

VERSION 1

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (IMPORTED)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (IMPORTED)

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (IMPORTED)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (IMPORTED)

199

ea.

ANGEL SWEET

PRODUCT OF U.S.A. (IMPORTED)

199

ea.

SPANISH ONIONS

PRODUCT OF U.S.A. (IMPORTED)

99¢

/lb

SWEET POTATOES

PRODUCT OF U.S.A. (IMPORTED)

99¢

/lb

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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[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  
MANARCI FLOUR  
5 kg (11 lb 2 oz) 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.





\$ New Lower Prices



**7<sup>00</sup>**  
ea.  
WONDER BREADS OR  
DUMPKETER'S BAGELS  
12.5oz



**11<sup>99</sup>**  
ea.  
HIGH LINER  
SMOKED  
PAC-SAL OR  
CATCH OF THE DAY  
FILETS  
1.5lb



**5<sup>99</sup>** **65**  
lb  
BRESKIBLE ARTISAN  
SMOKED HAM OR  
HALF MOON SMOKED HAM  
12.5lb



**19<sup>99</sup>**  
ea.  
OCEAN PRIME  
COOKED SHRIMP  
BRESKIBLES  
Jumbo Shrimp  
Pineapple  
1.5lb



**3<sup>99</sup>** **65**  
ea.  
CRAVE FROZEN MEATLOAF  
10oz



**6<sup>99</sup>**  
ea.  
LIBERTE GREEK  
YOGURT  
10oz



**6<sup>49</sup>**  
ea.  
NATREL ORGANIC  
MILK 1% OR  
BUTTER  
1L



**9<sup>99</sup>**  
ea.  
KELLOGG'S CEREAL  
10oz



**7<sup>49</sup>** **125**  
ea.  
PEPSI MINI  
SOFT DRINKS  
10oz



**7<sup>49</sup>** **125**  
ea.  
SAN PELLEGRINO  
SPARKLING DRINKS  
10oz



**2<sup>79</sup>** **15**  
ea.  
OASIS JUICE OR  
DEL MONTE  
BEVERAGE  
10oz



**4<sup>99</sup>**  
ea.  
CHEX CEREAL OR  
ORGANIC MEADOW  
YOGURT  
10oz



**5<sup>99</sup>**  
ea.  
ACTIVA YOGURT  
10oz



**3<sup>49</sup>**  
ea.  
CHEEZ-IT  
CRACKERS  
10oz



**3<sup>99</sup>**  
ea.  
HARDBITES CHIPS  
10oz



**1<sup>99</sup>**  
ea.  
CAMPBELL'S  
SOUP  
10oz



**6<sup>99</sup>**  
ea.  
HELLMANN'S  
MAYONNAISE  
10oz



**2<sup>49</sup>**  
ea.  
BUSH'S BEANS  
10oz



**3<sup>49</sup>**  
ea.  
BEN'S ORIGINAL  
RICE  
10oz



**4<sup>99</sup>**  
ea.  
KETCHUP  
10oz



**5<sup>99</sup>**  
ea.  
SCOPE DISH SOAP  
10oz



**2<sup>99</sup>**  
ea.  
ALCAN PAPER TOWELS  
10oz



**8<sup>99</sup>**  
ea.  
ROYALE PAPER TOWELS  
10oz



**8<sup>99</sup>**  
ea.  
TIDE DETERGENT  
10oz

**I earn with mol rewards**

LAYS FAMILY SIZE  
CRACKERS  
10oz

**3<sup>99</sup>**

**40**

CRACKERS  
10oz

**5<sup>49</sup>**

**40**

CRACKERS  
10oz

**4<sup>99</sup>**

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

**YOUR CHOICE 11<sup>99</sup>**  
ea.

**90" X LARGE PEPPERONI & CHEESE PIZZA**  
14oz

**STOCK-MADE CARBOARELS**  
10oz

**FRESH & CO. 20 CHICKEN BITES**  
10oz

**ASSORTED CALIFORNIA COMBO OR CALIFORNIA BOLL MISTERY PACK**  
10oz

We reserve the right to limit quantities. All quantities are per household. Some products may not be available in all stores. Visit us at [micromart.ca](https://www.micromart.ca) or call 1-800-361-1111. © 2025 Micromart Inc. All rights reserved.



