

VERSION 6

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. (IMPORTED)

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. (IMPORTED)

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. (IMPORTED)

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. (IMPORTED)

199

ea.

Angel Sweet

PRODUCT OF U.S.A. (IMPORTED)

SPANNISH ONIONS 1/2c

PRODUCT OF U.S.A. (IMPORTED)

99¢

/lb

SWEET POTATOES 1/2c

PRODUCT OF U.S.A. (IMPORTED)

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

TH

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4

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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) bags

399
ea.



SELECTION
CHOCOLATE CHIPS OR
BAKES' CHOCOLATE
200 g (7 oz) bags

399
ea.



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

14⁹⁹
ea.



metro.ca

\$ New Lower Prices



7⁰⁰
ea.
WONDER BREADS OR
DUNKIN' DONUTS
OR 3 LITERS



11⁹⁹
ea.
HIGH LINER
SMOKED
PORK-BAKED
CATCH OF THE DAY
FILETS
1.5 LBS
SELECTED WHOLEFISH



5⁹⁹ 65
lb
BRESKINBLE ARTISAN
SMOKED HAM OR
HALF MOON SMOKED HAM
12.5 lbs



19⁹⁹
ea.
OCEAN PRIME
COOKED SHRIMP
BRESKINBLE
JAMBO SHRIMP KING
FROZEN 500g



3⁹⁹ 65
ea.
CRAVE FROZEN MEAT
SELECTED WHOLEFISH



6⁹⁹
ea.
LIBERTE GREEK
YOGURT
100% GREEK
YOGURT
100% GREEK
YOGURT



6⁴⁹
ea.
NATREL ORGANIC
MILK 1% OR
BUTTER 2%
SELECTED WHOLEFISH



9⁹⁹
ea.
KELLOGG'S CEREAL
BRESKINBLE
MAPLE STRIP
100% GREEK
YOGURT



6⁹⁹
ea.
PEPSI MINI
SOFT DRINKS
100% GREEK
YOGURT



7⁴⁹ 125
ea.
SAN PELLEGRINO
SPARKLING DRINKS
100% GREEK
YOGURT



2⁷⁹ 15
ea.
OASIS JUICE OR
DEL MONTE
BEVERAGE
100% GREEK
YOGURT



17⁹⁹ 250
ea.
MAXWELL
HOUSE
GROUND
COFFEE
100% GREEK
YOGURT



5⁹⁹
ea.
ACTIVA YOGURT
BRESKINBLE
MAPLE STRIP
100% GREEK
YOGURT



3⁴⁹
ea.
CHEEZ-IT
CRACKERS
100% GREEK
YOGURT



3⁹⁹
ea.
HARDBITES CHIPS
BRESKINBLE
MAPLE STRIP
100% GREEK
YOGURT



1⁹⁹
ea.
CAMPBELL'S
SOUP
100% GREEK
YOGURT



6⁹⁹
ea.
HELLMANN'S
MAYONNAISE
100% GREEK
YOGURT



2⁴⁹
ea.
BUSH'S
BEANS
100% GREEK
YOGURT



3⁴⁹
ea.
BEN'S ORIGINAL
RICE
100% GREEK
YOGURT



4⁹⁹
ea.
KETCHUP
100% GREEK
YOGURT



5⁹⁹
ea.
SCOPE
MOUTHWASH
100% GREEK
YOGURT



2⁹⁹
ea.
ALCAN
DISH SOAP
100% GREEK
YOGURT



8⁹⁹
ea.
ROYALE
PAPER TOWELS
100% GREEK
YOGURT



8⁹⁹
ea.
TIDE
DETERGENT
100% GREEK
YOGURT



3⁹⁹
ea.
LAY'S
POTATO CHIPS
100% GREEK
YOGURT



5⁴⁹
ea.
RITZ
CRACKERS
100% GREEK
YOGURT



4⁹⁹
ea.
RITZ
CRACKERS
100% GREEK
YOGURT



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



YOUR CHOICE
11⁹⁹
ea.



