

VERSION 1

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

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. GROWN

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. GROWN

199

ea.

SNACKING TOMATOES 1/2c

PRODUCT OF U.S.A. GROWN

199

ea.

SPANISH ONIONS

PRODUCT OF U.S.A. GROWN

99¢

/lb

Foodland

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

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[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
BAKES' CHOCOLATE
200 g (7 oz) bags

399
ea.



PRESTIGE WALNUT
HALVES & PIECES
1 kg (2 lb 4 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
SMOKED HAM OR
HALF MOON SMOKED HAM
12.5lb



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



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



6⁹⁹
ea.
LIBERTE GREEK
YOGURT
10oz



6⁴⁹
ea.
NATREL ORGANIC
MILK 1L
BUTTER 1/2lb



9⁹⁹
ea.
KELLOGG'S CEREAL
10oz



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



7⁴⁹ **125**
ea.
SAN PELLEGRINO
SPARKLING DRINKS
10oz



2⁷⁹ **15**
ea.
OASIS JUICE
DEL MONTE
BEVERAGE
10oz



4⁹⁹
ea.
CHEX CEREAL
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
CANNED BEANS
10oz



3⁴⁹
ea.
BEN'S ORIGINAL
RICE
10oz



4⁹⁹
ea.
KETCHUP
10oz



5⁹⁹
ea.
SCOPE DISH SOAP
10oz



2⁹⁹
ea.
ALCAN PAPER TOWELS
10oz



8⁹⁹
ea.
TIDE DETERGENT
10oz



8⁹⁹
ea.
BOUNCE SOFTENER
10oz

I earn with mol rewards

LAYS FAMILY SIZE
CRACKERS
35
3⁹⁹
ea.

CRACKERS
40
5⁴⁹
ea.

RITZ FAMILY SIZE
CRACKERS
40
4⁹⁹
ea.

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

YOUR CHOICE 11⁹⁹
ea.



10" x 14" LARGE
PEPPERONI
PIZZA



STOCK-MADE
CARAMELS
10oz



FRESH & CO
20 CHICKEN BITES



ASSORTED CALIFORNIA COMBO OR
CALIFORNIA ROLL ASSORTED PACK
10oz

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 1-877-467-6273
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.

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 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

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 CANDY
MULTIFLAVOUR
SWEET APPLE
CAKES 100%
PRODUCT OF U.S.A. & CANADA

19⁹⁹
ea.
BIG MOUNTAIN
FLAKY BREAD
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 POT
12" GAL POT
24" GAL POT



19⁹⁹
ea.



38⁹⁹
ea.

**CHRISTMAS
MACE BOUQUET**
12" GAL POT
24" GAL POT
48" GAL POT



5⁹⁹
ea.

POINSETTA
24" GAL POT
48" GAL POT
72" GAL POT



40⁰⁰
ea.

**INCENSED
FLOWER FEATURE**
12" GAL POT
24" GAL POT
48" GAL POT
72" GAL POT

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

PLATINUM GRILL ANGUS
WHOLE LEG OF LAMB
100% CANADIAN LAMB
13.21kg

11⁹⁹
/lb

LIFE SMART NATURALA PORK SHOULDER PICNIC ROAST OR PORK SHOULDER BLADE ROAST
5.0kg

3⁹⁹
/lb

FRESH WHOLE CHICKEN
3.50kg

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
8.80kg

125 points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.20kg

125 points

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPILT CHICKEN WINGS
11.20kg

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED WINGS
11.20kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
100% CANADIAN PORK
BACON
200g

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.20kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.20kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST
11.20kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
11.20kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES
11.20kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
11.20kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
11.20kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
11.20kg

