

Your
GO-TO
for holiday essentials.



[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 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.



metro.ca

\$ New Lower Prices

 2 Loaves 7.00 ea. WHOLE GRAIN OR DIMPERS' BAGELS WITH SEEDS OR SEEDS	 11.99 ea. HUSOCK HIGH LINE SIGNATURE HOT SIDE OF THE DAY BULET Bulet, 10 1/2" x 12 1/2"	 5.99 65 ea. ARTISAN UNBREAKABLE ARTISAN CINNAMON SWIRLED HAM OR BEEF NOOK SLICED HAM 12 1/2 lbs	 19.99 ea. Oscar Pinner CORDON SHIMP OR BRESTOBITES JUNIOR SHIMP BAG 10 1/2 lbs
 3.99 65 ea. Crave Crave Protein Muffins 12 muffins	 6.99 ea. LIBERTE GREEK LIBERTE YOGURT TUBS 6 x 170g	 6.49 ea. Natrel NATREL ORGANIC MILK BUTTER 250g	 19.99 ea. 500 ml VECTOR BLOODLESS ORIGINAL BRESTOBITES MAPLE SYRUP 100% PURE
 3.99 ea. mini POPS MINI SOFT DRINKS 12 x 100ml	 7.49 ea. SANPELLEGRINO SPARKLING DRINK 1.5L	 2.79 15 ea. OASIS OASIS FRUIT BEVERAGE 1.5L	 17.99 250 ea. 86¢ ea. MAXWELL HOUSE MAXWELL HOUSE COFFEE 250g
 5.99 ea. ACTIVIA ACTIVIA YOGURT 1.5L	 3.49 ea. CHEEZIT ORIGINAL CHEEZIT CRACKERS 100g	 3.99 ea. HARDBITES HARDBITES CANDY 100g	 1.99 ea. Campbell's CAMPBELL'S SOUP 100g
 6.99 ea. HELLMANN'S HELLMANN'S MAYONNAISE 500ml	 2.49 ea. BUSH'S BUSH'S BEANS 100g	 3.49 ea. BEN'S ORIGINAL BEN'S ORIGINAL TASTY BITE SIDE DISH 100g	 4.99 ea. HEINZ HEINZ KETCHUP 500g
 5.99 ea. SCOOP SCOOP DISHWASHER 100g	 2.99 ea. ALCAN ALCAN DISHWASHER 100g	 8.99 ea. ROYAL BATHROOMS TOILET PAPER 100g	 8.99 ea. BOUNCE BOUNCE FABRIC REFRESHER 100g

I learn with **moi** rewards

CHRISTIE FAMILY SIZE
35 LAY'S Original Cheddar Cheese **3.99**
 ea. **SAVING \$1.00**

CHRISTIE FAMILY SIZE
40 LAY'S Honey Mustard **5.49**
 ea. **SAVING \$1.00**

CHRISTIE FAMILY SIZE
40 LAY'S Dill & Onion **5.49**
 ea. **SAVING \$1.00**

CHRISTIE FAMILY SIZE
40 OREO Double Stuf Cookies **5.49**
 ea. **SAVING \$1.00**

CHRISTIE FAMILY SIZE
40 OREO Thins **5.49**
 ea. **SAVING \$1.00**

CHRISTIE FAMILY SIZE
49 RITZ Butter Baked Crackers **4.99**
 ea. **SAVING \$1.00**

[illegible]

Offers in this flyer are available at the following Metro locations only:
400 Bayfield Street and 640 Maplevue Drive East

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.



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



**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 U.S.A. & MEXICO

1⁹⁹ lb
EXTRA LARGE
BEEFSTEAK TOMATOES
PRODUCT OF U.S.A. & MEXICO
4.28kg

2⁹⁹ ea.
BELL PEPPERS 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
BROCCOLI 5 PK
PRODUCT OF U.S.A. & MEXICO

2⁹⁹ ea.
CRANBERRIES 1kg
PRODUCT OF U.S.A. & MEXICO

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

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

4⁹⁹ ea.
KIWI BASKETS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
PINEAPPLES 1ea
PRODUCT OF U.S.A. & MEXICO

