

HOLIDAY
FESTIVE
FAVOURITES

5 KG

SAN DANIELLE
WHOLE
PROSCIUTTO

79⁰⁰
ea.

GREAT
PRICE!

CLASSICO
SAN DANIELLE
PROSCIUTTO
Ham • Jambon

AQUA STAR COOKED SALMON
WILD PINK ARGENTINIAN
BONE SHIMP • 100 g
DOM NORDVEGEN FJØR
SMOKED SALMON 400 g

19⁹⁹
ea.

DELICIOUS SEA
Dinner White Salmon
CROQUETTES Bœuf
DU PAYS D'ILE
DE FRANCE

DELICIOUS SEA
CROQUETTES
SAUMAGES
WILD CAUGHT
SALMON

EXTRA
Norwegian Fjord

12⁹⁹
ea.

STORE MADE
CAPRESA
100 g (3.5 oz)

12⁵
ea.

CLUB
TURKEY LUNCHEON

CLUB
TURKEY LUNCHEON

STOVE TOP
TURKEY LUNCHEON

STOVE TOP STUFFING, FRANCO-AMERICAN OR
CLUB HOUSE GRavy

349
ea.

Tostitos
SAUCE

Ruffles
REGULAR
MAID

Doritos
NACHOS

BUFFLES CHIPS, DORITOS OR CHEETOS
SAUCE, TOSTITOS TORTILLA CHIPS

NETLE QUALITY STREET
CHOCOLATES
250 g (8.8 oz)

250
points

15⁹⁹
ea.

\$2
back in
points

Quality
Street

HOLIDAY ENTERTAINING

Irresistible
NEW
CHEESE STICKS
JALAPENO
POPPERS OR
SAUSAGE ROLLS
100% OF THE
DAY

5⁹⁹
ea.

Irresistible
MEATBALLS
100% OF THE
DAY

8⁹⁹
ea.

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE
100% OF THE
DAY

8⁹⁹
ea.

Irresistible
NEW
LUMPIAS
100% OF THE
DAY

5⁹⁹
ea.

Irresistible
COCONUT SHRIMP
100% OF THE
DAY

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHRIMP RING
100% OF THE
DAY

125
points

10⁹⁹
ea.

\$ New Lower Prices

 SMUCKER'S MAPLE LEAF SMUCKER'S BUTTERSCOTCH TURKEY HAM \$1 Bouillabaisse center	 35 pieces REMY'S CASHW DRESSING	 699 HONEYVILLE ARTISAN SLICED DELI MEAT OR CASTELLA HAM	 700 MIX MATCH CALIFORNIA OR SPICY CALIFORNIA MAKI
999 125 ea.	799 ea.	699 ea.	700 ea.

FUZZE cereal: 39¢ ea. (100% Satisfaction Guarantee)

PILLSBURY crescent rolls: 125¢ ea. (100% Satisfaction Guarantee)

CAMPBELL'S soups: 649¢ ea. (100% Satisfaction Guarantee)

JAMS: 99¢ ea. (100% Satisfaction Guarantee)

 Ben's Original Garden of Eatin' Fast & Fancy Rice \$1.79 ea. OTHER GREAT CANNED VEGETABLES ON SPECIAL FAST & FANCY RICE 100% VEGAN NO MSG NO PRESERVATIVES	 On the Border QUE PASA POPCORN \$3.99 ea. QUE PASA BUTTER CHIPS OR JALAPENO POPCORN 100% VEGAN NO MSG NO PRESERVATIVES	 UNIFREE Lemony Popcorn \$12.99 ea. OTHER GREAT CANNED VEGETABLES ON SPECIAL 100% VEGAN NO MSG NO PRESERVATIVES	 mercì Organic Lentil and Miso Soup \$4.99 ea. OTHER GREAT CANNED VEGETABLES ON SPECIAL 100% VEGAN NO MSG NO PRESERVATIVES
--	---	---	--

5.49 ea. **Norelco** Personal Care items: Norelco Shave Gel, Norelco Aftershave, Norelco Razor.

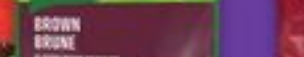
4.49 ea. **Energizer** batteries: Energizer Max 1.5V AA, Energizer Max 1.5V AAA, Energizer Max 1.5V C, Energizer Max 1.5V D.

10.99 ea. **Ziploc** bags: Ziploc Storage Bags, Ziploc Storage Bags, Ziploc Storage Bags.

10.99 ea. **Tide** detergent: Tide Detergent, Tide Detergent, Tide Detergent.

