

Your

GO-TO

for festive feasts.

CANADIAN AND PROUD



1.99

ea.

RASPBERRIES 1 lb

BLACKBERRIES 1 lb

PRICE IN STORE



99¢

/lb

TOMATOES ON THE VINE

2.5 lb



1.44

/lb

RED PRINCE

LARGE RED PRINCE APPLES

3.5 lb



2.99

ea. or /lb

BOLTHOUSE FRESH

baby greens leaf

radicchio

PRICE OF RADICCHIO 2.99, 4.99



3.99

ea.

INEVITABLE

WILD BLUEBERRIES

LACTANTIA PURIFIT

PRICE OF PURIFIT 2.99, 4.99



4.99

ea.

HÄAGEN-DAZS

ICE CREAM OR DRUMSTICK

PRICE OF DRUMSTICK 4.99, 5.99



BEST PRICE

IN YEARS

1.49

/lb

BUTTERBALL

RAISED WITHOUT ANTIBIOTICS

ÉLEVÉ SANS ANTIBIOTIQUES

TURKEY



GREAT PRICE!

4.88

/lb or ea.

LEAN

GROUND BEEF

VALUE PACK

HALAL

PRICE OF LEAN 4.88, 5.88



GREAT PRICE!

2.99

/lb

FRESH

FRESH SPLIT CHICKEN BREAST

5.5 lb



3.99

/lb

INEVITABLE

SPIRAL SLICED HONEY HAM OR SCHMIDT'S SEMI BONELESS SMOKED HAM

8.5 lb



GREAT PRICE!

4.44

ea.

TEX MEX

OLD CHEDDAR FORT

PRICE OF TEX MEX 4.44, 5.44



4.99

ea.

LACTANTIA

COUNTRY CHURNED BUTTER

SALTED

PRICE OF BUTTER 4.99, 5.99

Effective December

11

12

13

14

15

16

17

2025

my savings my metro

HOLIDAY
FESTIVE
FAVOURITES



2⁹⁹

/100 g

BRANDT VOLAUFSER COIL,
MEZCLADE, POLISH HAM, HONEY MAPLE HAM OR
SELECTION OF FLOURED HAM
200-250 g, 10-12 slices



19⁹⁹

ea.



12⁹⁹

ea.

STORE MADE
CAPRESA
100 g, 10-12 slices



1²⁵

ea.

STOVE TOP STUFFING, FRANCO-AMERICAN OR
CLASSIC PRODUCE GRAVY
100 g, 10-12 slices



3⁴⁹

ea.

WUFFLES CHIPS, DORITOS OR CHEETOS
SNACKS, TOSTITOS TORTILLA CHIPS
100 g, 10-12 slices



250

points

15⁹⁹

ea.

WUFFLES CHIPS, DORITOS OR CHEETOS
SNACKS, TOSTITOS TORTILLA CHIPS
100 g, 10-12 slices

\$2
back in
points

HOLIDAY ENTERTAINING

Irresistible
CHEESE STICKS
JALAPENO
POPPERS OR
SAUSAGE ROLLS
100% REAL MEAT

5⁹⁹
ea.

Irresistible
HOT SAUSAGE ROLLS
NEW

Irresistible
MEDITERRANEAN
MOZZARELLA
BATTERED CHEESE STICKS

Irresistible
MEATBALLS
100% REAL MEAT
GLUTEN FREE

8⁹⁹
ea.

Irresistible
MEATBALLS
BOULETTES

Irresistible
MEATBALLS
BOULETTES

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE

8⁹⁹
ea.

Irresistible
GOURMET BOURNESAIS
SAUSAGES
WITH
BRUSCHETTA

Irresistible
CANNIBOTY BROS.
GOURMET SAUSAGES OR
PARTY PACK PARTY PACK
100% REAL MEAT

Irresistible
PINEAPPLE
BROS.
BOUCHÉES
AND CHIPS

5⁹⁹
ea.

Irresistible
LUMPIAS
NEW

Irresistible
APPETIZERS
ROLLS 20-24
GLUTEN FREE

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
COCONUT SHRIMP
CRISP
TEMPURA SHRIMP
CRISP

Irresistible
COCONUT SHRIMP
CRISP
TEMPURA SHRIMP
CRISP

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHRIMP RING
100% REAL MEAT

Irresistible
PACIFIC WHITE SHRIMP RING
100% REAL MEAT

New Lower Prices



2 for \$7.00
D'ITALIANO BREAD, ROLLS OR BUNS
ANY BRAND, 12-16 OZ. (12-16 OZ.)



\$1.00
Doritos Baked Beans
ANY BRAND, 15 OZ. (15 OZ.)



\$1.00
Doritos Baked Beans
ANY BRAND, 15 OZ. (15 OZ.)



\$2.00
FRESH 2 GO CHICKEN WINGS OR CHEESE
ANY BRAND, 12 OZ. (12 OZ.)



\$9.99
MAPLE LEAF OR SCHWEITZER SMOKED HAM
ANY BRAND, 10 LBS. (10 LBS.)



\$1.25
Kaiser's Bagels
ANY BRAND, 12 OZ. (12 OZ.)



\$1.25
Kaiser's Bagels
ANY BRAND, 12 OZ. (12 OZ.)



\$1.25
Kaiser's Bagels
ANY BRAND, 12 OZ. (12 OZ.)



