

VERSION 5

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. GROWN

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. GROWN

199

ea. or /lb

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. GROWN

WILD WONDERS

PRODUCT OF U.S.A. GROWN

199

ea.

SNACKING TOMATOES 1/2c

PRODUCT OF U.S.A. GROWN

SPANISH ONIONS 1/2c

PRODUCT OF U.S.A. GROWN

99¢

/lb

SWEET POTATOES 1/2c

PRODUCT OF U.S.A. GROWN

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
BARKS & CHOCOLATE
200 g (7 oz) bags

399
ea.



IRRESISTIBLE WALNUT
HALVES & PIECES
750 g (1 lb 15 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
PAC-SAL OR
CATCH OF THE DAY
FILETS
1.5lb



5⁹⁹ **65**
lb
BRESKIBLABLE ARTISAN
CURED SMOKED HAM OR
HALF MOON SMOKED HAM
12.5lb



19⁹⁹
ea.
OCEAN PRIME
CROWNED SHRIMP
BRESKIBLABLE
Jumbo Shrimp
1.5lb



3⁹⁹ **65**
ea.
CRAVE FROZEN MEATLOAF
10oz



6⁹⁹
ea.
LIBERTE GREEK
YOGURT
10oz



6⁴⁹
ea.
NATREL ORGANIC
MILK 1% OR
BUTTER
1L



9⁹⁹
ea.
KELLOGG'S CEREAL
10oz



7⁴⁹ **125**
ea.
PEPSI MINI
SOFT DRINKS
10oz



2⁷⁹ **15**
ea.
SAN PELLEGRINO
SPARKLING DRINKS
1.5L



4⁹⁹
ea.
COXS JUICE OR
DEL MONTE
BEVERAGE
1.5L



4⁹⁹
ea.
CHEX CEREAL OR
ORGANIC MEADOW
YOGURT
10oz



5⁹⁹
ea.
ACTIVA YOGURT
10oz



3⁴⁹
ea.
CHEEZ-IT
CRACKERS
10oz



3⁹⁹
ea.
HARDBITES CHIPS
10oz



1⁹⁹
ea.
CAMPBELL'S
SOUP
10oz



6⁹⁹
ea.
HELLMANN'S
MAYONNAISE
10oz



2⁴⁹
ea.
BUSH'S
BEANS
10oz



3⁴⁹
ea.
BEN'S ORIGINAL
RICE
10oz



4⁹⁹
ea.
KETCHUP
10oz



5⁹⁹
ea.
SCOPE
MOUTHWASH
10oz



2⁹⁹
ea.
ALCAN
DISH SOAP
10oz



8⁹⁹
ea.
ROYALE
PAPER TOWELS
10oz



8⁹⁹
ea.
TIDE
DETERGENT
10oz

I earn with mol rewards

LAYS FAMILY SIZE
CRACKERS
10oz

3⁹⁹

40

CRACKERS
10oz

5⁴⁹

40

CRACKERS
10oz

4⁹⁹

4-DAY MEAL DEAL
DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE 11⁹⁹
ea.



10" X LARGE
PEPPERONI
PIZZA
12oz



ROAST CHICKEN
1.5lb



FRESH CUT
FRUIT SALAD
1.5lb



FRESH CUT
CHICKEN BITES
1.5lb



ASSORTED CALIFORNIA COMBS OR
CALIFORNIA BOLL MULLET PACK
1.5lb

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

Visit us at micro.ca
or call 1-877-467-6272
to win \$5000 in groceries.

Micro Rewards is a trademark of Micro Inc.

**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



**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 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
BLUEBERRIES 100%
PRODUCT OF U.S.A. & CANADA

1⁹⁹
lb
EXTRA LARGE
RED PEPPERS 100%
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
BELL GROVE
WHOLE WHITE OR
CARMEL
BANANAS 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
HACUACOS 100%
CLEMENTINES 100%
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
CRANBERRIES 100%
PRODUCT OF U.S.A.

4⁹⁹
ea.
LEMONS 100%
PRODUCT OF U.S.A. & CANADA

1⁹⁹
ea.
SEEDLESS CUCUMBERS
100% PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
JUMBO PINEAPPLES
100% PRODUCT OF U.S.A. & CANADA

3⁴⁹
/lb
BRUSSELS SPROUTS
100% PRODUCT OF U.S.A. & CANADA

5⁹⁹
ea.
DOLL SAKE YAKI
100% PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
KIWI BASKETS
100% PRODUCT OF U.S.A. & CANADA

10
points
2⁹⁹
ea.
LARGE POMEGRANATES
100% PRODUCT OF U.S.A.