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

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

9⁹⁹ ea.
VANILLA
POMEGRANATES
PRODUCT OF U.S.A. & MEXICO

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

4⁴⁹ ea.
GOOD LEAF
SALAD MIXES
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
WILD WONDERS
SWEET PEPPERS
PRODUCT OF MEXICO

4⁹⁹ ea.
LIFE SAVER
NATURAL
SWEET APPLE
CIDER
PRODUCT OF U.S.A. & MEXICO

1⁹⁹ ea.
PLANT BASED
ROAST & GRAVY
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
BIG MOUNTAIN
PLANT BASED
ROAST
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ /lb
JUMBO CHESTNUTS
PRODUCT OF U.S.A. & MEXICO

7⁹⁹ ea.
MOVERS
CHOCOLATE
CARAMEL APPLE
PRODUCT OF U.S.A. & MEXICO

1⁶⁹ /lb
ORGANIC GREEN
CABBAGE
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
LITTLE POTATO CO.
PRODUCT OF U.S.A. & MEXICO

3⁴⁹ ea.
BOLTHOUSE FARM'S
ORGANIC CHITS
PRODUCT OF U.S.A. & MEXICO

12⁹⁹ ea.
FIERY GINGER
IMMUNITY
POWDER
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
HOLIDAY FRUIT SALAD
PRODUCT OF U.S.A. & MEXICO

13⁹⁹ ea.
SMALL BERRY
KIWI TRAY
PRODUCT OF U.S.A. & MEXICO

50 points
PUMPKIN PIE
TOPPING
PRODUCT OF U.S.A. & MEXICO

40⁰⁰ ea.
HOLIDAY BLOOMS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
POINSETTIA
PRODUCT OF U.S.A. & MEXICO

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 BONELESS ROAST
BLADE ROAST
100% CANADIAN ANGUS BEEF
26.43kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

PLATINUM GRILL ANGUS
PORK LOIN ROAST
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
8.80kg

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
BOLDONIA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
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

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
POT PIE
100g

4⁹⁹
ea.



SWISS CHALET
POT PIE
100g

8⁹⁹
ea.



KANA
BANI
100g

7⁴⁹
ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8⁰⁰
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

FLAVOURS OF

italy





JUMBO

3⁹⁹

ea.

JUMBO HONEYDEW

PRODUCT OF MEXICO



2⁴⁹

/lb

SMALL ITALIAN TOMATOES

PRODUCT OF SPAIN

5.45kg



3⁹⁹

ea.

MORTADELLA

PRODUCT OF ITALY



9⁹⁹

ea.

BURRATA

PRODUCT OF ITALY



12⁹⁹

/lb

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALLE PACK

25.64kg



8⁹⁹

ea.

ROCK HARBOUR

ANCHOVES IN OLIVE OIL 105g



31⁹⁹

ea.

FRONT STREET BAKERY

BACHIO HAZELNUT CAKE

175g



2⁹⁹

ea.

FRONT STREET BAKERY

MINI CALABRESSE BREAD

200g



4⁹⁹

ea.

MARINELLI

PASTA SAUCE

400g



3⁴⁹

ea.

RIO MARE INSALATISSIME

LIGHT TUNA SALAD

250g (8.8oz)



16⁹⁹

ea.

BIANCHI FLAVOURED

PANCAKES

10.5g (0.37oz)



5⁹⁹

ea.

MONTI VERDE

PANCAKE

100g (3.5oz)

© 2024 Foodland. All rights reserved. Prices subject to change without notice.

