VERSION A

Your GO-TO for holiday essentials.

Romaine Hearts PRODUCE OF CANADA
Coeurs de romaine PRODUCT OF CANADA

3.99 ea.

1.99 ea. or /lb

Mandarines PRODUCE OF CHINA
Blackberries PRODUCE OF MEXICO
Mandarines PRODUCT OF CHINA
Mûres PRODUCT OF MEXICO
Grape tomatoes PRODUCE OF CANADA
Tomates raisins PRODUCT OF CANADA, USA, & MEXICO

1.99 ea.

Snacking Tomatoes CANADA
Tomates à croquer CANADA
Tomatoes grape cocktail MEXICO
Tomates raisins MEXICO

99¢ /lb

Sweet Potatoes PRODUCE OF CANADA
Patates douces PRODUCT OF CANADA
2.98/kg
Yellow onions PRODUCE OF CANADA
Oignons jaunes PRODUCT OF CANADA
2.98/kg

moi rewards member price

400 $

Bonbons Candies 150 g - 200 g
Biscuits 150 g - 175 g
Chocolat 100 g - 200 g

700 $

save $2.00
6.99 ea.

SPECIAL PRICE
8.99
for non-members

Effective December 4 5 6 7 8

VERSION A

metro

CANADIAN AND PROUD

CHRISTMAS SWEATER BOUQUET

18.00 ea.

Bouquet Chandail de Noël
Ref. 1000000000000000

fresh Atlantic Salmon Portions
Saumon de l'Atlantique frais en portions
Ref. 1000000000000000

3.99 ea.

BONELESS SKINLESS

Fresh Boneless Skinless Chicken Breast
Poitrine de poulet frais sans os et sans peau
Ref. 1000000000000000

4.88 /lb

Irrésistible

PARTY PACK FAMILIAL

BUY TWO GET ONE FREE

Irrésistible Appetizers
Bouchées Irrésistible
Ref. 1000000000000000

Mini-Pizzettas Irrésistible
Pizzettas Irrésistible
Ref. 1000000000000000

Fresh Pork Side Ribs Center Cut Bonless/Chine Fait or Boneless Pork Loin Center Cutlet Roast
Côtes levées de porc frais coupe centrale sans os/chine fait ou Rôti de longe de porc coupe centrale sans os
Ref. 1000000000000000

2.99 /lb

Les Jardins Provençaux, Marinade Maison, Lemon Rosemary or Garlic Marinade
Marinade Jardins Provençaux, Marinade maison, Citron romarin ou ail
Marinade Jardins Provençaux, Marinade maison, Citron romarin ou ail
Ref. 1000000000000000

2.99 /100 g

HOLIDAY BAKING FAVOURITES

Betty Crocker Cake Mix or Frosting
Les 425 g-510 g-680 g-454 g

$1 BONUS points*

125 points

1.99 ea.

Redpath Brown or Extra Sugar
Les 2 kg-1 kg
Redpath Cane Sugar or Extra Fancy Granulated
Les 2 kg-1 kg

2.49 ea.

3.49 ea.

Crisco All Vegetable Shortening or Eagle Brand Condensed Milk
Les 454 g-1 kg-1 kg-1 kg
Shortening and Condensed Milk not available at Metro or Metro Plus

Robin Hood, Gold Medal or Western Flour
Les 2 kg
Five Roses Flour
Les 2 kg-1 kg
Robin Hood, Five Roses or Western Flour
Les 2 kg-1 kg

3.99 ea.

Baker's Chocolate Chips or Baker's Chocolate Bars
Les 170 g-200 g-250 g-300 g-340 g-350 g-400 g-454 g-500 g-600 g-750 g

3.99 ea.

750 g

Snowdrop Walnut Halves & Pieces or Mellos of Georgia Pecan Halves & Pieces
Available at Metro

14.99 ea.

metro.ca

New Lower Prices

2 kg 7.00 — Bonne Maman Assorted Jams 454 g–500 g, Selected varieties, 1.54 kg–1.7 kg, 3.08 kg–3.4 kg

11.99 ea. — Pizza Nights Lean Beef Pepperoni Pizza or Lean Beef Pepperoni Pizza Bites 1.12 kg–1.17 kg, Selected varieties

5.99 ea. 65 — Crossrite Artisan Semi Boneless Hickory Smoked Ham Whole Spiral Cut 2.5–3.7 kg, Lambton Farms semi-désossé au jambon fumé entier tranché Artisan Assortiment 2.5 kg–3.7 kg

19.99 ea. — Crown Prince Canadian Pink Salmon 213 g–418 g, Selected varieties, Saumon rose canadien de Crown Prince, Variétés offertes

3.99 ea. 65 — Crave Frozen Pizza 300 g–340 g, Selected varieties, Pizza surgelée Crave, Variétés offertes

6.99 ea. — Liberté Yogurt Tubes 90 g–100 g, Selected varieties, Tubes de yogourt Liberté, Variétés offertes

6.49 ea. — Natrel Organic Milk 2.0 L–2.5 L, Lait biologique Natrel 2.0 L–2.5 L

9.99 ea. — Vector Energy Drink 500 ml, Selected varieties, Boisson énergisante Vector, Variétés offertes

BUY TWO GET ONE FREE — Mini Chocolate Bars 50 g–58 g, Selected varieties, Barres mini chocolatées, Variétés offertes

