

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 g
DOM NORDVEGEN FJØRØ
SMOKED SALMON 400 g

19⁹⁹
ea.

DELICIOUS SEA
DUMPLINGS
CHIFFONIES BANG
DU DUMPLING
WILD CAUGHT
SALMON

EXTRA
Norwegian Fjord

12⁹⁹
ea.

STOVE MADE
CAPRESE
100 g (3.5 oz)

12⁵
ea.

CLUB
TURKEY LUNCHEON
TURKEY LUNCHEON

STOVE TOP STUFFING, FRANC-AMERICAN OR
CLUB HOUSE GRAB

STOVE TOP
TURKEY LUNCHEON

34⁹
ea.

Tostitos
SAVORY Bites

Ruffles
REGULAR
MEDIUM

Doritos
NACHOS

BUFFLES CHIPS, DORITOS OR CHEETOS
SAVORY, TOSTITOS TORTILLA CHIPS

NETLE QUALITY STREET
CHOCOLATES
250g (8.8 oz)

250
points

15⁹⁹
ea.

\$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
BOULETTES WITH
SAUSAGE &
PEPPERS

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

Irresistible
PINEAPPLE
BROS.
BOULETTES
W/ CRISPY RICE

5⁹⁹
ea.

Irresistible
LUMPIAS
NEW

Irresistible
APPETIZERS
ROLLS 20-25
GLUTEN FREE

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
COCONUT SHIMP
CRISPY

Irresistible
COCONUT SHIMP
CRISPY
TENDERLILY SHIMP RING

\$1
back in
points

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHIMP RING
TENDERLILY

\$ New Lower Prices

D'ITALIANO
ORIGINAL
2.00
7.00
D'ITALIANO
BREADS, ROLLS OR
CROISSANTS
BAGELS
NET WT. 10.5 OZ (298g)
NET WT. 10.5 OZ (298g)

Donutitos
DONUTS
NET WT. 10.5 OZ (298g)
NET WT. 10.5 OZ (298g)

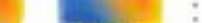
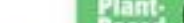
FRESH 2 GO
CHICKEN MILD OR
PEPPERONI &
CHEESE 9" X
12" LARGE
HOT PIZZA (12)
NET WT. 10.5 OZ (298g)
NET WT. 10.5 OZ (298g)

\$11.99
ea.

\$2.00
coupon
good

FRESH 2 GO

 MAKES LEAN OR A TENDER DINNER BUTTERFLAY TURKEY HAM \$1 back in store	 35 cents REMY'S CREAM DRESSING	 6 99 ON THE BORDER SLICED DELI MEAT ON THE BORDER SLICED DELI HAM	 7 00 MIX MATCH VEGETARIAN CAKES OR SPICY CALIFORNIA MILK
9 99 ea.	1 25 ea.	6 99 ea.	7 00 ea.

 MINUTE TAPIoca MADE OF PURE WHEAT AND CORN FLOUR NO MSG OR ARTIFICIAL FLAVORS OR PRESERVATIVES \$2 back in store 3.99 ea. 250 oz.	 PILSBURY CHOC CHIP COOKIES 12 COOKIES PER CAN \$1 back in store 1.99 ea. 125 oz.	 NEWMAN'S OWN PASTA SAUCE PASTA SAUCE PASTA SAUCE 649 ea. 125 oz.	 CAMPBELL'S SOUP CONDENSED SOUP CONDENSED SOUP CONDENSED 99c ea. 125 oz.
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Ben's Original
CASHWUT BUTTER
179¢ ea.

Ben's Original
Fast & Family
PASTA SAUCE
399¢ ea.

QUE PASA
KETTLE'S POPCORN
1299¢ ea.

LINDT
DARK CHOCOLATE
1299¢ ea.

merci
DARK CHOCOLATE
1299¢ ea.

merci
DARK CHOCOLATE
1299¢ ea.

