

Your

GO-TO

for festive feasts.

CANADIAN AND PROUD



1⁹⁹

ea.

RASPBERRIES 1lb
BLACKBERRIES 1lb
MAY 15 - 21 2025



99¢

/lb

TOMATOES ON THE VINE
2.5lb
MAY 15 - 21 2025



1⁴⁴

/lb

RED PRINCE
LARGE RED PRINCE APPLES
3.5lb
MAY 15 - 21 2025



2⁹⁹

ea. or /lb

BOLTHOUSE FRESH
baby greens leaf
haven greens
MAY 15 - 21 2025



3⁹⁹

ea.

INEVITABLE
LACTANTIA
MAY 15 - 21 2025



4⁹⁹

ea.

HÄAGEN-DAZS
DRUMSTICK
MAY 15 - 21 2025



BEST PRICE

IN YEARS

1⁴⁹

/lb

BUTTERBALL
FROZEN + COMPLETE
RAISED WITHOUT ANTIBIOTICS
ELEVÉ SANS antibiotiques
turkey
MAY 15 - 21 2025



GREAT PRICE!

4⁸⁸

/lb

LEAN
GROUND BEEF
VALUE PACK
7lb 700g
MAY 15 - 21 2025



GREAT PRICE!

2⁹⁹

/lb

FRESH
SPLIT
CHICKEN BREAST
6.5lb
MAY 15 - 21 2025



3⁹⁹

/lb

INEVITABLE
SPIRAL SLICED HONEY HAM OR
SMOKED
SEMI BONELESS SMOKED HAM
8.5lb
MAY 15 - 21 2025



GREAT PRICE!

3⁹⁹

ea.

TEX MEX
OLD CHEDDAR FORT
MAY 15 - 21 2025



4⁹⁹

ea.

LACTANTIA
COUNTRY CHURNED BUTTER
SALTED
UNSALTED
MAY 15 - 21 2025

HOLIDAY ENTERTAINING

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

5⁹⁹
ea.

Irresistible
HOT SAUSAGE ROLLS
NEW

Irresistible
MEDITERRANEAN
MOZZARELLA
BATTERED CHEESE STICKS

Irresistible
MEATBALLS
100% REAL MEAT
GLUTEN FREE

8⁹⁹
ea.

Irresistible
MEATBALLS
BOULETTES

Irresistible
MEATBALLS
BOULETTES

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE

8⁹⁹
ea.

Irresistible
GOURMET
BOULETTES WITH
SAUSAGE &
PEPPERS

Irresistible
CANNIBAL BITE
GOURMET SAUSAGES OR
PARTY PACK PARTY PACK

Irresistible
PINEAPPLE
BITE
BOULETTES
GLUTEN FREE

5⁹⁹
ea.

Irresistible
LUMPIAS
NEW

Irresistible
APPETIZERS
ROLLS 20-24
GLUTEN FREE

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
COCONUT SHIMP
CRISPS
100% REAL MEAT

