VERSION 3

Your GO-TO for holiday essentials.

3.99 ea.

ROMAINE HEARTS 3 PACK PRODUCE 3 x 400 g

1.99 ea. or /lb

BLACKBERRIES 170 g
STEM & LEAF CLEMENTINES PRODUCE 454 g, 1.36 kg, 2.27 kg

1.99 ea.

SNACKING TOMATOES 454 g
PRODUCE 227 g, 340 g

99¢ /lb

SPANISH ONIONS PRODUCE 0.5 LB, 1 LB, 1.5 LB
SWEET POTATOES PRODUCE 907 GRAMS 2.268 kg

moi rewards member price

400 g

INÉVITABLE
CHOCOLATE
DATE NUTS
DATE NUTS
FRUIT & NUTS
FRUIT & NUTS

save $2.00
6.99 ea.

Effective December 4 5 6 7 8

VERSION A

metro
CANADIAN AND PROUD

CHRISTMAS SWEATER BOUQUET
18.00 ea.

FRESH ATLANTIC SALMON PORTIONS OR WHOLE SALMON TRAILS
3.99 ea.

BONELESS SKINLESS

FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK
4.88 /lb

BUY TWO GET ONE FREE

MEDITERRANEAN APPETIZERS
BUY TWO (2) ELIGIBLE ITEMS AT THE REGULAR PRICE AND GET THE THIRD (3RD) ITEM OF EQUAL OR LESSER VALUE FREE

FRESH PORK SIDE RIBS
OR FRESH PORK SIDE RIBS VALUE PACK OR BONELESS PORK SIRLOIN CHOPS VALUE PACK
2.99 /lb

LAURENTIAN PRODUCTS, MAESTRO RAMI, SAPUTO PROFILANO OR DELLISLE MOZZARELLA
2.99 /100 g

GREAT PRICE!

BLACK FOREST OR MAPLE FLAVOURED CHICKEN BACON OR CHORIZO CHICKEN
2.99 ea.

BOURSIN CREAM CHEESE, SAVORY SLICED DELI OR SAUSAGE
4.99 ea.

SILK RECOMMENDED SERVING OR GENERAL MILLS, POST OR HARVEST CRUNCH CEREAL
3.49 ea.

BLACK DIAMOND BARS OR SHREDDED CHEESE
$1 more per purchase
125 Points
4.88 ea.

LONGPOINT ICE CREAM
6.99 ea.

DR. OETKER PIZZA RESTAURANTE OR CASA DI MAMA
3.49 ea.

LAVAZZA GROUND COFFEE
4.99 ea.

CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL
5.99 ea.

CLASSICO PASTA SAUCE
2.99 ea.

GREAT PRICE!

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS OR ESKA NATURAL SPRING WATER
24 PACK
3.49 ea.

Effective December 4 5 6 7 8 9 10 2025 | my savings my metro

HOLIDAY BAKING FAVOURITES

BETTY CROCKER CAKE MIX OR FROSTING
OR 50 g, 125 POINTS

$1 EXCLUSIVE points*

125 points

1.99 ea.

REDPATH BROWN OR ICING SUGAR
OR 2 kg

2.49 ea.

3.49 ea.

CRISCO ALL-VEGETABLE SHORTENING OR EAGLE BRAND CONDENSED MILK
OR 454 g

3.99 ea.

3.99 ea.

14.99 ea.

metro.ca

New Lower Prices

2 for 7.00 — WOMEN'S BRIEFS OR BOXERSHORTS BANDES DES FEMMES OU BOXERS 2 PK

11.99 ea. — BRIDGET ROAST HAM OR TURKEY BREAST 125 GRAMS OR LESS PER PKG. PAY ONLY 7.99/kg. VOIR PLUS PAGE 2

5.99 lb. 65 cents off — ARGICULTURAL ARTISAN LOIN BONELESS SMOKED PORK OR BONELESS PORK CHOPS FROM ONTARIO 1.75 kg

19.99 ea. — OCEAN PRIDE RAW PEELED TAIL ON EXTRA LARGE CANDIS SHRIMP RING FROM INDIA

CRAVE CHICKEN PRODUCTS 290 - 320 GRAMS 3.99 ea. 65 cents off

6.99 ea. — LIBERTÉ YOGHURT FUNS 500 GRAMS

Natrel NATREL ORGANIC 2% MILK OR BUTTER 6.49 ea.

