

VERSION 1

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (WASHO)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (CALIF.)

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (CALIF.)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (CALIF.)

199

ea.

ANGEL SWEET

PRODUCT OF U.S.A. (CALIF.)

199

ea.

SPANISH ONIONS

PRODUCT OF U.S.A. (CALIF.)

SWEET POTATOES

PRODUCT OF U.S.A. (CALIF.)

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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4

5

6

7

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HOLIDAY
BAKING
FAVOURITES

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

\$1
back in
points

125
points

1.99
ea.



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

2.49
ea.



CRISCO ALL VEGEtable
SHORTENING OR
SALE BRAND
UNUSURF MIX
500 g (1 lb 13 oz) tubs

3.49
ea.



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

3.99
ea.



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

3.99
ea.



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

14.99
ea.

750 g



\$ New Lower Prices

 2 700 ea. WONDER BREADS OR WONDERBREADS RAISIN SWIRLS	 1199 ea. HUSKO FLOUR HIGH LINEB SOUTHERN PAN FLAR ON CATCH OF THE DAY FILLETS 100% WHEAT FLOUR ENRICHED WITH VITAMINS AND MINERALS	 599 65 lb IRRESISTIBLE ARTISAN SEMI BONELESS SMOKED HAM OR PINK PARMER HAM 13.75 lb	 1999 ea. OCEAN PRIME COOKED SHRIMP 100% COOKED SHRIMP 100% JUMBO SHRIMP SHRIMP TAIL
 399 65 ea. Crave PROTEIN MEALS 100% PROTEIN 100% WHOLE GRAIN	 699 ea. LIBERTE CAKES LIBERTE GREY LIBERTE GREY	 649 ea. NATREL ORGANIC MILK BUTTER 100% BUTTER 100% BUTTER	 999 ea. VECTOR MACARONI 100% MACARONI 100% MACARONI
 399 65 ea. mini POPS 100% POPS 100% POPS	 749 125 ea. SAN PELLEGRINO NATURAL FLAVORED SPARKLING DRINKS 100% NATURAL FLAVORED	 279 15 ea. OCEAN JUICE 100% JUICE 100% JUICE	 499 ea. Chex CEREAL 100% CEREAL 100% CEREAL
 599 ea. ACTIVIA YOGURT 100% YOGURT 100% YOGURT	 349 ea. CHEEZ-IT CRACKERS 100% CRACKERS 100% CRACKERS	 399 ea. Hardbite CHIPS 100% CHIPS 100% CHIPS	 199 ea. Campbell's SOUP 100% SOUP 100% SOUP
 699 ea. Bellmanna MACARONI 100% MACARONI 100% MACARONI	 249 ea. BUSH'S BEANS 100% BEANS 100% BEANS	 349 ea. Ben's Original RICE 100% RICE 100% RICE	 499 ea. Kettin's PICKLES 100% PICKLES 100% PICKLES
 599 ea. Scope DISHWASHER TABLETS 100% TABLETS 100% TABLETS	 299 ea. ALCAN PAPER PRODUCTS 100% PRODUCTS 100% PRODUCTS	 899 ea. Royale PAPER PRODUCTS 100% PRODUCTS 100% PRODUCTS	 899 ea. Bounce FABRIC SOFTENER 100% SOFTENER 100% SOFTENER

4-DAY MEAL DEAL

DECEMBER 14th - DECEMBER 17th, 2025

YOUR CHOICE \$119⁹⁹ ea.

STORM MARY CARROLS
 (FROM NOV 17-23)

16" KALAMATA PIZZA
 PUMPKIN CHEESE PIZZA
 (NO TOPPING CHANGES)

HAT WHOLE BIRD
 MAMMOTH CHICKEN

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

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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.



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.

4⁹⁹
ea.

1⁹⁹
lb

2⁹⁹
ea.

4⁹⁹
ea.

2⁹⁹
ea.

4⁹⁹
ea.

1⁹⁹
ea.

4⁹⁹
ea.

4⁹⁹
ea.

3⁴⁹
/lb

5⁹⁹
ea.

9⁹⁹
ea.

2⁹⁹
ea.

4⁴⁹
ea.

4⁹⁹
ea.

20
points

4⁹⁹
ea.

19⁹⁹
ea.

5⁹⁹
/lb

35
points

7⁹⁹
ea.

