

VERSION 2

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (IMPORTED)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (IMPORTED)

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (IMPORTED)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (IMPORTED)

199

ea.

ANGEL SWEET

PRODUCT OF U.S.A. (IMPORTED)

199

ea.

SPANISH ONIONS

PRODUCT OF U.S.A. (IMPORTED)

99¢

/lb

SWEET POTATOES

PRODUCT OF U.S.A. (IMPORTED)

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

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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.



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

14.99
ea.



metro.ca

\$ New Lower Prices

 7⁰⁰ ea. WONDER BREADS OR DUMPKETER'S BAGELS 12.5oz	 11⁹⁹ ea. HIGH LINER SMOKED HADDOCK PILCHER'S BAGELS 12.5oz	 5⁹⁹ 65 lb BRESKIN'S ARTISAN SMOKED HAM OR SMOKED HAM 12.5lb	 19⁹⁹ ea. OCEAN PRIME COOKED SHRIMP BRESKIN'S Jumbo Shrimp 12.5lb
 3⁹⁹ 65 ea. CRAVE FROZEN MEATBALLS 12.5oz	 6⁹⁹ ea. LIBERTE GREEK YOGURT 12.5oz	 6⁴⁹ ea. NATREL ORGANIC MILK 12.5oz	 9⁹⁹ ea. KELLOGG'S CEREAL MAPLE SYRUP 12.5oz
 7⁴⁹ 125 ea. PEPSI MINI SOFT DRINKS 12.5oz	 2⁷⁹ 15 ea. SAN PELLEGRINO SPARKLING DRINKS 12.5oz	 17⁹⁹ 250 ea. MAXWELL HOUSE GROUND COFFEE 12.5oz	 864 6 ea. MAXWELL HOUSE GROUND COFFEE 12.5oz
 5⁹⁹ ea. ACTIVA YOGURT BERRY BITE 12.5oz	 3⁴⁹ ea. CHEEZ-IT CRACKERS 12.5oz	 3⁹⁹ ea. HARDBITES CHIPS 12.5oz	 1⁹⁹ ea. CAMPBELL'S SOUP 12.5oz
 6⁹⁹ ea. HELLMANN'S MAYONNAISE 12.5oz	 2⁴⁹ ea. BUSH'S BEANS 12.5oz	 3⁴⁹ ea. BEN'S ORIGINAL RICE 12.5oz	 4⁹⁹ ea. HEINZ KETCHUP 12.5oz
 5⁹⁹ ea. SCOPE MOUTHWASH 12.5oz	 2⁹⁹ ea. ALCAN DISH SOAP 12.5oz	 8⁹⁹ ea. TIDE DETERGENT 12.5oz	 8⁹⁹ ea. BOUNCE DRYER SHEETS 12.5oz

I earn with mol rewards

 3⁹⁹ ea. LAYS POTATO CHIPS 12.5oz	 4⁹⁹ ea. LAYS POTATO CHIPS 12.5oz	 4⁹⁹ ea. RITZ CRACKERS 12.5oz	 4⁹⁹ ea. RITZ CRACKERS 12.5oz
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4-DAY MEAL DEAL
DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE 11⁹⁹ ea.

 9" x 12" PEPPERONI PIZZA 12.5oz	 ROAST CHICKEN 12.5oz	 FRESH CUT FRUIT 12.5oz	 CALIFORNIA ROLL 12.5oz
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We reserve the right to limit quantities.
DISCOUNTS BASED ON CURRENT PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.ca
or call 1-877-878-8787
to win \$5000 in groceries.

micro.ca
or call 1-877-878-8787
to win \$5000 in groceries.

**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
12⁰⁰
ea.
SAVE UP TO
\$3.99

~~15⁹⁹~~
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
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.

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



Farm Fresh Produce

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

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

1⁹⁹ lb
EXTRA LARGE
BEEFSTEAK TOMATOES
PRODUCT OF U.S.A. & MEXICO
4.28kg

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

4⁹⁹ ea.
BROCCOLI 5 PK
PRODUCT OF U.S.A. & MEXICO

2⁹⁹ ea.
CRANBERRIES 1kg
PRODUCT OF U.S.A. & MEXICO

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

1⁹⁹ ea.
SEEDLESS CUCUMBERS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
KIWI BASKETS 1kg
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
PINEAPPLES 1kg
PRODUCT OF U.S.A. & MEXICO

