

VERSION 3

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (IMPORTED)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (IMPORTED)

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (IMPORTED)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (IMPORTED)

199

ea.

Angel Sweet

PRODUCT OF U.S.A. (IMPORTED)

SPANISH ONIONS

PRODUCT OF U.S.A. (IMPORTED)

SWEET POTATOES

PRODUCT OF U.S.A. (IMPORTED)

99¢

/lb

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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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.



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 (2 lb 4 oz) bag

14.99
ea.



metro.ca

\$ New Lower Prices

 7.00 ea. WONDER BREAD OR DUMPSIES BAGELS 12 SLICES 100% WHOLE WHEAT BREAD	 11.99 ea. HUSOCK HIGH LINE SIGNATURE HOT SIDE OF THE DAY BULET 12.5oz 100% MEAT HOT SAUCE 12.5oz	 5.99 lb ARTISAN UNBREAKABLE ARTISAN CARAMELIZED BREAD OR BEEF NOODLE SAUSAGE 12.5oz	 65 pkins OCEAR PINNER CAKES OR SHIMP 12.5oz	 19.99 ea. REBOTTLES JUNIOR SHRIMP BAG 12.5oz
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.5oz	 6.99 ea. LIBERTE GREEK YOGURT TUBS 12.5oz	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.5oz	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.5oz	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.5oz
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.5oz	 6.99 ea. LIBERTE GREEK YOGURT TUBS 12.5oz	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.5oz	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.5oz	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.5oz
 86¢ ea. MAXWELL HOUSE MAXWELL HOUSE COFFEE 12.5oz	 86¢ ea. MAXWELL HOUSE MAXWELL HOUSE COFFEE 12.5oz	 86¢ ea. MAXWELL HOUSE MAXWELL HOUSE COFFEE 12.5oz	 86¢ ea. MAXWELL HOUSE MAXWELL HOUSE COFFEE 12.5oz	 86¢ ea. MAXWELL HOUSE MAXWELL HOUSE COFFEE 12.5oz
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i earn with moi rewards

LAYS FAMILY SIZE 35 oz. 3.99 each Lays Classic Cheese Lays Lunchable® Original Lays Newman's Own® Pasta Sauce	40 oz. 5.49 CRISPER CHOCOLATE FAMILY SIZE COOKIES ON CAKESTOPS CHOCOLATE CAKESTOPS CAKESTOPS CAKESTOPS	40 oz. 4.99 CRISPER CHOCOLATE FAMILY SIZE CRACKERS CHOCOLATE CAKESTOPS CAKESTOPS CAKESTOPS
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4-DAY MEAL DEAL

DECEMBER 24TH – DECEMBER 27TH, 2025

YOUR CHOICE **\$11.99** each

STONE ISLAND CARBOIDS
12 CARBOIDS
12 CARBOIDS

30" KALAMATI PUFFY CRUST CHEESE PIZZA
12 CARBOIDS
12 CARBOIDS

HOT WHOLE BIRD MAMMOTH CHICKEN
12 CARBOIDS
12 CARBOIDS

20 CHICKEN RINGS
12 CARBOIDS
12 CARBOIDS

COBBLESTONE CALIFORNIA COMBO OR CALIFORNIA ROLL VARIETY PICK
12 CARBOIDS
12 CARBOIDS

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

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**

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.



NOW
12⁰⁰
ea.
SAVE UP TO
\$3.99

~~15⁹⁹~~
ea.
SELECTION
WASHER FLUID
4 x 3.78 L
SELECTED VARIETIES

THIS WEEK'S DEALS:

Only until December 10, 2025, in-store or online



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.

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

BLOOD ORANGES
PRODUCT OF AUSTRALIA
4.39/kg

1⁹⁹
/lb

GREEN ZUCCHINI
PRODUCT OF MEXICO
2.16/kg

99¢
/lb

WILD CAUGHT

**FRESH
KINGFISH STEAKS**
2.21/100g

9⁹⁹
/lb

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 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
BLUEBERRIES 1lb
PRODUCT OF U.S.A. & MEXICO

1⁹⁹
ea. or /lb
SLICED CUCUMBERS
PRODUCT OF U.S.A. & MEXICO

3⁴⁹
ea.
BELL PEPPERS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
BROCCOLI 5 PK
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
CRANBERRIES 14oz
PRODUCT OF U.S.A.

