea.

**LOBSTER MEAT
CHAI DE HOMARD**
FRESH, 2.5 LBS/1130g

18⁹⁹
ea.

**ROCK LOBSTER
CHAI DE HOMARD**
FRESH, 2.5 LBS/1130g

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. IRRESISTIBLE WIRE-ROASTED BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. IRRESISTIBLE MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12.99 e.s. IRRESISTIBLE BREADED POPCORN SHIMP SPECIALLY PREPARED PASTA, 100%
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FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

STOCKING STUFFERS

they actually want

Stuff their stockings with sweets, treats & everyday essentials.



FERRERO KINDER CHOCOLATE EGG
100g (3.5oz)
6⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
5⁴⁹ ea.



FERRERO CHRISTMAS CHOCOLATE
100g (3.5oz)
13⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



LINDT BEAR CHOCOLATE
100g (3.5oz)
7⁹⁹ ea.



GHIRARDELLI CHOCOLATES
100g (3.5oz)
9⁹⁹ ea.



M&M'S CHOCOLATE
100g (3.5oz)
5⁹⁹ ea.



TERRY'S CHOCOLATE
100g (3.5oz)
6⁹⁹ ea.



CADBURY CHOCOLATE
100g (3.5oz)
6⁴⁹ ea.



TOBLERONE CHOCOLATE BAR
100g (3.5oz)
12⁹⁹ ea.



M&M'S SOUR PATCH KIDS CANDY
100g (3.5oz)
4⁹⁹ ea.



PEZ CANDY
100g (3.5oz)
3⁴⁹ ea.



LAURA SECORD MASCALLOON HOT CHOCOLATE BOMB
100g (3.5oz)
3⁴⁹ ea.



EXCEL GUM
100g (3.5oz)
4⁷⁹ ea.



BLISTEX LIP MEDICINE
100g (3.5oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
100g (3.5oz)
4⁹⁹ ea.



NATIVE DEODORANT
100g (3.5oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
100g (3.5oz)
13⁹⁹ ea.



GLYSOMED HAND CREAM
100g (3.5oz)
4⁴⁹ ea.

More Great Savings

Drizalicious PEPPERMINT CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Drizalicious RASPBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Drizalicious STRAWBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Dole Pineapple Juice 1.5L 100% JUICE NO SUGAR ADDED 5 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT NO MSG NO ARTIFICIAL FLAVORS 3 99 ea.
MONTELLIER SPARKLING WATER 10x 500ml 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 13 00 ea.	A&W COCA-COLA SOFT DRINKS 12x 330ml 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 6 00 ea.	Coca-Cola SOFT DRINKS 12x 330ml 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 6 00 ea.	VOORMAAT VODKA 1.5L 100% GRAIN NEUTRAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 2 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT NO MSG NO ARTIFICIAL FLAVORS 3 99 ea.
PRIMO TOMATO SAUCE 1L 100% TOMATO NO SUGAR ADDED NO ARTIFICIAL FLAVORS 1 99 ea.	PRIMO TOMATO SAUCE 1L 100% TOMATO NO SUGAR ADDED NO ARTIFICIAL FLAVORS 1 99 ea.	MONTELLIER HONEY MUSTARD 500ml 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 7 99 ea.	SAPPORO PREMIUM LAGER BEER 6x 330ml 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 12 49 ea.	deVos GLUTEN FREE FLOUR 500g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 15 99 ea.
The Night CHOCOLATE 100g 100% CACAO NO SUGAR ADDED NO ARTIFICIAL FLAVORS 10 99 ea.	RED ROSE TEA 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 5 49 ea.	TUBES SOUR CREAM 1L 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 2 99 ea.	NUTRI GRAIN CEREAL BARS 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 3 49 ea.	JELLO'S NO-BAKE GELATIN 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 3 49 ea.
VAN HOUT McCafé 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 2 39 ea.	STARBUCKS COFFEE CREAMER 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 7 99 ea.	MILKMAID CONDENSED MILK 1L 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 6 49 ea.	SHOOFITE SUPER GREEN SMOOTHIES 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 4 49 ea.	SHOOFITE MANGO PASSION SMOOTHIES 100g 100% NATURAL NO SUGAR ADDED NO ARTIFICIAL FLAVORS 4 49 ea.

↓ Low Price Every Day

 NOW  \$1.49 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$1.25 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$2.99 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$2.99 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 75% SELECTED PEANUTS
 SELECTION PEANUT BUTTER 100% SELECTED PEANUTS NOW  \$4.99	 IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION COFFEE CREAMER 10% SELECTED COFFEE CREAMER NOW  \$3.99	 SELECTION SOUR CREAM 14% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES NOW  \$2.99

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\$125

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6 OR 12 MONTH PLAN

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& FLYER DEALS
AS IN-STORE**

*Certain conditions apply. Details on metro.ca

Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100% SELECTED NUTS

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 100%
SELECTED NUTS

6⁹⁹
ea.

CELESTIAL
TEA 100% SELECTED NUTS

5⁴⁹
ea.

LIFE SMART
LEGGINGS
SELECTED NUTS

1⁹⁹
ea.

CHICK PEAS
SELECTED NUTS

6⁴⁹
ea.

IMAGINE
DRINKY
SELECTED NUTS

5⁴⁹
ea.

Plant-Based

ZAZIBEAN
CHOCOLATE
100% SELECTED NUTS

4⁹⁹
ea.

