

VERSION 1

Your **GO-TO** for festive feasts. **metro** CANADIAN AND PROUD

1.99 ea.

RASPBERRIES 1 lb
BLACKBERRIES 1 lb
BLACKBERRIES 1 lb

BEST PRICE IN YEARS

1.49 /lb

FROZEN BUTTERBALL ORIGINAL TURKEY
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

99¢ /lb

TOMATOES ON THE VINE
2.5 lb

1.44 /lb

RED PRINCE
LARGE RED PRINCE APPLES
3.5 lb

GREAT PRICE!

4.88 /lb

LEAN
LEAN GROUND BEEF
VALUE PACK
10.5 lb

2.99 ea.

BOLTHOUSE FRESH
BABY CARROTS
MINI CARROTS COIFFES

2.99 ea.

haver
baby green leaf
pousses vertes

3.99 /lb

Irresistible
IRRESISTIBLE
SPIRAL SLICED HONEY HAM OR
SCHMIDT'S
SEMI BONELESS SMOKED HAM
8.5 lb

3.99 ea.

Irresistible
WILD BLUEBERRIES
BAVARIAN

4.99 ea.

Häagen-Dazs
vanilla almond
vanille amande

4.99 ea.

Lactantia
COUNTRY CHURNED
Butter
SALTED

3.99 ea.

Lactantia
PurFilter
2

4.44 ea.

OLD CHEDDAR
FORT

4.99 ea.

Lactantia
COUNTRY CHURNED
Butter
UNSALTED

4.99 ea.

Häagen-Dazs
vanilla almond
vanille amande

4.99 ea.

Lactantia
COUNTRY CHURNED
Butter
UNSALTED

4.99 ea.

Lactantia
COUNTRY CHURNED
Butter
UNSALTED

HOLIDAY
FESTIVE
FAVOURITES



2⁹⁹

/100 g

BRANDT VOLAUFSER COIL,
MEZCLADE, POLISH HAM, HONEY MAPLE HAM OR
SELECTION OF FLOURED HAM
200-250 g, 15 min



19⁹⁹

ea.



12⁹⁹

ea.

STORE MADE
CAPRESA
100 g, 10 min



1²⁵

ea.

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



3⁴⁹

ea.

WUFFLES CHIPS, DORITOS OR CHEETOS
SNACKS, TOSTITOS TORTILLA CHIPS
100 g, 10 min



250

points

15⁹⁹

ea.

NOTE: QUALITY STREET
CHOCOLATES
100 g, 10 min

\$2
back in
points



HOLIDAY ENTERTAINING

Irresistible
NEW
CHEESE STICKS
JALAPENO
POPPERS OR
SAUSAGE ROLLS
100% MEAT
100% DAIRY
100% BUTTER
100% EGGS
100% WHEAT
100% SUGAR
100% SALT
100% PEPPER
100% GARLIC
100% ONION
100% HERBS
100% SPICES
100% SEASONINGS
100% FLAVORS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS

5⁹⁹
ea.

Irresistible
MEATBALLS
100% MEAT
100% DAIRY
100% BUTTER
100% EGGS
100% WHEAT
100% SUGAR
100% SALT
100% PEPPER
100% GARLIC
100% ONION
100% HERBS
100% SPICES
100% SEASONINGS
100% FLAVORS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS

8⁹⁹
ea.

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE
100% MEAT
100% DAIRY
100% BUTTER
100% EGGS
100% WHEAT
100% SUGAR
100% SALT
100% PEPPER
100% GARLIC
100% ONION
100% HERBS
100% SPICES
100% SEASONINGS
100% FLAVORS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS

8⁹⁹
ea.

Irresistible
NEW
LUMPIAS
100% MEAT
100% DAIRY
100% BUTTER
100% EGGS
100% WHEAT
100% SUGAR
100% SALT
100% PEPPER
100% GARLIC
100% ONION
100% HERBS
100% SPICES
100% SEASONINGS
100% FLAVORS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS

5⁹⁹
ea.

