

Your

GO-TO

for festive feasts.

CANADIAN AND PROUD



1.99
ea.

Raspberries 1 1/2 lb
Blackberries 1 1/2 lb
Blueberries 1 1/2 lb
Mixed 1 1/2 lb



99¢
/lb

Tomatoes on the vine 2 lb bag
Tomatoes en grappe 2 lb bag



1.44
/lb

Large Red Prince Apples 3.07kg (6.75lb)
Grossettes pommes Red Prince 3.07kg



2.99
ea.

Bolthouse Fresh Baby Carrots 2 lb bag
Carottes coupées 2 lb bag



3.99
ea.

Lactantia Purifit Milk 2L
Lait Purifit Lactantia 2L



4.99
ea.

Häagen-Dazs Ice Cream 1/2 gallon
Crème glacée Häagen-Dazs 1/2 gallon



1.49
/lb

Butterball Turkey 10.5kg
Poulet entier 10.5kg



4.88
/lb

Lean Ground Beef 10.5kg
Bœuf haché 10.5kg



2.99
/lb

Fresh Chicken Breast 10.5kg
Poulet entier 10.5kg



3.99
/lb

Irresistible Spiral Sliced Honey Ham or Canadian Semi-Boneless Smoked Ham 8.5kg



4.44
ea.

Tex Mex Queso 400g
Queso 400g



4.99
ea.

Lactantia Butter 454g
Beurre Lactantia 454g

HOLIDAY
FESTIVE
FAVOURITES



2⁹⁹
/100 g

Brand: Kitchener Cold Meat/Hot, Pâté, Ham,
Sausages, Bacon or Selection of Freshmeat Ham
Coffer de viandes, pain de viande, jambon paté ou
saucisson de Canada Brand et ou jambon Sélection à l'ancienne
1000 g (1.125 lb) 10.99



19⁹⁹
ea.



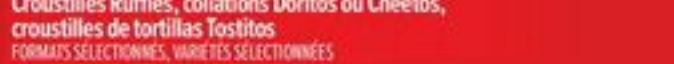
12⁹⁹
ea.



1²⁵
ea.



3⁴⁹
ea.



250
points

15⁹⁹
ea.



\$ New Lower Prices

[illegible]

 Hugoboss Maple Leaf and Chocolate Covered Dainties Hugoboss Maple Leaf and Chocolate Covered Dainties Hugoboss Maple Leaf and Chocolate Covered Dainties Hugoboss Maple Leaf and Chocolate Covered Dainties \$1 BOUQUIN	 Annie's Caramel Macarons 35 points	 Ramen Noodle Soup 799	 Milk Matchbox 699	 Milk Matchbox 700
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[illegible]



3.99
ea.

CELEBRATION
Cakes and Cookies
Assorted Cakes and Cookies
12.5 oz. (354 g) / 12.5 oz. (354 g)
Net Weight
Distributed by: The UPS Store
SKU: 00171 / 158406



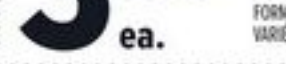
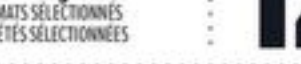
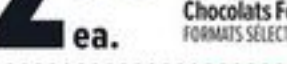
11.99
ea.

Corona Cero
Non-Alcoholic
Beer 12.5 oz. (354 g)
Bottle Case Corona Cero
SKU: 00171 / 158406



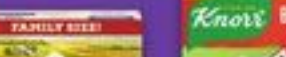
7.99
ea.

Molson Pilsener
Non-Alcoholic
Beer 12.5 oz. (354 g)
Bottle Case Molson Pilsener
SKU: 00171 / 158406

 Ben's Original Creamy Vegetables 100% Natural No Fat & No Sugar 179 ea.	 Ben's Original Legumes & Lentils 100% Natural No Fat & No Sugar 399 ea.	 QUE PASA Quinoa 100% Natural No Fat & No Sugar 1299 ea.	 mercì French Beans 100% Natural No Fat & No Sugar
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For All Menstrual Care  5.49 ea.			 4.49 ea.				
For All Menstrual Care Norelco One and Done Pads, 100 Count \$5.49 ea.	Axe Deodorant, 3.3 oz. \$5.49 ea.	Ziploc Storage Bags, 100 Count \$4.49 ea.	EnerGel Batteries, 100 Count \$4.49 ea.	Clorox Disinfecting Spray, 32 oz. \$10.99 ea.	Simple Green Detergent, 32 oz. \$10.99 ea.	Downy Fabric Softener, 32 oz. \$10.99 ea.	Tide Detergent, 32 oz. \$10.99 ea.