10.99 ea. **Dawn** dish soap: Dawn Dish Soap, Dawn Dish Soap, Dawn Dish Soap.

I earn with **moi** rewards

 40¢ 5.49 ea. OREO® CAKESTERS® CHRISTIE FAMILY SIZE COOKIES or CAKESTERS WITH WHIPPED CREAM FILLING	 40¢ 4.99 ea. RITZ® CRACKERS CHRISTIE FAMILY SIZE CRACKERS SELECTED VARIETIES	 25¢ 1.99 ea. KRUTZ® BOWLLOLE or GRAVIES CHRISTIE FAMILY SIZE SELECTED VARIETIES	 50¢ 5.99 ea. Lays® HOSTESS VALUE SIZE CHIPS SELECTED VARIETIES
--	---	--	---

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



4⁹⁹
ea.

BLUEBERRIES
PINT (275g)
PRODUCT OF U.S.A.



3⁹⁹
/lb

EXTRA LARGE RED OR GREEN SEEDLESS GRAPES
8.80kg



4⁹⁹ **20**
ea. points

GREEN FRENCH BEANS
100% ORGANIC
PRODUCT OF U.S.A.



1⁹⁹
/lb

SWEET POTATOES
PRODUCT OF U.S.A.
4.30kg



2⁹⁹
ea.

CRANBERRIES
1kg
PRODUCT OF U.S.A.



4⁹⁹
ea.

JUMBO PINEAPPLES
100% ORGANIC
CORED PINEAPPLES
1.00kg



2⁴⁹
ea.

CARROTS OR YELLOW ONIONS
2.50kg



99¢
/lb

GREEN CABBAGE
PRODUCT OF U.S.A.
2.50kg



4⁹⁹
ea.

LEMONS
1kg
PRODUCT OF U.S.A.



8⁹⁹
/lb

JUMBO CHERRIES
PRODUCT OF U.S.A.
10.22kg



2⁹⁹
/lb

BRUSSELS SPROUTS
PRODUCT OF U.S.A.
6.50kg



3⁹⁹
ea.

LITTLE POTATO CO.
PRODUCT OF CANADA
6.50kg



9⁹⁹ **45**
ea. points

VANILLA PERSIMMONS
1kg
PRODUCT OF U.S.A.



13⁹⁹
ea.

POM WONDERFUL POMEGRANATES
PRODUCT OF U.S.A.



3⁴⁹
ea.

ANGEL SWEET OR ONE SWEET CHERRY TOMATOES
200g
PRODUCT OF U.S.A.



3⁷⁹
ea.

BELLE GROVE MUSHROOMS
200g
PRODUCT OF U.S.A.



7⁹⁹
ea.

MOYERS CHOCOLATE CARAMEL APPLE
100g



4⁹⁹
ea.

FRESH POMEGRANATE ARILS
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84kg



6⁰⁰
ea.

IRRESISTIBLE FRESH HERBS
100g



2⁹⁹
/lb

IRRESISTIBLE ORGANIC HERBS
100g



3²⁹
ea.

ORGANIC FULL CRANBERRY OR GALA APPLES
PRODUCT OF U.S.A.



4⁹⁹
ea.

ORGANIC CAMPARI TOMATOES
100g



6⁹⁹ **30**
ea. points

ORGANIC SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

SALAD DIP
LARGE SALADS
SMALL FRUIT TRAY



13⁹⁹
ea.

NACHOS PLATTER
BERRY KETO TRAY
PUMPERNICKLES
TRAY WITH DIP



14⁹⁹
ea.

POINSETTIA
10" H x 10" W



20⁰⁰
ea.

POINSETTIA
10" H x 10" W

Our Butcher's Finest

SKINLESS

FRESH SKINLESS CHICKEN BREAST 12.99kg

3⁹⁹
/lb

BREADED CHICKEN BREAST CUTLET VALUE PACK 22.82kg

9⁹⁹
/lb

FRESH

FRESH PORK BACK RIBS HALF PACK 13.21kg

5⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET VAC PACK 15.41kg

6⁹⁹
/lb

100% CANADIAN ANGUS

PLATINUM GRILL ANGUS BONELESS FRESH BROWN ROAST OR VALLEY PORK STEAK 22.82kg

9⁹⁹
/lb

YORKSHIRE VALLEY FARM

ORGANIC FRESH WHOLE CHICKEN, CHICKEN DRUMSTICKS OR LEG QUARTERS 13.21kg

5⁹⁹
/lb

LEGACY

PEPPERONI CHICKEN PASTA 13.95kg

4⁹⁹
/lb

BUTTERBALL

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7⁹⁹
/lb

250 points

RED GRILL WHOLE BEEF BRISKET VAC PACK 15.41kg

6⁹⁹
/lb

82 points

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7⁹⁹
/lb

50 points

FRESH PORK BELLY 13.21kg

5⁹⁹
/lb

50 points

STARTED SHEET PAN PEPPERS ON MUSHROOMS VALUE PACK 13.21kg

5⁹⁹
/lb

CHICKEN PASTA

CHICKEN PASTA 10.95kg

4⁹⁹
ea.

