

VERSION 4

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

Romaine Hearts 176

PRODUCE OF U.S.A. GROWN

Cœurs de romaine 176, 15.3

PRODUCE OF U.S.A. GROWN

399

ea.

Backberries 11.9

PRODUCE OF U.S.A. GROWN

Some 8 Leaf Clementines

PRODUCE OF U.S.A. GROWN

Mixes 11.9

Clementines avec 8 feuilles

PRODUCE OF U.S.A. GROWN

199

ea.

or /lb

WILD WONDERS

PRODUCE OF U.S.A. GROWN

Angel Sweet

PRODUCE OF U.S.A. GROWN

199

ea.

Spanish Onions

PRODUCE OF U.S.A. GROWN

Sweet Potatoes

PRODUCE OF U.S.A. GROWN

Signature Sweet Potatoes

PRODUCE OF U.S.A. GROWN

Préparés avec soin

PRODUCE OF U.S.A. GROWN

99¢

/lb

moi rewards member price

400 g

700 g

Irresistible

Irresistible

GOURMET DELIGHT

DELICIEUX GOURMANDS

save \$2.00

699

ea.

SPECIAL PRICE

899

for non-members

Effective December

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HOLIDAY BAKING FAVOURITES

Betty Crocker
Cakes Mix or Frosting
en pâte, sans sucre ajouté

\$1
back in
points

125
points

199
ea.

Redpath Brown or
Light Sugar
en sucre blanc
Cassonade ou sucre
à grain fin

249
ea.

349
ea.

Robin Hood,
Five Roses or
Meadow Floor
en farine
Farine Robin Hood,
Five Roses ou
Meadow
en farine

399
ea.

Sélection
Chocolats Chips or
Bûches Chocolates
en chocolat
Dipses de chocolat
Bûches en chocolat
en chocolat

399
ea.

Irresistible Walnut
Mélange à Pâtes
Mélange et moussage
de pâte de nouille
Irresistible 100g

14.99
ea.

\$ New Lower Prices

[illegible]

We reserve the right to post questions, comments and answers on this page. Some comments may be removed or edited for clarity. Some comments may be removed or edited for clarity. Some comments may be removed or edited for clarity.

**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.

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

2.99
ea.

Raspberries 1 lb
PRODUCT OF CANADA
Fruit of the day
Produit du jour

4.99
ea.

Blueberries 1 lb
PRODUCT OF CANADA
Produit du jour

1.99
lb

Extra Large Sweetbreads Tomatoes 4.25kg
Produit du jour

3.49
ea.

Belle Saison Cherry Tomatoes 1.75kg
Produit du jour

4.99
ea.

5 PK Chives
Produit du jour

2.99
ea.

3.99 Cranberries 1 lb
Produit du jour

4.99
ea.

Jumbo Pineapples 1 lb
Produit du jour

4.99
ea.

Lemons 1 lb
Produit du jour

1.99
ea.

Seedless Cucumbers 1 lb
Produit du jour

4.99
ea.

Kiwifruit 1 lb
Produit du jour

9.99
ea.

10 points Vanilla Persimmons 1 lb
Produit du jour

4.99
ea.

20 points Lila Smart Naturals Sweet Apple 1 lb
Produit du jour

2.99
ea.

2.99 Large Pomegranates 1 lb
Produit du jour

4.49
ea.

4.49 Goodlife Salad Mix 1 lb
Produit du jour

4.99
ea.

20 points Wild Wonders Sweet Peppers 1 lb
Produit du jour

5.99
lb

35 points Jumbo Chestnuts 1 lb
Produit du jour

7.99
ea.

7.99 Moyens Chocolates 1 lb
Produit du jour

Organic

1.69
lb

Organic Green Cabbage 1 lb
Produit du jour

5.99
ea.

25 points Little Potatoes 1 lb
Produit du jour

3.49
ea.

15 points Bunches of Fresh 1 lb
Produit du jour

12.99
ea.

12.99 Organic Little Yellow Potatoes 1 lb
Produit du jour

Sliced & Diced

4.99
ea.

4.99 Deluxe Fruit Salad 1 lb
Produit du jour

13.99
ea.

50 points Small Berry Medley 1 lb
Produit du jour

19.99
ea.

19.99 Assorted Fruit Medley 1 lb
Produit du jour

38.99
ea.

38.99 Christmas Magic Bouquet 1 lb
Produit du jour

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
26.43kg
Rôti de bœuf de sirloin
angus grillé
26.43kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

Platinum Grill Angus Boneless Inside Blade Roast
26.43kg
Rôti d'os à l'os de palette angus grillé
26.43kg

11⁹⁹
/lb

100% NATURAL
L'os Smart Natural Pork Shoulder Picnic Roast or Pork Shoulder Blade Roast
8.80kg
Rôti de bœuf ou d'épaule de porc Natural Meats Store

3⁹⁹
/lb

Platinum Grill Angus Whole Eye of Round
17.03kg
Rôti de viande angus grillé
17.03kg

