

VERSION 4

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

Romaine Hearts 1.76

POURTES 1.76 L. MARQUE

Cœurs de romaine 1.76 L. 1.76

POURTES 1.76 L. 1.76

399

ea.

Backberries 11.9

POURTES 11.9 L. 11.9

Stem & Leaf Clementines

POURTES 11.9 L. 11.9

Mixes 11.9

Clementines avec tige et feuille

POURTES 11.9 L. 11.9

199

ea.

or /lb

WILD WONDERS

POURTES 1.99 L. 1.99

Foodland

Angel Sweet

POURTES 1.99 L. 1.99

199

ea.

Spanish Onions

POURTES 2.99 L. 2.99

Foodland

Spanish Potatoes

POURTES 2.99 L. 2.99

99¢

/lb

moi rewards member price

400 g

700 g

Irresistible

COOKIES

POURTES 1.99 L. 1.99

Irresistible

COOKIES

POURTES 1.99 L. 1.99

Irresistible

COOKIES

POURTES 1.99 L. 1.99

save \$2.00

699

ea.

SPECIAL PRICE

899

for non-members

Effective December

TH

FR

SA

SU

MO

4

5

6

7

8

[illegible]

HOLIDAY BAKING FAVOURITES

Betty Crocker
Cakes Mix or Frosting
en pâte ou glaçage
100 g (3.5 oz) (100 g)

\$1
back in
points

125
points

199
ea.



Redpath Brown or
Light Sugar
en sucre brun
ou sucre blanc
1 kg (2.2 lb) (1 kg)

249
ea.



349
ea.



Robin Hood,
Five Roses or
Meadow Floor
en farine
12.5 lb (5.7 kg) (12.5 lb)

399
ea.



Selkirk
Chocolate Chips or
Bacon Chocolate
en pépites de chocolat
ou pépites de chocolat
100 g (3.5 oz) (100 g)

399
ea.



Irresistible Walnut
Nuts & Pieces
en noix et morceaux
de noix de pécan
100 g (3.5 oz) (100 g)

14.99
ea.



\$ New Lower Prices



2x Powder
Double the power, double the fun! Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Hazonok
Artisanal, hand-crafted, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Non-Mender
The ultimate fix for everything that goes wrong. 100% natural, 100% effective.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Hazonok
Artisanal, hand-crafted, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Non-Mender
The ultimate fix for everything that goes wrong. 100% natural, 100% effective.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Hazonok
Artisanal, hand-crafted, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Hazonok
Artisanal, hand-crafted, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



mini
Small size, big flavor. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



mini
Small size, big flavor. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Active Yogurt
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Active Yogurt
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Hazonok
Artisanal, hand-crafted, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Hazonok
Artisanal, hand-crafted, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Scope
Fresh breath, all day long. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Scope
Fresh breath, all day long. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Lays
Crispy, crunchy, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



Lays
Crispy, crunchy, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



4-DAY MEAL DEAL
Save big on your favorite meals. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



4-DAY MEAL DEAL
Save big on your favorite meals. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



4-DAY MEAL DEAL
Save big on your favorite meals. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



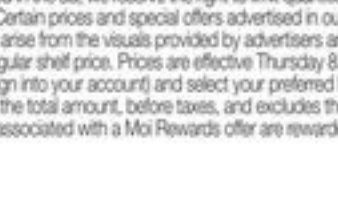
Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.



4-DAY MEAL DEAL
Save big on your favorite meals. Perfect for snacking or gifting. 100% natural, 100% delicious.



Crave Protein Meal
High protein, low carb, and delicious. Perfect for snacking or gifting. 100% natural, 100% delicious.



Liberte Green
Organic, non-GMO, and delicious. Perfect for baking, cleaning, and more. 100% natural, 100% powerful.

We reserve the right to limit quantities.
 SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.
 Visit us at [micro.co](#)
 or call 1-800-368-3683
 to win \$5000 in groceries.
 Terms and conditions apply.
 © 2023 Micro. All rights reserved.

**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



NOW
12⁰⁰
ea.
SAVE UP TO
\$3.99

15⁹⁹*
ea.
SELECTION
WASHER FLUID
4 x 3.78 L
SELECTED VARIETIES



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
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



TO BENEFIT

Breakfast
CLUB
of Canada

**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

2.99
ea.