7.49 ea. 125 — Sun Rediscover Sparkling Drinks 355 ml, Selected varieties, Boissons pétillantes Sun Rediscover, Variétés offertes

2.79 ea. 15 — Classic Juice or Sparkling Beverage 355 ml, Jus Classic ou Boisson pétillante 355 ml, Selected varieties, Variétés offertes

4.99 ea. — Chex Cereal 310 g–375 g, Selected varieties, Céréales Chex, Variétés offertes

5.99 ea. — Activia Yogurt Bowl 2 x 90 g, Bowl à Boire Yogourt 2 x 90 g, Selected varieties, Variétés offertes

3.49 ea. — Cheez-It Crackers or Cheez-It Sandwiches 200 g–300 g, Selected varieties, Craquelins ou Cheez-It Sandwiches, Variétés offertes

3.99 ea. — Hawkins Skinny Pop Popcorn 85 g–100 g, Selected varieties, Maïs soufflé Skinny Pop, Variétés offertes

1.99 ea. — Campbell's Broth 900 ml–1.14 L, Selected varieties, Bouillon Campbell's, Variétés offertes

6.99 ea. — Hellmann's Mayonnaise 750 ml–1.42 L, Mayonnaise Hellmann's 750 ml–1.42 L, Selected varieties, Variétés offertes

2.49 ea. — Heinz Condiment or Sauce 250 ml–1.36 L, Condiment ou Sauce Heinz 250 ml–1.36 L, Selected varieties, Variétés offertes

3.49 ea. — Ben's Original Basmati Rice 900 g–1.36 kg, Tasty Bite Side Dish 250 g–300 g, Selected varieties, Riz Ben's Original 900 g–1.36 kg, Garniture Tasty Bite 250 g–300 g, Variétés offertes

4.99 ea. — Heinz Ketchup 1.0 L–1.36 L, Selected varieties, Ketchup Heinz 1.0 L–1.36 L, Variétés offertes

5.99 ea. — Swiffer Sweeper Dry Cloths 16 ct–20 ct, Swiffer Sweeper Wet Cleaner 1.0 L–1.25 L, Selected varieties, Lingettes sèches Swiffer Sweeper, Nettoyant humide Swiffer Sweeper 1.0 L–1.25 L, Variétés offertes

2.99 ea. — Palmolive or Ajax Dish Detergent 1.0 L–1.25 L, Selected varieties, Savon à vaisselle Palmolive ou Ajax 1.0 L–1.25 L, Variétés offertes

8.99 ea. — Pepsi Liquid Fabric Conditioner 1.0 L–1.25 L, Selected varieties, Assouplissant liquide Pepsi 1.0 L–1.25 L, Variétés offertes

8.99 ea. — Tide Detergent, Tide Liquid Fabric Conditioner or Downy Multi-Purpose Cleaner 1.0 L–1.25 L, Selected varieties, Détergent Tide, Assouplissant liquide Tide ou Nettoyant polyvalent Downy 1.0 L–1.25 L, Variétés offertes

I earn with moi rewards

35 — Lay's Kettle Cooked Chips 200 g–235 g, Selected varieties, Croustilles Lay's Kettle 200 g–235 g, Variétés offertes — 3.99

40 — Christie Family Sized Cookies 300 g–350 g, Selected varieties, Biscuits Christie en format familial 300 g–350 g, Variétés offertes — 5.49

40 — Christie Family Sized Crackers 300 g–350 g, Selected varieties, Biscuits Christie en format familial 300 g–350 g, Variétés offertes — 4.99

4-DAY MEAL DEAL

DECEMBER 8TH – DECEMBER 11TH, 2025

YOUR CHOICE 11.99 ea.

- Whole or Half Frozen Turkey 4.5 kg–7.5 kg, Selected varieties, Dinde entière ou moitié surgelée 4.5 kg–7.5 kg, Variétés offertes
- Extra-grande salade de pommes de terre et œufs 750 g, Extra large potato and egg salad 750 g
- Sauce Mirabelle Cumberland 250 ml–500 ml, Selected varieties, Sauce mirabelle Cumberland 250 ml–500 ml, Variétés offertes
- Bacon Chips 200 g, Bacon Bits 100 g, Croutons 200 g, Pacal 2 L
- Bel Wilson BBQ Homemade Chicken or Pecan pecan pecan Butterball Cheddar 1 kg
- Assortment of California Cuisine or California Roll Snacks Pack 200 g–300 g, Selected varieties, Ensemble de collations California Cuisine ou de rouleaux californiens 200 g–300 g, Variétés offertes

We reserve the right to limit quantities.
WE'RE OPTIMIZING FOR FRESHNESS AND PRICES.
SOME PRODUCTS MAY BE SOLD OUT DURING THE SALE.

Visit us at: metro.ca
Show us your receipt for a chance to WIN $1,000 in groceries.

