

Your  
**GO-TO**  
for holiday essentials.





[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) 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.



IRRESISTIBLE WALNUT  
HALVES & PIECES  
1 kg

14<sup>99</sup>  
ea.



metro.ca



**\$ New Lower Prices**

|                                                                                                                                                                                                                |                                                                                                                                                                                                                                      |                                                                                                                                                                                                          |                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>7.00</b><br/>ea.</p> <p>WONDER BREAD OR<br/>DUMPSIES BAGELS<br/>12 SLICES<br/>100% WHOLE WHEAT<br/>100% WHOLE WHEAT</p> |  <p><b>11.99</b><br/>ea.</p> <p>HUSOCK<br/>HIGH LINE<br/>SIGNATURE<br/>HOT SIDE OF<br/>THE DAY<br/>BULET<br/>12.5oz<br/>100% MEAT<br/>100% MEAT</p> |  <p><b>5.99</b><br/>lb</p> <p>ARISTON<br/>UNBREAKABLE ARTISAN<br/>CURED HAM OR<br/>HELF POUND SACKED HAM<br/>12.5lb</p> |  <p><b>19.99</b><br/>ea.</p> <p>OCEAR PINNER<br/>CROCK SHIMP<br/>100% MEAT<br/>100% MEAT</p>  |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |
|  <p><b>3.99</b><br/>ea.</p> <p>CRAVE<br/>CRAVE PROTEIN<br/>MUFFINS<br/>100% MEAT<br/>100% MEAT</p>                             |  <p><b>6.99</b><br/>ea.</p> <p>LIBERTE<br/>GREEK<br/>YOGURT TUBS<br/>100% MEAT<br/>100% MEAT</p>                                                    |  <p><b>6.49</b><br/>ea.</p> <p>NATREL<br/>ORGANIC<br/>MILK BUTTER<br/>100% MEAT<br/>100% MEAT</p>                       |  <p><b>19.99</b><br/>ea.</p> <p>VECTOR<br/>VECTOR MAPLE SYRUP<br/>100% MEAT<br/>100% MEAT</p> |

I learn with **moi** rewards

# 4-DAY MEAL DEAL

DECEMBER 14th – DECEMBER 17th, 2025

## YOUR CHOICE **1199** ea.

**STORM MANN CARRODS**  
 12 CARRODS  
 12 CARRODS

**100% MEAT**

**FRESH 2 GO 20" CHICKEN BITE**

**15" X 8" LARGE PEPPERONI CHEESE PIZZA**  
 15" X 8" LARGE PEPPERONI CHEESE PIZZA  
 15" X 8" LARGE PEPPERONI CHEESE PIZZA

**HOT WORLD'S FAMOUS MAMMOTH CHICKEN**

**ASSORTED CALIFORNIA COMBO IN CALIFORNIA BOWL**  
 12 CARRODS  
 12 CARRODS

**Offers in this flyer are available at the following Metro locations only:**  
**400 Bayfield Street and 640 Mapleview Drive East**

We reserve the right to limit quantities.  
 DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.  
 SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.





Visit us at: [metro.ca](http://metro.ca)  
 Give us your opinion for a chance to  
 WIN \$1,000 in groceries






[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 10, 2025, in-store or online



NOW  
**12<sup>00</sup>**  
ea.  
SAVE UP TO  
\$3.99

~~15<sup>99</sup>~~  
ea.  
SELECTION  
WASHER FLUID  
4 x 3.78 L  
SELECTED VARIETIES



NOW  
**5<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~6<sup>99</sup>~~  
ea.  
OCEAN SPRAY  
SPARKLING DRINKS  
6 x 340 ml  
SELECTED VARIETIES



NOW  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~5<sup>99</sup>~~  
ea.  
TWININGS  
TEA  
20 tea bags  
SELECTED VARIETIES



NOW  
**2<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~4<sup>99</sup>~~  
ea.  
LPC CREAMER  
POTATO KITS  
PRODUCT OF CANADA,  
CANADA NO.1 GRADE, 454 g  
SELECTED VARIETIES



NOW  
**1<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~2<sup>99</sup>~~  
ea.  
FRENCH'S  
DIJON MUSTARD  
325 ml  
SELECTED VARIETIES



