

[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
UNUSURROGABLE 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
100 g (3.5 oz) bags

399 ea.



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

14.99 ea.

750 g



\$ New Lower Prices



700
ea.

WONDER BREADS OR
WONDER'S BAGELS
SELECTED VARIETIES
12.5 Oz. (350g)



1199
ea.

HIGH LINEAR
HADDOCK
FISH STEAK OR
CATCH OF THE DAY
FILLETS
SELECTED VARIETIES
12.5 Oz. (350g)



599
lb

IRRESISTIBLE ARTISAN
SEMI BONELESS SMOKED HAM OR
BONE BONE SMOKED HAM
13.25 lb



1999
ea.

OCEAN POINT
COOKED SHRIMP
16 Oz. (454g)
IRRESISTIBLE
JUMBO SHRIMP RING
16 Oz. (454g)



399
ea.

Crave Protein
SELECTED VARIETIES



699
ea.

LIBERTE
YOGURT TUBS
10 Oz. (283g)
SELECTED VARIETIES



649
ea.

NATREL ORGANIC
MILK 2% OR
BUTTER 82%
SELECTED VARIETIES



999
ea.

KELOLOG'S CEREAL
MAPLE SYRUP OR SASA
SELECTED VARIETIES



**SAVE \$4.99
BUY TWO
GET ONE
FREE**

MINI
POPS
SELECTED VARIETIES



749
ea.

SANPELLEGRINO
SPARKLING DRINKS
1.5 L (50.7 FL OZ)



279
ea.

DORITOS
SELECTED VARIETIES



1799
ea.

MAXWELL
HOUSE
GROUND
COFFEE
12 Oz. (340g)



599
ea.

ACTIVIA
YOGURT
BERRY & JERRY'S OR
BRIEFS ICE CREAM
SELECTED VARIETIES



349
ea.

CHEEZ-IT
GOLDEN OR CHEEZ-IT
CRACKERS
SELECTED VARIETIES



399
ea.

HARDBITES
SELECTED VARIETIES



199
ea.

CAMPBELL'S
BROTH OR SOUP
SELECTED VARIETIES



699
ea.

HELLMANN'S
MAYONNAISE
FRANK'S SAUCE
SELECTED VARIETIES



249
ea.

BUSH'S
BEANS
SELECTED VARIETIES



349
ea.

BEN'S ORIGINAL
SELECTED VARIETIES



499
ea.

HEINZ
KETCHUP
SELECTED VARIETIES



599
ea.

SENSODYNE
TOOTH PASTE
SELECTED VARIETIES



299
ea.

SAVON
SELECTED VARIETIES



899
ea.

TIDE
SELECTED VARIETIES



899
ea.

BOUNCE
SELECTED VARIETIES

i earn with mol rewards

LAY'S FAMILY SIZE
CRACKERS
SELECTED VARIETIES

35
ea.

399
ea.

40
ea.

549
ea.

CRACKERS
SELECTED VARIETIES

40
ea.

499
ea.

CRACKERS
SELECTED VARIETIES

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

YOUR CHOICE 1199
ea.



10" x 14" LARGE
PEPPERONI
CHEESE PIZZA
12 TOPPINGS (LIMITED)



STORE MADE
SANDWICHES
SELECTED VARIETIES



20 CHICKEN WINGS
SELECTED VARIETIES



ASSORTED CALIFORNIA CORNITOS OR
CALIFORNIA BOLL VARIETY PACK
10 TOPPINGS (LIMITED)

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

We reserve the right to limit quantities, substitutions and expiration dates. Some products may not be available in all stores.

Visit us at metro.ca or call 1-800-387-6262 to learn more about our rewards program.

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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



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 OR
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
PRODUCT OF CANADA

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

2⁹⁹
ea.
CRANBERRIES 140g
PRODUCT OF U.S.A.

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

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

4⁹⁹
ea.
KIWI BASKETS
100g
PRODUCT OF CANADA

4⁹⁹
ea.
PINEAPPLE 400g
PRODUCT OF SOUTH AFRICA &
MEXICO

3⁴⁹
/lb
BRUSSELS SPROUTS
700g
PRODUCT OF U.S.A. & CANADA

2⁹⁹
ea.
ENDIVE OR ESCAROLE
200g
PRODUCT OF U.S.A.