Irresistible
COCONUT SHIMP
CRISPS
100% REAL MEAT

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHIMP RING
100% REAL MEAT

Irresistible
PACIFIC WHITE SHIMP RING
100% REAL MEAT

\$ New Lower Prices



2 for \$7.00
D'ITALIANO ORIGINAL SAUCE 1L
SELECTED VARIETIES



2 for \$7.00
D'ITALIANO MEATBALLS 1L
SELECTED VARIETIES



2 for \$7.00
D'ITALIANO BAGNA CAONICE 1L
SELECTED VARIETIES



2 for \$7.00
D'ITALIANO BAGNA CAONICE 1L
SELECTED VARIETIES



11.99
FRESH 2 GO CHICKEN WINGS OR PAPPARDELLE & LARGE HOT PIZZA 12.5"
SELECTED VARIETIES



9.99
MAPLE LEAF OR SMOKED TURKEY HAM 10L
SELECTED VARIETIES



12.5
MAPLE LEAF OR SMOKED TURKEY HAM 10L
SELECTED VARIETIES



7.99
BENE'S CAESAR DRESSING 1L
SELECTED VARIETIES



7.99
BENE'S CAESAR DRESSING 1L
SELECTED VARIETIES



6.99
IRRESISTIBLE ARTISAN SLICED DELI MEAT OR CASTELLO HAM 10L
SELECTED VARIETIES



7.00
TOSTITOS CALIFORNIA OR SPICY CALIFORNIA ROLLS 200 12.5"
SELECTED VARIETIES



4.49
ACTIVIA YOGURT TUB 1L
SELECTED VARIETIES



4.49
ACTIVIA YOGURT TUB 1L
SELECTED VARIETIES



3.49
1500 YOGURT DRINKABLE 1L
SELECTED VARIETIES



3.49
1500 YOGURT DRINKABLE 1L
SELECTED VARIETIES



7.99
NESCAFE OR NESTLE'S CHOICE INSTANT COFFEE 100 12.5"
SELECTED VARIETIES



2.50
NESCAFE OR NESTLE'S CHOICE INSTANT COFFEE 100 12.5"
SELECTED VARIETIES



3.99
MINUTE MAID OR FIVE ALIVE DRINK OR PURE 12.5"
SELECTED VARIETIES



2.50
MINUTE MAID OR FIVE ALIVE DRINK OR PURE 12.5"
SELECTED VARIETIES



1.99
PILLSBURY CRESCENT ROLLS 100 12.5"
SELECTED VARIETIES



1.99
PILLSBURY CRESCENT ROLLS 100 12.5"
SELECTED VARIETIES



6.49
NUTS TO YOU PEANUT BUTTER, CROFFLES OR GOOD GOOD JAM 100 12.5"
SELECTED VARIETIES



6.49
NUTS TO YOU PEANUT BUTTER, CROFFLES OR GOOD GOOD JAM 100 12.5"
SELECTED VARIETIES



9.99
CAMPBELL'S SOUP 100 12.5"
SELECTED VARIETIES



9.99
CAMPBELL'S SOUP 100 12.5"
SELECTED VARIETIES



3.99
CELEBRATION LECKER COOKIES 100 12.5"
SELECTED VARIETIES



3.99
CELEBRATION LECKER COOKIES 100 12.5"
SELECTED VARIETIES



11.99
CORONA CERO 100 12.5"
SELECTED VARIETIES



11.99
CORONA CERO 100 12.5"
SELECTED VARIETIES



7.99
MOLSON PILSENER OR PILSENER CIDER 100 12.5"
SELECTED VARIETIES



7.99
MOLSON PILSENER OR PILSENER CIDER 100 12.5"
SELECTED VARIETIES



1.79
BEN'S ORIGINAL RICE & PASTA 100 12.5"
SELECTED VARIETIES



1.79
BEN'S ORIGINAL RICE & PASTA 100 12.5"
SELECTED VARIETIES



3.99
QUE PASA KETTLE CHIPS OR ANGIE'S POPCORN 100 12.5"
SELECTED VARIETIES



3.99
QUE PASA KETTLE CHIPS OR ANGIE'S POPCORN 100 12.5"
SELECTED VARIETIES



12.99
FERRERO ROCHER LINDT OR MERC CHOCOLATE 100 12.5"
SELECTED VARIETIES



12.99
FERRERO ROCHER LINDT OR MERC CHOCOLATE 100 12.5"
SELECTED VARIETIES



12.99
MERC 100 12.5"
SELECTED VARIETIES



12.99
MERC 100 12.5"
SELECTED VARIETIES



5.49
AXE OR NIVEA PERSONAL CARE 100 12.5"
SELECTED VARIETIES



5.49
AXE OR NIVEA PERSONAL CARE 100 12.5"
SELECTED VARIETIES



4.49
ZIPLOC SELECTION GARBAGE BAGS OR ENERGIZER BATTERIES 100 12.5"
SELECTED VARIETIES



4.49
ZIPLOC SELECTION GARBAGE BAGS OR ENERGIZER BATTERIES 100 12.5"
SELECTED VARIETIES



10.99
TIDE SIMPLY DEEPLY OR DOWNY FRESH CLEANERS 100 12.5"
