

VERSION 6

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (WASHO)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (CALIF.)

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (CALIF.)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (CALIF.)

199

ea.

Angel Sweet

PRODUCT OF U.S.A. (CALIF.)

199

ea.

SPANISH ONIONS 1/2c

PRODUCT OF U.S.A. (CALIF.)

99¢

/lb

SWEET POTATOES 1/2c

PRODUCT OF U.S.A. (CALIF.)

99¢

/lb

moi rewards member price

400 g

Irresistible

700 g

Irresistible

save \$2.00

699

ea.

SPECIAL PRICE 899 for non-members

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
BAKES' CHOCOLATE
200 g (7 oz) bags

399
ea.



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

14.99
ea.



metro.ca

\$ New Lower Prices

 7⁰⁰ ea. WONDER BREADS OR DUNKIN' DONUTS OR 3 LBS.	 11⁹⁹ ea. HIGH LINE SMOKED HADDOCK OR CATCH OF THE DAY FILLETS 1.5 lb.	 5⁹⁹ 65 lb. BRESKIN'S ARTISAN SMOKED HAM OR SMOKED HAM 12.5 lbs.	 19⁹⁹ ea. OCEAN PRIME SMOKED SHIMP BRESKIN'S JAMBO SHRIMP PIZZA 600g
 3⁹⁹ 65 ea. CRAVE FROZEN MEAT OR 3 LBS.	 6⁹⁹ ea. LIBERTE YOGURT TUBS 100g	 6⁴⁹ ea. NATREL ORGANIC MILK 1L OR BUTTER 250g	 9⁹⁹ ea. KELLOGG'S CEREAL OR 100g
 7⁴⁹ 125 ea. PEPSI MINI SOFT DRINKS 100g	 2⁷⁹ 15 ea. SANPELLEGRINO SPARKLING DRINKS 1.5L	 17⁹⁹ 250 ea. MAXWELL HOUSE GROUND COFFEE 100g	 864 6 ea. MAXWELL HOUSE GROUND COFFEE 100g
 5⁹⁹ ea. CHEEZ-IT CRACKERS 100g	 3⁴⁹ ea. GOLDFISH CRACKERS 100g	 3⁹⁹ ea. HARBITE CHIPS OR 100g	 1⁹⁹ ea. CAMPBELL'S CONDENSED SOUP OR 100g
 6⁹⁹ ea. HELLMANN'S MAYONNAISE OR 100g	 2⁴⁹ ea. BUSH'S BEANS OR 100g	 3⁴⁹ ea. BEN'S ORIGINAL RICE OR 100g	 4⁹⁹ ea. HEINZ KETCHUP OR 100g
 5⁹⁹ ea. SCOPE TOOTH PASTE OR 100g	 2⁹⁹ ea. ALCAN DISH SOAP OR 100g	 8⁹⁹ ea. ROYALE TOILET PAPER OR 100g	 8⁹⁹ ea. TIDE DETERGENT OR 100g
 3⁹⁹ ea. LAY'S CHIPS OR 100g	 5⁴⁹ ea. LAY'S CHIPS OR 100g	 4⁹⁹ ea. RITZ CRACKERS OR 100g	 4⁹⁹ ea. RITZ CRACKERS OR 100g
4-DAY MEAL DEAL DECEMBER 4TH - DECEMBER 7TH, 2025 YOUR CHOICE 11⁹⁹ ea. OR 100g			

We reserve the right to limit quantities.
DISCOUNTS ARE SUBJECT TO STOCK.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.ca
or call 1-877-467-6273
to win \$5000 in groceries.

Micro is a registered trademark of Micro Inc. All other trademarks are the property of their respective owners. © 2025 Micro Inc. All rights reserved.

**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
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.

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

[illegible]

Organic

Sliced & Diced **Holiday Blooms**



4⁹⁹
ea.

DELUXE FRUIT SALAD 400g
BERRY MIX 25g
BROCCOLI SALAD 400g
TOMATO CUCUM SALAD 300g



13⁹⁹
ea.

