

VERSION 1

Your

GO-TO

for festive feasts.

CANADIAN AND PROUD



199

ea.

RASPBERRIES 1lb
BLACKBERRIES 1lb
BLACKBERRIES 1lb



BEST PRICE

IN YEARS

149

/lb

FROZEN BUTTERBALL
ORIGINS & TURKEY
RAISED WITHOUT
antibiotics
ÉLEVÉ SANS antibiotiques



99¢

/lb

TOMATOES ON THE VINE
2.5lb



GREAT PRICE!

488

/lb

LEAN
GROUND BEEF
VALUE PACK
7lb 700g



144

/lb

RED PRINCE
LARGE RED PRINCE APPLES
3.5lb



GREAT PRICE!

299

/lb

FRESH SPLIT
CHICKEN BREAST
6.5lb



299

ea.

BOLTHOUSE
FRESH
BABY CARROTS
MINI CARROTS COIFFES



299

ea.

haver
GREEN LEAFY
VEGETABLES
POUSSES VERTES



399

ea.

INEVITABLE
WILD BLUEBERRIES
BAVAYAGES



399

ea.

LACTANTIA
PURIFIT MILK
TROPICANA OR PURE LEAF JUICE OR DRINKS



499

ea.

HÄAGEN-DAZS
ICE CREAM OR DRINKSTICK
VANILLA Caramel



499

ea.

LACTANTIA
BUTTER
COUNTRY CHURNED
UNSALTED

HOLIDAY
FESTIVE
FAVOURITES



2⁹⁹

/100 g

BRANDT VOLAUFSER COIL,
MEZELERIE, POLSKA HAM, HONEY MAPLE HAM OR
SELECTION OF FLOURED HAM
200-250 g, 10-12% fat



19⁹⁹

ea.



12⁹⁹

ea.

STORE MADE
CAPRESA
100 g, 10-12% fat



1²⁵

ea.

STOVE TOP STUFFING, FRANCO-AMERICAN OR
CLASSIC PRODUCE GRavy
100 g, 10-12% fat



3⁴⁹

ea.

WUFFLES CHIPS, DORITOS OR CHEETOS
SALADS, TOSTITOS TORTILLA CHIPS
100 g, 10-12% fat



250

points

15⁹⁹

ea.

QUALITY STREET
CHOCOLATES
100 g, 10-12% fat

\$2
back in
points



HOLIDAY ENTERTAINING

Irresistible
CHEESE STICKS
JALAPENO
POPPERS OR
SAUSAGE ROLLS
100% MEAT
NEW

5⁹⁹
ea.

Irresistible
MEATBALLS
100% MEAT
NEW

8⁹⁹
ea.

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE
NEW

8⁹⁹
ea.

Irresistible
CANNIBY BITE
GOURMET SAUSAGES OR
PASTY PARTY PACK
NEW

5⁹⁹
ea.

Irresistible
COCONUT SHIMP
TARTARUS SHIMP
NEW

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHIMP RING
NEW

125
points

10⁹⁹
ea.

\$ New Lower Prices



2 for \$7.00
D'ITALIANO BREAD, ROLLS OR BUNS
SELECTED BRANDS
OR 3 LBS.



\$2.00
Doritos Baked Beans
15.5 oz.



\$2.00
Doritos Baked Beans
15.5 oz.



11.99
FRESH 2 GO CHICKEN WINGS OR PIZZA
SELECTED BRANDS
OR 12.5 LBS.



9.99
MAPLE LEAF OR SCHWEITZER SMOKED HAM
SELECTED BRANDS
OR 12.5 LBS.



125 points
BUTTERBALL TURKEY HAM
SELECTED BRANDS
OR 12.5 LBS.



35 points
KEWEENAW CHEESE DRESSING
SELECTED BRANDS
OR 12.5 LBS.



