

VERSION 5

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. GROWN

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. GROWN

199

ea. or /lb

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. GROWN

WILD WONDERS

PRODUCT OF U.S.A. GROWN

199

ea.

SNACKING TOMATOES 1/2c

PRODUCT OF U.S.A. GROWN

SPANISH ONIONS 1/2c

PRODUCT OF U.S.A. GROWN

99¢

/lb

SWEET POTATOES 1/2c

PRODUCT OF U.S.A. GROWN

moi rewards member price

400 g

Irresistible

700 g

Irresistible

save \$2.00

699

ea.

SPECIAL PRICE 899 for non-members

Effective December

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4

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[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) 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
DEMPSTER'S BAGELS
12.5oz



11⁹⁹
ea.
HIGH LINER
PAN-SEAR OR
CATCH OF THE DAY
FILLETS
12oz



5⁹⁹ **65**
lb
BRESKIBLE ARTISAN
SMOKELESS SMOKED HAM OR
HALF MOON SMOKED HAM
12.5kg



19⁹⁹
ea.
OCEAN PRIME
CORNED SHRIMP
OR
FRESHWATER
SHRIMP
1.5kg



3⁹⁹ **65**
ea.
CRAVE FROZEN MEAL
10oz



6⁹⁹
ea.
LIBERTE
GREEK
YOGURT TUBS
1000g



6⁴⁹
ea.
NATREL ORGANIC
MILK 1L OR
BUTTER 250g
DAIRY FREE



9⁹⁹
ea.
KELLOGG'S CEREAL
OR
INSTANT NOODLES
168g



7⁴⁹ **125**
ea.
PEPSI MINI
SOFT DRINKS
100ml



7⁴⁹ **125**
ea.
SAN PELLEGRINO
SPARKLING DRINKS
1L



2⁷⁹ **15**
ea.
OASIS JUICE OR
DEL MONTE
BEANS
1L



4⁹⁹
ea.
CHEX CEREAL OR
ORGANIC MEADOW
YOGURT
168g



5⁹⁹
ea.
ACTIVA YOGURT
OR
BREYERS ICE CREAM
1000g



3⁴⁹
ea.
GOLDFISH OR
CHEEZ-IT
CRACKERS
100g



3⁹⁹
ea.
HARDBITE OR
SKINNY POP
CHIPS
100g



1⁹⁹
ea.
CAMPBELL'S
SOUP OR
KNORR BOUILLON
100g



6⁹⁹
ea.
HELLMANN'S
MAYONNAISE OR
FRANK'S SAUCE
1000g



2⁴⁹
ea.
BUSH'S
BEANS OR
BUSH'S CHILI
BOLOGNESE
400g



3⁴⁹
ea.
BEN'S ORIGINAL
RICE OR
BEN'S EXPRESS
RICE
100g



4⁹⁹
ea.
KEWEE-NAW
KETCHUP OR
BICK'S PICKLES
100g



5⁹⁹
ea.
SCOPE DISH
DETERGENT OR
PALMOLIVE OR
DAWN DISH
DETERGENT
1000ml



2⁹⁹
ea.
ALCAN PAPER
TOWELS OR
BOUNCE FABRIC
SOFTENER
1000ml



8⁹⁹
ea.
TIDE DETERGENT
OR
BOUNCE FABRIC
SOFTENER
1000ml



8⁹⁹
ea.
TIDE DETERGENT
OR
BOUNCE FABRIC
SOFTENER
1000ml

I earn with mol rewards

LAYS FAMILY SIZE CRACKERS

35
ea.
3⁹⁹



40
ea.
5⁴⁹

CHOCOLATE FAMILY SIZE COOKIES OR CAKESTICKS



40
ea.
4⁹⁹

SANDWICHES FAMILY SIZE CRACKERS



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

YOUR CHOICE 11⁹⁹
ea.



40
ea.
5⁴⁹

STOCK-MADE CARBOARELS



We reserve the right to limit quantities. **DISCOUNTS ARE PROCEEDING FROM REGULAR PRICES. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.**

Visit us at **micro.ca** or call 1-877-467-6273 to win \$5000 in groceries.

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**Healthy
Together**

MAKE THE OUT OF REACH REACHABLE



HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.