**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<sup>00</sup>**  
ea.  
SAVE UP TO  
\$3.99

~~15<sup>99</sup>\*~~  
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<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~6<sup>99</sup>\*~~  
ea.  
OCEAN SPRAY  
SPARKLING DRINKS  
6 x 340 ml  
SELECTED VARIETIES



NOW  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~5<sup>99</sup>\*~~  
ea.  
TWININGS  
TEA  
20 tea  
SELECTED VARIETIES



NOW  
**2<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~4<sup>99</sup>\*~~  
ea.  
LPC CREAMER  
POTATO KITS  
PRODUCT OF CANADA,  
CANADA NO.1 GRADE, 454 g  
SELECTED VARIETIES



NOW  
**1<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~2<sup>99</sup>\*~~  
ea.  
FRENCH'S  
DIJON MUSTARD  
325 ml  
SELECTED VARIETIES



NOW  
**14<sup>99</sup>**  
ea.  
SAVE UP TO  
\$5

~~19<sup>99</sup>\*~~  
ea.  
ORCHIDS  
3.5" POT  
ASSORTED COLOURS



NOW  
**1<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~2<sup>99</sup>\*~~  
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](https://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**



**\$15<sup>99</sup>**  
**VALUE**

**PROMO CODE  
COOKIE**



## Farm Fresh Produce

**2<sup>99</sup>**  
ea.  
RASPBERRIES 100%  
PRODUCT OF U.S.A. & CANADA

**4<sup>99</sup>**  
ea.  
BLUEBERRIES 100%  
PRODUCT OF U.S.A. & CANADA

**1<sup>99</sup>**  
lb  
EXTRA LARGE  
RED PEPPERS 100%  
PRODUCT OF U.S.A. & CANADA

**2<sup>99</sup>**  
ea.  
BELL GROVE  
WHOLE WHITE OR  
CARMEL  
BANANAS 100%  
PRODUCT OF U.S.A. & CANADA

**4<sup>99</sup>**  
ea.  
HACUACOS 100%  
CLEMENTINES 100%  
PRODUCT OF U.S.A. & CANADA

**2<sup>99</sup>**  
ea.  
CRANBERRIES 100%  
PRODUCT OF U.S.A.

**4<sup>99</sup>**  
ea.  
LEMONS 100%  
PRODUCT OF U.S.A. & CANADA

**1<sup>99</sup>**  
ea.  
SEEDLESS CUCUMBERS  
100% PRODUCT OF U.S.A. & CANADA

**4<sup>99</sup>**  
ea.  
JUMBO PINEAPPLES  
100% PRODUCT OF U.S.A. & CANADA

**3<sup>49</sup>**  
/lb  
BRUSSELS SPROUTS  
100% PRODUCT OF U.S.A. & CANADA

**5<sup>99</sup>**  
ea.  
DOLL SAKE YAKI  
100% PRODUCT OF U.S.A. & CANADA

**9<sup>99</sup>**  
ea.  
VANILLA  
PEACHES 100%  
PRODUCT OF U.S.A. & CANADA

**2<sup>99</sup>**  
ea.  
LARGE POMEGRANATES  
100% PRODUCT OF U.S.A. & CANADA

**4<sup>49</sup>**  
ea.  
CAULIFLOWER  
100% PRODUCT OF U.S.A. & CANADA

**5<sup>99</sup>**  
/lb  
JUMBO CRISTOBAL  
APPLES 100%  
PRODUCT OF U.S.A. & CANADA

**7<sup>99</sup>**  
ea.  
MUSHROOMS 100%  
PRODUCT OF U.S.A. & CANADA

**2<sup>99</sup>**  
ea.  
CRANBERRIES 100%  
PRODUCT OF U.S.A.

**4<sup>99</sup>**  
ea.  