1⁶⁹
/lb

25
points

5⁹⁹
ea.

15
points

3⁴⁹
ea.

12⁹⁹
ea.

4⁹⁹
ea.

50
points

13⁹⁹
ea.

40⁰⁰
ea.

38⁹⁹
ea.

19⁹⁹
ea.

5⁹⁹
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

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 NATURALIA 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
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

5⁹⁹
ea.

75
points



FRONT STREET BAKERY
ITALIAN BREAD
400-450g

3⁴⁹
ea.

50
points



micro croissants
250g

4⁹⁹
ea.



LITTLE NORTHERN
BAKED GOODS
WIDE SLICED
BAGELS OR
EVERYTHING BAGELS
1kg

8⁴⁹
ea.



MINI'S SUMMER
ROLLS 100g

4⁴⁹
ea.



FURLANI TEXAS
TOAST
1kg

5⁴⁹
ea.



FRONT STREET BAKERY
PECAN CAKES
100-125g

22⁹⁹
ea.

125
points



JAMONCA ALMOND
CRUNCH CAKE
100g

31⁹⁹
ea.

250
points



FURLANI TEXAS
GARLIC TOAST
1kg

7⁴⁹
ea.



INRESISTIBLE
BUTTER TARTS 100g

6⁹⁹
ea.

Deli Favourites



MAPLE LOAF
100g

2⁹⁹
ea.



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2⁹⁹
ea.



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3⁹⁹
ea.



LE GRUYERE
SWISS CHEESE
100g

5⁹⁹
ea.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

2⁹⁹
ea.



BELLA CASARA
BURRATA
CHEESE 100g

3⁹⁹
ea.



SNIROSKI
CANADIANA OR
CANADIANA HAM
100g

2⁹⁹
ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3⁴⁹
ea.



MACGARGOLIO
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100g

6⁹⁹
ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8⁴⁹
ea.



BELLITALIA
SALAMI OR
GOLD LABEL PEPPERONI
100g

8⁷⁹
ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10⁹⁹
ea.



PRESIDENT OR
BULZONI
SPREADABLE CHEESE
100g

7⁹⁹
ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9⁴⁹
ea.



LA BELLE BRETAGNE
POT PIE
100g

4⁹⁹
ea.



SWISS CHALET
POT PIE
100g

8⁹⁹
ea.



KANA
BANI
100g

7⁴⁹
ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8⁰⁰
ea.

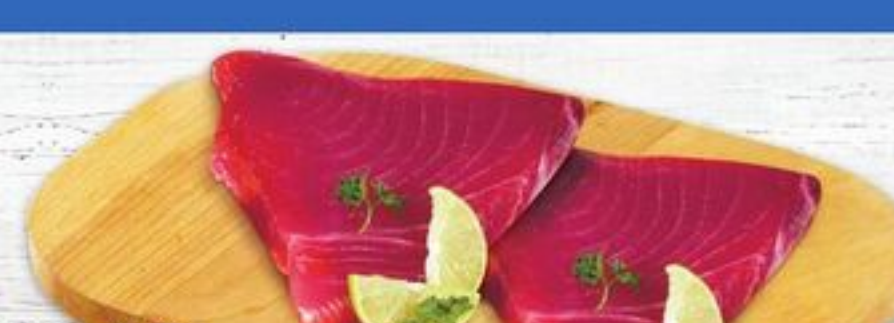
Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LBS

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LBS



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETY



7⁹⁹
ea.

**LA ROCHELIERE
SMOKED STEAMED
SALMON**



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.000/LB



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT SHIMP**
CALIFORNIA
WIDEY PACK 100%
SELECTED & RATED



125
points

**OCEAN JEWEL
WHOLE
HADDOCK**
SEA BAS
FRESH, 1.5 LBS

\$1
back in
points

125
points

**ADJUTANT
SNOW CRAB
CLOUTERS**
FRESH, 1.5 LBS

\$1
back in
points

125
points

**ROCK HARBOR
COLUMBIAN LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LBS

\$1
back in
points

125
points

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LBS

3⁹⁹
ea.



11⁹⁹
ea.



17⁹⁹
ea.



18⁹⁹
ea.

[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.



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 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.

