

Your

GO-TO

for holiday essentials



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) 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

[illegible]

i earn with moi rewards

[illegible]

4-DAY MEAL DEAL

DECEMBER 4TH – DECEMBER 7TH, 2025

YOUR CHOICE **\$11.99** each

STONE ISLAND CARDOLES
12 CARDOLES
12 CARDOLES

30" KALAMATI PUFFY CRUST CHEESE PIZZA
12 CARDOLES
12 CARDOLES

HOT WHOLE BIRD MAMMOTH CHICKEN
12 CARDOLES
12 CARDOLES

20 CHICKEN RITES
12 CARDOLES
12 CARDOLES

20 CHICKEN RITES
12 CARDOLES
12 CARDOLES

20 CHICKEN RITES
12 CARDOLES
12 CARDOLES

Special prices in this flyer are available at select Metro stores only. See store for details.

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 10, 2025, in-store or online



NOW
12⁰⁰
ea.
SAVE UP TO
\$3.99

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



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
ea. or /lb
SLICED CUCUMBERS
PRODUCT OF CANADA & U.S.A.
EXTRA LARGE
REFRESHING TOMATOES
PRODUCT OF MEXICO, U.S.A. & CANADA

3⁴⁹
ea.
WHITE MUSHROOMS 1lb
PRODUCT OF CANADA

4⁹⁹
ea.
PINEAPPLES 5 PK
PRODUCT OF SOUTH AFRICA &
MEXICO

2⁹⁹
ea.
CRANBERRIES 14oz
PRODUCT OF U.S.A.

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

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

4⁹⁹
ea.
KIWI BASKETS
10 PK
PRODUCT OF CANADA

4⁹⁹
ea.
PINEAPPLES 4 PK
PRODUCT OF SOUTH AFRICA &
MEXICO

3⁴⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF MEXICO & CANADA

2⁹⁹
ea.
ENDIVE OR ESCAROLE
PRODUCT OF U.S.A.

9⁹⁹
ea.
VANILLA POMEGRANATES
10 PK
PRODUCT OF CANADA

2⁹⁹
ea.
LARGE POMEGRANATES
10 PK
PRODUCT OF U.S.A.

4⁴⁹
ea.
GOODLEAF SALAD MIXES 1lb
PRODUCT OF CANADA &
MEXICO

6⁹⁹
ea.
FROZE LETTUCE
1lb
PRODUCT OF CANADA

4⁹⁹
ea.
LIFE SAVER NATURAL SWEET APPLE CIDER
20 PK
PRODUCT OF CANADA

1⁹⁹
ea.
PLANT BASED ROAST & GRAVY
10 PK
PRODUCT OF CANADA

5⁹⁹
/lb
BIG MOUNTAIN PLANT BASED ROAST
13.25kg
PRODUCT OF CANADA

7⁹⁹
ea.
JUMBO CHESTNUTS
13.25kg
PRODUCT OF CANADA

Organic

1⁶⁹
/lb
ORGANIC GREEN CABBAGE
3.75kg
PRODUCT OF CANADA

5⁹⁹
ea.
LPC ORGANIC LITTLE POTATOES
25 PK
PRODUCT OF CANADA

3⁴⁹
ea.
BOLTHOUSE FRESH ORGANIC BABY CARROTS
15 PK
PRODUCT OF U.S.A.

12⁹⁹
ea.
GREENHOUSE ORGANIC CHAI
12 PK
PRODUCT OF CANADA

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 20 PK
PRODUCT OF CANADA

4⁹⁹
ea.
BROCCOLI SALAD 20 PK
PRODUCT OF CANADA

13⁹⁹
ea.
SMALL BERRY KIWI TRAY
10 PK
PRODUCT OF CANADA

13⁹⁹
ea.
PUMPKIN PIE TARTS
10 PK
PRODUCT OF CANADA

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 20 PK
PRODUCT OF CANADA

4⁹⁹
ea.
BROCCOLI SALAD 20 PK
PRODUCT OF CANADA

13⁹⁹
ea.
SMALL BERRY KIWI TRAY
10 PK
PRODUCT OF CANADA

13⁹⁹
ea.
PUMPKIN PIE TARTS
10 PK
PRODUCT OF CANADA

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 NATURALA PORK SHOULDER PICNIC ROAST OR
PORK SHOULDER BLADE ROAST
5.0kg

3⁹⁹
/lb

FRESH WHOLE
CHICKEN
3.50kg

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
5.0kg

125
points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.20kg

125
points

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKEN WINGS
11.20kg

3⁹⁹
ea.