4⁴⁹
ea.
GOOD LEAF BLEND
100% PRODUCT OF U.S.A. & CANADA

20
points
4⁹⁹
ea.
GOOD LEAF SPINACH
100% PRODUCT OF U.S.A. & CANADA

9⁹⁹
ea.
VANILLA PERSIMMONS
100% PRODUCT OF U.S.A. & CANADA

20
points
4⁹⁹
ea.
WILD MUSHROOMS
100% PRODUCT OF U.S.A. & CANADA

20
points
4⁹⁹
ea.
LIFE OF THE PARTY
SWEET APPLE CIDER
100% PRODUCT OF U.S.A. & CANADA

19⁹⁹
ea.
BIG MOUNTAIN
FLAX SEED ROAST
100% PRODUCT OF U.S.A. & CANADA

5⁹⁹
/lb
JUMBO CHESTNUTS
100% PRODUCT OF U.S.A. & CANADA

7⁹⁹
ea.
MOYERS CHOCOLATE
CARAMEL APPLE 100%
PRODUCT OF U.S.A. & CANADA

Organic

ORGANIC GREEN CABBAGE
 169 /lb
 100% ORGANIC
 3.75 lb

25 599
 ea.
LITTLE POTATOES
 100% ORGANIC
 2.5 lb

15 349
 ea.
BABY CARROTS
 100% ORGANIC
 1.5 lb

1299
 ea.
ORGANIC SHREDDED CHEDDAR CHEESE
 100% ORGANIC
 1.5 lb

Flax + Ginger
 100% ORGANIC
 1.5 lb

Immunity Pack
 100% ORGANIC
 1.5 lb

Sliced & Diced **Holiday Blooms**



4⁹⁹
ea.

DELUXE FRUIT SALAD 10oz.
BERRY MIX 2oz.
BROCCOLI SALAD OR
TOMATO CUCUMBER SALAD 2oz. - 36g



50
pieces

**SMALL BERRY
YOGURT
PUMPKINSEED
TRAIL MIX (10% OFF)**
NACHO PLATTER (10oz.)



13⁹⁹
ea.



40⁰⁰
ea.

ANTHRURUM
5" GAL
12" GAL
18" GAL



19⁹⁹
ea.



38⁹⁹
ea.

**CHRISTMAS
MACE BOUQUET**
12" GAL
18" GAL
24" GAL



5⁹⁹
ea.

POINSETTIA
2 1/2" GAL
4" GAL
6" GAL



40⁰⁰
ea.

**INCENSED
FLOWER FEATURE**
12" GAL
18" GAL
24" GAL



40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
12" GAL
18" GAL
24" GAL



40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
12" GAL
18" GAL
24" GAL

Holiday Blooms



40⁰⁰
ea.

**CHRISTMAS
MAGIC BOUNTY**
ASSORTED FLOWERS
AND GREENS



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
WITH WHITE AND
RED PINK BLOSSOMS
AND GREENS



NEW

ANTHURIUM
5" TALL
HAPPY BIRTHDAY

19⁹⁹
ea.



SELF-WATERING

PINKETTES
2 1/2" HOLES - 100%
ANTHURIUM

5⁹⁹
ea.

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 NATURALIA 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
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 15.5
kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
15.5 kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES 10.5
kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
15.5 kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
15.5 kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
15.5 kg

Bakery Favorites



FRONT STREET BAKERY
CHEESTICKS OR CHEESE BUNS
100-125g

5.99 ea.
75 points



FRONT STREET BAKERY
ITALIAN BREAD
400-450g

3.49 ea.
50 points



FRONT STREET BAKERY
PECAN STREET BUNS
100-125g

4.99 ea.



FRONT STREET BAKERY
WHITE SLIDE
100-125g

8.49 ea.



FRONT STREET BAKERY
LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

4.49 ea.



FRONT STREET BAKERY
FURLANI TEXAS TOAST
100-125g

5.49 ea.



FRONT STREET BAKERY
JAMOCHA ALMOND CRUNCH CAKE
100-125g

3.19 ea.



FRONT STREET BAKERY
SELECTION SUPER MOIST CAKES
100-125g

7.49 ea.



FRONT STREET BAKERY
INESISTIBLE BUTTER TARTS
100-125g

6.99 ea.



FRONT STREET BAKERY
INESISTIBLE BUTTER TARTS
100-125g

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.



