

VERSION 4

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

Romaine Hearts 1.76

POUR 10 LBS. (4.54 KG)

Cœurs de romaine 10L 10.3

POUR 4.54 KG (10.1 KG)

399

ea.

Backberries 11.9

POUR 10 LBS. (4.54 KG)

Sauces à la crème

POUR 10 LBS. (4.54 KG)

Mûres 11.9

Citronniers avec type de fruit

POUR 10 LBS. (4.54 KG)

199

ea.

or /lb

WILD WONDERS

POUR 10 LBS. (4.54 KG)

ANGEL SWEET

199

ea.

Foodland

99¢

/lb

Sweet Potatoes 10.1

POUR 10 LBS. (4.54 KG)

Pommes de terre douces 10.1

POUR 10 LBS. (4.54 KG)

moi rewards member price

400 g

700 g

Irresistible

Irresistible

save \$2.00

699

ea.

SPECIAL PRICE

899

for non-members

Effective December

TH

FR

SA

SU

MO

4

5

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7

8

100

© 2024 Foodland

[illegible]

HOLIDAY BAKING FAVOURITES

Betty Crocker
Cakes Mix or Frosting
en pâte, sans sucre ajouté

\$1
back in
points

125
points

199
ea.

Redpath Brown or
Light Sugar
en sucre blanc
Cassonade ou sucre
à grain fin blanc

249
ea.

349
ea.

Robin Hood,
Five Roses or
Meadow Floor
en farine
Farine Robin Hood,
Five Roses ou
Meadow

399
ea.

Sélection
Chocolats Chips or
Bûches Chocolates
en chocolat
Dipses de chocolat
Bûches en chocolat

399
ea.

Irresistible Walnut
Mélange à Pâtes
Mélange et moussage
de pâte de pépasse
Irresistible 100g

14.99
ea.

New Lower Prices



7⁰⁰
ea.



11⁹⁹
ea.



5⁹⁹ **65**
lb



19⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



3⁹⁹ **65**
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



5⁹⁹
ea.



11⁹⁹
ea.



5⁹⁹
ea.



19⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



5⁹⁹
ea.



11⁹⁹
ea.



5⁹⁹
ea.



19⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



5⁹⁹
ea.



11⁹⁹
ea.



5⁹⁹
ea.



19⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



5⁹⁹
ea.



11⁹⁹
ea.



5⁹⁹
ea.



19⁹⁹
ea.



3⁹⁹ **65**
ea.



6⁹⁹
ea.



6⁴⁹
ea.



9⁹⁹
ea.



5⁹⁹
ea.



11⁹⁹
ea.



5⁹⁹
ea.



19⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



3⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



4⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.



11⁹⁹
ea.

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

**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



2.99
ea.

Raspberries 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

Blueberries 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



1.99
lb

Extra Large Sweetbreads Tomatoes 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



3.49
ea.

Belle Grosse Cherry Tomatoes 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

5 PK Chopped Carrots
PRODUCT OF CANADA
PRODUIT DU CANADA



3.99
ea.

Carrots 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

Lemons 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



1.99
ea.

Seedless Cucumbers
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

Jumbo Potatoes 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

Jumbo Pineapple 1 ea
PRODUCT OF CANADA
PRODUIT DU CANADA



3.49
lb

Broccoli Sprouts 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



5.99
ea.

Baby Salad Kits 1 ea
PRODUCT OF CANADA
PRODUIT DU CANADA



9.99
ea.

Vanilla Persimmons 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



2.99
ea.

Large Pomegranates 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.49
ea.

Goodfry's Goodfry's 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

Wild Wonders 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



4.99
ea.

20 points Lila Smart Nutritional Sweet Apple Cider 1.5L
PRODUCT OF CANADA
PRODUIT DU CANADA



19.99
ea.

Big Mountain Plant Based Roast 1 ea
PRODUCT OF CANADA
PRODUIT DU CANADA



5.99
lb

Jumbo Chestnuts 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



7.99
ea.

Moven's Chocolate 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

Organic



1.69
lb

Organic Green Cabbage 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



5.99
ea.

