

VERSION 1

Your **GO-TO**
for holiday essentials.

JUMBO ROMAINE HEART
CROWN ROMAINE HEART 3.5 LBS. (1.6 KG.)
ANDY BOY
3 PACK

ROMAINE HEARTS 1/2c
PRODUCT OF U.S.A. (IMPORTED)

3.99
ea.

1.99
ea.
or /lb

BLACKBERRIES 1/2c
BLACKBERRY BUNCHES
STEM & LEAF CLEMATINES
PRODUCE OF U.S.A. (U.S. GROWN)

1.99
ea.

WILD WONDERS
PRODUCE THE WILDEST FLAVORS

Foodland
GOURMET

Angel Sweet
SWEET TOMATOES
PRODUCE OF U.S.A. (U.S. GROWN)

99¢
/lb

Foodland
GOURMET

SPANISH ONIONS PRODUCE OF U.S.A. (U.S. GROWN)
SWEET POTATOES PRODUCE OF U.S.A. (U.S. GROWN)
2.5 LBS.

moi rewards member price

400 g **700 g**

Irresistible

Irresistible

save \$2.00

6.99
ea.

SPECIAL PRICE
8.99
for non-members

Effective December

TH	FR	SA	SU	MO
4	5	6	7	8

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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
BARKS & CHOCOLATE
200 g (7 oz) bags

399
ea.



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

14.99
ea.



metro.ca

\$ New Lower Prices

2 Wonder BREADS OR PANINI'S BAGELS 700 ea.	HUSKO HIGH LINE SAUSAGES PORK SAUSAGE ON CATCH OF THE DAY PELLETS 1199 ea.	ARTISAN HANDCRAFTED ARTISAN SEMI BONELESS SHANKED HAM OR KID POOR SMOKED HAM 12.7lb 599 65 ea.	OCEAN PRIME CORNED SHIP BEEF BROS TILLES JAMON SWISS 500 ml 1999 ea.
Crave FROZEN MEALS 399 65 ea.	LIBERTE BUTTER LIBERTE BUTTER TUBS BUTTERED BARS 699 ea.	Natre ORGANIC MILK & BUTTER 2019 649 ea.	VECTOR SMOOTHIES MILK & CEREAL LIBERTE BUTTER TUBS 999 ea.
mini POPS SAVE \$4.99 BUY TWO GET ONE FREE 599 ea.	SAN PELLERINO SAMPLINGS SPARKLING DRINKS SAMPLING BOXES 749 125 ea.	Ock Juice or Popcorn REBEVERE 279 15 ea.	Chex CEREAL OR ORGANIC MEDHAW YOGURT 499 ea.
ACTIVIA YOGURT SMOOTHY OR BREVETS ICE CREAM 599 ea.	CHEEZ-IT CRACKERS GOLDEN OR CHEEZ IT CHICKENS 349 ea.	Hardbite CHIPS SKIPPY POP OR SMART SWEETS 399 ea.	Campbell's SOUP OR CEREALS CEREAL BOULDER (12.5g) 199 ea.
Bellman's MACARONI TO PASTA SAUCE SAUCE 699 ea.	BUSH'S BEANS SOYBEAN CHICK BEAN CANNED MEAL (10.5g) 249 ea.	Ben's Original RICE BEN'S ORIGINAL BROWN EXPRESS RICE 12.5g WHITE SOY (10.5g) 349 ea.	Hunt's KETCHUP PICKLES KETCHUP PICKLES 499 ea.
Scope MOUTHWASH ORAL CARE ORAL CARE 599 ea.	ALCAN PAPER PRODUCTS PAPER TOWELS PAPER TOWELS PAPER TOWELS PAPER TOWELS 299 ea.	Royale PAPER TOWELS ROYALTY FACIAL TOWEL TOWEL 899 ea.	Bounce FABRIC SOFTENER FIBERED REPRESENTS FIBERED REPRESENTS 899 ea.

