

VERSION 3

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.



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

14.99
ea.



metro.ca

\$ 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. (Wt. 1.12 kg)	 5.99 lb. UNBREAKABLE ARTISAN CINNAMON SWIRLED HAM OR BEEF NOOK SAUSAGE 12.5oz	 19.99 ea. Oscar Pinner CROCK SHRIMP OR BISCUITS JUNIOR SHRIMP BURGERS 100% PORK
 3.99 ea. Crave Crave Protein Muffins 12 Muffins	 6.99 ea. LIBERTE GREEK YOGURT TUBS 500 ml	 6.49 ea. Natreit ORGANIC MILK BUTTER 250g	 9.99 ea. VECTOR ORIGINAL BISCUITS MAPLE SYRUP 100% SOY
 3.99 ea. mini POPS MINI SOFT DRINKS 100% FRUIT FLAVORED	 7.49 ea. SANTITAS SANPELLEGRINO SPARKLING DRINKS 500 ml	 1.25 ea. SANTITAS SANPELLEGRINO SPARKLING DRINKS 500 ml	 17.99 ea. MAXWELL HOUSE COFFEE 12x8oz
 5.99 ea. ACTIVIA ACTIVE YOGURT 100% GREEK YOGURT	 3.49 ea. CHEEZIT ORIGINAL CHEDDAR OR GOLDENROD CHEDDAR CRACKERS 100% GREEK YOGURT	 3.99 ea. HARDBITES ORIGINAL OR HONEY BUTTER CRACKERS 100% GREEK YOGURT	 1.99 ea. CAMPBELL'S BUTTER BEAN OR CUBED BOLLONCE 100% GREEK YOGURT
 6.99 ea. HELLMANN'S MAYONNAISE 250 ml (8.45 fl. oz.)	 2.49 ea. BUSH'S BEANS OR BUTTER BEANS CANNED MEAT (425g)	 3.49 ea. BEN'S ORIGINAL PASTA OR PASTA SAUCE 100% GREEK YOGURT	 4.99 ea. HEINZ KETCHUP OR BEEF SAUCE 100% GREEK YOGURT
 5.99 ea. SCRUB DISH SOAP OR HAND SOAP 100% GREEK YOGURT	 2.99 ea. ALCAN DISH SOAP OR HAND SOAP 100% GREEK YOGURT	 8.99 ea. ROYAL BATHROOMS TOILET PAPER OR SCOTTIES FACIAL TISSUE 100% GREEK YOGURT	 8.99 ea. BOUNCE FABRIC REFRESHER OR FABRIC REFRESHER 100% GREEK YOGURT

i earn with moi rewards

[illegible]

4-DAY MEAL DEAL

DECEMBER 24TH – DECEMBER 27TH, 2025

YOUR CHOICE **\$11.99** each

STONE HANE CARDOLES
12 CARDOLES
12 CARDOLES

30" KALAMATI PUFFY CRUST CHEESE PIZZA
12 PIZZAS
12 PIZZAS

HOT WHOLE BIRD MARINATED CHICKEN
12 CHICKENS
12 CHICKENS

20" CALIFORNIA COMBO
20" CALIFORNIA COMBO
20" CALIFORNIA COMBO

STONE HANE CARDOLES
12 CARDOLES
12 CARDOLES

30" KALAMATI PUFFY CRUST CHEESE PIZZA
12 PIZZAS
12 PIZZAS

HOT WHOLE BIRD MARINATED CHICKEN
12 CHICKENS
12 CHICKENS

20" CALIFORNIA COMBO
20" CALIFORNIA COMBO
20" CALIFORNIA COMBO

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 MEXICO & ARGENTINA, IN U.S.A.

1⁹⁹
ea. or /lb
SEEDLESS CUCUMBERS
PRODUCT OF CANADA, MEXICO, U.S.A.
EXTRA LARGE
REFRESHING TOMATOES
PRODUCT OF MEXICO, U.S.A., & CANADA

3⁴⁹
ea.
BELLE GROVE
MUSHROOMS 201g
PRODUCT OF CANADA

4⁹⁹
ea.
HARVEST 5 PK
AVOCADOS 150g
PRODUCT OF SOUTH AFRICA & MEXICO

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

4⁹⁹
ea.
LEMONS 1lb
PRODUCT OF U.S.A. OR SOUTH AFRICA

5⁹⁹
ea.
DOLE SALAD KITS
25 PK
PRODUCT OF U.S.A. & SOUTH AFRICA

4⁹⁹
ea.
KIWI BASKETS
1kg
PRODUCT OF CANADA

4⁹⁹
ea.
JUMBO PINEAPPLES
4 PK
PRODUCT OF SOUTH AFRICA

3⁴⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF SOUTH AFRICA & CANADA

2⁹⁹
ea.
ENDIVE OR ESCAROLE
PRODUCT OF U.S.A.