HOT WHOLE BIRD
100% GREEK
YOGURT



ASSORTED CALIFORNIA CANDY
100% GREEK
YOGURT



McDonald's



Burger King



Wendy's



Sonic Drive-Ins

**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
ea. or /lb
SLICED CUCUMBERS
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

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

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

5⁹⁹
ea.
CHOPPED KALE
25 points
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
KIWI BASKETS 4 lb
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
PINEAPPLE 4 lb
PRODUCT OF U.S.A. & MEXICO

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

2⁹⁹
ea.
ENDIVE OR ESCAROLE
2 lb bag
PRODUCT OF U.S.A. & MEXICO

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

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

4⁴⁹
ea.
GOODLEAF SALAD MIXES
4 lb bag
PRODUCT OF U.S.A. & MEXICO

6⁹⁹
ea.
FROZEN LETTUCE
6 lb bag
PRODUCT OF U.S.A. & MEXICO

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

19⁹⁹
ea.
PLANT-BASED ROAST & GRAVY
19.99
PRODUCT OF U.S.A. & MEXICO

5⁹⁹
/lb
BIG MOUNTAIN PLANT-BASED ROAST
5 lb bag
PRODUCT OF U.S.A. & MEXICO

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

35
points
MOVERS CHOCOLATE CARAMEL APPLE
35 points
PRODUCT OF U.S.A. & MEXICO

Organic

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

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

3⁴⁹
ea.
BOLTHOUSE FARMS
15 points
PRODUCT OF U.S.A. & MEXICO

12⁹⁹
ea.
GREENHOUSE ORGANIC CHOPS
12.99
PRODUCT OF U.S.A. & MEXICO

Sliced & Diced

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

4⁹⁹
ea.
BROCCOLI SALAD 20 lb bag
PRODUCT OF U.S.A. & MEXICO

4⁹⁹
ea.
TOMATO CUCUMBER SALAD 20 lb bag
PRODUCT OF U.S.A. & MEXICO

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

13⁹⁹
ea.
PUMPKIN PIE TOPPING
10 lb bag
PRODUCT OF U.S.A. & MEXICO

13⁹⁹
ea.
MACRO PROTEIN
10 lb bag
PRODUCT OF U.S.A. & MEXICO

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FRESH
2 GO

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We have your catering covered.

**Minimum of 48 hours notice on all orders.*



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Online
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In Store
Visit Our Deli

Holiday Roasts

PLATINUM GRILL ANGUS
TOP SIRLOIN ROAST
100% CANADIAN ANGUS BEEF
26.43kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS
BLADE ROAST
100% CANADIAN ANGUS BEEF
26.43kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

PLATINUM GRILL ANGUS
PORK LOIN ROAST
100% CANADIAN PORK
13.21kg

7⁹⁹
/lb

LIFE SMART NATURALA PORK SHOULDER PICNIC ROAST OR PORK SHOULDER BLADE ROAST
5.0kg

3⁹⁹
/lb

FRESH WHOLE CHICKEN
8.50kg

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
8.50kg

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
BOLDORNA
SELECTED HAM

4⁹⁹
ea.

MAPLE LEAF
TOP DOGS OF
CHAMPION
RED HITS
10.0kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
10.0kg

4⁹⁹
lb

FLETCHER'S PORK
COTTAGE CHEESE
11.0kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.0kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST
11.0kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
11.0kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES
10.0kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
10.0kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
10.0kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
11.0kg

Bakery Favorites



FRONT STREET BAKERY
CHEESTICKS OR CHEESE BUNS
100-125g

5.99 ea.
75 points



FRONT STREET BAKERY
ITALIAN BREAD
450-475g

3.49 ea.
50 points



micro croissants
250g

4.99 ea.



LITTLE NORTHERN
BAKED GOODS
WIDE SLICED
BAGELS OR
EVERYTHING BAGELS
1kg

8.49 ea.



