

Your

GO-TO

for holiday essentials



Effective December	TH	FR	SA	SU	MO
	4	5	6	7	8

[illegible]

HOLIDAY
BAKING
FAVOURITES

BETTY CROCKER
CAKE MIX OR FROSTING
400 g (14 oz) tubs

\$1
back in
points

125
points

199
ea.



REDPATH BROWN OR
ICING SUGAR
1 kg (2 lb 4 oz) bags

249
ea.



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

349
ea.



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

399
ea.



SELECTION
CHOCOLATE CHIPS OR
BARKS & CHOCOLATE
100 g (3.5 oz) bags

399
ea.



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

14.99
ea.

750 g



\$ 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 1/2 LBS. (12.75g)	 5.99 lb. ARTISAN UNBREAKABLE ARTISAN CINNAMON SWIRLED HAM OR BEEF NOOK SLICED HAM 12.75g	 65 gms. RED HOT BITES RED HOT BITES JUNIOR SHRIMP BURGERS 12.75g	 19.99 ea. OCEAN PRIME CORDON ROUGE BITES 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g
 3.99 ea. CRAVE CRAVE PROTEIN MUFFINS 12.75g	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 6.49 ea. NATREL ORGANIC MILK BUTTER 12.75g	 500 ml ea. VECTOR VECTOR MAPLE SYRUP 12.75g

i earn with moi rewards

LAYS FAMILY SIZE 35 COUNT 3.99 ea. Lays Classic Cheddar Lays Lunchable Pasta & Sauce Lays Newman's Own Pasta & Sauce	40 COUNT 5.49 ea. CRISPER FAMILY SIZE COOKIES ON CAKESTERS REALLY CRISPY SOFT & CHOCOLATE CAKESTERS	40 COUNT 4.99 ea. CRISPER FAMILY SIZE CRACKERS REALLY CRISPY SOFT & CHOCOLATE CAKESTERS
--	--	--

4-DAY MEAL DEAL

DECEMBER 24TH – DECEMBER 27TH, 2025

YOUR CHOICE **\$11.99** each

STONE ISLAND CARDOLES
12 CARDOLES
12 CARDOLES

30" KALAMATI PUFFY CRUST CHEESE PIZZA
12 CARDOLES
12 CARDOLES

HOT WHOLE BIRD MAMMOTH CHICKEN
12 CARDOLES
12 CARDOLES

20 CHICKEN RITES
12 CARDOLES
12 CARDOLES

20 CHICKEN RITES
12 CARDOLES
12 CARDOLES

20 CHICKEN RITES
12 CARDOLES
12 CARDOLES

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.

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.
PINEAPPLE 1 bag
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
BELL PEPPERS 1lb
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
BROCCOLI 1lb
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
CHERRY TOMATOES 1lb
PRODUCT OF U.S.A. & MEXICO

2⁹⁹
ea.
CUCUMBERS 1lb
PRODUCT OF U.S.A. & MEXICO

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

5⁹⁹
ea.
DOLE SALAD KITS 1lb
PRODUCT OF U.S.A. & MEXICO

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

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

2⁹⁹
ea.
LARGE POMEGRANATES 1lb
PRODUCT OF U.S.A. & MEXICO

4⁴⁹
ea.
GOODLEAF SALAD MIXES 1lb
PRODUCT OF U.S.A. & MEXICO

6⁹⁹
ea.
FROZE LETTUCE 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
LIFE SAVER NATURAL SWEET APPLE CIDER 1lb
PRODUCT OF U.S.A. & MEXICO

1⁹⁹
ea.
PLANT-BASED ROAST & GRAVY 1lb
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
/lb
BIG MOUNTAIN PLANT-BASED ROAST 1lb
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
/lb
JUMBO CHESTNUTS 1lb
PRODUCT OF U.S.A. & MEXICO

7⁹⁹
ea.
MOVERS CHOCOLATE CARAMEL APPLE 1lb
PRODUCT OF U.S.A. & MEXICO

Organic

1⁶⁹
/lb
ORGANIC GREEN CABBAGE 1lb
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
ea.
LITTLE POTATO CO. 1lb
PRODUCT OF U.S.A. & MEXICO

3⁴⁹
ea.
BOLTHOUSE FARMS 1lb
PRODUCT OF U.S.A. & MEXICO

12⁹⁹
ea.
GREENHOUSE ORGANIC CHOPS 1lb
PRODUCT OF U.S.A. & MEXICO

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 1lb
PRODUCT OF U.S.A. & MEXICO