9⁹⁹
ea.
VANILLA POMEGRANATES
150g
PRODUCT OF CANADA

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

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

6⁹⁹
ea.
FROZEN LETTUCE
600g
PRODUCT OF U.S.A.

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

19⁹⁹
ea.
PLANT-BASED ROAST & GRAVY
19.99
PRODUCT OF CANADA

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

5⁹⁹
/lb
JUMBO CHESTNUTS
13.25kg
PRODUCT OF CANADA

7⁹⁹
ea.
MOVERS CHOCOLATE CARAMEL APPLE
35 points
PRODUCT OF CANADA

Organic

1⁶⁹
/lb
ORGANIC GREEN CABBAGE
3.75kg
PRODUCT OF CANADA

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

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

12⁹⁹
ea.
GREENHOUSE ORGANIC CHAI
12.99
PRODUCT OF U.S.A.

Sliced & Diced

4⁹⁹
ea.
HILLSIDE FRUIT SALAD 200g
PRODUCT OF CANADA

4⁹⁹
ea.
BROCCOLI SALAD 200g
PRODUCT OF CANADA

4⁹⁹
ea.
TOMATO CUCUMBER SALAD 200g
PRODUCT OF CANADA

13⁹⁹
ea.
SMALL BERRY KIWI TRAY
13.99
PRODUCT OF CANADA

13⁹⁹
ea.
PUMPKIN PIE TOPPINGS
13.99
PRODUCT OF CANADA

50
points
MACRO PROTEIN
50 points
PRODUCT OF CANADA

40⁰⁰
ea.
CHRISTMAS MAGIC BOUQUET
40.00
PRODUCT OF CANADA

38⁹⁹
ea.
POINSETTIA
38.99
PRODUCT OF CANADA

19⁹⁹
ea.
ANTHURIUM
19.99
PRODUCT OF CANADA

5⁹⁹
ea.
POINSETTIA
5.99
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
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
13.2kg

50 points

3⁹⁹
/lb

BREADED PORK LOIN CUTLETS VALUE PACK
8.8kg

125 points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.2kg

125 points

8⁹⁹
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS
FRESH SPLIT CHICKEN WINGS
11.2kg

3⁹⁹
ea.

SELECTION
BOLDORNA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED HITS
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
11.2kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.2kg

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
400-450g

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.

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



SMOKED CANADIAN OR CANADIAN HAM
100g

2.99 ea.



PARMIGIANO REGGIANO AGED 24 MONTHS
100g

3.49 ea.



MAPLE LEAF NATURAL SELECTIONS OR SCHMEERS SLICED DELI
100g

8.49 ea.



PRESIDENT OR BALLBROOK SPREADABLE CHEESE
100g

7.99 ea.



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



KERRYGOLD DOUBLE CREAM CHEESE
100g

7.49 ea. **125** points



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



KERRYGOLD DOUBLE CREAM CHEESE
100g

7.49 ea. **125** points



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



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100g

7.49 ea. **125** points



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100g

8.99 ea. **125** points



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100g

7.49 ea. **125** points



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100g

8.99 ea. **125** points



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100g

7.49 ea. **125** points



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100g

8.99 ea. **125** points



KERRYGOLD DOUBLE CREAM CHEESE
100g

7.49 ea. **125** points



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



KERRYGOLD DOUBLE CREAM CHEESE
100g

7.49 ea. **125** points



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



KERRYGOLD DOUBLE CREAM CHEESE
100g

7.49 ea. **125** points



BELLACASA BURRATA CHEESE
100g

8.99 ea. **125** points



KERRYGOLD DOUBLE CREAM CHEESE
100g

7.49 ea. **125** points

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.

MORTADELLA

3⁹⁹
ea.

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALLE 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 fillets, 2.5 lb/box

12⁹⁹
/lb

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

12⁹⁹
ea.

**CHOICE
CHICOT OYSTERS**
SELECTED HARVEST

7⁹⁹
ea.

**LA ROCHEPIERE
SMOKED STEAMED
SALMON**
1 LB

9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.00 LB/BOX

12⁰⁰
ea.

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

3⁹⁹
ea.

**MINCED COKED
LOAFST MEAT**
FRESH, 1.75 LB

12⁵⁰
points

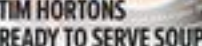
**ADAMANT
SNOW CRAB
CLUSTERS**
FRESH, 1.5 LB

18⁹⁹
ea.