More Great Savings

Drizalicious PEPPERMINT CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 NET WT 1.0kg 4 99 ea.	Drizalicious RASPBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 NET WT 1.0kg 4 99 ea.	Drizalicious STRAWBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 NET WT 1.0kg 4 99 ea.	Dole Pineapple Juice 100% Juice 1.5L 5 99 ea.	Henderson's CHEEZIES CHEESE SNACKS 250g 3 99 ea.
MONTELLIER SPARKLING WATER 10x 500ml BEST BEFORE 12/2024 NET WT 5.0L 13 00 ea.	A&W COCA-COLA SOFT DRINKS 12x 330ml BEST BEFORE 12/2024 NET WT 4.0L 6 00 ea.	Coca-Cola SOFT DRINKS 12x 330ml BEST BEFORE 12/2024 NET WT 4.0L 6 00 ea.	VOORUIT VODKA 1L BEST BEFORE 12/2024 NET WT 1.0L 2 99 ea.	Henderson's CHEEZIES CHEESE SNACKS 250g 3 99 ea.
PRIMO TOMATO SAUCE 1L BEST BEFORE 12/2024 NET WT 1.0L 1 99 ea.	PRIMO TOMATO SAUCE 1L BEST BEFORE 12/2024 NET WT 1.0L 1 99 ea.	MONTELLIER MALT VINEGAR 1L BEST BEFORE 12/2024 NET WT 1.0L 7 99 ea.	SAPPORO PREMIUM LAGER BEER 1L BEST BEFORE 12/2024 NET WT 1.0L 12 49 ea.	deVos ALCOHOL FREE BEER 1L BEST BEFORE 12/2024 NET WT 1.0L 15 99 ea.
New Eight HOT CHOCOLATE 100g BEST BEFORE 12/2024 NET WT 100g 10 99 ea.	RED ROSE COFFEE 1L BEST BEFORE 12/2024 NET WT 1.0L 5 49 ea.	TUBES SOUR CREAM 1L BEST BEFORE 12/2024 NET WT 1.0L 2 99 ea.	NUTRI GRAIN CEREAL BARS 1L BEST BEFORE 12/2024 NET WT 1.0L 3 49 ea.	NUTRI GRAIN CEREAL BARS 1L BEST BEFORE 12/2024 NET WT 1.0L 3 49 ea.
VAN HOUT McCafé 1L BEST BEFORE 12/2024 NET WT 1.0L 2 39 ea.	STARBUCKS COFFEE CREAMER 1L BEST BEFORE 12/2024 NET WT 1.0L 7 99 ea.	MILKMAID CONDENSED MILK 1L BEST BEFORE 12/2024 NET WT 1.0L 6 49 ea.	SHOOFITE SUPER GREEN SMOOTHIES 1L BEST BEFORE 12/2024 NET WT 1.0L 4 49 ea.	SHOOFITE MANGO PASSION SMOOTHIES 1L BEST BEFORE 12/2024 NET WT 1.0L 4 49 ea.

↓ Low Price Every Day

 NOW  \$1.49 SELECTION CANNED VEGETABLES SELECTED VARIETIES	 NOW  \$1.25 SELECTION CANNED VEGETABLES SELECTED VARIETIES	 NOW  \$2.99 SELECTION CANNED VEGETABLES SELECTED VARIETIES	 NOW  \$2.99 SELECTION CANNED VEGETABLES SELECTED VARIETIES	 NOW  \$4.99 SELECTION PEANUTS 100% PEANUT BUTTER SELECTED VARIETIES
 SELECTION PEANUT BUTTER SELECTED VARIETIES NOW  \$4.99	 IMMORTAL DRESSING 100% NATURAL SELECTED VARIETIES NOW  \$3.99	 SELECTION CREAM SELECTED VARIETIES NOW  \$3.99	 SELECTION COFFEE CREAMER 10% FAT SELECTED VARIETIES NOW  \$2.99	 SELECTION SOUR CREAM 14% FAT SELECTED VARIETIES NOW  \$2.99
 SELECTION WILD ON PASTA SELECTED VARIETIES NOW  \$4.49	 SELECTION LIFE CHANGING NATURAL TUNA CHIPS SELECTED VARIETIES NOW  \$3.49	 SELECTION CHEDDAR CHEESE SELECTED VARIETIES NOW  \$4.99	 SELECTION CHEDDAR CHEESE SELECTED VARIETIES NOW  \$4.99	 SELECTION LENTILS & CARROTS SELECTED VARIETIES NOW  \$2.99

***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

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.