6.99
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



7.00
MIX MATCH VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS
SELECTED BRANDS
OR 12.5 LBS.



4.49
ACTIVIA YOGURT
SELECTED BRANDS
OR 12.5 LBS.



4.49
ACTIVIA YOGURT
SELECTED BRANDS
OR 12.5 LBS.



3.49
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



7.99
NESCAFE OR TASTER'S CHOICE
SELECTED BRANDS
OR 12.5 LBS.



3.99
FIVE ALIVE DRINK OR PURE CIDER TEA
SELECTED BRANDS
OR 12.5 LBS.



250 points
FIVE ALIVE DRINK OR PURE CIDER TEA
SELECTED BRANDS
OR 12.5 LBS.



1.99
PILLSBURY CRESCENTS
SELECTED BRANDS
OR 12.5 LBS.



125 points
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



6.49
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



3.99
CELEBRATION COOKIES
SELECTED BRANDS
OR 12.5 LBS.



3.99
CELEBRATION COOKIES
SELECTED BRANDS
OR 12.5 LBS.



11.99
CORONA BEER
SELECTED BRANDS
OR 12.5 LBS.



11.99
CORONA BEER
SELECTED BRANDS
OR 12.5 LBS.



7.99
MALIBU WATER OR POWDERED NON-ALCOHOLIC DRINK
SELECTED BRANDS
OR 12.5 LBS.



1.79
Ben's Original Pasta Sauce
SELECTED BRANDS
OR 12.5 LBS.



1.79
Ben's Original Pasta Sauce
SELECTED BRANDS
OR 12.5 LBS.



3.99
QUE PASA KETTLE CHIPS OR ANGIE'S POPCORN
SELECTED BRANDS
OR 12.5 LBS.



3.99
QUE PASA KETTLE CHIPS OR ANGIE'S POPCORN
SELECTED BRANDS
OR 12.5 LBS.



12.99
FENDRO'S BACHELORS, LIMY OR MERCI CHOCOLATE
SELECTED BRANDS
OR 12.5 LBS.



5.49
AXE OR NIVEA PERSONAL CARE
SELECTED BRANDS
OR 12.5 LBS.



5.49
AXE OR NIVEA PERSONAL CARE
SELECTED BRANDS
OR 12.5 LBS.



4.49
ZIPLOC GARBAGE BAGS OR ENVELOPES
SELECTED BRANDS
OR 12.5 LBS.



4.49
ZIPLOC GARBAGE BAGS OR ENVELOPES
SELECTED BRANDS
OR 12.5 LBS.



10.99
TIDE SIMPLY DOWNY SOFTENERS, BOUNCE OR CHARMIN
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



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SELECTED BRANDS
OR 12.5 LBS.



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OR 12.5 LBS.



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OR 12.5 LBS.



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SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.

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**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
PINT (275g)
PRODUCT OF U.S.A.



3⁹⁹
/lb

EXTRA LARGE RED OR GREEN SEEDLESS GRAPES
8.80kg



4⁹⁹ **20**
ea. points

GREEN FRENCH BEANS
100% VEGETARIAN
PRODUCT OF U.S.A.



1⁹⁹
/lb

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



3⁹⁹
ea.

JUMBO PINEAPPLES
CROWNED
CROWNED PINEAPPLES
100g



2⁹⁹
ea.

CRANBERRIES
1kg



2⁴⁹
ea.

CARROTS OR YELLOW ONIONS
2.50kg



99¢
/lb

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



4⁹⁹
ea.

LEMONS
1kg



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
1kg



13⁹⁹
ea.

POM WONDERFUL POMEGRANATES
PRODUCT OF U.S.A.



3⁴⁹
ea.

ANGEL SWEET OR ONE SWEET CHERRY TOMATOES
20g



3⁷⁹
ea.

BELLE GROVE MUSHROOMS
PRODUCT OF U.S.A.



7⁹⁹
ea.

MOYERS CHOCOLATE CARAMEL APPLE
100g



4⁹⁹
ea.

FRESH POMEGRANATE ARILS
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84kg



6⁰⁰
ea.

IRRESISTIBLE FRESH HERBS
100g



2⁹⁹
/lb

IRRESISTIBLE ORGANIC HERBS
100g



3²⁹
ea.