Find us on Facebook, Instagram and TikTok

Prices effective from Tuesday December 2 to Monday December 8, 2025 unless otherwise specified. Prices may vary in Quebec and Ontario. Prices may vary in other stores and online. Visit your local store for details. Prices are in Canadian dollars. Quantity rights are reserved. Some products may be sold in smaller or larger sizes than those advertised. Some products may be sold in other stores than those advertised. Some products may be sold in other stores than those advertised. Some products may be sold in other stores

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 12.00 ea.
SAVE UP TO $3.99

15.99* 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 5.99 ea.
SAVE UP TO $1

6.99* ea.
OCEAN SPRAY SPARKLING DRINKS
6 x 340 ml
SELECTED VARIETIES

NOW 3.99 ea.
SAVE UP TO $2

5.99* ea.
TWININGS TEA
20 ml
SELECTED VARIETIES

NOW 2.99 ea.
SAVE UP TO $2

4.99* ea.
LPC CREAMER POTATO KITS
PRODUCT OF CANADA, CANADA NO 1 GRADE, 454 g
SELECTED VARIETIES

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
FRENCH'S DIJON MUSTARD
325 ml
SELECTED VARIETIES

NOW 14.99 ea.
SAVE UP TO $5

19.99* ea.
ORCHIDS
2.5" POT
ASSORTED COLOURS

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
PALMOLIVE DISH DETERGENT
591 - 828 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moiID account. Limit of one coupon redemption with a moiID 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

TO BENEFIT Breakfast CLUB of Canada™

ONLINE EXCLUSIVE

FREE

BELGIAN COOKIES 650 g

metro.ca

Enjoy the Offer

*Minimum purchase of $150 (before taxes) required.
Certain conditions apply. Details on metro.ca

$15.99 VALUE

PROMO CODE
COOKIE

Farm Fresh Produce

2.99 ea. — Raspberries 170 g / Framboises 170 g
PRODUCT OF MEXICO / PRODUIT DU MEXIQUE

PINT
4.99 ea. — Blueberries 340 g / Bleuets 340 g
PRODUCT OF CANADA / PRODUIT DU CANADA

1.99 lb — Cherry Large Tomatoes 454 g / Tomates cerises grosses 454 g
Long English Cucumber 1 ea. / Concombre anglais 1 ea.
CANADA No. 1 / CANADA No. 1

3.49 2.49 ea. — Bella Grace Olive Oil Dolce or Extra Virgin 500 ml / Huile d'olive douce ou extra vierge 500 ml
Organic Lemons Product of Spain / Citrons biologiques Produit d'Espagne

5 PK
4.99 ea. — Cucumbers 5 ea. / Concombres 5 ea.
Avocados 250 g / Avocats 250 g
Cucumbers 5 ea. / Concombres 5 ea.
Product of Canada / Produit du Canada

3.99 2.99 ea. — Cranberries 340 g / Canneberges 340 g
Cantaloupe 1 ea. / Cantaloup 1 ea.
PRODUCT OF USA / PRODUIT DES ÉTATS-UNIS

4.99 ea. — Lemons 6 ea. / Citrons 6 ea.
Limes 6 ea. / Limes 6 ea.
ON SPRING FOR SALE

1.99 ea. — Sunkiss Cucumbers Product of Canada / Concombres sunkiss produit du Canada

4.99 ea. — Kiwi Blueberry 454 g / Kiwi bleuet 454 g
Product of Italy / Produit d'Italie

JUMBO
4.99 ea. — Jumbo Pineapple Product of Costa Rica / Grand Ananas Produit du Costa Rica
Product of Costa Rica / Produit du Costa Rica
NEW

3.49 lb — Brussels Sprouts Product of Belgium / Choux de Bruxelles Produit de Belgique 1.36 kg
Cherry on the Brussels Product of Belgium / Choux de Bruxelles cerise Produit de Belgique 1.36 kg

25 CENTS
5.99 ea. — Sun Cracker Kale Original 454 g / Kale Sun Cracker Original 454 g
PRODUCT OF CANADA / PRODUIT DU CANADA

9.99 ea. — Jumbo Persimmons Product of Spain / Kaki sucré Produit d'Espagne

10 CENTS
2.99 ea. — Large Pomegranates Product of Israel / Grenades grosses Produit d'Israël

NEW
4.49 ea. — Cocktail Cucumbers 454 g / Concombres de cocktail 454 g
Product of Canada / Produit du Canada
Strawberries on cocktail Product of Canada / Fraises sur cocktail Produit du Canada

20 CENTS
4.99 ea. — Sweet Mini Peppers 454 g / Poivrons sucrés mini 454 g
Product of Canada / Produit du Canada

20 CENTS
4.99 ea. — Cut Smart Mangoes Product of Peru / Sweet Apple Cider 1 ea. / Cidre de pomme doux 1 ea.
Product of Canada / Produit du Canada

NEW
19.99 ea. — Big Meatballs Product of Canada / Sweet Mini Meatballs Product of Canada / Petites boulettes de viande sucrées Produit du Canada

JUMBO
5.99 lb — Jumbo Clementines 1.36 kg / Mexican Jumbo Mandarins 1.36 kg

35 CENTS
7.99 ea. — Mexican Clementines Unlabeled Apples 1 lb / Pommes sans étiquette 454 g
Product of Canada / Produit du Canada

Organic

1.69 lb — Organic Green Cabbage / Chou vert biologique
Organic Green Leaf Lettuce / Laitue verte biologique
Organic Romaine Lettuce / Laitue romaine biologique
Product of Canada / Produit du Canada

25 CENTS
5.99 ea. — LITTLE PAPAIN Organic Little Papaya 1 ea. / Petite papaye biologique 1 ea.
Product of Mexico / Produit du Mexique

15 CENTS
3.49 ea. — SOUTHBOUND Organic Baby Carrots 454 g / Carottes biologiques mini 454 g
Product of Canada / Produit du Canada

