

Your

GO-TO

for festive feasts.

CANADIAN AND PROUD



199

ea.

RASPBERRIES 1lb

BLACKBERRIES 1lb

PRODUCT OF CANADA



99¢

/lb

TOMATOES ON THE VINE

2.5lb

PRODUCT OF CANADA



144

/lb

RED PRINCE

LARGE RED PRINCE APPLES

PRODUCT OF CANADA



299

ea. or /lb

BOLTHOUSE FRESH

baby greens leaf

PRODUCT OF CANADA



399

ea.

INESATIBLE

LACTANTIA PURIFIT

PRODUCT OF CANADA



499

ea.

HÄAGEN-DAZS

DRUMSTICK

PRODUCT OF CANADA



BEST PRICE

IN YEARS

BUTTERBALL

RAISED WITHOUT

antibiotics



488

/lb

LEAN

GROUND BEEF

VALUE PACK



299

/lb

FRESH

CHICKEN BREAST

PRODUCT OF CANADA



899

/lb

WHOLE OR HALF ONTARIO LAMB

PRODUCT OF CANADA



444

ea.

TEX MEX

CHEDDAR CHEESE

PRODUCT OF CANADA



499

ea.

LACTANTIA

BUTTER

PRODUCT OF CANADA

HOLIDAY
FESTIVE
FAVOURITES

5 KG

SAN DANIELLE
WHOLE
PROSCIUTTO

79⁰⁰
ea.

GREAT
PRICE!

CLASSICO
SAN DANIELLE
PROSCIUTTO
Ham • Jambon

AQUA STAR COOKED SALMON
WILD PINK ARGENTINIAN
BONE SHIMP 100% BONE
DOM NORDREGAN FISH
SMOKED SALMON 400g

19⁹⁹
ea.

EXTRA
Norwegian Fjord

12⁹⁹
ea.

STORE MADE
CAPRESA
100% FRESH TOMATOES
100% FRESH CUCUMBERS
100% FRESH OLIVES

125
ea.

STOVE TOP STUFFING, FRANCO-AMERICAN OR
CLASSIC PRODUCE GRABBY

349
ea.

BUFFLES CHIPS, DORITOS OR CHEETOS
SALADS, TOSTITOS TORTILLA CHIPS

250
points

15⁹⁹
ea.

NETLE QUALITY STREET
CHOCOLATES
100% CACAO, 100% DARK
100% CACAO, 100% DARK

\$2
back in
points

Quality
Street

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 BOURNESAIS
SAUSAGES
WITH
BRUSCHETTA

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

Irresistible
PINEAPPLE
BROS.
BOUCHÉES
AND CHIPS

5⁹⁹
ea.

Irresistible
LUMPIAS
NEW

Irresistible
APPETIZERS
ROLLS 20-24
GLUTEN FREE

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
COCONUT SHRIMP
CRISP
TEMPURA SHRIMP
CRISP

Irresistible
COCONUT
SHRIMP
CRISP
TEMPURA
SHRIMP
CRISP

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHRIMP RING
100% REAL MEAT

Irresistible
PACIFIC WHITE SHRIMP RING
100% REAL MEAT

\$ New Lower Prices



D'ITALIANO
ORIGINAL
BREAD MIX
2.5 lb. bag



Doritos
Baked Bread Mix
2.5 lb. bag



Doritos
Baked Bagels
2.5 lb. bag

FRESH 2 GO
CHICKEN MILD OR
PEPPERONI &
CHEESE 8" X
7" LARGE
HOT PIZZA (12)
NO TOPPINGS
NO CRUST
NO SEEDS



FRESH 2 GO

2.50
per
7.00

2.50
per
7.00

2.50
per
7.00

11.99
ea.

250
guts

\$2
bake
in
50
mins

2.50
per
7.00

 MAPLE LEAF® CANADIAN SMOKED HAM BUTTERFLY HUNKY HAM 10 lb. or 5 lb. \$1 bottle of orange	 35 cents RENUZIT® CITRUS CLEAN AIR FRESHENER	 IRRESISTIBLE ARTISAN SLICED DELI MEAT OR CASTELLA PASTRY CHOCOLATE 10 oz. or 12 oz.	 mix & match VEGETARIAN CALIFORNIA OR SPICY CALIFORNIA MUNCHIES 10 oz. or 12 oz.
9.99 12.50 ea.	7.99 ea.	6.99 ea.	7.00 ea.

