

HOLIDAY
FESTIVE
FAVOURITES



2⁹⁹
/100 g

BRANDT VOLAUFSER COIL,
MEZCLADE, POLISH HAM, HONEY MAPLE HAM OR
SELECTION OF FLOURED HAM
200-250 g, 10-12 slices



19⁹⁹
ea.

AQUA STAR COOKED SALMON
WILD PINK ARGENTIMAN
SALMON SMOKED IN BRINE
DOM NORDVEGEN FJORD
SMOKED SALMON 400 g



12⁹⁹
ea.

STORE MADE
CARPACCIO
100 g, 10-12 slices



1²⁵
ea.

STOVE TOP STUFFING, FRANCO-AMERICAN OR
CLASSIC PRODUCE GRavy
100 g, 10-12 slices



3⁴⁹
ea.

WUFFLES CHIPS, DORITOS OR CHEETOS
SNACKS, TOSTITOS TORTILLA CHIPS
200-250 g, 10-12 slices



250
points

15⁹⁹
ea.

WATTLE QUALITY STREET
CHOCOLATES
200-250 g, 10-12 slices

\$2
back in
points

HOLIDAY ENTERTAINING

Irresistible
CHEESE STICKS
JALAPENO
POPPERS OR
SAUSAGE ROLLS
100% REAL MEAT

5⁹⁹
ea.

Irresistible
HOT SAUSAGE ROLLS
NEW

Irresistible
MEDITERRANEAN
MOZZARELLA
BATTERED CHEESE STICKS

Irresistible
MEATBALLS
100% REAL MEAT
GLUTEN FREE

8⁹⁹
ea.

Irresistible
MEATBALLS
BOULETTES

Irresistible
MEATBALLS
BOULETTES

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE

8⁹⁹
ea.

Irresistible
GOURMET BOURNE
SAUSAGES
WITH
BRUSCHETTA

Irresistible
CANNIBY BROS.
GOURMET SAUSAGES OR
PARTY PACK PARTY PACK
100% REAL MEAT

Irresistible
PINEAPPLE
BROS.
BOUCHÉES
AND PASTA
LUMPIAS

5⁹⁹
ea.

Irresistible
APPETIZERS
ROLLS 20-25
GLUTEN FREE

NEW

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
COCONUT SHIMP
TARTARUS SHIMP
100% REAL MEAT

Irresistible
COCONUT
SHIMP
CREVETTES
SAISONNÉES

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHIMP RING
100% REAL MEAT

\$ New Lower Prices



2 for \$7.00
D'ITALIANO BREAD, ROLLS OR BUNS
SELECTED BRANDS
OR 3 LBS.



\$2.00
Doritos Baked Beans
15.5 oz. can



\$2.00
Doritos Baked Beans
15.5 oz. can



11.99
FRESH 2 GO CHICKEN WINGS OR PIZZA
SELECTED BRANDS
OR 12.5 LBS.



9.99
MAPLE LEAF OR SCHWEITZER SMOKED HAM
SELECTED BRANDS
OR 12.5 LBS.



125 points
BUTTERBALL TURKEY HAM
SELECTED BRANDS
OR 12.5 LBS.



35 points
KEWEENAW DRESSING
SELECTED BRANDS
OR 12.5 LBS.



6.99
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



7.00
MIX MATCH VEGETARIAN CALIFORNIA OR SPICY CALIFORNIA ROLLS
SELECTED BRANDS
OR 12.5 LBS.



4.49
ACTIVIA YOGURT
SELECTED BRANDS
OR 12.5 LBS.



4.49
ACTIVIA YOGURT
SELECTED BRANDS
OR 12.5 LBS.



3.49
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



7.99
NESCAFE OR TASTER'S CHOICE
SELECTED BRANDS
OR 12.5 LBS.



3.99
FIVE ALIVE DRINK OR PURE CIDER TEA
SELECTED BRANDS
OR 12.5 LBS.



250 points
FIVE ALIVE DRINK OR PURE CIDER TEA
SELECTED BRANDS
OR 12.5 LBS.