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

2.29 ea. **125** points



FRONT STREET BAKERY
PECAN STREET BUNS
100-125g

2.29 ea. **125** points



LITTLE NORTHERN BAKERS
WIDE SLICED BAGELS
OR EVERYTHING BAGELS
100-125g

4.99 ea. **250** points



LITTLE NORTHERN BAKERS
WIDE SLICED BAGELS
OR EVERYTHING BAGELS
100-125g

4.99 ea. **250** points



LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

8.49 ea. **125** points



LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

8.49 ea. **125** points



FURLANI TEXAS
TOAST
100-125g

4.49 ea. **5** points



FURLANI TEXAS
TOAST
100-125g

4.49 ea. **5** points



FURLANI TEXAS
GARLIC KNOTS
OR GARLIC KNOTS
100-125g

5.49 ea. **5** points



FURLANI TEXAS
GARLIC KNOTS
OR GARLIC KNOTS
100-125g

5.49 ea. **5** points



JAMONCA ALMOND
CRUNCH CAKE
100-125g

3.19 ea. **250** points



JAMONCA ALMOND
CRUNCH CAKE
100-125g

3.19 ea. **250** points



INEVITABLE
BUTTER TARTS
100-125g

7.49 ea. **125** points



INEVITABLE
BUTTER TARTS
100-125g

7.49 ea. **125** points

Deli Favourites



MAPLE LOAF
100g

2.99 ea. **100** points



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2.99 ea. **100** points



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3.99 ea. **100** points



LE GRUYÈRE
SWISS CHEESE
100g

5.99 ea. **100** points



INEVITABLE ENTENM
DRY SAUSAGE
100g

2.99 ea. **100** points



BELLA CASARA
BURRATA
CHEESE
100g

3.49 ea. **100** points



SNIROSKI
CANADIANA OR
CANADIANA HAM
100g

2.99 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



MAPLE LEAF
NATURAL SELECTIONS OR
SNIROSKI SLICED DELI
100g

8.49 ea. **125** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



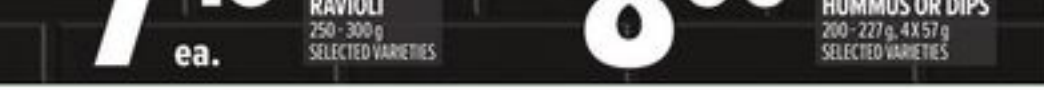
BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points



BURRATA
CHEESE
100g

3.49 ea. **100** points

4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

**YOUR
CHOICE** **11⁹⁹**
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



**ASSORTED CALIFORNIA COMBO OR
CALIFORNIA ROLL VARIETY PACK**
420 - 424 g, SELECTED VARIETIES



**FRESH 2 GO
20 CHICKEN BITES**



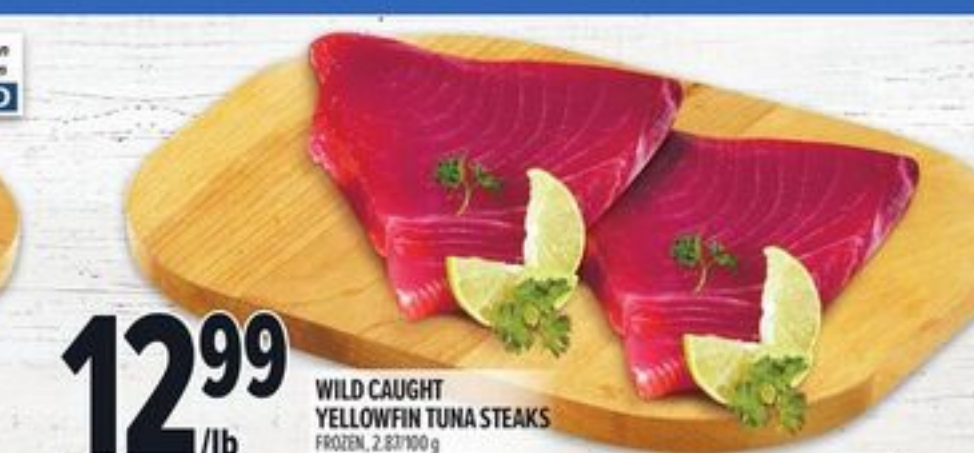
Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100 fillets, 2.5 lb/box

Fresh From Iceland
Atlantic Wildcod Fillets
Wildcod Fillets



12⁹⁹
/lb

**WILD CAUGHT
YELLOWFIN TUNA STEAKS**
FRESH, 1.5 LB/BOX



12⁹⁹
ea.