Fuzo MACARONI & CHEESE DINNER ORIGINAL CHEDDAR CHEESE SAUCE \$2 booster coupon 3.99 ea.	PELFREY'S CREAMY CONDENSED CHEDDAR CHEESE SAUCE \$1 booster coupon 1.99 ea.	Campbell's CONDENSED SOUP CREAM OF CHICKEN CREAM OF MUSHROOM CREAM OF TOMATO CREAM OF CELERY 6.49 ea.	Campbell's CONDENSED SOUP CREAM OF CHICKEN CREAM OF MUSHROOM 99¢ ea.
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Learn with mol rewards

 40 \$5.49 CHRISTIE FAMILY SIZE COOKIE & CAKE MIXES 10.5 OZ. (300g) 10.5 OZ. (300g)	 40 \$4.99 CRACKERS CRACKERS 10.5 OZ. (300g) 10.5 OZ. (300g)	 25 \$1.99 CRACKERS CRACKERS 10.5 OZ. (300g) 10.5 OZ. (300g)	 50 \$5.99 CHRISTIE FAMILY SIZE COOKIE & CAKE MIXES 10.5 OZ. (300g) 10.5 OZ. (300g)
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Special prices in this flyer are available at select Metro stores only. See store for details.

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.

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

4.99
ea.

BLUEBERRIES
PRODUCT OF PERU, ARGENTINA OR
INDONESIA OR TAIWAN

3.99
/lb

JUMBO

JUMBO PINEAPPLES
PRODUCT OF GUATEMALA
CORED PINEAPPLES (10 1/2")

2.99
ea.

RAPINI
PRODUCT OF U.S.A.

1.99
/lb

SWEET POTATOES
PRODUCT OF BRAZIL OR
INDONESIA
2.50kg

3.99
ea.

CRANBERRIES (50g)
PRODUCT OF U.S.A.

4.99
ea.

JUMBO PINEAPPLES
PRODUCT OF GUATEMALA
CORED PINEAPPLES (10 1/2")

1.49
/lb

ANISE FENNEL
PRODUCT OF U.S.A.
2.28kg

99¢
/lb

GREEN CABBAGE
PRODUCT OF CANADA
2.18kg

4.99
ea.

LEMONS 10"
PRODUCT OF U.S.A. OR
INDONESIA
CLEMENTINES 10"
ORANGE CLEMENTINES 10"
PRODUCT OF U.S.A. OR
INDONESIA

8.99
/lb

JUMBO CRANBERRIES
PRODUCT OF U.S.A. OR
INDONESIA
5.82kg

2.49
ea.

**CARROTS OR
YELLOW CARROTS** 10"
PRODUCT OF CANADA
OR INDONESIA
OR TAIWAN

4.99 **20**
ea.

GREEN FRENCH BEANS
PRODUCT OF CANADA

9.99 **45**
ea.

**VANILLA
PEARS** (500g)
PRODUCT OF CANADA

13.99
ea.

POMEGRANATES
PRODUCT OF U.S.A.

15
points

**ONE SWEET
CHERRY TOMATOES**
PRODUCT OF CANADA

3.49
ea.

**ANGEL SWEET OR
ONE SWEET CHERRY TOMATOES**
PRODUCT OF CANADA

2.99
/lb

BRUSSELS SPROUTS
6.59kg

1.29
/lb

NUTRIBAGS
2.84kg

7.99
ea.

**MOTTERS
CHOCOLATE
CARAMEL APPLE**
201g

2.99
ea.

**IRRESISTIBLE
FRESH PEARS** 10"
PRODUCT OF U.S.A.

2.99
ea.

**RAINBOW
EDAMAME**
1.82kg

2.99
ea.

**TUTTI
FRUIT**
1.82kg

Organic

Sliced & Diced **Holiday Blooms**

1 KG

9⁹⁹
ea.

TACO DIP
LARGE SALADS
SMALL FRUIT TRAYS

50
pieces

13⁹⁹
ea.

NACHOS PLATTER (100g)
BERRY KANI TRAY (100g)
POWERFORKS TRAY WITH DIP (100g)

14⁹⁹
ea.