**ROCK HARBOR
CANADIAN LOBSTER
CLAWS & ARMS**
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
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Tim Hortons

 3⁹⁹ ea. TIM HORTONS® READY TO SERVE SOUP 100% REAL CHICKEN 100% REAL BEEF 100% REAL PORK 100% REAL TURKEY 100% REAL STEAK 100% REAL SAUSAGE 100% REAL HAM 100% REAL PASTA 100% REAL RICE 100% REAL ONIONS 100% REAL CARROTS 100% REAL CELERY 100% REAL POTATOES 100% REAL CORN 100% REAL BEANS 100% REAL TOMATOES 100% REAL HERBS 100% REAL SEASONINGS 100% REAL OILS 100% REAL BUTTER 100% REAL EGGS 100% REAL MILK 100% REAL SUGAR 100% REAL SALT 100% REAL YEAST 100% REAL FLOUR 100% REAL BAKING POWDER 100% REAL BAKING SODA 100% REAL VANILLA 100% REAL CHOCOLATE 100% REAL COCOA 100% REAL CREAM 100% REAL WHIPPED CREAM 100% REAL ICING 100% REAL FROSTING 100% REAL CANDY 100% REAL GUM 100% REAL CHOCOLATE 100% REAL COCOA 100% REAL CREAM 100% REAL WHIPPED CREAM 100% REAL ICING 100% REAL FROSTING 100% REAL CANDY 100% REAL GUM	 6⁹⁹ ea. TIM HORTONS® HOT CHOCOLATE 100% REAL CHOCOLATE 100% REAL MILK 100% REAL SUGAR 100% REAL SALT 100% REAL YEAST 100% REAL FLOUR 100% REAL BAKING POWDER 100% REAL BAKING SODA 100% REAL VANILLA 100% REAL CHOCOLATE 100% REAL COCOA 100% REAL CREAM 100% REAL WHIPPED CREAM 100% REAL ICING 100% REAL FROSTING 100% REAL CANDY 100% REAL GUM	 8⁹⁹ ea. TIM HORTONS® INSTANT COFFEE 100% REAL COFFEE 100% REAL SUGAR 100% REAL SALT 100% REAL YEAST 100% REAL FLOUR 100% REAL BAKING POWDER 100% REAL BAKING SODA 100% REAL VANILLA 100% REAL CHOCOLATE 100% REAL COCOA 100% REAL CREAM 100% REAL WHIPPED CREAM 100% REAL ICING 100% REAL FROSTING 100% REAL CANDY 100% REAL GUM	 7⁹⁹ ea. TIM HORTONS® COFFEE CAPSULES 100% REAL COFFEE 100% REAL SUGAR 100% REAL SALT 100% REAL YEAST 100% REAL FLOUR 100% REAL BAKING POWDER 100% REAL BAKING SODA 100% REAL VANILLA 100% REAL CHOCOLATE 100% REAL COCOA 100% REAL CREAM 100% REAL WHIPPED CREAM 100% REAL ICING 100% REAL FROSTING 100% REAL CANDY 100% REAL GUM
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Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
and 100% WHOLE GRAIN
WHEAT FLAKES
with CRACKED CORN

6.99
ea.

RICHE RISIBLES
CEREAL
with CRACKED CORN
and CRACKED CORN
and CRACKED CORN

6.99
ea.

NATREL
ORGANIC COCONUT CREAM
COLLECTOR'S EDITION

6.99
ea.

NATREL
ORGANIC COCONUT CREAM
COLLECTOR'S EDITION

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
1.5L
SUGGESTED VARIANTS



125
ea.

KNORR SAUCE OR CREAMY
250g
SUGGESTED VARIANTS



649
ea.

KNORR BASE FOR
CONCENTRATED
BOUILLON 1.5L
SUGGESTED VARIANTS



449
ea.

KNORR BROTH
250g
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)
9⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



LINDT BEAR CHOCOLATE
100g (3.5oz)
7⁹⁹ ea.



GHIRARDELLI 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 MASCALLOON HOT CHOCOLATE BOMB
100g (3.5oz)
3⁴⁹ ea.



EXCEL GUM
100g (3.5oz)
4⁷⁹ ea.



