

Your
GO-TO for holiday savings.



PRICES LOCKED DOWN
DECEMBER 11TH TO DECEMBER 31ST, 2025



15⁹⁹
ea.

IRRESISTIBLE EUROPEAN ASSORTED COOKIES
650 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



9⁹⁹
ea.

IRRESISTIBLE COOKIES
400 - 700 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



IRRESISTIBLE CHIPS
130 - 150 g
SELECTED VARIETIES

1⁴⁹
ea.



10⁹⁹
ea.

IRRESISTIBLE MINI MOUSSE OR MINI CHEESECAKE
300 - 350 g
SELECTED VARIETIES



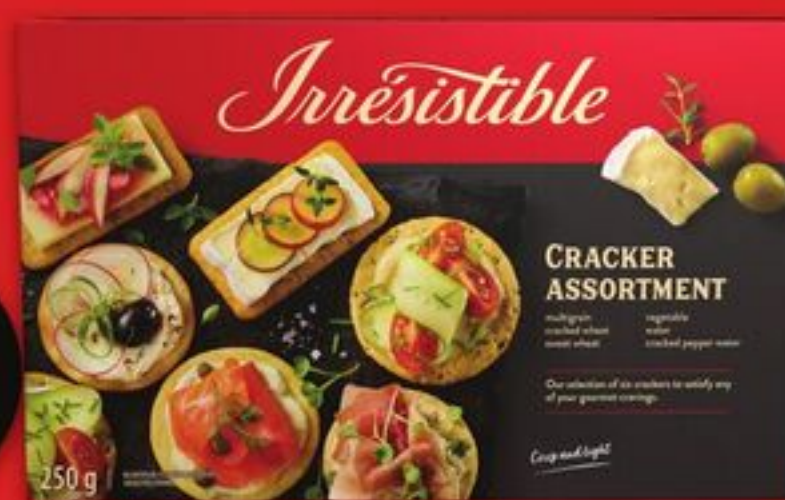
IRRESISTIBLE MAPLE SYRUP
500 - 540 ml
SELECTED VARIETIES

9⁹⁹
ea.



IRRESISTIBLE ASSORTMENT CRACKERS
250 g

4⁹⁹
ea.



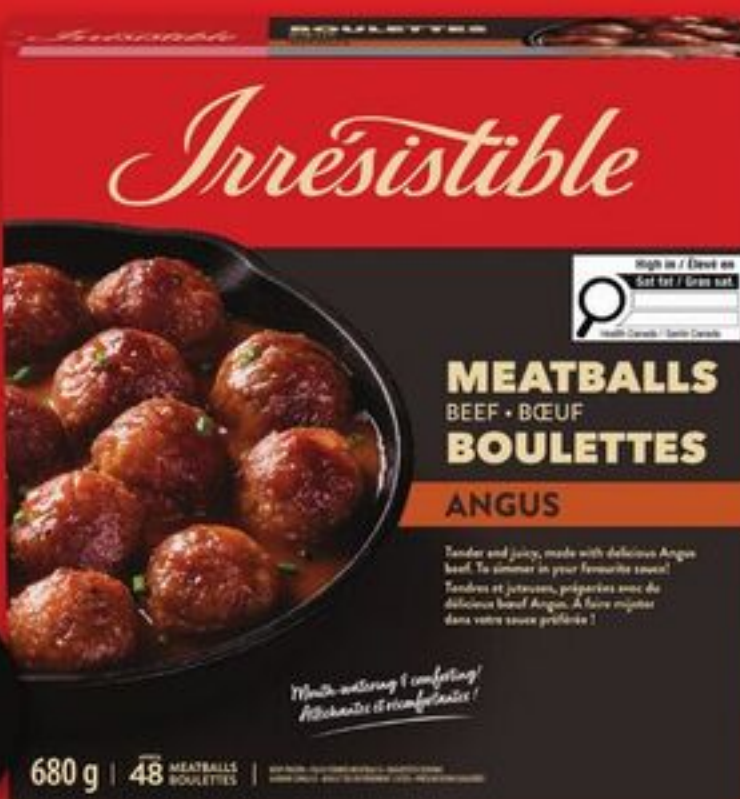
IRRESISTIBLE WALNUT HALVES & PIECES
750 g

16⁹⁹
ea.



IRRESISTIBLE MEATBALLS
FROZEN, 500 - 680 g
SELECTED VARIETIES

8⁹⁹
ea.



IRRESISTIBLE PACIFIC WHITE JUMBO SHRIMP WITH SAUCE
FROZEN, 600 g

19⁹⁹
ea.



5⁹⁹
ea.