12.99 ea. — Greenhouse Organic Basil / Basilic biologique
Organic Baby Spinach / Épinards biologiques mini
Product of Canada / Produit du Canada

Sliced & Diced

Ready to Serve

4.99 ea. — Serve-it-Fruit Salad / Salade de fruits à servir
Tropical Cube Salad 454 g / Salade cubes tropicale 454 g
Product of Canada / Produit du Canada
Bella Vanilla 454 g / Salade de fruitsà la vanille et de morceaux d'ananas 454 g

50 CENTS
13.99 ea. — Fruit Berry Bowl Snack / Bol de fruits et de baies
Fruit Dip Tray / Plateau de trempette aux fruits
Berries Platter 454 g / Plateau de baies 454 g
Serve-it-Fruit 454 g / Fraises prépassées à servir 454 g
Product of Canada / Produit du Canada

Holiday Blooms

40.00 ea. — Christmas Magic Bouquet / Bouquet Magie de Noël
ON SPRING FOR SALE

38.99 ea. — Poinsettia Bouquet / Bouquet de poinsettias
Product of Canada / Produit du Canada
Pour un ami(e)!
Product of Canada / Produit du Canada
ON SPRING FOR SALE

NEW
19.99 ea. — Anthurium 6" Product of Canada / Anthurium 6" Produit du Canada

SELF WATERING
5.99 ea. — Poinsettia / Poinsettia
Product of Canada / Produit du Canada

metro.ca

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 Gold Angus Top Sirloin Roast
Rôti de surlonge supérieur Platinum Gold Angus
Rôti de surlonge supérieur Angus Gold Platine
Per/la kg 11.99
26.43/kg
11.99 /lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

Platinum Gold Angus Boneless Inside Whole Ribeye Roast
Rôti de côtes désossé de palette Angus Gold Platine
Per/la kg 11.99
26.43/kg
11.99 /lb

Grain Fed Angus
Nourri au grain
Raised without antibiotics
Élevé sans antibiotiques
Never ever
Jamais jamais

Lily Farms® Naturally Pink Shoulder Picnic Roast or Pork Shoulder Blade Roast
Per/la kg
Rôti de épaule en vitrine de porc Naturally Pink Lily Farms
6.60/kg
3.99 /lb

Platinum Gold Angus Whole Eye of Ribeye Roast
Per/la kg
Rôti entier côtes Angus Gold Platine
7.04/kg
7.99 /lb

Fresh Whole Chicken
Per/la kg
Poulet entier frais
6.60/kg
3.99 /lb

Fresh Rosemary & Garlic Boneless Lamb Leg
Per/la kg
Gigot d'agneau frais, désossé, au romarin & à l'ail
Per/la kg
26.43/kg
11.99 /lb

50 points

Breaded Cottage Boneless Pork Loin Roast
Per/la kg
Rôti de longe de porc panée en cottage
7.70/kg
5.99 /lb

Seasoned Pork Loin Centre Value Pack
6.60/kg
Côtelettes de longe de porc assaisonnées
6.60/kg
3.99 /lb

$1 OFF 2 or more

BUTTERBALL

$1 OFF 2 or more

125 points

Butterball Fresh Turkey Drumsticks & Thighs
Per/la kg
Pilons frais de dinde de chez Butterball
Per/la kg
4.99 /lb

Maple Leaf Prime Raised Without Antibiotics Fresh Split Chicken Wings
Per/la kg
Ailes de poulet fraîches séparées Prime Maple Leaf élevé sans antibiotiques
Per/la kg
8.99 /lb

Selection Bolognese Sauce
Sélection Sauce Bolognaise
3.99 ea.

Maple Leaf Top Dogs
Per/la kg 6.60/kg
Maple Leaf Top Dogs
Per/la kg 6.60/kg
4.99 ea.

Top Dogs

Butterball Turkey Breast
Per/la kg 26.43/kg
Poitrine de dinde Butterball
Per/la kg 26.43/kg
5.99 ea. 125 points

$1 OFF 2 or more

Mizuna Organic Mesclun Salad Mix
Mélange de salade Mesclun Mizuna biologique
Per/la kg 26.43/kg
7.99 ea. 25 points

Organic

Fletcher's Pork Cottage Roll
Per/la kg
Rôti de cottage de porc Fletcher's
Per/la kg
4.99 /lb

Selection Smoked Ham
Sélection Jambon fumé
Per/la kg 11.00/kg
Jambon fumé Sélection
Per/la kg 11.00/kg
7.99 ea.

Legacy Boneless Pork Loin Roast
Per/la kg 11.00/kg
Rôti désossé longe de longe de porc
Per/la kg 11.00/kg
11.00 ea.

Maxi Angelo Kabobs
Per/la kg 26.43/kg
Brochettes Maxi Angelo
Per/la kg 26.43/kg
12.99 ea.

Maple Leaf Ultimate Dinner Sausages
Per/la kg 6.60/kg
Saucisses de repas Ultimate Maple Leaf
Per/la kg 6.60/kg
4.99 ea.

Aliemande Dinner Sausages
Per/la kg 6.60/kg
Saucisses à dîner Aliemande
Per/la kg 6.60/kg
6.99 ea.

Schneiders Meal Plus
Per/la kg 6.60/kg
Plats à la viande Schneiders
Per/la kg 6.60/kg
7.99 ea.

