

VERSION 1

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (WASHO)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (CALIF.)

199

ea. or /lb

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (CALIF.)

WILD WONDERS

PRODUCT OF U.S.A. (CALIF.)

199

ea.

SNACKING TOMATOES 1/2c

PRODUCT OF U.S.A. (CALIF.)

SPANISH ONIONS 1/2c

PRODUCT OF U.S.A. (CALIF.)

99¢

/lb

SWEET POTATOES 1/2c

PRODUCT OF U.S.A. (CALIF.)

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.



CRISCO ALL VEGEtable
SHORTENING OR
SALE BRAND
UNUSURROGATED MIX
1 kg (2 lb 4 oz) tubs

349 ea.



ROBIN HOOD,
FIVE ROSES OR
MANARCA FLOUR
5 kg (11 lb 2 oz) bags

399 ea.



SELECTION
CHOCOLATE CHIPS OR
BARKS & CHOCOLATE
200 g (7 oz) bags

399 ea.



IRRESISTIBLE WALNUT
HALVES & PIECES
1 kg (2 lb 4 oz) bags

14.99 ea.

750 g



\$ 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 1% OR
BUTTER
1L



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 OR
DEL MONTE
BEVERAGE
10oz



4⁹⁹
ea.
CHEX CEREAL OR
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
10oz



3⁴⁹
ea.
BEN'S ORIGINAL
RICE
10oz



4⁹⁹
ea.
KETCHUP
10oz



5⁹⁹
ea.
SCOPE MOUTHWASH
10oz



2⁹⁹
ea.
ALCAN DISH SOAP
10oz



8⁹⁹
ea.
ROYALE PAPER TOWELS
10oz



8⁹⁹
ea.
TIDE DETERGENT
10oz

I earn with mol rewards

LAYS FAMILY SIZE
CRACKERS
35
3⁹⁹
ea.

40
5⁴⁹
ea.
CRACKERS
10oz

40
4⁹⁹
ea.
CRACKERS
10oz

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

YOUR CHOICE 11⁹⁹
ea.



10" X LARGE
PEPPERONI
PIZZA
12oz



STOCK-MADE
CARAMELS
10oz



FRESH & CO
20 CHICKEN BITES
10oz



ASSORTED CALIFORNIA COMBO OR
CALIFORNIA ROLL ASSORTED
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 1-800-361-2626
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



**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**

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
CARMINI
MICROHONEY 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
KIWIS 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
CLEMENTINES 100%
PRODUCT OF U.S.A. & CANADA

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

2⁹⁹
ea.
CRANBERRIES 100%
PRODUCT OF U.S.A.

4⁹⁹
ea.
JUMBO PINEAPPLES
100% PRODUCT OF U.S.A. & CANADA

3⁴⁹
/lb
BRUSSELS SPROUTS
100% PRODUCT OF U.S.A. & CANADA

5⁹⁹
ea.
CHICKPEAS 100%
PRODUCT OF U.S.A. & CANADA

9⁹⁹
ea.
VANILLA
PERSIMMONS
100% PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
LARGE POMEGRANATES
100% PRODUCT OF U.S.A.

4⁴⁹
ea.
GOOD LEAF BLEND
100% PRODUCT OF U.S.A. & CANADA

4⁴⁹
ea.
GOOD LEAF SPINACH
100% PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
GOOD LEAF CARAMEL
APPLES 100% PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
VANILLA CARAMEL
APPLES 100% PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
WILD HONEY
WILD PEPPERS
100% PRODUCT OF U.S.A. & CANADA

1⁹⁹
ea.
BIG MOUNTAIN
FLAX SEED ROAST
100% PRODUCT OF U.S.A. & CANADA

5⁹⁹
/lb
JUMBO CHESTNUTS
100% PRODUCT OF U.S.A. & CANADA

7⁹⁹
ea.
MOYERS
CHOCOLATE
CARAMEL APPLES 100%
PRODUCT OF U.S.A. & CANADA

Organic

ORGANIC GREEN CABBAGE
 169¢/lb
 25¢ ea.

LITTLE POTATOES
 349¢ ea.
 25¢ ea.

BABY CARROTS
 1299¢ ea.
 15¢ ea.

ORGANIC SPINACH
 1299¢ ea.
 15¢ ea.

Flax + Ginger
 1299¢ ea.

Immunity Pack
 1299¢ ea.

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
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
ASSORTED FLOWERS
WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

**DIY BERRY
FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
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ASSORTED FLOWERS
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AND RED BERRIES

38⁹⁹
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FLOWER FEATURE**
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SALAD

50
pieces

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PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
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40⁰⁰
ea.