MINI'S SUMMER
ROLLS 100g

4.49 ea.



FURLANI TEXAS
TOAST
1kg

5.49 ea.



FRONT STREET BAKERY
PECAN CAKES
100-125g

22.99 ea.
125 points



JAMONCA ALMOND
CRUNCH CAKE
1kg

31.99 ea.
250 points



SELECTION
SUPER MOIST CAKES 100g

7.49 ea.



INRESISTIBLE
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.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

8.99 ea.
125 points



BELLA CASARA
BURRATA
CHEESE 100g

3.99 ea.



SNIROSKI
CANADIANA OR
CANADIANA
100g

2.99 ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3.49 ea.



MACGARGOLIO
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100g

6.99 ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SCHEERS SLICED DELI
100g

8.49 ea.



BRESTREILLE ANTAGON
GOAT CHEESE 100g

9.49 ea.
125 points



INRESISTIBLE
DOUBLE CREME BRIE 100g

7.49 ea.
125 points



BELLITALIA
SALAMEETTI OR
GOLD LABEL PEPPERONI
100g

8.79 ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10.99 ea.



PRESIDENT OR
BULZOOM
SPREADABLE CHEESE
100g

7.99 ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9.49 ea.



LA BELLE BRETAGNE
POT PIE
100g

4.99 ea.



SWISS CHALET
POT PIE
100g

8.99 ea.



KANA
100g

7.49 ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8.00 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.

MORTADELLA

3⁹⁹
ea.

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALU PACK

12⁹⁹
/lb

SMALL ITALIAN TOMATOES

2⁴⁹
/lb

BURRATA

9⁹⁹
ea.

ROCK HARBOUR ANCHOVES IN OLIVE OIL

8⁹⁹
ea.

FRONT STREET BAKERY BACHO HAZELNUT 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.

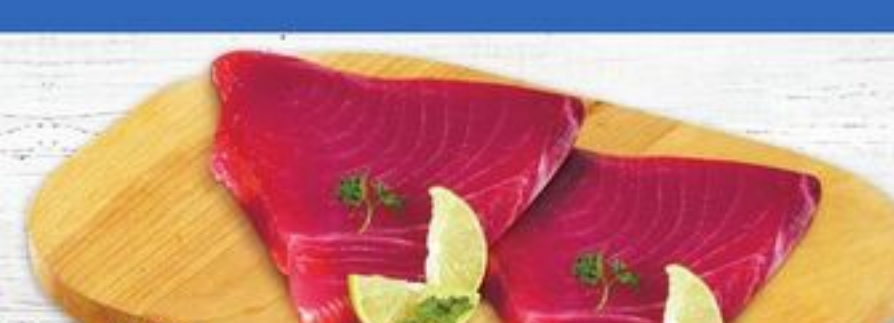
Seafood



12⁹⁹
/lb

**FRESH ICELANDIC
WILDCOD FILLETS
VALUE PACK**
100% WILD, 2.5 LB/1130g

 Fresh Nordic Imports
from **ICELAND**



12⁹⁹
/lb

**WILD CAUGHT
YELLOWTAIL TUNA STEAKS**
FRESH, 1.5 LB/680g



12⁹⁹
ea.

CHOICE

CHOICE OYSTERS
SELECTION VARIETIES



7⁹⁹
ea.

**LA ROCHE-RIE
SMOKED STEAMED
SALMON**
FRESH, 100g



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.000kg



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT SHRIMP**
CALIFORNIA
WIDEY PACE 100%
SELECTED & RATED



125
points

**OCEAN JEWEL
WHOLE
WILD CAUGHT
SEA BASS**
FRESH, 100g

\$1
back in
points

**100% WILD SEA BASS
FROM LA ROCHE-RIE**



125
points

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 100g

\$1
back in
points

**100% WILD SNOW CRAB
FROM LA ROCHE-RIE**



18⁹⁹
ea.