Between November 27, 2025 - December 24, 2025, Metro Inc. will match every \$2.00 donation with a Metro gift card of the same value, up to a maximum of \$100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Metro Employee.

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.



NOW
12⁰⁰
ea.
SAVE UP TO
\$3.99

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

THIS WEEK'S DEALS:

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



NOW
5⁹⁹
ea.
SAVE UP TO
\$1

~~6⁹⁹*~~
ea.
OCEAN SPRAY
SPARKLING DRINKS
6 x 340 ml
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

~~5⁹⁹*~~
ea.
TWININGS
TEA
20 tea bags
SELECTED VARIETIES



NOW
2⁹⁹
ea.
SAVE UP TO
\$2

~~4⁹⁹*~~
ea.
LPC CREAMER
POTATO KITS
PRODUCT OF CANADA,
CANADA NO.1 GRADE, 454 g
SELECTED VARIETIES



NOW
1⁹⁹
ea.
SAVE UP TO
\$1

~~2⁹⁹*~~
ea.
FRENCH'S
DIJON MUSTARD
325 ml
SELECTED VARIETIES



NOW
14⁹⁹
ea.
SAVE UP TO
\$5

~~19⁹⁹*~~
ea.
ORCHIDS
3.5" POT
ASSORTED COLOURS



NOW
1⁹⁹
ea.
SAVE UP TO
\$1

~~2⁹⁹*~~
ea.
PALMOLIVE
DISH DETERGENT
591 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD account, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details. *Price may vary at select locations.

Turn a picture into a plate.

**Every drawing submitted becomes a donation
to Breakfast Club of Canada.**

Submit your drawings online at metro.ca/holiday



metro



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

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

FREE

**BELGIAN
COOKIES
650 g**



\$15⁹⁹
VALUE

**PROMO CODE
COOKIE**

Farm Fresh Produce

2⁹⁹
ea.

RASPBERRIES 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.

BLUEBERRIES 1lb
PRODUCT OF MEXICO &
ARGENTINA, IN U.S.A.

1⁹⁹
lb

EXTRA LARGE
BEEFSTEAK TOMATOES
1lb
4.28kg

2⁹⁹
ea.

HELLE GROVE
WHITE OR CREAM
MUSHROOMS 2lb
PRODUCT OF CANADA

4⁹⁹
ea.

PACKAGED 5PK
CUCUMBERS 1lb
PRODUCT OF SOUTH AFRICA &
MEXICO

2⁹⁹
ea.

CRANBERRIES 1kg
PRODUCT OF U.S.A.

4⁹⁹
ea.

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

1⁹⁹
ea.

SEEDLESS CUCUMBERS
PRODUCT OF CANADA
CANADIAN GROWN

4⁹⁹
ea.

KIWI BASKETS
1kg
PRODUCT OF JAPAN

4⁹⁹
ea.

JUMBO PINEAPPLES
1kg
PRODUCT OF SOUTH AFRICA

3⁴⁹
/lb

BROCCOLI 1lb
PRODUCT OF SOUTH AFRICA

5⁹⁹
ea.

DOLE SALAD MIX
2lb
PRODUCT OF U.S.A.
(SELECTED VARIETIES)

9⁹⁹
ea.

VANILLA
PRESCRIPTIONS
15kg
PRODUCT OF JAPAN

2⁹⁹
ea.

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

4⁴⁹
ea.

GOOD LEAF
SALAD MIXES 1lb
PRODUCT OF CANADA
(SELECTED VARIETIES)

4⁹⁹
ea.

WILD WONDERS
SWEET PEPPERS
2lb
PRODUCT OF MEXICO

4⁹⁹
ea.

20
points
LIFE SAVER
NATURAL
SHEET APPLE
CIDER
1.5L
PRODUCT OF CANADA

1⁹⁹
ea.

NEW
PLANT-BASED
ROAST & GRAVY
1kg
PRODUCT OF CANADA
(SELECTED VARIETIES)

5⁹⁹
/lb

BIG MOUNTAIN
PLANT-BASED
ROAST 13.25kg
PRODUCT OF CANADA

7⁹⁹
ea.