IRRESISTIBLE ARTISAN RICOTTA, BOCCONCINI, FETA, GOUDA OR KOLBASSA
200 - 400 g
SELECTED VARIETIES



SAVE ON HOLIDAY PARTY STARTERS & MAIN EVENTS



PRICES LOCKED DOWN
DECEMBER 11TH TO DECEMBER 31ST, 2025

IRRESISTIBLES
ARTISAN
SLICED DELI MEAT,
CHEESE OR
COCKTAIL
BOCCONCINI
100 - 200 g, 2 x 125 g
SELECTED VARIETIES

6⁹⁹
ea.



6⁹⁹
ea.

IRRESISTIBLE
BRIE OR CAMEMBERT
170 - 185 g
SELECTED VARIETIES



16⁹⁹
ea.

IRRESISTIBLE
3 CHEESE
PLATTER
400 g

IRRESISTIBLES
TWIST PASTRY
100 g
SELECTED VARIETIES

2⁹⁹
ea.



2⁹⁹
ea.

IRRESISTIBLE
WATER CRACKERS
125 g



4⁹⁹
ea.

IRRESISTIBLES
CRISP CRACKERS
150 g
SELECTED VARIETIES

125
points

15⁹⁹
ea.

IRRESISTIBLES
DOUBLE PACIFIC WHITE
SHRIMP RING
FROZEN, 567 g



7⁹⁹
ea.

IRRESISTIBLE
TEMPURA SHRIMP
WITH SAUCE
FROZEN, 340 g



7⁹⁹
ea.

IRRESISTIBLE
BACON WRAPPED
SCALLOP MEDALLIONS
FROZEN, 200 g



15⁹⁹
ea.

SELECTION
BONELESS
SMOKED HAM
1.4 kg

LIFE SMART
NATURALIA
BACON
375 g

6⁹⁹
ea.



IRRESISTIBLE
APPETIZERS
FROZEN, 216 - 493 g
SELECTED VARIETIES

5⁹⁹
ea.



8⁹⁹
ea.

IRRESISTIBLE
BREADED SCALLOP
MEDALLIONS
FROZEN, 500 g

LIFE SMART NATURALIA BEEF

- Raised without added hormones
- Raised without antibiotics
- Free range
- Grass Fed



8⁹⁹
ea.

LIFE SMART NATURALIA
GRASS FED LEAN GROUND BEEF
PRODUCT OF NEW ZEALAND
454 g

LIFE SMART NATURALIA PORK

- Raised without antibiotics
- Grain fed
- 100% Canadian Pork is raised without added hormones



6⁹⁹
ea.

LIFE SMART NATURALIA
LEAN GROUND PORK
500 g



1⁷⁹
ea.

SELECTION
CANNED BEANS
540 ml
SELECTED VARIETIES



1⁹⁹
ea.

SELECTION
LASAGNA
375 - 500 g
SELECTED VARIETIES



**BUY MORE
SAVE MORE!**

2/\$11
less than 2 pay
6.99 ea.

SELECTION
SPARKLING WATER
12 x 355 ml
SELECTED VARIETIES



**BUY MORE
SAVE MORE!**

2/\$12
less than 2 pay
7.49 ea.

SELECTION
SOFT DRINKS
12 x 355 ml
SELECTED VARIETIES

metro

FESTIVE FLAVOURS & ESSENTIALS



PRICES LOCKED DOWN
DECEMBER 11TH TO DECEMBER 31ST, 2025

IRRESISTIBLES
COFFEE CAPSULES
10 - 12 cm
SELECTED VARIETIES

6⁹⁹
ea.



IRRESISTIBLE
EGG NOG
1L
SELECTED VARIETIES

3⁴⁹
ea.



7⁹⁹
ea.

INVITATIONS
ALCOHOL FREE
WINE
750 ml
SELECTED VARIETIES



10⁹⁹
ea.

IRRESISTIBLE
TRIFLE CAKES
500 g
SELECTED VARIETIES



SELECTION
SQUARES
400 - 450 g
SELECTED VARIETIES

7⁹⁹
ea.



9⁹⁹
ea.

FRONT STREET
BAKERY SMALL SWEETS TRAY
422 - 472 g
SELECTED VARIETIES

12⁹⁹
ea.

IRRESISTIBLE
PROFITEROLS & MINI
CHOCOLATE ECLAIRS
300 - 455 g
SELECTED VARIETIES



4⁹⁹
ea.

SELECTION
CHOCOLATE CHIPS
225 - 270 g
SELECTED VARIETIES

IRRESISTIBLES
CROUTONS
145 g
SELECTED VARIETIES

3⁴⁹
ea.



9⁹⁹
ea.

SELECTION
OLIVE OIL
1L
SELECTED VARIETIES



3⁹⁹
ea.

IRRESISTIBLES
BALSAMIC VINEGAR
OR GLAZE
250 - 500 ml
SELECTED VARIETIES

SELECTION
SHREDDED CHEESE
420 g
SELECTED VARIETIES

50
points

9⁹⁹
ea.