SELECTION
BOLDORNA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CANADIAN
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
CHEESTICKS OR CHEESE BUNS
100-125g

5.99 ea.
75 points



FRONT STREET BAKERY
ITALIAN BREAD
450-475g

3.49 ea.
50 points



FRONT STREET BAKERY
PECAN STREET BUNS
100-125g

4.99 ea.



FRONT STREET BAKERY
WHITE SLIDE
100-125g

8.49 ea.



FRONT STREET BAKERY
LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

4.49 ea.



FRONT STREET BAKERY
FURLANI TEXAS
TOAST
100-125g

5.49 ea.



FRONT STREET BAKERY
JAMOCHA ALMOND
CRUNCH CAKE
100-125g

3.19 ea.
250 points



FRONT STREET BAKERY
SELECTION
SUPER MOIST CAKES
100-125g

7.49 ea.



FRONT STREET BAKERY
INESISTIBLE
BUTTER TARTS
100-125g

6.99 ea.



FRONT STREET BAKERY
INESISTIBLE
BUTTER TARTS
100-125g

6.99 ea.

Deli Favourites



VALUE PICK
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.



INESISTIBLE ENTENM
DRY SAUSAGE
100g

2.99 ea.



BELLACASA
BURRATA
CHEESE
100g

3.49 ea.



SHORSKI
SAUSAGES
100g

2.99 ea.



INESISTIBLE ENTENM
DRY SAUSAGE
100g

2.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7.99 ea.

FLAVOURS OF

italy

JUMBO

3⁹⁹
ea.

MORTADELLA

3⁹⁹
ea.

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALU PACK

12⁹⁹
/lb

SMALL ITALIAN TOMATOES

2⁴⁹
/lb

BURRATA

9⁹⁹
ea.

ROCK HARBOUR ANCHOVES IN OLIVE OIL

8⁹⁹
ea.

FRONT STREET BAKERY BACHIO HAZEL NUT CAKE

31⁹⁹
ea.

FRONT STREET BAKERY MINI CALABRESSE BREAD

2⁹⁹
ea.

MARINELLI PASTA SAUCE

4⁹⁹
ea.

RIO MARE INSALATISSIME LIGHT TUNA SALAD

3⁴⁹
ea.

BALLO FLAVOURED PANZONNE

16⁹⁹
ea.

MONTE VERDE PANZONNE

5⁹⁹
ea.

MONTE VERDE PANZONNE

5⁹⁹
ea.

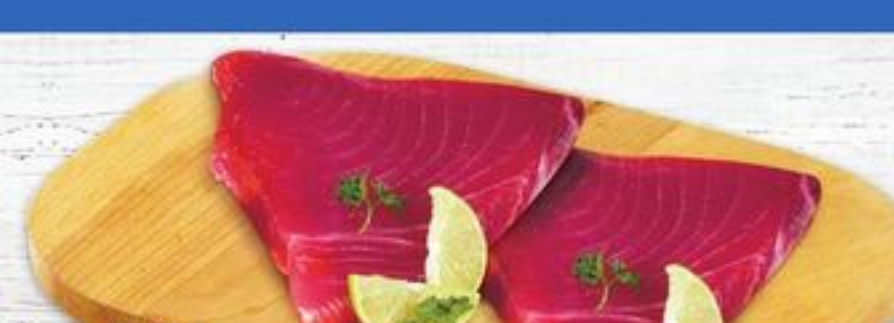
Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LB/1130g

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LB/1130g



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETIES



7⁹⁹
ea.