500 mL VECTOR SELECTED FLAVOURS ARGICULTURAL ARTISAN MAPLE SYRUP 9.99 ea.

mini SAVE $4.99 BUY TWO GET ONE FREE MINI PEPSI BOTTLES 7.49 ea. 125 cents off

CAPELLI CORNI MACARONI OR MINI SPIRALI DINNER 2.79 ea. 15 cents off

SAUCE, JUICE OR SOFT DRINK BEVERAGE 1.79 ea. 15 cents off

8.64 L MAXWELL HOUSE COFFEE 17.99 ea. 2.50 cents off

ACTIVIA YOGHURT 5.99 ea.

CHEEZ-IT 3.49 ea. — LIVE POSITIVE CHEESE OR CRACKERS 200 GRAMS

SKINNY POP 3.99 ea. — MATINOU CRISPS, SELECT POP KERNELS OR SMART SNACKS 100 GRAMS

CAMPBELL'S 1.99 ea. — SOUPS CORE BOUILLON 480 - 540 GRAMS

6.99 ea. — HELLMANN'S MAYONNAISE 445 - 500 ML OR FRANK'S SAUCE 148 ml

2.49 ea. — BEAR'S FRUIT 100% BERRY BLENDS 250 GRAMS

Ben's Original 3.49 ea. — BEN'S ORIGINAL PARBOILED RICE 1 KG OR 90% FAT FREE SOUR CREAM 454 g

HEINZ KETCHUP OR BICK'S PICKLES 4.99 ea.

SENSODYNE TOOTHPASTE ORAL CARE 5.99 ea.

ALCAN PARADISE OR DARK DISH DETERGENT, ALCANTEL, ALTHEA OR ALCAN PARADISE SOFT ALE BREAD 2.99 ea.

1 kg — NESTLÉ NAUTIBONBONS OR NESTLÉ CLASSIC CHOCOLATE 8.99 ea.

tide OR bounce FOR DETERGENT, FABRIC SOFTENER OR FABRIC REFRESHER 8.99 ea.

I earn with MOI rewards

LAYS OR RUFFLES CHIPS 35 cents off 3.99 ea.

CAPRICE CRACKERS 40 cents off 5.49 ea. — CAPRICE SELECTED VARIETIES 200 GRAMS

RITZ 40 cents off 4.99 ea. — CHEESE SANDWICH CRACKERS 300 GRAMS

4-DAY MEAL DEAL

ON SUNDAY, OCT. 12 TO TUESDAY, OCT. 21, 2025

YOUR CHOICE 11.99 ea. — 10" PIZZA OR PEPPERONI & CHEESE PIZZA 1.1 - 1.2 KG

STORE MADE CARVING 1 LB

HOT WHOLE BBQ CHICKEN 1 lb

FRESH 2 DZ 2% CHICKEN BATHS

CALIFORNIA, CALIFORNIA COMBO, OR SUPREME ROLL VARIETY PACK 1.2 - 1.4 kg

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

We reserve the right to limit quantities.
NO DEALERS. PRICES MAY VARY IN SOME PROVINCES.
FOR PRICE CHECKS 1-800-361-8812 OR 1-800-363-8 (8363)

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Prices effective from Thursday October 9 to Wednesday October 15, 2025 inclusive unless otherwise indicated. Prices may vary in some Quebec stores. Prices are subject to change without notice. Quantities are limited and are not guaranteed to be available in all stores. Prices are based on a minimum purchase of one unit or weight (kg) unless otherwise indicated. Prices are in Canadian dollars

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.

