

VERSION 6

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (WASHO)

399

ea.

BLACKBERRIES 1/2c

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (CALIF.)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (CALIF.)

199

ea.

SNACKING TOMATOES 1/2c

PRODUCT OF U.S.A. (CALIF.)

99¢

/lb

SPANISH ONIONS 1/2c

PRODUCT OF U.S.A. (CALIF.)

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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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 2 oz) bags

399
ea.



SELECTION
CHOCOLATE CHIPS OR
BARKS & CHOCOLATE
200 g (7 oz) bags

399
ea.



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

14.99
ea.



metro.ca

\$ New Lower Prices

 7⁰⁰ ea. WONDER BREADS OR DUNKIN'S BAGELS 12.5oz	 11⁹⁹ ea. HIGH LINEER SMOKED PAC-SAL OR CATCH OF THE DAY FILETS 1.5lb	 5⁹⁹ 65 lb BRESKINABLE ARTISAN SMOKED HAM OR HALF MOON SMOKED HAM 12.5lb	 19⁹⁹ ea. OCEAN PRIME COOKED SHRIMP BRESKINABLE Jumbo Shrimp 1lb
 3⁹⁹ 65 ea. CRAVE FROZEN MEATBALLS 10oz	 6⁹⁹ ea. LIBERTE GREEK YOGURT 100oz	 6⁴⁹ ea. NATREL ORGANIC MILK 1% OR BUTTER 100oz	 9⁹⁹ ea. KELLOGG'S CEREAL MAPLE SYRUP 100oz
 6⁹⁹ ea. PEPSI MINI SOFT DRINKS 100oz	 7⁴⁹ 125 ea. SAN PELLEGRINO SPARKLING DRINKS 100oz	 2⁷⁹ 15 ea. OASIS JUICE OR DEL MONTE BEVERAGE 100oz	 17⁹⁹ 250 ea. MAXWELL HOUSE GROUND COFFEE 100oz
 5⁹⁹ ea. ACTIVA YOGURT BERRY & VANILLA 100oz	 3⁴⁹ ea. GOLDFISH OR CHEEZ-IT CRACKERS 100oz	 3⁹⁹ ea. HARDBITES CHIPS SMALL SWEETS 100oz	 1⁹⁹ ea. CAMPBELL'S CONDENSED SOUP 100oz
 6⁹⁹ ea. HELLMANN'S MAYONNAISE 100oz	 2⁴⁹ ea. BUSH'S BEANS CANNED BEANS 100oz	 3⁴⁹ ea. BEN'S ORIGINAL RICE 100oz	 4⁹⁹ ea. HEINZ KETCHUP 100oz
 5⁹⁹ ea. SCOPE MOUTHWASH 100oz	 2⁹⁹ ea. ALCAN DISH SOAP 100oz	 8⁹⁹ ea. ROYALE PAPER TOWELS 100oz	 8⁹⁹ ea. TIDE DETERGENT 100oz
I earn with mol rewards			
 3⁹⁹ ea. LAYS POTATO CHIPS 100oz	 5⁴⁹ ea. LAYS POTATO CHIPS 100oz	 4⁹⁹ ea. RITZ CRACKERS 100oz	 4⁹⁹ ea. RITZ CRACKERS 100oz
4-DAY MEAL DEAL DECEMBER 4TH - DECEMBER 7TH, 2025			
 11⁹⁹ ea. 10" X LARGE PEPPERONI PIZZA	 11⁹⁹ ea. HOT WHOLE BIRD 10lb	 11⁹⁹ ea. FRESH FRUIT & VEG 10lb	 11⁹⁹ ea. CALIFORNIA WALNUT 10lb

We reserve the right to limit quantities.
DISCOUNTS ARE SUBJECT TO STOCK.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.ca
or call 1-800-361-2263
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.