IMAGINE
DRINKY
SELECTED NUTS

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP
SELECTED NUTS

5⁴⁹
ea.

Plant-Based

ZAZIBEAN
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 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
100% SELECTED NUTS

5⁹⁹
ea.

method
heavenly-scented hand wash

5⁴⁹
ea.

HOUSEHOLD HELPERS

Gain
LAUNDRY DETERGENT
100% SELECTED NUTS

4⁹⁹
ea.

LYSOL
CLOROX BLEACH
100% SELECTED NUTS

7⁹⁹
ea.

Finish
DISHWASHER DETERGENT
100% SELECTED NUTS

17⁹⁹
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANER
100% SELECTED NUTS

8⁹⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

method
heavenly-scented hand wash

5⁴⁹
ea.

HOUSEHOLD HELPERS

Gain
LAUNDRY DETERGENT
100% SELECTED NUTS

4⁹⁹
ea.

LYSOL
CLOROX BLEACH
100% SELECTED NUTS

7⁹⁹
ea.

Finish
DISHWASHER DETERGENT
100% SELECTED NUTS

17⁹⁹
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANER
100% SELECTED NUTS

8⁹⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

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SAVE MORE!
2 for
8⁵⁰
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

25 pieces
4.99 ea.

MILK-BONE
DOG TREATS
100% REAL BONE
100% REAL MEAT

15 pieces
2.49 ea.

MILK-BONE
SOFT & CHEWY
100% REAL BONE
100% REAL MEAT

6.99 ea.

COOKIE PAL
DOG TREATS
100% REAL BONE
100% REAL MEAT

8.49 ea.

CAFEON FARMS
DOG TREATS
100% REAL BONE
100% REAL MEAT

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

100% REAL BONE
100% REAL MEAT

7.99 ea.

DOG TREATS
100% REAL BONE
100% REAL MEAT

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
100% REAL BONE
100% REAL MEAT

2/5 stars
48 stars

BUY MORE!
SAVE MORE!

2/5 stars
48 stars

100% REAL BONE
100% REAL MEAT

2/5 stars
48 stars

BUY MORE!
SAVE MORE!

2/5 stars
48 stars

100% REAL BONE
100% REAL MEAT

4/5 stars
5 stars

BUY MORE!
SAVE MORE!

4/5 stars
5 stars

100% REAL BONE
100% REAL MEAT

6.99 ea.

BLUE BUFFALO
BITS
DOG TREATS
100% REAL BONE
100% REAL MEAT

6.99 ea.

BLUE BUFFALO
STIX
DOG TREATS
100% REAL BONE
100% REAL MEAT

4/5 stars
5 stars

BUY MORE!
SAVE MORE!

4/5 stars
5 stars

100% REAL BONE
100% REAL MEAT

4/5 stars
5 stars

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100% REAL MEAT

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4/5 stars
5 stars

100% REAL BONE
100% REAL MEAT

4/5 stars
5 stars

BUY MORE!
SAVE MORE!



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



6⁹⁹
ea.
SNOWDONIA
CHUTNEY
100-125g
SELECTED VARIETIES



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



SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

ELEVATED ENTERTAINING



9⁹⁹
ea.



TRUSTED BY
CANADIANS
SINCE 1981



BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

8⁹⁹
ea.
100% pure and
unpasteurized



MAPLE LEAF
MAIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

2⁴⁹
ea.



Pure
PURE
DRESSING
355 ml
SELECTED VARIETIES

3⁹⁹
ea.

SIMPLE INGREDIENTS.
A WORLD OF FLAVOUR.

NO ARTIFICIAL PRESERVATIVES | **NO ARTIFICIAL FLAVOURS** | **NO ARTIFICIAL COLOURS**



PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

4⁹⁹
ea.



BETTY CROCKER
SUPER MOIST
CAKE MIX
250-300g
SELECTED VARIETIES

1⁹⁹
ea.



Chex
CEREAL
240-300g
SELECTED VARIETIES

4⁹⁹
ea.



SUGAR COOKIE TOAST CRUNCH
CEREAL
240-300g
SELECTED VARIETIES

3⁴⁹
ea.

Holiday Savings FOR EVERY OCCASION!





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
230-500 ml
SELECTED VARIETIES

6⁴⁹
ea.



JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.

Winter Treats
for all!