3⁴⁹ /lb
BRUSSELS SPROUTS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
DOLE SALAD KITS 25 PKTS
PRODUCT OF U.S.A. & MEXICO

9⁹⁹ ea.
VANILLA POMEGRANATES 10 PKTS
PRODUCT OF U.S.A. & MEXICO

2⁹⁹ ea.
LARGE POMEGRANATES 10 PKTS
PRODUCT OF U.S.A. & MEXICO

4⁴⁹ ea.
GOOD LEAF SALAD MIXES 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
WILD WONDERS SWEET PEPPERS 20 PKTS
PRODUCT OF MEXICO

4⁹⁹ ea.
LIFE SAVER NATURAL SWEET APPLE CIDER 20 PKTS
PRODUCT OF U.S.A. & MEXICO

19⁹⁹ ea.
PLANT BASED ROAST & GRAVY 19.99
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ /lb
BIG MOUNTAIN PLANT BASED ROAST 13.25kg
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ /lb
JUMBO CHESTNUTS 13.25kg
PRODUCT OF U.S.A. & MEXICO

7⁹⁹ ea.
MOVERS CHOCOLATE CARAMEL APPLE 35 PKTS
PRODUCT OF U.S.A. & MEXICO

1⁶⁹ /lb
ORGANIC GREEN CABBAGE 3.75kg
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
LITTLE POTATO CO. 25 PKTS
PRODUCT OF U.S.A. & MEXICO

3⁴⁹ ea.
BOLTHOUSE FARM'S ORGANIC CHITS 15 PKTS
PRODUCT OF U.S.A. & MEXICO

12⁹⁹ ea.
FIERY GINGER IMMUNITY BOOST 12 PKTS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
HILLSIDE FRUIT SALAD 20.99
PRODUCT OF U.S.A. & MEXICO

13⁹⁹ ea.
SMALL BERRY KIWI TRAY 13.99
PRODUCT OF U.S.A. & MEXICO

13⁹⁹ ea.
PUMPKIN PIE TOPPINGS 13.99
PRODUCT OF U.S.A. & MEXICO

40⁰⁰ ea.
CHRISTMAS MAGIC BOUQUET 40.00
PRODUCT OF U.S.A. & MEXICO

38⁹⁹ ea.
PECAN PIE FLOWER FEATURE 38.99
PRODUCT OF U.S.A. & MEXICO

19⁹⁹ ea.
ANTHURIUM 19.99
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
POINSETTIAS 5.99
PRODUCT OF U.S.A. & MEXICO

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2 GO

ENTERTAINING MADE EASY

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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
8.50kg

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
8.50kg

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
BOLDORNA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CANADIAN
RED WINGS
11.20kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
11.20kg

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.20kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.20kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST
11.20kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
11.20kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES
11.20kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
11.20kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
11.20kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
11.20kg

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
1kg

31.99 ea.
250 points



SELECTION
SUPER MOIST CAKES 100g

7.49 ea.



INRESISTIBLE
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 GRUYÈRE
SWISS CHEESE
100g

5.99 ea.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

8.99 ea.
125 points



BELLA CASARA
BURRATA
CHEESE 100g

3.99 ea.



SNIROSKI
CANADIANA OR
CANADIANA
100g

2.99 ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3.49 ea.



MACGARGOLIO
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100g

6.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



BRESKLINE ANTAGON
GOAT CHEESE 100g

9.49 ea.
125 points



INRESISTIBLE
DOUBLE CREME BRIE 100g

7.49 ea.
125 points



BELLITALIA
SALAME OR
GOLD LABEL PEPPERONI
100g

8.79 ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10.99 ea.



PRESIDENT OR
BULZONI
SPREADABLE CHEESE
100g

7.99 ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9.49 ea.



LA BELLE BRETAGNE
PATE 100g

4.99 ea.



SWISS CHALET
POT PIE 100g

8.99 ea.



KANA
BANI 100g

7.49 ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

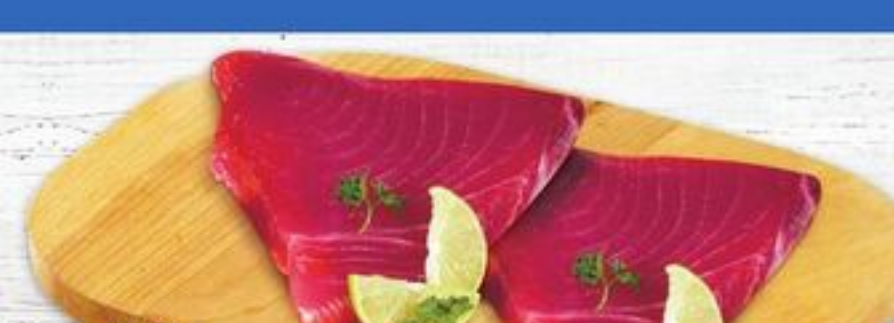
8.00 ea.

Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LB/11.3oz



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LB/11.3oz



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETIES



7⁹⁹
ea.

**LA ROCHELIERE
SMOKED STEAMED
SALMON**
FRESH, 1.5 LB/6.8oz



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.0 LB/9.1oz



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LB/11.3oz



125
points

**OCEAN JEWEL
WHOLE
WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/6.8oz



125
points

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/6.8oz



3⁹⁹
ea.

**LOBSTER MEAT
CHAI DE HOMARD**
FRESH, 2.5 LB/11.3oz



11⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB/11.3oz



18⁹⁹
ea.

**ROCK LOBSTER
CHAI DE HOMARD**
FRESH, 2.5 LB/11.3oz



17⁹⁹
ea.

**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 2.5 LB/11.3oz

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12.99 e.s. WIREMESH BREADED POPPED SHRIMP SPECIALLY PREPARED PASTA, 100%
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Kellogg's Cereal

Festive MORNINGS

CELLOPHANE BAGS OF KELLOGG'S CEREAL
KELLOGG'S CEREAL
RICE KRISPIES
CORN FLAKES
FROSTIES
WHOLE GRAIN QUAKER OATS

6⁹⁹
/ea.

NATROL ORGANIC OAT LACTOSE FREE MILK
NATROL
ORGANIC OAT LACTOSE FREE MILK
2% FAT
SELECTED VITAMINS

6⁹⁹
/ea.

NATROL COFFEE CREAM
NATROL
COFFEE CREAM
2% FAT
SELECTED VITAMINS

6⁹⁹
/ea.

CORNER MARKET
100% MONEY BACK GUARANTEE
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After 2020 no warranty.

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.



CHOCOLATE 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% Natural No Sugar Added 5 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
MONTELLIER Sparkling Water 10x 330ml 100% Natural No Sugar Added 13 00 ea.	ACW SODA 10x 330ml 100% Natural No Sugar Added 6 00 ea.	Coca-Cola SOFT DRINKS 10x 330ml 100% Natural No Sugar Added 2 99 ea.	VOORUITMOUT ROOD KRUISJE 10x 330ml 100% Natural No Sugar Added 2 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
PRIMO TOMATO SAUCE 10x 330ml 100% Natural No Sugar Added 1 99 ea.	PRIMO TOMATO SAUCE 10x 330ml 100% Natural No Sugar Added 1 99 ea.	MONTELLIER MALT VINEGAR 10x 330ml 100% Natural No Sugar Added 7 99 ea.	SAPPORO BEER 10x 330ml 100% Natural No Sugar Added 12 49 ea.	deVos ALCOHOL FREE BEER 10x 330ml 100% Natural No Sugar Added 15 99 ea.
Nuts Eight NUTS 10x 330ml 100% Natural No Sugar Added 10 99 ea.	RED ROSE TEA 10x 330ml 100% Natural No Sugar Added 5 49 ea.	TUBES SOURCE 10x 330ml 100% Natural No Sugar Added 2 99 ea.	NUTRI GRAIN GRAIN 10x 330ml 100% Natural No Sugar Added 3 49 ea.	JELLO'S NO-BAKE CREAMS 10x 330ml 100% Natural No Sugar Added 3 49 ea.
VAN HOUT McCafé 10x 330ml 100% Natural No Sugar Added 2 39 ea.	STARBUCKS COFFEE CREAMER 10x 330ml 100% Natural No Sugar Added 7 99 ea.	MILKMAID MILK 10x 330ml 100% Natural No Sugar Added 6 49 ea.	SMOOTHIE SUPER GREEN 10x 330ml 100% Natural No Sugar Added 4 49 ea.	SMOOTHIE MANGO PASSION 10x 330ml 100% Natural No Sugar Added 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% 100% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION IMMORTAL DRESSING 100% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION COFFEE CREAMER 10% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 14% 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LIFE CHANGING NATURAL TUNA CUPS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99

Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100g
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 200g
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 250ml
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

ZAZIBEAN
CHOCOLATE
100g
SELECTED VARIETIES

4⁹⁹
ea.