Raspberries 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

Blueberries 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

1.99
lb

Extra Large Sweetbush Tomatoes 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

3.49
ea.

Belle Saison Cherry Tomatoes 1 lb
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

5 PK Chives
PRODUCT OF CANADA
PRODUIT DU CANADA

3.99
ea.

3.99 Carrots
PRODUCT OF CANADA
PRODUIT DU CANADA

2.99
ea.

2.99 Cranberries
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

4.99 Lemons
PRODUCT OF CANADA
PRODUIT DU CANADA

1.99
ea.

1.99 Seedless Cucumbers
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

4.99 Kiwis
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

4.99 Pineapple
PRODUCT OF CANADA
PRODUIT DU CANADA

3.49
lb

3.49 Broccoli
PRODUCT OF CANADA
PRODUIT DU CANADA

5.99
ea.

5.99 Chives
PRODUCT OF CANADA
PRODUIT DU CANADA

9.99
ea.

9.99 Vanilla Persimmons
PRODUCT OF CANADA
PRODUIT DU CANADA

20
points

20 points Vanilla Persimmons
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

4.99 Lila Smart Nutritional Sweet Apple Cider
PRODUCT OF CANADA
PRODUIT DU CANADA

10
points

10 points Large Pomegranates
PRODUCT OF CANADA
PRODUIT DU CANADA

2.99
ea.

2.99 Large Pomegranates
PRODUCT OF CANADA
PRODUIT DU CANADA

4.49
ea.

4.49 Goodfry's Goodfry's
PRODUCT OF CANADA
PRODUIT DU CANADA

4.99
ea.

4.99 Wal Wonders Sweet Peppers
PRODUCT OF CANADA
PRODUIT DU CANADA

35
points

35 points Wal Wonders Sweet Peppers
PRODUCT OF CANADA
PRODUIT DU CANADA

19.99
ea.

19.99 Big Mountain Plant Based Roast & Gravy
PRODUCT OF CANADA
PRODUIT DU CANADA

5.99
lb

5.99 Jumbo Chestnuts
PRODUCT OF CANADA
PRODUIT DU CANADA

7.99
ea.

7.99 Wal Wonders Sweet Peppers
PRODUCT OF CANADA
PRODUIT DU CANADA

Organic

1.69
lb

Organic Green Cabbage
PRODUCT OF CANADA
PRODUIT DU CANADA

25
points

25 points Little Potatoes
PRODUCT OF CANADA
PRODUIT DU CANADA

15
points

15 points Bunches of Fresh
PRODUCT OF CANADA
PRODUIT DU CANADA

3.49
ea.

3.49 Greenhouse Organic Beans
PRODUCT OF CANADA
PRODUIT DU CANADA

12.99
ea.

12.99 Greenhouse Organic Beans
PRODUCT OF CANADA
PRODUIT DU CANADA

Sliced & Diced

4.99
ea.

4.99 Deluxe Fruit Salad
PRODUCT OF CANADA
PRODUIT DU CANADA

13.99
ea.

13.99 Small Berry Mix
PRODUCT OF CANADA
PRODUIT DU CANADA

50
points

50 points Small Berry Mix
PRODUCT OF CANADA
PRODUIT DU CANADA

40.00
ea.

40.00 Christmas Magic Bouquet
PRODUCT OF CANADA
PRODUIT DU CANADA

38.99
ea.

38.99 Flower Power Bouquet
PRODUCT OF CANADA
PRODUIT DU 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
26.43kg
Rôti de bœuf de sirloin
angus grillé
26.43kg

11⁹⁹
/lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

Platinum Grill Angus Boneless Inside Blade Roast
26.43kg
Rôti d'os à os de palette angus grillé
26.43kg

11⁹⁹
/lb

100% NATURAL
L'absence d'antibiotiques
Chien de
100% Canadian Pork is raised
without artificial hormones

Lean Smart Natural Pork Shoulder Picnic Roast or Pork Shoulder Blade Roast
8.80kg
Rôti de bœuf ou d'épaule de porc Natural Meats Store

3⁹⁹
/lb

Platinum Grill Angus Whole Eye of Round
17.03kg
Rôti de viande angus grillé
17.03kg