Butterball Boneless Turkey Breast Roast
Per/la kg 26.43/kg
Rôti de poitrine de dinde désossé Butterball
Per/la kg 26.43/kg
22.99 ea. 250 points

$2 OFF 2 or more

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

Bakery Favorites

Fresh Sliced Bakery Cheese Stick or Cheese Bun
Pain à fromage en tranches ou fromagé
Minimum 6 ea. or 600 g
Min. 6 u. ou 600 g
5.99 ea. **75** points

Fresh Sliced Bakery Rolled Bacon
Pain à bacon roulé en tranches
Pan Cooked Fresh Sliced Bakery
Pain cuit dans la poêle en tranches
3.49 ea. **50** points

Fresh Sliced Bakery Dessert Cake
Gâteau-dessert en tranches
Minimum 12 ea. or 1.2 kg
Min. 12 u. ou 1.2 kg
22.99 ea. **125** points
$1 Instant Savings

Little Northern Bakery Frozen Mini Sliced Brioche Buns
Petits pains brioches tranchés surgelés
Pre-cut Smoked Sausage on Brioche Bun
Saucisse fumée prétranchée sur brioche
Little Northern Bakehouse
8.49 ea.
WHITE MEAT CHICKEN 100% NO ADDED HORMONES EVER!
Contains 2% or less of: Salt, Sugar, Dextrose, Potato Starch, Sodium Phosphate, Sodium Lactate, Sodium Diacetate, Natural Flavour, Sodium Erythorbate, Sodium Nitrite.
Contient 2 % ou moins de : Sel, Sucre, Dextrose, Fécule de pomme de terre, Phosphate de sodium, Lactate de sodium, Diacétate de sodium, Arôme naturel, Érythorbate de sodium, Nitrite de sodium.
Contains: Wheat (Gluten), Soybean, Milk, Egg.
Contient : Blé (Gluten), Soja, Lait, Œuf.
Contains 1 to 2% of a solution of water, salt, potassium lactate, sodium diacetate, natural flavoring, sodium erythorbate, sodium nitrite.
Contient 1 à 2 % d'une solution d'eau, sel, lactate de potassium, diacétate de sodium, arôme naturel, érythorbate de sodium, nitrite de sodium.
Product of Canada / Produit du Canada

Jamaica Almond Crunch Cake
Gâteau croquant aux amandes de la Jamaïque
Minimum 1 kg
Min. 1 kg
31.99 ea. **250** points
$2 Instant Savings

Mini Croissants
Petits croissants
La Petite Brioche (Micro)
Croissants au Mini Chocolat (Micro)
Micro croissants au chocolat
La Petite Brioche
Min. 10 ea.
4.99 ea.

King's Hawaiian Roll
Pain King's Hawaiian
Hawaiian Sweet Rolls
Pain King's Hawaiian
4.49 ea.

Furlani
Tosta Toste
Furlani Italian Garlic Toast, Pizza Pizza Garlic Toast, Garlic Knots
Pain à l'ail à l'italienne Furlani, Pain à l'ail Pizza Pizza, Noeuds à l'ail
Frozen / Surgelé
Min. 2 ea. / Min. 2 u.
5.49 ea.

Sunny Side Bakery Sunny Side Bakery Cake
Gâteau Sunny Side Bakery
Minimum 1 kg
Min. 1 kg
7.49 ea.

Sunny Side Bakery Sunny Side Bakery Cupcakes
Cupcakes Sunny Side Bakery
Minimum 12 ea.
Min. 12 u.
6.99 ea.

Deli Favourites

VALUE PICK
Maple Leaf Prime Ham Slices
Jambon de qualité Maple Leaf
Min. 2 ea. / Min. 2 u.
2.99 /100 g

Maple Leaf Prime Ham Slices
Jambon de qualité Maple Leaf
Min. 2 ea. / Min. 2 u.
2.99 /100 g

Provimi Bone-in Pork Loin Roast or Provimi Pork Chops
Rôti de longe de porc avec os Provimi ou côtes de porc Provimi
Min. 2 ea. / Min. 2 u.
3.99 /100 g

Bria Provolone or Provolone Slices or Provolone Wedge
Provolone Bria en tranches ou en pointe
Min. 2 ea. / Min. 2 u.
5.99 /100 g

Sunny Side Bakery Sunny Side Bakery Cheesecake
Cheesecake Sunny Side Bakery
Minimum 1 kg
Min. 1 kg
22.99 ea.

Simoneau Grandma or Grandpa Ham
Jambon Grand-mère ou grand-père Simoneau
Min. 2 ea. / Min. 2 u.
2.99 /100 g

Smoothie Boost Bra Sauce
Smoothie Boost Bra Sauce
Smoothie Boost Bra Sauce
Min. 2 ea. / Min. 2 u.
LIMITED TIME
8.99 ea. **125** points
$1 Instant Savings

Belle Campagne Marinara Sauce
Sauce Marinara Belle Campagne
Minimum 2 ea. / Min. 2 u.
2 for 20.00 ea.
Bertolli
Bertolli
Bertolli

setting your
HOLIDAY TABLE

Get ready to host your festive feast with all the essentials.

29.99 ea.
FRESH 2 LB
HAM AND HARIBOROS
MADE IN CANADA
REGULAR OR MAPLE BACON

SPRING ROLLS OR FILLING
$10 ea.

