

VERSION 4

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

Romaine Hearts 1.76

POURTES 1.76 L. MARCÉ

Cœurs de romaine 1.76 L. 1.76

POURTES 1.76 L. 1.76

3.99

ea.

Backberries 11.9

POURTES 11.9 L. MARCÉ

Stem & Leaf Clementines

POURTES 11.9 L. 11.9

Mixes 11.9

Clementines avec tige et feuille

POURTES 11.9 L. 11.9

1.99

ea.

or /lb

WILD WONDERS

POURTES 1.99 L. MARCÉ

Foodland

Angel Sweet

POURTES 1.99 L. MARCÉ

1.99

ea.

Spanish Onions

POURTES 1.99 L. MARCÉ

Foodland

Sweet Potatoes

POURTES 1.99 L. MARCÉ

99¢

/lb

moi rewards member price

400 g

700 g

Irresistible

COOKIES

POURTES 1.99 L. MARCÉ

Irresistible

GOURMET DELIGHT

POURTES 1.99 L. MARCÉ

save \$2.00

6.99

ea.

SPECIAL PRICE

8.99

for non-members

Effective December

TH

FR

SA

SU

MO

4

5

6

7

8

[illegible]

HOLIDAY BAKING FAVOURITES

Betty Crocker
Cakes Mix or Frosting
en mix ou en crème

\$1
back in
points

125
points

199
ea.



Redpath Brown or
Light Sugar
en sucre brun
ou sucre blanc

249
ea.



349
ea.



Robin Hood,
Five Roses or
Meadow Floor
en farine

399
ea.



Selction
Chocolate Chips or
Bacon Chocolate
en chips de chocolat
ou en chocolat
au bacon

399
ea.



Irresistible Walnut
Milk or Pecan
en lait de noix de
cacaobutter
ou en lait de
noix de cacaobutter

14.99
ea.



New Lower Prices



7⁰⁰
ea.



11⁹⁹
ea.



5⁹⁹ **65**
lb



19⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.

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

Visit us at **micro.co** or call 1-800-955-5555 to win \$5000 in groceries.

© 2025 Micro. All rights reserved. Micro is a registered trademark of Micro. All other trademarks are the property of their respective owners.

**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

2.99
ea.

Raspberries 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

Blueberries 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

1.99
lb

Extra Large Sweetbreads Tomatoes 4.25kg
PRODUCT OF CANADA
PRODUIT DU CANADA

3.49
ea.

Belle Saison Cherry Tomatoes 4.25kg
PRODUCT OF CANADA
PRODUIT DU CANADA

2.49
ea.

Baby Green Whole Wheat or Cornmeal 2.5kg
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

5 PK Chopped Onions 1.5kg
PRODUCT OF CANADA
PRODUIT DU CANADA

2.99
ea.

1 lb Cranberries
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

Lemons 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

1.99
ea.

Seedless Cucumbers
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

Jumbo Potatoes 10 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

Jumbo Pineapples 10 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

3.49
lb

Brussels Sprouts 7.5kg
PRODUCT OF CANADA
PRODUIT DU CANADA

5.99
ea.

25 points Chop Chop Salad Kit 4.4kg
PRODUCT OF CANADA
PRODUIT DU CANADA

9.99
ea.

Vanilla Persimmons 1.5kg
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

20 points 1.5L Plant Based Roast & Gravy 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

2.99
ea.

10 Large Pomegranates
PRODUCT OF CANADA
PRODUIT DU CANADA

4.49
ea.

1 lb Goodfry's Goodfry's 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

20 points 1.5L Wild Wonders 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

7.99
ea.

35 points 1.5L Moven's Chocolate 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

19.99
ea.

1 lb Big Mountain 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

5.99
lb

Jumbo Chestnuts 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

Organic

1.69
lb

Organic Green Cabbage 3.75kg
PRODUCT OF CANADA
PRODUIT DU CANADA

5.99
ea.

25 points 1.5L Little Potatoes 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

3.49
ea.

15 points 1.5L Balthouse Fresh 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

12.99
ea.

1.5L Greenhouse 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

Sliced & Diced

4.99
ea.

1 lb Deluxe Fruit Salad 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

13.99
ea.

50 points 1.5L Small Berry 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA

40.00
ea.

1 lb Christmas Magic Bouquet 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

38.99
ea.

1 lb Flower Power Bouquet 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

Holiday Blooms

19.99
ea.

1 lb Anthurium 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

5.99
ea.