NOW  
**14<sup>99</sup>**  
ea.  
SAVE UP TO  
\$5

~~19<sup>99</sup>~~  
ea.  
ORCHIDS  
3.5" POT  
ASSORTED COLOURS



NOW  
**1<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~2<sup>99</sup>~~  
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](https://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**



**\$15<sup>99</sup>**  
**VALUE**

**PROMO CODE  
COOKIE**



Farm Fresh Produce

2<sup>99</sup> ea.  
RASPBERRIES 1lb  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
BLUEBERRIES 1lb  
PRODUCT OF U.S.A. & MEXICO

1<sup>99</sup> lb  
EXTRA LARGE  
BEEFSTEAK TOMATOES  
PRODUCT OF U.S.A. & MEXICO

3<sup>49</sup> ea.  
BELL PEPPERS 1lb  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
BROCCOLI 5 PK  
PRODUCT OF U.S.A. & MEXICO

3<sup>99</sup> ea.  
CRANBERRIES 1lb  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
LEMONS 1lb  
PRODUCT OF U.S.A. & MEXICO

1<sup>99</sup> ea.  
SEEDLESS CUCUMBERS  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
KIWI BASKETS 1lb  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
PINEAPPLES 1lb  
PRODUCT OF U.S.A. & MEXICO

3<sup>49</sup> /lb  
BRUSSELS SPROUTS  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
DOLE SALAD KITS 25 points  
PRODUCT OF U.S.A. & MEXICO

9<sup>99</sup> ea.  
VANILLA POMEGRANATES 10 points  
PRODUCT OF U.S.A. & MEXICO

2<sup>99</sup> ea.  
LARGE POMEGRANATES 20 points  
PRODUCT OF U.S.A. & MEXICO

4<sup>49</sup> ea.  
GOOD LEAF SALAD MIXES 449  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
WILD WONDERS SWEET PEPPERS 20 points  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
LIFE SAVER NATURAL SWEET APPLE CIDER 20 points  
PRODUCT OF U.S.A. & MEXICO

19<sup>99</sup> ea.  
PLANT BASED ROAST & GRAVY 19.99  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> /lb  
BIG MOUNTAIN PLANT BASED ROAST 5.99  
PRODUCT OF U.S.A. & MEXICO

7<sup>99</sup> ea.  
JUMBO CHESTNUTS 35 points  
PRODUCT OF U.S.A. & MEXICO

Organic

1<sup>69</sup> /lb  
ORGANIC GREEN CABBAGE  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
LITTLE POTATO CO. 25 points  
PRODUCT OF U.S.A. & MEXICO

3<sup>49</sup> ea.  
BOLTHOUSE FARM'S ORGANIC CHITS 15 points  
PRODUCT OF U.S.A. & MEXICO

12<sup>99</sup> ea.  
FIERY GINGER IMMUNITY BOOST 12.99  
PRODUCT OF U.S.A. & MEXICO

Sliced & Diced

4<sup>99</sup> ea.  
HILLSIDE FRUIT SALAD 4.99  
PRODUCT OF U.S.A. & MEXICO

13<sup>99</sup> ea.  
SMALL BERRY KIWI TRAY 13.99  
PRODUCT OF U.S.A. & MEXICO

13<sup>99</sup> ea.  
PUMPKIN & ZUCCHINI TRAY 13.99  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
HILLSIDE FRUIT SALAD 4.99  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
HILLSIDE FRUIT SALAD 4.99  
PRODUCT OF U.S.A. & MEXICO

4<sup>99</sup> ea.  
HILLSIDE FRUIT SALAD 4.99  
PRODUCT OF U.S.A. & MEXICO

Holiday Blooms

40<sup>00</sup> ea.  
CHRISTMAS MAGIC BOUQUET 40.00  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
POINSETTIA 5.99  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
POINSETTIA 5.99  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
POINSETTIA 5.99  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
POINSETTIA 5.99  
PRODUCT OF U.S.A. & MEXICO