1.99
PILLSBURY CRESCENTS
SELECTED BRANDS
OR 12.5 LBS.



125 points
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



6.49
Hwy 200 or Highway 200
SELECTED BRANDS
OR 12.5 LBS.



3.99
CELEBRATION COOKIES
SELECTED BRANDS
OR 12.5 LBS.



3.99
CELEBRATION COOKIES
SELECTED BRANDS
OR 12.5 LBS.



11.99
CORONA BEER
SELECTED BRANDS
OR 12.5 LBS.



7.99
MALIBU WATER
SELECTED BRANDS
OR 12.5 LBS.



1.79
BEN'S ORIGINAL RICE
SELECTED BRANDS
OR 12.5 LBS.



1.79
BEN'S ORIGINAL RICE
SELECTED BRANDS
OR 12.5 LBS.



3.99
QUE PASA KETTLE CHIPS OR ANGIE'S POPCORN
SELECTED BRANDS
OR 12.5 LBS.



3.99
QUE PASA KETTLE CHIPS OR ANGIE'S POPCORN
SELECTED BRANDS
OR 12.5 LBS.



12.99
MERCY BOUILLON OR GRAVY
SELECTED BRANDS
OR 12.5 LBS.



5.49
AXE OR NIVEA PERSONAL CARE
SELECTED BRANDS
OR 12.5 LBS.



5.49
AXE OR NIVEA PERSONAL CARE
SELECTED BRANDS
OR 12.5 LBS.



4.49
ZIPLOC, SELECTION GARBAGE BAGS OR ENVELOPES
SELECTED BRANDS
OR 12.5 LBS.



4.49
ZIPLOC, SELECTION GARBAGE BAGS OR ENVELOPES
SELECTED BRANDS
OR 12.5 LBS.



10.99
TIDE SIMPLY DOWNY OR DOWNY
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



4.99
RITZ OR TRISCUIT
SELECTED BRANDS
OR 12.5 LBS.



4.99
RITZ OR TRISCUIT
SELECTED BRANDS
OR 12.5 LBS.



1.99
KNORR BOUILLON OR GRAVY
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



5.49
COKE OR DIET COKE
SELECTED BRANDS
OR 12.5 LBS.



4.99
RITZ OR TRISCUIT
SELECTED BRANDS
OR 12.5 LBS.



4.99
RITZ OR TRISCUIT
SELECTED BRANDS
OR 12.5 LBS.



1.99
KNORR BOUILLON OR GRAVY
SELECTED BRANDS
OR 12.5 LBS.

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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 17, 2025, in-store or online



NOW
299
ea.
SAVE UP TO
\$1

399
ea.
LECLERC
COOKIES
240 g
SELECTED VARIETIES



NOW
199
ea.
SAVE UP TO
\$1.50

349
ea.
BETTY CROCKER
POTATOES
141 - 215 g
SELECTED VARIETIES



NOW
199
ea.
SAVE UP TO
\$1.30

329
ea.
DEL MONTE
NECTAR
960 ml
SELECTED VARIETIES



NOW
2199
ea.
SAVE UP TO
\$6

2799
ea.
SELECTION CASHEWS
OR MIXED NUTS
1.15 kg
SELECTED VARIETIES



NOW
499
ea.
SAVE UP TO
\$4

899
ea.
GAIN
SCENT BOOSTERS
303 - 379 g
SELECTED VARIETIES



NOW
599
ea.
SAVE UP TO
\$2

799
ea.
PREMIÈRE MOISSON
SOUP
700 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



Farm Fresh Produce



4⁹⁹
ea.

BLUEBERRIES
PINT (275g)
PRODUCT OF U.S.A.



3⁹⁹
/lb

EXTRA LARGE RED OR
GREEN OR LARGE
BLACK SEEDLESS GRAPES
8.80kg



4⁹⁹ **20**
ea. points

GREEN FRENCH BEANS
100% VEGETARIAN
PRODUCT OF U.S.A.



1⁹⁹
/lb

SWEET POTATOES
PRODUCT OF U.S.A.
4.30kg



3⁹⁹
ea.