I earn with **moi** rewards

 40¢ OREO CAKESTERS 12 Oreo Cakesters Cookies or Creamers 100% WHOLE GRAIN FLOUR 100% WHOLE GRAIN CORN MEAL 100% WHOLE GRAIN WHEAT FLOUR 100% WHOLE GRAIN RICE FLOUR 100% WHOLE GRAIN SUGAR 100% WHOLE GRAIN BUTTER 100% WHOLE GRAIN EGGS 100% WHOLE GRAIN VANILLA EXTRACT 100% WHOLE GRAIN BAKING POWDER 100% WHOLE GRAIN SALT 100% WHOLE GRAIN 5.49 ea.	 40¢ RITZ Family Size Crackers 12 Ritz Family Size Crackers 100% WHOLE GRAIN FLOUR 100% WHOLE GRAIN CORN MEAL 100% WHOLE GRAIN WHEAT FLOUR 100% WHOLE GRAIN RICE FLOUR 100% WHOLE GRAIN SUGAR 100% WHOLE GRAIN BUTTER 100% WHOLE GRAIN EGGS 100% WHOLE GRAIN VANILLA EXTRACT 100% WHOLE GRAIN BAKING POWDER 100% WHOLE GRAIN SALT 100% WHOLE GRAIN 4.99 ea.	 25¢ Keebler's Biscuits 12 Keebler's Biscuits 100% WHOLE GRAIN FLOUR 100% WHOLE GRAIN CORN MEAL 100% WHOLE GRAIN WHEAT FLOUR 100% WHOLE GRAIN RICE FLOUR 100% WHOLE GRAIN SUGAR 100% WHOLE GRAIN BUTTER 100% WHOLE GRAIN EGGS 100% WHOLE GRAIN VANILLA EXTRACT 100% WHOLE GRAIN BAKING POWDER 100% WHOLE GRAIN SALT 100% WHOLE GRAIN 1.99 ea.	 50¢ Lays Newmans Potato Chips 12 Lays Newmans Potato Chips 100% WHOLE GRAIN FLOUR 100% WHOLE GRAIN CORN MEAL 100% WHOLE GRAIN WHEAT FLOUR 100% WHOLE GRAIN RICE FLOUR 100% WHOLE GRAIN SUGAR 100% WHOLE GRAIN BUTTER 100% WHOLE GRAIN EGGS 100% WHOLE GRAIN VANILLA EXTRACT 100% WHOLE GRAIN BAKING POWDER 100% WHOLE GRAIN SALT 100% WHOLE GRAIN 5.99 ea.
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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.

THIS WEEK'S DEALS:
Only until December 17, 2025, in-store or online



NOW
299
ea.
SAVE UP TO
\$1

399
ea.
LECLERC
COOKIES
240 g
SELECTED VARIETIES



NOW
199
ea.
SAVE UP TO
\$1.50

349
ea.
BETTY CROCKER
POTATOES
141 - 215 g
SELECTED VARIETIES



NOW
199
ea.
SAVE UP TO
\$1.30

329
ea.
DEL MONTE
NECTAR
960 ml
SELECTED VARIETIES



NOW
2199
ea.
SAVE UP TO
\$6

2799
ea.
SELECTION CASHEWS
OR MIXED NUTS
1.15 kg
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$4

899
ea.
GAIN
SCENT BOOSTERS
303 - 379 g
SELECTED VARIETIES



NOW
599
ea.
SAVE UP TO
\$2

799
ea.
PREMIÈRE MOISSON
SOUP
700 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

4.99 ea.

3.99 /lb

4.99 ea.

1.69 /lb

2.99 ea.

4.99 ea.

2.49 ea.

99¢ /lb

4.99 ea.

8.99 /lb

2.99 /lb

3.99 ea.

9.99 ea.

13.99 ea.

3.49 ea.

3.79 ea.

7.99 ea.

4.99 ea.