JUMBO CHESTNUTS
13.25kg
PRODUCT OF MEXICO

35
points

MOVERS
CHOCOLATE
CARAMEL APPLE 1kg

Organic

1⁶⁹
/lb

ORGANIC GREEN
CABBAGE
3.75kg
PRODUCT OF CANADA
CANADIAN GROWN

5⁹⁹
ea.

25
points
LPC ORGANIC
LITTLE POTATOES
1kg
PRODUCT OF CANADA
CANADIAN GROWN

3⁴⁹
ea.

15
points
BOLTHOUSE
FRESH
ORGANIC CHITS
1.5kg
PRODUCT OF U.S.A.

12⁹⁹
ea.

GREENHOUSE
ORGANIC CHITS
1.5kg
PRODUCT OF U.S.A.

Sliced & Diced

4⁹⁹
ea.

HELLE GROVE
FRUIT SALAD 2lb
PRODUCT OF CANADA
(SELECTED VARIETIES)

13⁹⁹
ea.

50
points
SMALL BERRY
KIWI TRAY 1kg
PRODUCT OF SOUTH AFRICA
(SELECTED VARIETIES)

13⁹⁹
ea.

PUMPKIN &
ZUCCHINI TRAY 1kg
PRODUCT OF SOUTH AFRICA
(SELECTED VARIETIES)

13⁹⁹
ea.

MACRO PLATTER 1kg
PRODUCT OF SOUTH AFRICA
(SELECTED VARIETIES)

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
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In Store
Visit Our Deli

Holiday Roasts

PLATINUM GRILL ANGUS
TOP SIRLOIN ROAST
10.5-12.5kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS BONELESS ROAST
BLADE ROAST
10.5-12.5kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

PLATINUM GRILL ANGUS
PORK LOIN ROAST
10.5-12.5kg

7⁹⁹
/lb

LIFE SMART NATURALA PORK SHOULDER PICNIC ROAST OR PORK SHOULDER BLADE ROAST
8-9kg

3⁹⁹
/lb

FRESH WHOLE CHICKEN
8-9kg

3⁹⁹
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
20-24kg

11⁹⁹
/lb

50 points

5⁹⁹
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK
13.2kg

50 points

3⁹⁹
/lb

BREADED PORK LOIN CUTLETS VALUE PACK
8.8kg

125 points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.2kg

125 points

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKEN WINGS
11.2kg

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
RED HITS
10.5-12.5kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
10.5-12.5kg

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.2kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.2kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST
10.5-12.5kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
10.5-12.5kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES
10.5-12.5kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAGES
10.5-12.5kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
10.5-12.5kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
10.5-12.5kg

Bakery Favorites



FRONT STREET BAKERY
CHEESTICKS 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 STREET BAKERY
100-125g

4.99 ea.



FRONT STREET BAKERY
WHITE SLIDE
100-125g

8.49 ea.



FRONT STREET BAKERY
LA PETITE BRETONNE
100-125g

4.49 ea.



FRONT STREET BAKERY
FURLANI
100-125g

5.49 ea.



FRONT STREET BAKERY
JAMOCHA ALMOND CRUNCH CAKE
100-125g

3.19 ea.



FRONT STREET BAKERY
SELECTION SUPER MOIST CAKES
100-125g

7.49 ea.



FRONT STREET BAKERY
INRESISTIBLE BUTTER TARTS
100-125g

6.99 ea.



FRONT STREET BAKERY
INRESISTIBLE BUTTER TARTS
100-125g

6.99 ea.

Deli Favourites



MAPLE LOAF
100g

2.99 ea.



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2.99 ea.



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3.99 ea.



LE GRUYÈRE
SWISS CHEESE
100g

5.99 ea.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

2.99 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



SHORSKI
SAUSAGES
100g

2.99 ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3.49 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



KERRYGOULD
DOUBLE CREAM
CHEESE
100g

7.49 ea.

4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

**YOUR
CHOICE** **11.99**
ea.



**16" X-LARGE
PEPPERONI &
CHEESE PIZZA**
WALK-IN ORDERS ONLY
NO TOPPING SUBSTITUTES



**HOT WHOLE BBQ
MAMMOTH CHICKEN**
1 kg

**STORE MADE
CAROUSELS**
FRESH VEGETABLE 955 g
FRESH FRUIT 1.4 kg



**FRESH 2 GO
20 CHICKEN BITES**



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

setting your
**HOLIDAY
TABLE**

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



29⁹⁹

ea.