7⁹⁹
/lb

Fresh Whole Chicken
3.30kg
Poulet entier frais

3⁹⁹
/lb

Fresh Rosemary & Garlic Roasted Lamb Leg
26.43kg
Cuisse d'agneau, frais, aromatisé, au rosemary & ail
26.43kg

11⁹⁹
/lb

50 points

Breaded Chicken Breast Cutlets Value Pack
13.23kg
Saucisses de poulet de poulet panées en emballage économique

5⁹⁹
/lb

50 points

Roasted Pork Loin Cutlets Value Pack
8.80kg
Saucisses de porc panées en emballage économique

3⁹⁹
/lb

125 points

Butterball Fresh Turkey Drumsticks or Thighs
11.20kg
Pattes ou hanches de canard de dinde Butterball

4⁹⁹
/lb

125 points

Maple Leaf Prime Raised Without Antibiotics Fresh Split Chicken Wings
19.20kg
Ailes de poulet fraîches saines Prime Maple Leaf élevées sans antibiotiques

8⁹⁹
/lb

BOLDONE
Selection Bologna
250g
Bologna Selection
250g

3⁹⁹
ea.

RedHink
Maple Leaf Top Dogs
250g
Top Dogs Maple Leaf
250g

4⁹⁹
ea.

Butterball
Butterball Turkey Bacon
250g
Bacon de dinde Butterball
250g

5⁹⁹
ea.

McLean's
McLean's Organic
250g
Bacon McLean's
250g

7⁹⁹
ea.

Fletcher's
Fletcher's Pork Cottage Roll
11.00kg
Soc-croûte de porc Fletcher's
11.00kg

4⁹⁹
/lb

Selection
Selection Smoked Ham
11.00kg
Jambon fumé Selection
11.00kg

7⁹⁹
ea.

Long's
Long's Breakfast
11.00kg
Rôti de porc Long's
11.00kg

11⁰⁰
ea.

Marzocchi
Marzocchi Kabobs
11.00kg
Brochettes Marzocchi
11.00kg

12⁹⁹
ea.

Ultimate
Maple Lodge
250g
Saucisses de porc
250g

4⁹⁹
ea.

Johnsonville
Johnsonville
250g
Saucisses de porc
250g

6⁹⁹
ea.

Schweitzer
Schweitzer Meat Pies
250g
Pâtis à la viande Schweitzer
250g

7⁹⁹
ea.

Butterball
Butterball
250g
Bacon Butterball
250g

22⁹⁹
ea.

Bakery Favorites

[illegible]

Deli Favourites

[illegible]

setting your
**HOLIDAY
TABLE**

Get ready to host your festive
feast with all the essentials.

FRESH 2 GO
PORK AND FABULOUS
SAUCE
READY TO EAT OR USE AS
DIPPING SAUCE
200g
29⁹⁹
e.c.

SPRING ROLLS
CHICKEN
200g
\$10⁰⁰

EMPIRADOS,
PIROUGES OR
SAMOSAS
100g
\$8⁰⁰

FRESH 2 GO
KEBAB AND CHEESE
200g
29⁹⁹
e.c.

THE STELLE
CREAM CHEESE
200g
4⁹⁹
e.c.

Sour Cream
Crème sure
14%
200g
NOW 2⁹⁹
e.c.

Sour Cream
Crème sure
5%
200g
SELECTION SOUR CREAM
200g
2⁹⁹
e.c.

Gay Lea
Real
WHIPPED CREAM
350g
4⁴⁹
e.c.

Gay Lea
Real
WHIPPED CREAM
WITH PUMPKIN
SPICE
350g
4⁴⁹
e.c.

BIG
TEXAN
BBQ PIT BOYS
RUB
100g
8⁹⁹
e.c.

BIG
TEXAN
BBQ PIT BOYS
POULTRY
POWDER
100g
8⁹⁹
e.c.

PILLSBURY
CRESCENT
ROLLS
100g
10⁰⁰
2⁴⁹
e.c.

TWIGG
CRAFT PRETZELS
100g
4⁹⁹
e.c.

TWIGG
CRAFT PRETZELS
100g
4⁹⁹
e.c.

DAINTY
JASMINE RICE
100g
9⁹⁹
e.c.

BUY MORE
SAVE MORE!

25
CANS

2/\$10
More than 2 only
\$5.00 ea.