5<sup>99</sup> ea.  
POINSETTIA 5.99  
PRODUCT OF U.S.A. & MEXICO



**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](https://fresh2go.metro.ca)



**In Store**  
Visit Our Deli



Holiday Roasts

PLATINUM GRILL ANGUS  
TOP SIRLOIN ROAST  
100% CANADIAN ANGUS BEEF  
26.43kg

**11<sup>99</sup>**  
/lb

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

**11<sup>99</sup>**  
/lb

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

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

**7<sup>99</sup>**  
/lb

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

**3<sup>99</sup>**  
/lb

FRESH WHOLE  
CHICKEN  
3.50kg

**3<sup>99</sup>**  
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG  
26.43kg

**11<sup>99</sup>**  
/lb

50  
points

**5<sup>99</sup>**  
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK  
13.21kg

50  
points

**3<sup>99</sup>**  
/lb

BREADED PORK LOIN CUTLETS VALUE PACK  
8.80kg

**125**  
points

**4<sup>99</sup>**  
/lb

BUTTERBALL FRESH TURKEY  
DRESSING/STICKS OR THIGHS  
11.20kg

**8<sup>99</sup>**  
/lb

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

**3<sup>99</sup>**  
ea.

SELECTION  
BOLDORNA  
SELECTED HAM

**4<sup>99</sup>**  
ea.

MAPLE LEAF  
TOP DOGS OF  
CHAMPIONS  
RED HITS 12.7  
kg

**5<sup>99</sup>**  
ea.

BUTTERBALL  
TURKEY  
SELECTED HAM

**7<sup>99</sup>**  
ea.

MACLEAN ORGANIC  
BREAKFAST SAUSAGES  
100% CANADIAN PORK  
BACON 201

**4<sup>99</sup>**  
lb

FLETCHER'S PORK  
COTTAGE CHEESE  
11.00kg

**7<sup>99</sup>**  
ea.

SELECTION  
SMOKED HAM 15.5  
kg

**11<sup>00</sup>**  
ea.

LEGACY BONELESS  
PORK LOIN ROAST 10.5  
kg

**12<sup>99</sup>**  
ea.

MACLEAN ANGEL KARDOS  
PORK LOIN ROAST  
10.5 kg

**4<sup>99</sup>**  
ea.

MAPLE LODGE  
ULTIMATE CHICKEN  
DINNER SAUSAGES 10.5  
kg

**6<sup>99</sup>**  
ea.

JOHN KNOXVILLE  
BAGUETTES  
11.00kg

**7<sup>99</sup>**  
ea.

SCHNEIDER'S  
MEAT PIES  
11.00kg

**22<sup>99</sup>**  
ea.

BUTTERBALL BONELESS  
TURKEY BREAST ROAST  
10.5 kg



Bakery Favorites



FRONT STREET BAKERY  
CHEESTICKS OR CHEESE BUNS  
100-125g

**5.99** ea.  
75 points



FRONT STREET BAKERY  
ITALIAN BREAD  
450-475g

**3.49** ea.  
50 points



FRONT STREET BAKERY  
PECAN STREET BUNS  
100-125g

**4.99** ea.



FRONT STREET BAKERY  
WHITE SLIDE  
100-125g

**8.49** ea.



FRONT STREET BAKERY  
LA PETITE BRETONNE  
MINI CHOCOLATE BUNS  
100-125g

**4.49** ea.



FRONT STREET BAKERY  
FURLANI TEXAS TOAST  
100-125g

**5.49** ea.



FRONT STREET BAKERY  
JAMOCHA ALMOND CRUNCH CAKE  
100-125g

**3.19** ea.



FRONT STREET BAKERY  
SELECTION SUPER MOIST CAKES  
100-125g

**7.49** ea.



FRONT STREET BAKERY  
INESISTIBLE BUTTER TARTS  
100-125g

**6.99** ea.



FRONT STREET BAKERY  
INESISTIBLE BUTTER TARTS  
100-125g

**6.99** ea.

Deli Favourites



VALUE PICK  
MAPLE LOAF  
100g

**2.99** ea.



MASTRO ROSEMARY OR  
TUSCANY HAM  
100g

**2.99** ea.



PRESIDENT BEEF OR  
OLD COUNTRY EXTRA  
MATURE WHITE CHEDDAR  
100g

**3.99** ea.



LE GRUYÈRE  
SWISS CHEESE  
100g

**5.99** ea.



INESISTIBLE ENTENM  
DRY SAUSAGE  
100g

**2.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



SHORSKI  