I learn with **moi** rewards

 40 5.49 OREO CHEESECAKE FAMILY SIZE OREO CHEESECAKE FAMILY SIZE 1.5kg (3.3lb)	 40 4.99 RITZ ORIGINAL CHEDDAR CRACKERS RITZ ORIGINAL CHEDDAR CRACKERS 1.5kg (3.3lb)	 25 1.99 TRISCUIT ORIGINAL TRISCUIT ORIGINAL 1.5kg (3.3lb)	 25 1.99 Knorr BEEF AND VEGGIE CASSEROLE Knorr BEEF AND VEGGIE CASSEROLE 1.5kg (3.3lb)	 25 1.99 Knorr BEEF AND VEGGIE CASSEROLE Knorr BEEF AND VEGGIE CASSEROLE 1.5kg (3.3lb)	 50 5.99 McVities McV'S BISCUITS McVities McV'S BISCUITS 1.5kg (3.3lb)	 50 5.99 Lays ORIGINAL POTATO CHIPS Lays ORIGINAL POTATO CHIPS 1.5kg (3.3lb)
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Special prices in this flyer are available at select Metro stores only. See store for details.

Be the reverse the right to file complaints.
DISCOUNTS TAKE PRECEDENCE OVER PRIZES
HOWEVER, YOU MAY WIN A PRIZE INSTEAD OF A DISCOUNT

Metro Bank of the Philippines, Inc. is a member bank of the Metro Bank Group, Inc. (Metro Bank Group) and is a member of the Metro Bank Group's financial institutions. Metro Bank Group is a member of the Metro Bank Group's financial institutions. Metro Bank Group is a member of the Metro Bank Group's financial institutions.

Visit us at **metro.co**
Use your online application to check to
WIN \$1,000 in groceries

Facebook Twitter YouTube

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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 1/2 PINT
PRODUCT OF CHILE, GUATEMALA OR
INDONESIA, IN 1/2 PINT

3⁹⁹
/lb
EXTRA LARGE RED OR
GREEN OR LARGE
BLACK SEEDLESS GRAPES
8.80 kg

2⁹⁹
ea.
RASPBERRIES
PRODUCT OF U.S.A.

1⁹⁹
/lb
SWEET POTATOES
PRODUCT OF GUATEMALA
4.30 kg

2⁹⁹
ea.
CRANBERRIES 1/2 lb
PRODUCT OF U.S.A.

4⁹⁹
ea.
JUMBO PINEAPPLES
SWEETENED, CROWNED
CORED PINEAPPLES 1.00 kg

1⁴⁹
/lb
JUNCO FENNEL
PRODUCT OF U.S.A.
2.20 kg

99¢
/lb
GREEN CABBAGE
PRODUCT OF GUATEMALA
CROWN NO. 16/18/20
2.20 kg

4⁹⁹
ea.
LEMONS 1/2 lb
PRODUCT OF U.S.A.

8⁹⁹
/lb
JUMBO CHERRIES
PRODUCT OF GUATEMALA
19.82 kg

2⁴⁹
ea.
CARROTS OR
YELLOW ONIONS 1 lb
PRODUCT OF GUATEMALA
CROWN NO. 16/18/20

4⁹⁹ **20**
ea. points
GREEN FRENCH BEANS
1/2 lb
PRODUCT OF GUATEMALA

9⁹⁹ **45**
ea. points
VANILLA PERSIMMONS 1/2 lb
PRODUCT OF GUATEMALA

13⁹⁹
ea.
POM WONDERFUL
POMGRANATES
PRODUCT OF U.S.A.

3⁴⁹
ea.
ANGEL SWEET OR
ONE SWEET
CHERRY TOMATOES
200 g
PRODUCT OF GUATEMALA

3⁷⁹
ea.
BELLE GROVE
MUSHROOMS
100 g
PRODUCT OF GUATEMALA

7⁹⁹
ea.
MOYERS
CHOCOLATE
CARAMEL APPLE
100 g

2⁹⁹
ea.
PECAN NUTS
PRODUCT OF U.S.A.

2⁹⁹
/lb
BRUSSELS SPROUTS
PRODUCT OF GUATEMALA
6.50 kg

1²⁹
/lb
BUTTERBEANS
PRODUCT OF GUATEMALA
2.84 kg

Organic

2⁹⁹
/lb
INRESISTIBLE
ORGANIC HERBS
1/2 lb
PRODUCT OF GUATEMALA

3²⁹
ea.
ORGANIC FULL
CREAMY SMOOTHIE OR
BULK APPLES
PRODUCT OF U.S.A.

4⁹⁹
ea.
ORGANIC
CAMPARI TOMATOES
PRODUCT OF GUATEMALA

6⁹⁹ **30**
ea. points
ORGANIC
SWEET POTATOES
PRODUCT OF U.S.A.