NOW 12.00 ea.
SAVE UP TO $3.99

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

THIS WEEK'S DEALS:

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

NOW 5.99 ea.
SAVE UP TO $1

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

NOW 3.99 ea.
SAVE UP TO $2

5.99* ea.
TWININGS TEA
20 ml
SELECTED VARIETIES

NOW 2.99 ea.
SAVE UP TO $2

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

NOW 1.99 ea.
SAVE UP TO $1

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

NOW 14.99 ea.
SAVE UP TO $5

19.99* ea.
ORCHIDS
2.5" POT
ASSORTED COLOURS

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
PALMOLIVE DISH DETERGENT
591 - 828 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moiID account. Limit of one coupon redemption with a moiID 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

TO BENEFIT Breakfast CLUB of Canada™

ONLINE EXCLUSIVE

FREE

BELGIAN COOKIES 650 g

metro.ca

Enjoy the Offer

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

$15.99 VALUE

PROMO CODE
COOKIE

Farm Fresh Produce

2.99 ea. — RASPBERRIES 170 g
PRODUCT OF CANADA

PINT
4.99 ea. — BLUEBERRIES 340 g
PRODUCT OF MEXICO, PRODUCT OF CANADA

1.99 ea. or /lb — MINI SEEDLESS CUCUMBERS
PRODUCT OF CANADA, ORGANIC CHINESE CHIVES
PRODUCT OF CANADA, ORGANIC SCOTTISH TOMATOES
PRODUCT OF CANADA, ORGANIC BELL PEPPERS

3.49
2.99 ea. — WHOLE GARLIC WHITE WINE OR ROASTED ROSEMARY 200 g
PRODUCT OF CHINA

5 PK
4.99 ea. — AVOCADOS
PRODUCT OF MEXICO, CLEMENTINES 1.5 kg
PRODUCT OF MOROCCO

3.99
2.99 ea. — CRANBERRIES 340 g
PRODUCT OF CANADA

4.99 ea. — LEMONS 1 kg
PRODUCT OF U.S.A. OR CANADA

25 PRODUCTS
5.99 ea. — CHIC SALAD KITS 200 g
PRODUCT OF CANADA, PRODUCT OF MOROCCO

4.99 ea. — KIWI BASKETS
PRODUCT OF GREECE

JUMBO
ZUMBO PINEAPPLES
PRODUCT OF CANADA
CORED PINEAPPLES 1 kg
4.99 ea. — NEW

3.49 /lb — BRUSSELS SPROUTS
PRODUCT OF CANADA, PRODUCT OF U.S.A. 1000 g

2.99 ea. — GROWER CHOI DE CHOU KALE
PRODUCT OF U.S.A.

9.99 ea. — MANDLE PERSIMMONS
PRODUCT OF CANADA, PRODUCT OF CHINA

10 PRODUCTS
2.99 ea. — LARGE POMEGRANATES
PRODUCT OF CHINA

NEW
4.49 ea. — GOODLEAF SALAD MIXES 142 g
PRODUCT OF CANADA, PRODUCT OF MOROCCO

6.99 ea. — FRESH LETTUCE
PRODUCT OF CANADA

20 PRODUCTS
4.99 ea. — LIFE CHOICE BUTTERCUP SQUASH 1 kg
PRODUCT OF CANADA, GREEN CABBAGE 1 kg
PRODUCT OF CANADA

NEW
PLANT BASED ROAST OF ROAST 1.5 kg
LIFE & GUSTO CHICKEN 1.5 kg
19.99 ea. — THE MOUNTAIN PLANT BASED ROAST 1.5 kg

JUMBO
5.99 /lb — JUMBO CHESTNUTS
PRODUCT OF CHINA, 10.20 kg

35 PRODUCTS
7.99 ea. — ASSORTED CHOCOLATE CARAMEL APPLE 270 g

Organic

ORGANIC GREEN CABBAGE
PRODUCT OF CANADA, ORGANIC YELLOW ONIONS 1.36 kg
1.69 /lb

25 PRODUCTS
LITTLE PAPAIN CO.
5.99 ea. — LPC ORGANIC STILL FILLING
PRODUCT OF CANADA

15 PRODUCTS
SOUTHBOUND
3.49 ea. — ORGANIC BABY CARROTS
PRODUCT OF U.S.A.

GREENWOOD ORGANIC ONIONS
PRODUCT OF CANADA
Plant Origin
12.99 ea.