**SMALL BERRY
FRUIT TRAY** 200g
**POMEGRANATE
TRAY WITH LIP** 100g
NACHO PLATTER 400g



40⁰⁰
ea.

**CHRISTMAS
MAGIC BOUQUET**
ASSORTED FLOWERS
AND GREENS



19⁹⁹
ea.

**ANTHRUM
5" GALLIE
ASSORTED COLORS**



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
WITH WHITE AND PINK
ROSES, WHITE AND PINK
HYDRANGEAS



5⁹⁹
ea.

**SELF-
WATERING
POINSETTIA**
ASSORTED COLORS

Holiday Blooms

Monday Blooms



40⁰⁰
ea.

**CHRISTMAS
MADE BOUQUET**
12" x 12" x 12"
12" x 12" x 12"



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
12" x 12" x 12"
12" x 12" x 12"



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
12" x 12" x 12"
12" x 12" x 12"



40⁰⁰
ea.

**CHRISTMAS
MADE BOUQUET**
12" x 12" x 12"
12" x 12" x 12"



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
12" x 12" x 12"
12" x 12" x 12"



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
12" x 12" x 12"
12" x 12" x 12"



40⁰⁰
ea.

**CHRISTMAS
MADE BOUQUET**
12" x 12" x 12"
12" x 12" x 12"



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
12" x 12" x 12"
12" x 12" x 12"



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
12" x 12" x 12"
12" x 12" x 12"

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
10.5-12.5kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS BONELESS ROAST
BLADE ROAST
10.5-12.5kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

PLATINUM GRILL ANGUS
PORK LOIN ROAST
10.5-12.5kg

7⁹⁹
/lb

LIFE SMART NATURALA PORK SHOULDER PICNIC ROAST OR PORK SHOULDER BLADE ROAST
8-9kg

3⁹⁹
/lb

FRESH WHOLE CHICKEN
8-9kg

3⁹⁹
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
20-24kg

11⁹⁹
/lb

50 points

5⁹⁹
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK
13.2kg

50 points

3⁹⁹
/lb

BREADED PORK LOIN CUTLETS VALUE PACK
8.8kg

125 points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.2kg

125 points

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKEN WINGS
11.2kg

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED WINGS
10.5-12.5kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
10.5-12.5kg

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.2kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.2kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST
10.5-12.5kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
10.5-12.5kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES
10.5-12.5kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
10.5-12.5kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
10.5-12.5kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
10.5-12.5kg

Bakery Favorites



FRONT STREET BAKERY
CHEESTICKS OR CHEESE BUNS
100-125g

5.99 ea.
75 points



FRONT STREET BAKERY
ITALIAN BREAD
450-475g

3.49 ea.
50 points



micro croissants
250g

4.99 ea.



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

8.49 ea.



MINI'S SUMMER
ROLLS 100g

4.49 ea.



FURLANI TEXAS
TOAST
1kg

5.49 ea.



FRONT STREET BAKERY
PECAN CAKES
100-125g

22.99 ea.
125 points



JAMONCA ALMOND
CRUNCH CAKE
100g

31.99 ea.
250 points



SELECTION
SUPER MOIST CAKES 100g

7.49 ea.



IRRESISTIBLE
BUTTER TARTS 100g

6.99 ea.

Deli Favourites



MAPLE LOAF
100g

2.99 ea.



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2.99 ea.



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3.99 ea.



LE GRUYERE
SWISS CHEESE
100g

5.99 ea.



IRRESISTIBLE ENTMAN
DRY SAUSAGE
100g

2.99 ea.



BELLA CASARA
BURRATA
CHEESE 100g

3.99 ea.



SNIROSKI
CANADIANA OR
CANADIANA HAM
100g

2.99 ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3.49 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SNIROSKI SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



BELLA ITALIA
SALAMI OR
GOLD LABEL PEPPERONI
100g

8.79 ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10.99 ea.



SWISS CHALET
POT PIE
100g

4.99 ea.



KANA
RAVIOLI
100g

7.49 ea.



LA BELLE BRETAGNE
PATE
100g

4.99 ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8.00 ea.