1.29 /lb

6.00 2 for

2.99 /lb

3.29 ea.

4.99 ea.

6.99 ea.

9.99 ea.

13.99 ea.

14.99 ea.

16.99 ea.

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Your
GO-TO for
unlimited deliveries.

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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

Our Butcher's Finest

SKINLESS



3⁹⁹

/lb

100% CANADIAN ANGUS



9⁹⁹

/lb

Breaded Chicken Breast Cutlet Value Pack



9⁹⁹

/lb

Yorkshire Valley Farms Organic Fresh White Chicken, Chicken Drumsticks or Leg Quarters



5⁹⁹

/lb

FRESH



5⁹⁹

/lb

Legacy Premium Club Bacon



4⁹⁹

/lb

Butterball



7⁹⁹

/lb

Butterball Fresh Turkey Split Breast



125

points

LEGACY



5⁹⁹

/lb

Legacy Premium Club Bacon



50

points

Butterball



6⁹⁹

/lb

Butterball Fresh Turkey Split Breast



250

points

LEGACY



5⁹⁹

/lb

Legacy Premium Club Bacon



50

points

Butterball



7⁹⁹

/lb

Butterball Fresh Turkey Split Breast



125

points

LEGACY



5⁹⁹

/lb

Legacy Premium Club Bacon



50

points

Butterball



6⁹⁹

/lb

Butterball Fresh Turkey Split Breast



250

points

LEGACY



5⁹⁹

/lb

Legacy Premium Club Bacon



50

points

Butterball



7⁹⁹

/lb

Butterball Fresh Turkey Split Breast



125

points

LEGACY



5⁹⁹

/lb

Legacy Premium Club Bacon



50

points

Butterball



6⁹⁹

/lb

Butterball Fresh Turkey Split Breast



250

points

LEGACY

5⁹⁹

/lb

Legacy Premium Club Bacon

50

points



4⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



6⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



2⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



3⁹⁹

/lb

Maple Lodge Chicken Breast or Zabihah Halal



5⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



6⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



11⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



12⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

Maple Lodge Chicken Breast or Zabihah Halal



15⁹⁹

ea.

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

Holiday Entertaining

125
points

\$1
back in
points

22⁹⁹
ea.

**Holiday
Assortment Cakes**
400 100g (3.5oz) x 12
Cakes des Fêtes
assorties
12/12/2015-01/01/2016

21⁹⁹
ea.

125
points

\$1
back in
points

Frost Street Bakery Log Cake
400 100g (3.5oz) x 12
Bûche de gâteau Frost Street Bakery
2015-10/01-01/01/2016

5⁹⁹
ea.

**Coppertone
Soft Cookies**
Biscuits aux épices
Coppertone

13⁹⁹
ea.

75
points

**Frost Street Bakery
for Best Cookies**
12/12/15-01/01/16
2015-12/12-01/01/16

**Frost Street Bakery
Caramel Cake 14.5g**
Gâteau aux caramels
Frost Street Bakery 14.5g

\$2
back in
points

32⁹⁹
ea.

250
points

**Frost Street Bakery
Caramel Cake 14.5g**
Gâteau aux caramels
Frost Street Bakery 14.5g

 Unbeatable Brioche Black and Red Pesto Brioche Sandwich Spread, 16 oz. 5⁹⁹ ea.	 Slocche Pesto Brioche Sandwich Spread, 16 oz. 3⁹⁹-30 ea. points	 P. P. Pastries Pastries Maltose Country Bread, 1 lb. 5⁹⁹ ea.	 P. P. Pastries Pastries Maltose Country Bread, 1 lb. 3⁹⁹ ea.	 P. P. Pastries Pastries Maltose Country Bread, 1 lb. 3⁹⁹ ea.
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Deli Favourites



San Daniele Mortadella, Cured Pork Culo & Ham
BELLINZAGO, ITALY

VALUE PICK

29⁹⁹ /100g

Mortadella, cappelata nel sughero San Daniele, con prosciutto crudo e pancetta di Parma. 100% carne.

100% CARNE • 100% ITALIANO • 100% SANO



Mastro Prosciutto Cotto

349⁹⁹ /100g

Mastro Genuino di Prosciutto Cotto, con prosciutto crudo e pancetta di Parma. 100% carne.