COCA-COLA OR
CANADA DRY
SOFT DRINKS
330ml
SELECTION VARIETIES

BUY MORE
SAVE MORE!

25
CANS

2/\$11
More than 2 only
\$5.00 ea.

SELECTION
SPARKLING WATER
330ml
CLASSIC
LIME

8
CANS

8⁹⁹
e.c.

MUSKOKA BREWERY
NON-ALCOHOLIC BEER
330ml
SELECTION VARIETIES

4
CANS

3⁹⁹
e.c.

MUSKOKA BREWERY
CLAMATO
COCKTAIL
330ml
SELECTION VARIETIES

4
CANS

3⁹⁹
e.c.

MUSKOKA BREWERY
CLAMATO
COCKTAIL
330ml
SELECTION VARIETIES

Seafood



12⁹⁹
/lb

Fresh Island Haddock Fillets Vauk
Filets d'iglaude de l'Islande **fraîs** en emballage économique
100 g, 1,57 \$/100 g



12⁹⁹
/lb

Wild Caught Yellowfin Tuna Steaks
Dames de thon allouace vaingee
2,27 \$/100 g



CHOICE

12⁹⁹
ea.

**Choice of Lobster Tails
Craie de la Baie de Fundy**
Craie de la Baie de Fundy
100 g, 1,57 \$/100 g



12⁹⁹
ea.

Bacon Cured Smoked Steelhead Salmon
Saumon au bacon-cuit
Lard du Canada



9⁹⁹
/lb

Bay Scallops
Coquilles de Baie
Pêcheries de baie
2,27 \$/100 g



12⁰⁰
ea.

California Royal Crab Cakes
California Seafood Party
100 g, 1,57 \$/100 g



125
points

Ocean Jewel Mediterranean Sea Bass
Saumon de la Baie de Fundy
100 g, 1,57 \$/100 g



125
points

Aquamar Snow Crab Cakes
Coquilles de Baie
Pêcheries de baie
2,27 \$/100 g



125
points

Rock Lobster Cakes
Craie de la Baie de Fundy
100 g, 1,57 \$/100 g



3⁹⁹
ea.

Mixed Cooked Lobster Meat
Craie de la Baie de Fundy
100 g, 1,57 \$/100 g



11⁹⁹
ea.

Bar commun de la Baie de Fundy
Saumon de la Baie de Fundy
100 g, 1,57 \$/100 g



17⁹⁹
ea.

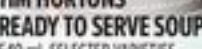
Sections de cabane de mer
Craie de la Baie de Fundy
100 g, 1,57 \$/100 g



18⁹⁹
ea.

Rock Lobster Cakes
Craie de la Baie de Fundy
100 g, 1,57 \$/100 g

Tim Hortons

 3⁹⁹ ea. TIM HORTONS® READY TO SERVE SOUP 100% REAL CHICKEN 100% REAL BEEF 100% REAL TURKEY	 6⁹⁹ ea. TIM HORTONS® HOT CHOCOLATE 100% REAL CHOCOLATE 100% REAL MILK 100% REAL COCOA	 8⁹⁹ ea. TIM HORTONS® INSTANT COFFEE 100% REAL COFFEE 100% REAL MILK 100% REAL SUGAR	 7⁹⁹ ea. TIM HORTONS® COFFEE CAPSULES 100% REAL COFFEE 100% REAL MILK 100% REAL SUGAR
---	--	--	---

© 2010 The Hershey Company. "Festive" and "A World of Good" are registered trademarks of The Hershey Company.

Kellogg's Cereal
Festive
MORNINGS

KELLOGG'S CEREAL
and 100% WHOLE GRAIN
WHEAT FLAKES
\$6.99
ea.

RICE KRISPIES
\$6.99
ea.

FROSTIES
\$6.99
ea.

Natrel
NATREL CEREALIC
CEREAL CREAM
COLLECTION
\$6.49
ea.

Natrel
NATREL CEREALIC
OR LACTOSE FREE
MILK
COLLECTION
\$6.49
ea.

2
COMF

CHEESE

Free! Festival

ENTER FOR A CHANCE TO
WIN CHEESE FOR A YEAR!

WWW.FREECHEESE.CA



749
ea.

GULBANI CHEESE
SELECTED VARIETIES



549
ea.

KRAFT CHEESE BLOCK
250g
SELECTED VARIETIES



899
ea.