4⁴⁹
ea.

IRRESISTIBLE
MUSTARD
500 ml
SELECTED VARIETIES



DEALS ON HOUSEHOLD HOLIDAY HELPERS

SELECTION
3 PLY ULTRA
NAPKINS
100 cm

5⁹⁹
ea.



SELECTION
PAPER PLATES
AND BOWLS
24 - 40 cm
SELECTED VARIETIES

5⁹⁹
ea.



2⁹⁹
ea.

SELECTION
CUTLERY OR
PAPER STRAWS
SELECTED SIZES
SELECTED VARIETIES

metro

SWEETEST GIFTS & STOCKING STUFFERS



PRICES LOCKED DOWN
DECEMBER 11TH TO DECEMBER 31ST, 2025



10⁹⁹ ea.
IRRESISTIBLE SHORTBREAD COOKIES
500 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



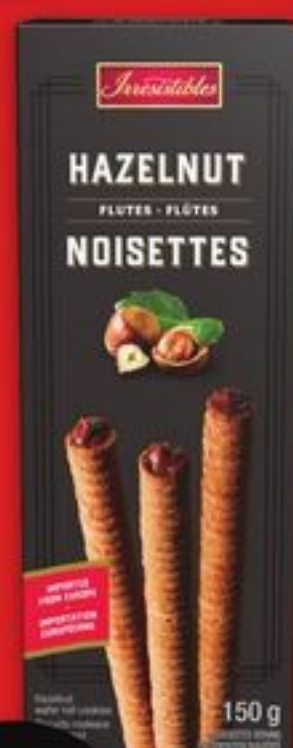
5⁴⁹ ea.

IRRESISTIBLE SHORTBREAD COOKIES
250 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



6⁴⁹ ea.

IRRESISTIBLE DANISH STYLE COOKIES
400 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



2⁴⁹ ea.

IRRESISTIBLE HAZELNUT ROLL COOKIES
150 g
SELECTED VARIETIES



4⁹⁹ ea.

IRRESISTIBLE HAZELNUT ROLL WAFER COOKIES
200 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



2⁴⁹ ea.

IRRESISTIBLE COOKIES
200 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



IRRESISTIBLE PECAN CLUSTERS OR PRALINE CHOCOLATES
SELECTED SIZES
SELECTED VARIETIES
WHILE QUANTITIES LAST

9⁹⁹ ea.



IRRESISTIBLE CLASSIC TRUFFLE CHOCOLATE
200 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁹⁹ ea.



IRRESISTIBLE CHOCOLATE SEASHELLS
250 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

6⁹⁹ ea.



4⁹⁹ ea.

IRRESISTIBLE HAZELNUT CHOCOLATE BOX
120 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



2⁹⁹ ea.

IRRESISTIBLE MINT STICKS OR SELECTION CHOCOLATE
SELECTED SIZES
SELECTED VARIETIES
WHILE QUANTITIES LAST

IRRESISTIBLE CANDY
250 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

4⁹⁹ ea.



1⁴⁹ ea.

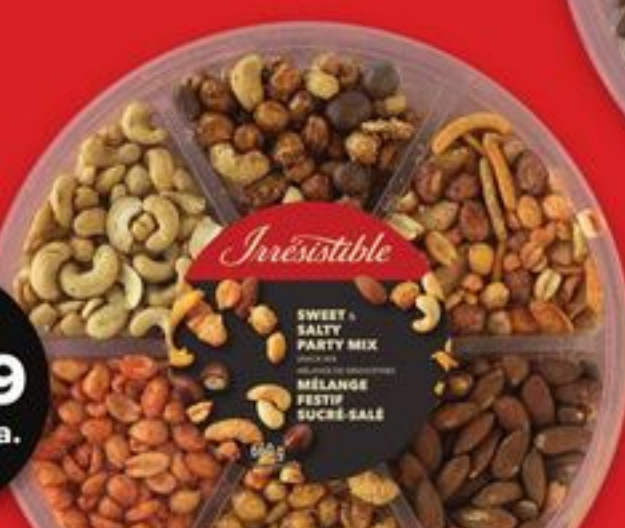
SELECTION CANDY CANES
120 g
SELECTED VARIETIES
WHILE QUANTITIES LAST



19⁹⁹ ea.

IRRESISTIBLE NUT-PEANUT DELUXE TRAY
660 g

13⁹⁹ ea.



16⁹⁹ ea.

IRRESISTIBLE CHOCOLATE COATED FRUIT & NUTS MIX
700 g

metro



LOW PRICE EVERY DAY

100's of items at the same low price every day.



SELECTION
NON-ALCOHOLIC
BEER
12 x 355 ml
SELECTED VARIETIES

NOW
9⁹⁹
ea.