EARTH BALANCE
SPREAD 100%
SELECTED NUTS

7⁴⁹
ea.

GREENHOUSE
CREAMER
100% SELECTED NUTS

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS
100% SELECTED NUTS

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
100% SELECTED NUTS

5⁹⁹
ea.

CROFTER'S
SWEETENED
100% SELECTED NUTS

5⁹⁹
ea.

CROFTER'S
SWEETENED
100% SELECTED NUTS

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX
100% SELECTED NUTS

35⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100%
SELECTED NUTS

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

Pampers
BABY OR TODDLER
WIPES 100% SELECTED NUTS

10⁴⁹
ea.

AXE DEODORANT
100% SELECTED NUTS

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 100%
SELECTED NUTS

8⁹⁹
ea.

PRESHINE
HAIR CARE
100% SELECTED NUTS

6⁹⁹
ea.

U
SECURITY
100% SELECTED NUTS

5⁹⁹
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
100% SELECTED NUTS

8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
100% SELECTED NUTS

8⁵⁰
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](#)

[illegible]



We take pride in sourcing locally from the
Southwestern Ontario Region.

BEAU'S
ABBÉY STYLE CHEESE
27.17/lb

5⁹⁹
/100g



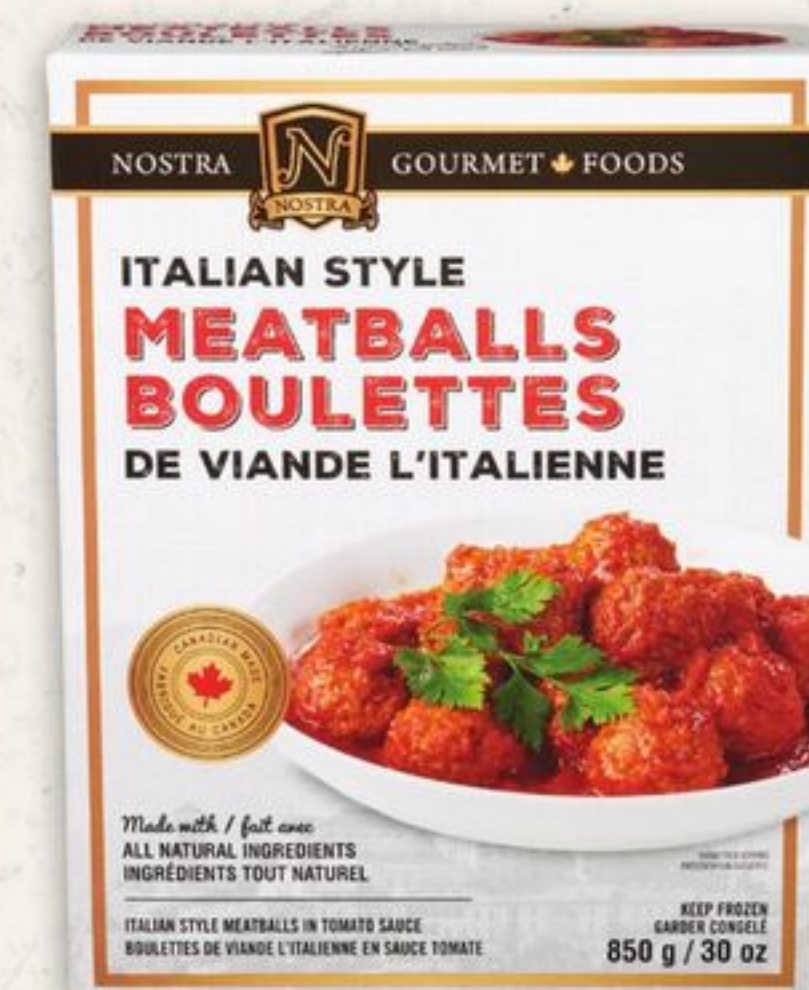
GRAND TRUNK
FIRM CHEESE
27.17/lb

5⁹⁹
/100g



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



THE KETONUT
CHOCOLATES
180 - 240 g
SELECTED VARIETIES

9⁹⁹
ea.



SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES

6⁹⁹
ea.



GOLDEN ACRES
SLICED PEACHES OR
PEARS
452 g
SELECTED VARIETIES

6⁹⁹
ea.



Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO [LEARN MORE](#)



SNOWDONIA
CHEESE CO.
PURE CHEESE
INDULGENCE



6⁹⁹
ea.
SNOWDONIA
CHUTNEY
100-125g
SELECTED VARIETIES



11⁹⁹
ea.
SNOWDONIA
CHEDDAR CHEESE
150-200g
SELECTED VARIETIES



SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

ELEVATED ENTERTAINING



9⁹⁹
ea.



TRUSTED BY
CANADIANS
SINCE 1981



BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

8⁹⁹
ea.
100% pure and
unpasteurized



MAPLE LEAF
MAIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

2⁴⁹
ea.



Pure
PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.



PILLSBURY
COOKIE DOUGH
250-350g
SELECTED VARIETIES

4⁹⁹
ea.



BETTY CROCKER
SUPER MOIST
CAKE MIX
250-400g
SELECTED VARIETIES

1⁹⁹
ea.



Chex
CEREAL
240-360g
SELECTED VARIETIES

4⁹⁹
ea.



SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-360g
SELECTED VARIETIES

3⁴⁹
ea.



NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.



SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES

6⁴⁹
ea.



JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.