Sliced & Diced

9⁹⁹
ea.
TACO DIP
1/2 lb
PRODUCT OF GUATEMALA

13⁹⁹
ea.
LARGE SALADS
1/2 lb
PRODUCT OF GUATEMALA

50
points
SMALL FRUIT TRAY
1/2 lb
PRODUCT OF GUATEMALA

13⁹⁹
ea.
NACHOS PLATTER 100 g
BERRY KETO TRAY 100 g
PUMPKIN SEEDS 100 g
TRAY WITH DIP 100 g

14⁹⁹
ea.
PORKETTA
1/2 lb
PRODUCT OF GUATEMALA

40⁰⁰
ea.
GRACEFUL BOUQUET
1/2 lb
PRODUCT OF GUATEMALA

16⁹⁹
ea.
BOUTIQUE
1/2 lb
PRODUCT OF GUATEMALA

***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

Holiday Entertaining



\$1
back in
store

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
10.5 oz. (300g)
each



\$1
back in
store

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE 10.5 oz.**
each



\$1
back in
store

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11.5 oz.**
each



\$2
back in
store

250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
10.5 oz. (300g)
each



\$1
back in
store

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
10.5 oz. (300g)
each



\$1
back in
store

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE 10.5 oz.**
each



\$1
back in
store

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 11.5 oz.**
each



\$2
back in
store

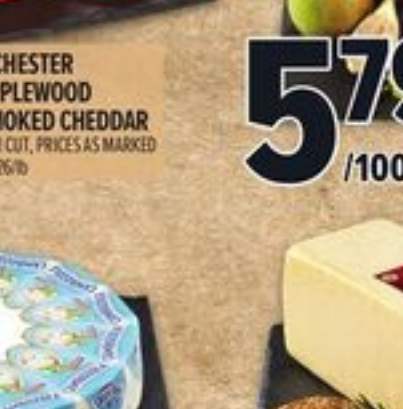
250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
10.5 oz. (300g)
each

 BROSCHE Brioche Bread 5⁹⁹ ea.	 STONORE SUPREME PUFFIN PASTRY FLAT BREAD OR PIZZA FLOUR 3⁹⁹ - 3⁰⁰ ea. points	 PIERCE PIERCE 5⁹⁹ ea. PIONEER WOMAN COUNTRY BREADS 100% WHOLE WHEAT	 FROST STREET BAKERY PUFFIN ROLLS 100% WHOLE WHEAT 3⁹⁹ ea.
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Deli Favourites

 VALUE PICK 299 /100 g	 349 /100 g	 579 /100 g	 579 /100 g
 699 ea.	 599 ea.	 599 /100 g	 449 /100 g
 799 ea.	 879 ea.	 599 ea.	 1149 ea.
 1549 ea.	 649 ea.	 999 ea.	 799 ea.
 LIMITED TIME 1299 ea.	 699 ea.	 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

**BUY MORE
SAVE MORE!**



4²⁹
/100 g



A scenic view of a vineyard in Italy. In the foreground, a vintage silver car is parked on a gravel path, with a person wearing a straw hat and a plaid shirt leaning against a wooden fence. The background features rolling green hills with terraced vineyards and a small village with yellow buildings. The text "FLAVOURS OF" is written in a bold, sans-serif font, and "italy" is written in a large, white, cursive script. A green and red horizontal line is positioned below the word "italy".

SANPELLEGRINO
TRIGRAPHIC SPARKLING DRINKS
LIMONCELLO
6 CANS
\$5.99 ea.

SANPELLEGRINO
TRIGRAPHIC SPARKLING DRINKS
RASPBERRY ROSÉ
6 CANS
\$5.99 ea.

ILLY COFFEE
12 OZ. 100% ARABICA BEANS

CLASSICO
TRADITIONAL ITALIAN ROAST
12 OZ. 100% ARABICA BEANS
\$11.99 ea.

INTENSO
TRADITIONAL ITALIAN ROAST
12 OZ. 100% ARABICA BEANS

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

NaturaLia Biscuits or Fallico Pellets
NaturaLia Biscuits or Fallico Pellets 10lb

BACCALA

15.99 ea.

FIVE STAR OYSTERS
FIVE STAR OYSTERS 10lb

17.00 ea.