100% CARNE • 100% ITALIANO • 100% SANO



Schweder Appenzeler Emmentaler Cheese
100% EMMENTALER CHEESE
100% SWISS MADE
100% SWISS CREAM

579⁹⁹ /100g

Schweder Emmentaler Appenzeler Emmentaler Cheese
100% EMMENTALER CHEESE
100% SWISS MADE
100% SWISS CREAM



Mascarpone Cheese
100% CREAM
100% ITALIAN
100% SWISS MADE

579⁹⁹ /100g

Mascarpone Cheese
100% CREAM
100% ITALIAN
100% SWISS MADE



Prosciutto Cotto

699⁹⁹ ea.

San Daniele Siccat Prosciutto o Mortadella Schiene in tranches

Prosciutto San Daniele Schiene Mortadella in tranches

San Daniele Mortadella in tranches



Mastro Prosciutto Cotto

599⁹⁹ ea.

San Daniele Mortadella o Mortadella Prosciutto Cotto in tranches

Mortadella San Daniele o Mortadella Prosciutto Cotto in tranches

San Daniele Mortadella o Mortadella Prosciutto Cotto in tranches



Camembert Regular or Feta/Cheese
100% CREAM
100% SWISS MADE
100% SWISS CREAM

599⁹⁹ /100g

Camembert Regular or Feta/Cheese
100% CREAM
100% SWISS MADE
100% SWISS CREAM



Cathedral City Cheese
100% CREAM
100% ITALIAN
100% SWISS MADE

449⁹⁹ /100g

Cathedral City Cheese
100% CREAM
100% ITALIAN
100% SWISS MADE



Mascarpone, Schiene Mortadella
100% CREAM
100% ITALIAN
100% SWISS MADE

799⁹⁹ ea.

Mascarpone, Schiene Mortadella
100% CREAM
100% ITALIAN
100% SWISS MADE



Sack House
100% CREAM
100% ITALIAN
100% SWISS MADE

879⁹⁹ ea.

Sack House
100% CREAM
100% ITALIAN
100% SWISS MADE



Salameetti
100% CREAM
100% ITALIAN
100% SWISS MADE

599⁹⁹ ea.

Salameetti
100% CREAM
100% ITALIAN
100% SWISS MADE



Celebrity Cheese
100% CREAM
100% ITALIAN
100% SWISS MADE

599⁹⁹ ea.

Celebrity Cheese
100% CREAM
100% ITALIAN
100% SWISS MADE



Sack House
100% CREAM
100% ITALIAN
100% SWISS MADE

1549⁹⁹ ea.

Sack House
100% CREAM
100% ITALIAN
100% SWISS MADE



Olymel
100% CREAM
100% ITALIAN
100% SWISS MADE

649⁹⁹ ea.

Olymel
100% CREAM
100% ITALIAN
100% SWISS MADE



Zurlo Maczarella or Parmesan
100% CREAM
100% ITALIAN
100% SWISS MADE

999⁹⁹ ea.

Zurlo Maczarella or Parmesan
100% CREAM
100% ITALIAN
100% SWISS MADE



The Sack House
100% CREAM
100% ITALIAN
100% SWISS MADE

799⁹⁹ ea.

The Sack House
100% CREAM
100% ITALIAN
100% SWISS MADE



Burkat
100% CREAM
100% ITALIAN
100% SWISS MADE

1299⁹⁹ ea.

Burkat
100% CREAM
100% ITALIAN
100% SWISS MADE



Inimitabile
100% CREAM
100% ITALIAN
100% SWISS MADE

699⁹⁹ ea.

Inimitabile
100% CREAM
100% ITALIAN
100% SWISS MADE



Hummus
100% CREAM
100% ITALIAN
100% SWISS MADE

399⁹⁹ ea.

Hummus
100% CREAM
100% ITALIAN
100% SWISS MADE



Original
100% CREAM
100% ITALIAN
100% SWISS MADE

599⁹⁹ ea.

Original
100% CREAM
100% ITALIAN
100% SWISS MADE



Burkat
100% CREAM
100% ITALIAN
100% SWISS MADE

1299⁹⁹ ea.

Burkat
100% CREAM
100% ITALIAN
100% SWISS MADE



Inimitabile
100% CREAM
100% ITALIAN
100% SWISS MADE

699⁹⁹ ea.