25 points Little Potatoes 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



3.49
ea.

15 points Bolthouse Farms 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



12.99
ea.

Greenhouse Organic 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

Sliced & Diced



4.99
ea.

Deluxe Fruit Salad 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA



13.99
ea.

50 points Small Berry Mix 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

Holiday Blooms



40.00
ea.

Christmas Magic Bouquet
PRODUCT OF CANADA
PRODUIT DU CANADA



38.99
ea.

December Flower Bouquet
PRODUCT OF CANADA
PRODUIT DU CANADA



19.99
ea.

ANthurium 1 ea
PRODUCT OF CANADA
PRODUIT DU CANADA



5.99
ea.

Polka Dot 1 ea
PRODUCT OF CANADA
PRODUIT DU CANADA

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
26.43kg
Rôti de bœuf de sirloin
angus grillé
26.43kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

Platinum Grill Angus Boneless Inside Blade Roast
26.43kg
Rôti d'os à l'os de palette angus grillé
26.43kg

11⁹⁹
/lb

100% NATURAL
L'os Smart Natural Pork Shoulder Picnic Roast or Pork Shoulder Blade Roast
8.80kg
Rôti de bœuf ou d'épaule de porc Natural Meats Store

3⁹⁹
/lb

Platinum Grill Angus Whole Eye of Round
17.03kg
Rôti de viande angus grillé
17.03kg

7⁹⁹
/lb

Fresh Whole Chicken
3.30kg
Poulet entier frais

3⁹⁹
/lb

Fresh Rosemary & Garlic Roasted Lamb Leg
26.43kg
Cuisse d'agneau, frais, rôti, rosemary & ail
26.43kg

11⁹⁹
/lb

50 points

Breaded Chicken Breast Cutlets Value Pack
13.23kg
Saucisses de poulet de poulet panées en emballage économique

5⁹⁹
/lb

50 points

Roasted Pork Loin Cutlets Value Pack
8.80kg
Saucisses de porc panées en emballage économique

3⁹⁹
/lb

125 points

Butterball Fresh Turkey Drumsticks or Thighs
15.23kg
Pattes ou hanches de canard de dinde Butterball

4⁹⁹
/lb

125 points

Maple Leaf Prime Raised Without Antibiotics Fresh Split Chicken Wings
15.23kg
Ailes de poulet fraîches saines Prime Maple Leaf élevées sans antibiotiques

8⁹⁹
/lb

BOLDONE
Selection Bologna
250g
Bologna Selection
250g

3⁹⁹
ea.

RedHink
Maple Leaf Top Dogs
250g
Top Dogs Maple Leaf
250g

4⁹⁹
ea.

Butterball
Butterball Turkey Bacon
250g
Bacon de dinde Butterball
250g

5⁹⁹
ea.

McLean's
McLean's Organic
250g
Bacon McLean's
250g

7⁹⁹
ea.

Fletcher's
Fletcher's Pork Cottage Roll
15.03kg
Soc-croûte de porc Fletcher's
15.03kg

4⁹⁹
/lb

Selection
Selection Smoked Ham
15.03kg
Saucisson fumé Selection
15.03kg

7⁹⁹
ea.

Large
Large Smoked Ham
15.03kg
Rôti fumé Large
15.03kg

11⁰⁰
ea.

Marz
Marz Angelo Kabobs
250g
Brochettes Marz Angelo
250g

12⁹⁹
ea.

Maple Leaf
Maple Leaf Ultimate Chicken
250g
Saucisson de poulet
250g

4⁹⁹
ea.

Johnsonville
Johnsonville Breakfast Sausages
250g
Saucisson à déjeuner
250g

6⁹⁹
ea.

Schweitzer
Schweitzer Meat Pies
250g
Pâtis à la viande Schweitzer
250g

7⁹⁹
ea.

Butterball
Butterball Turkey Bacon
250g
Bacon de dinde Butterball
250g

22⁹⁹
ea.