Irresistible
COCONUT SHRIMP
100% MEAT
100% DAIRY
100% BUTTER
100% EGGS
100% WHEAT
100% SUGAR
100% SALT
100% PEPPER
100% GARLIC
100% ONION
100% HERBS
100% SPICES
100% SEASONINGS
100% FLAVORS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHRIMP RING
100% MEAT
100% DAIRY
100% BUTTER
100% EGGS
100% WHEAT
100% SUGAR
100% SALT
100% PEPPER
100% GARLIC
100% ONION
100% HERBS
100% SPICES
100% SEASONINGS
100% FLAVORS
100% TASTES
100% SMELLS
100% LOOKS
100% FEELS

10⁹⁹
ea.

\$ New Lower Prices

 SMOKED HAM OR BUTTERFLIED TURKEY PACK MADE WITH 100% PORK OR 100% TURKEY \$1 per pound*	35 cents  Ranger CHEDDAR DRESSING	 SMOKED HAM OR BUTTERFLIED TURKEY PACK MADE WITH 100% PORK OR 100% TURKEY	 Mix Match VEGETARIAN CHILI OR SPICY CALIFORNIA ROLLS
99¢ 125 points	79¢	69¢	70¢
MAKES 10 LBS OF SMOKED HAM OR BUTTERFLIED TURKEY	SMOOTH & CREAMY PERFECT FOR SALADS OR DRESSINGS	MAKES 10 LBS OF SMOKED HAM OR BUTTERFLIED TURKEY	VEGETARIAN CHILI OR SPICY CALIFORNIA ROLLS

[illegible]

ea.

nutra

ADVANCED PERSONAL CARE

\$4.99

ea.

Ziploc

ENERGIZER

100% SELECTION

\$4.99

ea.

Downy

7.1L

100% SELECTION

\$10.99

ea.

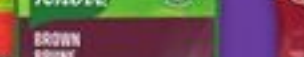
Tide

7.1L

100% SELECTION

\$10.99

i earn with **moi** rewards

 40¢ each 5.49 OREO® CAKESTERS® CHOCOLATE RASBERRY COOKIES OR CAKESTERS WITH RASBERRY LUST	 40¢ each 4.99 RITZ® TRISCUIT® CRACKERS ORIGINAL CRISPY FAMILY SIZE CRACKERS	 25¢ each 1.99 Knorr® BOUILLON BROTH OR GRAVIES BEEF OR CHICKEN SEASONED BOWLS	 50¢ each 5.99 Lays® HOSTESS® BALLS SIZE CRACKERS SOUR CREAM BUTTER SEASONED BOWLS
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[illegible]

**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 (12.5 FL. OZ.)
PRODUCT OF U.S.A.



3⁹⁹
/lb

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



4⁹⁹ **20**
ea. points

GREEN FRENCH BEANS
1 LB (454g)
PRODUCT OF U.S.A.



1⁹⁹
/lb

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



2⁹⁹
ea.

CRANBERRIES 100g
PRODUCT OF U.S.A.



4⁹⁹
ea.

JUMBO PINEAPPLES
1 PINEAPPLE (1000g)
PRODUCT OF U.S.A.



2⁴⁹
ea.

CARROTS OR
YELLOW ONIONS 1 lb
PRODUCT OF U.S.A.



99¢
/lb

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



4⁹⁹
ea.

LEMONS 1 lb
PRODUCT OF U.S.A.



8⁹⁹
/lb

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



2⁹⁹
/lb

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



3⁹⁹
ea.

LITTLE POTATO CO.
PRODUCT OF CANADA
6.50kg



9⁹⁹ **45**
ea. points

VANILLA PERSIMMONS
1 PERSIMMON (100g)
PRODUCT OF U.S.A.



13⁹⁹
ea.

POM WONDERFUL
POMEGRANATES
PRODUCT OF U.S.A.



3⁴⁹
ea.

ANGEL SWEET OR
ONE SWEET
CHERRY TOMATOES
20g
PRODUCT OF U.S.A.



3⁷⁹
ea.

BELLE GROVE
MUSHROOMS
100g
PRODUCT OF U.S.A.



7⁹⁹
ea.

MOYERS
CHOCOLATE
CARAMEL APPLE
100g



4⁹⁹
ea.

FRESH POMEGRANATE
ARILS 1 lb
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84kg



6⁰⁰
ea.

