

VERSION 2

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)

199

ea.

SPANISH ONIONS

PRODUCT OF U.S.A. (IMPORTED)

99¢

/lb

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
BARKS & CHOCOLATE
200 g (7 oz) bags

399
ea.



IRRESISTIBLE WALNUT
HALVES & PIECES
750 g (1 lb 15 oz) bag

14.99
ea.



metro.ca

\$ New Lower Prices

 7⁰⁰ ea. WONDER BREADS OR DUMPKETER'S BAGELS 12.5oz	 11⁹⁹ ea. HIGH LINEER SMOKED HADDOCK FILETS 1.5oz SEALED VACUUM PACKED	 5⁹⁹ 65 lb BRESKIN'S ARTISAN SMOKED HAM OR SMOKED HAM 12.5lb	 19⁹⁹ ea. OCEAN PRIME COOKED SHRIMP BRESKIN'S Jumbo Shrimp 1.5lb
 3⁹⁹ 65 ea. CRAVE FROZEN MEATBALLS 10oz	 6⁹⁹ ea. LIBERTE GREEK YOGURT TUBS 100oz	 6⁴⁹ ea. NATREL ORGANIC MILK 1L BUTTER 1/2lb	 9⁹⁹ ea. KELLOGG'S CEREAL 100oz
 SAVE \$4.99 BUY TWO GET ONE FREE	 7⁴⁹ 125 ea. SAN PELLEGRINO SPARKLING DRINKS 12oz	 2⁷⁹ 15 ea. OASIS JUICE OR DEL MONTE BEVERAGE 12oz	 17⁹⁹ 250 ea. MAXWELL HOUSE GROUND COFFEE 12oz
 5⁹⁹ ea. ACTIVA YOGURT BERRY BITE BIFIDUS ICE CREAM 100oz	 3⁴⁹ ea. GOLDFISH OR CHEEZ-IT CRACKERS 100oz	 3⁹⁹ ea. HARDBITES CHIPS 100oz	 1⁹⁹ ea. CAMPBELL'S CONDENSED SOUP 100oz
 6⁹⁹ ea. HELLMANN'S MAYONNAISE 100oz	 2⁴⁹ ea. BUSH'S BEANS 100oz	 3⁴⁹ ea. BEN'S ORIGINAL RICE 100oz	 4⁹⁹ ea. HEINZ KETCHUP 100oz
 5⁹⁹ ea. SCOPE MOUTHWASH 100oz	 2⁹⁹ ea. ALCAN DISH SOAP 100oz	 8⁹⁹ ea. TIDE DETERGENT 100oz	 8⁹⁹ ea. BOUNCE DRYER SHEETS 100oz

I earn with mol rewards

 3⁹⁹ ea. LAY'S POTATO CHIPS 100oz	 3⁹⁹ ea. LAY'S POTATO CHIPS 100oz	 3⁹⁹ ea. LAY'S POTATO CHIPS 100oz	 4⁹⁹ ea. RITZ CRACKERS 100oz	 4⁹⁹ ea. RITZ CRACKERS 100oz
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4-DAY MEAL DEAL
DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE 11⁹⁹
ea.

10" X LARGE PEPPERONI & CHEESE PIZZA
12oz

STOCK-MADE CARAMELS
100oz

10" X LARGE PEPPERONI & CHEESE PIZZA
12oz

10" X LARGE PEPPERONI & CHEESE PIZZA
12oz

10" X LARGE PEPPERONI & CHEESE PIZZA
12oz

We reserve the right to limit quantities.
DISCOUNTS ARE SUBJECT TO STOCK.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at [merco.ca](https://www.merco.ca)
or call 1-800-361-2262
to win \$5000 in groceries.

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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.

THIS WEEK'S DEALS:

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



NOW
12⁰⁰
ea.
SAVE UP TO
\$3.99

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



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
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



Farm Fresh Produce

2⁹⁹
ea.
RASPBERRIES 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
BLUEBERRIES 100%
PRODUCT OF U.S.A. & CANADA

1⁹⁹
lb
EXTRA LARGE
RED CHERRY TOMATOES
PRODUCT OF U.S.A. & CANADA
4.5kg

2⁹⁹
ea.
BELL GROVE
WHOLE WHITE OR
CHERRY
MICROBURNERS 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
HACUADOS 100%
CLEMENTINES 20
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
CRANBERRIES 100%
PRODUCT OF U.S.A.

4⁹⁹
ea.
LEMONS 100%
PRODUCT OF U.S.A. &
SOUTH AFRICA

1⁹⁹
ea.
SEEDLESS CUCUMBERS
PRODUCT OF U.S.A. &
CANADA 10 TARE

4⁹⁹
ea.
JUNBO PINEAPPLES
PRODUCT OF U.S.A. &
CORED PINEAPPLES 100%
PRODUCT OF U.S.A.