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
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



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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. & MEXICO

3⁴⁹
ea.
PINEAPPLE 1 bag
PRODUCT OF CANADA, U.S.A. & MEXICO

2⁹⁹
ea.
BELL PEPPERS 1lb
PRODUCT OF CANADA

2⁹⁹
ea.
BROCCOLI 1lb
PRODUCT OF CANADA

1⁹⁹
ea. or /lb
CUCUMBERS 1lb
PRODUCT OF CANADA, U.S.A. & MEXICO

2⁹⁹
ea.
TOMATOES 1lb
PRODUCT OF CANADA

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

2⁹⁹
ea.
BROCCOLI 1lb
PRODUCT OF CANADA

4⁹⁹
ea.
KIWI BASKETS
PRODUCT OF CANADA

4⁹⁹
ea.
PINEAPPLE 1 bag
PRODUCT OF CANADA, U.S.A. & MEXICO

3⁴⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF CANADA, U.S.A. & MEXICO

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

9⁹⁹
ea.
VANILLA POMEGRANATES
PRODUCT OF CANADA

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

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

6⁹⁹
ea.
FROZE LETTUCE
PRODUCT OF CANADA

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

1⁹⁹
ea.
PLANT-BASED ROAST & GRAVY
PRODUCT OF CANADA

5⁹⁹
/lb
BIG MOUNTAIN PLANT-BASED ROAST
PRODUCT OF CANADA

7⁹⁹
ea.
JUMBO CHESTNUTS
PRODUCT OF CANADA

3⁵⁰
ea.
MOVERS CHOCOLATE CARAMEL APPLE
PRODUCT OF CANADA

Organic

1⁶⁹
/lb
ORGANIC GREEN CABBAGE
PRODUCT OF CANADA

5⁹⁹
ea.
LITTLE POTATO CO. LITTLE POTATOES
PRODUCT OF CANADA

3⁴⁹
ea.
BOLTHOUSE FARM'S ORGANIC CHOPS
PRODUCT OF U.S.A.

12⁹⁹
ea.
GREENHOUSE ORGANIC CHOPS
PRODUCT OF U.S.A.

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 2lb
PRODUCT OF CANADA

4⁹⁹
ea.
BROCCOLI SALAD 2lb
PRODUCT OF CANADA

4⁹⁹
ea.
TOMATO CUCUMBER SALAD 2lb
PRODUCT OF CANADA

13⁹⁹
ea.
SMALL BERRY KIWI TRAY
PRODUCT OF CANADA

13⁹⁹
ea.
PUMPKIN PIE TOPPING
PRODUCT OF CANADA

13⁹⁹
ea.
MACRO PROTEIN 1lb
PRODUCT OF CANADA

40⁰⁰
ea.
CHRISTMAS MAGIC BOUQUET
PRODUCT OF CANADA

38⁹⁹
ea.
HOLLYHOCK FLOWER FEATURE
PRODUCT OF CANADA

19⁹⁹
ea.
ANTHURIUM 1lb
PRODUCT OF CANADA

5⁹⁹
ea.
POINSETTIAS 1lb
PRODUCT OF CANADA

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FRESH
2 GO

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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
13.25kg

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

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

2.29 ea. **125** points



FRONT STREET BAKERY
PECAN STREET BUNS
100-125g

2.29 ea. **125** points



LITTLE NORTHERN BAKERS
WIDE SLICED BUNS OR EVERYTHING BAGELS
250g

4.99 ea.



WHITE SLICE SLIDE
250g

8.49 ea.



MINT'S SUMMER ROLLS
250g

4.49 ea.



FURLANI TEXAS TOAST
250g

5.49 ea.



JAMON ALMOND CRUNCH CAKE
250g

3.19 ea. **250** points



INEVITABLE BUTTER TARTS
100g

6.99 ea.



SELECTION SUPER MOIST CAKES
100g

7.49 ea.



INEVITABLE BUTTER TARTS
100g

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 GRUYERE SWISS CHEESE
100g

5.99 ea.



INEVITABLE ENTEN DRY SAUSAGE
100g

2.99 ea.



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



SNIROSKI CANADIANA OR CANADIANA
100g

2.99 ea.



BURRATA
100g

3.49 ea.



MAPLE LEAF NATURAL SELECTIONS OR SNIROSKI SLICED DELI
100g

8.49 ea.



PRESIDENT OR BULLBROOK SPREADABLE CHEESE
100g

7.99 ea.



MACGARGLE ITALIAN SLICED DELI OR PILLER'S PEPPERONI
100g

6.99 ea.



RONDELE
100g

7.99 ea.



BELLITALIA SALAMI OR GOLD LABEL PEPPERONI
100g

8.79 ea.



PILLER'S PEPPERONI OR SALAMI STICKS
100g

10.99 ea.