IRRESISTIBLE
FRESH HERBS 1 lb
PRODUCT OF U.S.A.



2⁹⁹
/lb

IRRESISTIBLE
ORGANIC HERBS
1 LB (454g)
PRODUCT OF U.S.A.



3²⁹
ea.

ORGANIC FULL
CRANBERRY OR
GALA APPLES
1 PINEAPPLE (1000g)
PRODUCT OF U.S.A.



4⁹⁹
ea.

ORGANIC
CAMPARI TOMATOES
100g
PRODUCT OF U.S.A.



6⁹⁹ **30**
ea. points

ORGANIC
SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

LARGE SALAD
1 LB (454g)
PRODUCT OF U.S.A.



13⁹⁹
ea.

NACHO PLATTER
100g
PRODUCT OF U.S.A.



14⁹⁹
ea.

HOLIDAY BLOOMS
1 PINEAPPLE (1000g)
PRODUCT OF U.S.A.



20⁰⁰
ea.

HOLIDAY BLOOMS
1 PINEAPPLE (1000g)
PRODUCT OF U.S.A.

***metro.ca* LIMITED-TIME OFFER**

Your
GO-TO for
unlimited deliveries.



COMES OUT TO

\$125

PER WEEK*

6 OR 12 MONTH PLAN

**SAME PRICES
& FLYER DEALS
AS IN-STORE**

Subscribe Now

*Certain conditions apply. Details on metro.ca

Our Butcher's Finest

SKINLESS

FRESH SKINLESS CHICKEN BREAST 12.99kg

3⁹⁹

/lb

100% CANADIAN ANGUS

PLATINUM GRILL ANGUS BONELESS FRESH BROWN ROAST OR VALLEY PORK STEAK 22.02kg

9⁹⁹

/lb

YORKSHIRE VALLEY FARM

ORGANIC FRESH WHOLE CHICKEN, CHICKEN DRUMSTICKS OR LEG QUARTERS 13.24kg

5⁹⁹

/lb

FRESH

FRESH PORK BACK RIBS HALF PACK 13.21kg

5⁹⁹

/lb

LEGACY

PEPPERONI CHICKEN PASTA 13.05kg

4⁹⁹

/lb

RED GRILL

WHOLE BEEF BRISKET VAC PACK 15.41kg

6⁹⁹

/lb

BUTTERBALL

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7⁹⁹

/lb

51

FRESH PORK BELLY 13.21kg

5⁹⁹

/lb

51

STARTED SHEET MINI PEPPERS ON MUSHROOMS VALUE PACK 13.21kg

5⁹⁹

/lb

250

RED GRILL WHOLE BEEF BRISKET VAC PACK 15.41kg

6⁹⁹

/lb

125

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7⁹⁹

/lb

50

FRESH PORK BELLY 13.21kg

5⁹⁹

/lb

50

STARTED SHEET MINI PEPPERS ON MUSHROOMS VALUE PACK 13.21kg

5⁹⁹

/lb

CHICKEN PASTA

CHICKEN PASTA 13.05kg

4⁹⁹

ea.

MAPLE LODGE

CHICKEN BACON OR ZARINA MALL 13.21kg

6⁹⁹

ea.

12⁹⁹

CHICKEN CHALLET ON MONTANA'S PORK BACK RIBS 13.21kg

12⁹⁹

ea.

21⁹⁹

VICENTINA ITALIAN STYLE PORCHETTA 13.21kg

21⁹⁹

ea.

2⁹⁹

KEESER'S FRESH HISH BROWNS 13.21kg

2⁹⁹

ea.

3⁹⁹

LEVERQUE PICNIC SHOKED PORK 8.00kg

3⁹⁹

/lb

7⁹⁹

LOU'S KITCHEN SMOKED HAM 13.21kg

7⁹⁹

ea.

9⁹⁹

MARC ANGELO FINE LEBB PORK SLOAN ROAST OR PILEL'S SMOKED HAM 13.21kg

9⁹⁹

ea.

5⁹⁹

MARK ANGELO THREE MEAT PIE 13.21kg

5⁹⁹

ea.

6⁹⁹

MARK ANGELO DINNERS SAGUAS 13.21kg

6⁹⁹

ea.