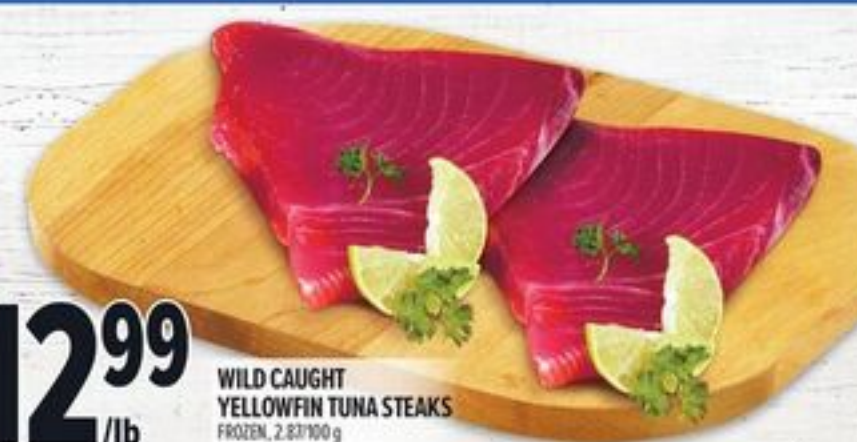
Seafood



12⁹⁹
/lb

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

Fresh From Iceland
Atlantic Salmon
Wild Cod



12⁹⁹
/lb

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



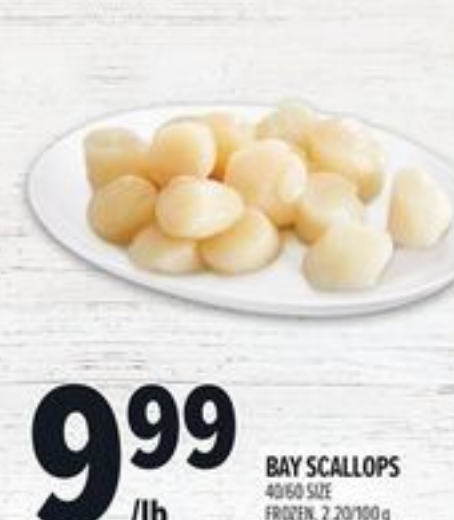
CHOICE
12⁹⁹
ea.

CHICOT OYSTERS
SELECTED HARVEST



7⁹⁹
ea.

**LA ROCHEPIERE
SMOKED STEELHEAD
SALMON**
1 LB



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX



12⁰⁰
ea.

**CALIFORNIA
HIGH COUNTRY - 100%
CALIFORNIA
VARIETY PACK**
100 SELECTED HARVEST



125
points

**OCEAN JEWEL
WEST COAST
HOMARD SEA
BASS**
FRESH, 1.5 LB

\$1 back in points



125
points

**ADMIRAL
SNOW CRAB
CLUSTERS**
FRESH, 1.5 LB

\$1 back in points



18⁹⁹
ea.

**ROCK HARBOR
CANADIAN LOSTER
CLAMS & ARMS**
FRESH, 1.5 LB

\$1 back in points

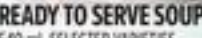


3⁹⁹
ea.

**MINCED COKED
LOYSER MEAT**
FRESH, 1.5 LB

30 pounds 2⁹⁹ e.s. IRRESISTIBLE® COOKED MUSSEL MEAT	40 pounds 8⁹⁹ e.s. IRRESISTIBLE® BREASTED FIRE-ROASTED SCALLOP MEDALLIONS	50 pounds 9⁹⁹ e.s. IRRESISTIBLE® BREASTED MARINATED MUSSELS	50 pounds 12⁹⁹ e.s. IRRESISTIBLE® BREASTED BREADED POPCORN SHRIMP
--	---	---	---

Tim Hortons

 3⁹⁹ ea. TIM HORTONS READY TO SERVE SOUP 100% WHOLE GRAIN SOUP	 6⁹⁹ ea. TIM HORTONS HOT CHOCOLATE WITH REAL VANILLA FLAVOUR	 8⁹⁹ ea. TIM HORTONS INSTANT COFFEE WITH REAL COFFEE	 7⁹⁹ ea. TIM HORTONS COFFEE CAPSULES 100% ARABICA COFFEE
--	---	--	--

© 2010 The Hershey Company. "Festive" and "A World of Good" are registered trademarks of The Hershey Company.

Kellogg's Cereal
Festive
MORNINGS

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

RICE KRISPIES
Festive Mornings
Cereal

CORN FLAKES
Festive Mornings
Cereal

FROSTED FLAKES
Festive Mornings
Cereal

© 2010 The Hershey Company. "Festive" and "A World of Good" are registered trademarks of The Hershey Company.

Natrel
1% LOWFAT SWISS CHEDDAR CHEESE
\$6.49
ea.

COMF

CHEESE

Freeze Festival

ENTER FOR A CHANCE TO
WIN CHEESE FOR A YEAR!

WWW.FREECHEESE.CA



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



649
ea.

**KNORR BASE OF
CONCENTRATED
BOUILLON** 100g
SUGGESTED VARIANTS



449
ea.