CHICKEN OR PORK SATAY
MADE IN CANADA
$8 ea.

29.99 ea.
FRESH 2 LB
REGGIA AND CHEESE
MADE IN CANADA

TRE STELLE
CREAM CHEESE
VARIOUS VARIETIES
4.99 ea.

NOW 2.99 ea.
SELECTION
SOUR CREAM
VARIOUS VARIETIES

4.49 ea.
GET FOR
WHIPPED TOPPING
VARIOUS VARIETIES

8.99 ea.
BIG TEASE
POULTRY POWDER

4.99 ea.
TWIGZ
CRAFT PRETZELS
VARIOUS VARIETIES

9.99 ea.
DAINTY
JASMINE RICE
2 KG

Seafood

I earn with moi rewards

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

STOCKING STUFFERS

they actually want

Stuff their stockings with sweets, treats & everyday essentials.

BETTER SPORT CHOCOLATE BARS
Assorted
3.99 ea.

FERRERO & KINDER CHOCOLATE EGG
Assorted
6.99 ea.

HERSHEY'S KISSES CHOCOLATE
Assorted
5.49 ea.

FERRERO CHRISTMAS CHOCOLATE
Assorted
13.99 ea.

5.49 ea.
FERRERO & KINDER CHOCOLATE
Assorted

9.49 ea.
HERSHEY'S CHOCOLATE
Assorted

3.49 ea.
KINDER SURPRISE
Assorted

12.99 ea.
TOBLERONE CHOCOLATE
Assorted

7.99 ea.
LINDT BEAR CHOCOLATE
Assorted

9.99 ea.
CARAMELLO CHOCOLATE
Assorted

5.99 ea.
M&M'S CHOCOLATE
Assorted

6.99 ea.
TORRY'S CHOCOLATE
Assorted

6.49 ea.
CADBURY CHOCOLATE
Assorted

12.99 ea.
TOBLERONE CHOCOLATE BAR
Assorted

4.99 ea.
WRIGLEY'S SOUR PATCH KIDS CANDY
Assorted

3.49 ea.
JOY CANDY
Assorted

3.49 ea.
LAURA SCUDDER'S CHOCOLATE SHELL-OFF CHOCOLATE BOWL
Assorted

4.79 ea.
EXCEL GUM
Assorted

WHILE SUPPLIES LAST

THE GOOD STUFF: PERSONAL CARE

4.99 ea.
JAMIESON VITAMIN D
Assorted

5.99 ea.
G.U.M MINT FLAVOURED
Assorted

3.99 ea.
BLISTEX LIP BALM
Assorted

15.99 ea.
NATIVE DEODORANT
Assorted

13.99 ea.
HERO MIGHTY PATCH
Assorted

4.49 ea.
GLYSOMED HAND CREAM
Assorted

More Great Savings

4.99 ea. — Selection Cereal Bowl 250 g–350 g, Selection Cereal Bowl 250 g–350 g, Brookfield Rice Cakes 75 g–100 g

6.00 2 for / 2 pour — BUY MORE SAVE MORE — Smartfood Chips 84 g–92 g, Smartfood Tortillas 84 g–92 g

5.99 ea. — Dole Pineapple Juice 1.89 L, Dole Pineapple Juice 1.89 L

3.99 ea. — Bandits Chocolate Granola Bars 175 g–184 g, Bandits Chocolate Bandits 175 g–184 g

13.00 2 for / 2 pour (35 ¢ / 100 g) — BUY MORE SAVE MORE — Monteloro Sardines in Olive Oil 106 g–120 g, Monteloro Sardines in Spring Water 106 g–120 g, Monteloro Sardines in Tomato Sauce 106 g–120 g, Monteloro Sardines in Hot Sauce 106 g–120 g, Monteloro Sardines in Lemon Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Jalapeño 106 g–120 g, Monteloro Sardines in Olive Oil with Lemon 106 g–120 g, Monteloro Sardines in Olive Oil with Garlic 106 g–120 g, Monteloro Sardines in Olive Oil with Chilli 106 g–120 g, Monteloro Sardines in Olive Oil with Herbs 106 g–120 g, Monteloro Sardines in Olive Oil with Smoked Paprika 106 g–120 g, Monteloro Sardines in Olive Oil with Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt 106 g–120 g, Monteloro Sardines in Olive Oil with Lemon and Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Tomato 106 g–120 g, Monteloro Sardines in Olive Oil with Mustard 106 g–120 g, Monteloro Sardines in Olive Oil with Cajun Spice 106 g–120 g, Monteloro Sardines in Olive Oil with Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Lemon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Garlic 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Chilli 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Herbs 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Smoked Paprika 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Lemon and Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Tomato 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Mustard 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Cajun Spice 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Tomato 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Mustard 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Cajun Spice 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Mustard 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Cajun Spice 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Cajun Spice 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil and Bay Leaf 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil and Bay Leaf and Pepper 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil and Bay Leaf and Pepper and Lemon 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil and Bay Leaf and Pepper and Lemon and Tomato 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil and Bay Leaf and Pepper and Lemon and Tomato and Mustard 106 g–120 g, Monteloro Sardines in Olive Oil with Sea Salt and Pepper and Lemon and Tomato and Mustard and Cajun Spice and Curry and Cumin and Dill and Ginger and Mint and Oregano and Parsley and Rosemary and Thyme and Tarragon and Basil and Bay Leaf

metro.ca LIMITED-TIME OFFER

Your **GO-TO** for unlimited deliveries.