CREAM SPINACH
JUMBO PINEAPPLES
CROWNED PINEAPPLE
CORED PINEAPPLES
100g



2⁹⁹
ea.

CRANBERRIES
100% NATURAL
PRODUCT OF U.S.A.



2⁴⁹
ea.

CARROTS OR
YELLOW ONIONS
2.50kg



99¢
/lb

GREEN CABBAGE
PRODUCT OF U.S.A.
2.50kg



4⁹⁹
ea.

LEMONS
100% NATURAL
PRODUCT OF U.S.A.



8⁹⁹
/lb

JUMBO CHERRIES
PRODUCT OF U.S.A.
10.22kg



2⁹⁹
/lb

BRUSSELS SPROUTS
PRODUCT OF U.S.A.
6.50kg



3⁹⁹
ea.

LITTLE POTATO CO.
PRODUCT OF CANADA
10.22kg



9⁹⁹ **45**
ea. points

VANILLA PERSIMMONS
PRODUCT OF U.S.A.



13⁹⁹
ea.

POM WONDERFUL
POMEGRANATES
PRODUCT OF U.S.A.



3⁴⁹
ea.

ANGEL SWEET OR
ONE SWEET
CHERRY TOMATOES
200g



3⁷⁹
ea.

BELLE GROVE
MUSHROOMS
PRODUCT OF U.S.A.



7⁹⁹
ea.

MOYERS
CHOCOLATE
CARAMEL APPLE
100g



4⁹⁹
ea.

FRESH POMEGRANATE
ARILS
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84kg



6⁰⁰
ea.

IRRESISTIBLE
FRESH HERBS
100g



2⁹⁹
/lb

IRRESISTIBLE
ORGANIC HERBS
100% NATURAL
PRODUCT OF U.S.A.



3²⁹
ea.

ORGANIC FULL
CRANBERRY OR
GALA APPLES
PRODUCT OF U.S.A.



4⁹⁹
ea.

ORGANIC
CAMPARI TOMATOES
100% NATURAL
PRODUCT OF U.S.A.



6⁹⁹ **30**
ea. points

ORGANIC
SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

SALAD DIP
LARGE SALADS
SMALL FRUIT TRAY



13⁹⁹
ea.

NACHOS PLATTER
BEANS & CHEESE
PUMPKIN SEEDS
DIP WITH DOP



14⁹⁹
ea.

POINSETTIA
10" H x 10" W
10" H x 10" W



20⁰⁰
ea.

POINSETTIA
10" H x 10" W
10" H x 10" W

***metro.ca* LIMITED-TIME OFFER**

Your
GO-TO for
unlimited deliveries.

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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

Our Butcher's Finest

SKINLESS

FRESH SKINLESS CHICKEN BREAST 12.99kg

3⁹⁹
/lb

BREADED CHICKEN BREAST CUTLET VALUE PACK 22.82kg

9⁹⁹
/lb

FRESH

FRESH PORK BACK RIBS HALF PCK 13.21kg

5⁹⁹
/lb

RED GRILL WHOLE BEEF BRISKET VAC PACK 15.41kg

6⁹⁹
/lb

100% CANADIAN ANGUS

PLATINUM GRILL ANGUS BONELESS FRESH BROWN ROAST OR VALLEY PORK STEAK 22.82kg

9⁹⁹
/lb

YORKSHIRE VALLEY FARM

ORGANIC FRESH WHOLE CHICKEN, CHICKEN DRUMSTICKS OR LEG QUARTERS 13.21kg

5⁹⁹
/lb

LEGACY

PEPPERONI CHICKEN PASTA 13.95kg

4⁹⁹
/lb

BUTTERBALL

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7⁹⁹
/lb

FRESH PORK BELLY

FRESH PORK BELLY 13.21kg

5⁹⁹
/lb

STARTED

STARTED SHEET PAN PEPPERS ON MUSHROOMS VALUE PACK 13.21kg

5⁹⁹
/lb

250 points

82¢ each in packs

125 points

51¢ each in packs

50 points

50¢ each

50 points

50¢ each

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

4⁹⁹
ea.