SAUSAGES  
100g

**2.99** ea.



INESISTIBLE ENTENM  
DRY SAUSAGE  
100g

**2.99** ea.



MAPLE LEAF  
NATURAL SELECTIONS OR  
SCHEERS SLICED DELI  
100g

**8.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



MACGARGLE  
ITALIAN SLICED DELI OR  
PILLER'S PEPPERONI  
100g

**6.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



BELLACASA  
BURRATA  
CHEESE  
100g

**3.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7.99** ea.



# 4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

**YOUR  
CHOICE** **11<sup>99</sup>**  
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



**FRESH 2 GO  
20 CHICKEN BITES**



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











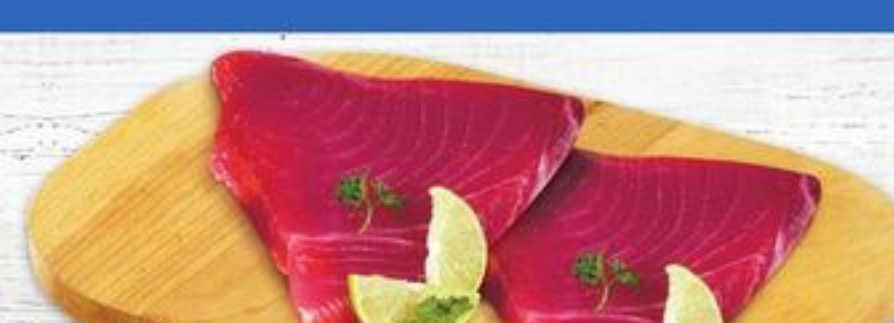
# Seafood



**12<sup>99</sup>**  
/lb

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

 Fresh Nordic Imports  
from **ICELAND**



**12<sup>99</sup>**  
/lb

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



**12<sup>99</sup>**  
ea.

**CHOICE**

**CHOICE OYSTERS**  
SELECTION VARIETIES



**7<sup>99</sup>**  
ea.

**LA ROCHERIE  
SMOKED STEAMED  
SALMON**



**9<sup>99</sup>**  
/lb

**BAY SCALLOPS**  
FRESH, 2.000kg



**12<sup>00</sup>**  
ea.

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



**125**  
points

**OCEAN JEWEL  
WHOLE MINCE  
LOBSTER MEAT**  
SEA BAS, 1.5 LB/680g

**\$1**  
back in  
points



**125**  
points

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

**\$1**  
back in  
points



**18<sup>99</sup>**  
ea.

**LOBSTER HOMARD**  
ROCK HARBOR  
CANADIAN COASTED  
CLAMS & ARMS  
1.5 LB/680g



**3<sup>99</sup>**  
ea.

**MINCED COOKED  
LOBSTER MEAT**  
FRESH, 20g



**11<sup>99</sup>**  
ea.

**MINCED COOKED  
LOBSTER MEAT**  
FRESH, 20g



**17<sup>99</sup>**  
ea.

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

|                                                                                                                                    |                                                                                                                                                                    |                                                                                                                                                     |                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>30</b><br/>pounds</p> <p><b>29.99</b><br/>e.s.</p> <p><b>WETTED MEAT</b><br/>COOKED BEEF<br/>PASTA SAUCE<br/>PASTA, 100%</p> | <p><b>40</b><br/>pounds</p> <p><b>8.99</b><br/>e.s.</p> <p><b>IRRESISTIBLE</b><br/>WIRE-ROASTED<br/>BREADED SCALLOP<br/>SPECIALLY<br/>PREPARED<br/>PASTA, 100%</p> | <p><b>50</b><br/>pounds</p> <p><b>9.99</b><br/>e.s.</p> <p><b>IRRESISTIBLE</b><br/>MARINATED MUSSELS<br/>SPECIALLY<br/>PREPARED<br/>PASTA, 100%</p> | <p><b>50</b><br/>pounds</p> <p><b>12.99</b><br/>e.s.</p> <p><b>IRRESISTIBLE</b><br/>BREADED<br/>POPCORN SHIMP<br/>SPECIALLY<br/>PREPARED<br/>PASTA, 100%</p> |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|

[illegible]

**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)  
6<sup>99</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
5<sup>49</sup> ea.