COMES OUT TO

$1.25

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

Robert's Nuts Assorted Nut Butters 454 g / Assortiment de beurres de noix 454 g
14.99 ea.

Organic Meadow Cream Cheese 454 g / Fromage à la crème Organic Meadow 454 g
6.99 ea.

Celestial Tea 24 ea. / Thé de Celestial 24 ea.
5.49 ea.

Life Smart Organic Chick Peas 540 ml / Pois chiches Life Smart Organic 540 ml
1.99 ea.

Organic

Crank Coffee 340 g / Café Crank 340 g
Cold Crank 340 g / Cold Crank 340 g
15.99 ea.

Imagine Broth 946 ml / Bouillon Imagine 946 ml
6.49 ea.

Life Smart Organic Maple Syrup 500 ml / Sirop d'érable Life Smart Organic 500 ml
5.49 ea.

Plant-Based

Zenkouen Chocolate 85 g / Chocolat Zenkouen 85 g
4.99 ea.

Earth Balance Spreads 454 g / Tartinades Earth Balance 454 g
7.49 ea.

Greenhouse Cream 473 ml / Crème Greenhouse 473 ml
Coconut Craft 946 ml / Coconut Craft 946 ml
6.49 ea.

Made Good Granola Bars 24 ea. / Barres Made Good 24 ea.
4.49 ea. 25

Crofter's Jam 340 g / Confiture Crofter's 340 g
5.99 ea.

Bob's Red Mill Oatmeal Cups 35 ea. / Bols Bob's Red Mill 35 ea.
5.99 ea. 35

Crunchmaster Multi-Seed Crackers 150 g / Craquelins Crunchmaster 150 g
6.49 ea.

Baby & Beauty

BUY MORE SAVE MORE 2
Dove Men+Care Deodorant 2 x 76 g / Déodorant Dove Men+Care 2 x 76 g
6.00 ea. (3.00 / 100 g) Save Save $1.00 on 2 Dove Men+Care Deodorant 2 x 76 g / Économisez 1.00 $ sur 2 Déodorants Dove Men+Care 2 x 76 g. Valid from May 28 to June 10, 2025 / Valable du 28 mai au 10 juin 2025. Limit one (1) coupon per customer / Limite d'un (1) coupon par client. WHEN YOU SAVE WITH COUPONS

Pampers Baby Wipes 10 ea. / Lingettes Pampers 10 ea.
10.49 ea. WHEN YOU SAVE WITH COUPONS

Axe Deodorant 76 g / Déodorant Axe 76 g
6.99 ea.

Dove Clean Body Wash 473 ml / Savon Dove Clean 473 ml
8.99 ea. WHEN YOU SAVE WITH COUPONS

TRESemmé Hair Care 355 ml / Soins capillaires TRESemmé 355 ml
6.99 ea.

Colgate Total Toothpaste 75 ml / Dentifrice Colgate Total 75 ml
5.99 ea. Save Save $1.00 on 2 Colgate Total Toothpaste 75 ml / Économisez 1.00 $ sur 2 Dentifrices Colgate Total 75 ml. Valid from May 28 to June 10, 2025 / Valable du 28 mai au 10 juin 2025. Limit one (1) coupon per customer / Limite d'un (1) coupon par client. WHEN YOU SAVE WITH COUPONS

Household Helpers

Gain Laundry Detergent 2.4 L / Détergent à lessive Gain 2.4 L
4.99 ea.

Lysol Disinfectant Spray 539 g / Désinfectant en aérosol Lysol 539 g
7.99 ea.

Finish Dishwasher Detergent 1.2 L / Détergent à vaisselle Finish 1.2 L
17.99 ea.

Lysol Laundry Sanitizer 1.5 L / Désinfectant lavant pour la lessive Lysol 1.5 L
8.99 ea.

Lysol Cleaners 946 ml / Nettoyants Lysol 946 ml
Multipurpose Lysol 946 ml / Lysol Multiusage 946 ml
BUY MORE SAVE MORE 2
8.50 ea. (0.90 / 100 ml) Save Save $1.00 on 2 Lysol Cleaners 946 ml / Économisez 1.00 $ sur 2 Nettoyants Lysol 946 ml. Valid from May 28 to June 10, 2025 / Valable du 28 mai au 10 juin 2025. Limit one (1) coupon per customer / Limite d'un (1) coupon par client. WHEN YOU SAVE WITH COUPONS

Lysol Toilet Bowl or Bathroom Cleaners 946 ml / Nettoyant à toilette ou à salle de bain Lysol 946 ml
BUY MORE SAVE MORE 2
8.50 ea. (0.90 / 100 ml) Save Save $1.00 on 2 Lysol Toilet Bowl or Bathroom Cleaners 946 ml / Économisez 1.00 $ sur 2 Nettoyants à toilette ou à salle de bain Lysol 946 ml. Valid from May 28 to June 10, 2025 / Valable du 28 mai au 10 juin 2025. Limit one (1) coupon per customer / Limite d'un (1) coupon par client. WHEN YOU SAVE WITH COUPONS

method | heavenly-scented hand wash

METHOD HAND WASH 354 ml / Savon à mains METHOD 354 ml
5.49 ea.