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

6⁹⁹
ea.

CHICKEN BREAST

CHICKEN CHALLET OR MONTANA'S PORK BACK RIBS 1.1kg

12⁹⁹
ea.

CHICKEN BREAST

VICENTINA ITALIAN STYLE PORCHETTA 1.1kg

21⁹⁹
ea.

KEESER'S

KEESER'S FRESH HISH BROWNS 1.1kg

2⁹⁹
ea.

KEESER'S

KEESER'S FRESH HISH BROWNS 1.1kg

3⁹⁹
/lb

LOU'S

LOU'S KITCHEN SMOKED HAM 1.1kg

7⁹⁹
ea.

LOU'S

LOU'S KITCHEN SMOKED HAM 1.1kg

9⁹⁹
ea.

MARK ANGELO

MARK ANGELO THREE MEAT PIE 1.1kg

5⁹⁹
ea.

MARK ANGELO

MARK ANGELO THREE MEAT PIE 1.1kg

6⁹⁹
ea.

MARK ANGELO

MARK ANGELO THREE MEAT PIE 1.1kg

6⁹⁹
ea.

MARK ANGELO

MARK ANGELO THREE MEAT PIE 1.1kg

7⁹⁹
ea.

PACO

PACO PASTA 1.1kg

11⁹⁹
ea.

PRIME

PRIME CHICKEN STRIPS 1.1kg

12⁹⁹
ea.

PINTY'S

PINTY'S CHICKEN 1.1kg

15⁹⁹
ea.

PINTY'S

PINTY'S CHICKEN 1.1kg

15⁹⁹
ea.

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

Holiday Entertaining

\$1
back in
corner

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
100% WHOLE GRAIN
FLOUR

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE 10 1/2" x 9 1/2"**
BUTTER VANILLA

**COPPERBATH
SPICE COOKIES**

5⁹⁹
ea.

**CREATE & TREAT
READY TO BAKE
COOKIE KIT 400g**

13⁹⁹
ea.

75
points

5⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
SUGAR COOKIE
SUGAR COOKIE

\$2
back in
corner

250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11 1/2"**

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT**

[illegible]

Deli Favourites

 VALUE PICK 29⁹⁹ /100g	 349 /100g	 579 /100g	 579 /100g
 699 ea.	 599 ea.	 599 /100g	 449 /100g
 799 ea.	 879 ea.	 599 ea.	 1149 ea.
 1549 ea.	 649 ea.	 999 ea.	 799 ea.
 1299 ea.	 50 pounds	 399 ea.	 599 ea.

metro
FRESH
2 GO



WHAT'S FOR DINNER?

**PICK UP IN STORE OR
FREE DELIVERY**

on all orders of **\$20 or more**

Skip the Dishes offers available at select stores only.



ORDER NOW

**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11.99
ea.

Seafood

4.49 ea.

FRESH WILDCATCHED SALMON FILLETS
FRESH WILDCATCHED SALMON FILLETS 10lb

Foodland
fresh

125 points

\$1 back in points

15.99 ea.

DOM CEDAR PLANKED SALMON
DOM CEDAR PLANKED SALMON 10lb

9.99 ea.

PACIFIC WHITE SHRIMP
PACIFIC WHITE SHRIMP 10lb

3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
TRUE BLUE MARYLAND CRAB CAKES 10lb

7.99 /lb

LEXUS KEMP SEA LANES SALMON
LEXUS KEMP SEA LANES SALMON 10lb

7.99 ea.

HOT SMOOKED WILD PINK SALMON
HOT SMOOKED WILD PINK SALMON 10lb

30 points

NATURA LIA BISCUITS OR FALAFEL PATTIES
NATURA LIA BISCUITS OR FALAFEL PATTIES 10lb

BACCALA

15.99 ea.

FIVE STAR SEAFOOD OYSTERS
FIVE STAR SEAFOOD OYSTERS 10lb

17.00 ea.