4-DAY MEAL DEAL

DECEMBER 14th - DECEMBER 17th, 2025

YOUR CHOICE \$119⁹⁹ ea.

STORM MARY CARROLS
 (FROM NOV. 17-23)

16" KALAMAY PUPPY BROS. CHEESE PIZZA
 (WITH PEPPERONI & MUSHROOMS)

HAT WHOLE BRO. MARSHALL 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

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

FREE 2.0 OZ. 20 CHICKEN BITES

We cannot be held liable for legal questions.
DISCLAIMER: THIS PUBLICATION DOES NOT CONSTITUTE
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL COUNTRIES

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We are not a bank. We are not a bank.

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We are open every day from 10:00 to 20:00
in person.

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



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



1⁹⁹
lb
EXTRA LARGE
BEEFSTEAK TOMATOES
PRODUCT OF MEXICO
4.28kg



2⁹⁹
ea.
HELLE GROVE
BEEFSTEAK WHITE OR
CREAM
POTATOS 20%
PRODUCT OF CANADA



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



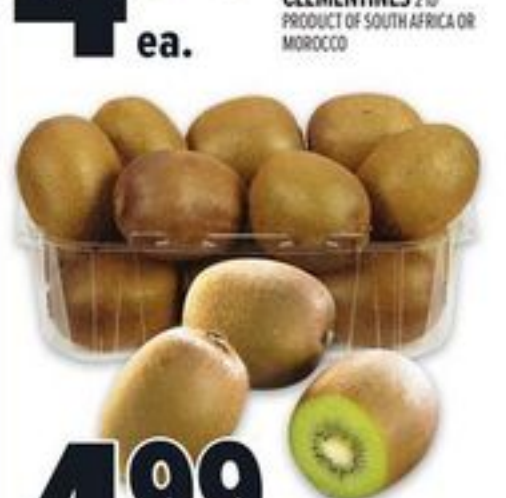
2⁹⁹
ea.
CRANBERRIES 1kg
PRODUCT OF U.S.A.



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



1⁹⁹
ea.
SEEDLESS CUCUMBERS
PRODUCT OF CANADA
CANADIAN GROWN



4⁹⁹
ea.
KIWI BASKETS
1ea
PRODUCT OF CANADA



4⁹⁹
ea.
JUMBO PINEAPPLES
JUMBO
CORED PINEAPPLES
1ea



3⁴⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO & CANADA
2.04kg



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



9⁹⁹
ea.
VANILLA
POTATOES
15kg
PRODUCT OF CANADA



2⁹⁹
ea.
LARGE
POMEGRANATES
PRODUCT OF U.S.A.



4⁴⁹
ea.
GOOD LEAF
SALAD MIXES 1ea
PRODUCT OF CANADA



4⁹⁹
ea.
WILD WONDERS
SWEET PEPPERS
20%
PRODUCT OF MEXICO



4⁹⁹
ea.
LIFE SAVER
NATURAL
SWEET APPLE
CIDER
PRODUCT OF CANADA



1⁹⁹
ea.
PLANT-BASED
ROAST & GRAVY
ROTI & SAUCE
A BASE DE PLANTES



1⁹⁹
ea.
BIG MOUNTAIN
PLANT-BASED
ROAST 1ea



5⁹⁹
/lb
JUMBO CHESTNUTS
PRODUCT OF MEXICO
13.21kg



7⁹⁹
ea.
MOVERS
CHOCOLATE
CARAMEL APPLE 1ea

Organic



1⁶⁹
/lb
ORGANIC GREEN
CABBAGE
PRODUCT OF CANADA
3.73kg



5⁹⁹
ea.
LITTLE POTATO CO.
PRODUCT OF CANADA
CANADIAN GROWN



3⁴⁹
ea.
BOLTHOUSE
FRESH
ORGANIC CHITS
1ea
PRODUCT OF U.S.A.