FRESH MAPLE STANDARD OYSTERS
FRESH MAPLE STANDARD OYSTERS 10lb

3.99 ea.

BENTO EXPRESS CRISPY FAMILY PACK
BENTO EXPRESS CRISPY FAMILY PACK 10lb

3.99 ea.

BENTO EXPRESS CURRY FAMILY PACK
BENTO EXPRESS CURRY FAMILY PACK 10lb

3.99 ea.

BENTO EXPRESS CURRY FAMILY PACK
BENTO EXPRESS CURRY FAMILY PACK 10lb

IRRESISTIBLE SMOKED ATLANTIC SALMON FRESH FILLS 30 pieces 5⁹⁹ ea. ATLANTIC SALMON SMOKED ATLANTIC SALMON FRESH FILLS	IRRESISTIBLE WILD CAUGHT TUNA STEAKS FRESH FILLS 40 pieces 8⁹⁹ ea. IRRESISTIBLE TUNA STEAKS FRESH FILLS	IRRESISTIBLE SHAYDOW MERLEY MELANGE IN ME 40 pieces 9⁹⁹ ea. IRRESISTIBLE SHAYDOW MERLEY MELANGE IN ME	IRRESISTIBLE VALERIE'S BAKED CHEESE MASHED POTATOES 40 pieces 10⁹⁹ ea. IRRESISTIBLE VALERIE'S BAKED CHEESE MASHED POTATOES
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PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	WALKER'S SHORTBREAD COOKIES 4.99 ea.	NEW! IRRESISTIBLE CHOCOLATE COVERED OREO[®] COOKIES 1.99 ea.	NEW! OREO[®] HOLIDAY COOKIES 2.22 ea.
Monte Verde Panettone 5.99 ea.	Biscoff COOKIES 3.99 ea.	M&M'S MILK CHOCOLATE 5.99 ea.	Kinder SURPRISE EGGS 100¢
Monte Verde Panettone 5.99 ea.	LOTUS BISCOFF COOKIES 3.99 ea.	M&M'S MILK CHOCOLATE 5.99 ea.	KINDER CHOCOLATE EGGS 6.99 ea.
WHITE CLAW NON-ALCOHOLIC SPARKLING DRINK 9.49 ea.	PHILLIPS 4000 HAZY IPA 8.49 ea.	GRÖVI NON-ALCOHOLIC BEER 12.49 ea.	ALLEN'S APPLE CIDER CRANBERRY COCKTAILS 3.99 ea.
STARBUCKS COFFEE BREAKFAST 7.99 ea.	TAZO EARL GREY 4.99 ea.	Beatrice BUTTERMILK 20 points	NEW! CHEESITOS 3.49 ea.



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

merry varieties of
COLD ONES

Cheers to the holidays with our variety of refreshing favourites.

STELLA ARTOIS
 12 PACK \$25⁹⁹ ea.

Budweiser
 12 PACK \$24⁹⁹ ea.

SLEEMAN
 12 PACK \$22⁹⁹ ea.

SLEEMAN CLEAR 2.0 LIGHT LAGER
 12 x 473 ml (16 FL OZ)

BACKYARD
PINK GRAPES
750 ml

12.49 ea.

JACKSON TRIGGS
PINOT GRAPES
750 ml

11.49 ea.

OPEN CAB
RED LOT
750 ml

12.49 ea.

PELLER FAMILY
CHARDONNAY
750 ml

12.49 ea.

DON'T POKE THE BEAR
RED
750 ml

13.99 ea.

TRIGGS
SAUVIGNON
WHITE
750 ml

15.99 ea.

TWENTY BEES
PINOT GRAPES
750 ml

12.49 ea.

JACOB'S CREEK
MOSCATO
ROSE
750 ml

13.99 ea.

Advertisement prices are subject to change and exclude HST and deposit fees, which are added at checkout. Beer, wine and ribs are available at select stores. See menu in for availability.