FRESH 2 GO
PIZZA AND FABULOUS
FRUIT

PIZZA & FRUIT OR SALAD
BLENDED IN FRESH WHEELS



10⁰⁰

ea.

SPRING ROLLS
BY THE POUND

100g



8⁰⁰

ea.

EMPANADAS
PIZZAS OR
SANDWICHES

100g



29⁹⁹

ea.

FRESH 2 GO
KABABASA AND CHEESE
WHEELS

100g



4⁹⁹

ea.

TRE STELLE
CREAM CHEESE
SELECTED VARIETIES

200g



2⁹⁹

ea.

SELECTION
SOUR CREAM
SELECTED VARIETIES

200g



5⁰⁰

ea.

SELECTION
SOUR CREAM
SELECTED VARIETIES

200g



4⁴⁹

ea.

GAY LEA
WHIPPED TOPPING
SELECTED VARIETIES

250g



8⁹⁹

ea.

BIG TEXAN
BBQ SAUCE
SELECTED VARIETIES

250g



2⁴⁹

ea.

PULLBURY
CHICKENS
SELECTED VARIETIES

250g



4⁹⁹

ea.

TWIGZ
CRAFT PRETZELS
SELECTED VARIETIES

150g



4⁹⁹

ea.

TWIGZ
CRAFT PRETZELS
SELECTED VARIETIES

150g



9⁹⁹

ea.

DAINTY
JASMINE RICE
SELECTED VARIETIES

150g

**BUY MORE
SAVE MORE!**

25⁰⁰

ea.

COCA-COLA OR
CANADA DRY
SOFT DRINKS

SELECTED VARIETIES



2/\$11

ea.

SELECTION
SPARKLING WATER
SELECTED VARIETIES

500ml



8⁹⁹

ea.

MUSKOKA BREWERY
NON-ALCOHOLIC BEER
SELECTED VARIETIES

330ml



3⁹⁹

ea.

NOTTI'S
CLAMATO
COCKTAIL
SELECTED VARIETIES

500ml



3⁹⁹

ea.

IRRESISTIBLES
CRANBERRY
COCKTAIL
SELECTED VARIETIES

500ml

Seafood

12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LBS

12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LBS

12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETY

7⁹⁹
ea.

**LA ROCHERIE
SMOKED STEAMED
SALMON**

9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.000 LB

12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL
TUNA STEAKS**
FRESH, 1.5 LBS

3⁹⁹
ea.

**OCEAN JEWEL
WHOLE
WILDCOD STEAMED
SEA BASS**
FRESH, 2.5 LBS

12⁵⁰
doz

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB

3⁹⁹
ea.

**LOBSTER MEAT
CHAI DE HOMARD**
FRESH, 2.5 LBS

18⁹⁹
ea.

**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 2.5 LBS

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12.99 e.s. WIREMESH BREADED POPPED SHRIMP SPECIALLY PREPARED PASTA, 100%
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[illegible]

FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

More Great Savings

4⁹⁹
ea.

6⁰⁰
ea.

5⁹⁹
ea.

3⁹⁹
ea.

13⁰⁰
ea.

8⁴⁹
ea.

2⁹⁹
ea.

2⁹⁹
ea.

1⁹⁹
ea.

7⁹⁹
ea.

12⁴⁹
ea.

15⁹⁹
ea.

10⁹⁹
ea.

5⁴⁹
ea.

2⁹⁹
ea.

3⁴⁹
ea.

23⁹⁹
ea.

7⁹⁹
ea.

6⁴⁹
ea.

4⁴⁹
ea.

Low Price Every Day

1⁴⁹
ea.

1²⁵
ea.

2⁹⁹
ea.

4⁹⁹
ea.

3⁹⁹
ea.

3⁹⁹
ea.

2⁹⁹
ea.

4⁴⁹
ea.

3⁴⁹
ea.

4⁹⁹
ea.

2⁹⁹
ea.