FLAVOURS OF

italy

JUMBO

3⁹⁹
ea.

MORTADELLA

3⁹⁹
ea.

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALLE PACK

12⁹⁹
/lb

SMALL ITALIAN TOMATOES

2⁴⁹
/lb

BURRATA

9⁹⁹
ea.

ROCK HARBOUR ANCHOVES IN OLIVE OIL

8⁹⁹
ea.

FRONT STREET BAKERY BACHIO HAZEL NUT CAKE

31⁹⁹
ea.

FRONT STREET BAKERY MINI CALABRESSE BREAD

2⁹⁹
ea.

MARINELLI PASTA SAUCE

4⁹⁹
ea.

RIO MARE INSALATISSIME LIGHT TUNA SALAD

3⁴⁹
ea.

BALLO FLAVOURED PANZONNE

16⁹⁹
ea.

MONTE VERDE PANZONNE

5⁹⁹
ea.

MONTE VERDE PANZONNE

5⁹⁹
ea.

Foodland

100% CANADIAN

Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LB/BOX

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/BOX



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETY



7⁹⁹
ea.

**LA ROCHESTERE
SMOKED STEAMED
SALMON**



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/BOX



125
points

**OCEAN JEWEL
WHOLE
WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/BOX



125
points

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/BOX



125
points

LOBSTER HOMARD
FRESH, 1.5 LB/BOX



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB/BOX



11⁹⁹
ea.

**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/BOX



17⁹⁹
ea.

**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/BOX



18⁹⁹
ea.

**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/BOX

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE FROZEN, 100%	40 pounds 8.99 e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED FROZEN, 100%	50 pounds 9.99 e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED FROZEN, 100%	50 pounds 12.99 e.s. WIREMESH BREADED POPCORN SHIMP SPECIALLY PREPARED FROZEN, 100%
---	--	--	---

[illegible]

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)
5⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



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



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



RITTER SPORT CHOCOLATE BARS
100g (3.5oz)
3⁹⁹ ea.



NUT SELECTION SELECTION DE NOIX
100g (3.5oz)
3⁹⁹ ea.



WHOLE HAZELNUTS NOISSETTES ENTIERES
100g (3.5oz)
3⁹⁹ ea.



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
10g (0.35oz)
4⁹⁹ ea.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



GLYSOMED Hand Cream
10g (0.35oz)
4⁴⁹ ea.



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
10g (0.35oz)
4⁹⁹ ea.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



GLYSOMED Hand Cream
10g (0.35oz)
4⁴⁹ ea.



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
10g (0.35oz)
4⁹⁹ ea.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



GLYSOMED Hand Cream
10g (0.35oz)
4⁴⁹ ea.



NATIVE DEODORANT
10g (0.35oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ 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 ADDED SUGAR 5 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT NO ADDED SUGAR 3 99 ea.
MONTELLIER SPARKLING WATER 10x 500ml 100% NATURAL NO ADDED SUGAR 13 00 ea.	A&W COCA-COLA SOFT DRINKS 12x 330ml 100% NATURAL NO ADDED SUGAR 6 00 ea.	Coca-Cola SOFT DRINKS 12x 330ml 100% NATURAL NO ADDED SUGAR 6 00 ea.	VOORUITMOUT ROOD KRUISJE 12x 330ml 100% NATURAL NO ADDED SUGAR 2 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT NO ADDED SUGAR 3 99 ea.
PRIMO TOMATO & BASIL PASTA 500g 100% WHEAT NO ADDED SUGAR 1 99 ea.	PRIMO TOMATO & BASIL PASTA 500g 100% WHEAT NO ADDED SUGAR 1 99 ea.	MONTELLIER MILLE MOUTARDE 500g 100% NATURAL NO ADDED SUGAR 7 99 ea.	SAPPORO PREMIUM LAGER BEER 330ml 100% NATURAL NO ADDED SUGAR 12 49 ea.	deVos ALCOHOL FREE BEER 330ml 100% NATURAL NO ADDED SUGAR 15 99 ea.
Nuts Eight CHOCOLATE 100g 100% NATURAL NO ADDED SUGAR 10 99 ea.	RED ROSE RED WINE 750ml 100% NATURAL NO ADDED SUGAR 5 49 ea.	TUBES SOURDE YOGURT 100g 100% NATURAL NO ADDED SUGAR 2 99 ea.	NUTRI GRAIN CEREAL BARS 100g 100% NATURAL NO ADDED SUGAR 3 49 ea.	JELLO'S NO-BAKE GRANOLA BARS 100g 100% NATURAL NO ADDED SUGAR 3 49 ea.
VAN HOUT McCafé 100g 100% NATURAL NO ADDED SUGAR 2 39 ea.	STARBUCKS COFFEE CREAMER 100g 100% NATURAL NO ADDED SUGAR 7 99 ea.	MILKMAID MAGNOLIA MOUSSE 100g 100% NATURAL NO ADDED SUGAR 6 49 ea.	SMOOTHIE SUPER GREEN 100g 100% NATURAL NO ADDED SUGAR 4 49 ea.	SMOOTHIE MANGO PASSION 100g 100% NATURAL NO ADDED SUGAR 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 WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION ICE CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON APPLES 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  \$2.99