More Great Savings



2.79
ea.
PRIMO PASTA
100% MEAT, SELECTED VARIETIES



6.99
ea.
STEFANO'S MARINARA
PASTA SAUCE 100% MEAT, SELECTED VARIETIES



2.99
ea.
ITALPASTA LASAGNE
175g



5.49
ea.
SOMETHING SPECIAL TOP
SPREAD & MARINADE 100% MEAT, SELECTED VARIETIES



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE GRAIN, SELECTED VARIETIES



4.99
ea.
KELLOGG'S
CEREAL 100% WHOLE GRAIN, SELECTED VARIETIES



8.99
ea.
KRAFT
PARMESAN CHEESE 100% NATURAL, SELECTED VARIETIES



3.99
ea.
KASHI
GRANOLA BARS 100% WHOLE GRAIN, SELECTED VARIETIES



5.79
ea.
LACTANTIA ULTRA PURE MILK
1% FAT, SELECTED VARIETIES



5.79
ea.
LACTANTIA ULTRA PURE MILK
2% FAT, SELECTED VARIETIES



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 1% FAT, SELECTED VARIETIES



6.49
ea.
LACTANTIA LACTOSE FREE
MILK 2% FAT, SELECTED VARIETIES



7.99
ea.
TRACKLEMENTS
CONDIMENT 100% NATURAL, SELECTED VARIETIES



7.99
ea.
TRACKLEMENTS
CONDIMENT 100% NATURAL, SELECTED VARIETIES



10.49
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



10.49
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



10.49
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



10.49
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



6.99
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



6.99
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



6.99
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



6.99
ea.
HÄAGEN-DAZS
ICE CREAM 100% NATURAL, SELECTED VARIETIES



10.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



10.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



10.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



10.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



9.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



9.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



9.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



9.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



13.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



13.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



13.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



13.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



6.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



6.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



6.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



6.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



12.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



12.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



12.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES



12.00
ea.
INVESTIBLE
FROZEN FRUIT 100% NATURAL, SELECTED VARIETIES

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EXCLUSIVE**

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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**

**NESTLE
AFTER EIGHT
CHOCOLATE
MINTS**

10.99 ea.

**TERRY'S
MILK CHOCOLATE**

6.99 ea.

**TERRY'S
MINT-MENTHE**

6.99 ea.

**LINDT
CREATION
Petit Desserts**

16.99 ea.

**FERRERO
COLLECTION**

10.99 ea.

**FERRERO
CHOCOLATE**

10.99 ea.

**FERRERO
ROCHER**

10.99 ea.

**jolly delights for your
SWEET
TABLE**

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

**LINDT
EXCELLENCE**

22.99 ea.

**FERRERO
ROCHER**

11.99 ea.

**LINDT
EXCELLENCE**

18.99 ea.

**FERRERO
ROCHER**

12.99 ea.

TOBLERONE

12.99 ea.

**CANDY
CELEBRATIONS**

15.99 ea.

**NESTLE TURTLES
CHOCOLATE BOX**

15.99 ea.

**SELECTION
CANDY GAMES**

1.49 ea.

**LAURA SECORD
S'MORES SET**

18.99 ea.

**SELECTION
CHOCOLATE OR
IRRESISTIBLE
MINT STICKS**

2.99 ea.

IRRESISTIBLE

10.99 ea.

**IRRESISTIBLE
COOKIE DOUGH**

2.49 ea.

**IRRESISTIBLE
CANDY**

4.99 ea.

**TEA
PEPPERMINT
CHEER**

5.99 ea.

**CELESTIAL
CHRISTMAS**

4.99 ea.

**PILLSBURY
CHRISTMAS
COOKIE DOUGH**

4.99 ea.

**Sno-Mann
Bonhomme de neige**

4.99 ea.

**Christmas Tree
Mince de Noel**

4.99 ea.

**LAURA SECORD
HOT ASSET
GIFT SET**

9.99 ea.

**LAURA SECORD
SNOWFLAKE
GIFT SET**

9.99 ea.

**LAURA SECORD
S'MORES SET**

10.99 ea.

**LE GOURMET
FERRERO
GIFT BASKET**

14.99 ea.

WHILE QUANTITIES LAST

MARTELLI FIAT 500
CANTUCCI COOKIES
100 g

18⁹⁹
ea.

Sperlan
TORTONE
150 g

7⁹⁹
ea.

VERGANI
PANETTONE
100 g
SELECTED VARIETIES

3⁹⁹
ea.

GIGI AURORA
ON LUSON
PANETTONE
400 - 500 g
SELECTED VARIETIES

11⁹⁹
ea.

THE MARIE
EXCEL-SIOR OR
MILKLETT
PANETTONE
OR PANDORO
750 g
SELECTED VARIETIES

14⁹⁹
ea.