Inimitabile
100% CREAM
100% ITALIAN
100% SWISS MADE



Hummus
100% CREAM
100% ITALIAN
100% SWISS MADE

399⁹⁹ ea.

Hummus
100% CREAM
100% ITALIAN
100% SWISS MADE



Original
100% CREAM
100% ITALIAN
100% SWISS MADE

599⁹⁹ ea.

Original
100% CREAM
100% ITALIAN
100% SWISS MADE

metro
FRESH
2 GO



WHAT'S FOR DINNER?

**PICK UP IN STORE OR
FREE DELIVERY**

on all orders of **\$20 or more**

Skip the Dishes offers available at select stores only.



ORDER NOW

**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11.99
ea.

Seafood

4.49 ea.

Fresh Salmon: Organic Trout Portions 10 oz
Pavlo de truta **FRIGS** de l'Atlantique (sans la peau) 10 oz

Foodland
NATURAL

125 points

\$1 back in points

15.99 ea.

Smoked Cedar Planked Salmon
Saumon fumé sur planche de cèdre
10 oz (2.84 lb) (sans emballage)

9.99 ea.

Pacific Wild Salmon Steaks
Crevettes blanches de montagne sur planche fumée 10 oz (2.84 lb) (sans emballage)

3.99 ea.

True Sea Maryland Crab Cakes
Crevettes Tarte Blue de crabes de Maryland
10 oz (2.84 lb) (sans emballage)

PERFECT FOR PLATTERS

7.99 /lb

Leeds Kemp Sea Legs Sauté
Sauté de crevettes
Sauté Sea Legs
Leeds Kemp

8.99 ea.

Wild Pacific Salmon
Papilles au vin blanc de montagne sur planche fumée 10 oz

BACCALA

3.99 ea. or 1b

Chicken Baked Salted Cod
10 oz (2.84 lb)
Baklé 10 oz (2.84 lb)
Mousses de saumon de Chine
Baklé 10 oz (2.84 lb)
Baklé 10 oz (2.84 lb)

BOX OF 25

5.99 ea.

Five Star Standard Packaged OYSTERS
10 oz (2.84 lb)
Baklé 10 oz (2.84 lb)
Mousses de saumon de Chine
Baklé 10 oz (2.84 lb)

17.00 ea.

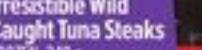
Smoked Salmon Steaks
Papilles au vin blanc de montagne sur planche fumée 10 oz

3.99 ea.

Five Star Natural Pacific Salmon Steaks
Papilles au vin blanc de montagne sur planche fumée 10 oz

3.99 ea.

Smoked Salmon Steaks
Papilles au vin blanc de montagne sur planche fumée 10 oz

Irresistible Smoked Atlantic Salmon smoked 7g 30 points  5⁹⁹ e.a. Summer vegetable medley smoked 7g	Irresistible Wild Caught Trout Steaks smoked 7g 40 points  8⁹⁹ e.a. Summer delectable salmon smoked 7g	Irresistible Tuna Steaks smoked 7g 40 points  9⁹⁹ e.a. Summer delectable salmon smoked 7g	Irresistible Walnut Shrimp smoked 7g 40 points  10⁹⁹ e.a. Summer delectable salmon smoked 7g
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[illegible]



2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each (3 per \$12.99)



3/4.98
each (3 per \$12.99)



3.99
ea.



3.99
ea.

festive
EXTRAS
Set up your holiday table with snacks, toppings & assorted beverages.



1.99
ea.



1.99
ea.



4.99
ea.



4.99
ea.



10.99
ea.



10.99
ea.



6.49
ea.



6.49
ea.



6.99
ea.



6.99
ea.



5.99
ea.



5.99
ea.



5.99
ea.



5.99
ea.



6.99
ea.



6.99
ea.



5.49
ea.



5.49
ea.



3.99
ea.



3.99
ea.



5.00
ea.



15.00
ea.



15.00
ea.



14.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



49.99
ea.



49.99
ea.



49.99
ea.



49.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
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29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.

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FRESH
2 GO

ENTERTAINING MADE EASY

We have your catering covered.