SELECTED VARIETIES



10.99
TIDE SIMPLY DEEPLY OR DOWNY FRESH CLEANERS 100 12.5"
SELECTED VARIETIES



5.49
OREO CAKESTERS 100 12.5"
SELECTED VARIETIES



5.49
OREO CAKESTERS 100 12.5"
SELECTED VARIETIES



4.99
RITZ FAMILY SIZE CRACKERS 100 12.5"
SELECTED VARIETIES



4.99
RITZ FAMILY SIZE CRACKERS 100 12.5"
SELECTED VARIETIES



1.99
TRISCUIT BISCUITS 100 12.5"
SELECTED VARIETIES



1.99
TRISCUIT BISCUITS 100 12.5"
SELECTED VARIETIES



5.99
KNORR QUALITY BBQ BARBECUE 100 12.5"
SELECTED VARIETIES



5.99
KNORR QUALITY BBQ BARBECUE 100 12.5"
SELECTED VARIETIES



5.99
MCVITIE'S WHISTIES VALUE 100 12.5"
SELECTED VARIETIES



5.99
MCVITIE'S WHISTIES VALUE 100 12.5"
SELECTED VARIETIES

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities. SEE STORE FOR PRICE. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We reserve the right to limit quantities. SEE STORE FOR PRICE. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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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
1.31 kg
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$4

899
ea.
GAIN
SCENT BOOSTERS
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, 10.0oz)
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
1.8kg



1⁹⁹
/lb

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



3⁹⁹
ea.

CREAM SPINACH
JUMBO PINEAPPLES
CROWNED PINEAPPLES
1.00kg



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
POMEGRANATES
1kg



3⁷⁹
ea.

BELLE GROVE
MUSHROOMS
PRODUCT OF U.S.A.



7⁹⁹
ea.

MOYERS
CHOCOLATE
CARAMEL APPLE
1kg



4⁹⁹
ea.

FRESH POMEGRANATE
JARS
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84kg



6⁰⁰
ea.

IRRESISTIBLE
FRESH HERBS
1kg



2⁹⁹
/lb

IRRESISTIBLE
ORGANIC HERBS
1kg



3²⁹
ea.

ORGANIC FULL
CRANBERRY OR
GALA APPLES
1kg



4⁹⁹
ea.

ORGANIC
CAMPARI TOMATOES
1kg



6⁹⁹ **30**
ea. points

ORGANIC
SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

SALAD DIP
LARGE SALADS
SMALL FRUIT TRAY



13⁹⁹
ea.

NACHOS PLATTER
BEANS, CHEESE, MEAT
PUMPERNICKLES
DIP WITH DOP



14⁹⁹
ea.

POINSETTIA
1.5m



20⁰⁰
ea.

ROSE
1.5m



40⁰⁰
ea.

GRACEFUL BOUQUET
1.5m



16⁹⁹
ea.

ROSE
1.5m

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Your
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**

*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

PEPPERED CHICKEN BREAST 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

250

125

125

50

50

50

50

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

4⁹⁹

ea.

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

6⁹⁹

ea.

CHICKEN BREAST

CHICKEN CHALLET OR MONTANA'S PORK BACK RIBS 31kg

12⁹⁹

ea.

CHICKEN BREAST

CHICKEN CHALLET OR MONTANA'S PORK BACK RIBS 31kg

21⁹⁹

ea.

CHICKEN BREAST

RESE'S FRESH HISH BROWNS 400g

2⁹⁹

ea.

CHICKEN BREAST

RESE'S FRESH HISH BROWNS 400g

3⁹⁹

/lb

CHICKEN BREAST

LOU'S KITCHEN SMOKED HAM 1.1kg

7⁹⁹

ea.

CHICKEN BREAST

LOU'S KITCHEN SMOKED HAM 1.1kg

9⁹⁹

ea.

CHICKEN BREAST

MARK ANGELO THREE MEAT PIE 1.1kg

5⁹⁹

ea.

CHICKEN BREAST

MARK ANGELO THREE MEAT PIE 1.1kg

6⁹⁹

ea.