SPEND $25 + GET $10
Cashmere Bathroom Tissue, Sponge Paper Towels or Cashmere Kitchen Towels
Papier hygiénique Cashmere, essuie-tout éponge ou essuie-tout de cuisine Cashmere
8.99 ea. CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR CASHMERE KITCHEN TOWELS / PAPIER HYGIÉNIQUE CASHMERE, ESSUIE-TOUT ÉPONGE OU ESSUIE-TOUT DE CUISINE CASHMERE

BUY 2 SAVE $2.00 Valid from May 28 to June 10, 2025 / Valable du 28 mai au 10 juin 2025. Limit one (1) coupon per customer / Limite d'un (1) coupon par client. WHEN YOU SAVE WITH COUPONS

GET $10 off gift card

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

25 cents
4.99 ea.
MILK-BONE ORAL TREATS
2.49 ea.
MILK-BONE SOFT & CHEWY
6.99 ea.
COOKIE PAL ORAL TREATS
8.49 ea.
CALIFORNIA CHANNEL ORAL TREATS
Top picks from
SANTA CLAWS
Stuff the stockings of your furry besties with their fave tasty treats.
PURINA BENEFUL DOG FOOD
BUY MORE SAVE MORE!
4/$5
7.99 ea.
JAX DOG TREATS
45 cents
8.99 ea.
MILK-BONE COMFORT CHOPS
DENTALIFE CHEWS
BUY MORE SAVE MORE!
2/$18
BELGIAN CRISPS DOG TREATS
BUY MORE SAVE MORE!
2/$7
BLUE BITS OR BLUE STIX DOG TREATS
6.99 ea.
55 cents
11.49 ea.
PROMERA DENTASTIX DOG TREATS
13.49 ea.
GOODIE PUP DOG TREATS
15 cents
2.99 ea.
TEMPTATIONS CAT TREATS
14.49 ea.
ACULIFE DOG TREATS
50 cents
10.99 ea.
NATURE'S RECIPE KITTIES
WRAP UP BRAND NAME PET FOOD
5
4.99 ea.
NATURE'S RECIPE WET DOG FOOD
13.99 ea.
IAMS CAT FOOD
65 cents
20.49 ea.
CESAR MULTIPACK WET DOG FOOD
BUY MORE SAVE MORE!
5/$5.50
FRISKIES CAT FOOD
18.99 ea.
IAMS DRY DOG FOOD

LOCALLY SOURCED ONTARIO

We take pride in sourcing locally from the **Northern Ontario Region.**

NORTH COUNTRY PEPPERETTES
454 g
SELECTED VARIETIES
8.49 ea.

LEADBETTERS WOOD FIRED BACON
375 g
SELECTED VARIETIES
5.99 ea.

HUBBERT'S MAPLE SYRUP
500 ml
SELECTED VARIETIES
10.99 ea.

QUINTA QUINOA
400 g
6.99 ea.

SAUGEEN COUNTRY DAIRY
908 g
SELECTED VARIETIES
5.99 ea.

CRAZY GOOD SPICES
28 - 90 g
SELECTED VARIETIES
6.99 ea.

Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO LEARN MORE

SNOWDONIA CHEESE CO.
PURE CHEESE INDULGENCE
6.99 ea. SNOWDONIA CHUTNEY 200 - 300 ml SELECTED VARIETIES
11.99 ea. SNOWDONIA CHEDDAR CHEESE 200 - 250 g SELECTED VARIETIES
SCHWEIDERS
ELEVATED ENTERTAINING
SCHWEIDERS PEPPERETTES 100 - 150 g SELECTED VARIETIES
9.99 ea.
TRUSTED BY CANADIANS
SINCE 1885
DUTCHMAN'S GOLD HONEY 500 g
8.99 ea.
100% pure and unpasteurized
MAPLE LEAF HIGHER PROTEIN CHICKEN STICKS 30 g SELECTED VARIETIES
2.49 ea.
SIMPLE INGREDIENTS. A WORLD OF FLAVOUR.
NO ARTIFICIAL PRESERVATIVES
NO ARTIFICIAL FLAVOURS
NO ARTIFICIAL COLOURS
KRAFT PURE DRESSING 473 ml SELECTED VARIETIES
3.99 ea.
Holiday Savings FOR EVERY OCCASION!
© Canada Wide
PILLSBURY COOKIE DOUGH 454 g SELECTED VARIETIES
4.99 ea.
BETTY CROCKER DECORATED CAKE MIX 425 - 475 g SELECTED VARIETIES
1.99 ea.
4.99 ea. CHEX CEREAL 305 - 360 g SELECTED VARIETIES
CRUNCH OR SUGAR CRUNCH CEREAL 300 g SELECTED VARIETIES
3.49 ea.
Winter Treats for all!
NESTLÉ BEAR, SANTA'S ELF, FRENCH DESSERT'S OR OREO ICE CREAM 500 ml SELECTED VARIETIES
6.49 ea.
NESTLÉ PARLOUR FROZEN DESSERTS OR MINI MONETTES SELECTED VARIETIES
4.99 ea.
J&PB TRY IT FOR THE FIRST TIME.
ONLY WITH
SMUCKER'S JAM 250 - 500 ml SELECTED VARIETIES
6.49 ea.
JIF PEANUT BUTTER 454 g SELECTED VARIETIES
6.49 ea.