9⁹⁹
ea.
VANILLA
POMEGRANATES
10 PK
PRODUCT OF CANADA

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

4⁴⁹
ea.
GOODLEAF
SALAD MIXES 1lb
PRODUCT OF CANADA & MEXICO

6⁹⁹
ea.
FROZE LETTUCE
1lb
PRODUCT OF CANADA

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

1⁹⁹
ea.
PLANT-BASED
ROAST & GRAVY
10 PK
PRODUCT OF CANADA

5⁹⁹
/lb
BIG MOUNTAIN
PLANT-BASED
ROAST 13.25kg
PRODUCT OF CANADA

7⁹⁹
ea.
JUMBO CHESTNUTS
13.25kg
PRODUCT OF CANADA

3⁵
points
MOVERS
CHOCOLATE
CARAMEL APPLE 35 PK
PRODUCT OF CANADA

Organic

1⁶⁹
/lb
ORGANIC GREEN
CABBAGE
3.75kg
PRODUCT OF CANADA

5⁹⁹
ea.
LPC ORGANIC
LITTLE POTATOES
25 PK
PRODUCT OF CANADA

3⁴⁹
ea.
BOLTHOUSE
FRESH
ORGANIC BABY CARROTS
15 PK
PRODUCT OF U.S.A.

12⁹⁹
ea.
GREENHOUSE
ORGANIC CHAI
12 PK
PRODUCT OF CANADA

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 201g
BONITO KITS 12 PK
BROCCOLI SALAD 12 PK
TOMATO CUCUMBER SALAD 12 PK

13⁹⁹
ea.
SMALL BERRY
KIWI TRAY 13.99
PUMPKIN & ZEL
TRAY WITH DOP 10 PK
MICRO PLANTER 10 PK

40⁰⁰
ea.
CHRISTMAS
MAGIC BOUQUET
40.00
PRODUCT OF CANADA

38⁹⁹
ea.
HEDGER
FLOWER FEATURE
38.99
PRODUCT OF 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
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 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 100-125g

4.49 ea.



FURLANI TEXAS
TOAST
100-125g

5.49 ea.



JAMOCHA ALMOND
CRUNCH CAKE
100-125g

31.99 ea. **250** points



INEVITABLE
BUTTER TARTS 100-125g

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 100-125g

7.49 ea.



INEVITABLE
BUTTER TARTS 100-125g

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

2.99 ea.



BELLACASA
BURRATA
CHEESE 100g

3.99 ea.



SHORSKI
SAUSAGES
100g

2.99 ea.



INEVITABLE ENTENM
DRY SAUSAGE
100g

2.99 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.



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SPREADABLE CHEESE
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NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



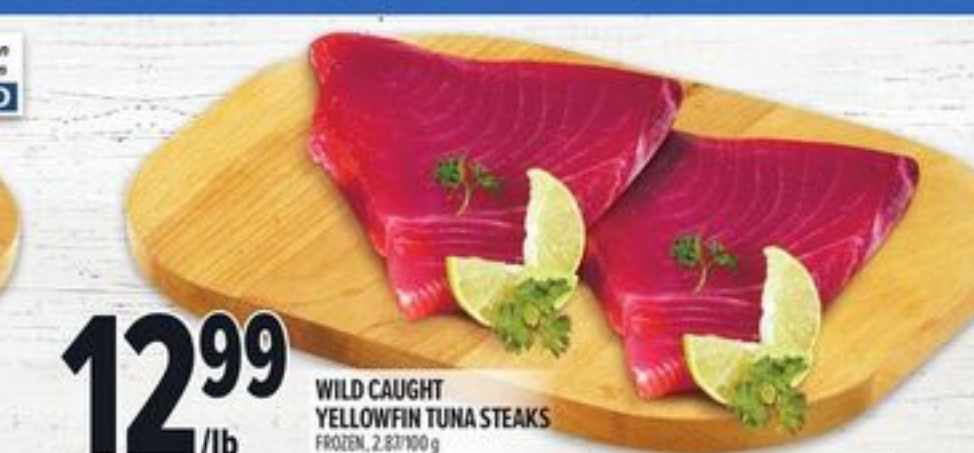
Seafood



12⁹⁹
/lb

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

Fresh From Iceland
Atlantic Wildcod Fillets
Wildcod Fillets



12⁹⁹
/lb

**WILD CAUGHT
YELLOWFIN TUNA STEAKS**
FRESH, 1.5 LB/BOX



12⁹⁹
ea.