ORGANIC FULL CRANBERRY OR GALA APPLES
PRODUCT OF U.S.A.



4⁹⁹
ea.

ORGANIC CAMPARI TOMATOES
100g



6⁹⁹ **30**
ea. points

ORGANIC SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

SALAD DIPS
LARGE SALADS
SMALL FRUIT TRAY



13⁹⁹
ea.

NACHOS PLATTER
BEANS, CHEESE, TOMATOES, PUMPKIN SEEDS, SALAD WITH DRESSING



14⁹⁹
ea.

POINSETTIA
10" H x 10" W



20⁰⁰
ea.

POINSETTIA
12" H x 12" W

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

Your
GO-TO for
unlimited deliveries.



Subscribe Now

COMES OUT TO

\$125

PER WEEK*

6 OR 12 MONTH PLAN

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

*Certain conditions apply. Details on 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** 100g
BUTTER VANILLA

**COPPERBATH
SPICE COOKIES**

5⁹⁹
ea.

**CREATE & TREAT
READY ASSEMBLED
COOKIE KIT** 400g

13⁹⁹
ea.

75
points

5⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
SUGAR VANILLA
SUGAR VANILLA

\$2
back in
corner

250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE** 110g

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE** 100g
BUTTER VANILLA

</

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

 VALUE PICK 299 /100 g	 349 /100 g	 579 /100 g	 579 /100 g
 699 ea.	 599 ea.	 599 /100 g	 449 /100 g
 799 ea.	 879 ea.	 599 ea.	 1149 ea.
 1549 ea.	 649 ea.	 999 ea.	 799 ea.
 LIMITED TIME 1299 ea.	 699 ea.	 399 ea.	 599 ea.

cheesy holiday APPETIZERS

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



Seafood

4.49 ea.

FRESH WILDCATCH ATLANTIC SALMON FILLETS 10lb

Foodland
fresh

125 points

\$1 back in points

15.99 ea.

DOM CEDAR PLANKED SALMON 4lb. (12oz. portions)

9.99 ea.

PACIFIC WHITE SHRIMP 10lb

3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES 1lb

7.99 /lb

LEXUS KEMP SEA LANES SALMON 10lb (12oz. portions)

7.99 ea.

HOT SMOOKED WILD PINK SALMON 10lb

30 points

NaturaLia

Biscuits or Falafel Patties 10lb

BACCALA

CHILESA BONED SALTED COD 10lb

or lb

15.99 ea.

FRESH MALPELLO STANDARD OYSTERS 10lb

17.00 ea.

BENTO EXPRESS CRISPY FAMILY PACK 10lb

IRRESISTIBLE SMOKED ATLANTIC SALMON 100% PURE 30 pieces 5⁹⁹ ea. ATLANTIC SALMON SMOKED ATLANTIC SALMON 100% PURE	IRRESISTIBLE WILD CAUGHT TUNA STEAKS 100% PURE 40 pieces 8⁹⁹ ea. Irresistible TUNA STEAKS 100% PURE	IRRESISTIBLE SHAYDOW MARLEY BLEND IN A MEE 100% PURE 40 pieces 9⁹⁹ ea. Irresistible SHAYDOW MARLEY BLEND IN A MEE 100% PURE	IRRESISTIBLE VALERIE'S BRAND CRISPY CHICKEN 100% PURE 40 pieces 10⁹⁹ ea. Irresistible VALERIE'S BRAND CRISPY CHICKEN 100% PURE
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PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	PRINGLES SMOKY BACON COOKIES 2.99 ea.	WALKER'S SHORTBREAD COOKIES 4.99 ea.	NEW! IRRESISTIBLE CHOCOLATE COOKIES 1.99 ea.	OREO HOLIDAY COOKIES 2.22 ea.
MONTE VERDE Panettone 5.99 ea.	Biscoff COOKIES 3.99 ea.	M&M'S CHOCOLATE CANDY 5.99 ea.	Kinder SURPRISE EGGS 6.99 ea.	Kinder CHOCOLATE EGGS 6.99 ea.
WHITE CLAW NON-ALCOHOLIC SPARKLING DRINK 9.49 ea.	PHILLIPS Ipa HAZY IPA 8.49 ea.	NEW! GROVI NON-ALCOHOLIC BEER 12.49 ea.	ALLEN'S APPLE CIDER 3.99 ea.	ALLEN'S APPLE CIDER 3.99 ea.
STARBUCKS COFFEE 7.99 ea.	TAZO TEA 4.99 ea.	BEATRICE BUTTERMILK 20 points	NEW! Cheezitos 3.49 ea.	Cheezitos 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.