**LA ROCHERIE
SMOKED STEAMED
SALMON**



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/900g



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT SHRIMP**
CALIFORNIA
WIDEY PAC 10/14
SELECTED SIZES



125
points

**OCEAN JEWEL
WHOLE
HEIRLOOM SEA
BASS**
FRESH, 1.5 LB/680g

\$1
back in
points

125
points

**MINCED COOKED
LOBSTER MEAT**
FRESH, 200g



125
points

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 100g

\$1
back in
points

125
points

**MINCED COOKED
LOBSTER MEAT**
FRESH, 200g



18⁹⁹
ea.

LOBSTER HOMARD
FRESH, 1.5 LB/680g



18⁹⁹
ea.

**ROCK LOBSTER
CANADIAN COAST
CLAWS & ARMS**
FRESH, 1.5 LB/680g

30 pounds 2⁹⁹ e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8⁹⁹ e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9⁹⁹ e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12⁹⁹ e.s. WIREMESH BREADED PASTA, 100%
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[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.



FERRERO KINDER 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.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



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

More Great Savings

Drizalicious PEPPERMINT CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2023 DATE OF FREEZE 08/2023 4 99 ea.	Drizalicious RASPBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2023 DATE OF FREEZE 08/2023 4 99 ea.	Drizalicious STRAWBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2023 DATE OF FREEZE 08/2023 4 99 ea.	Dole Pineapple Juice 1.5L 100% JUICE NO ADDED SUGAR 5 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT FLOUR NO ADDED SUGAR 3 99 ea.
MONTELLIER SPARKLING WATER 10x 500ml 100% NATURAL FLAVOURED WATER 13 00 ea.	A&W COCA-COLA SOFT DRINKS 12x 330ml 100% NATURAL FLAVOURED 6 00 ea.	Coca-Cola SOFT DRINKS 12x 330ml 100% NATURAL FLAVOURED 6 00 ea.	VOORUITMOUT ROOD KOFFIE 12x 250ml 100% NATURAL FLAVOURED 2 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT FLOUR NO ADDED SUGAR 3 99 ea.
PRIMO TOMATO & BASIL PASTA 500g 100% WHEAT FLOUR 1 99 ea.	PRIMO TOMATO & BASIL PASTA 500g 100% WHEAT FLOUR 1 99 ea.	MONTELLIER MILLE MOUTARDE 500g 100% NATURAL FLAVOURED 7 99 ea.	SAPPORO PREMIUM LAGER BEER 6x 330ml 100% NATURAL FLAVOURED 12 49 ea.	deVos ALCOHOL FREE BEER 6x 330ml 100% NATURAL FLAVOURED 15 99 ea.
Nuts Eight CHOCOLATE 100g 100% NATURAL FLAVOURED 10 99 ea.	RED ROSE RED WINE 750ml 100% NATURAL FLAVOURED 5 49 ea.	TUBES SOURDE YOGURT 12x 100g 100% NATURAL FLAVOURED 2 99 ea.	NUTRI GRAIN CEREAL BARS 12x 100g 100% NATURAL FLAVOURED 3 49 ea.	JELLO'S NO-BAKE GRANOLA BARS 12x 100g 100% NATURAL FLAVOURED 3 49 ea.
VAN HOUT McCafé LATTE 100ml 100% NATURAL FLAVOURED 2 39 ea.	STARBUCKS COFFEE CREAMER 100ml 100% NATURAL FLAVOURED 7 99 ea.	MILKMAID MAGNOLIA PASSION SMOOTHIE 100ml 100% NATURAL FLAVOURED 4 49 ea.	MILKMAID MAGNOLIA PASSION SMOOTHIE 100ml 100% NATURAL FLAVOURED 4 49 ea.	JELLO'S NO-BAKE GRANOLA BARS 12x 100g 100% NATURAL FLAVOURED 3 49 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 CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$2.99 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION SMOOTHIE 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION INCREDIBLE DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION COFFEE CREAMER 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS & CARROTS 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

[illegible]



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



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.



PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

4⁹⁹
ea.



BETTY CROCKER
SUPER MOIST
CAKE MIX
250-400g
SELECTED VARIETIES

1⁹⁹
ea.



Chex
CEREAL
240-360g
SELECTED VARIETIES

4⁹⁹
ea.



SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-360g
SELECTED VARIETIES

3⁴⁹
ea.



NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.



PARLOUR
FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.



SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES

6⁴⁹
ea.



JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.

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