FRESH MAPLE STANDARD OYSTERS
FRESH MAPLE STANDARD OYSTERS 10lb

12.99 ea. or 1lb

BENITO EXPRESS CRISPY FAMILY PACK
BENITO EXPRESS CRISPY FAMILY PACK 10lb

12.99 ea.

BENITO EXPRESS VARIETY PACK
BENITO EXPRESS VARIETY PACK 10lb

IRRESISTIBLE SMOKED ATLANTIC SALMON 100% PURE 30 pieces 5⁹⁹ ea. ATLANTIC SALMON SMOKED ATLANTIC SALMON 100% PURE	IRRESISTIBLE WILD CAUGHT TUNA STEAKS 100% PURE 40 pieces 8⁹⁹ ea. Irresistible TUNA STEAKS 100% PURE	IRRESISTIBLE SHAYDOW MARLEY BLEND IN A MEE 100% PURE 40 pieces 9⁹⁹ ea. Irresistible SHAYDOW MARLEY BLEND IN A MEE 100% PURE	IRRESISTIBLE VALERIE'S BRAND CRISPY CHICKEN 100% PURE 40 pieces 10⁹⁹ ea. Irresistible VALERIE'S BRAND CRISPY CHICKEN 100% PURE
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PRINGLES CHIPS ORIGINAL CHEDDAR CHEESE SELECTED VARIETIES 2.99 ea.	PRINGLES COOKIES DOUBLE CHOCOLATE SELECTED VARIETIES 2.99 ea.	WALKER'S SHORTBREAD COOKIES DOUBLE CHOCOLATE SELECTED VARIETIES 4.99 ea.	Indesecible RECHARGEABLES 700mAh SELECTED VARIETIES 1.99 ea.	OREO HOLIDAY COOKIES DOUBLE CHOCOLATE SELECTED VARIETIES 2.22 ea.
Monte Verde PANETTONE 1.5kg SELECTED VARIETIES 5.99 ea.	Biscoff BISCUITS 100g SELECTED VARIETIES 3.99 ea.	M&M'S CHOCOLATE BEANS 100g SELECTED VARIETIES 5.99 ea.	Kinder SURPRISE EGG 100g SELECTED VARIETIES 6.99 ea.	
White Claw HARD SELTZER 1.5L SELECTED VARIETIES 9.49 ea.	PHILLIPS IPA 400ml SELECTED VARIETIES 8.49 ea.	Grövi NON ALCOHOLIC BEER 330ml SELECTED VARIETIES 12.49 ea.	Allen's APPLE CIDER 1.5L SELECTED VARIETIES 3.99 ea.	
STARBUCKS COFFEE 1.5L SELECTED VARIETIES 7.99 ea.	TAZO TEA 1.5L SELECTED VARIETIES 4.99 ea.	Beatrice BUTTER MILK 1.5L SELECTED VARIETIES 20 points 3.99 ea.	Cheetos CHEETOS 1.5L SELECTED VARIETIES 3.49 ea.	





2.49
ea.



2.49
ea.



4.49
ea.



4.49
ea.



6.49
ea.



6.49
ea.



3/4.98
each 3 per \$12.99



3/4.98
each 3 per \$12.99



3.99
ea.



3.99
ea.

festive
EXTRAS
Set up your holiday table with snacks, toppings & assorted beverages.



1.99
ea.



1.99
ea.



4.99
ea.



4.99
ea.



10.99
ea.



10.99
ea.



6.49
ea.



6.49
ea.



6.99
ea.



6.99
ea.



5.99
ea.



5.99
ea.



5.99
ea.



5.99
ea.



6.99
ea.



6.99
ea.



5.49
ea.



5.49
ea.

3.99
ea.

3.99
ea.



5.00
ea.



15.00
ea.



15.00
ea.



14.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



49.99
ea.



49.99
ea.



49.99
ea.



49.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



9.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.



29.99
ea.