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AND RED BERRIES

38⁹⁹
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AND 1/2 CUP OF BERRY
SALAD

50
pieces

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PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

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AND RED BERRIES

38⁹⁹
ea.

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FLOWER FEATURE**
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AND 1/2 CUP OF BERRY
SALAD

50
pieces

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PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

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38⁹⁹
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SALAD

50
pieces

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PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

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38⁹⁹
ea.

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FLOWER FEATURE**
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AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

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WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

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FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
ASSORTED FLOWERS
WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

**DIY BERRY
FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
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ASSORTED FLOWERS
WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

**DIY BERRY
FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
ASSORTED FLOWERS
WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

**DIY BERRY
FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
ASSORTED FLOWERS
WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

**DIY BERRY
FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

40⁰⁰
ea.

**CHRISTMAS
MACE BOUQUET**
ASSORTED FLOWERS
WITH WHITE
AND RED BERRIES

38⁹⁹
ea.

**DIY BERRY
FLOWER FEATURE**
WITH BERRY
AND CUCUMBER
AND 1/2 CUP OF BERRY
SALAD

50
pieces

**SMALL BERRY
YOGURT
PINEAPPLE
TART WITH TOPPING
NACHO PLATTER** 10oz.

13⁹⁹
ea.

Holiday Blooms



40⁰⁰
ea.

**CHRISTMAS
MAGIC BOUNTY**
ASSORTED FLORAL
AND GREENS



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
WITH WHITE AND
RED PINK PINKETTES
AND GREENS



40⁰⁰
ea.

**ANTHURIUM
5" GAL POT
WITH GREENS**



19⁹⁹
ea.

**ANTHURIUM
5" GAL POT
WITH GREENS**



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
WITH WHITE AND
RED PINK PINKETTES
AND GREENS



5⁹⁹
ea.

**PINKETTES
2 1/2" GAL. HANGING POT
WITH GREENS**



19⁹⁹
ea.

**ANTHURIUM
5" GAL POT
WITH GREENS**



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
WITH WHITE AND
RED PINK PINKETTES
AND GREENS



5⁹⁹
ea.

**PINKETTES
2 1/2" GAL. HANGING POT
WITH GREENS**

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 BEEF
26.43kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS
BLADE ROAST
100% CANADIAN ANGUS BEEF
26.43kg

11⁹⁹
/lb

**CUT FROM
100%
CANADIAN
AAA ANGUS BEEF**

PLATINUM GRILL ANGUS
PORK LOIN ROAST
100% CANADIAN PORK
13.21kg

7⁹⁹
/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**

BREADED CHICKEN BREAST CUTLETS VALUE PACK
13.21kg

5⁹⁹
/lb

**50
points**

BREADED PORK LOIN CUTLETS VALUE PACK
8.80kg

3⁹⁹
/lb

**125
points**

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.20kg

4⁹⁹
/lb

8⁹⁹
/lb

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

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CANADIAN
RED WINGS
11.20kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
11.20kg