\$4.49
ACTIVE YOGURT
ANY BRAND, 1 LITRE (1 LITRE)



\$4.49
ACTIVE YOGURT
ANY BRAND, 1 LITRE (1 LITRE)



\$4.49
ACTIVE YOGURT
ANY BRAND, 1 LITRE (1 LITRE)



\$4.49
ACTIVE YOGURT
ANY BRAND, 1 LITRE (1 LITRE)



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Kaiser's Bagels
ANY BRAND, 12 OZ. (12 OZ.)

We reserve the right to limit quantities. All quantities are approximate. Some products may not be available in all stores. Visit us at micro.ca or call 1-800-361-2626. © 2014 Micro. 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 17, 2025, in-store or online



NOW
299
ea.
SAVE UP TO
\$1

399
ea.
LECLERC
COOKIES
240 g
SELECTED VARIETIES



NOW
199
ea.
SAVE UP TO
\$1.50

349
ea.
BETTY CROCKER
POTATOES
141 - 215 g
SELECTED VARIETIES



NOW
199
ea.
SAVE UP TO
\$1.30

329
ea.
DEL MONTE
NECTAR
960 ml
SELECTED VARIETIES



NOW
2199
ea.
SAVE UP TO
\$6

2799
ea.
SELECTION CASHEWS
OR MIXED NUTS
1.15 kg
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$4

899
ea.
GAIN
SCENT BOOSTERS
303 - 379 g
SELECTED VARIETIES



NOW
599
ea.
SAVE UP TO
\$2

799
ea.
PREMIÈRE MOISSON
SOUP
700 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



4⁹⁹
ea.

BLUEBERRIES
1 PINT (2 CUPS) (473 mL)
PRODUCT OF U.S.A.



3⁹⁹
/lb

EXTRA LARGE RED OR
GREEN OR LARGE
BLACK SEEDLESS GRAPES
8.80 kg



4⁹⁹ **20**
ea. points

GREEN FRENCH BEANS
1 LB (454 g)



1⁹⁹
/lb

SWEET POTATOES
PRODUCT OF U.S.A.
4.30 kg



3⁹⁹
ea.

CREAM SPINACH
227 g



4⁹⁹
ea.

JUMBO PINEAPPLES
100% NATURAL
CORED PINEAPPLES
1.00 kg



2⁴⁹
ea.

CARROTS OR
YELLOW ONIONS
2.50 kg



99¢
/lb

GREEN CABBAGE
PRODUCT OF U.S.A.
CABBAGE IN U.S.A.
2.50 kg



4⁹⁹
ea.

LEMONS
1 LB (454 g)



8⁹⁹
/lb

JUMBO CHERRIES
PRODUCT OF U.S.A.
10.22 kg



2⁹⁹
/lb

BRUSSELS SPROUTS
PRODUCT OF U.S.A.
6.50 kg



3⁹⁹
ea.

LITTLE POTATO CO.
PRODUCT OF CANADA
1.13 kg



9⁹⁹ **45**
ea. points

VANILLA PERSIMMONS
1 LB (454 g)



13⁹⁹
ea.

POM WONDERFUL
POMEGRANATES
PRODUCT OF U.S.A.



3⁴⁹
ea.

ANGEL SWEET OR
ONE SWEET
CHERRY TOMATOES
200 g



3⁷⁹
ea.

BELLE GROVE
MUSHROOMS
200 g



7⁹⁹
ea.

MOYERS
CHOCOLATE
CARAMEL APPLE
100 g



4⁹⁹
ea.

FRESH POMEGRANATE
JARS
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84 kg



6⁰⁰
ea.

IRRESISTIBLE
FRESH HERBS
1.13 kg



2⁹⁹
/lb

IRRESISTIBLE
ORGANIC HERBS
1.13 kg



3²⁹
ea.

ORGANIC FULL
CRANBERRY OR
GALA APPLES
1.13 kg



4⁹⁹
ea.

ORGANIC
CAMPARI TOMATOES
1.13 kg



6⁹⁹ **30**
ea. points

ORGANIC
SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

SALAD DIP
LARGE SALADS
SMALL FRUIT TRAY



13⁹⁹
ea.

NACHOS PLATTER
BEANS, CHEESE, TOMATO, PUMPKIN SEEDS, SALAD WITH DIP



14⁹⁹
ea.

POINSETTIA
1.13 kg



20⁰⁰
ea.

FRESH
DOZEN ROSES
1.13 kg

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GO-TO for
unlimited deliveries.

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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

Our Butcher's Finest

SKINLESS

FRESH SKINLESS CHICKEN BREAST 12.99kg

3⁹⁹
/lb

BREADED CHICKEN BREAST CUTLET VALUE PACK 22.82kg

9⁹⁹
/lb

FRESH

FRESH PORK BACK RIBS HALF PCK 13.21kg

5⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET VAC PACK 15.41kg

6⁹⁹
/lb

100% CANADIAN ANGUS

PLATINUM GRILL ANGUS BONELESS FRESH BROWN ROAST OR VALLEY PORK STEAK 22.82kg

9⁹⁹
/lb

YORKSHIRE VALLEY FARM

ORGANIC FRESH WHOLE CHICKEN, CHICKEN DRUMSTICKS OR LEG QUARTERS 13.21kg

5⁹⁹
/lb

LEGACY

PEPPERED CHICKEN BREAST 13.21kg

4⁹⁹
/lb

BUTTERBALL

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7⁹⁹
/lb

FRESH PORK BELLY 13.21kg

5⁹⁹
/lb

STARTED

SHRIMP PEPPERS ON BUTTERBALL VALUE PACK 13.21kg

5⁹⁹
/lb

250 points

82 back in points

125 points

50 points

50 points

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

4⁹⁹
ea.