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2 GO

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More Great Savings



2.79
ea.
PRIMO PASTA
100g jar, 200g jar



6.99
ea.
STEFANO PASTA
SAUCE 100g jar



2.99
ea.
ITALPASTA LASAGNE
175g



5.49
ea.
SOMETHING SPECIAL TOP
SPREAD & MARINADE 100g



4.99
ea.
KELLOGG'S
CEREAL 100g jar, 200g jar



4.99
ea.
KELLOGG'S
CEREAL 100g jar, 200g jar



8.99
ea.
KRAFT
PARMESAN
CHEESE 100g jar



3.99
ea.
KASHI
GRANOLA BARS 100g jar



3.99
ea.
KASHI
CEREAL BARS 100g jar



5.79
ea.
LACTANTIA ULTRA PURE MILK
200g carton



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 200g carton



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 200g carton



7.99
ea.
TRACKLEMENTS
CONDIMENT 200g jar

STOCK UP FOR THE HOLIDAYS



10.49
ea.
HÄAGEN DAZS
ICE CREAM 100g tub



6.99
ea.
100% FRUIT
SMOOTHIE 100g tub



6.99
ea.
100% FRUIT
SMOOTHIE 100g tub



6.99
ea.
100% FRUIT
SMOOTHIE 100g tub



6.99
ea.
100% FRUIT
SMOOTHIE 100g tub



6.99
ea.
100% FRUIT
SMOOTHIE 100g tub

BUY MORE SAVE MORE!
ALL THE ESSENTIALS YOU NEED AT BETTER VALUE



10.00
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



9.00
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



13.00
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



6.00
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



7.00
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



12.00
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



5.50
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



8.50
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



8.50
ea.
INVISIBLE
FRIDGE FREEZER
100g tub



7.50
ea.
INVISIBLE
FRIDGE FREEZER
100g tub

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COOKIES
650 g**



\$15⁹⁹
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6.99 each

6.99 each

16.99 each

10.99 each

10.99 each

jolly delights for your

SWEET TABLE

Our range of treats, candies & cookies also make great host(ess) gifts & stocking stuffers.

22.99 each

11.99 each

12.99 each

15.99 each

15.99 each

1.49 each

18.99 each

2.99 each

10.99 each

2.49 each

4.99 each

5.99 each

5.99 each

4.99 each

4.99 each

4.99 each

19.99 each

10.99 each

14.99 each

Organic

MARINATA
PEANUT BUTTER
100% PEANUT BUTTER
SELECTED VARIETIES

8⁹⁹
ea.

MARINATA
Peanut Butter
SELECTED VARIETIES

3⁹⁹
ea.

FARMER'S MARKET
CANNED
VEGETABLES
SELECTED VARIETIES

4⁴⁹
ea.

ORGANIC
Green Tea
SELECTED VARIETIES

8⁴⁹
ea.

GO BIO
BOUILLON CUBES
SELECTED VARIETIES

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED VARIETIES

14⁴⁹
ea.

MANITOBA HARVEST
HEMP HEARTS
SELECTED VARIETIES

10⁹⁹
ea.

Gluten-Free

ROSE
MONSIEUR
SELECTED VARIETIES

3⁹⁹
ea.

CRETORS
CHOCOLATE
SELECTED VARIETIES

4⁹⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED VARIETIES

2⁴⁹
ea.

TRY NEW
MIGHTY PROTEIN
SELECTED VARIETIES

2⁴⁹
ea.

Plant-Based

NEAL BROTHERS
SALSA
SELECTED VARIETIES

5⁴⁹
ea.

EARTH'S OWN
SOFT CREAM
SELECTED VARIETIES

6⁴⁹
ea.

GENERAL MILLS
CHEX CEREAL
SELECTED VARIETIES

5⁴⁹
ea.

VIOLIFE
CHEESE
SELECTED VARIETIES

6⁴⁹
ea.

Household Helpers

15
POUR
SCOTTIES
FACIAL TISSUES
SELECTED VARIETIES

2⁴⁹
ea.

LOW
EVERY DAY
SELECTION
COMPOSTABLE NAPKINS
SELECTED VARIETIES

3⁹⁹
ea.