LOBSTER HOMARD
FRESH, 100g



3⁹⁹
ea.

**MINCED COOKED
LOBSTER MEAT**
FRESH, 200g



11⁹⁹
ea.

**ROCK LOBSTER
CANADIAN COASTED
CLAWS & ARMS**
FRESH, 100g



17⁹⁹
ea.

**ADMIRAL
SNOW CRAB
CLOVERS**
FRESH, 100g

Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
 200g, 5.07oz (100g) x 2
 RICE KRISPIES
 200g, 5.07oz (100g) x 2
 FROSTIES
 200g, 5.07oz (100g) x 2

6.99
ea.

NATREL
 NATURAL COFFEE CREAM
 100% ORGANIC
 200g, 7.05oz (100g) x 2

6.99
ea.

NATREL
 ORGANIC COFFEE FREE MILK
 2% FAT
 200g, 7.05oz (100g) x 2

6.49
ea.

COMF

*Offer valid on participating products only. See participating products for details. Offer ends 12/31/2019. ©2019 Kellogg North America, Inc. All rights reserved.

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.



GUM SOFT-PICKS
100g (3.5oz)
5⁹⁹ ea.



GLYSOMED Hand Cream
100g (3.5oz)
4⁴⁹ ea.

More Great Savings

[illegible]

↓ Low Price Every Day

 NOW  1.49 SELECTION CANNED VEGETABLES 100% SELECTED VEGETABLES	 NOW  1.25 SELECTION Lentils & Carrots 100% SELECTED VEGETABLES	 NOW  2.99 SELECTION WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  4.99 SELECTION PEANUTS 100% 75% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  4.99	 SELECTION IMMORTAL DRESSING 100% SELECTED VEGETABLES NOW  3.99	 SELECTION ICE CREAM 100% SELECTED VEGETABLES NOW  3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  2.99
 SELECTION WILD ON PASTA 100% SELECTED VEGETABLES NOW  4.49	 SELECTION Lentils & Carrots 100% SELECTED VEGETABLES NOW  3.49	 SELECTION CHEDDAR CHEESE 100% SELECTED VEGETABLES NOW  4.99	 SELECTION LENTILS & CARROTS 100% SELECTED VEGETABLES NOW  2.99