LEMONS 100%  
PRODUCT OF U.S.A. & CANADA

**1<sup>99</sup>**  
ea.  
SEEDLESS CUCUMBERS  
100% PRODUCT OF U.S.A. & CANADA

**4<sup>99</sup>**  
ea.  
JUMBO PINEAPPLES  
100% PRODUCT OF U.S.A. & CANADA

**3<sup>49</sup>**  
/lb  
BRUSSELS SPROUTS  
100% PRODUCT OF U.S.A. & CANADA

**5<sup>99</sup>**  
ea.  
DOLL SAKE YAKI  
100% PRODUCT OF U.S.A. & CANADA

**9<sup>99</sup>**  
ea.  
VANILLA  
PEACHES 100%  
PRODUCT OF U.S.A. & CANADA

**2<sup>99</sup>**  
ea.  
LARGE POMEGRANATES  
100% PRODUCT OF U.S.A. & CANADA

**4<sup>49</sup>**  
ea.  
CAULIFLOWER  
100% PRODUCT OF U.S.A. & CANADA

**5<sup>99</sup>**  
/lb  
JUMBO CRISTOBAL  
APPLES 100%  
PRODUCT OF U.S.A. & CANADA

**7<sup>99</sup>**  
ea.  
MUSHROOMS 100%  
PRODUCT OF U.S.A. & CANADA

Organic 

**ORGANIC GREEN CABBAGE**  
 169 /lb  
 100% ORGANIC  
 3.75 lb

**25 599**  
 ea.  
**LITTLE POTATOES**  
 100% ORGANIC  
 2.5 lb

**15 349**  
 ea.  
**BABY CARROTS**  
 100% ORGANIC  
 1.5 lb

**1299**  
 ea.  
**ORGANIC SHREDDED CHEDDAR CHEESE**  
 100% ORGANIC  
 1.5 lb

**Flax + Ginger**  
 100% ORGANIC  
 1.5 lb

**Immunity Pack**  
 100% ORGANIC  
 1.5 lb

**Sliced & Diced**  **Holiday Blooms**



**4<sup>99</sup>**  
ea.

**DELUXE FRUIT SALAD** 10oz.  
BERRY MIX 2oz.  
**BROCCOLI SALAD** OR  
**TOMATO CUCUMBER SALAD** 2oz. - 36g



**50**  
pieces

**SMALL BERRY  
YOGURT  
PUMPKINSEED  
TRAIL MIX (10% OFF)**  
**NACHO PLATTER** (10oz.)



**13<sup>99</sup>**  
ea.



**40<sup>00</sup>**  
ea.

**ANTHRURUM**  
5" GAL  
12" GAL  
18" GAL



**19<sup>99</sup>**  
ea.



**38<sup>99</sup>**  
ea.

**CHRISTMAS  
MACE BOUQUET**  
12" GAL  
18" GAL  
24" GAL



**5<sup>99</sup>**  
ea.

**POINSETTA**  
2 1/2" GAL  
4" GAL  
6" GAL



**40<sup>00</sup>**  
ea.

**INCENSED  
FLOWER FEATURE**  
12" GAL  
18" GAL  
24" GAL

## Holiday Blooms



**40<sup>00</sup>**  
ea.

**CHRISTMAS  
MAGIC BOUNTY**  
ASSORTED FLOWERS  
AND GREENS



**38<sup>99</sup>**  
ea.

**DECEMBER  
FLOWER FEATURE**  
WITH WHITE AND  
RED PINK BLOSSOMS  
AND GREENS



**NEW**

**ANTHURIUM**  
5" TALL  
HAPPY BIRTHDAY

**19<sup>99</sup>**  
ea.



**SELF-WATERING**

**PINKETTES**  
2 1/2" HOLES - 100%  
ANTHURIUM

**5<sup>99</sup>**  
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**



Holiday Roasts

PLATINUM GRILL ANGUS  
TOP SIRLOIN ROAST  
100% CANADIAN ANGUS BEEF  
26.43kg

**11<sup>99</sup>**  
/lb

PLATINUM GRILL ANGUS  
BLADE ROAST  
100% CANADIAN ANGUS BEEF  
26.43kg

**11<sup>99</sup>**  
/lb

**CUT FROM  
100%  
CANADIAN  
AAA ANGUS BEEF**

PLATINUM GRILL ANGUS  
PORK LOIN ROAST  
100% CANADIAN PORK  