**CHOICE
CHICOT OYSTERS**
SELECTED HARVEST



**LA ROCHERIE
SMOKED STEELHEAD
SALMON**
1 LB



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



12⁰⁰
ea.

**CALIFORNIA
HIGH COUNTRY
CALIFORNIA
VARIETY PACK**
10 SELECTED HARVEST



3⁹⁹
ea.

**LARGEST SEAFOOD
LOBSTER MEAT**
FRESH, 1.75 LB



11⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 1.75 LB



125
points

**ADMIRAL
SNOW CRAB
CLUSTERS**
FRESH, 1.5 LB

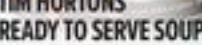


18⁹⁹
ea.

**ROCK HARBOR
CANADIAN LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB

30 pounds 2⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE	40 pounds 8⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE	50 pounds 9⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE	50 pounds 12⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE
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Tim Hortons

 3⁹⁹ ea. TIM HORTONS® READY TO SERVE SOUP 100% REAL CHICKEN 100% REAL BEEF 100% REAL PORK 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
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Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
and 100% WHOLE GRAIN
WHEAT FLAKES
\$6.99
ea.

RICE KRISPIES
CEREAL
with Marshmallows
and Fruit
\$6.99
ea.

FROSTIES
CEREAL
with Marshmallows
and Fruit
\$6.99
ea.

NATREL CEREALIC
CEREAL
with Marshmallows
and Fruit
\$6.49
ea.

NATREL CEREALIC
CEREAL
with Marshmallows
and Fruit
\$6.99
ea.

CHEESE

Freeze Festival

ENTER FOR A CHANCE TO
WIN CHEESE FOR A YEAR!

WWW.FREECHEESE.CA



749
ea.

GULBANI CHEESE
SUGGESTED VARIANTS



549
ea.

KRAFT CHEESE BLOCK
250g
SUGGESTED VARIANTS



899
ea.

LACTANTIA STICK BUTTER
250g
SUGGESTED VARIANTS

Knorr

BRING FLAVOUR TO
CLASSIC HOLIDAY DISHES



199
ea.

KNORR CHICKEN STOCK
500ml
SUGGESTED VARIANTS



125
ea.

KNORR SAUCE OR CREAMY
250ml
SUGGESTED VARIANTS



449
ea.

KNORR BROSSE
250ml
SUGGESTED VARIANTS



449
ea.

KNORR BROSSE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS

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

[illegible]

↓ Low Price Every Day

 NOW \$1.49 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW \$1.25 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW \$2.99 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW \$2.99 SELECTION WATER ENHANCER 100% SELECTED VEGETABLES	 NOW \$4.99 SELECTION PEANUTS 100% SELECTED PEANUTS
 NOW \$4.99 SELECTION PEANUT BUTTER 100% SELECTED PEANUTS	 NOW \$3.99 IMMORTAL DRESSING 100% SELECTED VEGETABLES	 NOW \$3.99 SELECTION ICE CREAM 100% SELECTED VEGETABLES	 NOW \$3.99 SELECTION COFFEE CREAMER 100% SELECTED VEGETABLES	 NOW \$2.99 SELECTION SOUR CREAM 100% SELECTED VEGETABLES
 NOW \$4.49 SELECTION WILD ON SAUCE 100% SELECTED VEGETABLES	 NOW \$3.49 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES	 NOW \$4.99 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES	 NOW \$2.99 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES	 NOW \$2.99 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES

Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100g
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 200g
SELECTED VARIETIES

6⁹⁹
ea.

CELESTIAL
TEA 100%
SELECTED VARIETIES

5⁴⁹
ea.

LIFE SMART
LEGGINGS
SELECTED VARIETIES

1⁹⁹
ea.

CHICK PEAS
SELECTED VARIETIES

6⁴⁹
ea.

IMAGINE
DRINKY
SELECTED VARIETIES

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP 250ml
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

ZAZIBREAN
CHOCOLATE
100g
SELECTED VARIETIES

4⁹⁹
ea.

earth
balance
SPREAD 400g
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER
100ml
SELECTED VARIETIES

6⁴⁹
ea.