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COMES OUT TO

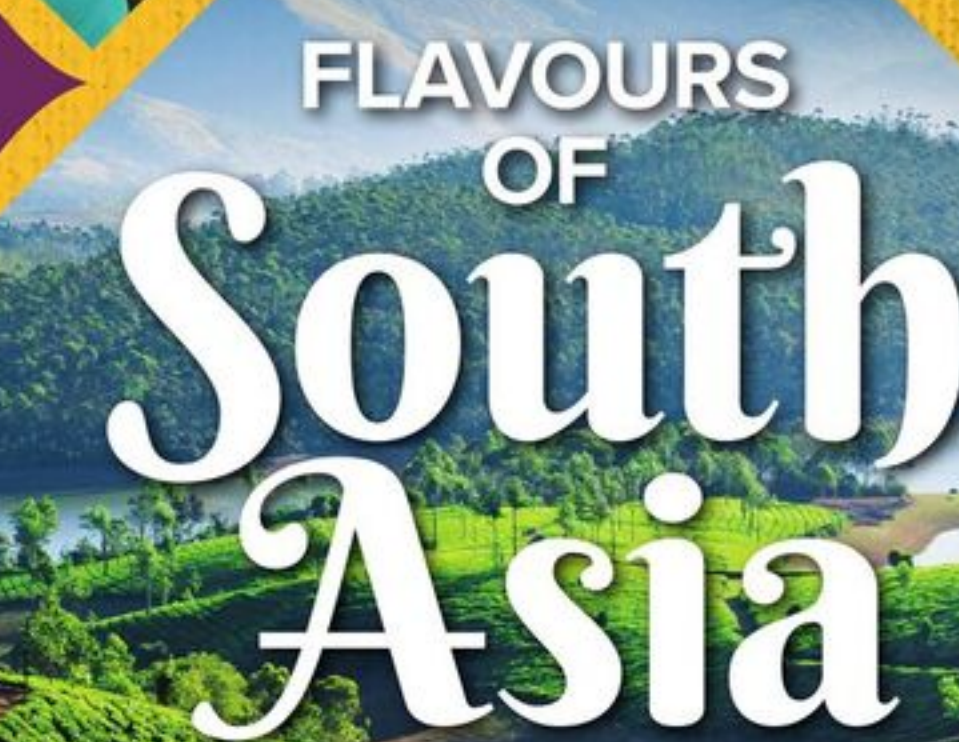
\$125

PER WEEK*

6 OR 12 MONTH PLAN

**SAME PRICES
& FLYER DEALS
AS IN-STORE**

*Certain conditions apply. Details on metro.ca



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
Drinks
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.

Pampers
Baby or Toddler
Wipes 100% Natural Soft
SELECTED VARIETIES

10⁴⁹
ea.

Axe
Deodorant 100g
SELECTED VARIETIES

6⁹⁹
ea.

Live Clean
Body Wash 100g
SELECTED VARIETIES

8⁹⁹
ea.

Preserve
Hair Care 100g
SELECTED VARIETIES

6⁹⁹
ea.

U
Baby Kotex
Sanitary Pads 100g
SELECTED VARIETIES

5⁹⁹
ea.

Method
Hand Wash 100g
SELECTED VARIETIES

5⁴⁹
ea.

BUY MORE!
SAVE MORE!

2 for

8⁵⁰
ea.

LYSOL
Dual Action
Wipes or
Clorox Bleach 100g
SELECTED VARIETIES

7⁹⁹
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.

Imagine
Drinks 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
Detergent 100g
SELECTED VARIETIES

4⁹⁹
ea.

Clorox
Dual Action
Wipes or
Clorox Bleach 100g
SELECTED VARIETIES

7⁹⁹
ea.

Finish
All in One
Dishwasher
Detergent 100g
SELECTED VARIETIES

17⁹⁹
ea.

LYSOL
Laundry
Disinfectant 100g
SELECTED VARIETIES

8⁹⁹
ea.

LYSOL
Cleaners 100g
SELECTED VARIETIES

8⁵⁰
ea.

LYSOL
Toilet Bowl or
Bathroom
Cleaners 100g
SELECTED VARIETIES

8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for

8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for

8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for

8⁵⁰
ea.

BUY MORE!
SAVE MORE!

2 for

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

ELEVATED ENTERTAINING

9⁹⁹
ea.

SCHNEIDERS
PEPPERETTES
150-175g
SELECTED VARIETIES

TRUSTED BY
CANADIANS
SINCE 1981

8⁹⁹
ea.

BUTTERMAN'S GOLD
HONEY
300g
SELECTED VARIETIES

100% pure and
unpasteurized

2⁴⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

3⁹⁹
ea.

KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES

NO ARTIFICIAL PRESERVATIVES | NO ARTIFICIAL FLAVOURS | NO ARTIFICIAL COLOURS

4⁹⁹
ea.

PILLSBURY
COOKIE DOUGH
150-175g
SELECTED VARIETIES

1⁹⁹
ea.

BETTY CROCKER
SUPER MOIST
CAKE MIX
250-300g
SELECTED VARIETIES

4⁹⁹
ea.

CHEX CEREAL
340-360g
SELECTED VARIETIES

3⁴⁹
ea.

SUGAR COOKIE
TOAST CRUNCH
CEREAL
240-300g
SELECTED VARIETIES

Winter Treats
for all!

6⁴⁹
ea.

NESTLE
REAL DAIRY ICE CREAM,
FROZEN DESSERTS
OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.

NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

6⁴⁹
ea.

SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES

6⁴⁹
ea.

JIF
PEANUT BUTTER
250g
SELECTED VARIETIES