13.21kg

**7<sup>99</sup>**  
/lb

LIFE SMART NATURALIA PORK SHOULDER PICNIC ROAST OR  
PORK SHOULDER BLADE ROAST  
5.0kg

**3<sup>99</sup>**  
/lb

FRESH WHOLE  
CHICKEN  
3.50kg

**3<sup>99</sup>**  
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG  
26.43kg

**11<sup>99</sup>**  
/lb

50  
points

**5<sup>99</sup>**  
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK  
13.21kg

50  
points

**3<sup>99</sup>**  
/lb

BREADED PORK LOIN CUTLETS VALUE PACK  
8.80kg

**125**  
points

**4<sup>99</sup>**  
/lb

BUTTERBALL FRESH TURKEY  
DRESSING/STICKS OR THIGHS  
11.20kg

**8<sup>99</sup>**  
/lb

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

**3<sup>99</sup>**  
ea.

SELECTION  
BOLDORNA  
SELECTED HAM

**4<sup>99</sup>**  
ea.

MAPLE LEAF  
TOP DOGS OF  
CANADIAN  
RED WINGS  
11.20kg

**5<sup>99</sup>**  
ea.

BUTTERBALL  
TURKEY  
SELECTED HAM

**7<sup>99</sup>**  
ea.

MACLEAN ORGANIC  
BREAKFAST SAUSAGES  
11.20kg

**4<sup>99</sup>**  
/lb

FLETCHER'S PORK  
COTTAGE CHEESE  
11.20kg

**7<sup>99</sup>**  
ea.

SELECTION  
SMOKED HAM  
11.20kg

**11<sup>00</sup>**  
ea.

LEGACY BONELESS  
PORK LOIN ROAST  
11.20kg

**12<sup>99</sup>**  
ea.

MACLEAN ANGEL KARDOS  
PORK LOIN ROAST  
11.20kg

**4<sup>99</sup>**  
ea.

MAPLE LODGE  
ULTIMATE CHICKEN  
DINNER SAUSAGES  
11.20kg

**6<sup>99</sup>**  
ea.

JOHN KNOXVILLE  
BAGGAS  
11.20kg

**7<sup>99</sup>**  
ea.

SCHNEIDER'S  
MEAT PIES  
11.20kg

**22<sup>99</sup>**  
ea.

BUTTERBALL BONELESS  
TURKEY BREAST ROAST  
11.20kg



Bakery Favorites



FRONT STREET BAKERY  
CHEESE STICKS OR CHEESE BUNS  
100-125g

**5<sup>99</sup>**  
ea.

**75**  
points



FRONT STREET BAKERY  
ITALIAN BREAD  
400-450g

**3<sup>49</sup>**  
ea.

**50**  
points



micro croissants  
250g

**4<sup>99</sup>**  
ea.



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

**8<sup>49</sup>**  
ea.



MINI'S SUMMER  
ROLLS 100g

**4<sup>49</sup>**  
ea.



FURLANI TEXAS  
TOAST  
1kg

**5<sup>49</sup>**  
ea.



FRONT STREET BAKERY  
PECAN CAKES  
100-125g

**22<sup>99</sup>**  
ea.

**125**  
points



JAMONCA ALMOND  
CRUNCH CAKE  
100g

**31<sup>99</sup>**  
ea.

**250**  
points



FURLANI TEXAS  
GARLIC TOAST  
1kg

**7<sup>49</sup>**  
ea.



INRESISTIBLE  
BUTTER TARTS 100g

**6<sup>99</sup>**  
ea.

Deli Favourites



MAPLE LOAF  
100g

**2<sup>99</sup>**  
ea.



MASTRO ROSEMARY OR  
TUSCANY HAM  
100g

**2<sup>99</sup>**  
ea.



PRESIDENT BEEF OR  
OLD COUNTRY EXTRA  
MATURE WHITE CHEDDAR  
100g

**3<sup>99</sup>**  
ea.



LE GRUYERE  
SWISS CHEESE  
100g

**5<sup>99</sup>**  
ea.