Bakery Favorites



Front Street Bakery
Cheese Slices or Cheese Burgers
\$5.99 ea. (reg. \$6.99)
Front Street Bakery
Cheese Slices or Cheese Burgers
\$5.99 ea. (reg. \$6.99)



Front Street Bakery Italian Dinner Roll
\$3.49 ea. (reg. \$3.99)
Front Street Bakery Italian Dinner Roll
\$3.49 ea. (reg. \$3.99)



Front Street Bakery
Cheese Slices or Cheese Burgers
\$5.99 ea. (reg. \$6.99)
Front Street Bakery
Cheese Slices or Cheese Burgers
\$5.99 ea. (reg. \$6.99)



Little Northern Bannocks
Wheat Stew
\$4.99 ea. (reg. \$5.99)
Little Northern Bannocks
Wheat Stew
\$4.99 ea. (reg. \$5.99)



Immoora Almond Crunch Cake
\$2.99 ea. (reg. \$3.99)
Immoora Almond Crunch Cake
\$2.99 ea. (reg. \$3.99)



Gibson Jamocha gumballs
\$2.99 ea. (reg. \$3.99)
Gibson Jamocha gumballs
\$2.99 ea. (reg. \$3.99)



Kings Hawaiian Rolls
\$4.99 ea. (reg. \$5.99)
Kings Hawaiian Rolls
\$4.99 ea. (reg. \$5.99)



LO Furlani Texas Toast
\$5.99 ea. (reg. \$6.99)
LO Furlani Texas Toast
\$5.99 ea. (reg. \$6.99)



Super Mold Cakes
\$7.49 ea. (reg. \$8.99)
Super Mold Cakes
\$7.49 ea. (reg. \$8.99)



Irresistible Butter Tarts
\$6.99 ea. (reg. \$7.99)
Irresistible Butter Tarts
\$6.99 ea. (reg. \$7.99)

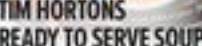
Deli Favourites

[illegible]

[illegible]

- 30** unidades
2,99 e.a.
Mistura de frutos secos
Assados e salgados
Croked Mignon® Maiz
Maiz
Chips de maiz calientes
Chips de maiz
- 40** unidades
8,99 e.a.
Inimitable
Borrachos
Maizal Scallop Medallions
Maizal
Medallions de peixeiras
Maizal
Maizal
- 50** unidades
9,99 e.a.
Inimitable
Maizal
Maizal Maizal Maizal
Maizal Maizal Maizal
Maizal Maizal Maizal
Maizal Maizal Maizal
- 50** unidades
12,99 e.a.
Inimitable
Maizal
Maizal Maizal Maizal
Maizal Maizal Maizal
Maizal Maizal Maizal