CHICKEN BREAST

INVESTIBLE COCONA BROWN, SPANADOPUS ON PASTA LASAGNA 2.27kg

6⁹⁹

ea.

CHICKEN BREAST

INVESTIBLE COCONA BROWN, SPANADOPUS ON PASTA LASAGNA 2.27kg

7⁹⁹

ea.

CHICKEN BREAST

POLO PASTA LASAGNA 2.27kg

11⁹⁹

ea.

CHICKEN BREAST

PRIME CHICKEN STRIPS 1.1kg

12⁹⁹

ea.

CHICKEN BREAST

PINTY'S CHICKEN 1.1kg

15⁹⁹

ea.

CHICKEN BREAST

PINTY'S CHICKEN 1.1kg

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**
10.5 oz. (300g)
12/12/19

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
BLACK FOREST & WHITE
RASPBERRY CAKE 10.5 oz.**

\$1
back in
corner

125
points

21⁹⁹
ea.

FRONT STREET BAKERY LOG CAKE 10.5 oz.
12/12/19

**COPPERBATH
SPICE COOKIES**

5⁹⁹
ea.

**CREATE & TREAT
RUSTY COWGIRL
COOKIE KIT 400g**

13⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
SELECTED FLAVORS

75
points

5⁹⁹
ea.

\$2
back in
corner

250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11.5 oz.**

 BROSCHE BIOCHÉ BREAD 5⁹⁹ ea.	 STONEWARE SUPREME PIZZA PAN BREAD 3⁹⁹ - 3⁰⁰ ea. per unit	 PIONEER WOMAN COUNTRY BREADS 5⁹⁹ ea.	 PIONEER WOMAN CREAM CHEESE BUNS 5⁹⁹ ea.	 FROST STREET BAKERY PANNINI ROLLS 3⁹⁹ ea.
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Deli Favourites

 VALUE PICK 29⁹⁹ /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.
 LIMITED TIME	 50 packs	 399 ea.	 599 ea.

cheesy holiday APPETIZERS

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



10⁹⁹
ea. **BOURBIN**
TRIO CREAM CHEESE



449
/100g

CASTELLO
TICKLER CHEDDAR
DELIC. CUT. PRICE AS MARKED



649/100g



299
/100g



99



4.99
/100g

CASTELLO
MILANO



899



749



399



349



429 / 100 g

**BUY MORE
SAVE MORE!**

A scenic view of a vineyard in Italy. In the foreground, a vintage silver car is parked on a gravel path, with a person wearing a straw hat and a plaid shirt sitting in the driver's seat. A wooden fence runs across the middle ground. The background features rolling green hills with terraced vineyards and a small village with yellow buildings. The text "FLAVOURS OF" is written in a bold, sans-serif font at the top left, and "italy" is written in a large, white, cursive script across the center, with a green and red horizontal line underlining the 'i' and 'l' respectively.

2.49
/lb

LARGE FOREBELL PEARS
WAXED & UNWAXED
COUNTRY CHOICE
6-8oz

2.99
ea.

ENJOYE O ESCALOLE
CILANTRO

SANPELLEGRINO
TRADIZIONE ITALIANA

SPARKLING DRINKS

6 16.9 FL. OZ. CANS

5.99
ea.

SANPELLEGRINO
TRADIZIONE ITALIANA

SPARKLING DRINKS

6 16.9 FL. OZ. CANS

5.99
ea.

ILLY

CLASSICO
MEDIUM ROAST

12 FL. OZ. CAN

11.99
ea.

ILLY

INTENSO
DARK ROAST

12 FL. OZ. CAN

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.