FRESH
DOZEN ROSES
SINCE \$5.00

POINSETTIA
FRESH DOZEN ROSES
AVAILABLE IN 100g

20⁰⁰
ea.

POINSETTIA
FRESH DOZEN ROSES
AVAILABLE IN 100g

40⁰⁰
ea.

GRACIOUS DOUQUET
DOZEN ROSES (100g)

16⁹⁹
ea.

POINSETTIA
FRESH DOZEN ROSES
AVAILABLE IN 100g

metro.ca

Holiday Blooms



14⁹⁹
ea.

POINSETTIA
F. POLYCEPHALA 'RED
BONNET' IN BASKET



**FRESH
DOZEN ROSES**
BOUTIQUE

SAVE \$5.00

20⁰⁰
ea.



40⁰⁰
ea.

GRACEFUL BOUTIQUE
ARRANGEMENT



HOLLYBERRY
F. POLYCEPHALA 'RED
BONNET' IN BASKET

16⁹⁹
ea.

***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

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

250 points

82¢/lb

125 points

51¢/lb

50 points

5⁹⁹/lb

50 points

5⁹⁹/lb

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

4⁹⁹ea.

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

6⁹⁹ea.

CHICKEN BREAST

CHICKEN CHALLET OR MONTANA'S PORK BACK RIBS 1.1kg

12⁹⁹ea.

CHICKEN BREAST

VICENTINA ITALIAN STYLE PORCHETTA 1.1kg

21⁹⁹ea.

KEESER'S

KEESER'S FRESH HESH BROWNS 1.1kg

2⁹⁹ea.

LEVERQUE

SHOKED PORK TONIC CHICKEN 8.80kg

3⁹⁹/lb

LOU'S

LOU'S KITCHEN SMOKED HAM 1.1kg

7⁹⁹ea.

MARK ANGELO

MARK ANGELO FINE LEBB PORK SLOAN ROAST OR PILEL'S SMOKED HAM 1.1kg

9⁹⁹ea.

MARK ANGELO

MARK ANGELO THREE MEAT PIE 1.1kg

5⁹⁹ea.

MARK ANGELO

MARK ANGELO DINNERS SAGUO 1.1kg

6⁹⁹ea.

INVESTIBLE

INVESTIBLE GORDA BOWLS, SPANISH OR PASTA LASAGNA 1.1kg

6⁹⁹ea.

BEYOND BOWLS

BEYOND BOWLS 1.1kg

7⁹⁹ea.

PACO

PACO PASTA LASAGNA 1.1kg

11⁹⁹ea.

PRIME

PRIME CHICKEN STRIPS 1.1kg

12⁹⁹ea.

PINTY'S

PINTY'S CHICKEN OR BREADED CHICKEN 1.1kg

15⁹⁹ea.

INVESTIBLE

INVESTIBLE MEAT LASAGNA 1.1kg

15⁹⁹ea.

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

Holiday Entertaining

\$1
back in
corner

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
1000g (2.2lb)
12/12/19

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
BLACK FOREST & WHITE
RASPBERRY CAKE 1kg**
12/12/19

\$1
back in
corner

125
points

21⁹⁹
ea.

FRONT STREET BAKERY LOG CAKE 1kg
12/12/19

**COPPERBATH
SPICE COOKIES**

5⁹⁹
ea.

**THE LITTLE BAKERS
HOLIDAY BAKING KIT**

13⁹⁹
ea.

**CREATE & TREAT
HUGI CHOCOLATE
COOKIE KIT 400g**

**FRONT STREET BAKERY
ICE BOX COOKIES**
12/12/19

75
points

5⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 1kg**
12/12/19

\$2
back in
corner

250
points

32⁹⁹
ea.

 BROCHETTO Brioche Bread 5⁹⁹ ea.	 STONEWARE SUPREME PIZZA PAN FLAT BREAD OR PIZZA FLOUR 3⁹⁹ - 3⁰⁰ ea. points	 5⁹⁹ ea. PIONEER MOONSHINE COUNTRY BREADS 100% WHOLE WHEAT	 3⁹⁹ ea. FROST STREET BAKERY PANNINI ROLLS 100% WHOLE WHEAT
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Deli Favourites

 VALUE PICK 299 /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.
 LIMITED TIME	 50 pounds	 399 ea.	 599 ea.

cheesy holiday APPETIZERS

Impress your guests with our array of flavourful cheeses – perfect for platters & charcuterie boards.