Sliced & Diced

Sold at Metro Plus locations

4.99 ea. — SELECTED FRUIT SALADS 454 g
BURFORDS 454 g
BROCCOLI SALAD KIT
TOMATO CHOP SALAD KIT 300 g

50 PRODUCTS
13.99 ea. — SWEET BERRY FRUIT TRAY 1.5 kg
CHEESE & FRUIT TRAY WITH DIP 1.5 kg
MEZZETTA PLATTER 1.5 kg

Holiday Blooms

40.00 ea. — CHRISTMAS MAGIC BOUQUET
PRODUCT OF CANADA, PRODUCT OF NETHERLANDS

38.99 ea. — HOLIDAYS SCENTED PLANTER
PRODUCT OF CANADA, PRODUCT OF NETHERLANDS, PRODUCT OF CHINA

NEW
ANTHURIUM
PRODUCT OF NETHERLANDS
19.99 ea.

SELF WATERING
5.99 ea. — POINSETTIAS
PRODUCT OF NETHERLANDS, PRODUCT OF CANADA

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Holiday Roasts

PLATINUM GRILL ANGUS TOP SIRLOIN ROAST
AVG 2.5 kg
11.99 /lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

PLATINUM GRILL ANGUS BONELESS RIB EYE ROAST
AVG 2.5 kg
11.99 /lb

MAMA'S
Hormone and antibiotic free
Raised on a vegetarian diet
Raised humanely, free to roam
Raised without stress

LIFE CREAMY MUSTARD GLAZED PORK SHOULDER PICNIC ROAST OR PORK SHOULDER BLADE ROAST
3.5 kg
3.99 /lb

PLATINUM GRILL GREAT BRITAIN STYLE PORK ROAST
AVG 2.5 kg
7.99 /lb

FRESH BONELESS CHICKEN BREASTS
3.99 /lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
AVG 2.5 kg
11.99 /lb

50 SERVINGS

BREADED CHICKEN BREAST CUTLETS VALUE PACK
AVG 2.5 kg
5.99 /lb

50 SERVINGS

CRUMBED PORK LOIN CUTLETS VALUE PACK
3.5 kg
3.99 /lb

$1 OFF 2 WHEN BUNDLED

BUTTERBALL

125 SERVINGS

BUTTERBALL FRESH TURKEY BONELESS RIB GRILLER
10 kg
4.99 /lb

PRIME ALBERTA NATURAL

MAPLE LEAF PORK BASED WITHOUT ANTIBIOTICS BONELESS CHICKEN WINGS
1.36 kg
8.99 /lb

BOLOGNA
3.99 ea. SELECTION BOLOGNA 475 g
EXCLUSIVE BRAND

MAPLE LEAF TOP BREAKFAST SCRAMBLED EGGS OR BEEF MEDLEY
Beef Mix
4.99 ea.