12⁹⁹
ea.
FIERY GINGER
IMMUNITY
POWDER
1ea

Sliced & Diced



4⁹⁹
ea.
HELLE GROVE
FRUIT SALAD 1ea



4⁹⁹
ea.
HELLE GROVE
BORSCHT KITES 1ea



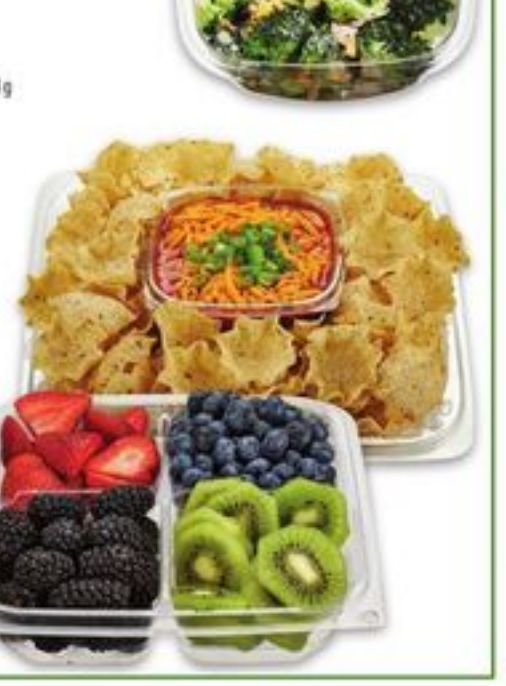
4⁹⁹
ea.
HELLE GROVE
BROCCOLI SALAD 1ea



4⁹⁹
ea.
HELLE GROVE
TOMATO CIDER SALAD 1ea



13⁹⁹
ea.
SMALL BERRY
KIWI TRAY 1ea



13⁹⁹
ea.
PUMPKIN &
ZUCCHINI TRAY 1ea



13⁹⁹
ea.
BERRY &
KIWI TRAY 1ea



13⁹⁹
ea.
BERRY &
KIWI TRAY 1ea

Holiday Blooms



40⁰⁰
ea.
CHRISTMAS
MAGIC BOUQUET
1ea



38⁹⁹
ea.
HELLE GROVE
FLOWER FEATURE
1ea



19⁹⁹
ea.
ANTHURIUM
1ea



5⁹⁹
ea.
POINSETTIA
1ea

metro
FRESH
2 GO

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We have your catering covered.

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Online
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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
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
CHAMPION
RED HITS 12.7

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
100% CANADIAN
BACON 201

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.00kg

7⁹⁹
ea.

SELECTION
SMOKED HAM 15.5

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST 10.0kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
10.0kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES 10.0kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
10.0kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
10.0kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
10.0kg

Bakery Favorites



FRONT STREET BAKERY
CHEESTICKS 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 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