[illegible]

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 MERLEY MELANGE IN MEE 100% PURE 40 pieces 9⁹⁹ ea. Irresistible SHAYDOW MERLEY MELANGE IN MEE 100% PURE	IRRESISTIBLE SHAYDOW MERLEY MEE 100% PURE 40 pieces 10⁹⁹ ea. Irresistible SHAYDOW MERLEY MEE 100% PURE
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PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	PRINGLES SMILES & CHILES 2.99 ea.	WALKER'S SHORTBREAD COOKIES 4.99 ea.	WALKER'S SHORTBREAD COOKIES SELECTED FLAVORS 4.99 ea.	NEW! IRRESISTIBLE SNACKS 1.99 ea.	NEW! IRRESISTIBLE SNACKS 1.99 ea.	NEW! OREO HOLIDAY COOKIES 2.22 ea.	NEW! OREO HOLIDAY COOKIES 2.22 ea.
MONTES VERDE Panettone 5.99 ea.	Biscoff COOKIES 3.99 ea.	Biscoff COOKIES 3.99 ea.	M&M'S CANDY 5.99 ea.	M&M'S CANDY 5.99 ea.	M&M'S CANDY 5.99 ea.	KINDER SURPRISE EGGS 100.6 ea.	KINDER SURPRISE EGGS 100.6 ea.
WHITE CLAW HARD SELTZER 9.49 ea.	WHITE CLAW HARD SELTZER 9.49 ea.	PHILLIPS 4 HAZY IPA 8.49 ea.	PHILLIPS 4 HAZY IPA 8.49 ea.	GRÖVI HARD SELTZER 12.49 ea.	GRÖVI HARD SELTZER 12.49 ea.	ALLEN'S APPLE CIDER 3.99 ea.	ALLEN'S APPLE CIDER 3.99 ea.
WHITE CLAW HARD SELTZER 9.49 ea.	WHITE CLAW HARD SELTZER 9.49 ea.	PHILLIPS 4 HAZY IPA 8.49 ea.	PHILLIPS 4 HAZY IPA 8.49 ea.	GRÖVI HARD SELTZER 12.49 ea.	GRÖVI HARD SELTZER 12.49 ea.	ALLEN'S APPLE CIDER 3.99 ea.	ALLEN'S APPLE CIDER 3.99 ea.
STARBUCKS COFFEE 7.99 ea.	STARBUCKS COFFEE 7.99 ea.	TAZO TEA 4.99 ea.	TAZO TEA 4.99 ea.	Beatrice BUTTERFINK 20 points	Beatrice BUTTERFINK 20 points	Cheetos SNACKS 3.49 ea.	Cheetos SNACKS 3.49 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
750 ml

12.49 ea.

JACKSON TRIGGS
PINOT
GRAND
750 ml

11.49 ea.

OPEN CAB
REDLOT
750 ml

12.49 ea.

PELLER FAMILY
CHARDONNAY
750 ml

12.49 ea.

DON'T POKE THE BEAR
RED
750 ml

13.99 ea.

TRIGGS
SAUVIGNON
WHITE
750 ml

15.99 ea.

TWENTY BEES
PINOT GRAND
750 ml

12.49 ea.

JACOB'S CREEK
MOSCATO
ROSE
750 ml

13.99 ea.

Advertisement prices are subject to change and exclude HST and deposit fees, which are added at checkout. Beer, wine and ribs are available at select stores. See menu in for availability.

More Great Savings



2 for \$7.99
PRIMO PASTA SAUCE
16 oz. (450 mL) ea.



6.99
STEFANO PASTA SAUCE
16 oz. (450 mL) ea.



2.99
ITALPASTA LASAGNE
17 oz. ea.



5.49
SOMETHING SPECIAL TOP SPREAD & MARINADE
16 oz. ea.



4.99
KELLOGG'S RICE KRISPIES
10 oz. (283 g) ea.



4.99
KELLOGG'S RAISIN BRAN
10 oz. (283 g) ea.



45¢
KRAFT PARMESAN CHEESE
1/2 lb. (113 g) ea.



3.99
KASHI GRANOLA BARS
10 oz. (283 g) ea.



5.79
ULTRA CR 20g PROTEIN MILK
1 L (33.8 FL OZ) ea.



5.79
ULTRA CR 20g PROTEIN MILK
1 L (33.8 FL OZ) ea.



6.49
LACTANTIA LACTOSE FREE MILK
1 L (33.8 FL OZ) ea.



6.49
LACTANTIA LACTOSE FREE MILK
1 L (33.8 FL OZ) ea.



7.99
TRICKMEATS CONDIMENT
250 g (8.8 oz) ea.



7.99
TRICKMEATS CONDIMENT
250 g (8.8 oz) ea.

STOCK UP FOR THE HOLIDAYS



10.49
HÄAGEN DAZS ICE CREAM
1 L (33.8 FL OZ) ea.



6.99
iGo FROZEN YOGURT
1 L (33.8 FL OZ) ea.