MOTTA OR
FASCONARO
PANETTONE
OR PANDORO
100 - 300 g
SELECTED VARIETIES

21⁹⁹
ea.

SANTANGELO OR
PASTICCERIA
PANETTONE OR
PANDORO
200 g - 1 kg
SELECTED VARIETIES

23⁹⁹
ea.

PALUANI 1921
PANDORO, CHIOSTO
OR LUSON MASON
PANETTONE
600 - 750 g - 1 kg
SELECTED VARIETIES

29⁹⁹
ea.

MUZZI TOMMASO
PALUANI CREAM OR
LUSON PANDORO OR
PANETTONE
500 - 750 g - 1 kg
SELECTED VARIETIES

18⁹⁹
ea.

CHIOSTO TIN
VERGANI AGRUMI OR
SCARPELLO PANETTONE
750 g - 1 kg
SELECTED VARIETIES

32⁹⁹
ea.

FASCONARO
WRAPPED
PANETTONE
750 g
SELECTED VARIETIES

19⁹⁹
ea.

FASCONARO ORO
OR STROGA
PANETTONE OR
PANDORO
1 kg
SELECTED VARIETIES

46⁹⁹
ea.

BAULI OR
MILKLETT
PANETTONE OR
PANDORO
200 - 400 g
SELECTED VARIETIES

16⁹⁹
ea.

FASCONARO
1953
PANETTONE
1 kg
SELECTED VARIETIES

41⁹⁹
ea.

FASCONARO
DOLCE E GARDANA
PASTICCHIO, NOCCOLA OR
MARRONINO PANETTONE 1 kg
SELECTED VARIETIES

71⁹⁹
ea.

FABRI AMARENA
PANETTONE
1 kg

31⁹⁹
ea.

ITEM AVAILABILITY VARIES BY STORE - WHILE QUANTITIES LAST

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
SAISON
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
TUMPAKINS
CAT TREATS
SELECTED VARIETIES

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED VARIETIES

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED VARIETIES

8⁴⁹
ea.

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GERBER
BABY MEALS
OATMEAL & APPLESAUCE
12 oz. jar

GERBER
BABY MEALS
OATMEAL & APPLESAUCE
12 oz. jar

4.49
ea.

BUY MORE
SAVE MORE!
2 for
6.00
LESS THAN 2 FOR 2.99 EA.

Baby Wagon-Mini
RICE CAKES
100 count

Baby Wagon-Mini
RICE CAKES
100 count

4.49
ea.

GERBER
BABY MEALS
OATMEAL & APPLESAUCE
12 oz. jar

GERBER
BABY MEALS
OATMEAL & APPLESAUCE
12 oz. jar

3.99
ea.

live clean
baby
BABY WASH
16.9 oz. bottle

live clean
baby
BABY WIPES
100 count

live clean
baby
BABY WIPES
100 count

7.49
ea.

Pampers
Baby Fresh
BABY WIPES
336 count

Pampers
Baby Fresh
BABY WIPES
336 count

14.99
ea.

Pampers
Baby Fresh
BABY WIPES
336 count

Pampers
Baby Fresh
BABY WIPES
336 count

14.99
ea.

Pampers
Baby Fresh
BABY WIPES
336 count

Pampers
Baby Fresh
BABY WIPES
336 count

14.99
ea.

Pampers
Baby Fresh
BABY WIPES
336 count

Pampers
Baby Fresh
BABY WIPES
336 count

14.99
ea.

Health & Beauty

TRESSEME HAIR CARE SHAMPOO 6⁹⁹ ea. 	LIVE CLEAN HAIR CARE SHAMPOO 7⁹⁹ ea. 	GUM FLOSSERS FLOSS 2⁹⁹ ea. 	COLGATE TOOTHPASTE TOOTH PASTE 3⁹⁹ ea. 
OLY HAIR CARE SHAMPOO 9⁹⁹ ea. 	JOHN FREDA HAIR CARE SHAMPOO 12⁹⁹ ea. 	LISTERINE MOUTHWASH MOUTHWASH 10⁹⁹ ea. 	TRONAXEL TOOTH PASTE TOOTH PASTE 6⁹⁹ ea. 
IRISH SPRING SOAP BARS SOAP BARS 5⁴⁹ ea. 	OLAY BODY WASH BODY WASH 9⁹⁹ ea. 	NATIVE BODY WASH BODY WASH 13⁹⁹ ea. 	NEUTROGENA TOOTH PASTE TOOTH PASTE 10⁹⁹ ea. 
Aveeno MOISTURIZING LOTION 8⁴⁹ ea. 	JORGENS MOISTURIZING LOTION 11⁹⁹ ea. 	Gillette SHAVING GEL SHAVING GEL 4⁹⁹ ea. 	Schick RAZOR SHAVING RAZOR 13⁹⁹ ea. 
Kamil HAIR CARE SHAMPOO 3⁹⁹ ea. 	Kamil HAIR CARE SHAMPOO 3⁹⁹ ea. 	U BY KATE SATINARY SHAMPOO OR SHAMPOO 10⁹⁹ ea. 	TENA OVERNIGHT PAMPER 17⁹⁹ ea. 