MAPLE LODGE CHICKEN BACON OR ZARINA HALAL 10.95kg

6⁹⁹
ea.

RESER'S FRESH HESH BROWNS 10.95kg

2⁹⁹
ea.

MARK ANGELO DINNERS SAGAMON 10.95kg

5⁹⁹
ea.

POLO PASTA 10.95kg

11⁹⁹
ea.

CHICKEN PASTA

CHICKEN PASTA 10.95kg

4⁹⁹
ea.

MAPLE LODGE CHICKEN BACON OR ZARINA HALAL 10.95kg

6⁹⁹
ea.

RESER'S FRESH HESH BROWNS 10.95kg

2⁹⁹
ea.

MARK ANGELO DINNERS SAGAMON 10.95kg

5⁹⁹
ea.

POLO PASTA 10.95kg

11⁹⁹
ea.

CHICKEN PASTA

CHICKEN PASTA 10.95kg

4⁹⁹
ea.

MAPLE LODGE CHICKEN BACON OR ZARINA HALAL 10.95kg

6⁹⁹
ea.

RESER'S FRESH HESH BROWNS 10.95kg

2⁹⁹
ea.

MARK ANGELO DINNERS SAGAMON 10.95kg

5⁹⁹
ea.

POLO PASTA 10.95kg

11⁹⁹
ea.

CHICKEN PASTA

CHICKEN PASTA 10.95kg

4⁹⁹
ea.

MAPLE LODGE CHICKEN BACON OR ZARINA HALAL 10.95kg

6⁹⁹
ea.

RESER'S FRESH HESH BROWNS 10.95kg

2⁹⁹
ea.

MARK ANGELO DINNERS SAGAMON 10.95kg

5⁹⁹
ea.

POLO PASTA 10.95kg

11⁹⁹
ea.

CHICKEN PASTA

CHICKEN PASTA 10.95kg

4⁹⁹
ea.

MAPLE LODGE CHICKEN BACON OR ZARINA HALAL 10.95kg

6⁹⁹
ea.

RESER'S FRESH HESH BROWNS 10.95kg

2⁹⁹
ea.

MARK ANGELO DINNERS SAGAMON 10.95kg

5⁹⁹
ea.

POLO PASTA 10.95kg

11⁹⁹
ea.

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

Holiday Entertaining

\$1
back in
corner

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
10.5 oz. (300g)
each

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
BLACK FOREST & WHITE
RASPBERRY CAKE 10.5 oz.**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE 10.5 oz.**
SELECTED VARIETIES

**COPPERHEAD
SPICE COOKIES**

5⁹⁹
ea.

**ONEIDA'S HOLIDAY
DESSERTS**
RASPBERRY CHEESECAKE
COOKIE KIT 400g

13⁹⁹
ea.

**CREATE & TREAT
RUSTY CHEWIE
COOKIE KIT 400g**

75
points

5⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
SELECTED VARIETIES

\$2
back in
corner

250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11.5 oz.**

 BROCHETTO Brioche Bread 5⁹⁹ ea.	 STONEWARE SUPREME PIZZA PAN FLAT BREAD OR PIZZA FLOUR 3⁹⁹ - 3⁰⁰ ea. points	 5⁹⁹ ea. PIONEER MOONSHINE COUNTRY BREADS 100% WHOLE WHEAT	 3⁹⁹ ea. FROST STREET BAKERY PANNINI ROLLS 100% WHOLE WHEAT
--	---	--	---

Deli Favourites

 VALUE PICK 29⁹⁹ /100 g	 349 /100 g	 579 /100 g	 579 /100 g
 699 ea.	 599 ea.	 599 /100 g	 449 /100 g
 799 ea.	 879 ea.	 599 ea.	 1149 ea.
 1549 ea.	 649 ea.	 999 ea.	 799 ea.
 LIMITED TIME 1299 ea.	 699 ea.	 399 ea.	 599 ea.

cheesy holiday APPETIZERS

Impress your guests with our array of flavourful cheeses – perfect for platters & charcuterie boards.