FERRERO CHRISTMAS CHOCOLATE  
100g (3.5oz)  
13<sup>99</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
5<sup>49</sup> ea.



KINDER SURPRISE  
100g (3.5oz)  
3<sup>49</sup> ea.



TOBLERONE CHOCOLATE  
100g (3.5oz)  
12<sup>99</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
9<sup>49</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
9<sup>49</sup> ea.



M&M'S CHOCOLATE  
100g (3.5oz)  
5<sup>99</sup> ea.



TERRY'S CHOCOLATE  
100g (3.5oz)  
6<sup>99</sup> ea.



CADBURY CHOCOLATE  
100g (3.5oz)  
6<sup>49</sup> ea.



TOBLERONE CHOCOLATE BAR  
100g (3.5oz)  
12<sup>99</sup> ea.



M&M'S CHOCOLATE  
100g (3.5oz)  
5<sup>99</sup> ea.



TERRY'S CHOCOLATE  
100g (3.5oz)  
6<sup>99</sup> ea.



CADBURY CHOCOLATE  
100g (3.5oz)  
6<sup>49</sup> ea.



TOBLERONE CHOCOLATE BAR  
100g (3.5oz)  
12<sup>99</sup> ea.

### THE GOOD STUFF: PERSONAL CARE



BLISTEX LIP BALM  
10g (0.35oz)  
3<sup>99</sup> ea.



JAMESON VITAMIN D3  
10g (0.35oz)  
4<sup>99</sup> ea.



NATIVE DEODORANT  
10g (0.35oz)  
15<sup>99</sup> ea.



HERO MIGHTY PATCH  
10g (0.35oz)  
13<sup>99</sup> ea.



GLYSOMED HAND CREAM  
10g (0.35oz)  
4<sup>49</sup> ea.



GUM SOFT-PICKS  
10g (0.35oz)  
5<sup>99</sup> ea.



## More Great Savings

|                                                                                                                                                  |                                                                                                                                                 |                                                                                                                                                  |                                                                                                                                      |                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <p><b>Drizalicious</b><br/>PEPPERMINT CHEESECAKE ICE CAKES<br/>10x 100g<br/>BEST BEFORE 12/2024<br/>BEST QUALITY LAST</p> <p><b>4 99</b> ea.</p> | <p><b>Drizalicious</b><br/>RASPBERRY CHEESECAKE ICE CAKES<br/>10x 100g<br/>BEST BEFORE 12/2024<br/>BEST QUALITY LAST</p> <p><b>4 99</b> ea.</p> | <p><b>Drizalicious</b><br/>STRAWBERRY CHEESECAKE ICE CAKES<br/>10x 100g<br/>BEST BEFORE 12/2024<br/>BEST QUALITY LAST</p> <p><b>4 99</b> ea.</p> | <p><b>Dole</b><br/>Pineapple Juice<br/>1.5L<br/>100% JUICE<br/>NO ADDED SUGAR</p> <p><b>5 99</b> ea.</p>                             | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>MONTELLIER</b><br/>SPARKLING WATER<br/>10x 500ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>13 00</b> ea.</p>       | <p><b>A&amp;W</b><br/>COCA-COLA SOFT DRINKS<br/>10x 330ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>6 00</b> ea.</p>    | <p><b>Coca-Cola</b><br/>SOFT DRINKS<br/>10x 330ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>6 00</b> ea.</p>             | <p><b>VOORUIT</b><br/>VODKA<br/>10x 500ml<br/>100% GRAIN NEUTRAL<br/>100% SWEETENED</p> <p><b>2 99</b> ea.</p>                       | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>10x 500ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>1 99</b> ea.</p>                | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>10x 500ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>1 99</b> ea.</p>               | <p><b>MONTELLIER</b><br/>MUSTARD<br/>10x 500ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>7 99</b> ea.</p>                | <p><b>SAPPORO</b><br/>BEER<br/>10x 500ml<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>12 49</b> ea.</p>         | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>Nutri-Grain</b><br/>CEREAL BARS<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>10 99</b> ea.</p>            | <p><b>RED ROSE</b><br/>TEA<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>5 49</b> ea.</p>                       | <p><b>Source</b><br/>YOGURT<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>2 99</b> ea.</p>                       | <p><b>Nutri-Grain</b><br/>CEREAL BARS<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>3 49</b> ea.</p> | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>VAN HOUT</b><br/>McCafé<br/>COFFEE CREAMER<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>2 39</b> ea.</p>  | <p><b>STARBUCKS</b><br/>COFFEE CREAMER<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>7 99</b> ea.</p>           | <p><b>Milkmaid</b><br/>COFFEE CREAMER<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>6 49</b> ea.</p>             | <p><b>Nutri-Grain</b><br/>CEREAL BARS<br/>10x 50g<br/>100% NATURAL<br/>100% CARBONATED<br/>100% SWEETENED</p> <p><b>3 49</b> ea.</p> | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |

**↓ Low Price Every Day**

|                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>NOW</b> <br/><b>\$1.49</b></p> <p><b>SELECTION<br/>CANNED VEGETABLES</b><br/>100% SELECTED VEGETABLES</p> |  <p><b>NOW</b> <br/><b>\$1.25</b></p> <p><b>SELECTION<br/>CANNED VEGETABLES</b><br/>100% SELECTED VEGETABLES</p>                  |  <p><b>NOW</b> <br/><b>\$2.99</b></p> <p><b>SELECTION<br/>WATER ENHANCER</b><br/>100% SELECTED VEGETABLES</p>     |  <p><b>NOW</b> <br/><b>\$4.99</b></p> <p><b>SELECTION<br/>PEANUTS</b> 100% 70%<br/>100% SELECTED VEGETABLES</p> |
|  <p><b>SELECTION<br/>PEANUT BUTTER</b><br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$4.99</b></p>     |  <p><b>SELECTION<br/>IMMORTAL DRESSING</b> 100%<br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$3.99</b></p>             |  <p><b>SELECTION<br/>COFFEE CREAMER</b> 10%<br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$3.99</b></p> |  <p><b>SELECTION<br/>SOUR CREAM</b> 14%<br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$2.99</b></p>   |
|  <p><b>SELECTION<br/>WILD ON PASTA</b><br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$4.49</b></p>  |  <p><b>SELECTION<br/>LIFE CHANGING NATURAL TUNA CUPS</b><br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$3.49</b></p> |  <p><b>SELECTION<br/>CHEDDAR CHEESE</b><br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$4.99</b></p>  |  <p><b>SELECTION<br/>LENTILS</b><br/>100% SELECTED VEGETABLES</p> <p><b>NOW</b> <br/><b>\$2.99</b></p>       |



***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



FLAVOURS  
OF  
**South  
Asia**









**25** pieces  
**4.99** ea.

MILK-BONE  
DOG TREATS  
100% WHOLE WHEAT

**15** pieces  
**2.49** ea.

MILK-BONE  
SOFT & CHEWY  
100% WHOLE WHEAT

**6.99** ea.

COOKIE PAL  
DOG TREATS  
100% WHOLE WHEAT  
MADE WITH REAL EGGS

**8.49** ea.

CAFEON FARMS  
DOG TREATS  
100% WHOLE WHEAT  
MADE WITH REAL EGGS

## Top picks from SANTA CLAWS

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

**4/5** stars  
**5** per 5.49 ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
100% SELECTED WHOLESTOCK

**7.99** ea.

DOG FOOD TREATS  
100% WHOLE WHEAT

**45** pieces  
**8.99** ea.

MILK-BONE  
COMFORT CHEWS  
100% WHOLE WHEAT

**2/5** stars  
**48** per 10.99 ea.

BUY MORE!  
SAVE MORE!

DENTALIFE  
CHEWIES  
100% SELECTED WHOLESTOCK

**2/6** stars  
**7** per 4.49 ea.

BUY MORE!  
SAVE MORE!