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

6⁹⁹
ea.

CHICKEN BREAST

CHICKEN CHALLET OR MONTANA'S PORK BACK RIBS 1.1kg

12⁹⁹
ea.

CHICKEN BREAST

VICENTINA ITALIAN STYLE PORCHETTA 1.1kg

21⁹⁹
ea.

CHICKEN BREAST

RESE'S FRESH HISH BROWNS 1.1kg

2⁹⁹
ea.

CHICKEN BREAST

RESE'S FRESH HISH BROWNS 1.1kg

3⁹⁹
/lb

CHICKEN BREAST

LOU'S KITCHEN SMOKED HAM 1.1kg

7⁹⁹
ea.

CHICKEN BREAST

MARC ANGELO FINE LEBB PORK SLOIN ROAST OR PILEL'S SMOKED HAM 1.1kg

9⁹⁹
ea.

CHICKEN BREAST

INVESTIBLE THREE MEAT PIE 1.1kg

5⁹⁹
ea.

CHICKEN BREAST

MARC ANGELO FINE LEBB PORK SLOIN ROAST OR PILEL'S SMOKED HAM 1.1kg

6⁹⁹
ea.

CHICKEN BREAST

INVESTIBLE GORDA BROWN, SPANISH PORK OR PILEL'S SMOKED HAM 1.1kg

6⁹⁹
ea.

CHICKEN BREAST

BEYOND BOWLS 1.1kg

7⁹⁹
ea.

CHICKEN BREAST

POLO PASTA 1.1kg

11⁹⁹
ea.

CHICKEN BREAST

PRIME CHICKEN STRIPS 1.1kg

12⁹⁹
ea.

CHICKEN BREAST

PINTY'S CHICKEN 1.1kg

15⁹⁹
ea.

CHICKEN BREAST

INVESTIBLE MEAT LASAGNA 1.1kg

15⁹⁹
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](#)

Holiday Entertaining



\$1
back in
corner

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
10.5 oz. (300g)
each



\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
BLACK FOREST & WHITE
RASPBERRY CAKE**
10.5 oz. (300g)
each



\$1
back in
corner

125
points

21⁹⁹
ea.

FRONT STREET BAKERY LOG CAKE 10.5 oz. (300g)
each



**COPPERBATH
SPICE COOKIES**

5⁹⁹
ea.



**THE COOKIE DOCTOR
HOLIDAY DESSERT
COOKIE KIT**

13⁹⁹
ea.

**CREATE & TREAT
HUGI CHOCOLATE
COOKIE KIT** 400g



75
points

5⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
SELECTED FLAVORS



\$2
back in
corner

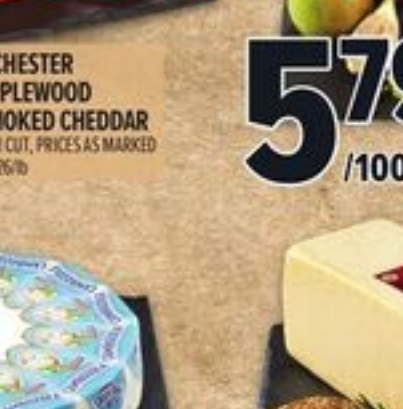
250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE** 11.5 oz.

 BROSCHE Brioche Bread 5⁹⁹ ea.	 STONORE SUPREME PIZZA PAN BREAD 3⁹⁹ - 3⁰⁰ ea. per unit	 PIONEER WOMAN COUNTRY BREADS 5⁹⁹ ea.	 PARMESAN MOZZARELLA COUNTRY BREADS 5⁹⁹ ea.	 FRONT STREET BAKERY PANNINI ROLLS 3⁹⁹ ea.
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Deli Favourites

 DANIELE MORTARELLA CAPICOLLO PROSCIUTTO COTTO & SALAMI VALUE PICK 299 /100 g	 NASTRO GENOA SALAMI OR ROAST HAM 349 /100 g	 ELCHEISTER APPETIZED SMOKED CHEDDAR 579 /100 g	 MANFREDI CHEESE AGED 12 MONTHS 579 /100 g
 PROSCIUTTO 699 ea.	 DANIELE MORTARELLA PROSCIUTTO COTTO & SALAMI 599 ea.	 CAMOZZI & REGALATI KENTWOOD CASNEL BLUE CHEESE 599 /100 g	 CANTERBURY CITY CHEDDAR CHEESE 449 /100 g
 APPETIZED SLICED 799 ea.	 SACK HOUSE SLICED PEPPERONI 879 ea.	 CELEBRITY SHEEP CHEESE 599 ea.	 SANTON BARRANTATO CHEESE 1149 ea.
 NATURAL SLICED ITALIAN DELI MEAT 1549 ea.	 OLYMEI SLICED DELI MEAT 649 ea.	 ZERITO MOZZARELLA OR PARMESAN 999 ea.	 THE STELLE PICCOLA OR PICCOLINO 799 ea.
 BURATA SOAP ON CHILI 1299 ea.	 Inimitabile SUMMER FRESH 699 ea.	 Hummus 399 ea.	 GARDEN FRESH TORTILLA CHIPS 599 ea.