***metro.ca* LIMITED-TIME OFFER**

Your
GO-TO for
unlimited deliveries.

Subscribe Now



COMES OUT TO

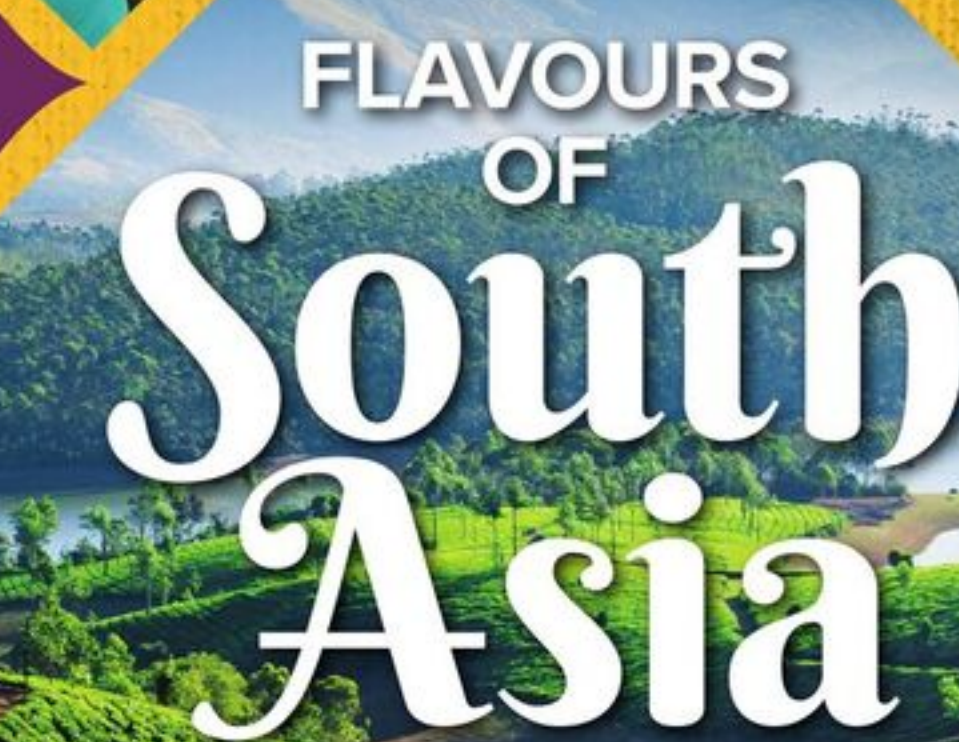
\$125

PER WEEK*

6 OR 12 MONTH PLAN

**SAME PRICES
& FLYER DEALS
AS IN-STORE**

*Certain conditions apply. Details on metro.ca



FLAVOURS OF South Asia



Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100%
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 100g
SELECTED VARIETIES

6⁹⁹
ea.

CELESTIAL
TEA 100%
SELECTED VARIETIES

5⁴⁹
ea.

