

[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.



CRISCO ALL VEGEtable
SHORTENING OR
SALE BRAND
UNUSURSED MIX
1 kg (2 lb 4 oz) tubs

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.



IRRESISTIBLE WALNUT
HALVES & PIECES
1 kg (2 lb 4 oz) bag

14.99 ea.

750 g



\$ New Lower Prices

2 700 ea. WONDER BREADS OR RAPHAEL'S BAGELS 12 SLICES 12 SLICES	1199 ea. HIGH LINE SAUSAGES POUR SAUCE ON CATCH OF THE DAY FILETETS 12 SLICES	599 ea. IRRESISTIBLE ARTISAN SAUSAGE BONELESS-SMOKED HAM OR KIDNEY PORK SMOKES HAM 12 SLICES	65 ea. OCEAN PRIME COOKED BURGERS BROILED THICK JUMBO SLURP BURGERS	1999 ea. OCEAN PRIME COOKED BURGERS BROILED THICK JUMBO SLURP BURGERS
399 ea. CRAVE BURGERS CRAVE PROTEIN MEAT CRISPER BUN 12 SLICES	699 ea. LIBERTE CHEESE BIBBLET TURS 12 SLICES	649 ea. NATLRE ORGANIC MILK NATLRE BUTTER 12 SLICES	649 ea. NATLRE ORGANIC MILK NATLRE BUTTER 12 SLICES	999 ea. VECTOR BURGERS BROILED THICK JUMBO SLURP BURGERS
399 ea. MINI BURGERS MINI BURGERS 12 SLICES	749 ea. SAMPELELLI BURGERS SPARKLING BOWLS 12 SLICES	125 ea. SASOP BURGERS SASOP BURGERS 12 SLICES	125 ea. SASOP BURGERS SASOP BURGERS 12 SLICES	279 ea. CHEX BURGERS CHEX BURGERS 12 SLICES
599 ea. ACTIVA YOGURT ACTIVA YOGURT 12 SLICES	349 ea. CHEEZIT BURGERS CHEEZIT BURGERS 12 SLICES	399 ea. HARDIBITE BURGERS HARDIBITE BURGERS 12 SLICES	399 ea. SKINNY POP BURGERS SKINNY POP BURGERS 12 SLICES	199 ea. CAMPBELL'S SOUP CAMPBELL'S SOUP 12 SLICES
699 ea. BELLMAN'S MACARONI BELLMAN'S MACARONI 12 SLICES	249 ea. BUSH'S BEANS BUSH'S BEANS 12 SLICES	349 ea. BEN'S ORIGINAL BURGERS BEN'S ORIGINAL BURGERS 12 SLICES	349 ea. BEN'S ORIGINAL BURGERS BEN'S ORIGINAL BURGERS 12 SLICES	499 ea. KETCHUP KETCHUP 12 SLICES
599 ea. SCOPIE SOAP SCOPIE SOAP 12 SLICES	299 ea. ALCAN SOAP ALCAN SOAP 12 SLICES	899 ea. TIGER SOAP TIGER SOAP 12 SLICES	899 ea. SCOPIE SOAP SCOPIE SOAP 12 SLICES	899 ea. BOUNCE FABRIC SOFTENER BOUNCE FABRIC SOFTENER 12 SLICES

Learn with mol rewards

LAY'S® FAMILY SIZE CHIPS

35¢

3.99

ea.

LAY'S® CLASSIC CHIPS

40¢

5.49

ea.

LAY'S® CLASSIC CHIPS

40¢

5.49

ea.

NEW

OMIGOD! CRACKERS

40¢

4.99

ea.

NEW

RITZ CRACKERS

40¢

4.99

ea.

4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE **\$11.99** each



30" Kalamay® PEPPERONI CHEESE PIZZA
12" x 12" x 1" CRUST
 10 TOPPINGS (LIMITED)

STROMI BROS CARROLS
12" x 12" x 1" CRUST
 10 TOPPINGS (LIMITED)



20" Kalamay® MAMA MAMA CHICKEN
12" x 12" x 1" CRUST
 10 TOPPINGS (LIMITED)

PREP 2 TO 20 CARROLS BITE



POUR OVER CALIFORNIA COMBIO OR CALIFORNIA QUESO VARIETY PACK

[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.



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



TO BENEFIT

Breakfast
CLUB
of Canada
TM

**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 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
BLUEBERRIES 100%
PRODUCT OF U.S.A. & CANADA

1⁹⁹
lb
EXTRA LARGE
RED PEPPERS
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
BELL GROVE
WHOLE WHITE OR
CANDIAN
MICROBERRIES 100%
PRODUCT OF U.S.A. & CANADA

4⁹⁹
ea.
HACUADOS 100%
CLEMENTINES 100%
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
CRANBERRIES 100%
PRODUCT OF U.S.A.

