

VERSION 1

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

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

STEM & LEAF CLEMENTINES

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

199

ea. or /lb

WILD WONDERS

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

ANGEL SWEET

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

199

ea.

SNACKING TOMATOES 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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[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
UNUSURROGATED 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.



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

14.99 ea.

750 g



\$ New Lower Prices

2 700 ea. WONDER BREADS OR RAPHAEL'S BAGELS 12 SLICES 12 SLICES	1199 ea. HUSKY LINE HUSKY LINE POUR SAUCE OR CATCH OF THE DAY FILET 12.75g	599 65 ea. IRRESISTIBLE ARTISAN SEMI BONELESS SMOKED HAM OR KID'S PORK SANDWICH HAMS 12.75g	1999 ea. OCEAN PRIME COOKED SHRIMP OR BROILED TILAPIA JUMBO SHRIMP 500g
399 65 ea. CRAVE FROZEN MEALS 12.75g	699 ea. LIBERTE TORTILLAS 12.75g	649 ea. NATLRE ORGANIC MILK OR BUTTER 12.75g	999 ea. VECTOR CEREAL 12.75g
399 ea. mini YOGURT 12.75g	749 125 ea. SANTITAS BEANITOS 12.75g	279 15 ea. OCEAN JUICE OR SASSY BEVERAGE 12.75g	499 ea. Chex CEREAL OR YOGURT 12.75g
599 ea. ACTIVIA YOGURT 12.75g	349 ea. CHEEZ-IT CRACKERS 12.75g	399 ea. Hardbite CANDY 12.75g	199 ea. CAMPBELL'S SOUP OR CHILI 12.75g
699 ea. BELLMAN'S MARGARINE 12.75g	249 ea. BUSH'S BEANS 12.75g	349 ea. Ben's Original RICE 12.75g	499 ea. KETCHUP OR CHILI 12.75g
599 ea. SCOPIE DOG FOOD 12.75g	299 ea. ALCAN DOG FOOD 12.75g	899 ea. Tiger DOG FOOD 12.75g	899 ea. Bounce FABRIC SOFTENER 12.75g

Learn with mol rewards

LAY'S® FAMILY SIZE CRISPS

35¢

\$3.99

ea.

LAY'S® CRISPS

40¢

\$4.99

ea.

CRISPER FAMILY SIZE COOKIES IN CRACKERS

40¢

\$4.99

ea.

CRACKER FAMILY SIZE CRACKERS

40¢

\$4.99

ea.

4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE **\$11.99** each

30" Kalamay® PEPPERONI CHEESE PIZZA
1200 CALORIES
 100% WHOLE WHEAT CRUST

STROMBOLI CARROLS
1200 CALORIES
 100% WHOLE WHEAT CRUST

20" Kalamay® MAMA MIA CHICKEN

PREP 2 GO 20 CHICKEN BITES

20" Kalamay® CALIFORNIA COMBO
1200 CALORIES
 100% WHOLE WHEAT CRUST

[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

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

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

3⁹⁹ ea.
CRANBERRIES 1lb
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 1lb
PRODUCT OF U.S.A. & MEXICO

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

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

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

9⁹⁹ ea.
VANILLA POMEGRANATES 10 PKTS
PRODUCT OF U.S.A. & MEXICO

2⁹⁹ ea.
LARGE POMEGRANATES 10 PKTS
PRODUCT OF U.S.A. & MEXICO

4⁴⁹ ea.
GOOD LEAF SALAD MIXES 1lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
WILD WONDERS SWEET PEPPERS 20 PKTS
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
LIFE SAVER NATURAL SWEET APPLE CIDER 20 PKTS
PRODUCT OF U.S.A. & MEXICO

1⁹⁹ ea.
PLANT BASED ROAST & GRAVY 10 PKTS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ /lb
BIG MOUNTAIN PLANT BASED ROAST 13.25kg
PRODUCT OF U.S.A. & MEXICO

7⁹⁹ ea.
JUMBO CHESTNUTS 13.25kg
PRODUCT OF U.S.A. & MEXICO

Organic

1⁶⁹ /lb
ORGANIC GREEN CABBAGE 3.75kg
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
LITTLE POTATO CO. 25 PKTS
PRODUCT OF U.S.A. & MEXICO

3⁴⁹ ea.
BOLTHOUSE FARM'S ORGANIC CHITS 15 PKTS
PRODUCT OF U.S.A. & MEXICO

12⁹⁹ ea.
FIERY GINGER IMMUNITY BOOST 12 PKTS
PRODUCT OF U.S.A. & MEXICO

Sliced & Diced

4⁹⁹ ea.
HILLSIDE FRUIT SALAD 20 PKTS
PRODUCT OF U.S.A. & MEXICO

13⁹⁹ ea.
SMALL BERRY KIWI TRAY 10 PKTS
PRODUCT OF U.S.A. & MEXICO

5⁰⁰ ea.
PUMPKIN & ZUCCHINI TRAY 10 PKTS
PRODUCT OF U.S.A. & MEXICO

40⁰⁰ ea.
CHRISTMAS MAGIC BOUQUET 40 PKTS
PRODUCT OF U.S.A. & MEXICO

38⁹⁹ ea.
PECAN PIE FLOWER FEATURE 38 PKTS
PRODUCT OF U.S.A. & MEXICO

19⁹⁹ ea.
ANTHURIUM 19 PKTS
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
POINSETTIAS 5 PKTS
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
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
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
11.2kg