4⁹⁹
ea.
LEMONS 1lb
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
ea.
CHOPPED KALE
25 points
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
KIWI BASKETS 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
PINEAPPLE 1ea
PRODUCT OF U.S.A. & MEXICO

3⁴⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
ENDIVE OR ESCAROLE
PRODUCT OF U.S.A. & MEXICO

9⁹⁹
ea.
VANILLA POMEGRANATES
10 points
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
LARGE POMEGRANATES
20 points
PRODUCT OF U.S.A. & MEXICO

4⁴⁹
ea.
GOODLEAF SALAD MIXES
PRODUCT OF U.S.A. & MEXICO

6⁹⁹
ea.
FROZEN LETTUCE
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
LIFE SAVER NATURAL SWEET APPLE CIDER
20 points
PRODUCT OF U.S.A. & MEXICO

19⁹⁹
ea.
PLANT-BASED ROAST & GRAVY
19.99
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
/lb
BIG MOUNTAIN PLANT-BASED ROAST
5.99
PRODUCT OF U.S.A. & MEXICO

7⁹⁹
ea.
JUMBO CHESTNUTS
7.99
PRODUCT OF U.S.A. & MEXICO

Organic

1⁶⁹
/lb
ORGANIC GREEN CABBAGE
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
ea.
LITTLE POTATO CO.
25 points
PRODUCT OF U.S.A. & MEXICO

3⁴⁹
ea.
BOLTHOUSE FARMS
15 points
PRODUCT OF U.S.A. & MEXICO

12⁹⁹
ea.
GREENHOUSE ORGANIC CHOPS
12.99
PRODUCT OF U.S.A. & MEXICO

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD
PRODUCT OF U.S.A. & MEXICO

13⁹⁹
ea.
BROCCOLI CHEDDAR SALAD
13.99
PRODUCT OF U.S.A. & MEXICO

50
points
SMALL BERRY KIWI TRAY
50 points
PRODUCT OF U.S.A. & MEXICO

19⁹⁹
ea.
PUMPKIN PIE TOPPINGS
19.99
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



In Store
Visit Our Deli

Holiday Roasts

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

11⁹⁹
/lb

PLATINUM GRILL ANGUS
BLADE ROAST
100% CANADIAN ANGUS
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
8.50kg

3⁹⁹
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
26.43kg

11⁹⁹
/lb

50
points

5⁹⁹
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK
13.21kg

50
points

3⁹⁹
/lb

BREADED PORK LOIN CUTLETS VALUE PACK
8.50kg

125
points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.20kg

8⁹⁹
/lb

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

3⁹⁹
ea.

SELECTION
BOLDORNA
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
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
INDESISTIBLE BUTTER TARTS
100-125g

6.99 ea.



FRONT STREET BAKERY
INDESISTIBLE BUTTER TARTS
100-125g

6.99 ea.

Deli Favourites



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.



INDESISTIBLE ENTMAN DRY SAUSAGE
100g

2.99 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



SNOOSKI CANADIANA OR CANADIANA LIGHT
100g

2.99 ea.



BURRATA
2 for 20.00



MACGARGOLIO ITALIAN SLICED DELI OR PILLER'S PEPPERONI
100g

6.99 ea.



MAPLE LEAF NATURAL SELECTIONS OR SCHMEERS SLICED DELI
100g

8.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.



BELLACASA BURRATA CHEESE
100g

3.49 ea.



INDESISTIBLE DOUBLE CREAM BRIE
100g

7.49 ea.

4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

**YOUR
CHOICE** **11.99**
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



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



**FRESH 2 GO
20 CHICKEN BITES**



FLAVOURS OF

italy





JUMBO

3⁹⁹
ea.

JUMBO HONEYDEW
PILDED UP MELON

3⁹⁹
ea.



2⁴⁹
/lb

SMALL ITALIAN TOMATOES
PILDED UP TOMATOES
5.45kg

2⁴⁹
/lb



3⁹⁹
ea.

MORTADELLA
PILDED UP MEAT

3⁹⁹
ea.



9⁹⁹
ea.

BURRATA
PILDED UP CHEESE
250g

9⁹⁹
ea.



12⁹⁹
/lb

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALLE PACK
25.44kg

12⁹⁹
/lb



8⁹⁹
ea.

ROCK HARBOUR
ANCHOVES IN OLIVE OIL 105g

8⁹⁹
ea.



31⁹⁹
ea.

FRONT STREET BAKERY
BACON HAZELNUT CAKE
175g

31⁹⁹
ea.



2⁹⁹
ea.