EARTH BALANCE
SPREAD 400g
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER
100ml
SELECTED VARIETIES

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS 120g
SELECTED VARIETIES

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

35⁰⁰
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

5⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!

2 for
6⁰⁰
ea.

Pampers
BABY OR TODDLER
WIPES 100% MOIST
SELECTED VARIETIES

10⁴⁹
ea.

AXE DEODORANT
150ml
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 150ml
SELECTED VARIETIES

8⁹⁹
ea.

RESURGE
HAIR CARE
SELECTED VARIETIES

6⁹⁹
ea.

U
SKIN CARE
SELECTED VARIETIES

5⁹⁹
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
200ml
SELECTED VARIETIES

5⁴⁹
ea.

BUY MORE!
SAVE MORE!

2 for
8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for
8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
200ml
SELECTED VARIETIES

5⁴⁹
ea.

BUY MORE!
SAVE MORE!

2 for
8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for
8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

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

25 pieces
4.99 ea.

MILK-BONE
DOG TREATS
2.5 LBS. (1.13 KG.)

15 pieces
2.49 ea.

MILK-BONE
SOFT & CHEWY
2.5 LBS. (1.13 KG.)

6.99 ea.

COOKIE PAL®
DOG TREATS
2.5 LBS. (1.13 KG.)

8.49 ea.

CAFEON FARMS
DOG TREATS
2.5 LBS. (1.13 KG.)

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
5 LBS. (2.27 KG.)

7.99 ea.

DOE DOG TREATS
2.5 LBS. (1.13 KG.)

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
2.5 LBS. (1.13 KG.)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
2.5 LBS. (1.13 KG.)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
2.5 LBS. (1.13 KG.)

4/5 stars
5 per 5.49 ea.

PURINA BENEFUL
DOGS FOOD
5 LBS. (2.27 KG.)

6.99 ea.

BLUE BUFFALO
BITS
2.5 LBS. (1.13 KG.)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 KG.)

13.49 ea.

GOLDIE FILLS
DOG TREATS
2.5 LBS. (1.13 KG.)

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
2.5 LBS. (1.13 KG.)

14.49 ea.

VITALITE
DOG TREATS
2.5 LBS. (1.13 KG.)

50 pieces
10.99 ea.

NATURE'S RECIPE
MIXED BERRY
2.5 LBS. (1.13 KG.)

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
5 LBS. (2.27 KG.)

5 pieces
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
2.5 LBS. (1.13 KG.)

65 pieces
20.49 ea.

CEsar
WET DOG FOOD
2.5 LBS. (1.13 KG.)

5/5 stars
5 per 5.49 ea.

MISTIES
WET DOG FOOD
2.5 LBS. (1.13 KG.)

18.99 ea.

IAMS
PROACTIVE HEALTH
BRUNCHKINS
2.5 LBS. (1.13 KG.)



We take pride in sourcing locally from the
Lakehead Region.

NORTH COUNTRY
PEPPERETTES
454 g
SELECTED VARIETIES

8⁴⁹
ea.



PERSIANS
DONUTS
PKG OF 4

4⁴⁹
ea.



POPPIN' HUT
POPCORN
380 g

4⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



DONATO'S
PASTA SAUCE
750 ml
SELECTED VARIETIES

6⁹⁹
ea.



CRAZY GOOD
SPICES
28 - 90 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





TRUSTED BY
CANADIANS
SINCE 1981



BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

8⁹⁹
ea.
100% pure and
unpasteurized



MAPLE LEAF
mighty
protein
bars
12g
SELECTED VARIETIES



MAPLE LEAF
mighty
protein
sticks
12g
SELECTED VARIETIES

2⁴⁹
ea.



Pure
maple syrup
255 ml
SELECTED VARIETIES

3⁹⁹
ea.



PILLSBURY
COOKIE DOUGH
250-350g
SELECTED VARIETIES



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

4⁹⁹
ea.



Chex
cereal
240-360g
SELECTED VARIETIES



SUGAR COOKIE
TOAST CRUNCH
cereal
240-360g
SELECTED VARIETIES

4⁹⁹
ea.



GRINCH
OR
SUGAR CRUNCH
cereal
240-360g
SELECTED VARIETIES



GRINCH
cereal
240-360g
SELECTED VARIETIES

3⁴⁹
ea.



NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.



SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES



JIF
PEANUT BUTTER
240g
SELECTED VARIETIES

6⁴⁹
ea.



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.

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