3⁴⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF U.S.A. &
CANADA 10 TARE

5⁹⁹
ea.
DOLL SALAD KITS
PRODUCT OF U.S.A. &
CANADA 10 TARE

4⁹⁹
ea.
KIWI BASKETS
100% PRODUCT OF CANADA

10
points
2⁹⁹
ea.
LARGE POMEGRANATES
PRODUCT OF U.S.A.

4⁴⁹
ea.
GOOD LEAF BLEND
PRODUCT OF U.S.A. &
CANADA 10 TARE

20
points
4⁹⁹
ea.
GOOD LEAF SPINACH
PRODUCT OF U.S.A. &
CANADA 10 TARE

9⁹⁹
ea.
VANILLA PERSIMMONS
PRODUCT OF SPAIN

20
points
4⁹⁹
ea.
WILD MUSHROOMS
THICK PIPPERS
PRODUCT OF U.S.A. &
CANADA 10 TARE

20
points
4⁹⁹
ea.
LIFE CAMAT
NATURAL SWEET APPLE
CIDER 100% PRODUCT OF U.S.A.

19⁹⁹
ea.
BIG MOUNTAIN
FLAX SEED ROAST 100%
PRODUCT OF U.S.A.

5⁹⁹
/lb
JUNBO CHESTNUTS
PRODUCT OF U.S.A. &
CANADA 13.2kg

7⁹⁹
ea.
MOYERS
CHOCOLATE
CARAMEL APPLE 100%
PRODUCT OF U.S.A. &
CANADA 10 TARE

Organic

ORGANIC GREEN CABBAGE
 3.75 lb. bag
 \$1.69 /lb

25¢ ea.
LITTLE POTATOES
 1 lb. bag
 \$0.25 ea.

15¢ ea.
BOTHUSE
 1 lb. bag
 \$0.15 ea.

3.49
ORGANIC SHREDDED CHEDDAR CHEESE
 1 lb. bag
 \$3.49

12.99
FLAX + GINGER
 1 lb. bag
 \$12.99

12.99
IMMUNITY PACK
 1 lb. bag
 \$12.99

Sliced & Diced **Holiday Blooms**

4⁹⁹
ea.

DELUXE FRUIT SALAD 10oz.
BERRY MIX 2oz.
BROCCOLI SALAD OR
TOMATO CUCUMBER SALAD 2oz. (36g)

50
pieces

SMASH BERRY
WITH TIRAMISU
POMEGRANICE
720Z WITH TOPPING
NACHO PLATTER (101g)

40⁰⁰
ea.

CHRISTMAS
BACON, BROCCOLI
AND POTATO SALAD
400Z WITH TOPPING

38⁹⁹
ea.

CHRISTMAS
FLOWER FEATURE
WITH BERRY GARDEN
AND BERRY GARDEN
WITH BERRY GARDEN

19⁹⁹
ea.

ANTHURIUM
5" GAL
WITH TOPPING

5⁹⁹
ea.

POINSETTIA
2 1/2" GAL
WITH TOPPING

SELF-WATERING

Holiday Blooms



40⁰⁰
ea.

**CHRISTMAS
MAGIC BOUTIQUE**
ASSORTED FLORAL
AND GREENS



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
WITH WHITE
AND RED
HOLLY LEAVES
AND RED PINK
POINSETTAS



40⁰⁰
ea.

**ANTHURIUM
5" GAL POT
HOLLY LEAVES**



5⁹⁹
ea.

**POINSETTAS
2 1/2" GAL. HOLIDAY POT
ASSORTED FLORALS**



40⁰⁰
ea.

**ANTHURIUM
5" GAL POT
HOLLY LEAVES**



5⁹⁹
ea.

**POINSETTAS
2 1/2" GAL. HOLIDAY POT
ASSORTED FLORALS**



40⁰⁰
ea.

**ANTHURIUM
5" GAL POT
HOLLY LEAVES**

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 SPILT CHICKEN WINGS
11.20kg

3⁹⁹
ea.

SELECTION
BOLDORNA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED HITS 12.7
kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
100% CANADIAN PORK
BACON 201

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.00kg

7⁹⁹
ea.

SELECTION
SMOKED HAM 15.5
kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST 15.5
kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
15.5 kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES 10.5
kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
15.5 kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
15.5 kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
15.5 kg

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

1.25 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.