BUY MORE
SAVE MORE!
2 for
20⁰⁰
each
CLADE 3 WICK
CANDLES OR
OIL LAMP FRESHENER
DETAILS
SELECTED VARIETIES

5⁴⁹
ea.

Ziploc
FREEZER OR
SANDWICH BAGS
SELECTED VARIETIES

9⁹⁹
ea.

ALCAN
ALUMINUM FOIL
SELECTED VARIETIES

5⁴⁹
ea.

RED BIRCH
CUTLERY
SELECTED VARIETIES

2⁴⁹
ea.

SELECTION
RED CUPS
SELECTED VARIETIES

7⁴⁹
ea.

SAVE \$4*
when you buy any 3
Carlton Cards

with greeting card coupon

DAWN
DISH OR CASCADE
DISH DETERGENT
SELECTED VARIETIES

10⁹⁹
ea.

SELECTION
WINDFIELDED
WASHING FLUID
SELECTED VARIETIES

15⁹⁹
ea.

Pet

BUY MORE
SAVE MORE!
2 for
5⁰⁰
each
PROCKES
PARTY MIX CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

15
POUR
TUMPAHANS
CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

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FLAVOURS
OF
**South
Asia**



Baby Care

GERBER BABY MEALS
12 PZ
SELECTED VARIETIES

4⁹⁹
ea.

GERBER BABY SNACKS
12 PZ
SELECTED VARIETIES

3⁹⁹
ea.

BABY MINN MUM
RICE PUFFS
12 PZ
SELECTED VARIETIES

2 for
6⁰⁰
each (each 120 g)
PLUS \$3.99 EA.

BABY MINN MUM
BABY MINN MUM
12 PZ
SELECTED VARIETIES

7⁴⁹
ea.

EARTH'S BEST
SMOOTHIE CO.
12 PZ
SELECTED VARIETIES

1⁹⁹
ea.

EARTH'S BEST
BABY SNACKS
12 PZ
SELECTED VARIETIES

4⁴⁹
ea.

PAMPERS
BABY WIPES
27-336
SELECTED VARIETIES

14⁹⁹
ea.

PENATEN
DIAPER WASH
CREAM 11.5
oz

6⁴⁹
ea.

Health & Beauty

TRESEME
HAIR CARE
16.9 FL OZ
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
HAIR CARE
16.9 FL OZ
SELECTED VARIETIES

7⁹⁹
ea.

GUM
FLORES
16.9 FL OZ
SELECTED VARIETIES

2⁹⁹
ea.

COLGATE
TOOTHBRUSH
16.9 FL OZ
SELECTED VARIETIES

3⁹⁹
ea.

OGX
HAIR CARE
16.9 FL OZ
SELECTED VARIETIES

9⁹⁹
ea.

JOHN FREDA
HAIR CARE
16.9 FL OZ
SELECTED VARIETIES

12⁹⁹
ea.

LISTERINE
MOUTHWASH
16.9 FL OZ
SELECTED VARIETIES

10⁹⁹
ea.

PRONAMES
TOOTH PASTE
16.9 FL OZ
SELECTED VARIETIES

6⁹⁹
ea.

IRISH SPRING
SOAP BARS
16.9 FL OZ
SELECTED VARIETIES

5⁴⁹
ea.

OLAY
BODY WASH
16.9 FL OZ
SELECTED VARIETIES

9⁹⁹
ea.

NATIVE
BODY WASH
16.9 FL OZ
SELECTED VARIETIES

13⁹⁹
ea.

NEUTROGENA
SKIN CARE
16.9 FL OZ
SELECTED VARIETIES

10⁹⁹
ea.

Aveeno
MOISTURIZING
LOTION
16.9 FL OZ
SELECTED VARIETIES

8⁴⁹
ea.

JERGENS
MOISTURIZING
LOTION
16.9 FL OZ
SELECTED VARIETIES

11⁹⁹
ea.

GILLETTE
SHAVING GEL
16.9 FL OZ
SELECTED VARIETIES

4⁹⁹
ea.