SWISS CHALET POT PIE
100g

4.99 ea.



KANA
100g

7.49 ea.



LA BELLE BRETAGNE
100g

4.99 ea.



SWISS CHALET POT PIE
100g

8.99 ea.



KANA
100g

7.49 ea.



HUMMUS
100g

8.00 ea.



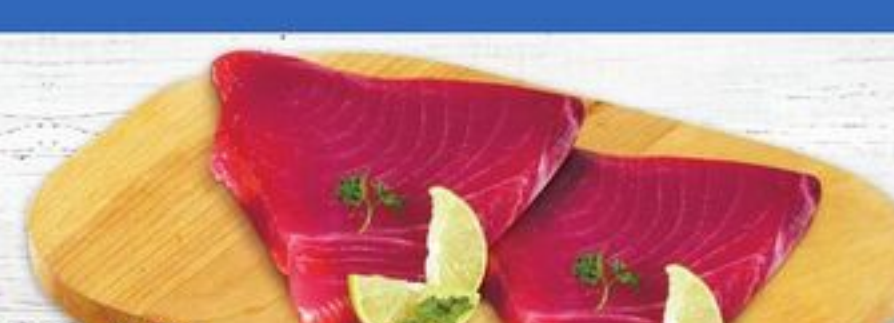
Seafood



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, 1.5 LB/680g



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETIES



7⁹⁹
ea.

**LA ROCHERIE
SMOKED STEAMED
SALMON**
FRESH, 1.5 LB/680g



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.0 LB/900g



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/680g



3⁹⁹
ea.

**OCEAN JEWEL
WHOLE MINCE
LOBSTER MEAT**
FRESH, 2.5 LB/1130g



125
points

\$1 back in points

**LA ROCHERIE
SMOKED STEAMED SALMON**
FRESH, 1.5 LB/680g



125
points

\$1 back in points

**ADAMANT
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/680g



125
points

\$1 back in points

**LA ROCHERIE
SMOKED STEAMED SALMON**
FRESH, 1.5 LB/680g



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 2.5 LB/1130g



11⁹⁹
ea.

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



17⁹⁹
ea.

**ADAMANT
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/680g



18⁹⁹
ea.

**LA ROCHERIE
SMOKED STEAMED SALMON**
FRESH, 1.5 LB/680g

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. IRRESISTIBLE WIRE-ROASTED BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. IRRESISTIBLE MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12.99 e.s. IRRESISTIBLE BREADED POPCORN SHIMP SPECIALLY PREPARED 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.



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



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



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



CHOCOLATE CHOCOLATES
100g (3.5oz)
9⁹⁹ 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 SOUR PATCH KIDS CANDY
100g (3.5oz)
4⁹⁹ ea.



PEZ CANDY
100g (3.5oz)
3⁴⁹ ea.



LAURA SECORD CHOCOLATE BOMB
100g (3.5oz)
3⁴⁹ ea.



EXCEL GUM
100g (3.5oz)
4⁷⁹ ea.

THE GOOD STUFF: PERSONAL CARE



BLISTEX LIP MEDIC
100g (3.5oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
100g (3.5oz)
4⁹⁹ ea.



NATIVE DEODORANT
100g (3.5oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
100g (3.5oz)
13⁹⁹ ea.



GLYSOMED HAND CREAM
100g (3.5oz)
4⁴⁹ ea.



GUM SOFT-PICKS
100g (3.5oz)
5⁹⁹ ea.