JAMONCA ALMOND
CRUNCH CAKE
100-125g

31.99 ea.
250 points



INEVITABLE
BUTTER TARTS 100g

6.99 ea.



LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

8.49 ea.



FURLANI TEXAS
GARLIC TOAST
100-125g

5.49 ea.



SELECTION
SUPER MOIST CAKES 100g

7.49 ea.



INEVITABLE
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.



INEVITABLE ENTENM
DRY SAUSAGE 100g

8.99 ea.



BELLA CASARA
BURRATA
CHEESE 100g

3.99 ea.



SHORSKI
SAUSAGES 100g

2.99 ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3.49 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



BELLA ITALIA
SALAMI OR
GOLD LABEL PEPPERONI
100g

8.79 ea.



RONDELLE
SWISS CHALET
100g

10.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE 100g

7.99 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



**FRESH 2 GO
20 CHICKEN BITES**



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

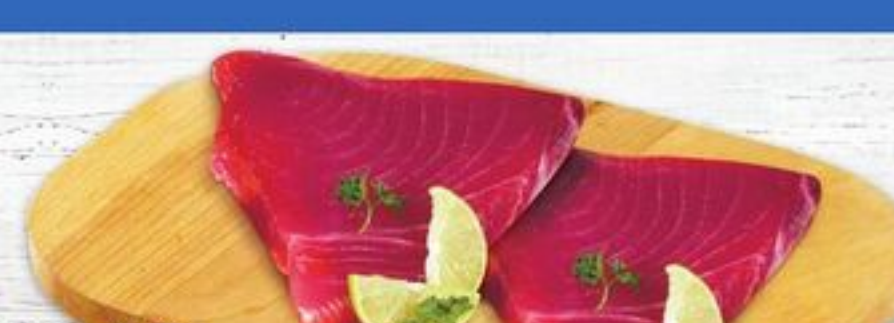
Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100 fillets, 2.5 lb/1.1 kg

 Fresh Nordic Imports
Iceberg, Iceland



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/0.7 kg



CHOICE

12⁹⁹
ea.

CHOICE OYSTERS
SELECTION VARIETIES



**LA ROCHERIE
SMOKED STEAMED
SALMON**

7⁹⁹
ea.



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 lb/0.9 kg



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/0.7 kg



**OCEAN JEWEL
WHOLE MINCE COD**
SEA BASS
FRESH, 1.5 LB/0.7 kg

**\$1
DOCKIN'
DOCKIN'**

125
points



**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/0.7 kg

**\$1
DOCKIN'
DOCKIN'**

125
points



LOBSTER HOMARD
FRESH, 1.5 LB/0.7 kg

**\$1
DOCKIN'
DOCKIN'**

125
points



**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB/1.1 kg

3⁹⁹
ea.



**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/0.7 kg

11⁹⁹
ea.



**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/0.7 kg

**\$1
DOCKIN'
DOCKIN'**

125
points



**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/0.7 kg

**\$1
DOCKIN'
DOCKIN'**

125
points

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. IRRESISTIBLE WIRESTRONG BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. IRRESISTIBLE MARINATED MUSSELS SPECIALLY PREPARED SELECTED MUSSELS	50 pounds 12.99 e.s. IRRESISTIBLE BREADED POPCORN SHIMP SPECIALLY PREPARED POPCORN SHIMP
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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)
5⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ 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 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.

THE GOOD STUFF: PERSONAL CARE



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
10g (0.35oz)
4⁹⁹ ea.



NATIVE DEODORANT
10g (0.35oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ ea.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



GLYSOMED HAND CREAM
10g (0.35oz)
4⁴⁹ ea.