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

4⁹⁹
ea.
TOMATO CUCUMBER SALAD 1lb
PRODUCT OF U.S.A. & MEXICO

13⁹⁹
ea.
SMALL BERRY KIWI TRAY 1lb
PRODUCT OF U.S.A. & MEXICO

13⁹⁹
ea.
PUMPKIN PIE 1lb
PRODUCT OF U.S.A. & MEXICO

13⁹⁹
ea.
MACRO PLATTER 1lb
PRODUCT OF U.S.A. & MEXICO

40⁰⁰
ea.
CHRISTMAS MAGIC DESSERT 1lb
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
ea.
POINSETTIA 1lb
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

125 points

8⁹⁹
/lb

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

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
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
CHEESE STICKS OR CHEESE BUNS
100-125g

5.99 ea. **75** points



FRONT STREET BAKERY
ITALIAN BREAD
400-450g

3.49 ea. **50** points



FRONT STREET BAKERY
PECAN CAKES
100-125g

22.99 ea. **125** points



FRONT STREET BAKERY
SELECTION BUNS
100-125g

22.99 ea. **125** points



micro croissants
250g

4.99 ea.



LITTLE NORTHERN
BAKED GOODS
WIDE SLICED
BAGELS OR
EVERYTHING BAGELS
100-125g

8.49 ea.



MINI'S SUMMER
ROLLS 100g

4.49 ea.



FURLANI TEXAS
TOAST
100-125g

5.49 ea.



JAMOCHA ALMOND
CRUNCH CAKE
100-125g

31.99 ea. **250** points



INESISTIBLE
BUTTER TARTS 100g

6.99 ea.



LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

4.49 ea.



FURLANI TEXAS
GARLIC TOAST
100-125g

5.49 ea.



SELECTION
SUPER MOIST CAKES 100g

7.49 ea.



INESISTIBLE
BUTTER TARTS 100g

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.



INESISTIBLE ENTENM
DRY SAUSAGE 100g

8.99 ea. **125** points



BELLA CASARA
BURRATA
CHEESE 100g

3.49 ea.



SHORSKI
SAUSAGES 100g

2.99 ea.



INESISTIBLE ENTENM
DRY SAUSAGE 100g

8.99 ea. **125** points



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



Seafood



12⁹⁹
/lb

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

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LB/BOX



12⁹⁹
ea.

CHOICE

**CHOICE OYSTERS
SELECTION MIXED**



**LA ROCHE-RIE
SMOKED STEAMED
SALMON**
FRESH, 2.5 LB/BOX



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



12⁰⁰
ea.

**CALIFORNIA
NIGIRI COMBO (12-PCS)**
CALIFORNIA
NIGIRI PLAC (12-PCS)
SELECTED RAVIOLI



3⁹⁹
ea.

**OCEAN JEWEL
WHOLE
SWEETBRINED
SEA BASS**
FRESH, 2.5 LB/BOX

**\$1
DOCKIN'
DOCKIN'**

**125
POINTS**



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB/BOX



**125
POINTS**

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 2.5 LB/BOX

**\$1
DOCKIN'
DOCKIN'**



18⁹⁹
ea.

**ROCK LOBSTER
CAYMANE LOBSTER
CLAWS & ARMS**
FRESH, 2.5 LB/BOX

LOBSTER HOMARD
FRESH, 2.5 LB/BOX

30 pounds 2⁹⁹ e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8⁹⁹ e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9⁹⁹ e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12⁹⁹ e.s. WIREMESH BREADED PASTA, 100%
---	---	---	---

Kellogg's Cereal Festive MORNINGS

CELLOPHANE BAGS OF 12.5 OZ. EACH. LIMITED QUANTITY.

KELLOGG'S CEREAL
 KELLOGG'S RICE KRISPIES
 KELLOGG'S FROSTIES
 WHILE QUANTITIES LAST

\$6.99 ea.

NATROL
 NATROL ORGANIC OAT LACTOSE FREE MILK
 12.5 OZ. 100% NATURAL
 100% NATURAL
 100% NATURAL

\$6.49 ea.

©2018 Kellogg Company. All rights reserved. Kellogg's, the Kellogg's logo, and the Kellogg's logo are trademarks of Kellogg Company. Frosties is a trademark of Kellogg Company. Natrol is a trademark of Natrol, Inc. All other trademarks are the property of their respective owners. *See back of box for more information. *See back of box for more information. *See back of box for more information.

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.



GHIRARDELLI 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 BOMBS
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

[illegible]

↓ Low Price Every Day

 NOW  \$1.49 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$1.25 SELECTION Lentils & Carrots 100% SELECTED VEGETABLES	 NOW  \$2.99 SELECTION WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION ICE CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION Lentils & Carrots 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  \$2.99

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

Your
GO-TO for
unlimited deliveries.