A scenic view of a vineyard in Italy. In the foreground, a vintage silver car is parked on a gravel path, with a person wearing a straw hat and a plaid shirt sitting in the driver's seat. The background features rolling green hills with terraced vineyards and a small village with yellow buildings. The text "FLAVOURS OF" is written in a bold, sans-serif font, and "italy" is written in a large, white, cursive script. A green and red horizontal line is positioned below the word "italy".

2.49
/lb

LARGE FOREBELL PEARS
WAXED & UNWAXED
COUNTRY CHOICE
6-8oz

2.99
ea.

ENJOYE O ESCALOLE
CILANTRO

SANPELLEGRINO
TRADIZIONE ITALIANA

SPARKLING DRINKS

6 16.9 FL. OZ. CANS

5.99
ea.

SANPELLEGRINO
TRADIZIONE ITALIANA

SPARKLING DRINKS

6 16.9 FL. OZ. CANS

5.99
ea.

ILLY

CLASSICO
MEDIUM ROAST

12 FL. OZ. CANS

11.99
ea.

ILLY

INTENSO
DARK ROAST

12 FL. OZ. CANS

metro
FRESH
2 GO



WHAT'S FOR DINNER?

**PICK UP IN STORE OR
FREE DELIVERY**

on all orders of **\$20 or more**

Skip the Dishes offers available at select stores only.



ORDER NOW

**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11.99
ea.

[illegible]

IRRESISTIBLE SMOKED ATLANTIC SALMON 100% PURE 30 pieces 5⁹⁹ ea. ATLANTIC SALMON SMOKED ATLANTIC SALMON 100% PURE	IRRESISTIBLE WILD CAUGHT TUNA STEAKS 100% PURE 40 pieces 8⁹⁹ ea. Irresistible TUNA STEAKS 100% PURE	IRRESISTIBLE SHAYDOW MARLEY BLEND IN A MEE 100% PURE 40 pieces 9⁹⁹ ea. IRRESISTIBLE SHAYDOW MARLEY MIX 100% PURE	IRRESISTIBLE SHAYDOW MARLEY BLEND IN A MEE 100% PURE 40 pieces 10⁹⁹ ea. IRRESISTIBLE VALERIE'S BLEND IN A MEE 100% PURE
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PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	WALKER'S SHORTBREAD COOKIES SELECTED FLAVORS 4.99 ea.	NEW! IRRESISTIBLE SNACKS SELECTED FLAVORS 1.99 ea.	NEW! OREO HOLIDAY COOKIES WHITE CHOCOLATE 2.22 ea.
MONTES VERDE PANETTONE 1.5 LB. LOAF 5.99 ea.	Biscoff COOKIES 10.5 OZ. BAG 3.99 ea.	M&M'S MILK CHOCOLATE 10.5 OZ. BAG 5.99 ea.	KINDER SURPRISE EGGS 10.5 OZ. BAG 6.99 ea.
WHITE CLAW HARD SELTZER ZERO 12 OZ. CAN 9.49 ea.	PHILLIPS 4 HAZY IPA 12 OZ. CAN 8.49 ea.	GROVI HARD SELTZER GREEN 12 OZ. CAN 12.49 ea.	ALLEN'S APPLE CIDER 1.5 L BOTTLE 3.99 ea.
STARBUCKS COFFEE PIKE PLACE ROAST 12 OZ. CAN 7.99 ea.	TAZO TEA LEMON 12 OZ. CAN 4.99 ea.	Beatrice BUTTERMILK 12 OZ. CAN 20 points 3.99 ea.	Cheetos CHEDDAR CHEESE 10.5 OZ. BAG 3.49 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

merry varieties of
COLD ONES

Cheers to the holidays with our variety of refreshing favourites.



THE PERFECT WINE FOR YOUR FESTIVE FEAST



Admission prices are subject to change and exclude HST and deposit fees, which are added at checkout. Beer, wine and ribs are available at select stores. See menu.ca for availability.

More Great Savings



2.79
ea.
PRIMO PASTA
100% MEAT, 250g (8.8oz)



6.99
ea.
STEFANO PASTA
PASTA SAUCE 100% MEAT
250g (8.8oz)



2.99
ea.
ITALPASTA LASAGNE
250g



5.49
ea.
SOMETHING SPECIAL TOP
SPREAD & MARINADE 100g



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN 100g (3.5oz)



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN 100g (3.5oz)



8.99
ea.
Kashi
PARMESAN
CHEESE 100g



3.49
ea.
I CAN'T BELIEVE
IT'S NOT BUTTER!
100g



3.99
ea.
KASHI
GRANOLA BARS 100g (3.5oz)



5.79
ea.
LACTANTIA ULTRA PUR MILK
1.5L (50.7oz)



5.79
ea.
LACTANTIA ULTRA PUR MILK
1.5L (50.7oz)



6.49
ea.
LACTANTIA
LACTOSE FREE
MILK 1.5L (50.7oz)



6.49
ea.
LACTANTIA
LACTOSE FREE
MILK 1.5L (50.7oz)



7.99
ea.
TRACKLEMENTS
CONDIMENT
250g (8.8oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.49
ea.
HÄAGEN DAZS
ICE CREAM
500g (17.6oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g (3.5oz)