**Minimum of 48 hours notice on all orders.*



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Online
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In Store
Visit Our Deli

[illegible]

Advertisement prices are subject to change and exclude HST and deposit fees, which are added at checkout. Beer, wine and ribs are available at select stores. See menu in for availability.

More Great Savings

 PRIMO Pasta Sauce 16 oz (454 g) No MSG, NO PRESERVATIVES Pasta Prima 100% WATER SOLUBLE 2.79 ea.	 Stefano Italia Pasta Sauce of Italy 16 oz (454 g) No MSG, NO PRESERVATIVES Sauce aux tomates 100% WATER SOLUBLE 6.99 ea.	 LAGUETTE Pasta Sauce 16 oz (454 g) No MSG, NO PRESERVATIVES Sauce aux tomates 100% WATER SOLUBLE 2.99 ea.	 Jalapeno Salsa 16 oz (454 g) No MSG, NO PRESERVATIVES Sauce aux tomates 100% WATER SOLUBLE 5.49 ea.
 RICE KRISPIES Cereal 16 oz (454 g) No MSG, NO PRESERVATIVES Cereal aux céréales 100% WATER SOLUBLE 4.99 ea.	 Kraft Parmesan Cheese 16 oz (454 g) No MSG, NO PRESERVATIVES Fromage parmesan 100% WATER SOLUBLE 45 points	 Butterfly Butter 16 oz (454 g) No MSG, NO PRESERVATIVES Beurre 100% WATER SOLUBLE 3.49 ea.	 Kashi Cereal 16 oz (454 g) No MSG, NO PRESERVATIVES Cereal aux céréales 100% WATER SOLUBLE 3.99 ea.
 UltraPur Milk 16 oz (454 g) No MSG, NO PRESERVATIVES Lait ultra pur 100% WATER SOLUBLE 5.79 ea.	 Lactogen Lactose Free Milk 16 oz (454 g) No MSG, NO PRESERVATIVES Lait lactose libre 100% WATER SOLUBLE 6.49 ea.	 Lactogen Lactose Free Milk 16 oz (454 g) No MSG, NO PRESERVATIVES Lait lactose libre 100% WATER SOLUBLE 3.99 ea.	 Kashi Cereal 16 oz (454 g) No MSG, NO PRESERVATIVES Cereal aux céréales 100% WATER SOLUBLE 3.99 ea.
 UltraPur Milk 16 oz (454 g) No MSG, NO PRESERVATIVES Lait ultra pur 100% WATER SOLUBLE 5.79 ea.	 Lactogen Lactose Free Milk 16 oz (454 g) No MSG, NO PRESERVATIVES Lait lactose libre 100% WATER SOLUBLE 6.49 ea.	 Lactogen Lactose Free Milk 16 oz (454 g) No MSG, NO PRESERVATIVES Lait lactose libre 100% WATER SOLUBLE 3.99 ea.	 Kashi Cereal 16 oz (454 g) No MSG, NO PRESERVATIVES Cereal aux céréales 100% WATER SOLUBLE 3.99 ea.

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COOKIES
650 g**



\$15⁹⁹
VALUE

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6.99 each

6.99 each

16.99 each

10.99 each

10.99 each

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Our range of treats, candies & cookies also make great host(ess) gifts & stocking stuffers.

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11.99 each

12.99 each

15.99 each

15.99 each

1.49 each

18.99 each

2.99 each

10.99 each

2.49 each

4.99 each

5.99 each

5.99 each

4.99 each

4.99 each

4.99 each

19.99 each

10.99 each

14.99 each

Organic

Marantha Power Butter

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

8⁹⁹

ea.

Marantha Power Butter

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

8⁹⁹

ea.

LifeSmart Soup

20% SELECTED VARIETIES

Soup Mince écha

20% SELECTED VARIETIES

3⁹⁹

ea.

Farmer's Market Corned Vegetables

20% SELECTED VARIETIES

Farmer's Market Corned Vegetables

20% SELECTED VARIETIES

4⁴⁹

ea.

Organic Green Tea

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

100% WHOLE GRAIN MARANTHA BUTTER

8⁴⁹

ea.

Go Bio Bouillon Cubes

100% WHOLE GRAIN MARANTHA BUTTER

Go Bio Bouillon Cubes

100% WHOLE GRAIN MARANTHA BUTTER

3⁹⁹

ea.