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
BAGGAS
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
CHEESE STICKS 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 CAKES
100-125g

22.99 ea.
125 points



FRONT STREET BAKERY
SELECTION BUNS
100-125g

1.25 ea.
125 points



micro croissants
250g

4.99 ea.



LITTLE NORTHERN
BAKED GOODS
WIDE SLICED
BAGELS OR
EVERYTHING BAGELS
100-125g

8.49 ea.



MINI'S SUMMER
ROLLS 100-125g

4.49 ea.



FURLANI TEXAS
TOAST
100-125g

5.49 ea.



JAMOCHA ALMOND
CRUNCH CAKE
100-125g

31.99 ea.
250 points



INEVITABLE
BUTTER TARTS 100-125g

6.99 ea.



LA PETITE BRETONNE
MINI CHOCOLATE BUNS
100-125g

8.49 ea.



FURLANI TEXAS
GARLIC TOAST
100-125g

5.49 ea.



SELECTION
SUPER MOIST CAKES 100-125g

7.49 ea.



INEVITABLE
BUTTER TARTS 100-125g

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 GRUYÈRE
SWISS CHEESE
100g

5.99 ea.



INEVITABLE ENTENM
DRY SAUSAGE
100g

2.99 ea.



BELLACASA
BURRATA
CHEESE 100g

3.99 ea.



SHORSKI
SAUSAGES
100g

2.99 ea.



INEVITABLE ENTENM
DRY SAUSAGE
100g

2.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



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BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



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8.49 ea.



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MAPLE LEAF
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100-125g

8.49 ea.



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BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100-125g

8.49 ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100-125g

7.99 ea.

Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LB/500g



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/300g



CHOICE

12⁹⁹
ea.

CHOICE OYSTERS
SELECTION VARIETIES



**LA ROCHERIE
SMOKED STEAMED
SALMON**
FRESH, 1.5 LB/300g

7⁹⁹
ea.



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.0 LB/400g



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/300g



**OCEAN JEWEL
WHOLE
MINCEOASTED
SEA BASS**
FRESH, 1.5 LB/300g

**\$1
DOCKIN'
DOCKIN'**

125
points



**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 1.5 LB/300g

**\$1
DOCKIN'
DOCKIN'**

125
points



**LOBSTER MEAT
CHAI DE HOMARD**
FRESH, 1.5 LB/300g

3⁹⁹
ea.



**MINCED COOKED
LOBSTER MEAT**
FRESH, 1.5 LB/300g

11⁹⁹
ea.



**ROCK LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/300g

18⁹⁹
ea.



LOBSTER HOMARD
FRESH, 1.5 LB/300g

30 pounds 29.99 e.s. WETTED MEAT COOKED BEEF PASTA SAUCE PASTA, 100%	40 pounds 8.99 e.s. WIREMESH BREADED SCALLOP SPECIALLY PREPARED PASTA, 100%	50 pounds 9.99 e.s. WIREMESH MARINATED MUSSELS SPECIALLY PREPARED PASTA, 100%	50 pounds 12.99 e.s. WIREMESH BREADED POPPED SHIMP SPECIALLY PREPARED PASTA, 100%
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Kellogg's Cereal
Festive MORNINGS

KELLOGG'S CEREAL
200g (7.05oz) THERMALLY
SEAL GUARANTEED TASTE

6.99
ea.

RICE KRISPIES

Natrel
NUTRIL COFFEE CREAM
SELECTIONS
COFFEE CREAM
COFFEE CREAM
COFFEE CREAM

6.99
ea.

Natrel
NATREL ORGANIC COFFEE FREE
MILK
COFFEE FREE
COFFEE FREE
COFFEE FREE

6.49
ea.

COMF

Offer valid while supplies last. See store for details. © 2015 Kellogg Co. All rights reserved. *See store for details. **See store for details. ***See store for details.