INESISTIBLE ENTENM DRY SAUSAGE
100g

2.99 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



SHORSKI SAUSAGES
100g

2.99 ea.



INESISTIBLE ENTENM DRY SAUSAGE
100g

2.99 ea.



MAPLE LEAF NATURAL SELECTIONS OR SCHMEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR BALLBROOK SPREADABLE CHEESE
100g

7.99 ea.



MACGARGLE ITALIAN SLICED DELI OR PILLER'S PEPPERONI
100g

6.99 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INESISTIBLE DOUBLE CHEDDAR
100g

7.49 ea.

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 ROCHESTERIE
SMOKED STEAMED
SALMON**



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL
TUNA STEAKS**
100% WILD, 1.5 LB/BOX



125
points

**OCEAN JEWEL
WHOLE
WILD CAUGHT
YELLOWTAIL TUNA
STEAKS**
100% WILD, 1.5 LB/BOX

\$1
back in
points



125
points

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

\$1
back in
points



125
points

LOBSTER HOMARD
FRESH, 1.5 LB/BOX

\$1
back in
points



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2 LB



18⁹⁹
ea.

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

30 pounds 2⁹⁹ e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8⁹⁹ e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9⁹⁹ e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12⁹⁹ e.s. WIREMESH BREADED POPCORN SHIMP SPECIALLY PREPARED PASTA, 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)
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 BOMBS
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.



GUM SOFT-PICKS
100g (3.5oz)
5⁹⁹ 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 6x 330ml 100% NATURAL NO ADDED SUGAR 12 49 ea.	deVos ALCOHOL FREE BEER 6x 330ml 100% NATURAL NO ADDED SUGAR 15 99 ea.
New Eight HOT CHOCOLATE 100g 100% NATURAL NO ADDED SUGAR 10 99 ea.	RED ROSE TEA 100g 100% NATURAL NO ADDED SUGAR 5 49 ea.	TUBES SOURJE 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 COFFEE CREAMER 100g 100% NATURAL NO ADDED SUGAR 2 39 ea.	STARBUCKS COFFEE CREAMER 100g 100% NATURAL NO ADDED SUGAR 7 99 ea.	Maggioni MACARONI 100g 100% NATURAL NO ADDED SUGAR 6 49 ea.	SMOOTHIE SUPER GREEN 100g 100% NATURAL NO ADDED SUGAR 4 49 ea.	SMOOTHIE ANANAS MANGUE PASSION 100g 100% NATURAL NO ADDED SUGAR 4 49 ea.

↓ Low Price Every Day

 NOW  \$1.49 SELECTION CANNED VEGETABLES SELECTED VARIETIES	 NOW  \$1.25 SELECTION CANNED VEGETABLES SELECTED VARIETIES	 NOW  \$2.99 SELECTION WATER ENHANCER SELECTED VARIETIES	 NOW  \$4.99 SELECTION PEANUT BUTTER SELECTED VARIETIES
 SELECTION PEANUT BUTTER SELECTED VARIETIES NOW  \$4.99	 IMMORTAL DRESSING 16 oz NOW  \$3.99	 SELECTION COFFEE CREAMER 10" 16 oz NOW  \$3.99	 SELECTION SOUR CREAM 14" 16 oz NOW  \$2.99
 SELECTION WILD ON PASTA SELECTED VARIETIES NOW  \$4.49	 SELECTION Lentils & Carrots SELECTED VARIETIES NOW  \$3.49	 SELECTION CHEDDAR CHEESE SELECTED VARIETIES NOW  \$4.99	 SELECTION Lentils & Carrots SELECTED VARIETIES 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
100g
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 100g
SELECTED VARIETIES

6⁹⁹
ea.

CELESTIAL
TEA 100g
SELECTED VARIETIES

5⁴⁹
ea.

LIFE SMART
LEGUMES
SELECTED VARIETIES

1⁹⁹
ea.

CRANK
COFFEE 120g
SELECTED VARIETIES

15⁹⁹
ea.

CRANK
ENERGY BARS
SELECTED VARIETIES

6⁴⁹
ea.

IMAGINE
DRINK 120g
SELECTED VARIETIES

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP 100g
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

Zazibean
Chocolate
100g
SELECTED VARIETIES

4⁹⁹
ea.

EARTH BALANCE
SPREAD 400g
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER 100g
SELECTED VARIETIES

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS 100g
SELECTED VARIETIES

4⁴⁹
ea.