7.00
ea.
TOP SOURCE, TUBES OR
MINI YOGURT
100g (3.5oz)



7.00
ea.
TOP SOURCE, TUBES OR
MINI YOGURT
100g (3.5oz)



7.00
ea.
TOP SOURCE, TUBES OR
MINI YOGURT
100g (3.5oz)



7.00
ea.
TOP SOURCE, TUBES OR
MINI YOGURT
100g (3.5oz)



7.00
ea.
DOLE FRUIT CUPS
100g (3.5oz)



7.00
ea.
DOLE FRUIT CUPS
100g (3.5oz)



7.00
ea.
DOLE FRUIT CUPS
100g (3.5oz)



7.00
ea.
DOLE FRUIT CUPS
100g (3.5oz)



5.50
ea.
GLACÉAU
VITAMIN WATER
500ml (16.9oz)



5.50
ea.
GLACÉAU
VITAMIN WATER
500ml (16.9oz)



5.50
ea.
GLACÉAU
VITAMIN WATER
500ml (16.9oz)



5.50
ea.
GLACÉAU
VITAMIN WATER
500ml (16.9oz)



8.50
ea.
WHIPPET OR
VITA POPS COOKIES
100g (3.5oz)



8.50
ea.
WHIPPET OR
VITA POPS COOKIES
100g (3.5oz)



8.50
ea.
WHIPPET OR
VITA POPS COOKIES
100g (3.5oz)



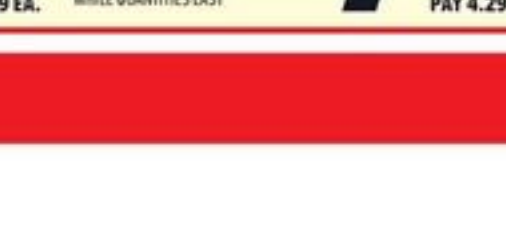
8.50
ea.
WHIPPET OR
VITA POPS COOKIES
100g (3.5oz)



8.50
ea.
DOLE ULTIMATE
COOKIES
100g (3.5oz)



8.50
ea.
DOLE ULTIMATE
COOKIES
100g (3.5oz)



8.50
ea.
DOLE ULTIMATE
COOKIES
100g (3.5oz)



8.50
ea.
DOLE ULTIMATE
COOKIES
100g (3.5oz)

**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**

10.99 each

6.99 each

6.99 each

16.99 each

10.99 each

10.99 each

jolly delights for your

SWEET TABLE

Our range of treats, candies & cookies also make great host(ess) gifts & stocking stuffers.

22.99 each

11.99 each

12.99 each

15.99 each

15.99 each

1.49 each

18.99 each

2.99 each

10.99 each

2.49 each

4.99 each

5.99 each

5.99 each

4.99 each

4.99 each

4.99 each

19.99 each

10.99 each

14.99 each

MARTELLI FIAT 500
CANTUCCI COOKIES
10.5

18⁹⁹
ea.

Sperlan
TORTONE
150g

7⁹⁹
ea.

VERGANI
PANETTONE
100g
SELECTED VARIETIES

3⁹⁹
ea.

GIGI AURORA
ON LUSON
PANETTONE
400g - 300g
SELECTED VARIETIES

11⁹⁹
ea.

THE MARIE
EXCLUSOR OR
MILKLETT
PANETTONE
OR PANDORO
750g
SELECTED VARIETIES

14⁹⁹
ea.

MOTTA OR
FASCONARO
PANETTONE
OR PANDORO
500 - 800g
SELECTED VARIETIES

21⁹⁹
ea.

SANTANGELO OR
PASTICCERIA
PANETTONE OR
PANDORO
200g - 1kg
SELECTED VARIETIES

23⁹⁹
ea.

PALUANI 1921
PANDORO, CHIOSTO
OR LUSON MASON
PANETTONE
600 - 750g - 1kg
SELECTED VARIETIES

29⁹⁹
ea.

MUZZI TOMMASO
PALUANI CREAM OR
LUSON PANDORO OR
PANETTONE
500 - 750g - 1kg
SELECTED VARIETIES

18⁹⁹
ea.

CHIOSTO TIN
VERGANI AGRUMI OR
SCARPELLO PANETTONE
750g - 1kg
SELECTED VARIETIES

32⁹⁹
ea.

FASCONARO
WRAPPED
PANETTONE
750g
SELECTED VARIETIES

19⁹⁹
ea.

FASCONARO ORO
OR STREGA
PANETTONE OR
PANDORO
1kg
SELECTED VARIETIES

46⁹⁹
ea.

BAULI OR
MILKLETT
PANETTONE OR
PANDORO
750 - 800g
SELECTED VARIETIES

16⁹⁹
ea.

FASCONARO
1953
PANETTONE
1kg
SELECTED VARIETIES

41⁹⁹
ea.

FASCONARO
DOLCE & GABBANA
PASTICCHIO, NOCCOLA OR
MARRONINO PANETTONE 1kg
SELECTED VARIETIES

71⁹⁹
ea.

FABRI AMARENA
PANETTONE
1kg

31⁹⁹
ea.

ITEM AVAILABILITY VARIES BY STORE - WHILE QUANTITIES LAST

Organic

MARINATA
PEANUT BUTTER
100% PEANUT BUTTER
SELECTED VARIETIES

8⁹⁹
ea.