FRONT STREET BAKERY
MINI CALABRESSE BREAD
200g

2⁹⁹
ea.



4⁹⁹
ea.

MARINELLI
PASTA SAUCE
PILDED UP SAUCE
400g

4⁹⁹
ea.



3⁴⁹
ea.

RIO MARE INSALATISSIME
LIGHT TUNA SALAD
250g (100g eatable)

3⁴⁹
ea.



16⁹⁹
ea.

BIANCHI FLAVOURED
PANCAKES
PILDED UP PANCAKES
100g (50g eatable)

16⁹⁹
ea.



5⁹⁹
ea.

MONTE VERDE
PANEMONE
PILDED UP PANCAKES
100g (50g eatable)

5⁹⁹
ea.

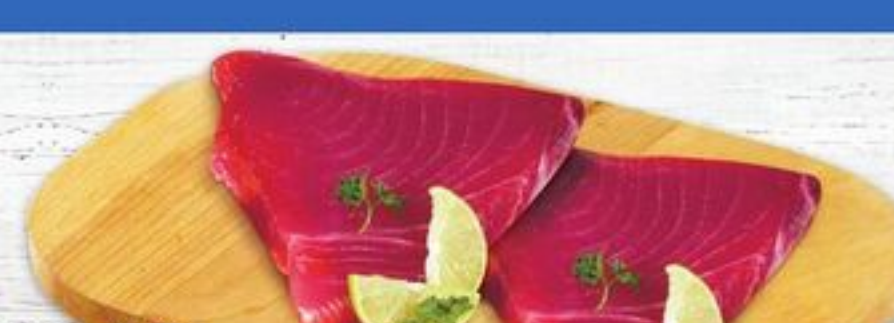
Seafood



12⁹⁹
/lb

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

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

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



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETIES



7⁹⁹
ea.

**LA ROCHESTERIE
SMOKED STEAMED
SALMON**
FRESH, 100g/3.5oz



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.000kg/4.4lb



12⁰⁰
ea.

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



125
points

**OCEAN JEWEL
WHOLE
HADDOCK**
SEA BASS
FRESH, 100g/3.5oz

\$1
back in
points

125
points

**MINCED CODDED
LOBSTER MEAT**
FRESH, 200g



125
points

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 100g/3.5oz

\$1
back in
points

125
points

**MINCED CODDED
LOBSTER MEAT**
FRESH, 200g



18⁹⁹
ea.

LOBSTER HOMARD
FRESH, 1.5 LB/680g



18⁹⁹
ea.

**ROCK LOBSTER
CANADIAN LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/680g

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. IRRESISTIBLE WETTED MEAT COOKED SCALLOP PASTA SAUCE PASTA, 100%	50 pounds 9.99 e.s. IRRESISTIBLE WETTED MEAT MARINATED MUSSELS PASTA SAUCE PASTA, 100%	50 pounds 12.99 e.s. IRRESISTIBLE WETTED MEAT POACHED CHICKEN PASTA SAUCE PASTA, 100%
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[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)
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)
9⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



LINDT BEAR CHOCOLATE
100g (3.5oz)
7⁹⁹ ea.



CHOCOLATE CHOCOLATES
100g (3.5oz)
9⁹⁹ 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 SOUR PATCH KIDS CANDY
100g (3.5oz)
4⁹⁹ ea.



PEZ CANDY
100g (3.5oz)
3⁴⁹ ea.



LAURA SECORD MASCALLOON HOT CHOCOLATE BOMB
100g (3.5oz)
3⁴⁹ ea.



EXCEL GUM
100g (3.5oz)
4⁷⁹ ea.



BLISTEX LIP MEDICINE
100g (3.5oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
100g (3.5oz)
4⁹⁹ ea.



NATIVE DEODORANT
100g (3.5oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
100g (3.5oz)
13⁹⁹ ea.



GLYSOMED HAND CREAM
100g (3.5oz)
4⁴⁹ ea.



GUM SOFT-PICKS
100g (3.5oz)
5⁹⁹ ea.