CROFTERS
JAM 100g
SELECTED VARIETIES

5⁹⁹
ea.

CROFTERS
STRAWBERRY TARTS 100g
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

35⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!

2 for 6⁰⁰

2 for 6⁰⁰
ea.

10⁴⁹
ea.

AXE DEODORANT 100g
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 100g
SELECTED VARIETIES

8⁹⁹
ea.

TRESEMME
HAIR CARE 100g
SELECTED VARIETIES

6⁹⁹
ea.

U BY KOTEX
SANITARY PADS 100g
SELECTED VARIETIES

5⁹⁹
ea.

Household Helpers

4⁹⁹
ea.

7⁹⁹
ea.

17⁹⁹
ea.

8⁹⁹
ea.

8⁵⁰
ea.

8⁵⁰
ea.

Method

heavenly-scented hand wash

5⁴⁹
ea.

SPEND \$25
GET \$10

8⁹⁹
ea.

BUY

8⁹⁹
ea.

BUY

8⁹⁹
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 PALS
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 DOG TREATS
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
DRY DOG FOOD
5 LBS. (2.27 kg)



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

HALENDIA'S
PORK SAUSAGE
275 g
SELECTED VARIETIES

8⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁹⁹
ea.



COME BACK SNACKS
POPCORN
200 - 225 g
SELECTED VARIETIES

5⁹⁹
ea.



BE SWEET
HONEY FLAVOURED
SPREAD
500 g

4⁹⁹
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



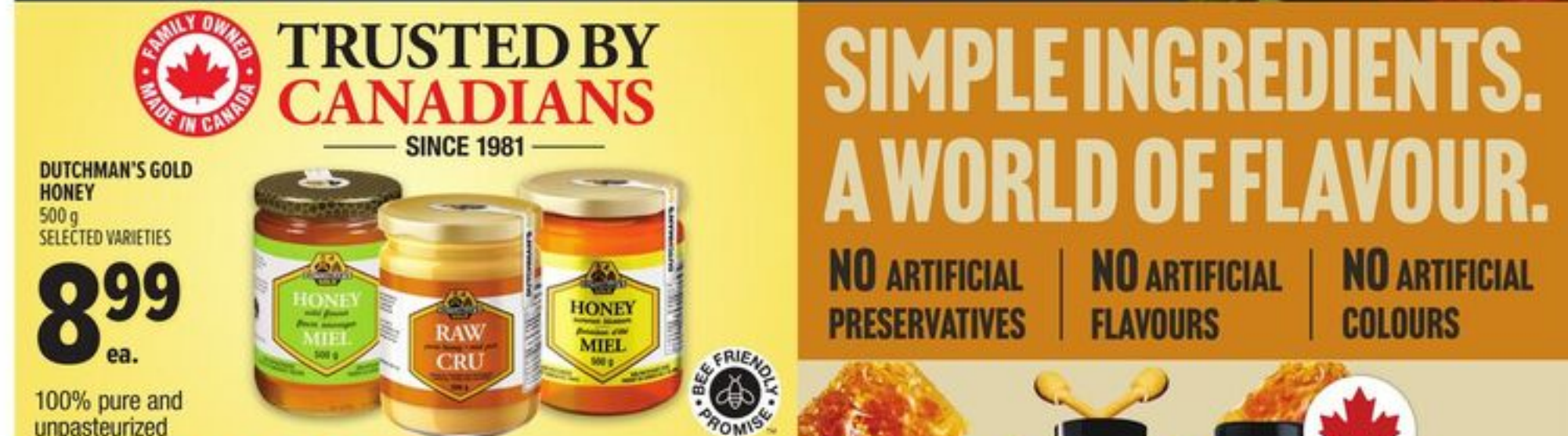
11⁹⁹
ea.
SNOWDONIA
CHEDDAR CHEESE
150-200g
SELECTED VARIETIES



SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

ELEVATED ENTERTAINING





**TRUSTED BY
CANADIANS**
SINCE 1981

8⁹⁹
ea.
BUTTERMAN'S GOLD
HONEY
300g
SELECTED VARIETIES

100% pure and
unpasteurized



MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

2⁴⁹
ea.



Pure

3⁹⁹
ea.
KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES



PILLSBURY
COOKIE DOUGH
250g
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.



**Winter Treats
for all!**

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



PARLOUR
FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.



SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES

6⁴⁹
ea.



JIF
PEANUT BUTTER
240g
SELECTED VARIETIES

6⁴⁹
ea.