INRESISTIBLE ENTMAN  
DRY SAUSAGE  
100g

**2<sup>99</sup>**  
ea.



BELLA CASARA  
BURRATA  
CHEESE 100g

**3<sup>49</sup>**  
ea.



SHORSKI  
SAUSAGES  
100g

**2<sup>99</sup>**  
ea.



PARMIGIANO REGGIANO  
AGED 24 MONTHS  
100g

**3<sup>49</sup>**  
ea.



MACGARGOLIO  
ITALIAN SLICED DELI OR  
PILLER'S PEPPERONI  
100g

**6<sup>99</sup>**  
ea.



MAPLE LEAF  
NATURAL SELECTIONS OR  
SCHEERS SLICED DELI  
100g

**8<sup>49</sup>**  
ea.



BELLITALIA  
SALAMI OR  
GOLD LABEL PEPPERONI  
100g

**8<sup>79</sup>**  
ea.



PILLER'S  
PEPPERONI OR  
SALAMI STICKS  
100g

**10<sup>99</sup>**  
ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100g

**7<sup>99</sup>**  
ea.



KERRYGOLD  
2 YEAR AGED  
CHEDDAR CHEESE 100g

**9<sup>49</sup>**  
ea.



LA BELLE BRETAGNE  
PATE 100g

**4<sup>99</sup>**  
ea.



SWISS CHALET  
POT PIE 100g

**8<sup>99</sup>**  
ea.



KANA  
BANI 100g

**7<sup>49</sup>**  
ea.



SUMMER FRESH  
HUMMUS OR DIPS  
100g

**8<sup>00</sup>**  
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







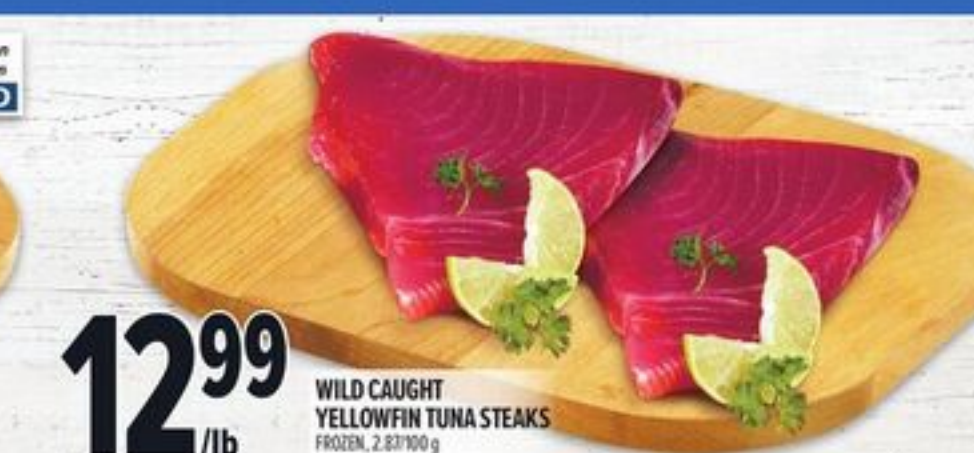
# Seafood



**12<sup>99</sup>**  
/lb

**FRESH ICELANDIC  
WILDCOD FILLETS  
VALUE PACK**  
100 fillets, 2.5 lb/box

Fresh From Iceland  
Atlantic Wildcod Fillets  
Wildcod Fillets



**12<sup>99</sup>**  
/lb

**WILD CAUGHT  
YELLOWFIN TUNA STEAKS**  
FRESH, 1.5 LB/BOX



**12<sup>99</sup>**  
ea.

**CHOICE  
CHICOT OYSTERS**  
SELECTED HARVEST



**LA ROCHERIE  
SMOKED STEELHEAD  
SALMON**  
1 LB



**9<sup>99</sup>**  
/lb

**BAY SCALLOPS**  
FRESH, 2.00 LB/BOX



**12<sup>00</sup>**  
ea.

**CALIFORNIA  
HIGH COUNTRY  
CALIFORNIA  
VARIETY PACK**  
10 SELECTED HARVESTS



**3<sup>99</sup>**  
ea.

**LOBSTER MEAT  
CHAI DE HOMARD**



**11<sup>99</sup>**  
ea.

**MINCED COOKED  
LOBSTER MEAT**  
FRESH, 1 LB



**125**  
points

**ADONIS  
SNOW CRAB  
CLUSTERS**  
100g, 1/2 lb

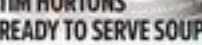


**18<sup>99</sup>**  
ea.

**ROCK HARBOR  
CANADIAN LOBSTER  
CLAWS & ARMS**  
1.5 LB

|                                                                                                                                                                                                                       |                                                                                                                                                                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>30</b><br/>pounds</p> <p><b>2<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE</b><br/>BBQ MEATBALLS<br/>AND MEAT SAUCE</p> |  <p><b>40</b><br/>pounds</p> <p><b>8<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE</b><br/>BBQ MEATBALLS<br/>AND MEAT SAUCE</p> |  <p><b>50</b><br/>pounds</p> <p><b>9<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE</b><br/>BBQ MEATBALLS<br/>AND MEAT SAUCE</p> |  <p><b>50</b><br/>pounds</p> <p><b>12<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE</b><br/>BBQ MEATBALLS<br/>AND MEAT SAUCE</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Tim Hortons**

|                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>3<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>READY TO SERVE SOUP</b><br/>100% REAL CHICKEN<br/>100% REAL BEEF<br/>100% REAL PORK<br/>100% REAL TURKEY</p> |  <p><b>6<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>HOT CHOCOLATE</b><br/>100% REAL CHOCOLATE<br/>100% REAL MILK<br/>100% REAL SUGAR</p> |  <p><b>8<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>INSTANT COFFEE</b><br/>100% REAL COFFEE<br/>100% REAL SUGAR<br/>100% REAL MILK</p> |  <p><b>7<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>COFFEE CAPSULES</b><br/>100% REAL COFFEE<br/>100% REAL SUGAR<br/>100% REAL MILK</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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**Kellogg's Cereal**  
**Festive**  
**MORNINGS**

KELLOGG'S CEREAL  
and 100% WHOLE GRAIN  
WHEAT FLAKES  
**\$6.99**  
ea.

**RICE KRISPIES**  
CEREAL  
with Marshmallows  
and Fruit  
**\$6.99**  
ea.

**FROSTIES**  
CEREAL  
with Marshmallows  
and Fruit  
**\$6.99**  
ea.

**NATREL CEREALIC**  
CEREAL  
with Marshmallows  
and Fruit  
**\$6.49**  
ea.

**NATREL CEREALIC**  
CEREAL  
with Marshmallows  
and Fruit  
**\$6.99**  
ea.

# CHEESE

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**749**  
ea.

**GULBANI CHEESE**  
SUGGESTED VARIANTS



**549**  
ea.

**KRAFT CHEESE BLOCK**  
250g  
SUGGESTED VARIANTS



**899**  
ea.

**LACTANTIA STICK BUTTER**  
250g  
SUGGESTED VARIANTS

# Knorr

BRING FLAVOUR TO  
CLASSIC HOLIDAY DISHES



**199**  
ea.

**KNORR CHICKEN STOCK**  
500ml  
SUGGESTED VARIANTS



**125**  
ea.

**KNORR SAUCE OR CREAMY**  
250ml  
SUGGESTED VARIANTS



**449**  
ea.

**KNORR BROSSE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**449**  
ea.

**KNORR BROSSE**  
250ml  
SUGGESTED VARIANTS



**449**  
ea.

**KNORR BROSSE**  
250ml  
SUGGESTED VARIANTS



**449**  
ea.

**KNORR BROSSE**  
250ml  
SUGGESTED VARIANTS

**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)  
6<sup>99</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
5<sup>49</sup> ea.