BUTTERBALL FRESH TURKEY
AVG 10 kg – 10.99 kg – 11.99 kg
5.99 ea. 125 SERVINGS
$1 OFF 2 WHEN BUNDLED

McCAIN ORGANIC BREAKFAST SAUSAGES OR CLASSIC ORGANIC BACON 340 g
Organic
7.99 ea. 25 SERVINGS

FLETCHER'S
4.99 /lb FLETCHER'S PORK COTTAGE ROLL
AVG 2.5 kg – 10.00 kg

7.99 ea. SELECTION SMOKED HAM 475 g
EXCLUSIVE BRAND

11.00 ea. LUCKY BONELESS PORK LOIN ROAST 900 g
EXCLUSIVE BRAND

12.99 ea. ISAAC ANGELO KEBOBS
AVG 1.5 kg – 2.5 kg

ULTIMATE
4.99 ea. MAPLE LEAF ULTIMATE CHICKEN BREAKFAST SANDWICHES 140 g

6.99 ea. GRIDDLEMILLE BREAKFAST SANDWICHES 180 g
EXCLUSIVE BRAND

7.99 ea. SCHWEIDOS HOLD PIES
EXCLUSIVE BRAND

BUTTERBALL
22.99 ea. BUTTERBALL BONELESS TURKEY BREAST ROAST
AVG 2.5 kg – 3.5 kg
250 SERVINGS
$2 OFF 2 WHEN BUNDLED

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Bakery Favorites

Deli Favourites

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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

setting your
HOLIDAY TABLE

Get ready to host your festive feast with all the essentials.

29.99 ea.
FRESH 2 LB
HAM AND HARIBOROS
MADE IN CANADA
REGULAR OR MAPLE BACON

SPRING ROLLS OR FILLING
$10 ea.

CHICKEN OR PORK SATAY
MADE IN CANADA
$8 ea.

29.99 ea.
FRESH 2 LB
REGGIA AND CHEESE
MADE IN CANADA

TRE STELLE
CREAM CHEESE
VARIOUS VARIETIES
4.99 ea.

NOW 2.99 ea.
SELECTION
SOUR CREAM
VARIOUS VARIETIES

4.49 ea.
GET FOR
WHIPPED TOPPING
VARIOUS VARIETIES

8.99 ea.
BIG TEASE
POULTRY POWDER

4.99 ea.
TWIGZ
CRAFT PRETZELS
VARIOUS VARIETIES

9.99 ea.
DAINTY
JASMINE RICE
2 KG

3.99 ea.
GRANDE HONEYDEW
GRANDE MELON

2.49 /lb
ROMA ITALIAN TOMATOES
TOMATES ITALIENNES
5.00kg

3.99 ea.
MORCIMELLO MORTADELLA 1.5 kg
MORTADELLE

9.99 ea.
DEL GENIO MINI BURRATA 250 g
BURRATA

12.99 /lb
INSIDE VEAL LEG CUTLET FOR SCALLOPPINI VALUE PACK
SCALOPPINE
28.64kg

8.99 ea.
ROCK SHRIMPS
ARCAMONES DE ROCHE 200 g

31.99 ea.
FRANK STREET BAKERY
DUTCH HAZELNUT CAKE

2.99 ea.
FRANK STREET BAKERY
BBQ FLAVORED BREAD

4.99 ea.
MARINELLA
PASTA SAUCE
SAUCE À PÂTES
680 ml

3.49 ea.
RIO MARE TAGLIATOSOME
LIGHT TUNA SALAD
SALADE DE THON PÂLE
100 g

16.99 ea.
BAULI PLAIN/CHOCO PANDORO
PANDORO NATURE/CHOCOLAT
1 kg
Also available in 750 g
Aussi disponible en 750 g

5.99 ea.
MONTE VERDE
PANETTONE
1 kg

Seafood

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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.

BETTER SPORT CHOCOLATE BARS
Assorted
3.99 ea.

FERRERO & KINDER CHOCOLATE EGG
Assorted
6.99 ea.

HERSHEY'S KISSES CHOCOLATE
Assorted
5.49 ea.

FERRERO CHRISTMAS CHOCOLATE
Assorted
13.99 ea.