LIFE SMART
LEGGINGS
SELECTED VARIETIES

1⁹⁹
ea.

CHICK PEAS
SELECTED VARIETIES

6⁴⁹
ea.

IMAGINE
DRINKY
SELECTED VARIETIES

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP 100%
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

ZAZIBREAN
CHOCOLATE
100%
SELECTED VARIETIES

4⁹⁹
ea.

earth
balance
SPREAD 40%
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER
100%
SELECTED VARIETIES

6⁴⁹
ea.

MADE
GOOD
GRANOLA BARS
100%
SELECTED VARIETIES

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SANDWICHES
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
BERRY BLEND
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX
100%
SELECTED VARIETIES

35⁹⁹
ea.

CRUNCHMASTER
MULTI-SEED
MULTIGRAINS
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

Pampers
BABY OR TODDLER
WIPES 40%
SELECTED VARIETIES

10⁴⁹
ea.

AXE DEODORANT
100%
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 100%
SELECTED VARIETIES

8⁹⁹
ea.

PRESHINE
HAIR CARE
SELECTED VARIETIES

6⁹⁹
ea.

U
SECURITY
SELECTED VARIETIES

5⁹⁹
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
100%
SELECTED VARIETIES

5⁴⁹
ea.

HOUSEHOLD HELPERS

Gain
FLUORIDE
DETERGENT 100%
SELECTED VARIETIES

4⁹⁹
ea.

LYSOL
DUAL ACTION
WIPES OR
CLOROX BLEACH
SELECTED VARIETIES

7⁹⁹
ea.

finish
ALL IN 1
DETERGENT 100%
SELECTED VARIETIES

17⁹⁹
ea.

LYSOL
LAUNDRY
DISINFECTANT
SELECTED VARIETIES

8⁹⁹
ea.

LYSOL
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

LYSOL
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

LYSOL
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
100%
SELECTED VARIETIES

5⁴⁹
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
100%
SELECTED VARIETIES

5⁴⁹
ea.

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

25 pieces
4.99 ea.

MILK-BONE
DOG TREATS
100% WHOLE MILK
25.5 OZ. (726g)

15 pieces
2.49 ea.

MILK-BONE
SOFT & CHEWY
DOG TREATS
25.5 OZ. (726g)

6.99 ea.

COOKIE PAL
DOG TREATS
100% WHOLE WHEAT
25.5 OZ. (726g)

8.49 ea.

CAFEON FARMS
DOG TREATS
100% WHOLE WHEAT
25.5 OZ. (726g)

Top picks from SANTA CLAWS

Stuff the stockings of your furry besties with their fave tasty treats.

4/5 stars
5 per 5.49 ea.

PURINA BENEFUL
DOGS FOOD
100% SELECTED WHOLESTOCK
5.49 ea.

7.99 ea.

PURINA BENEFUL
DOGS FOOD
100% SELECTED WHOLESTOCK
7.99 ea.

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
DOG TREATS
25.5 OZ. (726g)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWS
DOG TREATS
100% SELECTED WHOLESTOCK
10.99 ea.

2/6 stars
27 per 4.49 ea.

DENTALIFE
CHEWS
DOG TREATS
100% SELECTED WHOLESTOCK
4.49 ea.

55 pieces
11.49 ea.

PURINA BENEFUL
DOGS FOOD
100% SELECTED WHOLESTOCK
11.49 ea.

6.99 ea.

BLUE BUFFALO
BITS
DOG TREATS
100% SELECTED WHOLESTOCK
6.99 ea.

11.49 ea.

BLUE BUFFALO
STIX
DOG TREATS
100% SELECTED WHOLESTOCK
11.49 ea.

55 pieces
11.49 ea.

PURINA BENEFUL
DOGS FOOD
100% SELECTED WHOLESTOCK
11.49 ea.

13.49 ea.

GOOD TO GO!
DOG TREATS
100% SELECTED WHOLESTOCK
13.49 ea.

13.49 ea.

GOOD TO GO!
DOG TREATS
100% SELECTED WHOLESTOCK
13.49 ea.