10⁹⁹
ea. **BOURBIN**
TRIO CREAM CHEESE



449
/100g

CASTELLO
TICKLER CHEDDAR
DELI CUT. PRICE'S AS MARKED



649/100g



299
/100g



999



499
/100g

CASTELLO
WINE



899



749



399



349



4²⁹
/100 g

299

399
/100 g

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 SMOKED ONTARIO TROUT PORTIONS only

Foodland
fresh from the water

125 points

\$1 back in points

15.99 ea.

DOM CEDAR PLANKED SALMON
4oz. 100% wild-caught

99¢ ea.

PACIFIC WHITE SHRIMP SKEWERS
FRESH ON PEPPERIDGE PASTRY, 10.5g

3.99 ea.

TRUE BLUE MARYLAND CHUR CHAKES™
FRESH ON PEPPERIDGE PASTRY

7.99 /lb

LEWIS KEMP SEA LANES SALMON FILLETS
FRESH ON PEPPERIDGE PASTRY

7.99 ea.

HOT SMOKED PEPPERIDGE WILD PINK SALMON NUGGETS 10.5g

BACCALA

Five Star SEAFOOD OYSTERS

BOX OF 25

15.99 ea.

FRESH MALPEQUE STANDARD OYSTERS

BERTO EXPRESS CRISPY FAMILY PACK
SUSHI ROLL

17.00 ea.

BERTO EXPRESS VARIETY CRISPY
PACK 10.5g

NATURE'S BEST PACIFIC WHITE SHRIMP SKEWERS
FRESH ON PEPPERIDGE PASTRY

30 points

99¢ ea.

Pollack Toppers

CHELSEA BONED SALMON FILLETS
10.5g
BULK 6 x 9.5, 2.00/100g

12.99 ea. or lb

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 SHAYOHO MARLEY BLEND IN A MEE 100% PURE 40 pieces 9⁹⁹ ea. Irresistible SHAYOHO MARLEY BLEND IN A MEE 100% PURE	IRRESISTIBLE SHAYOHO MARLEY BLEND IN A MEE 100% PURE 40 pieces 10⁹⁹ ea. Irresistible SHAYOHO MARLEY BLEND IN A MEE 100% PURE
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PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	WALKER'S SHORTBREAD COOKIES SELECTED FLAVORS 4.99 ea.	NEW! IRRESISTIBLE SNACKS SELECTED FLAVORS 1.99 ea.	NEW! OREO HOLIDAY COOKIES WHITE CHOCOLATE 2.22 ea.
MONTES VERDE PANETTONE 1.5 LB. LOAF 5.99 ea.	Biscoff COOKIES 10.5 OZ. BAG 3.99 ea.	M&M'S CANDY MILK CHOCOLATE 10.5 OZ. BAG 5.99 ea.	KINDER SURPRISE EGGS 10.5 OZ. BAG 6.99 ea.
WHITE CLAW HARD SELTZER ZERO 12 OZ. CAN 9.49 ea.	PHILLIPS 4 HAZY IPA 12 OZ. CAN 8.49 ea.	GROVI HARD SELTZER GREEN 12 OZ. CAN 12.49 ea.	ALLEN'S APPLE CIDER 1.5 L BOTTLE 3.99 ea.
STARBUCKS COFFEE PIKE PLACE ROAST 12 OZ. CAN 7.99 ea.	TAZO TEA LEMON 12 OZ. CAN 4.99 ea.	Beatrice BUTTERFINK 12 OZ. CAN 20 points 3.99 ea.	Cheetos CHEDDAR CHEESE 10.5 OZ. BAG 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.



4.99
ea.



4.99
ea.



6.99
ea.



6.99
ea.



5.49
ea.



5.49
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.



4.99
ea.



4.99
ea.



6.99
ea.



6.99
ea.



5.49
ea.



5.49
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.



4.99
ea.



4.99
ea.

6.99
ea.

6.99
ea.

5.49
ea.

5.49
ea.



5.00
ea.



15.00
ea.



15.00
ea.



14.99
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.



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.