10⁹⁹
ea. **BOURBIN**
TRIO CREAM CHEESE



449
/100g

CASTELLO
TICKLER CHEDDAR
DELI CUT. PRICE'S AS MARKED



649/100g



299
/100g



999



499
/100g

CASTELLO
WINE



899



749



399



349

**BUY MORE
SAVE MORE!**



4²⁹
/100 g



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.

[illegible]

PRINGLES CHIPS ORIGINAL CHEDDAR CHEESE SELECTED VARIETIES 2.99 ea.	PRINGLES COOKIES DOUBLE CHOCOLATE SELECTED VARIETIES 2.99 ea.	WALKER'S SHORTBREAD COOKIES DOUBLE CHOCOLATE SELECTED VARIETIES 4.99 ea.	INDESECBLE RECHARGEABLES 700mAh SELECTED VARIETIES 1.99 ea.	OREO HOLIDAY COOKIES DOUBLE CHOCOLATE WALKER'S SHORTBREAD 2.22 ea.
MONTA VERDE PANETTONE ORIGINAL WALKER'S SHORTBREAD 5.99 ea.	Biscoff COOKIES ORIGINAL WALKER'S SHORTBREAD 3.99 ea.	M&M'S CHOCOLATE BAR ORIGINAL WALKER'S SHORTBREAD 5.99 ea.	KINDER SURPRISE EGG ORIGINAL WALKER'S SHORTBREAD 6.99 ea.	100¢
WHITE CLAW HARD SELTZER ORIGINAL WALKER'S SHORTBREAD 9.99 ea.	PHILLIPS IPA ORIGINAL WALKER'S SHORTBREAD 8.49 ea.	GRÖVI NON ALCOHOLIC BEER ORIGINAL WALKER'S SHORTBREAD 12.49 ea.	ALLEN'S APPLE CIDER ORIGINAL WALKER'S SHORTBREAD 3.99 ea.	30
STARBUCKS COFFEE ORIGINAL WALKER'S SHORTBREAD 7.99 ea.	TAZO TEA ORIGINAL WALKER'S SHORTBREAD 4.99 ea.	BEATRICE BUTTER ORIGINAL WALKER'S SHORTBREAD 20 points	CHEETOS ORIGINAL WALKER'S SHORTBREAD 3.49 ea.	3.49





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.



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.



3.99
ea.



3.99
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.



49.99
ea.



49.99
ea.



9.99
ea.



9.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.

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

BACKYARD
2018
PINK GRAPES
750 ml
12.49 ea.

JACKSON TRIGGS
2018
PINOT GRAPES
750 ml
11.49 ea.

OPEN CAB
2018
RED LOT
750 ml
12.49 ea.

PELLER FAMILY
2018
CHARDONNAY
750 ml
12.49 ea.

TRIGGS
2018
SAUVIGNON
WHITE
750 ml
15.99 ea.

THE BEAR
2018
PINOT BEAR
750 ml
13.99 ea.

TRIGGS
2018
SAUVIGNON
WHITE
750 ml
15.99 ea.

TWENTY BEES
2018
PINOT GRAPES
750 ml
12.49 ea.

JACOB'S CREEK
2018
MOSCATO
ROSE
750 ml
13.99 ea.

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



2.79
ea.
PRIMO PASTA
100% MEAT, SELECTED VARIETIES



6.99
ea.
STEFANO PASTA
PASTA SAUCE 100% MEAT
SELECTED VARIETIES



2.99
ea.
ITALPASTA LASAGNE
175g



5.49
ea.
SOMETHING SPECIAL TOP
SPREAD & MARINADE 100g



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN CORN FLAKES



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN CORN FLAKES



8.99
ea.
KASHI
GRANOLA BARS 100% WHOLE
GRAIN CORN FLAKES



3.99
ea.
KASHI
GRANOLA BARS 100% WHOLE
GRAIN CORN FLAKES



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, 100% WHOLE MILK



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



10.49
ea.
HOLIDAY BARS
ICE CREAM
SELECTED VARIETIES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES



5.99
ea.
GENERAL MILLS
CEREAL 100% WHOLE
GRAIN CORN FLAKES

[illegible]

Organic

MARINATA
PEANUT BUTTER
100% PEANUT BUTTER
SELECTED VARIETIES

8⁹⁹
ea.

Marinatha
Peanut Butter
SELECTED VARIETIES

3⁹⁹
ea.

Marinatha
Peanut Butter
SELECTED VARIETIES

3⁹⁹
ea.

LIFE SMART
VEGETABLES
SELECTED VARIETIES

3⁹⁹
ea.

FARMER'S MARKET
CANNED
VEGETABLES
SELECTED VARIETIES

4⁴⁹
ea.