6⁹⁹

INVESTIBLE GORDA BOWLS, SPANISH PORK OR PASTA LASAGNA 13.21kg

6⁹⁹

ea.

7⁹⁹

BEYOND BOWLS 13.21kg

7⁹⁹

ea.

11⁹⁹

POLO PASTA LASAGNA 13.21kg

11⁹⁹

ea.

12⁹⁹

PRIME CHICKEN STRIPS 13.21kg

12⁹⁹

ea.

15⁹⁹

PINTY'S CHICKEN PASTA LASAGNA 13.21kg

15⁹⁹

ea.

15⁹⁹

INVESTIBLE MEAT LASAGNA 13.21kg

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**
100% WHOLE GRAIN
FLOUR



\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 10 1/2" x 9 1/2"
BUTTER VANILLA



\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
12 COOKIES PER BOX
SEASONAL FLAVORS



\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE** 11 1/2" x 9 1/2"
BUTTER VANILLA



\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
12 COOKIES PER BOX
SEASONAL FLAVORS



\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE** 11 1/2" x 9 1/2"
BUTTER VANILLA

 BROSCHE BIOCHÉ BREAD 5⁹⁹ ea.	 STONORE SUPREME PUFFIN PASTRY FLAT BREAD OR PIZZA FLOUR 3⁹⁹ - 3⁰⁰ ea. points	 5⁹⁹ ea. PIONEER WOMAN COUNTRY BREADS 100% WHOLE WHEAT	 3⁹⁹ ea. FRONT STREET BAKERY PUFFIN ROLLS 100% WHOLE WHEAT
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Deli Favourites



VALUE PICK

299 /100g



349 /100g



579 /100g



579 /100g



699 ea.



599 ea.



599 /100g



449 /100g



799 ea.



879 ea.



599 ea.



1149 ea.



1549 ea.



649 ea.



999 ea.



799 ea.



1549 ea.



1549 ea.



1549 ea.



1549 ea.



1299 ea.



399 ea.



599 ea.



599 ea.

cheesy holiday APPETIZERS

Impress your guests with our array of flavourful cheeses – perfect for platters & charcuterie boards.



4⁴⁹
/100g

**CASTELLO
TICKLER CHEDDAR**
DELI CBT, PRICES AS MARKED



649
/100g



299
/100g



4.99
/100 g

CASTELLO
DANISH FONTIN.



899
ea.



A close-up photograph of a block of Duinkerke butter and a wedge of cheese. The butter is in its original yellow paper packaging, which features the 'Duinkerke' logo and a small illustration of a cow. The cheese is a pale yellow, semi-hard variety, cut into a wedge shape. The background is dark and out of focus.



749



349
/100g



**BUY MORE
SAVE MORE!**



429 /100g



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.

Seafood



4.49 e.a.

FRESH SKINLESS ONTARIO TROUT PORTIONS (10 lb)



Foodland
FRESH



125 pieces

\$1 (includes poultry)



15.99 e.a.

DON CEDAR PLANKED SALMON
(400g, 100% CANADIAN)



99¢ e.a.

PACIFIC WHITE SHRIMP
FRESH ON PEEL (FRESH FROZEN, 10 lb)



3.99 e.a.

TRUE BLUE MARYLAND CRAB CAKES
(100% OF PEEL, FRESH FROZEN)



7.99 /lb

LOUIS KEMP SEA LESS SALMON
FRESH (100% CANADIAN)



7.99 e.a.

HOT SMOKED WILD KING SALMON
NUGGETS (10 lb)



30 points

NATURA LIA BAKED POLLOCK FILLETS
(100% CANADIAN)



BACCALA



15.99 e.a.

FRESH MALPEQUE STANDARD OYSTERS



17.00 e.a.