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

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

More Great Savings



2.79
ea.
PRIMO PASTA
100% MEAT, SELECTED VARIETIES



6.99
ea.
STEFANO PASTA
PASTA SAUCE 100% MEAT
SELECTED VARIETIES



2.99
ea.
ITALPASTA LASAGNE
175g



5.49
ea.
SOMETHING SPECIAL TOP
SPREAD & MARINADE 100g



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN CORN FLAKES



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE
GRAIN CORN FLAKES



8.99
ea.
KASHI
PARMESAN
CHEESE 100g



3.99
ea.
KASHI
BUTTER 100g



3.99
ea.
KASHI
GRANOLA BARS 100g



3.99
ea.
KASHI
CEREAL 100% WHOLE
GRAIN CORN FLAKES



3.99
ea.
KASHI
BUTTER 100g



3.99
ea.
KASHI
GRANOLA BARS 100g



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT 200g



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT 200g



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT 200g



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT 200g



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 2% FAT 200g



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 2% FAT 200g



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 2% FAT 200g



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 2% FAT 200g



10.49
ea.
HOLIDAY BAKES
ICE CREAM 100g



10.49
ea.
HOLIDAY BAKES
ICE CREAM 100g



10.49
ea.
HOLIDAY BAKES
ICE CREAM 100g



10.49
ea.
HOLIDAY BAKES
ICE CREAM 100g



6.99
ea.
100% FROZEN YOGURT
100g



6.99
ea.
100% FROZEN YOGURT
100g



6.99
ea.
100% FROZEN YOGURT
100g



6.99
ea.
100% FROZEN YOGURT
100g

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INVISIBLE
PIZZA 100g



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INVISIBLE
PIZZA 100g



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INVISIBLE
PIZZA 100g



2.99
ea.
INVISIBLE
PIZZA 100g



2.99
ea.
INVISIBLE
PIZZA 100g



2.99
ea.
INVISIBLE
PIZZA 100g



2.99
ea.
INVISIBLE
PIZZA 100g



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ea.
INVISIBLE
PIZZA 100g



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INVISIBLE
PIZZA 100g



2.99
ea.
INVISIBLE
PIZZA 100g



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ea.
INVISIBLE
PIZZA 100g



2.99
ea.
INVISIBLE
PIZZA 100g

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650 g**



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VALUE

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6.99 each

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10.99 each

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5.99 each

5.99 each

4.99 each

4.99 each

5.99 each

5.99 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 #10
SELECTED VARIETIES

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED VARIETIES

14⁴⁹
ea.

MANITOBA HARVEST
HEMP HEARTS #10
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.

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
SELECTED VARIETIES

20⁰⁰
ea.

FEBREZE
AIR FRESHENERS
SELECTED VARIETIES

5⁴⁹
ea.

Ziploc
FREEZER OR
SANDWICH BAGS
SELECTED VARIETIES

9⁹⁹
ea.

ALCAN
GLASS / DO
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
carlton cards

10⁹⁹
ea.

SELECTION
WINDFIELL
WASHING FLUID
SELECTED VARIETIES

15⁹⁹
ea.

Pet

BUY MORE
SAVE MORE!
2 for
5⁰⁰
SELECTED VARIETIES

5⁰⁰
ea.

15
POUR
TUMMERS
CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
CALDON FARM
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

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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** 375 ml

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

3⁴⁹ ea. **MUTTI PIZZA SAUCE OR TOMATO PASTE** 156 - 380 ml SELECTED VARIETIES

4⁹⁹ ea. **MUTTI SAN MARZANO TOMATOES** 380 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 CREAMY MILK SHAKE** 500 ml SELECTED VARIETIES

25 points **PHILADELPHIA DIPS** 227 g SELECTED VARIETIES

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

1²⁵ ea. **JELL-O JELLY POWDER** 3.5 kg SELECTED VARIETIES

10⁹⁹ ea. **NABOB OR TASSIMO COFFEE CAPSULE** 8.4 ml 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 NUTRI-GRAIN BARS, BITE KROPPLES, SQUARES OR POP TARTS** 170 - 384 g SELECTED VARIETIES

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

8⁹⁹ ea. **GAIN SCENT BOOSTERS OR BOILER 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** 58 - 72 ea. SELECTED VARIETIES

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

42⁰⁰ ea. **ALWAYS DISCREET ADULT INCONTINENCE** 17 - 68 ea. SELECTED VARIETIES

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

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