Peace River Honey

100% WHOLE GRAIN MARANTHA BUTTER

Peace River Honey

100% WHOLE GRAIN MARANTHA BUTTER

14⁴⁹

ea.

Manihota Harvest Hemp Hearts

20% SELECTED VARIETIES

Manihota Harvest Hemp Hearts

20% SELECTED VARIETIES

10⁹⁹

ea.

Gluten-Free

Rice Konjaccha

100% WHOLE GRAIN MARANTHA BUTTER

Rice Konjaccha

100% WHOLE GRAIN MARANTHA BUTTER

3⁹⁹

ea.

Go Bio Bouillon Cubes

100% WHOLE GRAIN MARANTHA BUTTER

Go Bio Bouillon Cubes

100% WHOLE GRAIN MARANTHA BUTTER

4⁹⁹

ea.

Plant-Based

100% WHOLE GRAIN MARANTHA BUTTER

Plant-Based

100% WHOLE GRAIN MARANTHA BUTTER

5⁴⁹

ea.

Earth's Own Soap Cream

100% WHOLE GRAIN MARANTHA BUTTER

Earth's Own Soap Cream

100% WHOLE GRAIN MARANTHA BUTTER

6⁴⁹

ea.

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

100% WHOLE GRAIN MARANTHA BUTTER

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

100% WHOLE GRAIN MARANTHA BUTTER

2⁴⁹

ea.

TRY NEW

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

TRY NEW

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

2⁴⁹

ea.

Neat Brothers Salvia

100% WHOLE GRAIN MARANTHA BUTTER

Neat Brothers Salvia

100% WHOLE GRAIN MARANTHA BUTTER

5⁴⁹

ea.

Earth's Own Soap Cream

100% WHOLE GRAIN MARANTHA BUTTER

Earth's Own Soap Cream

100% WHOLE GRAIN MARANTHA BUTTER

6⁴⁹

ea.

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

100% WHOLE GRAIN MARANTHA BUTTER

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

100% WHOLE GRAIN MARANTHA BUTTER

2⁴⁹

ea.

TRY NEW

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

TRY NEW

MAPLE L&P MIGHTY PROTEIN CHICKEN STICKS

2⁴⁹

ea.

General Mills Chex Cereal

100% WHOLE GRAIN MARANTHA BUTTER

General Mills Chex Cereal

100% WHOLE GRAIN MARANTHA BUTTER

5⁴⁹

ea.

Vaillie Cheese

100% WHOLE GRAIN MARANTHA BUTTER

Vaillie Cheese

100% WHOLE GRAIN MARANTHA BUTTER

6⁴⁹

ea.

Household Helpers

15 points

Scotties

15 points

Scotties

2⁴⁹

ea.

LOW EVERY DAY

TABLE WAXING WIPERS

LOW EVERY DAY

TABLE WAXING WIPERS

3⁹⁹

ea.

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2 for

20⁰⁰

ea.

Febreze All Fresheners

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Febreze All Fresheners

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5⁴⁹

ea.

Ziploc

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Ziploc

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9⁹⁹

ea.

ALCAN

100% WHOLE GRAIN MARANTHA BUTTER

ALCAN

100% WHOLE GRAIN MARANTHA BUTTER

5⁴⁹

ea.

Iron Birch

100% WHOLE GRAIN MARANTHA BUTTER

Iron Birch

100% WHOLE GRAIN MARANTHA BUTTER

2⁴⁹

ea.

Selection Red Caps

100% WHOLE GRAIN MARANTHA BUTTER

Selection Red Caps

100% WHOLE GRAIN MARANTHA BUTTER

7⁴⁹

ea.

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when you buy any 3 Carlton Cards

SAVE \$4*

when you buy any 3 Carlton Cards

with greeting card coupon

Carlton Cards

with greeting card coupon

Carlton Cards

10⁹⁹

ea.

15⁹⁹

ea.

Pet

BUY MORE SAVE MORE!

2 for

5⁰⁰

ea.

15 points

Pop-Tarts

15 points

Pop-Tarts

2⁹⁹

ea.

Vitalife

100% WHOLE GRAIN MARANTHA BUTTER

Vitalife

100% WHOLE GRAIN MARANTHA BUTTER

14⁴⁹

ea.

cookies

100% WHOLE GRAIN MARANTHA BUTTER

cookies

100% WHOLE GRAIN MARANTHA BUTTER

8⁴⁹

ea.