**CHOICE
CHICOT OYSTERS**
SELECTED HARVEST



7⁹⁹
ea.

**LA ROCHEPIERE
SMOKED STEAMED
SALMON**
1 LB



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



12⁰⁰
ea.

**CALIFORNIA
HIGH COUNTRY
CALIFORNIA
VARIETY PACK**
SELECTED HARVEST



3⁹⁹
ea.

**LOBSTER MEAT
CHAI DE HOMARD**
FRESH, 1.75 LB



11⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 1.75 LB



125
points

**ADMIRAL
SNOW CRAB
CLUSTERS**
1.5 LB

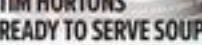


18⁹⁹
ea.

**ROCK HARBOR
CANADIAN LOBSTER
CLAWS & ARMS**
FRESH, 1.75 LB

30 pounds 2⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE	40 pounds 8⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE	50 pounds 9⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE	50 pounds 12⁹⁹ e.s. IRRESISTIBLE BBQ MEATBALLS AND MEAT SAUCE
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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 RICE 100% REAL VEGETABLES 100% REAL HERBS 100% REAL SEASONINGS 100% REAL OILS 100% REAL BUTTER 100% REAL EGGS 100% REAL MILK 100% REAL SUGAR 100% REAL SALT 100% REAL YEAST 100% REAL BAKING POWDER 100% REAL BAKING SODA 100% REAL VANILLA 100% REAL CHOCOLATE 100% REAL COCOA 100% REAL CREAM 100% REAL WHIP 100% REAL ICING 100% REAL FROSTING 100% REAL GLAZE 100% REAL SAUCE 100% REAL DRESSING 100% REAL MAYONNAISE 100% REAL KETCHUP 100% REAL MUSTARD 100% REAL RELISH 100% REAL PICKLES 100% REAL JAM 100% REAL JELLY 100% REAL SYRUP 100% REAL SAUCE 100% REAL DRESSING 100% REAL MAYONNAISE 100% REAL KETCHUP 100% REAL MUSTARD 100% REAL RELISH 100% REAL PICKLES 100% REAL JAM 100% REAL JELLY 100% REAL SYRUP	 6⁹⁹ ea. TIM HORTONS® HOT CHOCOLATE 100% REAL CHOCOLATE 100% REAL MILK 100% REAL SUGAR 100% REAL VANILLA 100% REAL COCOA 100% REAL CREAM 100% REAL WHIP 100% REAL ICING 100% REAL FROSTING 100% REAL GLAZE 100% REAL SAUCE 100% REAL DRESSING 100% REAL MAYONNAISE 100% REAL KETCHUP 100% REAL MUSTARD 100% REAL RELISH 100% REAL PICKLES 100% REAL JAM 100% REAL JELLY 100% REAL SYRUP	 8⁹⁹ ea. TIM HORTONS® INSTANT COFFEE 100% REAL COFFEE 100% REAL SUGAR 100% REAL VANILLA 100% REAL COCOA 100% REAL CREAM 100% REAL WHIP 100% REAL ICING 100% REAL FROSTING 100% REAL GLAZE 100% REAL SAUCE 100% REAL DRESSING 100% REAL MAYONNAISE 100% REAL KETCHUP 100% REAL MUSTARD 100% REAL RELISH 100% REAL PICKLES 100% REAL JAM 100% REAL JELLY 100% REAL SYRUP	 7⁹⁹ ea. TIM HORTONS® COFFEE CAPSULES 100% REAL COFFEE 100% REAL SUGAR 100% REAL VANILLA 100% REAL COCOA 100% REAL CREAM 100% REAL WHIP 100% REAL ICING 100% REAL FROSTING 100% REAL GLAZE 100% REAL SAUCE 100% REAL DRESSING 100% REAL MAYONNAISE 100% REAL KETCHUP 100% REAL MUSTARD 100% REAL RELISH 100% REAL PICKLES 100% REAL JAM 100% REAL JELLY 100% REAL SYRUP
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Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
and 100% WHOLE GRAIN
WHEAT FLAKES
\$6.99
ea.

RICE KRISPIES
CEREAL
with Marshmallows
and Frosting
\$6.99
ea.

FROSTIES
CEREAL
with Marshmallows
and Frosting
\$6.99
ea.

NATREL CEREALIC
CEREAL
with Marshmallows
and Frosting
\$6.49
ea.

NATREL CEREALIC
CEREAL
with Marshmallows
and Frosting
\$6.99
ea.

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 BROSSE
250ml
SUGGESTED VARIANTS



449
ea.

KNORR BROSSE
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

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.



RITTER SPORT CHOCOLATE BARS
100g (3.5oz)
3⁹⁹ ea.