More Great Savings

Drizalicious PEPPERMINT CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Drizalicious RASPBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Drizalicious STRAWBERRY CHEESECAKE ICE CAKES 10x 100g BEST BEFORE 12/2024 BEST QUALITY LAST 4 99 ea.	Dole Pineapple Juice 1.5L 100% JUICE NO ADDED SUGAR 5 99 ea.	Henderson's CHEEZIES 100g 100% WHEAT NO ADDED SUGAR 3 99 ea.
MONTELLIER SPARKLING WATER 10x 500ml 100% NATURAL NO ADDED SUGAR 13 00 ea.	A&W COCA-COLA SOFT DRINKS 10x 330ml 100% NATURAL NO ADDED SUGAR 6 00 ea.	Coca-Cola SOFT DRINKS 10x 330ml 100% NATURAL NO ADDED SUGAR 6 00 ea.	VOORUIT VODKA 10x 500ml 100% GRAIN NEUTRAL NO ADDED SUGAR 2 99 ea.	Henderson's CHEEZIES 100g 100% WHEAT NO ADDED SUGAR 3 99 ea.
PRIMO TOMATO SAUCE 10x 500ml 100% TOMATO NO ADDED SUGAR 1 99 ea.	PRIMO TOMATO SAUCE 10x 500ml 100% TOMATO NO ADDED SUGAR 1 99 ea.	MONTELLIER HONEY MUSTARD 10x 500ml 100% NATURAL NO ADDED SUGAR 7 99 ea.	SAPPORO PREMIUM LAGER BEER 10x 330ml 100% NATURAL NO ADDED SUGAR 12 49 ea.	Henderson's CHEEZIES 100g 100% WHEAT NO ADDED SUGAR 3 99 ea.
Nutri-Grain CEREAL BARS 10x 30g 100% NATURAL NO ADDED SUGAR 10 99 ea.	RED ROSE TEA 10x 330ml 100% NATURAL NO ADDED SUGAR 5 49 ea.	Source YOGURT 10x 500ml 100% NATURAL NO ADDED SUGAR 2 99 ea.	Nutri-Grain CEREAL BARS 10x 30g 100% NATURAL NO ADDED SUGAR 3 49 ea.	Henderson's CHEEZIES 100g 100% WHEAT NO ADDED SUGAR 3 99 ea.
VAN HOUT McCafé 10x 330ml 100% NATURAL NO ADDED SUGAR 2 39 ea.	STARBUCKS COFFEE CREAMER 10x 330ml 100% NATURAL NO ADDED SUGAR 7 99 ea.	Milkmaid CONDENSED MILK 10x 330ml 100% NATURAL NO ADDED SUGAR 6 49 ea.	Nutri-Grain CEREAL BARS 10x 30g 100% NATURAL NO ADDED SUGAR 3 49 ea.	Henderson's CHEEZIES 100g 100% WHEAT NO ADDED SUGAR 3 99 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 PEANUT BUTTER 100% SELECTED PEANUTS
 SELECTION PEANUT BUTTER 100% SELECTED PEANUTS NOW  \$4.99	 SELECTION IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION COFFEE CREAMER 100% SELECTED COFFEE NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  \$2.99

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OF
**South
Asia**



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
CHEWIES
SELECTED VARIETIES

2/5 stars
48 per 10.99 ea.

DOE DOG TREATS
100% WHOLE WHEAT

2/5 stars
48 per 10.99 ea.

DOE DOG TREATS
100% WHOLE WHEAT

6.99 ea.

BLUE BUFFALO
BITS
SELECTED VARIETIES

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
100% WHOLE WHEAT

13.49 ea.

GOLDIE FILLS
DOG TREATS
100% WHOLE WHEAT

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
Escarpment Region.

JENSEN
CHEDDAR CHEESE
11.75/lb
SELECTED VARIETIES

2⁵⁹
/100g



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

2⁵⁹
/100g



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

5⁹⁹
/lb



QUINTA
QUINOA
400 g

6⁹⁹
ea.



THE CIDER KEG
SPARKLING DRINKS
2 L
SELECTED VARIETIES

3⁴⁹
ea.



DUTCHMAN'S GOLD
HONEY
500 g
SELECTED VARIETIES

8⁹⁹
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
100-120g
SELECTED VARIETIES

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

SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES
9⁹⁹
ea.

ELEVATED ENTERTAINING

TRUSTED BY
CANADIANS
SINCE 1981

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

100% pure and
unpasteurized

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

3⁹⁹
ea.
KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES

NO ARTIFICIAL PRESERVATIVES | **NO ARTIFICIAL FLAVOURS** | **NO ARTIFICIAL COLOURS**

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

1⁹⁹
ea.
BETTY CROCKER
SUPER MOIST
CAKE MIX
20-40g
SELECTED VARIETIES

4⁹⁹
ea.
CHEX CEREAL
340-360g
SELECTED VARIETIES

3⁴⁹
ea.
GRINCH OR
SUGAR CRUNCH
CEREAL
260-340g
SELECTED VARIETIES

3⁴⁹
ea.

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
240g
SELECTED VARIETIES

J&PB
TRY IT FOR
THE FIRST
TIME.
ONLY WITH