MARINATA
Peanut Butter
SELECTED VARIETIES

3⁹⁹
ea.

LIFE SMART
VEGETABLES
SELECTED VARIETIES

4⁴⁹
ea.

FARMER'S MARKET
CANNED
VEGETABLES
SELECTED VARIETIES

8⁴⁹
ea.

GO BIO
BIOLOGICAL
SELECTED VARIETIES

3⁹⁹
ea.

GO BIO
BIOLOGICAL
SELECTED VARIETIES

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED VARIETIES

14⁴⁹
ea.

MANITOBA HARVEST
HONEY
SELECTED VARIETIES

10⁹⁹
ea.

Gluten-Free

ROSE
BIOLOGICAL
SELECTED VARIETIES

3⁹⁹
ea.

GO BIO
BIOLOGICAL
SELECTED VARIETIES

4⁹⁹
ea.

NEAL BROTHERS
SALSA
SELECTED VARIETIES

5⁴⁹
ea.

EARTH'S OWN
SOUR CREAM
SELECTED VARIETIES

6⁴⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED VARIETIES

2⁴⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED VARIETIES

2⁴⁹
ea.

GENERAL MILLS
CHEX CEREAL
SELECTED VARIETIES

5⁴⁹
ea.

VIOLETFE
CHEESE
SELECTED VARIETIES

6⁴⁹
ea.

Household Helpers

15
POURERS

2⁴⁹
ea.

LOW
EVERY DAY

3⁹⁹
ea.

BUY MORE
SAVE MORE!

2⁰⁰
ea.

FEBREZE
AIR FRESHENERS
SELECTED VARIETIES

5⁴⁹
ea.

Ziploc
FREEZER OR
SANDWICH BAGS
SELECTED VARIETIES

9⁹⁹
ea.

ALCAN
ALUMINUM FOIL
SELECTED VARIETIES

5⁴⁹
ea.

RED BIRCH
CUTLERY
SELECTED VARIETIES

2⁴⁹
ea.

SELECTION
RED CUPS
SELECTED VARIETIES

7⁴⁹
ea.

SAVE \$4*
when you buy any 3
Carlton Cards

10⁹⁹
ea.

DAWN
OR CASCADE
DISH WASHING LIQUID
SELECTED VARIETIES

15⁹⁹
ea.

SELECTION
WINDFIELDED
WASHING LIQUID
SELECTED VARIETIES

15⁹⁹
ea.

Pet

BUY MORE
SAVE MORE!

2⁰⁰
ea.

15
POURERS

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

PROCKES
PARTY MIX CAT TREATS
SELECTED VARIETIES

5⁰⁰
ea.

TRUFFLES
PARTY MIX CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

FLAVOURS
OF
**South
Asia**





From supplements to stress-support formulas,
find products that keep your mind at its best.
Speak with your pharmacist for
personalized recommendations.

**GET YOUR
FLU SHOT
HERE**

Click here or visit metro.ca/flushot to register online for the flu shot.

REGISTER ONLINE

9 **webber natu**

9 **Webber nati**

99
ea.

09

99
ea.

99
ea.

99
a.
TYLENO
COLD M
200m.
SELECTED

99

9 SPERRI MEAL REPLA
4 X 330 ml
SELECTED VARIET

9 **LARGE GROUP:**
Pregnancy Test Strips
4 tests
Test up to 4 different samples

9

99
ea.

99 POLYSP
ANALGE
SELECTED W

99
ea.

99
ea.

99
ea.

PRICES ARE IN EFFECT UNTIL WEDNESDAY JANUARY 7TH, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

Baby Care

GERBER BABY MEALS
12 PZ
SELECTED VARIETIES

4⁹⁹
ea.

GERBER BABY SNACKS
12 PZ
SELECTED VARIETIES

3⁹⁹
ea.

BABY MINN MUM
RICE PUFFS
12 PZ
SELECTED VARIETIES

2 for
6⁰⁰
each (each 3.00 ea.)

BABY MINN MUM
RICE PUFFS
12 PZ
SELECTED VARIETIES

7⁴⁹
ea.

EARTH'S BEST
SMOOTHIE CO.
12 PZ
SELECTED VARIETIES

1⁹⁹
ea.

EARTH'S BEST
BABY SNACKS
12 PZ
SELECTED VARIETIES

4⁴⁹
ea.

PAMPERS
BABY WIPES
27-336
SELECTED VARIETIES

14⁹⁹
ea.

PENATEN
DIAPER WASH
CREAM 11.5
oz

6⁴⁹
ea.

Health & Beauty

TRESEME
HAIR CARE
16.9 oz
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
HAIR CARE
16.9 oz
SELECTED VARIETIES

7⁹⁹
ea.

GUM
FLORES
16.9 oz
SELECTED VARIETIES

2⁹⁹
ea.

COLGATE
TOOTHBRUSH
16.9 oz
SELECTED VARIETIES

3⁹⁹
ea.

OGX
HAIR CARE
16.9 oz
SELECTED VARIETIES

9⁹⁹
ea.

JOHN FREDA
HAIR CARE
16.9 oz
SELECTED VARIETIES

12⁹⁹
ea.

LISTERINE
MOUTHWASH
16.9 oz
SELECTED VARIETIES

10⁹⁹
ea.

PRONAMES
TOOTH PASTE
16.9 oz
SELECTED VARIETIES

6⁹⁹
ea.