5.49 ea.
FERRERO & KINDER CHOCOLATE
Assorted

9.49 ea.
HERSHEY'S CHOCOLATE
Assorted

3.49 ea.
KINDER SURPRISE
Assorted

12.99 ea.
TOBLERONE CHOCOLATE
Assorted

7.99 ea.
LINDT BEAR CHOCOLATE
Assorted

9.99 ea.
CARAMELLO CHOCOLATE
Assorted

5.99 ea.
M&M'S CHOCOLATE
Assorted

6.99 ea.
TORRY'S CHOCOLATE
Assorted

6.49 ea.
CADBURY CHOCOLATE
Assorted

12.99 ea.
TOBLERONE CHOCOLATE BAR
Assorted

4.99 ea.
WRIGLEY'S SOUR PATCH KIDS CANDY
Assorted

3.49 ea.
JOY CANDY
Assorted

3.49 ea.
LAURA SCUDDER'S CHOCOLATE SHELL-OFF CHOCOLATE BOWL
Assorted

4.79 ea.
EXCEL GUM
Assorted

WHILE SUPPLIES LAST

THE GOOD STUFF: PERSONAL CARE

4.99 ea.
JAMIESON VITAMIN D
Assorted

5.99 ea.
G.U.M MINT FLAVOURED
Assorted

3.99 ea.
BLISTEX LIP BALM
Assorted

15.99 ea.
NATIVE DEODORANT
Assorted

13.99 ea.
HERO MIGHTY PATCH
Assorted

4.49 ea.
GLYSOMED HAND CREAM
Assorted

More Great Savings

4.99 ea. — SELECTION CANNED VEGETABLES 398 ml

BUY MORE SAVE MORE — 2 for 6.00 (3.00 ea.) — SELECTION CHIPS 200 g

DOLE PINEAPPLE JUICE 5.99 ea.

HARVEST MONTANA CRACKERS 3.99 ea.

BUY MORE SAVE MORE — 2 for 13.00 (6.50 ea.) — 35 — MONTELLIER SPARKLING WATER 750 ml, PLAIN OR FLAVOURED

2 for 8.49 ea. — 40 — COCA-COLA, A&W OR SAPPORO 355 ml

2.99 ea. — 15 — SELECTION ENERGY DRINKS 473 ml

2.99 ea. — IMPERFECTABLE WATER CRACKERS OR PRETZEL SNACKS 200 g

1.99 ea. — PRIMO TOMATOES, SAUCE OR BEANS 540 ml

7.99 ea. — MAILLE DIJON MUSTARDS 100 ml

12.49 ea. — SELECTION OR SAPPORO BEER 6 x 355 ml, NON-ALCOHOLIC BEER 473 ml, SELECTION WINES

15.99 ea. — UNIBROUE ALCOHOL FREE BEER 6 x 341 ml

10.99 ea. — NESTLÉ AFTER EIGHT CHOCOLATE 200 g, MILK QUARTER LAST

5.49 ea. — RED ROSE TEA BAGS 216 ct.

2.99 ea. — TOP SOURCE, TUBES OR WHOLE WALNUT 100 g

3.49 ea. — HELLMANN'S WATER CRAVIN' CRACKERS 200 g, SELECTION BISCUITS 300 g, SELECTION CRACKERS 200 g

23.99 ea. — VAN HOUTTE OR McCAFÉ SELECTION COFFEE CAPSULES 10 ct., DECAF OR FLAVOURED

7.99 ea. — COOMBS ICE CREAM 1 L, SELECTION SORBET 1 L

6.49 ea. — MAGNUM MINI ICE CREAMS 6 x 55 ml

4.49 ea. — IMPERFECTABLE CHRISTMAS 500 g

Low Price Every Day

NOW 1.49 — SELECTION CANNED VEGETABLES 398 ml

NOW 1.25 — SELECTION TOMATOES 500 g

NOW 2.99 — SELECTION WATER CRACKER 200 g

SELECTION PEANUTS 375 - 750 g

NOW 4.99 — SELECTION PEANUT BUTTER 1 kg

NOW 3.99 — IMPERFECTABLE SWEETENERS 1 kg

NOW 3.99 — SELECTION CREAM 946 ml, 473 ml, 1 L, 1 L 10%

NOW 2.99 — SELECTION SOUR CREAM 500 g

NOW 4.49 — SELECTION SALSA 454 ml

3.49 ea. — LIFE SMART NUTRIBALLS TORTILLA CHIPS 175 g

NOW 4.99 — SELECTION SLICED CHEESE 200 g, SELECTION BLOCK CHEESE 400 g

NOW 2.99 — SELECTION LEMONADE DRINKS 2 L

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*Certain conditions apply. Details on metro.ca