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



MINT'S SUMMER ROLLS
100-125g

4.49 ea. **250** points



MINT'S SUMMER ROLLS
100-125g

4.49 ea. **250** points



FURLANI TEXAS TOAST
100-125g

5.49 ea. **250** points



FURLANI TEXAS TOAST
100-125g

5.49 ea. **250** points



JAMONCA ALMOND CRUNCH CAKE
100-125g

3.19 ea. **250** points



JAMONCA ALMOND CRUNCH CAKE
100-125g

3.19 ea. **250** points



SELECTION SUPER MOIST CAKES
100-125g

7.49 ea. **250** points



SELECTION SUPER MOIST CAKES
100-125g

7.49 ea. **250** points



IRRESISTIBLE BUTTER TARTS
100-125g

6.99 ea. **250** points



IRRESISTIBLE BUTTER TARTS
100-125g

6.99 ea. **250** points

Deli Favourites



MAPLE LOAF
100g

2.99 ea. **250** points



MASTRO ROSEMARY OR TUSCANY HAM
100g

2.99 ea. **250** points



PRESIDENT BEEF OR OLD COUNTRY EXTRA MATURE WHITE CHEDDAR
100g

3.99 ea. **250** points



PRESIDENT BEEF OR OLD COUNTRY EXTRA MATURE WHITE CHEDDAR
100g

3.99 ea. **250** points



LE GRUYÈRE SWISS CHEESE
100g

5.99 ea. **250** points



LE GRUYÈRE SWISS CHEESE
100g

5.99 ea. **250** points



IRRESISTIBLE ENTENM DRY SAUSAGE
100g

8.99 ea. **250** points



IRRESISTIBLE ENTENM DRY SAUSAGE
100g

8.99 ea. **250** points



BELLA CASARA BURRATA CHEESE
100g

3.99 ea. **250** points



BELLA CASARA BURRATA CHEESE
100g

3.99 ea. **250** points



PARMIGIANO REGGIANO AGED 24 MONTHS
100g

3.49 ea. **250** points



PARMIGIANO REGGIANO AGED 24 MONTHS
100g

3.49 ea. **250** points



MAPLE LEAF NATURAL SELECTIONS OR SCHMEERS SLICED DELI
100g

8.49 ea. **250** points



MAPLE LEAF NATURAL SELECTIONS OR SCHMEERS SLICED DELI
100g

8.49 ea. **250** points



PRESIDENT OR BALLBROOK SPREADABLE CHEESE
100g

7.99 ea. **250** points



PRESIDENT OR BALLBROOK SPREADABLE CHEESE
100g

7.99 ea. **250** points



KERRYGOLD 2 YEAR AGED CHEDDAR CHEESE
100g

9.49 ea. **250** points



KERRYGOLD 2 YEAR AGED CHEDDAR CHEESE
100g

9.49 ea. **250** points



SWISS CHALET POT PIE
100g

8.99 ea. **250** points



SWISS CHALET POT PIE
100g

8.99 ea. **250** points



RANA BANQUET
100g

7.49 ea. **250** points



RANA BANQUET
100g

7.49 ea. **250** points



SUMMER FRESH HUMMUS OR DIPS
100g

8.00 ea. **250** points



SUMMER FRESH HUMMUS OR DIPS
100g

8.00 ea. **250** points

Seafood

12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LB/1130g

12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/680g

12⁹⁹
ea.

**CHOICE
OYSTERS**
SELECTION VARIETIES

7⁹⁹
ea.

**LA ROCHESTERIE
SMOKED STEAMED
SALMON**
FRESH, 1.5 LB/680g

9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.0 LB/900g

12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL
TUNA STEAKS**
FRESH, 1.5 LB/680g

3⁹⁹
ea.

**OCEAN JEWEL
WHOLE
WILDCOD STEAMED
SEA BASS**
FRESH, 2.5 LB/1130g

12⁵⁰
ea.

**ADMIRAL
SNOW CRAB
CLOVES**
FRESH, 1.5 LB/680g

3⁹⁹
ea.

**LOBSTER MEAT
CHAI DE HOMARD**
FRESH, 2.5 LB/1130g

18⁹⁹
ea.

**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 2.5 LB/1130g

30 pounds 2⁹⁹ e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8⁹⁹ e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9⁹⁹ e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12⁹⁹ e.s. WIREMESH BREADED POPCORN SHIMP SPECIALLY PREPARED PASTA, 100%
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Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
 200g, 5.07oz (18.25oz)
 RICE KRISPIES
 200g, 7.05oz (24.6oz)
 FROSTIES
 200g, 7.05oz (24.6oz)

6.99
ea.

NATREL
 NATURAL ORGANIC COFFEE CREAM
 100% ORGANIC COFFEE CREAM
 LACTOSE FREE
 200g, 7.05oz (24.6oz)

6.99
ea.

NATREL
 NATURAL ORGANIC COFFEE FREE MILK
 100% ORGANIC COFFEE FREE MILK
 LACTOSE FREE
 200g, 7.05oz (24.6oz)

6.49
ea.

COMF

*Offer valid on the purchase of 1 box of each cereal, 1 box of Natrel Natural Organic Coffee Cream and 1 carton of Natrel Natural Organic Coffee Free Milk. Offer ends 12/31/2019. See store for details. ©2019 Kellogg Co. All rights reserved.

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.



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



NATIVE DEODORANT
100g (3.5oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ ea.



GLYSOMED HAND CREAM
100g (3.5oz)
4⁴⁹ 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 WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% 100% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 IRRESISTIBLE DRESSING 100% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION SALSA 100% 100% SELECTED VEGETABLES NOW  \$4.49	 LIFE CHANGING NATURAL TOMATO CHIPS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION SLICED CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99

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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**

Non-GMO

Nature's Butts
Almond Butter
100g
SELECTED VARIETIES

14⁹⁹
ea.

Organic Meadow
Cream Cheese 20g
SELECTED VARIETIES

6⁹⁹
ea.

Celestial
Tea 100g
SELECTED VARIETIES

5⁴⁹
ea.

Life Smart
Lentils
SELECTED VARIETIES

1⁹⁹
ea.

Imagine
Oat
SELECTED VARIETIES

6⁴⁹
ea.