1 lb Polka Dot Plant 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

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 os de palette angus grillé
26.43kg

11⁹⁹
/lb

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

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
3.30kg

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
13.23kg

5⁹⁹
/lb

50 points

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

3⁹⁹
/lb

125 points

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

4⁹⁹
/lb

125 points

Maple Leaf Prime Raised Without Antibiotics Fresh Split Chicken Wings
19.03kg
Ailes de poulet fraîches saines Prime Maple Leaf élevées sans antibiotiques
19.03kg

8⁹⁹
/lb

BOLDONE
Selection Bologna
25.00kg
Bologna Selection
25.00kg

3⁹⁹
ea.

RedHink
Maple Leaf Top Dogs
25.00kg
Top Dogs Maple Leaf
25.00kg

4⁹⁹
ea.

Butterball
Butterball Turkey Bacon
25.00kg
Bacon de dinde Butterball
25.00kg

5⁹⁹
ea.

McLean's Organic
McLean's Organic
25.00kg
Bacon McLean's
25.00kg

7⁹⁹
ea.

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

4⁹⁹
/lb

Selection Smoked Ham
11.00kg
Saucisson fumé
11.00kg

7⁹⁹
ea.

Large's Smoked
Large's Smoked
11.00kg
Rôti fumé
11.00kg

11⁰⁰
ea.

Marzocchi's
Marzocchi's
11.00kg
Bœuf fumé
11.00kg

12⁹⁹
ea.

Maple Lodge
Maple Lodge
25.00kg
Saucisson Maple Lodge
25.00kg

4⁹⁹
ea.

Johnsonville
Johnsonville
25.00kg
Saucisson Johnsonville
25.00kg

6⁹⁹
ea.

Schweitzer's
Schweitzer's
25.00kg
Pâtis à la viande Schweitzer's
25.00kg

7⁹⁹
ea.

Butterball
Butterball
25.00kg
Bacon Butterball
25.00kg

22⁹⁹
ea.

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

Seafood

12⁹⁹
/lb

Fresh Island Haddock Fillets Vapek
Filets d'iglaude de l'Islande **fraîs** en emballage économique
100 g, 1,57 \$/100 g

12⁹⁹
/lb

Wild Caught Yellowfin Tuna Steaks
Dames de thon albacore caviar
2,27 \$/100 g

12⁹⁹
ea.

CHOICE
Cajun Lobster
Cajun Crab
Bavne de crevette
100 g, 1,57 \$/100 g

7⁹⁹
ea.

La Bouquaine Smoked Steelhead Salmon
75 g
Sauter au can-cou-lait
La Bouquaine

9⁹⁹
/lb

Bay Scallops
100 g, 1,29 \$/100 g
Pêcheries de baie
DURVILLE, 2,27 \$/100 g

12⁰⁰
ea.

California Regal Crab Cakes
California Seafood Party
100 g, 1,57 \$/100 g
Combo de rigoles
de crevettes
Bouillabaisse traditionnelle
100 g, 1,57 \$/100 g

3⁹⁹
ea.

Ocean Jewel Mediterranean Sea Bass
Whole
100 g, 1,57 \$/100 g
\$1 pocket in lobster
100 g, 1,57 \$/100 g

12⁵⁰
ea.

AquaSea Snow Crab Cakes
100 g, 1,57 \$/100 g
\$1 pocket in lobster
100 g, 1,57 \$/100 g

12⁹⁹
ea.

Rock Lobster Caviar
Lobster Caviar & Butter
100 g, 1,57 \$/100 g
Pêches et patates
de la mer
Bouillabaisse traditionnelle
100 g, 1,57 \$/100 g

3⁹⁹
ea.

Mixed Cooked Lobster Meat
Cajun
100 g, 1,57 \$/100 g
\$1 pocket in lobster
100 g, 1,57 \$/100 g

11⁹⁹
ea.

Ber commun de la Méditerranée
100 g, 1,57 \$/100 g
\$1 pocket in lobster
100 g, 1,57 \$/100 g

17⁹⁹
ea.

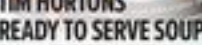
Sections de cabane de mer
100 g, 1,57 \$/100 g
\$1 pocket in lobster
100 g, 1,57 \$/100 g

18⁹⁹
ea.

Rock Lobster Caviar
Lobster Caviar & Butter
100 g, 1,57 \$/100 g
Pêches et patates
de la mer
Bouillabaisse traditionnelle
100 g, 1,57 \$/100 g

- 30** unidades
2,99 e.a.
Mistura de frutos secos
Assados e salgados
Crokis e Nuggets de Maiz
Chips de maiz e milho
Maizito de milho
- 40** unidades
8,99 e.a.
Inimitável
Borrachudo
Maizito de milho
Escalope de Maizito
Maizito de milho
Maizito de milho
Maizito de milho
- 50** unidades
9,99 e.a.
Inimitável
Maizito de milho
Maizito de milho
Maizito de milho
Maizito de milho
Maizito de milho
Maizito de milho
- 50** unidades
12,99 e.a.
Inimitável
Maizito de milho
Maizito de milho
Maizito de milho
Maizito de milho
Maizito de milho
Maizito de milho