6.99
iGo FROZEN SORBET OR GELATO
1 L (33.8 FL OZ) ea.

GET 500 MOI POINTS

Spend \$15 on participating General Mills items.



GENERAL MILLS CEREAL, CEREAL BARS, FRUIT SNACKS, CLELLER BARS, KIT'S DE SALSA, SELECTED SALES, SELECTED VARIETIES

BUY MORE SAVE MORE!
ALL THE ESSENTIALS YOU NEED AT BETTER VALUE



10.00
INVISIBLE FRIDGE FREEZER
1.5 cu. ft. (42.5 L) ea.



9.00
INVISIBLE PIZZA
12 oz. (340 g) ea.



13.00
BUBLY SPARKLING WATER
12 oz. (355 mL) ea.



6.00
CELERO ENERGY DRINKS
16 oz. (473 mL) ea.



7.00
TUBES OF SOUP
10 oz. (283 g) ea.



7.00
DOLE FRUIT CUPS
10 oz. (283 g) ea.



6.00
GO PURE CEREAL BARS
10 oz. (283 g) ea.



12.00
JACK LINK'S JERKY SNACKS
10 oz. (283 g) ea.



5.50
GLACÉAU VITAMIN WATER
1 L (33.8 FL OZ) ea.



8.50
WHIPPED CREAM
1 L (33.8 FL OZ) ea.



8.50
MAPLE SNICKERDOODLE COOKIES
10 oz. (283 g) ea.



7.50
VINTA VOLCANO CRACKERS
10 oz. (283 g) ea.

**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

19.99 each

10.99 each

14.99 each

MARTELLI FIAT 500
CANTUCCI COOKIES
100 g

18⁹⁹
ea.

Sperlan
TORTONE
150 g

7⁹⁹
ea.

VERGANI
PANETTONE
100 g
SELECTED VARIETIES

3⁹⁹
ea.

GIGI AURORA
ON LUSON
PANETTONE
400 - 500 g
SELECTED VARIETIES

11⁹⁹
ea.

THE MARIE
EXCEL-SIOR OR
MILKLETT
PANETTONE
OR PANDORO
750 g
SELECTED VARIETIES

14⁹⁹
ea.

MOTTA OR
FASCONARO
PANETTONE
OR PANDORO
100 - 300 g
SELECTED VARIETIES

21⁹⁹
ea.

SANTANGELO OR
PASTICCERIA
PANETTONE OR
PANDORO
200 g - 1 kg
SELECTED VARIETIES

23⁹⁹
ea.

PALUANI 1921
PANDORO, CHIOSTRO
OR LUSON MASON
PANETTONE
600 - 750 g - 1 kg
SELECTED VARIETIES

29⁹⁹
ea.

MUZZI TOMMASO
PALUANI CREAM OR
LUSON PANDORO OR
PANETTONE
500 - 750 g - 1 kg
SELECTED VARIETIES

18⁹⁹
ea.

CHIOSTRO TIN
VERGANI AGRUMI OR
SCARPELLO PANETTONE
750 g - 1 kg
SELECTED VARIETIES

32⁹⁹
ea.

FASCONARO
WRAPPED
PANETTONE
750 g
SELECTED VARIETIES

19⁹⁹
ea.

FASCONARO ORO
OR STREGA
PANETTONE OR
PANDORO
1 kg
SELECTED VARIETIES

46⁹⁹
ea.

BAULI OR
MILKLETT
PANETTONE OR
PANDORO
200 - 400 g
SELECTED VARIETIES

16⁹⁹
ea.

FASCONARO
1953
PANETTONE
1 kg
SELECTED VARIETIES

41⁹⁹
ea.

FASCONARO
DOLCE & GABBANA
PISTACHIO, NOCCOLA OR
MARRONINO PANETTONE 1 kg
SELECTED VARIETIES

71⁹⁹
ea.