BLISTEX LIP MEDICINE
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

[illegible]

↓ 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 WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION IMMEDIATE DRESSING 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION CREAM COFFEE CREAMER 10% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 14% SELECTED VEGETABLES NOW  \$2.99
 SELECTION SALSA 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LIFE CHANGING NATURAL TUNA CHIPS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION SLICED CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LEMONADE 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

Non-GMO

Nature's Butts
Almond Butter
100g
SELECTED VARIETIES

14⁹⁹
ea.

ORGANIC MEADOW
CREAM CHEESE 200g
SELECTED VARIETIES

6⁹⁹
ea.

CELESTIAL
TEA 100% NATURAL
SELECTED VARIETIES

5⁴⁹
ea.

LIFE SMART
LEGUMES
CHICK PEAS 150g
SELECTED VARIETIES

1⁹⁹
ea.

Organic

Crank Coffee
100g
SELECTED VARIETIES

15⁹⁹
ea.

CRANK COFFEE
VARIETY PACK 100g
SELECTED VARIETIES

15⁹⁹
ea.

IMAGINE
DRINK 100% NATURAL
SELECTED VARIETIES

6⁴⁹
ea.

LIFE SMART
MAPLE SYRUP 100% NATURAL
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

Zazibean Chocolate
100g
SELECTED VARIETIES

4⁹⁹
ea.

EARTH BALANCE
SPREAD 400g
SELECTED VARIETIES

7⁴⁹
ea.

GREENHOUSE
CREAMER 100% PLANT-BASED
SELECTED VARIETIES

6⁴⁹
ea.

MADE GOOD
GRANOLA BARS 100g
SELECTED VARIETIES

4⁴⁹
ea.

CROFTER'S
JAM 100% NATURAL
SELECTED VARIETIES

5⁹⁹
ea.

CROFTER'S
STRAWBERRY TARTS 100g
SELECTED VARIETIES

5⁹⁹
ea.

BOB'S RED MILL
BROWNIE MIX 100g
SELECTED VARIETIES

35⁹⁹
ea.

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

Baby & Beauty

BUY MORE!
SAVE MORE!

2 for 6⁰⁰

2 for 6⁰⁰
ea.

10⁴⁹
ea.

AXE DEODORANT 100% NATURAL
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
BODY WASH 100% NATURAL
SELECTED VARIETIES

8⁹⁹
ea.

TRESemme
HAIR CARE 100% NATURAL
SELECTED VARIETIES

6⁹⁹
ea.

U BY KOTEX
SANITARY PADS 100% NATURAL
SELECTED VARIETIES

5⁹⁹
ea.

METHOD
HAND WASH 100% NATURAL
SELECTED VARIETIES

5⁴⁹
ea.

Household Helpers

4⁹⁹
ea.

7⁹⁹
ea.

17⁹⁹
ea.

8⁹⁹
ea.

8⁵⁰
ea.

8⁵⁰
ea.

8⁹⁹
ea.

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

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)

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
5 LBS. (2.27 kg)

7.99 ea.

DOE DOG 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 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

5 per 4.49 ea.

BETTER
WITH REAL MEAT
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

2/5 stars
48 per 10.99 ea.

DENTALIFE
CHEWABLE DOG TREATS
2.5 LBS. (1.13 kg)

6.99 ea.

BLUE BUFFALO
BITS DOG TREATS
2.5 LBS. (1.13 kg)

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
2.5 LBS. (1.13 kg)

13.49 ea.

GOLDIE FUN
DOG TREATS
2.5 LBS. (1.13 kg)

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
2.5 LBS. (1.13 kg)

14.49 ea.

VITALITE
DOG TREATS
2.5 LBS. (1.13 kg)

50 pieces
10.99 ea.

NATURE'S RECIPE
MIXED BERRY
2.5 LBS. (1.13 kg)

WRAP UP BRAND NAME PET FOOD

5 stars
1.99 ea.

NATURE'S RECIPE
WET DOG FOOD
2.5 LBS. (1.13 kg)

65 pieces
20.49 ea.

CESAR
MULTI-PURPOSE WET
DOG FOOD
2.5 LBS. (1.13 kg)

5/5 stars
5 per 1.49 ea.

PROKIES
BLISSFUL WET CAT FOOD
2.5 LBS. (1.13 kg)

18.99 ea.

IAMS
DRY DOG FOOD
2.5 LBS. (1.13 kg)



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



SCHNEIDER'S
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
250g
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.



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



JIF
PEANUT BUTTER
240g
SELECTED VARIETIES

6⁴⁹
ea.