4⁹⁹
ea.
LEMONS 100%
PRODUCT OF U.S.A. & CANADA

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

4⁹⁹
ea.
JUNBO PINEAPPLES
100% PRODUCT OF U.S.A. & CANADA

3⁴⁹
/lb
BRUSSELS SPROUTS
100% PRODUCT OF U.S.A. & CANADA

5⁹⁹
ea.
DOLL SALAD KITS
100% PRODUCT OF U.S.A. & CANADA

9⁹⁹
ea.
VANILLA
PEACHES 100%
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
LARGE POMEGRANATES
100% PRODUCT OF U.S.A.

4⁴⁹
ea.
CAULIFLOWER
100% PRODUCT OF U.S.A. & CANADA

5⁹⁹
/lb
JUNBO CHESTNUTS
100% PRODUCT OF U.S.A. & CANADA

7⁹⁹
ea.
MAYERS
CHOCOLATE
CARAMEL APPLES 100%
PRODUCT OF U.S.A. & CANADA

Organic

ORGANIC GREEN CABBAGE
 3.75 lb / 1.70 kg
169
 /lb

25
 ea.

LITTLE POTATOES
 1.5 lb / 0.68 kg
599
 ea.

15
 ea.

BOTHUSE
 ORGANIC CARROTS
 1.5 lb / 0.68 kg
349
 ea.

ORGANIC BABY CARROTS
 1.5 lb / 0.68 kg
1299
 ea.

Flax + Ginger
 1.5 lb / 0.68 kg
1299
 ea.

Immunity Pack
 1.5 lb / 0.68 kg
1299
 ea.

Sliced & Diced **Holiday Blooms**



4⁹⁹
ea.

DELICIOUS FRUIT SALAD (400 g)
BERRY MIX (200 g)
BROCCOLI SALAD OR
TOMATO CUCUMBER SALAD (200 g)



50
pieces

SMALL BERRY
KISS TREAT
PUMPKINCKILL
TREAT WITH SOUP (200 g)
NACHO PLATTER (400 g)



40⁰⁰
ea.

CHRISTMAS
MAGIC BOUTIQUE
ADORNED COLOURS
AND FINESSE



38⁹⁹
ea.

DECEMBER
FLOWER FEATURE
BERRY OF A BEAUTIFUL
NEW BERRY GARDEN
WINTER WONDERLAND
HOLIDAY AND DECORATION



13⁹⁹
ea.

ANTHURIUM
ADORNED COLOURS



50
pieces

SELF-WATERING

5⁹⁹
ea.

PINKSETTUS
"THE NEW HOT"
ADORNED TREATS

Holiday Blooms



40⁰⁰
ea.

**CHRISTMAS
MAGIC BOUTIQUE**
ASSORTED COLOURS
AND FINISHES



38⁹⁹
ea.

**DECEMBER
FLOWER FEATURE**
BERRY WHITE & RED
WITH WHITE ORANGE
AND RED & WHITE COLOURS



NEW

ANTHURIUM
WITH
BERRY COLOURS

19⁹⁹
ea.



**SELF-
WATERING**

5⁹⁹
ea.

POINSETTIA
IN SELF-WATERING POT
ASSORTED COLOURS

metro
FRESH
2 GO

ENTERTAINING MADE EASY

We have your catering covered.

**Minimum of 48 hours notice on all orders.*



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Online
fresh2go.metro.ca



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
13.25kg

50 points

3⁹⁹
/lb

BREADED PORK LOIN CUTLETS VALUE PACK
8.8kg

125 points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.25kg

125 points

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKEN WINGS
11.25kg

3⁹⁹
ea.

SELECTION
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED WINGS
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
11.25kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.25kg

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
BAGGERS
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

5⁹⁹
ea.

75
points



FRONT STREET BAKERY
ITALIAN BREAD
400-450g

3⁴⁹
ea.

50
points



micro croissants
250g

4⁹⁹
ea.



LITTLE NORTHERN
BAKED GOODS
WIDE SLICED
BAGELS OR
EVERYTHING BAGELS
1kg

8⁴⁹
ea.



MINI'S SUMMER
ROLLS 100g

4⁴⁹
ea.



FURLANI TEXAS
TOAST
1kg

5⁴⁹
ea.