MADE
GOOD
GRANOLA BARS 120g
SELECTED VARIETIES

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

35⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

5⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

2 for
10⁴⁹
ea.

AXE DEODORANT
150ml
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 150ml
SELECTED VARIETIES

8⁹⁹
ea.

RESURGE
HAIR CARE
SELECTED VARIETIES

6⁹⁹
ea.

U
SECURITY
SELECTED VARIETIES

5⁹⁹
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
200ml
SELECTED VARIETIES

5⁴⁹
ea.

Household Helpers

Gain
FLUORIDE
DETERGENT 1.8L
SELECTED VARIETIES

4⁹⁹
ea.

LYSOL
DUAL ACTION
LIQUID
BLEACH 1.8L
SELECTED VARIETIES

7⁹⁹
ea.

finish
POWER
DETERGENT 1.8L
SELECTED VARIETIES

17⁹⁹
ea.

LYSOL
LAUNDRY
DISINFECTANT 1.8L
SELECTED VARIETIES

8⁹⁹
ea.

LYSOL
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
200ml
SELECTED VARIETIES

5⁴⁹
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
200ml
SELECTED VARIETIES

5⁴⁹
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

[illegible]



We take pride in sourcing locally from the
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR CHEESE CURDS
200 g
SELECTED VARIETIES

5⁴⁹
ea.



SPRAGUE
ORGANIC BEANS
398 ml
SELECTED VARIETIES

1⁷⁹
ea.



SPRAGUE
CHILI OR LEGUMES
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.



O'HARA SUGAR
MAPLE SYRUP
250 ml
SELECTED VARIETIES

9⁴⁹
ea.



COUNTY FARE
SPREADS OR SAUCES
229 - 350 ml
SELECTED VARIETIES

6⁹⁹
ea.



Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO [LEARN MORE](#)

SNOWDONIA

CHEESE CO.

PURE CHEESE

INDULGENCE

SNOWDONIA

CHUTNEY

100-200g

SELECTED VARIETIES

SNOWDONIA

CHEDDAR CHEESE

150-200g

SELECTED VARIETIES

SCHNEIDERS

PEPPERETTES

150-250g

SELECTED VARIETIES

SCHNEIDERS

PEPPERETTES

150-250g

SELECTED VARIETIES

SCHNEIDERS

PEPPERETTES

150-250g

SELECTED VARIETIES

SCHNEIDERS

PEPPERETTES

150-250g

SELECTED VARIETIES

TRUSTED BY

CANADIANS

SINCE 1981

BUTTERMAN'S GOLD

HONEY

500g

SELECTED VARIETIES

MAPLE LEAF

MAIGHTY PROTEIN

CHICKEN STRIPS

12g

SELECTED VARIETIES

MAPLE LEAF

MAIGHTY PROTEIN

CHICKEN STRIPS

12g

SELECTED VARIETIES

MAPLE LEAF

MAIGHTY PROTEIN

CHICKEN STRIPS

12g

SELECTED VARIETIES

NO ARTIFICIAL PRESERVATIVES

NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS

KRAFT PURE

DRESSING

355 ml

SELECTED VARIETIES

HOLIDAY SAVINGS

FOR EVERY OCCASION!

BETTY CROCKER

SUPER MOIST

CAKE MIX

250-400g

SELECTED VARIETIES

CHEX CEREAL

240-360g

SELECTED VARIETIES

CHEX CEREAL

240-360g

SELECTED VARIETIES

SUGAR COOKIE

TOAST CRUNCH

CEREAL

240-360g

SELECTED VARIETIES

GRINCH

240-360g

SELECTED VARIETIES

WINTER TREATS

for all!

NESTLE

PARLOUR FROZEN

DESSERT TUBS OR NOVELTIES

SELECTED VARIETIES

SMUCKER'S

JAM

250-500 ml

SELECTED VARIETIES

JIF

PEANUT BUTTER

250g

SELECTED VARIETIES