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



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.



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



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.

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

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.



15.00
ea.



14.99
ea.



HOLIDAY PARTY PLATTERS
Pre-ordering required with 48 hours,
in store or online.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



49.99
ea.



49.99
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.

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

BACKYARD
PINK
2018
750 ml

12.49
ea.

JACKSON TRIGGS
PINOT
GRAND
2018
750 ml

11.49
ea.

OPEN
CAB
VINOLOT
2018
750 ml

12.49
ea.

PELLER
FAMILY
CHARDONNAY
2018
750 ml

12.49
ea.

TRIGGS
SAUVIGNON
WHITE
2018
750 ml

15.99
ea.

TWENTY BEES
PINOT GRAND
2018
750 ml

12.49
ea.

DON'T POKE
THE BEAR
2018
750 ml

13.99
ea.

JACOB'S CREEK
PINOT GRAND
2018
750 ml

12.49
ea.

JACOB'S CREEK
MOSCATO
ROSE
2018
750 ml

13.99
ea.

Admission prices are subject to change and exclude HST and disposal fees, which are added at checkout. Beer, wine and rides are available at select stores. See media co 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.
KASHI
PARMESAN CHEESE 100g



3.99
ea.
KASHI
BUTTER 100g



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT 100% WHOLE MILK



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 1% FAT 100% WHOLE MILK



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 1% FAT 100% WHOLE MILK



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 1% FAT 100% WHOLE MILK



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



6.99
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



6.99
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



6.99
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



6.99
ea.
HÄAGEN DAZS
ICE CREAM 100% WHOLE MILK



10.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



10.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



10.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



10.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



9.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



9.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



9.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



9.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



13.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



13.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



13.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



13.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



6.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



6.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



6.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK



6.00
ea.
INVINCIBLE
FROZEN FRUIT 100% WHOLE MILK

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*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

4.99 each

9.99 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 #10
SELECTED VARIETIES

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED VARIETIES

14⁴⁹
ea.

MANITOBA HARVEST
HEMP HEARTS #10
SELECTED VARIETIES

10⁹⁹
ea.

Gluten-Free

ROSE MONTECUCOLI
SAUSAGE
SELECTED VARIETIES

3⁹⁹
ea.

CRETORS
CHICKEN
POPCORN
SELECTED VARIETIES

4⁹⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED VARIETIES

2⁴⁹
ea.

TRY NEW
MIGHTY PROTEIN
SELECTED VARIETIES

2⁴⁹
ea.

Plant-Based

NEAL BROTHERS
SALSA
SELECTED VARIETIES

5⁴⁹
ea.

EARTH'S OWN
SOFT CREAM
SAUCE
SELECTED VARIETIES

6⁴⁹
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
200
ea.

3⁹⁹
ea.

BUY MORE
SAVE MORE!
2 for
20⁰⁰
ea.
OR MORE
2 for
20⁰⁰
ea.
OR MORE
2 for
20⁰⁰
ea.

FEBREZE
AIR FRESHENERS
240
ea.
OR MORE
240
ea.
OR MORE
240
ea.

Ziploc
FREEZER OR
SANDWICH BAGS
10
ea.

9⁹⁹
ea.

ALCAN
GLASS / DO
ALUMINUM FOIL
10
ea.

5⁴⁹
ea.

RED BIRCH
CUTLERY
24
ea.

2⁴⁹
ea.

SELECTION
RED CUPS 10 ea.

