

VERSION 1

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

TH

FR

SA

SU

MO

4

5

6

7

8

[illegible]

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 2 oz) 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

 7⁰⁰ ea. WONDER BREADS OR DUMPKETER'S BAGELS 12.5oz SELECTED VARIETIES	 11⁹⁹ ea. HIGH LINER SMOKED PARK-SIDE OR CATCH OF THE DAY FILETS 1.5lb SELECTED VARIETIES	 5⁹⁹ 65 lb BRESKIN'S ARTISAN SMOKED HAM OR HALF MOON SMOKED HAM 12.5lb	 19⁹⁹ ea. OCEAN PRIME COOKED SHRIMP BRESKIN'S Jumbo Shrimp 1.5lb
 3⁹⁹ 65 ea. CRAVE FROZEN MEAT SELECTED VARIETIES	 6⁹⁹ ea. LIBERTE GREEK YOGURT 100% GREEK YOGURT 500g	 6⁴⁹ ea. NATREL ORGANIC MILK 1% OR BUTTER 1L	 9⁹⁹ ea. KELLOGG'S CEREAL 100% WHOLE GRAIN 100% WHOLE GRAIN 500g
 BUY TWO GET ONE FREE ea. PEPSI MINI SOFT DRINKS 125g	 7⁴⁹ 125 ea. SAN PELLEGRINO SPARKLING DRINKS 125g	 2⁷⁹ 15 ea. OASIS JUICE OR DEL MONTE BEVERAGE 1.5L	 4⁹⁹ ea. CHEX CEREAL OR ORGANIC MEADOW YOGURT 500g
 5⁹⁹ ea. ACTIVIA YOGURT 100% GREEK YOGURT 500g	 3⁴⁹ ea. GOLDFISH OR CHEEZ-IT CRACKERS 100g	 3⁹⁹ ea. HARDBITES CHIPS 100g	 1⁹⁹ ea. CAMPBELL'S SOUP 100g
 6⁹⁹ ea. HELLMANN'S MAYONNAISE 100g	 2⁴⁹ ea. BUSH'S BEANS 100g	 3⁴⁹ ea. BEN'S ORIGINAL RICE 100g	 4⁹⁹ ea. HEINZ KETCHUP 100g
 5⁹⁹ ea. SCOPE DISH SOAP 100g	 2⁹⁹ ea. ALCAN PAPER TOWELS 100g	 8⁹⁹ ea. ROYALE TOILET PAPER 100g	 8⁹⁹ ea. TIDE DETERGENT 100g

I earn with mol rewards

 3⁹⁹ ea. LAY'S POTATO CHIPS 100g	 3⁹⁹ ea. LAY'S POTATO CHIPS 100g	 3⁹⁹ ea. LAY'S POTATO CHIPS 100g	 4⁹⁹ ea. RITZ CRACKERS 100g
--	---	---	--

4-DAY MEAL DEAL
DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE **11⁹⁹** ea.

90" X LARGE PEPPERONI & CHEESE PIZZA
1kg

STOCK-MADE CARBOARELS
1kg

TRIPLE-COAT 20 CHICKEN BITES
1kg

ASSORTED CALIFORNIA COMBO OR
CALIFORNIA BOLL MEXICO
1kg

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

Visit us at **micro.ca**
or call 1-877-467-6272
to win \$5000 in groceries.

Micro Rewards is a trademark of Micro Inc.

**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 U.S.A. & MEXICO

1⁹⁹ lb
EXTRA LARGE
BEEFSTEAK TOMATOES
PRODUCT OF U.S.A. & MEXICO
4.28kg

2⁹⁹ ea.
BELL PEPPERS 1lb
PRODUCT OF U.S.A. & MEXICO

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

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

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

1⁹⁹ ea.
SEEDLESS CUCUMBERS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
KIWI BASKETS 1kg
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
PINEAPPLES 1kg
PRODUCT OF U.S.A. & MEXICO

3⁴⁹ /lb
BRUSSELS SPROUTS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
DOLE SALAD KITS 25 PKTS
PRODUCT OF U.S.A. & MEXICO

9⁹⁹ ea.
VANILLA POMEGRANATES 10 PKTS
PRODUCT OF U.S.A. & MEXICO

2⁹⁹ ea.
LARGE POMEGRANATES 10 PKTS
PRODUCT OF U.S.A. & MEXICO

4⁴⁹ ea.
GOOD LEAF SALAD MIXES 1lb
PRODUCT OF U.S.A. & MEXICO

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

4⁹⁹ ea.
LIFE SAVER NATURAL SWEET APPLE CIDER 20 PKTS
PRODUCT OF U.S.A. & MEXICO

1⁹⁹ ea.
PLANT BASED ROAST & GRAVY 10 PKTS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ /lb
BIG MOUNTAIN PLANT BASED ROAST 13.25kg

7⁹⁹ ea.
JUMBO CHESTNUTS 13.25kg

1⁶⁹ /lb
ORGANIC GREEN CABBAGE 3.75kg
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
LITTLE POTATO CO. 25 PKTS
PRODUCT OF U.S.A. & MEXICO

3⁴⁹ ea.
BOLTHOUSE FARM'S ORGANIC CHITS 15 PKTS
PRODUCT OF U.S.A. & MEXICO

12⁹⁹ ea.
FIERY GINGER IMMUNITY BOOST 12 PKTS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
HOLIDAY FRUIT SALAD 20 PKTS
PRODUCT OF U.S.A. & MEXICO