VALUE PICK
MAPLE LOAF
100g

2.99



MASTRO ROSEMARY OR TUSCANY HAM
100g

2.99



PRESIDENT BEEF OR OLD COUNTRY EXTRA MATURE WHITE CHEDDAR
100g

3.99



LE GRUYÈRE SWISS CHEESE
100g

5.99



INDESISTIBLE ENTMAN DRY SAUSAGE
100g

2.99



BELLA CASARA BURRATA CHEESE
100g

3.49



SNIROSKI CANADIANA OR CANADIANA HAM
100g

2.99



BURRATA
100g

2.00



MAPLE LEAF NATURAL SELECTIONS OR SNIROSKI SLICED DELI
100g

8.49



PRESIDENT OR BALLBROOK SPREADABLE CHEESE
100g

7.99



BELLA ITALIA SALAMI OR GOLD LABEL PEPPERONI
100g

8.79



PILLER'S PEPPERONI OR SALAMI STICKS
100g

10.99



SWISS CHALET POT PIE
100g

4.99



KANA
100g

7.49



LA BELLE BRETONNE
100g

4.99



SWISS CHALET POT PIE
100g

8.99



KANA
100g

7.49



HUMMUS
100g

8.00

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



**FRESH 2 GO
20 CHICKEN BITES**



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

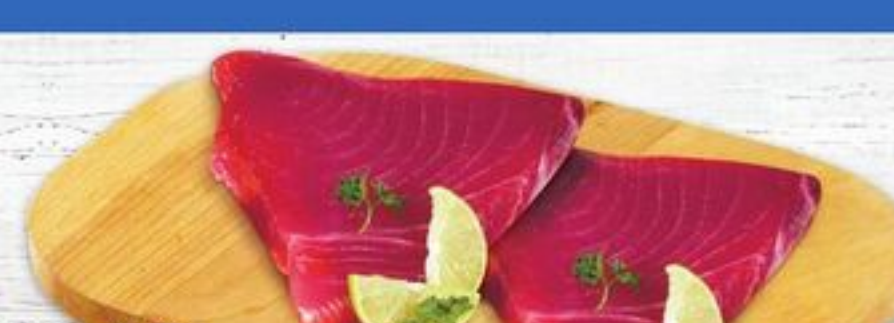
Seafood



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, 1.5 LB/680g



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.0 LB/900g



12⁰⁰
ea.

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



125
points

**OCEAN JEWEL
WHOLE
HADDOCK**
SEA BASS
FRESH, 1.5 LB/680g

\$1 back in points



125
points

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/680g

\$1 back in points



125
points

LOBSTER HOMARD
FRESH, 1.5 LB/680g

\$1 back in points



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB/1130g



11⁹⁹
ea.

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



17⁹⁹
ea.

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/680g



18⁹⁹
ea.

**ROCK 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 WIRE-ROASTED BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. IRRESISTIBLE MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12.99 e.s. IRRESISTIBLE BREADED POPPED CHICKEN SPECIALLY PREPARED PASTA, 100%
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FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

More Great Savings

Drizalicious PEPPERMINT CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Drizalicious RASPBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Drizalicious STRAWBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Dole Pineapple Juice 1.5L 100% Natural No Sugar Added 5 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
MONTELLIER Sparkling Water 10x 500ml 100% Natural No Sugar Added 13 00 ea.	ACW SODA 10x 330ml 100% Natural No Sugar Added 6 00 ea.	Coca-Cola SOFT DRINKS 10x 330ml 100% Natural No Sugar Added 2 99 ea.	VOORUIT VODKA 10x 500ml 100% Natural No Sugar Added 2 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
PRIMO TOMATO SAUCE 10x 500ml 100% Natural No Sugar Added 1 99 ea.	PRIMO TOMATO SAUCE 10x 500ml 100% Natural No Sugar Added 1 99 ea.	MONTELLIER Mustard 10x 500ml 100% Natural No Sugar Added 7 99 ea.	SAPPORO Beer 10x 500ml 100% Natural No Sugar Added 12 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
Nutri-Grain Cereal 10x 500g 100% Natural No Sugar Added 10 99 ea.	RED ROSE Tea 10x 500g 100% Natural No Sugar Added 5 49 ea.	Source Yogurt 10x 500g 100% Natural No Sugar Added 2 99 ea.	Nutri-Grain Cereal 10x 500g 100% Natural No Sugar Added 3 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
VAN HOUT McCafé 10x 500g 100% Natural No Sugar Added 2 39 ea.	STARBUCKS Coffee Creamer 10x 500g 100% Natural No Sugar Added 7 99 ea.	Milkmaid Condensed Milk 10x 500g 100% Natural No Sugar Added 6 49 ea.	Nutri-Grain Cereal 10x 500g 100% Natural No Sugar Added 3 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 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 WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% 100% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 IRRESISTIBLE DRESSING 100% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION SALSA 100% 100% SELECTED VEGETABLES NOW  \$4.49	 LIFE CHANGING NATURAL TOMATO CHIPS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION SLICED CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99

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

Your
GO-TO for
unlimited deliveries.