LACTANTIA STICK BUTTER
250g
SELECTED VARIETIES

Knorr

BRING FLAVOUR TO CLASSIC HOLIDAY DISHES



199
ea.

KNORR CHICKEN STOCK
500ml



125
ea.

KNORR SAUCE OR CREAMY SAUSAGES
500g



449
ea.

KNORR BOWL BOUILLON
500ml



649
ea.

KNORR BASE FOR CONCENTRATED BOUILLON
500g



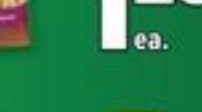
449
ea.

KNORR BOWL BOUILLON
500ml



125
ea.

KNORR LEMON BEEST
500g



449
ea.

KNORR BOWL BOUILLON
500ml

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)
5⁴⁹ ea.



KINDER SURPRISE
100g (3.5oz)
3⁴⁹ ea.



TOBLERONE CHOCOLATE
100g (3.5oz)
12⁹⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ ea.



HERSHEY'S KISSES CHOCOLATE
100g (3.5oz)
9⁴⁹ 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 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.



BLISTEX LIP BALM
10g (0.35oz)
3⁹⁹ ea.



JAMESON VITAMIN D3
10g (0.35oz)
4⁹⁹ ea.



NATIVE DEODORANT
10g (0.35oz)
15⁹⁹ ea.



HERO MIGHTY PATCH
10g (0.35oz)
13⁹⁹ ea.



GLYSOMED HAND CREAM
10g (0.35oz)
4⁴⁹ ea.

More Great Savings

[illegible]

↓ Low Price Every Day

[illegible]

***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

[illegible]



We take pride in sourcing locally from the
Eastern Ontario Region.

RINAG
SAMOSAS
185 - 295 g
SELECTED VARIETIES

5⁹⁹
ea.



ST-ALBERT
CHEESE CURDS
200 g

5⁹⁹
ea.



NANNY HUDSON'S
KETCHUP OR RELISH
375 ml
SELECTED VARIETIES

6⁹⁹
ea.



QUINTA
QUINOA
400 g

6⁹⁹
ea.



1642
SODA DRINKS
4 x 275 ml
SELECTED VARIETIES

10⁹⁹
ea.



PAPA JACK
POPCORN SEASONING
70 - 100 g
SELECTED VARIETIES

3⁹⁹
ea.



Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO [LEARN MORE](#)

SNOWDONIA
CHEESE CO.

**PURE
CHEESE
INDULGENCE**

SNOWDONIA
CHUTNEY
100-200g
SELECTED VARIETIES

6⁹⁹
ea.

SNOWDONIA
CHEDDAR CHEESE
150-200g
SELECTED VARIETIES

11⁹⁹
ea.

SCHNEIDERS

PEPPERETTES
150-250g
SELECTED VARIETIES

9⁹⁹
ea.

ELEVATED ENTERTAINING

**TRUSTED BY
CANADIANS**

SINCE 1981

BUTTERFLY'S GOLD
HONEY
500g
SELECTED VARIETIES

8⁹⁹
ea.

100% pure and
unpasteurized

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

2⁴⁹
ea.

Pure

KRAFT PURE
DRESSING
355 ml
SELECTED VARIETIES

3⁹⁹
ea.

NO ARTIFICIAL
PRESERVATIVES

NO ARTIFICIAL
FLAVOURS

NO ARTIFICIAL
COLOURS

Holiday Savings FOR EVERY OCCASION!

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.

GRINCH OR
SUGAR CRUNCH
CEREAL
240-360g
SELECTED VARIETIES

3⁴⁹
ea.

*Winter Treats
for all!*

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

6⁴⁹
ea.

NESTLE
PARLOUR FROZEN
DESSERT TUBS OR NOVELTIES
SELECTED VARIETIES

4⁹⁹
ea.

SMUCKER'S
JAM
250-500 ml
SELECTED VARIETIES

6⁴⁹
ea.

JIF
PEANUT BUTTER
250g
SELECTED VARIETIES

6⁴⁹
ea.

J&PB

**TRY IT FOR
THE FIRST
TIME.**

ONLY WITH

Nestle trademarks are owned by Nestle Ltd. Vevey, Switzerland. © 2025 Nestle. Smucker's and Jif are trademarks of their respective owners.