FABRI AMARENA
PANETTONE
1 kg

31⁹⁹
ea.

A delicious selection of light, airy
and sweet Italian loaf breads.

PANETTONE
FESTA!

ITEM AVAILABILITY VARIES BY STORE - WHILE QUANTITIES LAST

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
EX WITH STYLE
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
OR
10% OFF
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
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
each
OR
10% OFF
SELECTED VARIETIES

2⁹⁹
ea.

15
POUR
TREATS
SELECTED VARIETIES

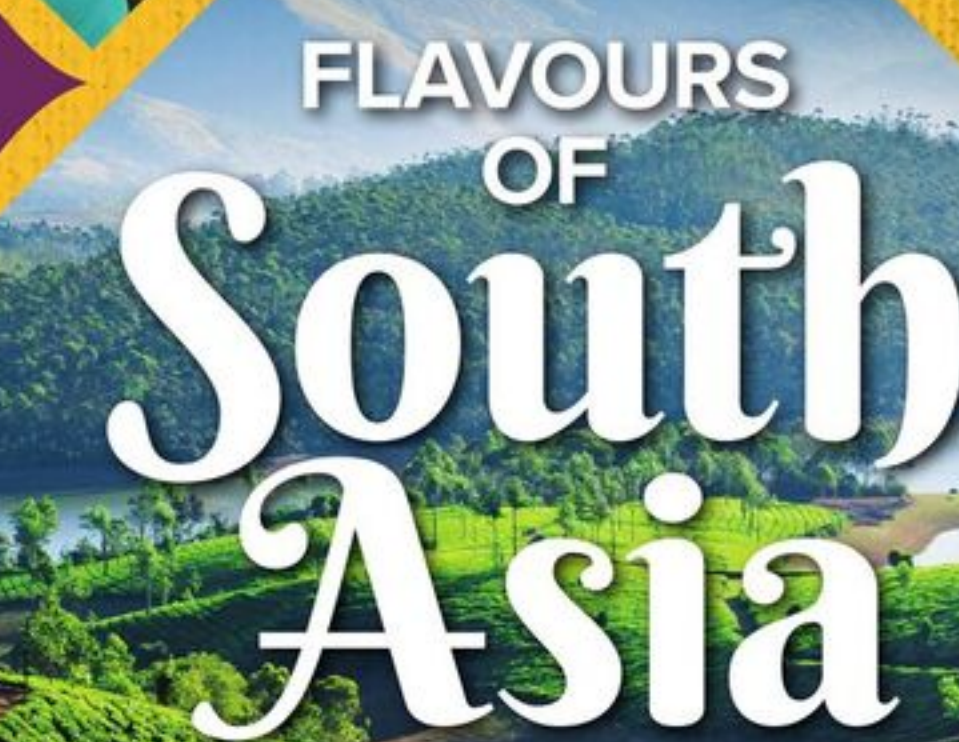
2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.



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The Perfect
Stocking Surprise

VISA \$50
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Pour Vous
Discover original finds from small businesses
Découvrez des créations originales provenant de petites entreprises
Granita

Etsy \$50
Discover original finds from small businesses
Découvrez des créations originales provenant de petites entreprises

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Le carte cadeau pour les personnes passionnées de lecture
Indigo Chapters Indigo Kids Indigo LT

AnyCard \$50 NO FEES
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Rakuten



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3⁹⁹

ea.

7⁹⁹

ea.

2⁴⁹

ea.

3⁹⁹

ea.

3⁴⁹

ea.

4⁹⁹

ea.

5⁴⁹

ea.

4⁹⁹

ea.

2⁹⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

4⁹⁹

ea.

1²⁵

ea.

10⁹⁹

ea.

3⁴⁹

ea.

2⁹⁹

ea.

2⁹⁹

ea.

2⁹⁹

ea.

8⁹⁹

ea.

8⁹⁹

ea.

15⁴⁹

ea.

99¢

ea.

5⁹⁹

ea.

36⁹⁹

ea.

28⁹⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

42⁰⁰

ea.

3⁹⁹

ea.

6⁹⁹

ea.