More Great Savings

Drizalicious PEPPERMINT CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 4 99 ea.	Drizalicious RASPBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 4 99 ea.	Drizalicious STRAWBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 4 99 ea.	Dole Pineapple Juice 1.5L 100% Natural Pineapple Juice No Sugar Added 5 99 ea.	Henderson's CHEEZIES 100g Cheese Snacks 100% Natural Cheese No Artificial Flavors 3 99 ea.
MONTELLIER Sparkling Water 10x 330ml 100% Natural Sparkling Water No Sugar Added 13 00 ea.	A&W Coca-Cola Soft Drinks 10x 330ml 100% Natural Soda No Sugar Added 6 00 ea.	Dole Premium Pineapple Juice 1.5L 100% Natural Pineapple Juice No Sugar Added 5 99 ea.	Henderson's CHEEZIES 100g Cheese Snacks 100% Natural Cheese No Artificial Flavors 3 99 ea.	Henderson's CHEEZIES 100g Cheese Snacks 100% Natural Cheese No Artificial Flavors 3 99 ea.
PRIMO Tomatoatoe Sauce 10x 100g 100% Natural Tomatoatoe Sauce No Sugar Added 1 99 ea.	PRIMO Tomatoatoe Sauce 10x 100g 100% Natural Tomatoatoe Sauce No Sugar Added 1 99 ea.	MONTELLIER Malt Vinegar 10x 100g 100% Natural Malt Vinegar No Sugar Added 2 99 ea.	SAPPORO Premium Lager Beer 10x 330ml 100% Natural Lager Beer No Sugar Added 12 49 ea.	Henderson's CHEEZIES 100g Cheese Snacks 100% Natural Cheese No Artificial Flavors 3 99 ea.
Anis Eight Hot Chocolate 10x 100g 100% Natural Hot Chocolate No Sugar Added 10 99 ea.	RED ROSE Coffee 10x 100g 100% Natural Coffee No Sugar Added 5 49 ea.	Sourie Yogurt 10x 100g 100% Natural Yogurt No Sugar Added 2 99 ea.	Nutri Grain Cereal Bars 10x 100g 100% Natural Cereal Bars No Sugar Added 3 49 ea.	Henderson's CHEEZIES 100g Cheese Snacks 100% Natural Cheese No Artificial Flavors 3 99 ea.
VAN HOUT McCafé Coffee Creamer 10x 100g 100% Natural Coffee Creamer No Sugar Added 2 39 ea.	STARBUCKS Coffee Creamer 10x 100g 100% Natural Coffee Creamer No Sugar Added 2 99 ea.	Milkmaid Condensed Milk 10x 100g 100% Natural Condensed Milk No Sugar Added 6 49 ea.	SMOOTHIE SUPER GREEN Smoothies 10x 100g 100% Natural Smoothies No Sugar Added 4 49 ea.	Henderson's CHEEZIES 100g Cheese Snacks 100% Natural Cheese No Artificial Flavors 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% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION IMMEDIATE DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION CREAM COFFEE CREAMER 10% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 14% SELECTED VEGETABLES NOW  \$2.99
 SELECTION SALSA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LIFE CHANGING NATURAL TUNA CUPS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION SLICED CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LEMONADE 100% SELECTED VEGETABLES NOW  \$2.99



699



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method
the art of cleaning

Household Helpers



IT 16 an.



SHER
ENT
RIES



ROOM TISSUE, SPONGE TISSUE

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

8.49 ea.

CAFEON FARMS
DOG TREATS
100% WHOLE WHEAT

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
SELECTED VARIETIES

7.99 ea.

DOE DOG TREATS
100% WHOLE WHEAT

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
100% WHOLE WHEAT

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
SELECTED VARIETIES

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
SELECTED VARIETIES

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWIES
SELECTED VARIETIES

6.99 ea.

BLUE
BUFFALO BITS
DOG TREATS
SELECTED VARIETIES

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
SELECTED VARIETIES

13.49 ea.

GOODIE PALS
DOG TREATS
SELECTED VARIETIES

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
SELECTED VARIETIES

14.49 ea.

VITALITE
DOG TREATS
100% WHOLE WHEAT

50 pieces
10.99 ea.

NATURE'S RECIPE
MIXED DOG TREATS
SELECTED VARIETIES

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
SELECTED VARIETIES

5 pieces
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
SELECTED VARIETIES

65 pieces
20.49 ea.

CEsar
WET DOG FOOD
SELECTED VARIETIES

5/5 stars
5 per 1.49 ea.

MISTIES
WET DOG FOOD
SELECTED VARIETIES

18.99 ea.

IAMS
PROACTIVE HEALTH
BRUNCHKINS
SELECTED VARIETIES



We take pride in sourcing locally from the
Lakehead Region.

NORTH COUNTRY
PEPPERETTES
454 g
SELECTED VARIETIES

8⁴⁹
ea.



PERSIANS
DONUTS
PKG OF 4

4⁴⁹
ea.



POPPIN' HUT
POPCORN
380 g

4⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



DONATO'S
PASTA SAUCE
750 ml
SELECTED VARIETIES

6⁹⁹
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
100-120g
SELECTED VARIETIES

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

SCHNEIDERS
PEPPERETTES
150-175g
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
MAIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES
2⁴⁹
ea.

Pure
PURE
DRESSING
355 ml
SELECTED VARIETIES
3⁹⁹
ea.

MAPLE LEAF

SIMPLE INGREDIENTS.
A WORLD OF FLAVOUR.

NO ARTIFICIAL PRESERVATIVES

NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS

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.

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
240g
SELECTED VARIETIES
6⁴⁹
ea.

NESTLE

NESTLE