FERRERO CHRISTMAS CHOCOLATE  
100g (3.5oz)  
13<sup>99</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
5<sup>49</sup> ea.



KINDER SURPRISE  
100g (3.5oz)  
3<sup>49</sup> ea.



TOBLERONE CHOCOLATE  
100g (3.5oz)  
12<sup>99</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
9<sup>49</sup> ea.



HERSHEY'S KISSES CHOCOLATE  
100g (3.5oz)  
9<sup>49</sup> ea.



M&M'S CHOCOLATE  
100g (3.5oz)  
5<sup>99</sup> ea.



TERRY'S CHOCOLATE  
100g (3.5oz)  
6<sup>99</sup> ea.



CADBURY CHOCOLATE  
100g (3.5oz)  
6<sup>49</sup> ea.



TOBLERONE CHOCOLATE BAR  
100g (3.5oz)  
12<sup>99</sup> ea.



M&M'S CHOCOLATE  
100g (3.5oz)  
5<sup>99</sup> ea.



TERRY'S CHOCOLATE  
100g (3.5oz)  
6<sup>99</sup> ea.



CADBURY CHOCOLATE  
100g (3.5oz)  
6<sup>49</sup> ea.



TOBLERONE CHOCOLATE BAR  
100g (3.5oz)  
12<sup>99</sup> ea.

**THE GOOD STUFF: PERSONAL CARE**



BLISTEX LIP BALM  
10g (0.35oz)  
3<sup>99</sup> ea.



JAMESON VITAMIN D3  
10g (0.35oz)  
4<sup>99</sup> ea.



NATIVE DEODORANT  
10g (0.35oz)  
15<sup>99</sup> ea.



HERO MIGHTY PATCH  
10g (0.35oz)  
13<sup>99</sup> ea.



GUM SOFT-PICKS  
10g (0.35oz)  
5<sup>99</sup> ea.



GLYSOMED HAND CREAM  
10g (0.35oz)  
4<sup>49</sup> ea.



## More Great Savings

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|                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                             |
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|  <p><b>NOW</b> </p> <p><b>\$1.49</b></p> <p><b>SELECTION</b><br/>CANNED VEGETABLES<br/>100% SELECTED VEGETABLES</p> |  <p><b>NOW</b> </p> <p><b>\$1.25</b></p> <p><b>SELECTION</b><br/>CANNED VEGETABLES<br/>100% SELECTED VEGETABLES</p>               |  <p><b>NOW</b> </p> <p><b>\$2.99</b></p> <p><b>SELECTION</b><br/>WATER ENHANCER<br/>100% SELECTED VEGETABLES</p>  |  <p><b>NOW</b> </p> <p><b>\$4.99</b></p> <p><b>SELECTION</b><br/>PEANUTS 100% 70% SELECTED VEGETABLES</p> |
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**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)

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

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**7.99** ea.

DOG FOOD 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** ea.

BUY MORE!  
SAVE MORE!

DENTALIFE  
CHEWABLE  
2.5 LBS. (1.13 kg)

**2/5** stars  
**48** ea.

BUY MORE!  
SAVE MORE!

DENTALIFE  
CHEWABLE  
2.5 LBS. (1.13 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**6.99** ea.

BLUE BUFFALO  
BITS  
2.5 LBS. (1.13 kg)

**6.99** ea.

BLUE BUFFALO  
STIX  
2.5 LBS. (1.13 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

**4/5** stars  
**5** ea.

BUY MORE!  
SAVE MORE!