55 pieces
11.49 ea.

PURINA BENEFUL
DOGS FOOD
100% SELECTED WHOLESTOCK
11.49 ea.

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
100% SELECTED WHOLESTOCK
2.99 ea.

14.49 ea.

TEMPTATIONS
CAT TREATS
100% SELECTED WHOLESTOCK
14.49 ea.

50 pieces
10.99 ea.

VITALITE
DOG TREATS
100% SELECTED WHOLESTOCK
10.99 ea.

5 pieces
1.99 ea.

NATURE'S RECIPE
CAT FOOD
100% SELECTED WHOLESTOCK
1.99 ea.

65 pieces
20.49 ea.

NATURE'S RECIPE
CAT FOOD
100% SELECTED WHOLESTOCK
20.49 ea.

5/5 stars
5 per 1.49 ea.

NATURE'S RECIPE
CAT FOOD
100% SELECTED WHOLESTOCK
1.49 ea.

13.99 ea.

IAMS
CAT FOOD
100% SELECTED WHOLESTOCK
13.99 ea.

13.99 ea.

IAMS
CAT FOOD
100% SELECTED WHOLESTOCK
13.99 ea.

13.99 ea.

IAMS
CAT FOOD
100% SELECTED WHOLESTOCK
13.99 ea.

20.49 ea.

CEsar
CAT FOOD
100% SELECTED WHOLESTOCK
20.49 ea.

20.49 ea.

CEsar
CAT FOOD
100% SELECTED WHOLESTOCK
20.49 ea.

20.49 ea.

CEsar
CAT FOOD
100% SELECTED WHOLESTOCK
20.49 ea.

5/5 stars
5 per 1.49 ea.

FRISIES
WET DOG FOOD
100% SELECTED WHOLESTOCK
1.49 ea.

5/5 stars
5 per 1.49 ea.

FRISIES
WET DOG FOOD
100% SELECTED WHOLESTOCK
1.49 ea.

5/5 stars
5 per 1.49 ea.

FRISIES
WET DOG FOOD
100% SELECTED WHOLESTOCK
1.49 ea.

18.99 ea.

IAMS
PROACTIVE HEALTH
DOG FOOD
100% SELECTED WHOLESTOCK
18.99 ea.

18.99 ea.

IAMS
PROACTIVE HEALTH
DOG FOOD
100% SELECTED WHOLESTOCK
18.99 ea.

18.99 ea.

IAMS
PROACTIVE HEALTH
DOG FOOD
100% SELECTED WHOLESTOCK
18.99 ea.



We take pride in sourcing locally from the
Greater Toronto Region.

HALENDIA'S
PORK SAUSAGE
275 g
SELECTED VARIETIES

8⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁹⁹
ea.



BE SWEET
HONEY FLAVOURED
SPREAD
500 g

4⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



COME BACK SNACKS
POPCORN
200 - 225 g
SELECTED VARIETIES

5⁹⁹
ea.



CRAZY D'S
SPARKLING
PREBIOTIC SODA
355 ml
SELECTED VARIETIES

2⁹⁹
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





**TRUSTED BY
CANADIANS**
SINCE 1981



8⁹⁹
ea.
BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

100% pure and
unpasteurized



2⁴⁹
ea.
MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES



3⁹⁹
ea.
KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES



4⁹⁹
ea.
PILLSBURY
COOKIE DOUGH
150g
SELECTED VARIETIES



1⁹⁹
ea.
BETTY CROCKER
SUPER MOIST
CAKE MIX
250-400g
SELECTED VARIETIES



4⁹⁹
ea.
CHEX CEREAL
340-360g
SELECTED VARIETIES



3⁴⁹
ea.
GRINCH OR
SUGAR CRUNCH
CEREAL
240-340g
SELECTED VARIETIES



6⁴⁹
ea.
NESTLE
REAL DAIRY ICE CREAM,
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES



4⁹⁹
ea.
NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES



6⁴⁹
ea.
SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES



6⁴⁹
ea.
JIF
PEANUT BUTTER
240g
SELECTED VARIETIES