BENITO EXPRESS CRANCHY FAMILY PACK
SQUID, SALMON, CRAB, CHICKEN, BACON, SAUSAGE, VARIETY COOKIES
PACK (10 lb)

IRRESISTIBLE SMOKED ATLANTIC SALMON 100% SALMON 30 pounds 5⁹⁹ ea. IRRESISTIBLE SMOKED ATLANTIC SALMON 100% SALMON	IRRESISTIBLE WILD CAUGHT TUNA STEAKS 40 pounds 8⁹⁹ ea. IRRESISTIBLE WILD CAUGHT TUNA STEAKS	40 pounds 9⁹⁹ ea. IRRESISTIBLE WILD CAUGHT TUNA STEAKS	40 pounds 10⁹⁹ ea. IRRESISTIBLE WILD CAUGHT TUNA STEAKS
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PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	WALKER'S SHORTBREAD COOKIES SELECTED FLAVORS 4.99 ea.	NEW! IRRESISTIBLE MACARINES 17g SELECTED FLAVORS 1.99 ea.	OREO HOLIDAY COOKIES HOLIDAY COOKIES HOLIDAY COOKIES 2.22 ea.
MONTA VERDE PANETTONE 14oz. Imported Italy 5.99 ea.	Biscoff BISCUITS BISCUITS 3.99 ea.	m&m's M&M'S CHOCOLATE 17g SELECTED FLAVORS 5.99 ea.	Kinder SURPRISE EGGS 100% Cacao 6.99 ea.
WHITE CLAW HARD SELTZER 12oz. 0% ABV 9.49 ea.	PHILLIPS 4 IPA HAZY IPA 12oz. 4.2% ABV 8.49 ea.	GRÜVI NON-ALCOHOLIC BEER 12oz. 0% ABV 12.49 ea.	ALLEN'S APPLE SLICES & CREAMS 12oz. 0% ABV 3.99 ea.
STARBUCKS COFFEE 12oz. 0% ABV 7.99 ea.	TAZO TEA 12oz. 0% ABV 4.99 ea.	Beatrice BUTTER MILK 12oz. 0% ABV 20 points	On the Border SALSA 12oz. 0% ABV 3.49 ea.





2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each 3 per \$12.99



3/4.98
each 3 per \$12.99



2.49
ea.



2.49
ea.



2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each 3 per \$12.99



3/4.98
each 3 per \$12.99



2.49
ea.



2.49
ea.



2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each 3 per \$12.99



3/4.98
each 3 per \$12.99



2.49
ea.



2.49
ea.



2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each 3 per \$12.99



3/4.98
each 3 per \$12.99



2.49
ea.



2.49
ea.



2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each 3 per \$12.99



3/4.98
each 3 per \$12.99



2.49
ea.



2.49
ea.



5.00
ea.



15.00
ea.



15.00
ea.



14.99
ea.



49.99
ea.



49.99
ea.



49.99
ea.



49.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.

Set up your holiday table with snacks, toppings & assorted beverages.

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



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

More Great Savings



2.79
ea.
PRIMO PASTA
100% MEAT, SELECTED VARIETIES



6.99
ea.
STEFANO PASTA
PASTA SAUCE 100% MEAT
SELECTED VARIETIES



2.99
ea.
ITALPASTA LASAGNE
175g



5.49
ea.
SOMETHING SPECIAL TOP
SPREAD & MARINADE 100g



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN CORN FLAKES



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN CORN FLAKES



8.99
ea.
KRAFT
PARMESAN
CHEESE 100g



3.99
ea.
KASHI
GRANOLA BARS 100g



5.79
ea.
LACTANTIA ULTRA PURE MILK
1.5L



5.79
ea.
LACTANTIA ULTRA PURE MILK
1.5L



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 1.5L



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 1.5L



7.99
ea.
TRACKLEMENTS
CONDIMENT 200g



7.99
ea.
TRACKLEMENTS
CONDIMENT 200g



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100g



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100g



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100g



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100g



6.99
ea.
DORITOS
SWEET OR SALT 100g



6.99
ea.
DORITOS
SWEET OR SALT 100g



6.99
ea.
DORITOS
SWEET OR SALT 100g



6.99
ea.
DORITOS
SWEET OR SALT 100g



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



10.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



9.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



9.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



9.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



9.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



13.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



13.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



13.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



13.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



6.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



6.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



6.00
ea.
INVESTIBLE
FROZEN FRUIT
100g



6.00
ea.
INVESTIBLE
FROZEN FRUIT
100g

**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

Organic

MARINATA
PEANUT BUTTER
100% PEANUT BUTTER
SELECTED VARIETIES

8⁹⁹
ea.