Tim Hortons

 3⁹⁹ ea. TIM HORTONS® READY TO SERVE SOUP 100% REAL CHICKEN 100% REAL BEEF 100% REAL PORK 100% REAL TURKEY 100% REAL STEAK 100% REAL SAUSAGE 100% REAL HAM 100% REAL PASTA 100% REAL VEGGIES 100% REAL HERBS 100% REAL SEASONINGS 100% REAL BUTTER 100% REAL OILS 100% REAL EGGS 100% REAL MILK 100% REAL YOGURT 100% REAL CHEESE 100% REAL ONIONS 100% REAL GARLIC 100% REAL PEPPERS 100% REAL TOMATOES 100% REAL CARROTS 100% REAL CELERY 100% REAL POTATOES 100% REAL CORN 100% REAL BEANS 100% REAL RICE 100% REAL WHEAT 100% REAL BARLEY 100% REAL OATS 100% REAL RYE 100% REAL SORGHUM 100% REAL QUINOA 100% REAL AMARANTH 100% REAL BUCKWHEAT 100% REAL MILLET 100% REAL SUDAN GRASS 100% REAL SORGHUM 100% REAL QUINOA 100% REAL AMARANTH 100% REAL BUCKWHEAT 100% REAL MILLET 100% REAL SUDAN GRASS	 6⁹⁹ ea. TIM HORTONS® HOT CHOCOLATE 100% REAL CHOCOLATE 100% REAL MILK 100% REAL EGGS 100% REAL BUTTER 100% REAL OILS 100% REAL SUGAR 100% REAL VANILLA 100% REAL PEPPERMINT 100% REAL RASPBERRY 100% REAL STRAWBERRY 100% REAL LEMON 100% REAL LIME 100% REAL ORANGE 100% REAL PINEAPPLE 100% REAL MANGO 100% REAL PEAR 100% REAL APPLE 100% REAL CHERRY 100% REAL PLUM 100% REAL PEACH 100% REAL APRICOT 100% REAL NECTARINE 100% REAL POMELO 100% REAL GRAPEFRUIT 100% REAL LEMON LIME 100% REAL LIME LEMON 100% REAL LEMON PEACH 100% REAL LIME PEACH 100% REAL LEMON MANGO 100% REAL LIME MANGO 100% REAL LEMON PEAR 100% REAL LIME PEAR 100% REAL LEMON APPLE 100% REAL LIME APPLE 100% REAL LEMON CHERRY 100% REAL LIME CHERRY 100% REAL LEMON PLUM 100% REAL LIME PLUM 100% REAL LEMON PEACH 100% REAL LIME PEACH 100% REAL LEMON MANGO 100% REAL LIME MANGO 100% REAL LEMON PEAR 100% REAL LIME PEAR 100% REAL LEMON APPLE 100% REAL LIME APPLE 100% REAL LEMON CHERRY 100% REAL LIME CHERRY 100% REAL LEMON PLUM 100% REAL LIME PLUM	 8⁹⁹ ea. TIM HORTONS® INSTANT COFFEE 100% REAL COFFEE 100% REAL SUGAR 100% REAL BUTTER 100% REAL OILS 100% REAL VANILLA 100% REAL PEPPERMINT 100% REAL RASPBERRY 100% REAL STRAWBERRY 100% REAL LEMON 100% REAL LIME 100% REAL ORANGE 100% REAL PINEAPPLE 100% REAL MANGO 100% REAL PEAR 100% REAL APPLE 100% REAL CHERRY 100% REAL PLUM 100% REAL PEACH 100% REAL APRICOT 100% REAL NECTARINE 100% REAL POMELO 100% REAL GRAPEFRUIT 100% REAL LEMON LIME 100% REAL LIME LEMON 100% REAL LEMON PEACH 100% REAL LIME PEACH 100% REAL LEMON MANGO 100% REAL LIME MANGO 100% REAL LEMON PEAR 100% REAL LIME PEAR 100% REAL LEMON APPLE 100% REAL LIME APPLE 100% REAL LEMON CHERRY 100% REAL LIME CHERRY 100% REAL LEMON PLUM 100% REAL LIME PLUM	 7⁹⁹ ea. TIM HORTONS® COFFEE CAPSULES 100% REAL COFFEE 100% REAL SUGAR 100% REAL BUTTER 100% REAL OILS 100% REAL VANILLA 100% REAL PEPPERMINT 100% REAL RASPBERRY 100% REAL STRAWBERRY 100% REAL LEMON 100% REAL LIME 100% REAL ORANGE 100% REAL PINEAPPLE 100% REAL MANGO 100% REAL PEAR 100% REAL APPLE 100% REAL CHERRY 100% REAL PLUM 100% REAL PEACH 100% REAL APRICOT 100% REAL NECTARINE 100% REAL POMELO 100% REAL GRAPEFRUIT 100% REAL LEMON LIME 100% REAL LIME LEMON 100% REAL LEMON PEACH 100% REAL LIME PEACH 100% REAL LEMON MANGO 100% REAL LIME MANGO 100% REAL LEMON PEAR 100% REAL LIME PEAR 100% REAL LEMON APPLE 100% REAL LIME APPLE 100% REAL LEMON CHERRY 100% REAL LIME CHERRY 100% REAL LEMON PLUM 100% REAL LIME PLUM
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[illegible]

CHEESE

Freeze Festival

ENTER FOR A CHANCE TO
WIN CHEESE FOR A YEAR!