SCHICK
SHAVING GEL
16.9 FL OZ
SELECTED VARIETIES

13⁹⁹
ea.

KAMILL
HAND CREAM
16.9 FL OZ
SELECTED VARIETIES

3⁹⁹
ea.

U BY KOTEX
SANITARY NAPKINS OR
TAMPONS
16.9 FL OZ
SELECTED VARIETIES

10⁹⁹
ea.

TENA
OVERNIGHT
SANITARY NAPKINS
16.9 FL OZ
SELECTED VARIETIES

17⁹⁹
ea.

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VISA \$50
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Pour Vous
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

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Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

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MUTTI

3⁹⁹ ea. **MUTTI PASTA SAUCE** 680 ml SELECTED VARIETIES

7⁹⁹ ea. **MUTTI PASTA SAUCE** 680 ml SELECTED VARIETIES

2⁴⁹ ea. **MUTTI POLPA** 370 ml

3⁹⁹ ea. **MUTTI PEEL TOMATOES** 750 ml

3⁴⁹ ea. **MUTTI PIZZA SAUCE OR TOMATO PASTE** 150 - 300 ml SELECTED VARIETIES

4⁹⁹ ea. **MUTTI SAN MARZANO TOMATOES** 300 ml

Kraft **Made to be Shared**

5⁴⁹ ea. **KRAFT BUTTER** 500 g SELECTED VARIETIES

4⁹⁹ ea. **KRAFT PURE DRESSING** 250 ml SELECTED VARIETIES

2⁹⁹ ea. **KRAFT GARDEN SELECT PASTA SAUCE** 680 ml SELECTED VARIETIES

3⁹⁹ ea. **SHAKE 'N BLAKE COOKING MIX** 500 g SELECTED VARIETIES

25 points **PHILADELPHIA DIPS** 220 g SELECTED VARIETIES

4⁹⁹ ea. **BAKERS CHOCOLATE** 100 g SELECTED VARIETIES

1²⁵ ea. **JEL-0 JELLY POWDER** 3.5 kg SELECTED VARIETIES

10⁹⁹ ea. **NABOB OR TASSIMO COFFEE CAPSULE** 8.5 g SELECTED VARIETIES

Crisp Winter Snacking

3⁴⁹ ea. **TOWN HOUSE OR CHEEZ-IT CRACKERS** SELECTED VARIETIES

2⁹⁹ ea. **PRINGLES CHIPS** SELECTED VARIETIES

2⁹⁹ ea. **KELLOGG'S WHOLE GRAIN BARS, RICE KRISPIES, SQUARES OR POP TARTS** 170 - 384 g SELECTED VARIETIES

8⁹⁹ ea. **GAIN DETERGENT OR FABRIC SOFTENER** SELECTED SIZES

8⁹⁹ ea. **GAIN SCENT BOOSTERS OR DRYER SHEETS** SELECTED SIZES

15⁴⁹ ea. **FEBREZE OIL REFILLS** 2.2 kg SELECTED VARIETIES

99¢ ea. **FEBREZE PLUG DIFFUSER** 1 ea.

5⁹⁹ ea. **HEAD & SHOULDERS HAIR CARE** 250 - 500 ml SELECTED VARIETIES

36⁹⁹ ea. **PAMPERS BABY DIAPERS** 48 - 96 ea. SELECTED VARIETIES

28⁹⁹ ea. **PAMPERS EASY UPS TRAINING PANTS** 48 - 72 ea. SELECTED VARIETIES

3⁹⁹ ea. **PAMPERS BABY WIPES** 50 - 700 ea. SELECTED VARIETIES

4⁹⁹ ea. **TAMPAX SANITARY NAPKINS OR LINER NAPKINS** 10 - 22 ea. SELECTED VARIETIES

42⁰⁰ ea. **ALWAYS DISCREET ADULT INCONTINENCE** 17 - 60 ea. SELECTED VARIETIES

3⁹⁹ ea. **CREST TOOTH PASTE** 40 - 120 ml SELECTED VARIETIES

6⁹⁹ ea. **CREST ORAL CARE** SELECTED SIZES