7⁴⁹
ea.

SAVE \$4*
when you buy any 3
Carlton Cards

with greeting card coupon

carlton cards

DAWN
OR CASCADE
DISH WASHING LIQUID
SELECTED VARIETIES

10⁹⁹
ea.

SELECTION
WINDFIELL
WASHING LIQUID
SELECTED VARIETIES

15⁹⁹
ea.

Pet

BUY MORE
SAVE MORE!
2 for
5⁰⁰
ea.
OR MORE
2 for
5⁰⁰
ea.

15
POUR
TREATS
SELECTED VARIETIES

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

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MUTTI

3⁹⁹ ea. **MUTTI PASSATA** 680 ml SELECTED VARIETIES

7⁹⁹ ea. **MUTTI PASTA SAUCE** 680 ml SELECTED VARIETIES

2⁴⁹ ea. **MUTTI POLPA** 375 ml

3⁹⁹ ea. **MUTTI PEEL TOMATOES** 750 ml

3⁴⁹ ea. **MUTTI PIZZA SAUCE** 156 - 380 ml SELECTED VARIETIES

4⁹⁹ ea. **MUTTI SAN MARZANO TOMATOES** 380 ml

Kraft **Made to be Shared**

5⁴⁹ ea. **KRAFT BUTTER** 500 g SELECTED VARIETIES

4⁹⁹ ea. **KRAFT PURE DRESSING** 250 ml SELECTED VARIETIES

2⁹⁹ ea. **KRAFT GARDEN SELECT PASTA SAUCE** 680 ml SELECTED VARIETIES

3⁹⁹ ea. **SHAKE 'N BLAKE COOKING MIX** 500 g SELECTED VARIETIES

25 points **4⁹⁹** ea. **PHILADELPHIA DIPS** 225 g SELECTED VARIETIES

4⁹⁹ ea. **BAKERS CHOCOLATE** 100 g SELECTED VARIETIES

1²⁵ ea. **JEL-O JELLY POWDER** 3.5 kg SELECTED VARIETIES

10⁹⁹ ea. **NABOB OR TASSIMO COFFEE CAPSULE** 8.5 g SELECTED VARIETIES

Crisp Winter Snacking

3⁴⁹ ea. **TOWN HOUSE OR CHEEZ-IT CRACKERS** SELECTED VARIETIES

2⁹⁹ ea. **PRINGLES CHIPS** SELECTED VARIETIES

2⁹⁹ ea. **KELLOGG'S NUTRI-GRAIN BARS, BITE KROPPLES, SQUARES OR POP TARTS** 170 - 384 g SELECTED VARIETIES

8⁹⁹ ea. **GAIN DETERGENT OR FABRIC SOFTENER** SELECTED SIZES

8⁹⁹ ea. **GAIN SCENT BOOSTERS OR BOILER SHEETS** SELECTED SIZES

15⁴⁹ ea. **FERRISZEE OIL REPLENISH** 2.5 L SELECTED VARIETIES

99¢ ea. **FERRISZEE PLUG DIFFUSER** 1 ea.

5⁹⁹ ea. **HEAD & SHOULDERS HAIR CARE** 250 - 500 ml SELECTED VARIETIES

36⁹⁹ ea. **PAMPERS BABY DIAPERS** 48 - 96 SELECTED VARIETIES

28⁹⁹ ea. **PAMPERS EASY UPS TRAINING PANTS** 48 - 72 SELECTED VARIETIES

3⁹⁹ ea. **PAMPERS BABY WIPES** 58 - 72 SELECTED VARIETIES

4⁹⁹ ea. **TAMPAX SANITARY NAPKINS OR LINER NAPKINS** 10 - 22 SELECTED VARIETIES

42⁰⁰ ea. **ALWAYS DISCREET ADULT INCONTINENCE** 17 - 68 SELECTED VARIETIES

3⁹⁹ ea. **CREST TOOTH PASTE** 40 - 120 ml SELECTED VARIETIES

6⁹⁹ ea. **CREST ORAL CARE** SELECTED SIZES