7⁹⁹
/lb

Fresh Whole Chicken
3.30kg
Poulet entier frais

3⁹⁹
/lb

Fresh Rosemary & Garlic Roasted Lamb Leg
26.43kg
Cuisse d'agneau, frais, rôti, rosemary & ail
26.43kg

11⁹⁹
/lb

50 points

Breaded Chicken Breast Cutlets Value Pack
13.23kg
Saucisses de poulet de poulet panées en emballage économique

5⁹⁹
/lb

50 points

Roasted Pork Loin Cutlets Value Pack
8.80kg
Saucisses de porc panées en emballage économique

3⁹⁹
/lb

125 points

Butterball Fresh Turkey Drumsticks or Thighs
11.20kg
Pattes ou hanches de canard de dinde Butterball

4⁹⁹
/lb

125 points

Maple Leaf Prime Raised Without Antibiotics Fresh Split Chicken Wings
19.20kg
Ailes de poulet fraîches saines Prime Maple Leaf élevées sans antibiotiques

8⁹⁹
/lb

3⁹⁹
ea.

Selection Bologna
250g
Bologna Selection
250g

4⁹⁹
ea.

Maple Leaf Top Dogs
250g
Top Dogs Maple Leaf
250g

5⁹⁹
ea.

Butterball Turkey Bacon
250g
Bacon de dinde Butterball
250g

7⁹⁹
ea.

McLean Organic
Bacon
250g
Bacon McLean
250g

4⁹⁹
/lb

Fletcher's Pork Cottage Roll
11.00kg
Soc-croûte de porc Fletcher's
11.00kg

7⁹⁹
ea.

Selection Smoked Ham
11.00kg
Soc-croûte de porc Selection
11.00kg

11⁰⁰
ea.

Large Roasted
Pork Loin Roast
11.00kg
Rôti de porc Large
11.00kg

12⁹⁹
ea.

Marz Angela Kabobs
250g
Brochettes Marz Angela
250g

4⁹⁹
ea.

Maple Lodge
Ultimate Chicken
250g
Ultimate Maple Lodge
250g

6⁹⁹
ea.

Johnnyville
Breakfast Sausages
250g
Saucisses de porc
Johnnyville

7⁹⁹
ea.

Schweitzer Meat Pies
250g
Pâtis à la viande Schweitzer
250g

22⁹⁹
ea.

Butterball
Turkey Breast Roast
250g
Rôti de poulet de dinde
Butterball

Bakery Favorites

[illegible]

Deli Favourites

[illegible]

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

[illegible][illegible]

Kellogg's Cereal
Festive
MORNINGS





KELLOGG'S CEREAL
 200g, 5.07oz (141g) (141g)
 100% WHOLE GRAIN CORN
 \$6.99 ea.

NATREL
 NATURAL ORGANIC COFFEE CREAM
 12oz (340g)
 \$6.99 ea.

NATREL
 NATURAL ORGANIC COFFEE FREE MILK
 2L (67.6oz)
 \$6.49 ea.

*See back for restrictions
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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)
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.

THE GOOD STUFF: PERSONAL CARE



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



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



NATIVE DEODORANT
10g (0.35oz)
15⁹⁹ ea.



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



GLYSOMED HAND CREAM
10g (0.35oz)
4⁴⁹ ea.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.

More Great Savings



4.99 ea.



4.99 ea.



4.99 ea.



4.99 ea.



4.99 ea.



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Low Price Every Day



4.99 ea.



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4.99 ea.

***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



ed PLAN BASE



auty



Household Helpers



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 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
PROACTIVE HEALTH
BRUNCHKINS
2.5 LBS. (1.13 KG.)



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

RINAG
SAMOSAS
185 - 295 g
SELECTED VARIETIES

5⁹⁹
ea.



ST-ALBERT
CHEESE CURDS
200 g

5⁹⁹
ea.



NANNY HUDSON'S
KETCHUP OR RELISH
375 ml
SELECTED VARIETIES

6⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



1642
SODA DRINKS
4 x 275 ml
SELECTED VARIETIES

10⁹⁹
ea.



PAPA JACK
POPCORN SEASONING
70 - 100 g
SELECTED VARIETIES

3⁹⁹
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

ELEVATED ENTERTAINING

9⁹⁹
ea.
SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

TRUSTED BY
CANADIANS
SINCE 1981

8⁹⁹
ea.
BUTTERMAN'S GOLD
HONEY
150g
SELECTED VARIETIES

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

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

4⁹⁹
ea.
PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

1⁹⁹
ea.
BETTY CROCKER
SUPER MOIST
CAKE MIX
250-300g
SELECTED VARIETIES

4⁹⁹
ea.
CHEX CEREAL
240-260g
SELECTED VARIETIES

3⁴⁹
ea.
SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-260g
SELECTED VARIETIES

3⁴⁹
ea.
GRINCH OR
SUGAR CRUNCH
CEREAL
240-260g
SELECTED VARIETIES

Winter Treats
for all!

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
230-300 ml
SELECTED VARIETIES

6⁴⁹
ea.
JIF
PEANUT BUTTER
240g
SELECTED VARIETIES

6⁴⁹
ea.
JIF
PEANUT BUTTER
240g
SELECTED VARIETIES