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beautu

Entire Brand

15% OFF

Stocking Stuffer



Herbatint
Natural Hair Colour

Natural permanent hair colour enriched with herbal extracts for rich, long-lasting black tones.



Entire Brand

15% OFF



Derma E
Brightening Cleanser

Gently exfoliates and brightens dull skin with vitamin C and natural fruit acids.



Entire Brand

10% OFF

Stocking Stuffer



Dr. Squatch
Soap Pine Tar

Deep-cleaning natural soap bar made with pine tar, oatmeal, and shea butter — rugged and refreshing.



Entire Brand

15% OFF



Mad Hippie
Vitamin C Serum

Antioxidant-rich serum that brightens skin tone and reduces signs of aging.



Essential & Carrier Oil

20% OFF

Stocking Stuffer



NOW
Sugar Plum Essential Oil

Holiday-inspired essential oil blend with warm, sweet, and festive aromatherapy notes..



Entire Brand

5% OFF



Skin Essence
Fresh Facial Cleanser

Organic facial cleanser made with gentle plant oils to purify and nourish the skin.



Entire Brand

20% OFF



Stoked Oats
Premium Oat Blend

High-protein, high-fiber oat blend featuring chia, flax, and real coffee for a morning boost.



Entire Brand

15% OFF

Stocking Stuffer



Pukka Tea
Chamomile, Vanilla, & Manuka Honey

Calming organic herbal tea for relaxation and bedtime comfort.



Entire Brand

15% OFF



Celebration
Org Dandelion Leaf Tea

Caffeine-free detox tea supporting liver and digestive health.



Entire Brand

20% OFF



Healthy Hippo
Hippo Gummies

Low-sugar, palant-based gummies made with natural colours and flavours.



Entire Brand

15% OFF



Gutsy
Kombucha No Sugar Ginger

Naturally fermented kombucha with bold ginger taste — zero sugar, probiotic support.



Entire Brand

15% OFF

Stocking Stuffer



Unreal
Dark Chocolate Almond Butter Cups

Clean-label chocolate cups with creamy almond butter and fair-trade ingredients.



Entire Brand

15% OFF

Stocking Stuffer



PUR
Mints Peppermint

Sugar-free mints sweetened with xylitol for fresh breath and oral health.



946ml

10% OFF



Filsinger's
Apple Cider Vinegar

Unfiltered, organic apple cider vinegar with "mother" — great for digestion and detox.



Truffles and more

15% OFF

Stocking Stuffer



Chocxo Dubai Style
Pistachio Creme Truffle

Gourmet dark chocolate truffles filled with smooth pistachio crème.



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Granita

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

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3⁹⁹

ea.

7⁹⁹

ea.

2⁴⁹

ea.

3⁹⁹

ea.

3⁴⁹

ea.

4⁹⁹

ea.

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5⁴⁹

ea.

4⁹⁹

ea.

2⁹⁹

ea.

3⁹⁹

ea.

25

points

4⁹⁹

ea.

1²⁵

ea.

10⁹⁹

ea.

3⁴⁹

ea.

2⁹⁹

ea.

2⁹⁹

ea.

2⁹⁹

ea.

8⁹⁹

ea.

8⁹⁹

ea.

15⁴⁹

ea.

9⁹⁹

ea.

5⁹⁹

ea.

36⁹⁹

ea.

28⁹⁹

ea.

3⁹⁹

ea.

4⁹⁹

ea.

42⁰⁰

ea.

3⁹⁹

ea.

6⁹⁹

ea.