WWW.FREECHEESE.CA



749
ea.

GULBANI CHEESE
SUGGESTED VARIANTS



549
ea.

KRAFT CHEESE BLOCK
250g
SUGGESTED VARIANTS



899
ea.

LACTANTIA STICK BUTTER
250g
SUGGESTED VARIANTS

Knorr

BRING FLAVOUR TO
CLASSIC HOLIDAY DISHES



199
ea.

KNORR CHICKEN STOCK
500ml
SUGGESTED VARIANTS



125
ea.

KNORR SAUCE OR CREAMY
250ml
SUGGESTED VARIANTS



449
ea.

KNORR BOWL
250ml
SUGGESTED VARIANTS



449
ea.

KNORR BOWL
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS



649
ea.

KNORR BASE
250ml
SUGGESTED VARIANTS

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

[illegible]

↓ Low Price Every Day



Selection
Pasta & Curry Vegetables
250 g (8.8 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **4.49**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **1.25**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **2.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **4.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **4.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **4.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **4.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **3.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **3.99**



Selection
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250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **3.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **2.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **2.99**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **4.49**



Selection
Lemonade
250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **3.49**



Selection
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250 ml (8.4 oz)
Légumes Selection
avec pâtes
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avec pâtes
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250 ml (8.4 oz)
Légumes Selection
avec pâtes
250 g (8.8 oz)
MARIÉES SANS PÂTES

NOW **2.99**

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PER WEEK*

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& FLYER DEALS
AS IN-STORE**

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Non-GMO

Nature's Nuts
Almond Butter
100% ALMONDS
NATURE'S NUTS
100% ALMONDS
14⁹⁹
ea.

Organic Medley
Cream Cheese 20g
100% ORGANIC
Organic Medley
100% ORGANIC
6⁹⁹
ea.

Celestial
Pilsner Beer
Celestial
Pilsner Beer
5⁴⁹
ea.

Life Smart
Legumes
Life Smart
Legumes
1⁹⁹
ea.

Crack Coffee 100g
100% ORGANIC
Crack Coffee 100g
100% ORGANIC
15⁹⁹
ea.

CRANK
YOUTH
CRANK
YOUTH
CRANK
YOUTH
5⁴⁹
ea.

Plant-Based

Zenban
Chocolate
Zenban
Chocolate
4⁹⁹
ea.

Earth Balance
Spread 45g
Earth Balance
Spread 45g
7⁴⁹
ea.

Greenhouse
Creamer 45g
Greenhouse
Creamer 45g
6⁴⁹
ea.

Made Good
Granola Bars
Made Good
Granola Bars
4⁴⁹
ea.

Crofter's Jam
Crofter's Jam
5⁹⁹
ea.

Brownie
Brownie
35⁰⁰
ea.

Crunchmaster
Crunchmaster
6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

Pampers
Baby Wipes
Pampers
Baby Wipes
10⁴⁹
ea.

Axe
Deodorant
Axe
Deodorant
6⁹⁹
ea.

Live Clean
Body Wash
Live Clean
Body Wash
8⁹⁹
ea.

185mm
Hair Care
185mm
Hair Care
6⁹⁹
ea.

U by Kotex
Sanitary Napkins
U by Kotex
Sanitary Napkins
5⁹⁹
ea.

Household Helpers

Gain
Fabric Softener
Gain
Fabric Softener
4⁹⁹
ea.

Lynx
Body Wash
Lynx
Body Wash
7⁹⁹
ea.

Finish
Dishwasher
Finish
Dishwasher
17⁹⁹
ea.

Lynx
Deodorant
Lynx
Deodorant
8⁹⁹
ea.

Lynx
Shower Gel
Lynx
Shower Gel
8⁵⁰
ea.

Lynx
Body Wash
Lynx
Body Wash
8⁵⁰
ea.

method

heavenly-scented hand wash
heavenly-scented hand wash
5⁴⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

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

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[illegible]

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.

SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES

6⁴⁹
ea.

JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.

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

ONLY WITH

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