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 BOMBS
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

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 SNACKS 210g 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 12x 330ml 100% NATURAL NO ADDED SUGAR 6 00 ea.	Coca-Cola SOFT DRINKS 12x 330ml 100% NATURAL NO ADDED SUGAR 6 00 ea.	VOORUITMOUT ROOD KRUISJE BISCUITS 12x 100g 100% NATURAL NO ADDED SUGAR 2 99 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT NO ADDED SUGAR 3 99 ea.
PRIMO TOMATOATOE SAUCE 1L 100% NATURAL NO ADDED SUGAR 1 99 ea.	PRIMO TOMATOATOE SAUCE 1L 100% NATURAL NO ADDED SUGAR 1 99 ea.	MONTELLIER MILLE MOUTARDE 1L 100% NATURAL NO ADDED SUGAR 7 99 ea.	SAPPORO PREMIUM LAGER BEER 12x 330ml 100% NATURAL NO ADDED SUGAR 12 49 ea.	deVos ALCOHOL FREE BEER 12x 330ml 100% NATURAL NO ADDED SUGAR 15 99 ea.
Nuts Eight CHOCOLATE 100g 100% NATURAL NO ADDED SUGAR 10 99 ea.	RED ROSE RED WINE 1L 100% NATURAL NO ADDED SUGAR 5 49 ea.	TUBES SOURJE YOGURT 12x 100g 100% NATURAL NO ADDED SUGAR 2 99 ea.	NUTRI GRAIN CEREAL BARS 12x 100g 100% NATURAL NO ADDED SUGAR 3 49 ea.	Henderson's CHEEZIES SNACKS 210g 100% WHEAT NO ADDED SUGAR 3 99 ea.
VAN HOUT McCafé 1L 100% NATURAL NO ADDED SUGAR 2 39 ea.	STARBUCKS COFFEE CREAMER 1L 100% NATURAL NO ADDED SUGAR 7 99 ea.	Maggioni MACARONI 1L 100% NATURAL NO ADDED SUGAR 6 49 ea.	SHOOFITE SUPER GREEN SMOOTHIES 1L 100% NATURAL NO ADDED SUGAR 4 49 ea.	Henderson's CHEEZIES SNACKS 210g 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 WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% 100% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 IMMORTAL DRESSING 100% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION ICE CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION COFFEE CREAMER 10% 100% SELECTED VEGETABLES NOW  \$2.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION WILD ON APPLES 100% SELECTED VEGETABLES NOW  \$4.49	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99

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& 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 20g
SELECTED VARIETIES

6⁹⁹
ea.

Celestial
Tea 100g
SELECTED VARIETIES

5⁴⁹
ea.

Life Smart
Lecithins
SELECTED VARIETIES

1⁹⁹
ea.

Imagine
Droptail
SELECTED VARIETIES

6⁴⁹
ea.

Life Smart
Maple Syrup 100g
SELECTED VARIETIES

5⁴⁹
ea.

Plant-Based

Zazirean
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.

Crofters
Dark Chocolate 100g
SELECTED VARIETIES

5⁹⁹
ea.

Crofters
Dark Chocolate 100g
SELECTED VARIETIES

5⁹⁹
ea.

Crofters
Dark Chocolate 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
ea.

Pampers
Baby Wipes 100g
SELECTED VARIETIES

10⁴⁹
ea.

Axe
Deodorant 100g
SELECTED VARIETIES

6⁹⁹
ea.

Live Clean
Body Wash 100g
SELECTED VARIETIES

8⁹⁹
ea.

U
Beauty
100g
SELECTED VARIETIES

5⁹⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

Household Helpers

Gain
Fragrance
100g
SELECTED VARIETIES

4⁹⁹
ea.

Lysol
Dual Action
100g
SELECTED VARIETIES

7⁹⁹
ea.

Finish
All in One
100g
SELECTED VARIETIES

17⁹⁹
ea.

Lysol
Dual Action
100g
SELECTED VARIETIES

8⁹⁹
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

Lysol
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

BUY MORE!
SAVE MORE!
2 for
8⁵⁰
ea.

Lysol
Dual Action
100g
SELECTED VARIETIES

8⁵⁰
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

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

[illegible]



We take pride in sourcing locally from the
St. Lawrence Seaway Region.

MAPLE DALE
5-YEAR-AGED
CHEDDAR CHEESE
275 g

11⁹⁹
ea.



MAPLE DALE
CHEDDAR CHEESE CURDS
200 g
SELECTED VARIETIES

5⁴⁹
ea.



SPRAGUE
ORGANIC BEANS
398 ml
SELECTED VARIETIES

1⁷⁹
ea.



SPRAGUE
CHILI OR LEGUMES
SELECTED SIZES
SELECTED VARIETIES

2⁹⁹
ea.



O'HARA SUGAR
MAPLE SYRUP
250 ml
SELECTED VARIETIES

9⁴⁹
ea.



COUNTY FARE
SPREADS OR SAUCES
229 - 350 ml
SELECTED VARIETIES

6⁹⁹
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



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
MAPLE SYRUP
255 ml
SELECTED VARIETIES

3⁹⁹
ea.



PILLSBURY
COOKIE DOUGH
250-350g
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.



PARLOUR
FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.



SMUCKER'S
JAM
230-500 ml
SELECTED VARIETIES

6⁴⁹
ea.



JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.

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