FRONT STREET BAKERY
PECAN CAKES
100-125g

22⁹⁹
ea.

125
points



JAMONCA ALMOND
CRUNCH CAKE
100g

31⁹⁹
ea.

250
points



FURLANI TEXAS
GARLIC TOAST
1kg

7⁴⁹
ea.



INRESISTIBLE
BUTTER TARTS 100g

6⁹⁹
ea.

Deli Favourites



MAPLE LOAF
100g

2⁹⁹
ea.



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2⁹⁹
ea.



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3⁹⁹
ea.



LE GRUYERE
SWISS CHEESE
100g

5⁹⁹
ea.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

2⁹⁹
ea.



BELLA CASARA
BURRATA
CHEESE 100g

3⁹⁹
ea.



SNIROSKI
CANADIANA OR
CANADIANA HAM
100g

2⁹⁹
ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3⁴⁹
ea.



MACGARGOLIO
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100g

6⁹⁹
ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SNIROSKI SLICED DELI
100g

8⁴⁹
ea.



BELL'ITALIA
SALAMI OR
GOLD LABEL PEPPERONI
100g

8⁷⁹
ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10⁹⁹
ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7⁹⁹
ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9⁴⁹
ea.



LA BELLE BRETAGNE
PATE 100g

4⁹⁹
ea.



SWISS CHALET
POT PIE 100g

8⁹⁹
ea.



KANA
BANI 100g

7⁴⁹
ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8⁰⁰
ea.

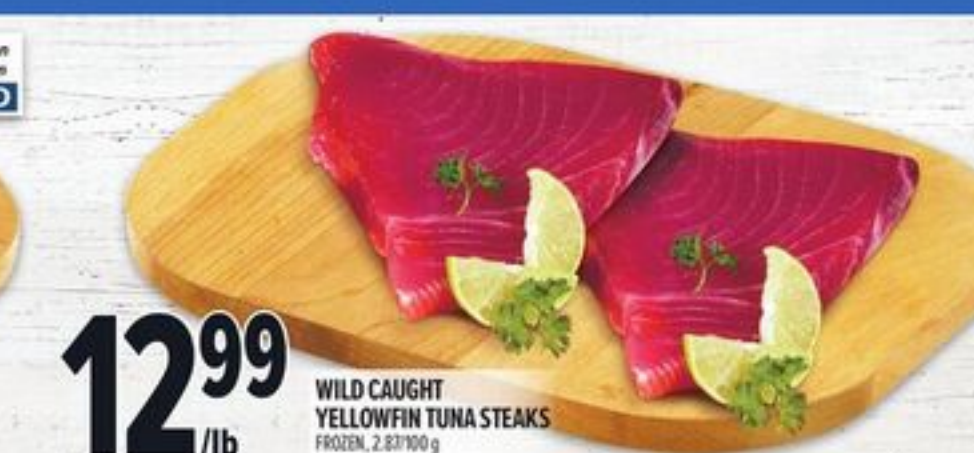
Seafood



12⁹⁹
/lb

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

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 2.5 LB/BOX



12⁹⁹
ea.

CHOICE

**CHOICE OYSTERS
SELECTION MIXED**



**LA ROCHERIE
SMOKED STEAMED
SALMON**



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



**CALIFORNIA
WILD CAUGHT CRAB**

**CALIFORNIA
WIDEY PACE**
SELECTED BUTTERFLIES



3⁹⁹
ea.

**OCEAN JEWEL
WHOLE
SWEETBRINED
SEA BASS**
FRESH, 2.5 LB

**\$1
DOCKIN'
DOCKIN'**

**125
points**



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB



**125
points**

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 2.5 LB

**\$1
DOCKIN'
DOCKIN'**

**125
points**



18⁹⁹
ea.

**ROCK LOBSTER
CAYMAN COAST
CLAMS & BRIMS**

LOBSTER HOMARD

30 pounds 2⁹⁹ e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8⁹⁹ e.s. WIRESTRONG BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9⁹⁹ e.s. WIRESTRONG MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12⁹⁹ e.s. WIRESTRONG BREADED POPCORN SHIMP SPECIALLY PREPARED PASTA, 100%
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FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

STOCKING STUFFERS

they actually want

Stuff their stockings with sweets, treats & everyday essentials.



FERRERO KINDER CHOCOLATE EGG
100g (3.5oz)
6⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
5⁴⁹ ea.



FERRERO CHRISTMAS CHOCOLATE
100g (3.5oz)
13⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
5⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ ea.



M&M'S CHOCOLATE
100g (3.5oz)
5⁹⁹ ea.