More Great Savings

Drizzlicious PEPPERMINT HOT CHOCOLATE MIX 100g (3.5 oz) ea. Drizzlicious RASPBERRY HOT CHOCOLATE MIX 100g (3.5 oz) ea. 4 99 ea.	Drizzlicious DOUBLE CHOCOLATE HOT CHOCOLATE MIX 100g (3.5 oz) ea. 4 99 ea.	Drizzlicious DOUBLE CHOCOLATE HOT CHOCOLATE MIX 100g (3.5 oz) ea. 4 99 ea.	Dole Pineapple Juice 1.5L (50.7 fl. oz.) ea. 5 99 ea.	Hawkins CHEESECAKE SNACKS 100g (3.5 oz) ea. 3 99 ea.
MONTELLIER SPARKLING WATER 10x 330ml (11.0 fl. oz.) ea. 13 00 ea.	A&W SOFT DRINKS 12x 330ml (11.0 fl. oz.) ea. 6 00 ea.	Coca-Cola SOFT DRINKS 12x 330ml (11.0 fl. oz.) ea. 6 00 ea.	VOORUIT NIEUW ONTDEKT COOKIES 12x 100g (3.5 oz) ea. 2 99 ea.	Hawkins CHEESECAKE SNACKS 100g (3.5 oz) ea. 3 99 ea.
PRIMO TOMATO SAUCE 1L (33.8 fl. oz.) ea. 1 99 ea.	MONTELLIER MILLE MILLE MUSTARD 1L (33.8 fl. oz.) ea. 7 99 ea.	SAPPORO PREMIUM LAGER BEER 12x 330ml (11.0 fl. oz.) ea. 12 49 ea.	dececo 100% ALCOHOL FREE BEER 12x 330ml (11.0 fl. oz.) ea. 15 99 ea.	Nutri Grain CEREAL BARS 12x 100g (3.5 oz) ea. 3 49 ea.
Nescafe HOT CHOCOLATE MIX 100g (3.5 oz) ea. 10 99 ea.	RED ROSE TEA 12x 100g (3.5 oz) ea. 5 49 ea.	Source YOGURT 12x 100g (3.5 oz) ea. 2 99 ea.	Nutri Grain CEREAL BARS 12x 100g (3.5 oz) ea. 3 49 ea.	Nutri Grain CEREAL BARS 12x 100g (3.5 oz) ea. 3 49 ea.
VAN HOUT McCafe 12x 100g (3.5 oz) ea. 2 39 ea.	STARBUCKS COFFEE CREAMER 12x 100g (3.5 oz) ea. 7 99 ea.	Milkmaid CONDENSED MILK 12x 100g (3.5 oz) ea. 6 49 ea.	SMOOTHIE MANGO PASSION 12x 100g (3.5 oz) ea. 4 49 ea.	SMOOTHIE MANGO PASSION 12x 100g (3.5 oz) ea. 4 49 ea.

↓ 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 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	 IMMORTAL DRESSING 100% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION ICE CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION COFFEE CREAMER 10% 100% SELECTED VEGETABLES NOW  \$2.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON APPLES 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99

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\$125

PER WEEK*

6 OR 12 MONTH PLAN

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& FLYER DEALS
AS IN-STORE**

*Certain conditions apply. Details on metro.ca

Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100% SELECTED NUTS

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 100%
SELECTED NUTS

6⁹⁹
ea.

CELESTIAL
TEA 100% SELECTED NUTS

5⁴⁹
ea.

LIFE SMART
LEGGINGS
SELECTED NUTS

1⁹⁹
ea.

CHICK PEAS
SELECTED NUTS

6⁴⁹
ea.

IMAGINE
DRINKY
SELECTED NUTS

5⁴⁹
ea.

Plant-Based

ZAZIBREAN
CHOCOLATE
100% SELECTED NUTS

4⁹⁹
ea.

EARTH BALANCE
SPREAD 100%
SELECTED NUTS

7⁴⁹
ea.

GREENHOUSE
CREAMER
100% SELECTED NUTS

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS
100% SELECTED NUTS

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
100% SELECTED NUTS

5⁹⁹
ea.

CROFTER'S
SWEETENED
100% SELECTED NUTS

5⁹⁹
ea.

CROFTER'S
SWEETENED
100% SELECTED NUTS

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX
100% SELECTED NUTS

35⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100%
SELECTED NUTS

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!

2 for
6⁰⁰
ea.

Pampers
BABY OR TODDLER
WIPES 100% SELECTED NUTS

10⁴⁹
ea.

AXE DEODORANT
100% SELECTED NUTS

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 100%
SELECTED NUTS

8⁹⁹
ea.

RESURGE
HAIR CARE
100% SELECTED NUTS

6⁹⁹
ea.

U
BABY KOTEX
SANITARY PAPERS
100% SELECTED NUTS

5⁹⁹
ea.

method
heavenly-scented hand wash

5⁴⁹
ea.