COMES OUT TO

\$125

PER WEEK*

6 OR 12 MONTH PLAN

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

Subscribe Now

*Certain conditions apply. Details on metro.ca

Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100g
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 200g
SELECTED VARIETIES

6⁹⁹
ea.

CELESTIAL
TEA 100%
SELECTED VARIETIES

5⁴⁹
ea.

LIFE SMART
LEGGINGS
SELECTED VARIETIES

1⁹⁹
ea.

CHICK PEAS
SELECTED VARIETIES

6⁴⁹
ea.

IMAGINE
DRINKY
SELECTED VARIETIES

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP 250ml
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

ZAZIBEAN
CHOCOLATE
100g
SELECTED VARIETIES

4⁹⁹
ea.

EARTH BALANCE
SPREAD 400g
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER
1L
SELECTED VARIETIES

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS 120g
SELECTED VARIETIES

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

35⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

5⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

2 for
10⁴⁹
ea.

AXE DEODORANT
150ml
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 400ml
SELECTED VARIETIES

8⁹⁹
ea.

RESURGE
HAIR CARE
SELECTED VARIETIES

6⁹⁹
ea.

U
SKIN CARE
SELECTED VARIETIES

5⁹⁹
ea.

LYSOL CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL CLEANERS
SELECTED VARIETIES

8⁵⁰
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH
200ml
SELECTED VARIETIES

5⁴⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

SPEND \$25
GET \$10
OFF

8⁹⁹
ea.

BUY
1 GET
1 FREE

8⁹⁹
ea.

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

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 per 5.49 ea.

PURINA BENEFUL
DOGS FOOD
5 LBS. (2.27 kg)

7.99 ea.

DOE DOG TREATS
2.5 LBS. (1.13 kg)

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
2.5 LBS. (1.13 kg)

4/5 stars
5 per 5.49 ea.

PURINA BENEFUL
DOGS FOOD
5 LBS. (2.27 kg)

6.99 ea.

BLUE BUFFALO
BITS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINISTE 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
MIXED DOG TREATS
2.5 LBS. (1.13 kg)

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
5 LBS. (2.27 kg)

5 pieces
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 per 5.49 ea.

MISTIES
WET DOG FOOD
2.5 LBS. (1.13 kg)

18.99 ea.

IAMS
DRY DOG FOOD
5 LBS. (2.27 kg)



We take pride in sourcing locally from the
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR CHEESE CURDS
200 g
SELECTED VARIETIES

5⁴⁹
ea.



SPRAGUE
ORGANIC BEANS
398 ml
SELECTED VARIETIES

1⁷⁹
ea.



SPRAGUE
CHILI OR LEGUMES
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.



O'HARA SUGAR
MAPLE SYRUP
250 ml
SELECTED VARIETIES

9⁴⁹
ea.



COUNTY FARE
SPREADS OR SAUCES
229 - 350 ml
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



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
mighty
protein
bars
12g
SELECTED VARIETIES



MAPLE LEAF
mighty
protein
bars
12g
SELECTED VARIETIES



MAPLE LEAF
mighty
protein
bars
12g
SELECTED VARIETIES

2⁴⁹
ea.



Pure
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.



PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES



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

4⁹⁹
ea.



Chex
CEREAL
240-300g
SELECTED VARIETIES



SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-300g
SELECTED VARIETIES



GRINCH
OR
SUGAR CRUNCH
CEREAL
240-300g
SELECTED VARIETIES

4⁹⁹
ea.



SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-300g
SELECTED VARIETIES



GRINCH
OR
SUGAR CRUNCH
CEREAL
240-300g
SELECTED VARIETIES

3⁴⁹
ea.



NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES



NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.



SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES



JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.



SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES



JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.

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