13⁹⁹ ea.
SMALL BERRY KIWI TRAY 10 PKTS
PRODUCT OF U.S.A. & MEXICO

50 points
PUMPKIN PIE TOPPINGS 10 PKTS
PRODUCT OF U.S.A. & MEXICO

40⁰⁰ ea.
CHRISTMAS MAGIC BOUQUET 40 PKTS
PRODUCT OF U.S.A. & MEXICO

38⁹⁹ ea.
PECAN PIE FLOWER FEATURE 38 PKTS
PRODUCT OF U.S.A. & MEXICO

19⁹⁹ ea.
ANTHURIUM 19 PKTS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
POINSETTIAS 5 PKTS
PRODUCT OF U.S.A. & MEXICO

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 BEEF
26.43kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS
BLADE ROAST
100% CANADIAN ANGUS BEEF
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 NATURALIA 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
BAGGERS
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 100g

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 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. **125** points



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
100-125g

8.49 ea.



BRESTREILLE ANTAGON
GOAT CHEESE 100g

9.49 ea. **125** points



MACGARGLE'S
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100-125g

6.99 ea.



RONDELLE
BRIE OR BRESTREILLE
ANTAGON GOAT CHEESE
100g

7.49 ea. **125** points



BELL'ITALIA
SALAMI OR GOLD LABEL
PEPPERONI 100-125g

8.79 ea.



PILLER'S
PEPPERONI OR SALAMI
STICKS 100-125g

10.99 ea.



SWISS CHALET
POT PIE 100-125g

4.99 ea.



KANA
BANI 100-125g

7.49 ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9.49 ea.



HUMMUS
100-125g

8.00 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



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



**FRESH 2 GO
20 CHICKEN BITES**



[illegible]

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. IRRESISTIBLE WETTED MEAT COOKED SCALLOP PASTA SAUCE PASTA, 100%	50 pounds 9.99 e.s. IRRESISTIBLE MARINATED MUSSELS PASTA SAUCE PASTA, 100%	50 pounds 12.99 e.s. IRRESISTIBLE POPPED CHICKEN PASTA SAUCE PASTA, 100%
--	---	--	--

[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.



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



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.

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 330ml 100% Natural No Sugar Added 13 00 ea.	A&W Coca-Cola Soft Drinks 10x 330ml 100% Natural No Sugar Added 6 00 ea.	Coca-Cola Soft Drinks 10x 330ml 100% Natural No Sugar Added 6 00 ea.	VOORUIT VODKA 10x 330ml 100% Natural No Sugar Added 2 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
PRIMO Tomato Sauce 10x 330ml 100% Natural No Sugar Added 1 99 ea.	PRIMO Tomato Sauce 10x 330ml 100% Natural No Sugar Added 1 99 ea.	MONTELLIER Mustard 10x 330ml 100% Natural No Sugar Added 7 99 ea.	SAPPORO Beer 10x 330ml 100% Natural No Sugar Added 12 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
Nutri-Grain Cereal 10x 330ml 100% Natural No Sugar Added 10 99 ea.	RED ROSE Tea 10x 330ml 100% Natural No Sugar Added 5 49 ea.	Source Yogurt 10x 330ml 100% Natural No Sugar Added 2 99 ea.	Nutri-Grain Cereal 10x 330ml 100% Natural No Sugar Added 3 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
VAN HOUT McCafé 10x 330ml 100% Natural No Sugar Added 2 39 ea.	STARBUCKS Coffee Creamer 10x 330ml 100% Natural No Sugar Added 7 99 ea.	Milkmaid Condensed Milk 10x 330ml 100% Natural No Sugar Added 6 49 ea.	Nutri-Grain Cereal 10x 330ml 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	 IMPOSSIBLE 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.



Subscribe Now

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

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
CHEWABLE DOG TREATS
2.5 LBS. (1.13 KG.)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 KG.)

45 pieces
8.99 ea.

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

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 KG.)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 KG.)

13.49 ea.

GOLDIE FILLS
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 BERRY
2.5 LBS. (1.13 KG.)

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
2.5 LBS. (1.13 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 1.49 ea.

MISTIES
WET DOG FOOD
2.5 LBS. (1.13 KG.)

18.99 ea.

IAMS
PROACTIVE HEALTH
BRUNCHKINS
2.5 LBS. (1.13 KG.)



We take pride in sourcing locally from the
Greater Toronto Region.

HALENDIA'S
PORK SAUSAGE
275 g
SELECTED VARIETIES

8⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁹⁹
ea.



COME BACK SNACKS
POPCORN
200 - 225 g
SELECTED VARIETIES

5⁹⁹
ea.



BE SWEET
HONEY FLAVOURED
SPREAD
500 g

4⁹⁹
ea.



CRAZY D'S
SPARKLING
PREBIOTIC SODA
355 ml
SELECTED VARIETIES

2⁹⁹
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

ELEVATED ENTERTAINING



9⁹⁹
ea.



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.

SIMPLE INGREDIENTS.
A WORLD OF FLAVOUR.

NO ARTIFICIAL PRESERVATIVES | **NO ARTIFICIAL FLAVOURS** | **NO ARTIFICIAL COLOURS**



PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

4⁹⁹
ea.



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

1⁹⁹
ea.



Chex
CEREAL
240-300g
SELECTED VARIETIES

4⁹⁹
ea.



SUGAR COOKIE TOAST CRUNCH
240-300g
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
250g
SELECTED VARIETIES

6⁴⁹
ea.

Winter Treats
for all!