PURINA BENEFUL  
DOG FOOD  
5 LBS. (2.27 kg)

## WRAP UP BRAND NAME PET FOOD

**13.99** ea.

IAMS  
CAT FOOD  
5 LBS. (2.27 kg)

**13.99** ea.

IAMS  
CAT FOOD  
5 LBS. (2.27 kg)

**13.99** ea.

IAMS  
CAT FOOD  
5 LBS. (2.27 kg)

**5** pieces  
**1.99** ea.

NATURE'S RECIPE  
CAT TREATS  
2.5 LBS. (1.13 kg)

**5** pieces  
**1.99** ea.

NATURE'S RECIPE  
CAT TREATS  
2.5 LBS. (1.13 kg)

**5** pieces  
**1.99** ea.

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CAT TREATS  
2.5 LBS. (1.13 kg)

**5** pieces  
**1.99** ea.

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**5** pieces  
**1.99** ea.

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**1.99** ea.

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**5** pieces  
**1.99** ea.

NATURE'S RECIPE  
CAT TREATS  
2.5 LBS. (1.13 kg)

**5** pieces  
**1.99** ea.

NATURE'S RECIPE  
CAT TREATS  
2.5 LBS. (1.13 kg)





We take pride in sourcing locally from the  
**Escarpment Region.**

JENSEN  
CHEDDAR CHEESE  
11.75/lb  
SELECTED VARIETIES

**2<sup>59</sup>**  
/100g



UNIOPOL  
ROLLED CHICKEN  
WITH GARLIC,  
DILL OR JALAPEÑO  
DELI SLICED, 11.75/lb  
SELECTED VARIETIES

**2<sup>59</sup>**  
/100g



HALENDIA'S  
MINI SMOKED HAM,  
SLICED BACK BACON OR  
SMOKED PORK CHOPS  
13.21/kg  
SELECTED VARIETIES

**5<sup>99</sup>**  
/lb



QUINTA  
QUINOA  
400 g

**6<sup>99</sup>**  
ea.



THE CIDER KEG  
SPARKLING DRINKS  
2 L  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.



DUTCHMAN'S GOLD  
HONEY  
500 g  
SELECTED VARIETIES

**8<sup>99</sup>**  
ea.



Effective December 4, 2025 - January 7, 2026



**SNOWDONIA**  
CHEESE CO.  
**PURE CHEESE**  
INDULGENCE

**6<sup>99</sup>**  
ea.  
SNOWDONIA  
CHUTNEY  
100-120g  
SELECTED VARIETIES

**11<sup>99</sup>**  
ea.  
SNOWDONIA  
CHEDDAR CHEESE  
150-200g  
SELECTED VARIETIES

**ELEVATED ENTERTAINING**

**9<sup>99</sup>**  
ea.  
SCHNEIDERS  
PEPPERETTES  
150-175g  
SELECTED VARIETIES

**TRUSTED BY**  
**CANADIANS**  
SINCE 1981

**8<sup>99</sup>**  
ea.  
BUTTERMAN'S GOLD  
HONEY  
150g  
SELECTED VARIETIES

**2<sup>49</sup>**  
ea.  
MAPLE LEAF  
MIGHTY PROTEIN  
CHICKEN STRIPS  
12g  
SELECTED VARIETIES

**3<sup>99</sup>**  
ea.  
KRAFT PURE  
DRESSING  
255 ml  
SELECTED VARIETIES

**3<sup>99</sup>**  
ea.  
KRAFT PURE  
DRESSING  
255 ml  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.  
PILLSBURY  
COOKIE DOUGH  
150-175g  
SELECTED VARIETIES

**1<sup>99</sup>**  
ea.  
BETTY CROCKER  
SUPERMOIST  
CAKE MIX  
250-300g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.  
CHEX CEREAL  
240-260g  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.  
SUGAR COOKIE  
TOAST CRUNCH  
CEREAL  
240-260g  
SELECTED VARIETIES

**Winter Treats**  
*for all!*

**6<sup>49</sup>**  
ea.  
NESTLE  
REAL DAIRY ICE CREAM  
FROZEN DESSERTS  
OR NOVELTIES  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.  
NESTLE  
PARLOUR FROZEN  
DESSERT TUBS OR NOVELTIES  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.  
SMUCKER'S  
JAM  
230-300 ml  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.  
JIF  
PEANUT BUTTER  
250g  
SELECTED VARIETIES

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