Life Smart
Maple Syrup 100g
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

Zazirean
Chocolate 100g
SELECTED VARIETIES

4⁹⁹
ea.

Earth Balance
Spread 40g
SELECTED VARIETIES

7⁴⁹
ea.

Greenhouse
Creamer 100g
SELECTED VARIETIES

6⁴⁹
ea.

Made Good
Granola Bars 100g
SELECTED VARIETIES

4⁴⁹
ea.

Crofters
Jam 100g
SELECTED VARIETIES

5⁹⁹
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.

Pampers
Baby Wipes 100g
SELECTED VARIETIES

10⁴⁹
ea.

Axe
Deodorant 100g
SELECTED VARIETIES

6⁹⁹
ea.

Live Clean
Body Wash 100g
SELECTED VARIETIES

8⁹⁹
ea.

U
Beauty
100g
SELECTED VARIETIES

5⁹⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

LYSOL
Cleaners 100g
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

LYSOL
Cleaners 100g
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

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

25 pieces
4.99 ea.

MILK-BONE
DOG TREATS
25.5 OZ. (726g)

15 pieces
2.49 ea.

MILK-BONE
SOFT & CHEWY
25.5 OZ. (726g)

6.99 ea.

COOKIE PAL
DOG TREATS
25.5 OZ. (726g)

8.49 ea.

CAFEON FARMS
DOG TREATS
25.5 OZ. (726g)

Top picks from SANTA CLAWS

Stuff the stockings of your furry besties with their fave tasty treats.

4/5 stars
5 ea.

BUY MORE!
SAVE MORE!

4/5 stars
5 ea.

7.99 ea.

DOG TREATS
25.5 OZ. (726g)

45 pieces
8.99 ea.

COMFORT CHEWY
MILK-BONE
25.5 OZ. (726g)

2/5 stars
18 ea.

BUY MORE!
SAVE MORE!

2/5 stars
18 ea.

2/5 stars
18 ea.

BUY MORE!
SAVE MORE!

2/5 stars
18 ea.

2/5 stars
18 ea.

BUY MORE!
SAVE MORE!

2/5 stars
18 ea.

6.99 ea.

BLUE BUFFALO
BITS
25.5 OZ. (726g)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
25.5 OZ. (726g)

13.49 ea.

GOLDEN FUR
DOG TREATS
25.5 OZ. (726g)

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
25.5 OZ. (726g)

14.49 ea.

VITALITE
DOG TREATS
25.5 OZ. (726g)

50 pieces
10.99 ea.

NATURE'S RECIPE
MIXED DOG TREATS
25.5 OZ. (726g)

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
25.5 OZ. (726g)

5 ea.
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
25.5 OZ. (726g)

65 pieces
20.49 ea.

CEsar
WET DOG FOOD
25.5 OZ. (726g)

5/5 stars
5 ea.
1.49 ea.

BUY MORE!
SAVE MORE!

5/5 stars
5 ea.

18.99 ea.

IAMS
WET DOG FOOD
25.5 OZ. (726g)



We take pride in sourcing locally from the
Northern Ontario Region.

**NORTH COUNTRY
PEPPERETTES**
454 g
SELECTED VARIETIES

8⁴⁹
ea.



**LEADBETTERS
WOOD FIRED BACON**
375 g
SELECTED VARIETIES

5⁹⁹
ea.



**HUBBERT'S
MAPLE SYRUP**
500 ml
SELECTED VARIETIES

10⁹⁹
ea.



**QUINTA
QUINOA**
400 g

6⁹⁹
ea.



**SAUGEEN COUNTRY
DAIRY**
908 g
SELECTED VARIETIES

5⁹⁹
ea.



**CRAZY GOOD
SPICES**
28 - 90 g
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



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



BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

8⁹⁹
ea.
100% pure and
unpasteurized



MAPLE LEAF
MAIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

SIMPLE INGREDIENTS.
A WORLD OF FLAVOUR.

NO ARTIFICIAL
PRESERVATIVES

NO ARTIFICIAL
FLAVOURS

NO ARTIFICIAL
COLOURS



3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES



PILLSBURY
COOKIE DOUGH
250-350g
SELECTED VARIETIES



BETTY CROCKER
SUPER MOIST
CAKE MIX
250-400g
SELECTED VARIETIES



4⁹⁹
ea.
CHEX CEREAL
240-360g
SELECTED VARIETIES



3⁴⁹
ea.
SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-360g
SELECTED VARIETIES



NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES



SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES



JIF
PEANUT BUTTER
240g
SELECTED VARIETIES



J&PB
TRY IT FOR
THE FIRST
TIME.
ONLY WITH



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