TERRY'S CHOCOLATE
100g (3.5oz)
6⁹⁹ ea.



CADBURY CHOCOLATE
100g (3.5oz)
6⁴⁹ ea.



TOBLERONE CHOCOLATE BAR
100g (3.5oz)
12⁹⁹ ea.



M&M'S CHOCOLATE
100g (3.5oz)
5⁹⁹ ea.



TERRY'S CHOCOLATE
100g (3.5oz)
6⁹⁹ ea.



CADBURY CHOCOLATE
100g (3.5oz)
6⁴⁹ ea.



TOBLERONE CHOCOLATE BAR
100g (3.5oz)
12⁹⁹ ea.



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
10g (0.35oz)
4⁹⁹ ea.



NATIVE DEODORANT
10g (0.35oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ ea.



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

More Great Savings

[illegible]

↓ Low Price Every Day

 NOW  \$1.49 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  \$1.25 SELECTION LEMONADE 100% SELECTED FRUITES	 NOW  \$2.99 SELECTION WATER ENHANCER 100% SELECTED FRUITES	 NOW  \$4.99 SELECTION PEANUTS 750g 100% SELECTED FRUITES
 SELECTION PEANUT BUTTER 100% SELECTED FRUITES NOW  \$4.99	 IMMORTAL DRESSING 100ml NOW  \$3.99	 SELECTION ICE CREAM 100% SELECTED FRUITES NOW  \$3.99	 SELECTION SOUS CRÈME 100% SELECTED FRUITES NOW  \$2.99
 SELECTION WILD ON PASTA 100% SELECTED FRUITES NOW  \$4.49	 SELECTION LENTILS 100% SELECTED FRUITES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED FRUITES NOW  \$4.99	 SELECTION LEMONADE 100% SELECTED FRUITES NOW  \$2.99

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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**

25 pieces
4.99 ea.

MILK-BONE
DOG TREATS
100% WHOLE WHEAT

15 pieces
2.49 ea.

MILK-BONE
SOFT & CHEWY
100% WHOLE WHEAT

6.99 ea.

COOKIE PAL
DOG TREATS
100% WHOLE WHEAT

8.49 ea.

CAFEON FARMS
DOG TREATS
100% WHOLE WHEAT

Top picks from SANTA CLAWS

Stuff the stockings of your furry besties with their fave tasty treats.

4/5 stars
5 per 5.49 ea.

PURINA BENEFUL
DOGS FOOD
SELECTED VARIETIES

7.99 ea.

DOE DOG TREATS
100% WHOLE WHEAT

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
100% WHOLE WHEAT

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWS
SELECTED VARIETIES

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWS
SELECTED VARIETIES

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWS
SELECTED VARIETIES

6.99 ea.

BLUE
BUFFALO BITS
DOG TREATS
SELECTED VARIETIES

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
SELECTED VARIETIES

13.49 ea.

GOODIE FILLS
DOG TREATS
SELECTED VARIETIES

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
SELECTED VARIETIES

14.49 ea.

VITALITE
DOG TREATS
100% WHOLE WHEAT

50 pieces
10.99 ea.

NATURE'S RECIPE
CAT TREATS
SELECTED VARIETIES

WRAP UP BRAND NAME PET FOOD

13.99 ea.

IAMS
CAT FOOD
SELECTED VARIETIES

5 pieces
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
SELECTED VARIETIES

65 pieces
20.49 ea.

CEsar
WET DOG FOOD
SELECTED VARIETIES

5/5 stars
5 per 1.49 ea.

MISTAKES
WET DOG FOOD
SELECTED VARIETIES

18.99 ea.

IAMS
PROACTIVE HEALTH
BRUNCHKINS
CAT FOOD
SELECTED VARIETIES



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

HALENDIA'S
PORK SAUSAGE
275 g
SELECTED VARIETIES

8⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁹⁹
ea.



BE SWEET
HONEY FLAVOURED
SPREAD
500 g

4⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



COME BACK SNACKS
POPCORN
200 - 225 g
SELECTED VARIETIES

5⁹⁹
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





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.



MAPLE LEAF
MAIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

NO ARTIFICIAL PRESERVATIVES

NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS



Pure
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.



PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

4⁹⁹
ea.



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

1⁹⁹
ea.



Chex
CEREAL
240-300g
SELECTED VARIETIES

4⁹⁹
ea.



SUGAR COOKIE TOAST CRUNCH
CEREAL
240-300g
SELECTED VARIETIES

3⁴⁹
ea.



NESTLE
REAL DAIRY ICE CREAM
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.



NESTLE
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.