IRRESISTIBLES
CRANBERRY JUICE
OR COCKTAILS
1.89 L
SELECTED VARIETIES

NOW
3⁹⁹
ea.



SELECTION OR
LIFE SMART
VEGETABLES
COCKTAIL
1.89 L
SELECTED VARIETIES

NOW
3⁴⁹
ea.



NOW
4⁹⁹
ea.

IRRESISTIBLES
REFRIGERATED
ORANGE JUICE
1.54 L
SELECTED VARIETIES

IRRESISTIBLES
GOAT CHEESE
250 g
SELECTED VARIETIES

NOW
9⁴⁹
ea.



NOW
10⁹⁹
ea.

IRRESISTIBLES
GROUND COFFEE
340 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.



SELECTION
CREAM
473 ml - 1 L
SELECTED VARIETIES

SELECTION
CANNED
TOMATOES
540 - 795 ml
SELECTED VARIETIES

NOW
1⁷⁹
ea.



SELECTION
SOUP
284 ml
SELECTED VARIETIES

NOW
1²⁵
ea.



NOW
3⁹⁹
ea.

SELECTION
PICKLES
1 L
SELECTED VARIETIES



NOW
3⁹⁹
ea.

IRRESISTIBLE
SALAD DRESSING
350 ml
SELECTED VARIETIES

SELECTION
CANNED
VEGETABLES
341 - 398 ml
SELECTED VARIETIES

NOW
1⁴⁹
ea.



metro



LOW PRICE EVERY DAY

100's of items at the same low price every day.

IRRESISTIBLE
ICE CREAM
1.5L
SELECTED VARIETIES

NOW
4⁹⁹
ea.



IRRESISTIBLE
NOVELTY
SELECTED SIZES
SELECTED VARIETIES

NOW
4⁹⁹
ea.



NOW
2⁹⁹
ea.

IRRESISTIBLES
VEGGIE STICKS
142 g
SELECTED VARIETIES

SELECTION
PRETZELS,
CHEESE STICKS OR
IRRESISTIBLES
READY TO EAT
POPCORN
SELECTED SIZES
SELECTED VARIETIES

NOW
3⁴⁹
ea.



NOW
4⁴⁹
ea.

SELECTION
SALSA
650 ml
SELECTED VARIETIES



NOW
4⁹⁹
ea.

IRRESISTIBLE
SPARKLING WATER
6 x 1L
SELECTED VARIETIES



NOW
4⁹⁹
ea.

SELECTION
PEANUTS
700-750 g
SELECTED VARIETIES

IRRESISTIBLES
ARTISAN
DRY SAUSAGES
300 g
SELECTED VARIETIES

NOW
8⁹⁹
ea.



NOW
1⁴⁹
ea.

SELECTION
SOFT DRINKS
2L
SELECTED VARIETIES



NOW
5⁹⁹
ea.

IRRESISTIBLES
SKYR OR GREEK
YOGURT
750 g
SELECTED VARIETIES



NOW
2⁹⁹
ea.

SELECTION
COCONUT
200 g
SELECTED VARIETIES



NOW
3⁹⁹
ea.

SELECTION
FLOUR
2.5 kg
SELECTED VARIETIES

metro

GET WINTER-READY WITH EASE



PRICES LOCKED DOWN
DECEMBER 11TH TO DECEMBER 31ST, 2025

SELECTION
DE-ICER SALT
10 kg
SELECTED VARIETIES

4⁴⁹
ea.



SELECTION
ANTI-SKID SALT
10 kg
SELECTED VARIETIES

4⁴⁹
ea.



SELECTION
WINDSHIELD
WASHER FLUID
3.78 L
SELECTED VARIETIES

4⁴⁹
ea.



SELECTION
fire logs

BURNS CLEANER THAN WOOD*
SAFE AND EASY TO LIGHT
BRIGHT, LONG LASTING FLAME
BURNS UP TO 3 HOURS*

29⁹⁹
ea.



SELECTION
FIRE LOG
6 x 1.72 kg
SELECTED VARIETIES

moi rewards

i earn points faster with...

points in every aisle*

- + more on-shelf offers
- + more in-app offers
- + more member contests
- + more points when you link your eligible RBC card**

i earn and save on the app



join today
and save



1

download
the app



2

save by adding personalized
coupons every week



3

use moi rewards card
at checkout

*Certain conditions apply, see moirewards.ca for conditions. For \$3 = 1 pt: available at Metro; not available at Food Basics. Moi Rewards is a trademark of Metro Inc.

**Conditions apply. Go to rbc.com/moi for full details. Trademarks of Royal Bank of Canada, used under license. All other trademarks are the property of their respective owners.

We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Prices are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit metro.ca, where you can create an account (or sign into your account) and select your preferred location. Some seafood, bakery and floral items may not be available in all stores. Commercial resale of our products is prohibited.