**KNORR BROTH
BOUILLON BASE** 100g
SUGGESTED VARIANTS



125
ea.

KNORR SAUCE OR CREAMY
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)
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 SELECTED VARIETIES	 NOW \$1.25 SELECTION TOMATOES SELECTED VARIETIES	 NOW \$2.99 SELECTION WATER ENHANCER SELECTED VARIETIES	 NOW \$4.99 SELECTION PEANUT BUTTER SELECTED VARIETIES
 SELECTION FRUIT BUTTER SELECTED VARIETIES NOW \$4.99	 IMMORTAL DRESSING 1L NOW \$3.99	 SELECTION CREAM COFFEE CREAMER SELECTED VARIETIES NOW \$3.99	 SELECTION SOUR CREAM SELECTED VARIETIES NOW \$2.99
 SELECTION SAVED MEALS SELECTED VARIETIES NOW \$4.49	 LIFE CHAMY NATURAL TOSTITOS SELECTED VARIETIES NOW \$3.49	 SELECTION CHEDDAR CHEESE SELECTED VARIETIES NOW \$4.99	 SELECTION LEMONADE DRINKS SELECTED VARIETIES 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

FLAVOURS
OF
**South
Asia**



Non-GMO

Nature's Butts
Almond Butter
100g
SELECTED VARIETIES

14⁹⁹
ea.

Organic Meadow
Cream Cheese 20g
SELECTED VARIETIES

6⁹⁹
ea.

Celestial
Tea 100g
SELECTED VARIETIES

5⁴⁹
ea.

Life Smart
Lecithins
SELECTED VARIETIES

1⁹⁹
ea.

Imagine
Dried Fruit
SELECTED VARIETIES

6⁴⁹
ea.

Life Smart
Maple Syrup 100g
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

Zazibean
Chocolate 100g
SELECTED VARIETIES

4⁹⁹
ea.

Earth Balance
Spread 400g
SELECTED VARIETIES

7⁴⁹
ea.

Greenhouse
Creamer 100g
SELECTED VARIETIES

6⁴⁹
ea.

Made Good
Granola Bars 100g
SELECTED VARIETIES

4⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!
2 for
6⁰⁰
ea.

Baby Wipes
100% Natural
SELECTED VARIETIES

10⁴⁹
ea.

Axe
Deodorant 150g
SELECTED VARIETIES

6⁹⁹
ea.

Live Clean
Body Wash 100g
SELECTED VARIETIES

8⁹⁹
ea.

Preserve
Hair Care 100g
SELECTED VARIETIES

6⁹⁹
ea.

U
Beauty 100g
SELECTED VARIETIES

5⁹⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

LYSOL
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

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

Organic

Crank
Coffee 100g
SELECTED VARIETIES

15⁹⁹
ea.

Crank
Yoghurt 100g
SELECTED VARIETIES

15⁹⁹
ea.

Crank
Honey 100g
SELECTED VARIETIES

15⁹⁹
ea.

Crank
Peanut Butter 100g
SELECTED VARIETIES

15⁹⁹
ea.

Imagine
Dried Fruit 100g
SELECTED VARIETIES

6⁴⁹
ea.

Life Smart
Maple Syrup 100g
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

Zazibean
Chocolate 100g
SELECTED VARIETIES

4⁹⁹
ea.

Earth Balance
Spread 400g
SELECTED VARIETIES

7⁴⁹
ea.

Greenhouse
Creamer 100g
SELECTED VARIETIES

6⁴⁹
ea.

Made Good
Granola Bars 100g
SELECTED VARIETIES

4⁴⁹
ea.

Household Helpers

Gain
Fluoride
100g
SELECTED VARIETIES

4⁹⁹
ea.

Clorox
Dual Action
100g
SELECTED VARIETIES

7⁹⁹
ea.

Finish
All in One
100g
SELECTED VARIETIES

17⁹⁹
ea.

LYSOL
Dual Action
100g
SELECTED VARIETIES

8⁹⁹
ea.

LYSOL
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

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

[illegible]



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



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

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
250-300g
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.



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



SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES

6⁴⁹
ea.



JIF
PEANUT BUTTER
1kg
SELECTED VARIETIES

6⁴⁹
ea.