NUT SELECTION SELECTION DE NOIX
100g (3.5oz)
3⁹⁹ ea.



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



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



HERSHEY'S KISSES CHOCOLATE
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5⁴⁹ ea.



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5⁴⁹ ea.



HERSHEY'S KISSES CHOCOLATE
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5⁴⁹ ea.



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



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



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



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



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



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



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



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



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



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



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



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



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



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



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



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



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



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



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



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



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



NATIVE DEODORANT
10g (0.35oz)
15⁹⁹ ea.



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



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



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

More Great Savings

[illegible]

↓ Low Price Every Day

 NOW  \$1.49 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$1.25 SELECTION LEMONADE 100% SELECTED FRUITES	 NOW  \$2.99 SELECTION WATER ENHANCER 100% SELECTED FRUITES	 NOW  \$4.99 SELECTION PEANUTS 100% 75% 100% SELECTED FRUITES
 SELECTION PEANUT BUTTER 100% SELECTED FRUITES NOW  \$4.99	 INDISCREET DRESSING 100% NOW  \$3.99	 SELECTION CREAM 100% SELECTED FRUITES NOW  \$3.99	 SELECTION SOUS CRÈME 100% SELECTED FRUITES NOW  \$2.99
 SELECTION SALSA 100% SELECTED FRUITES NOW  \$4.49	 SELECTION LEMONADE 100% SELECTED FRUITES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED FRUITES NOW  \$3.99	 SELECTION LEMONADE 100% SELECTED FRUITES NOW  \$2.99

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AS IN-STORE**

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[illegible]



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

BEAU'S
ABBÉY STYLE CHEESE
27.17/lb

5⁹⁹
/100g



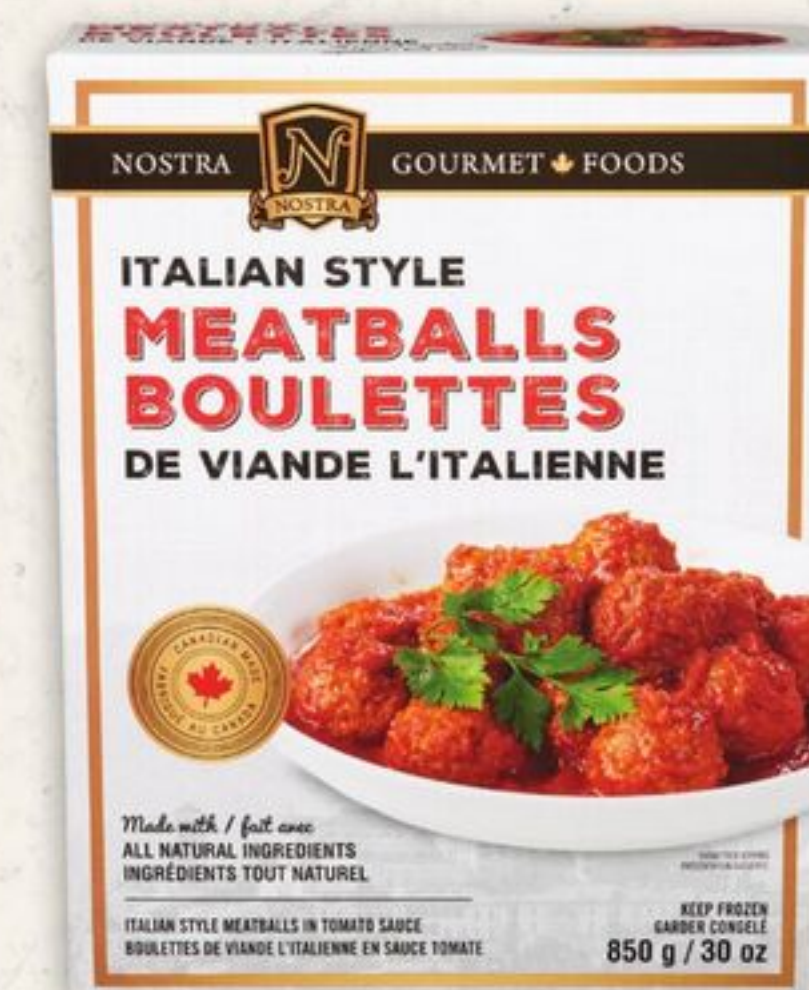
GRAND TRUNK
FIRM CHEESE
27.17/lb

5⁹⁹
/100g



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



THE KETONUT
CHOCOLATES
180 - 240 g
SELECTED VARIETIES

9⁹⁹
ea.



SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES

6⁹⁹
ea.



GOLDEN ACRES
SLICED PEACHES OR
PEARS
452 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**

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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