Non-GMO

NATURE'S NUTS ALL NATURAL PEANUT BUTTER 1 kg
14.99 ea.

ORGANIC MEADOW CHICKPEA 540 ml
6.99 ea.

CELESTIAL 398 ml
5.49 ea.

LIFE SMART CHICK PEAS 540 ml
1.99 ea.

Organic

CRAVE COFFEE 340 g
15.99 ea.

IMAGINE BROTH 946 ml
6.49 ea.

LIFE SMART MAPLE SYRUP 250 ml
5.49 ea.

Plant-Based

CAZBURAN CHEESELAIN 200 g
4.99 ea.

EARTH BALANCE SPREAD 454 g
7.49 ea.

GREENWOOD CREAMER 946 ml
6.49 ea.

MADE GOOD GRANOLA BARS 24 x 25 g
4.49 ea.

CRUFTER'S JAM 500 ml
5.99 ea.

BUD'S BEST MILL SEASONING MIX 35 g
5.99 ea.

CRUNCHMASTER CRACKERS 90 - 150 g
6.49 ea.

Baby & Beauty

BUY MORE SAVE MORE 2
6.00 ea.
DOVE TRIPLE OR LARGER
BABY OR TODDLER PAMPERS PURE PROTECTION DIAPERS 104 - 128 ct
10.49 ea.
PAMPERS BABY WIPES 56 - 72 ct

AXE DEODORANT 113 - 150 g
6.99 ea.

CLEAR CLEAN BODY WASH 400 ml
8.99 ea.

TRESEMMÉ HAIR CARE 355 - 400 ml
6.99 ea.

U BY KOTEX SUPER ABSORBENCY 16 - 22 ct
5.99 ea.

Household Helpers

LAUNDRY DETERGENT 4.4 L
4.99 ea.

LYSOL DUAL ACTION GERMICIDE CLEANER BLEACH 946 ml
7.99 ea.

FINISH DISHWASHER DETERGENT 1.5 - 2.4 L
17.99 ea.

LYSOL LAUNDRY SANITIZER DISINFECTANT 1.5 L
8.99 ea.

LYSOL CLEANERS 946 ml - 1.5 L

BUY MORE SAVE MORE 2
8.50 ea.
LYSOL DISINFECTANT SPRAY 350 g

LYSOL DISINFECTANT WIPES 35 - 80 ct

BUY MORE SAVE MORE 2
8.50 ea.
LYSOL DISINFECTANT SPRAY 350 g

method | heavenly-scented hand wash

METHOD HAND SOAP 354 ml
5.49 ea.

SPEND $25 GET $10

Cashmere

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR FACIAL TISSUE
Exclusions apply.
8.99 ea.