IRISH SPRING
SOAP BARS
16.9 oz
SELECTED VARIETIES

5⁴⁹
ea.

OLAY
BODY WASH
16.9 oz
SELECTED VARIETIES

9⁹⁹
ea.

NATIVE
BODY WASH
16.9 oz
SELECTED VARIETIES

13⁹⁹
ea.

NEUTROGENA
SKIN CARE
16.9 oz
SELECTED VARIETIES

10⁹⁹
ea.

Aveeno
MOISTURIZING
LOTION
16.9 oz
SELECTED VARIETIES

8⁴⁹
ea.

JERGENS
MOISTURIZING
LOTION
16.9 oz
SELECTED VARIETIES

11⁹⁹
ea.

GILLETTE
SHAVING GEL
16.9 oz
SELECTED VARIETIES

4⁹⁹
ea.

SCHICK
RAZOR
16.9 oz
SELECTED VARIETIES

13⁹⁹
ea.

KAMILL
HAND CREAM
16.9 oz
SELECTED VARIETIES

3⁹⁹
ea.

U BY KOTEX
SANITARY NAPKINS OR
TAMPONS
16.9 oz
SELECTED VARIETIES

10⁹⁹
ea.

TENA
OVERNIGHT
PADA INCONTINENCE
16.9 oz
SELECTED VARIETIES

17⁹⁹
ea.

health

Entire Brand Up To
20% OFF



Nutra

Men TONGKATali

Men's vitality formula featuring Tongkat Ali for energy, stamina, and testosterone support.













Entire Brand Up To
20% OFF



Nature's Way

Sambucus Gummy

Delicious elderberry gummies that support immune function all year long.













Entire Brand Up To
20% OFF



Health is Wealth

Lion's Mane

Concentrated mushroom extract to support focus, memory, and mental clarity.













Entire Brand Up To
25% OFF



Flora

Udo's Oil Omega 3-6-9 Blend

Balanced blend of essential fatty acids for heart, brain, and skin health.













fitness

Entire Brand Up To
15% OFF



Glow Body

Grass-Fed Whey Isolate

Premium grass-fed whey isolate with natural vanilla flavour — clean, high-protein recovery.













Entire Brand Up To
20% OFF



Genuine Health

FO Vegan Proteins+

Fermented vegan protein for optimal digestion and muscle recovery — smooth vanilla flavour.













Entire Brand Up To
20% OFF



Vega

All-In-One Nutrition

Plant-based protein shake with greens, vitamins, omega-3s, and probiotics for everyday nutrition.













Entire Brand Up To
20% off



goodprotein

Eggnog

Limited-edition festive protein shake with creamy eggnog flavour — delicious and high in protein.













Entire Brand Up To
25% OFF



Progressive

Grass-Fed Whey Protein

Smooth, clean whey protein from grass-fed dairy with rich chocolate taste for recovery and strength.













Entire Brand
30% off



SCHINOUSSA

CREATINE

Micronized creatine to improve strength, power, and muscle performance













Entire Brand
15% OFF



Niyama

Clean Plant Protein

Smooth, clean vegan protein powder with digestive enzymes for easy absorption.













Entire Brand
15% OFF



Younited

All in One Plant Protein

Complete plant-based protein with probiotics, greens, and vitamins — clean nutrition made easy.













Essential & Carrier Oil
20% off



now

Sugar Plum Essential Oil

Holiday-inspired essential oil blend with warm, sweet, and festive aromatherapy notes.













beautu

Entire Brand

15% OFF

Stocking Stuffer



Herbatint
Natural Hair Colour
Natural permanent hair colour enriched with herbal extracts for rich, long-lasting black tones.



Entire Brand

15% OFF



Derma E
Brightening Cleanser
Gently exfoliates and brightens dull skin with vitamin C and natural fruit acids.



Entire Brand

10% OFF

Stocking Stuffer



Dr. Squatch
Soap Pine Tar
Deep-cleaning natural soap bar made with pine tar, oatmeal, and shea butter — rugged and refreshing.



Entire Brand

15% OFF



Mad Hippie
Vitamin C Serum
Antioxidant-rich serum that brightens skin tone and reduces signs of aging.



Essential & Carrier Oil

20% OFF

Stocking Stuffer



NOW
Sugar Plum Essential Oil
Holiday-inspired essential oil blend with warm, sweet, and festive aromatherapy notes.



Entire Brand

5% OFF



Skin Essence
Fresh Facial Cleanser
Organic facial cleanser made with gentle plant oils to purify and nourish the skin.



Entire Brand

20% OFF



Stoked Oats
Premium Oat Blend
High-protein, high-fiber oat blend featuring chia, flax, and real coffee for a morning boost.



Entire Brand

15% OFF

Stocking Stuffer



Pukka Tea
Chamomile, Vanilla, & Manuka Honey
Calming organic herbal tea for relaxation and bedtime comfort.



Entire Brand

15% OFF



Celebration
Org Dandelion Leaf Tea
Caffeine-free detox tea supporting liver and digestive health.



Entire Brand

20% OFF



Healthy Hippo
Hippo Gummies
Low-sugar, palant-based gummies made with natural colours and flavours.



Entire Brand

15% OFF



Gutsy
Kombucha No Sugar Ginger
Naturally fermented kombucha with bold ginger taste — zero sugar, probiotic support.