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GO-TO for
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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

FLAVOURS
OF
**South
Asia**



Non-GMO

NATURE'S BUTTS
ALMOND BUTTER
100g
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 200g
SELECTED VARIETIES

6⁹⁹
ea.

CELESTIAL
TEA 100%
SELECTED VARIETIES

5⁴⁹
ea.

LIFE SMART
LEGGINGS
SELECTED VARIETIES

1⁹⁹
ea.

CHICK PEAS
SELECTED VARIETIES

6⁴⁹
ea.

IMAGINE
DRINKY
SELECTED VARIETIES

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP 250ml
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

ZAZIBREAN
CHOCOLATE
100g
SELECTED VARIETIES

4⁹⁹
ea.

EARTH BALANCE
SPREAD 400g
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER
100g
SELECTED VARIETIES

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS 120g
SELECTED VARIETIES

4⁴⁹
ea.

CROFTER'S
BERRY BLEND
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
SWEETENED
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

35⁹⁹
ea.

CRUNCHMASTER
MULTI-SEED
MULTIGRAINS 100g
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!

2 for

6⁰⁰

ea.

Pampers
BABY OR TODDLER
WIPES 400-500 SHEETS
SELECTED VARIETIES

10⁴⁹
ea.

AXE
DEODORANT 150ml
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 400ml
SELECTED VARIETIES

8⁹⁹
ea.

RESURGE
HAIR CARE 100ml
SELECTED VARIETIES

6⁹⁹
ea.

U
BY KOTEX
SANITARY PAPERS 100
SELECTED VARIETIES

5⁹⁹
ea.

Household Helpers

Gain
FLUORIDE
LAUNDRY DETERGENT 1.6L
SELECTED VARIETIES

4⁹⁹
ea.

LYSOL
DUAL ACTION
WIPES OR
CLOROX BLEACH 500ml
SELECTED VARIETIES

7⁹⁹
ea.

Finish
ALL IN 1
DISHWASHER DETERGENT 33.8oz
SELECTED VARIETIES

17⁹⁹
ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS 100g
SELECTED VARIETIES

8⁹⁹
ea.

BUY MORE!
SAVE MORE!

2 for

8⁵⁰

ea.

LYSOL
TOILET BOWL OR
BATHROOM
CLEANERS 100g
SELECTED VARIETIES

8⁵⁰
ea.

method
heavenly-scented hand wash

METHOD
HAND WASH 300ml
SELECTED VARIETIES

5⁴⁹
ea.

SPEND \$25
GET \$10

8⁹⁹

ea.

BUY
GET \$10 OFF

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT 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 stars

BUY MORE!
SAVE MORE!

4/5 stars
5 stars

5 stars

7.99 ea.

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 stars

BUY MORE!
SAVE MORE!

2/5 stars
48 stars

2.97 ea.

DOG TREATS
2.5 LBS. (1.13 kg)

55 pieces
11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOULD FURN
DOG TREATS
2.5 LBS. (1.13 kg)

55 pieces
11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOULD FURN
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6.99 ea.

DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOULD FURN
DOG TREATS
2.5 LBS. (1.13 kg)

55 pieces
11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

DOG TREATS
2.5 LBS. (1



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
100-125g
SELECTED VARIETIES

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

ELEVATED ENTERTAINING

9⁹⁹
ea.
SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

TRUSTED BY
CANADIANS
SINCE 1981

8⁹⁹
ea.
BUTTERMAN'S GOLD
HONEY
150g
SELECTED VARIETIES

2⁴⁹
ea.
MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

4⁹⁹
ea.
PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

1⁹⁹
ea.
BETTY CROCKER
SUPER MOIST
CAKE MIX
250-300g
SELECTED VARIETIES

4⁹⁹
ea.
CHEX CEREAL
240-260g
SELECTED VARIETIES

3⁴⁹
ea.
SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-260g
SELECTED VARIETIES

3⁴⁹
ea.
GRINCH OR
SUGAR CRUNCH
CEREAL
240-260g
SELECTED VARIETIES

Winter Treats
for all!

6⁴⁹
ea.
NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.
NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.
SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES

6⁴⁹
ea.
JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.
JIF
PEANUT BUTTER
250g
SELECTED VARIETIES