BUY 1 SOAP
Exclusions apply.
GET 1 $10 gift card

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

25 cents
4.99 ea.
MILK-BONE ORAL TREATS
2.49 ea.
MILK-BONE SOFT & CHEWY
6.99 ea.
COOKIE PAL ORAL TREATS
8.49 ea.
CALIFORNIA CHANNEL ORAL TREATS
Top picks from
SANTA CLAWS
Stuff the stockings of your furry besties with their fave tasty treats.
PURINA BENEFUL DOG FOOD
BUY MORE SAVE MORE!
4/$5
7.99 ea.
JAX DOG TREATS
45 cents
8.99 ea.
MILK-BONE COMFORT CHOPS
DENTALIFE CHEWS
BUY MORE SAVE MORE!
2/$18
BELGIAN CRISPS DOG TREATS
BUY MORE SAVE MORE!
2/$7
BLUE BITS OR BLUE STIX DOG TREATS
6.99 ea.
55 cents
11.49 ea.
PROMERA DENTASTIX DOG TREATS
13.49 ea.
GOODIE PUP DOG TREATS
15 cents
2.99 ea.
TEMPTATIONS CAT TREATS
14.49 ea.
ACULIFE DOG TREATS
50 cents
10.99 ea.
NATURE'S RECIPE KITTIES
WRAP UP BRAND NAME PET FOOD
5
4.99 ea.
NATURE'S RECIPE WET DOG FOOD
13.99 ea.
IAMS CAT FOOD
65 cents
20.49 ea.
CESAR MULTIPACK WET DOG FOOD
BUY MORE SAVE MORE!
5/$5.50
FRISKIES CAT FOOD
18.99 ea.
IAMS DRY DOG FOOD

LOCALLY SOURCED ONTARIO

We take pride in sourcing locally from the **Northern Ontario Region.**

NORTH COUNTRY PEPPERETTES
454 g
SELECTED VARIETIES
8.49 ea.

LEADBETTERS WOOD FIRED BACON
375 g
SELECTED VARIETIES
5.99 ea.

HUBBERT'S MAPLE SYRUP
500 ml
SELECTED VARIETIES
10.99 ea.

QUINTA QUINOA
400 g
6.99 ea.

SAUGEEN COUNTRY DAIRY
908 g
SELECTED VARIETIES
5.99 ea.

CRAZY GOOD SPICES
28 - 90 g
SELECTED VARIETIES
6.99 ea.

Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO LEARN MORE

SNOWDONIA CHEESE CO.
PURE CHEESE INDULGENCE
6.99 ea. SNOWDONIA CHUTNEY 200 - 300 ml SELECTED VARIETIES
11.99 ea. SNOWDONIA CHEDDAR CHEESE 200 - 250 g SELECTED VARIETIES
SCHWEIDERS
ELEVATED ENTERTAINING
SCHWEIDERS PEPPERETTES 100 - 150 g SELECTED VARIETIES
9.99 ea.
TRUSTED BY CANADIANS
SINCE 1885
DUTCHMAN'S GOLD HONEY 500 g
8.99 ea.
100% pure and unpasteurized
MAPLE LEAF HIGHER PROTEIN CHICKEN STICKS 30 g SELECTED VARIETIES
2.49 ea.
SIMPLE INGREDIENTS. A WORLD OF FLAVOUR.
NO ARTIFICIAL PRESERVATIVES
NO ARTIFICIAL FLAVOURS
NO ARTIFICIAL COLOURS
KRAFT PURE DRESSING 473 ml SELECTED VARIETIES
3.99 ea.
Holiday Savings FOR EVERY OCCASION!
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PILLSBURY COOKIE DOUGH 454 g SELECTED VARIETIES
4.99 ea.
BETTY CROCKER DECORATED CAKE MIX 425 - 475 g SELECTED VARIETIES
1.99 ea.
4.99 ea. CHEX CEREAL 305 - 360 g SELECTED VARIETIES
CRUNCH OR SUGAR CRUNCH CEREAL 300 g SELECTED VARIETIES
3.49 ea.
Winter Treats for all!
NESTLÉ BEAR, SANTA'S ELF, FRENCH DESSERT'S OR OREO ICE CREAM 500 ml SELECTED VARIETIES
6.49 ea.
NESTLÉ PARLOUR FROZEN DESSERTS OR MINI MONETTES SELECTED VARIETIES
4.99 ea.
J&PB TRY IT FOR THE FIRST TIME.
ONLY WITH
SMUCKER'S JAM 250 - 500 ml SELECTED VARIETIES
6.49 ea.
JIF PEANUT BUTTER 454 g SELECTED VARIETIES
6.49 ea.