Entire Brand

15% OFF

Stocking Stuffer



Unreal
Dark Chocolate Almond Butter Cups
Clean-label chocolate cups with creamy almond butter and fair-trade ingredients.



Entire Brand

15% OFF

Stocking Stuffer



PUR
Mints Peppermint
Sugar-free mints sweetened with xylitol for fresh breath and oral health.



946ml

10% OFF



Filsinger's
Apple Cider Vinegar
Unfiltered, organic apple cider vinegar with "mother" — great for digestion and detox.



Truffles and more

15% OFF

Stocking Stuffer



Chocxo Dubai Style
Pistachio Creme Truffle
Gourmet dark chocolate truffles filled with smooth pistachio crème.



Find your wellness with our icons



The Perfect
Stocking Surprise

VISA \$50
For You
Pour Vous
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

Etsy \$50
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

Indigo \$50
The gift card for booklovers
Le carte cadeau pour les personnes passionnées de lecture
Indigo Chapters Indigo Kids Indigo LT

AnyCard \$50 NO FEES
anywhere • everywhere
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Netflix Spotify Starbucks Target The Home Depot
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\$100 PlayStation Store
gift card

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FREE \$15
LCBO or PlayStation® Store gift card

Offer valid **December 11 - 17**

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Get a
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\$10 OFF

2 x \$25 Ardenne, \$50 Inspired Dining Card,
\$50 Wayfair or 2 x \$50 Uber gift cards

Ardenne
#ardenelove
ARDENNE

Scaddabush
INSPIRED DINING CARD
\$50

wayfair.ca
Every style. Every home. Cheque style. Cheque position.

Uber
Uber Eats
Uber Rides

Go Anywhere. Get Anything.
Alez partout. Recevez tout.

Offer valid December 11 - 17

\$10 OFF

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\$50 Wayfair or 2 x \$50 Uber gift cards

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ARDENNE

Scaddabush
INSPIRED DINING CARD
\$50

wayfair.ca
Every style. Every home. Cheque style. Cheque position.

Uber
Uber Eats
Uber Rides

Go Anywhere. Get Anything.
Alez partout. Recevez tout.

Offer valid December 11 - 17

[illegible][illegible]

3⁹⁹

MUTTI PASTA
680 ml
SELECTED VARIETIES

7⁹⁹

MUTTI PASTA SAUCE
680 ml
SELECTED VARIETIES

2⁴⁹

MUTTI POLPA
370 ml

3⁴⁹

MUTTI PIZZA SAUCE OR
TOMATO PASTE
150-300 ml
SELECTED VARIETIES

3⁹⁹

MUTTI PEEL TOMATOES
750 ml

4⁹⁹

MUTTI SAN MARZANO
TOMATOES
300 ml

Made to be Shared

Find Our Deals Ahead of Everyone
@kraftfoodsdeals

5⁴⁹

KRAFT PURE BUTTER
500 g
SELECTED VARIETIES

4⁹⁹

KRAFT PURE DRESSING
333 ml
SELECTED VARIETIES

2⁹⁹

GARDEN OF EATIN'
PASTA SAUCE
600 ml
SELECTED VARIETIES

3⁹⁹

SHAKE 'N BAKE
COATING MIX
147 g
SELECTED VARIETIES

25
points

4⁹⁹

PHILADELPHIA
DIPS
220 g
SELECTED VARIETIES

4⁹⁹

BAKER'S CHOCOLATE
100 g
SELECTED VARIETIES

1²⁵

JELL-O JELLY POWDER
3.1 kg
SELECTED VARIETIES

10⁹⁹

NABORS OR TASSIMO
COFFEE CAPSULE
8.17 ml
SELECTED VARIETIES

3⁴⁹

TOWN HOUSE
OR CHEEZ-IT
CRACKERS
SELECTED VARIETIES

2⁹⁹

CHEEZ-IT
SELECTED VARIETIES

2⁹⁹

PRINGLES CHIPS
SELECTED VARIETIES

2⁹⁹

NUTRI-GRAIN
KIDS KRIBSIES
SELECTED VARIETIES

8⁹⁹

GAIN DETERGENT OR
FABRIC SOFTENER
SELECTED SIZES
SELECTED VARIETIES

8⁹⁹

GAIN SCENT BOOSTERS OR
DRYER SHEETS
SELECTED SIZES
SELECTED VARIETIES

15⁴⁹

FERTIZE OIL
REFILLS
2.2 kg
SELECTED VARIETIES

99¢

FERTIZE PLUG
DIFFUSER
1 pc

5⁹⁹

HEAD & SHOULDERS
HAIR CARE
375-525 ml
SELECTED VARIETIES

36⁹⁹

PAMPERS BABY DIAPERS
48-96+
SELECTED VARIETIES

28⁹⁹

PAMPERS EASY UPS
TRAINING PANTS
48-72+
SELECTED VARIETIES

3⁹⁹

PAMPERS BABY WIPES
58-72+
SELECTED VARIETIES

4⁹⁹

TAMPAX SANITARY NAPKINS
OR TAMPAX TAMPONS
10-22
SELECTED VARIETIES

42⁰⁰

ALWAYS DISCREET ADULT
INCONTINENCE
17-68+
SELECTED VARIETIES

3⁹⁹

CREST TOOTH PASTE
43-120 ml
SELECTED VARIETIES

6⁹⁹

ORAL-B ORAL CARE
SELECTED SIZES
SELECTED VARIETIES