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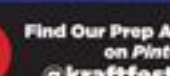
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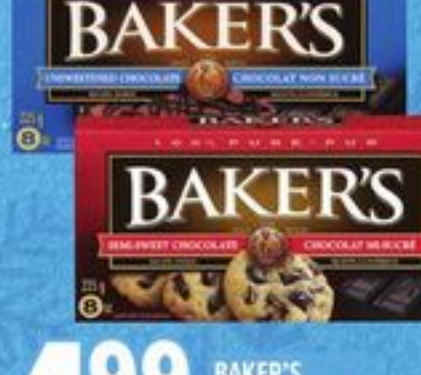
Get a
FREE \$15

Offer valid **December 11 - 17**

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 3⁹⁹ ea. MUTTI PASTA SAUCE 680 ml SELECTED VARIETIES	 7⁹⁹ ea. MUTTI PASTA SAUCE 680 ml SELECTED VARIETIES	 2⁴⁹ ea. MUTTI POLPA 370 ml	 3⁹⁹ ea. MUTTI PEEL TOMATOES 750 ml
 3⁴⁹ ea. MUTTI PIZZA SAUCE OR TOMATO PASTE 150 ml SELECTED VARIETIES	 4⁹⁹ ea. MUTTI SAN MARZANO TOMATOES 300 ml		

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 5⁴⁹ ea. KRAFT BUTTER 500 g SELECTED VARIETIES	 4⁹⁹ ea. KRAFT PURE DRESSING 250 ml SELECTED VARIETIES	 2⁹⁹ ea. KRAFT PURE DRESSING 250 ml SELECTED VARIETIES	 3⁹⁹ ea. KRAFT SHAKE 'N BLAKE 147 g SELECTED VARIETIES
 4⁹⁹ ea. PHILADELPHIA DIPS 227 g SELECTED VARIETIES	 4⁹⁹ ea. BAKERS CHOCOLATE 100 g SELECTED VARIETIES	 1²⁵ ea. JELLY POWDER 9.1 g SELECTED VARIETIES	 10⁹⁹ ea. NABOB OR TASSIMO COFFEE CAPSULE 8.17 ml SELECTED VARIETIES

Crisp Winter Snacking

 3⁴⁹ ea. TOWN HOUSE CRACKERS 170 g SELECTED VARIETIES	 2⁹⁹ ea. CHEEZ-IT CRACKERS 170 g SELECTED VARIETIES	 2⁹⁹ ea. PRINGLES CHIPS 140 g SELECTED VARIETIES	 2⁹⁹ ea. NUTRI GRAIN BARS, BITE KNOPIES, SQUARES OR POP TARTS 170-284 g SELECTED VARIETIES
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 8⁹⁹ ea. GAIN DETERGENT OR FABRIC SOFTENER 800 ml SELECTED VARIETIES	 8⁹⁹ ea. GAIN BOOSTERS OR BOILER SHEETS 800 ml SELECTED VARIETIES	 15⁴⁹ ea. FEBREZE OIL REFILLS 24.2 g SELECTED VARIETIES	 99¢ ea. FEBREZE PLUG DIFFUSER 1 ml
 5⁹⁹ ea. HEAD & SHOULDERS HAIR CARE 250-500 ml SELECTED VARIETIES	 36⁹⁹ ea. PAMPERS BABY DIAPERS 48-96 SELECTED VARIETIES	 28⁹⁹ ea. PAMPERS EASY UPS TRAINING PANTS 48-72 SELECTED VARIETIES	 3⁹⁹ ea. PAMPERS BABY WIPES 58-72 SELECTED VARIETIES
 4⁹⁹ ea. TAMPAX SANITARY NAPKINS OR LINER NAPKINS 10-22 SELECTED VARIETIES	 42⁰⁰ ea. ALWAYS DISCREET ADULT INCONTINENCE 17-68 SELECTED VARIETIES	 3⁹⁹ ea. CREST TOOTH PASTE 43-120 ml SELECTED VARIETIES	 6⁹⁹ ea. CREST ORAL CARE 43-120 ml SELECTED VARIETIES