Subscribe Now

*Certain conditions apply. Details on metro.ca

COMES OUT TO

\$125

PER WEEK*

6 OR 12 MONTH PLAN

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

25 pieces
4.99 ea.

MILK-BONE
DOG TREATS
2.5 LBS. (1.13 KG.)

15 pieces
2.49 ea.

MILK-BONE
SOFT & CHEWY
2.5 LBS. (1.13 KG.)

6.99 ea.

COOKIE PAL®
DOG TREATS
2.5 LBS. (1.13 KG.)

8.49 ea.

CAFEON FARMS
DOG TREATS
2.5 LBS. (1.13 KG.)

Top picks from SANTA CLAWS

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

4/5 stars
5 stars

BUY MORE!
SAVE MORE!

4/5 stars
5 stars

5 stars

7.99 ea.

DOG TREATS
2.5 LBS. (1.13 KG.)

45 pieces
8.99 ea.

COMFORT CHEWY
MILK-BONE
COMFORT CHEWY
2.5 LBS. (1.13 KG.)

2/5 stars
48 stars

BUY MORE!
SAVE MORE!

2/5 stars
48 stars

2/5 stars
48 stars

BUY MORE!
SAVE MORE!

2/5 stars
48 stars

2/5 stars
48 stars

BUY MORE!
SAVE MORE!

2/5 stars
48 stars

6.99 ea.

BLUE BUFFALO
BITS
2.5 LBS. (1.13 KG.)

6.99 ea.

BLUE BUFFALO
STIX
2.5 LBS. (1.13 KG.)

55 pieces
11.49 ea.

PERFECT DENTALISTX
DOG TREATS
2.5 LBS. (1.13 KG.)

13.49 ea.

GOODIE FUN
DOG TREATS
2.5 LBS. (1.13 KG.)

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
2.5 LBS. (1.13 KG.)

14.49 ea.

VITALITE
DOG TREATS
2.5 LBS. (1.13 KG.)

50 pieces
10.99 ea.

NATURE'S RECIPE
HUNGRY HUNGRY
2.5 LBS. (1.13 KG.)

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
2.5 LBS. (1.13 KG.)

5 stars
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
2.5 LBS. (1.13 KG.)

65 pieces
20.49 ea.

CEsar
WET DOG FOOD
2.5 LBS. (1.13 KG.)

5/5 stars
5.50 ea.

MISTIES
WET DOG FOOD
2.5 LBS. (1.13 KG.)

18.99 ea.

IAMS
PROACTIVE HEALTH
BRUNCHKINS
2.5 LBS. (1.13 KG.)



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

**NORTH COUNTRY
PEPPERETTES**
454 g
SELECTED VARIETIES

8⁴⁹
ea.



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

5⁹⁹
ea.



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

10⁹⁹
ea.



**QUINTA
QUINOA**
400 g

6⁹⁹
ea.



**SAUGEEN COUNTRY
DAIRY**
908 g
SELECTED VARIETIES

5⁹⁹
ea.



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

6⁹⁹
ea.



Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO [LEARN MORE](#)



SNOWDONIA
CHEESE CO.
PURE CHEESE
INDULGENCE



6⁹⁹
ea.
SNOWDONIA
CHUTNEY
100-125g
SELECTED VARIETIES



11⁹⁹
ea.
SNOWDONIA
CHEDDAR CHEESE
150-200g
SELECTED VARIETIES



SCHNEIDER'S
PEPPERETTES
150-175g
SELECTED VARIETIES

ELEVATED ENTERTAINING





9⁹⁹
ea.



TRUSTED BY
CANADIANS
SINCE 1981



8⁹⁹
ea.
BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

100% pure and
unpasteurized



2⁴⁹
ea.
MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES



3⁹⁹
ea.
KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES



4⁹⁹
ea.
PILLSBURY
COOKIE DOUGH
350g
SELECTED VARIETIES



1⁹⁹
ea.
BETTY CROCKER
SUPER MOIST
CAKE MIX
250-400g
SELECTED VARIETIES



4⁹⁹
ea.
CHEX CEREAL
340-360g
SELECTED VARIETIES



3⁴⁹
ea.
SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-340g
SELECTED VARIETIES



6⁴⁹
ea.
NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES



4⁹⁹
ea.
NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES



6⁴⁹
ea.
SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES



6⁴⁹
ea.
JIF
PEANUT BUTTER
240g
SELECTED VARIETIES

Nestle trademarks are owned by Nestle Ltd. Vevey, Switzerland. © 2025 Nestle. Jif trademarks are owned by Jif Foods, Inc. © 2025 Jif Foods.