ORGANIC
Green Tea
SELECTED VARIETIES

8⁴⁹
ea.

GO BIO!
CHICKEN
POULET
SELECTED VARIETIES

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED VARIETIES

14⁴⁹
ea.

MANITOBA HARVEST
HEMP HEARTS
SELECTED VARIETIES

10⁹⁹
ea.

Gluten-Free

ROSE MONSIEUR
SAISON
SELECTED VARIETIES

3⁹⁹
ea.

CRETORS
CHOCOLATE
POPCORN
SELECTED VARIETIES

4⁹⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED VARIETIES

2⁴⁹
ea.

TRY NEW
MIGHTY PROTEIN
SELECTED VARIETIES

2⁴⁹
ea.

NEAL BROTHERS
SALSA
SELECTED VARIETIES

5⁴⁹
ea.

EARTH'S OWN
SOFT CREAM
SELECTED VARIETIES

6⁴⁹
ea.

Chex
SELECTED VARIETIES

5⁴⁹
ea.

Violife
SELECTED VARIETIES

6⁴⁹
ea.

Household Helpers

15
POUR
2⁴⁹
ea.

Scoties
FACIAL TISSUES
SELECTED VARIETIES

LOW EVERY DAY
3⁹⁹
ea.

SELECTION
COMPOSTABLE NAPKINS
SELECTED VARIETIES

2^{for}
20⁰⁰
ea.

FEIBEL
AIR FRESHENERS
SELECTED VARIETIES

5⁴⁹
ea.

FEIBEL
AIR FRESHENERS
SELECTED VARIETIES

9⁹⁹
ea.

Ziploc
FREEZER OR
SANDWICH BAGS
SELECTED VARIETIES

5⁴⁹
ea.

ALCAN
ALUMINUM FOIL
SELECTED VARIETIES

2⁴⁹
ea.

RED BIRCH
CUTLERY
SELECTED VARIETIES

7⁴⁹
ea.

SELECTION
RED CUPS
SELECTED VARIETIES

SAVE \$4*
when you buy any 3
Carlton Cards

with greeting card coupon

10⁹⁹
ea.

DAWN
OR CASCADE
DISH WASHING LIQUID
SELECTED VARIETIES

15⁹⁹
ea.

SELECTION
WINDFIELL
WASHING LIQUID
SELECTED VARIETIES

Pet

2^{for}
5⁰⁰
ea.

PROCTER
PARTY MIX CAT TREATS
SELECTED VARIETIES

15
POUR
2⁹⁹
ea.

PROCTER
PARTY MIX CAT TREATS
SELECTED VARIETIES

14⁴⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

CALEDON FARM
DOG TREATS
SELECTED VARIETIES

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

The Perfect
Stocking Surprise

VISA \$50
For You
Pour Vous
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

Etsy \$50
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

Indigo \$50
The gift card for booklovers
Le carte cadeau pour les personnes passionnées de lecture
Indigo Chapters Indigo Kids Indigo LT

AnyCard \$50 NO FEES
anywhere • everywhere
Amazon.ca Google Play eBay Indigo
Netflix Spotify Starbucks Target The Home Depot
H&M QXpress eSolutions Microsoft

Rakuten kobo \$25
Choose from millions of eBooks and audiobooks
Choisissez parmi des millions de livres numériques et de livres audio
Les cartes de crédit sont disponibles uniquement en ligne.
Rakuten.com



Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsored or otherwise affiliated with this company. Vanilla Visa® Prepaid Card is issued by Peoples Trust Company pursuant to license by Visa Inc. ®Trademark of Visa International Service Association and used under license by Peoples Trust Company. 1330 available in Ontario only. PlayStation and PS Family logo are registered trademarks of Sony Interactive Entertainment LLC.

3⁹⁹

ea.

7⁹⁹

ea.

2⁴⁹

ea.

3⁴⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

7⁹⁹

ea.

2⁴⁹

ea.

3⁴⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

Made to be Shared

Find Our Dips Around the Store or @kraftfoodsolutions

5⁴⁹

ea.

4⁹⁹

ea.

2⁹⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

4⁹⁹

ea.

1²⁵

ea.

10⁹⁹

ea.

3⁴⁹

ea.

2⁹⁹

ea.

2⁹⁹

ea.

2⁹⁹

ea.

8⁹⁹

ea.

8⁹⁹

ea.

15⁴⁹

ea.

9⁹⁹

ea.

5⁹⁹

ea.

36⁹⁹

ea.

28⁹⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

42⁰⁰

ea.

3⁹⁹

ea.

6⁹⁹

ea.