HOUSEHOLD HELPERS

Gain
FLUORIDE
DETERGENT 100%
SELECTED NUTS

4⁹⁹
ea.

LYSOL
DUAL ACTION
WIPES OR
CLOROX BLEACH
100% SELECTED NUTS

7⁹⁹
ea.

Finish
POWER
DISHWASHER
DETERGENT 100%
SELECTED NUTS

17⁹⁹
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS
100% SELECTED NUTS

8⁹⁹
ea.

BUY MORE!
SAVE MORE!

2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for
8⁵⁰
ea.

method
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

method
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

method
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

method
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

method
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

method
HAND WASH
100% SELECTED NUTS

5⁴⁹
ea.

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

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% WHOLE WHEAT

2/5 stars
48 per 10.99 ea.

BUY MORE!
SAVE MORE!

DENTALIFE
CHEWIES
100% WHOLE WHEAT

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
100% WHOLE WHEAT

6.99 ea.

BLUE BUFFALO
BITS
100% WHOLE WHEAT

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
100% WHOLE WHEAT

13.49 ea.

GOLDEN FILL
DOG TREATS
100% WHOLE WHEAT

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
100% WHOLE WHEAT

14.49 ea.

VITALITE
DOG TREATS
100% WHOLE WHEAT

50 pieces
10.99 ea.

NATURE'S RECIPE
MIXED BERRY
100% WHOLE WHEAT

WRAP UP BRAND NAME PET FOOD

5 stars
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
100% WHOLE WHEAT

65 pieces
20.49 ea.

CEASAR
MULTI-PURPOSE WET
DOG FOOD
100% WHOLE WHEAT

5/5 stars
5 per 1.49 ea.

BUY MORE!
SAVE MORE!

PROKIES
WET DOG FOOD
100% WHOLE WHEAT

18.99 ea.

IAMS
WET DOG FOOD
100% WHOLE WHEAT



We take pride in sourcing locally from the
Escarpment Region.

JENSEN
CHEDDAR CHEESE
11.75/lb
SELECTED VARIETIES

2⁵⁹
/100g



UNIOPOL
ROLLED CHICKEN
WITH GARLIC,
DILL OR JALAPEÑO
DELI SLICED, 11.75/lb
SELECTED VARIETIES

2⁵⁹
/100g



HALENDIA'S
MINI SMOKED HAM,
SLICED BACK BACON OR
SMOKED PORK CHOPS
13.21/kg
SELECTED VARIETIES

5⁹⁹
/lb



QUINTA
QUINOA
400 g

6⁹⁹
ea.



THE CIDER KEG
SPARKLING DRINKS
2 L
SELECTED VARIETIES

3⁴⁹
ea.



DUTCHMAN'S GOLD
HONEY
500 g
SELECTED VARIETIES

8⁹⁹
ea.



Effective December 4, 2025 - January 7, 2026

SNOWDONIA
CHEESE CO.

**PURE
CHEESE
INDULGENCE**

SNOWDONIA
CHUTNEY
100-200g
SELECTED VARIETIES

6⁹⁹
ea.

SNOWDONIA
CHEDDAR CHEESE
150-200g
SELECTED VARIETIES

11⁹⁹
ea.

SCHNEIDERS

PEPPERETTES
150-250g
SELECTED VARIETIES

9⁹⁹
ea.

ELEVATED ENTERTAINING

**TRUSTED BY
CANADIANS**

SINCE 1981

BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

8⁹⁹
ea.

100% pure and
unpasteurized

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

2⁴⁹
ea.

Pure

KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES

3⁹⁹
ea.

NO ARTIFICIAL
PRESERVATIVES

NO ARTIFICIAL
FLAVOURS

NO ARTIFICIAL
COLOURS

Holiday Savings FOR EVERY OCCASION!

PILLSBURY
COOKIE DOUGH
250-350g
SELECTED VARIETIES

4⁹⁹
ea.

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

1⁹⁹
ea.

Chex
CEREAL
240-360g
SELECTED VARIETIES

4⁹⁹
ea.

SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-360g
SELECTED VARIETIES

3⁴⁹
ea.

GRINCH
OR SUGAR CRUNCH
CEREAL
240-360g
SELECTED VARIETIES

3⁴⁹
ea.

*Winter Treats
for all!*

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

6⁴⁹
ea.

NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.

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

ONLY WITH

SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES

6⁴⁹
ea.

JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.