MARINATA
Peanut Butter
SELECTED VARIETIES

3⁹⁹
ea.

FARMER'S MARKET
CANNED
VEGETABLES
SELECTED VARIETIES

4⁴⁹
ea.

ORGANIC
Green Tea
SELECTED VARIETIES

8⁴⁹
ea.

GO BIO
BOUILLON CUBES
SELECTED VARIETIES

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED VARIETIES

14⁴⁹
ea.

MANITOBA HARVEST
HEMP HEARTS
SELECTED VARIETIES

10⁹⁹
ea.

Gluten-Free

ROSE
MONSIEUR
SELECTED VARIETIES

3⁹⁹
ea.

CRETORS
POPCORN
SELECTED VARIETIES

4⁹⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED VARIETIES

2⁴⁹
ea.

TRY NEW
MIGHTY PROTEIN
SELECTED VARIETIES

5⁴⁹
ea.

GENERAL MILLS
CHEX CEREAL
SELECTED VARIETIES

5⁴⁹
ea.

VIOLIFE
CHEESE
SELECTED VARIETIES

6⁴⁹
ea.

Household Helpers

15
POUR
SCOTTIES
FACIAL TISSUES
SELECTED VARIETIES

2⁴⁹
ea.

LOW
EVERY DAY
SELECTION
COMPOSTABLE NAPKINS
SELECTED VARIETIES

3⁹⁹
ea.

BUY MORE
SAVE MORE!
2 for
20⁰⁰
each
CLADE 3 WICK
CANDLES OR
OIL LAMP FRESHENER
DETAILS
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

*with greeting card coupon

carlton cards

DAWN
DISH OR CASCADE
DISH DETERGENT
SELECTED VARIETIES

10⁹⁹
ea.

SELECTION
WINDFIELDED
WASHING FLUID
SELECTED VARIETIES

15⁹⁹
ea.

Pet

BUY MORE
SAVE MORE!
2 for
5⁰⁰
each
PROCKES
PARTY MIX CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

15
POUR
TUMPAHANS
CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

[illegible]

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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

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at [krafthomeshares.com](#)

5⁴⁹

KRAFT PURE BUTTER
500 g
SELECTED VARIETIES

4⁹⁹

KRAFT PURE DRESSING
250 ml
SELECTED VARIETIES

2⁹⁹

GARDEN OF EATIN'
PASTA SAUCE
600 ml
SELECTED VARIETIES

3⁹⁹

SHAKE 'N BAKE
COATING MIX
140 g
SELECTED VARIETIES

25
points

4⁹⁹

PHILIPSIPS
DIPS
220 g
SELECTED VARIETIES

4⁹⁹

BAKERS CHOCOLATE
100 g
SELECTED VARIETIES

1²⁵

JELL-O JELLY POWDER
3.5 oz
SELECTED VARIETIES

10⁹⁹

NABORS OR TASSIMO
COFFEE CAPSULE
8.17 oz
SELECTED VARIETIES

3⁴⁹

TOWN HOUSE
OR CHEEZ-IT
CRACKERS
SELECTED VARIETIES

2⁹⁹

CHEEZ-IT
FAMILY SIZE
SELECTED VARIETIES

2⁹⁹

PRINGLES CHIPS
SELECTED VARIETIES

2⁹⁹

NUTRI-GRAIN
KIDS KRIBSIES
SELECTED VARIETIES

8⁹⁹

GAIN DETERGENT OR
FABRIC SOFTENERS
SELECTED VARIETIES

8⁹⁹

GAIN SCENT BOOSTERS OR
DRYER SHEETS
SELECTED VARIETIES

15⁴⁹

FERTIZE OIL
REFILLS
SELECTED VARIETIES

9⁹⁹

FERTIZE PLUG
DIFFUSER

5⁹⁹

HEAD & SHOULDERS
HAIR CARE
125-150 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
17-66
SELECTED VARIETIES

3⁹⁹

CREST
TOOTHPASTE
43-120 ml
SELECTED VARIETIES

6⁹⁹

ORAL-B
ORAL CARE
SELECTED VARIETIES