Tim Hortons

 3⁹⁹ ea. TIM HORTONS® READY TO SERVE SOUP 100% REAL CHICKEN 100% REAL BEEF 100% REAL TURKEY	 6⁹⁹ ea. TIM HORTONS® HOT CHOCOLATE 100% REAL CHOCOLATE 100% REAL MILK 100% REAL SUGAR	 8⁹⁹ ea. TIM HORTONS® INSTANT COFFEE 100% REAL COFFEE 100% REAL SUGAR 100% REAL MILK	 7⁹⁹ ea. TIM HORTONS® COFFEE CAPSULES 100% REAL COFFEE 100% REAL SUGAR 100% REAL MILK
---	--	--	---

© 2010 The Hershey Company. "Festive" and "Festive" are registered trademarks of The Hershey Company.

Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
and 100% WHOLE GRAIN
WHEAT FLAKES
with CRACKED CORN

6.99
ea.

RICHE RISIBLES
CEREAL
with CRACKED CORN
and CRACKED CORN
and CRACKED CORN

6.99
ea.

NATREL
ORGANIC COCONUT CREAM
COLLECTOR'S EDITION

6.99
ea.

NATREL
ORGANIC COCONUT CREAM
COLLECTOR'S EDITION

6.49
ea.

COMF

CHEESE

Freeze Festival

ENTER FOR A CHANCE TO
WIN CHEESE FOR A YEAR!

WWW.FREECHEESE.CA



749
ea.

GAILBANI CHEESE
SELECTED VARIETIES



549
ea.

KRAFT CHEESE BLOCK
250g
SELECTED VARIETIES



899
ea.

LACTANTIA STICK BUTTER
250g
SELECTED VARIETIES

Knorr

BRING FLAVOUR TO CLASSIC HOLIDAY DISHES



199
ea.

KNORR CHICKEN STOCK
500ml



125
ea.

KNORR PASTA & SAUCE
500g



125
ea.

KNORR MEAT SAUCE OR GRavy
500g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
100g

More Great Savings

[illegible]

↓ Low Price Every Day

[illegible]

Non-GMO

Nature's Nuts
Almond Butter
100% ALMONDS
NATURE'S NUTS
100% ALMONDS
14⁹⁹
ea.

Organic Medley
Cream Cheese 200g
100% ORGANIC
Organic Medley
100% ORGANIC
6⁹⁹
ea.

Celestial
Pilsner Beer
Celestial
Pilsner Beer
5⁴⁹
ea.

Life Smart
Legumes
Life Smart
Legumes
1⁹⁹
ea.

Crack Coffee 100g
100% ORGANIC
Crack Coffee 100g
100% ORGANIC
15⁹⁹
ea.

CRANK
YOUTH
CRANK
YOUTH
CRANK
YOUTH
5⁴⁹
ea.

Plant-Based

Zenban
Chocolate 100g
Zenban
Chocolate 100g
4⁹⁹
ea.

Earth Balance
Spread 450g
Earth Balance
Spread 450g
7⁴⁹
ea.

Greenhouse
Creamer 400g
Greenhouse
Creamer 400g
6⁴⁹
ea.

Made Good
Granola Bars
Made Good
Granola Bars
4⁴⁹
ea.

Crofter's Jam
Crofter's Jam
5⁹⁹
ea.

Brownie
Brownie
35⁰⁰
ea.

Crunchmaster
Crunchmaster
6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

Pampers
Pampers
10⁴⁹
ea.

Axe
Axe
6⁹⁹
ea.

Live Clean
Live Clean
8⁹⁹
ea.

185mm
185mm
6⁹⁹
ea.

U
U
5⁹⁹
ea.

method
heavenly-scented hand wash

5⁴⁹
ea.

Household Helpers

Gain
Gain
4⁹⁹
ea.

Lyral
Lyral
7⁹⁹
ea.

Finish
Finish
17⁹⁹
ea.

Lyral
Lyral
8⁹⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

SPEND \$25
GET \$10

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
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE 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
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

45 pieces
8.99 ea.

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

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.



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



SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

ELEVATED ENTERTAINING





TRUSTED BY
CANADIANS
SINCE 1981



8⁹⁹
ea.
BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES



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



3⁹⁹
ea.
KRAFT PURE
DRESSING
355 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
340-360g
SELECTED VARIETIES



3⁴⁹
ea.
SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-340g
SELECTED VARIETIES



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
230-500 ml
SELECTED VARIETIES



6⁴⁹
ea.
JIF
PEANUT BUTTER
240g
SELECTED VARIETIES