DENTALIFE  
CHEWIES  
100% SELECTED WHOLESTOCK

**55** pieces  
**11.49** ea.

PERKINATE DENTALIFE  
DOG TREATS  
100% SELECTED WHOLESTOCK

**6.99** ea.

BLUE BUFFALO  
BITS  
100% SELECTED WHOLESTOCK

**11.49** ea.

PERKINATE DENTALIFE  
DOG TREATS  
100% SELECTED WHOLESTOCK

**13.49** ea.

GOLDEN FUN  
DOG TREATS  
100% WHOLE WHEAT

**15** pieces  
**2.99** ea.

TEMPTATIONS  
CAT TREATS  
100% SELECTED WHOLESTOCK

**14.49** ea.

VITALITE  
DOG TREATS  
100% WHOLE WHEAT

**50** pieces  
**10.99** ea.

NATURE'S RECIPE  
MIXED DOG TREATS  
100% SELECTED WHOLESTOCK

### WRAP UP BRAND NAME PET FOOD

**5** stars  
**1.99** ea.

NATURE'S RECIPE  
WET DOG FOOD  
100% SELECTED WHOLESTOCK

**65** pieces  
**20.49** ea.

CEASAR  
MULTI-PURPOSE WET  
DOG FOOD  
100% SELECTED WHOLESTOCK

**5/5** stars  
**5** per 1.49 ea.

BUY MORE!  
SAVE MORE!

PROKIES  
BLISSFUL WET CAT FOOD  
100% SELECTED WHOLESTOCK

**18.99** ea.

IAMS  
DRY DOG FOOD  
100% WHOLE WHEAT





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

**NORTH COUNTRY  
PEPPERETTES**  
454 g  
SELECTED VARIETIES

**8<sup>49</sup>**  
ea.



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

**5<sup>99</sup>**  
ea.



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

**10<sup>99</sup>**  
ea.



**QUINTA  
QUINOA**  
400 g

**6<sup>99</sup>**  
ea.



**SAUGEEN COUNTRY  
DAIRY**  
908 g  
SELECTED VARIETIES

**5<sup>99</sup>**  
ea.



**CRAZY GOOD  
SPICES**  
28 - 90 g  
SELECTED VARIETIES

**6<sup>99</sup>**  
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

**6<sup>99</sup>**  
ea.

SNOWDONIA  
CHEDDAR CHEESE  
150-200g  
SELECTED VARIETIES

**11<sup>99</sup>**  
ea.

**SCHNEIDERS**

PEPPERETTES  
150-250g  
SELECTED VARIETIES

**9<sup>99</sup>**  
ea.

**ELEVATED ENTERTAINING**

**TRUSTED BY  
CANADIANS**

SINCE 1981

BUTTERFLY'S GOLD  
HONEY  
500g  
SELECTED VARIETIES

**8<sup>99</sup>**  
ea.

100% pure and  
unpasteurized

MAPLE LEAF  
MIGHTY PROTEIN  
CHICKEN STRIPS  
12g  
SELECTED VARIETIES

**2<sup>49</sup>**  
ea.

**Pure**

KRAFT PURE  
DRESSING  
355 ml  
SELECTED VARIETIES

**3<sup>99</sup>**  
ea.

NO ARTIFICIAL  
PRESERVATIVES

NO ARTIFICIAL  
FLAVOURS

NO ARTIFICIAL  
COLOURS

*Holiday Savings* FOR EVERY OCCASION!

PILLSBURY  
COOKIE DOUGH  
250-350g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.

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

**1<sup>99</sup>**  
ea.

Chex  
CEREAL  
240-360g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.

SUGAR COOKIE  
TOAST CRUNCH  
CEREAL  
240-360g  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.

GRINCH  
OR SUGAR CRUNCH  
CEREAL  
240-360g  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.

*Winter Treats  
for all!*

NESTLE  
REAL DAIRY ICE CREAM,  
FROZEN DESSERTS  
OR NOVELTIES  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.

NESTLE  
PARLOUR FROZEN  
DESSERT TUBS OR NOVELTIES  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.

SMUCKER'S  
JAM  
250-500 ml  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.

JIF  
PEANUT BUTTER  
250g  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.

**J&PB  
TRY IT FOR  
THE FIRST  
TIME.**

ONLY WITH

Nestle trademarks are owned by Nestle Ltd. Vevey, Switzerland. © 2025 Nestle. Smucker's and Jif are trademarks of J.M. Smucker Company. © 2025 Smucker's.