

VERSION 1

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

ROMAINE HEARTS 1/2c

PRODUCT OF U.S.A. GROWN

399

ea.

BLACKBERRIES 1/2c

PRODUCT OF U.S.A. GROWN

STEM & LEAF CLEMENTINES

PRODUCT OF U.S.A. GROWN

199

ea. or /lb

WILD WONDERS

PRODUCT OF U.S.A. GROWN

199

ea.

SNACKING TOMATOES 1/2c

PRODUCT OF U.S.A. GROWN

199

ea.

SPANISH ONIONS

PRODUCT OF U.S.A. GROWN

99¢

/lb

Foodland

U.S.A. GROWN

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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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 (2.2 lb) bags

249 ea.



CRISCO ALL VEGEtable
SHORTENING OR
SALE BRAND
UNUSURSED MIX
1 kg (2.2 lb) tubs

349 ea.



ROBIN HOOD,
FIVE ROSES OR
MANARCA FLOUR
5 kg (11 lb) bags

399 ea.



SELECTION
CHOCOLATE CHIPS OR
BARKS & CHOCOLATE
200 g (7 oz) bags

399 ea.



IRRESISTIBLE WALNUT
HALVES & PIECES
1 kg (2.2 lb) bags

14.99 ea.

750 g



\$ New Lower Prices

 7⁰⁰ ea. WONDER BREADS OR DUMPKETER'S BAGELS 12.5oz SELECTED VARIETIES	 11⁹⁹ ea. HIGH LINER SMOKED PAN-SEAR OR CATCH OF THE DAY FILETS 1.5lb SELECTED VARIETIES	 5⁹⁹ 65 lb IRRESISTIBLE ARTISAN CURE BONELESS SMOKED HAM OR HALF MOON SMOKED HAM 12.5lb	 19⁹⁹ ea. OCEAN PRIME CROWNED SHRIMP IRRESISTIBLES Jumbo Shrimp Pineapple Sauce
 3⁹⁹ 65 ea. CRAVE FROZEN MEATLOAF 10oz	 6⁹⁹ ea. LIBERTE GREEK YOGURT 100% GREEK YOGURT 500g	 6⁴⁹ ea. NATREL ORGANIC MILK 1% OR BUTTER 250g SELECTED VARIETIES	 9⁹⁹ ea. KELLOGG'S CEREAL 100% WHOLE GRAIN 100% WHOLE GRAIN 500g
 BUY TWO GET ONE FREE ea. PEPSI MINI SOFT DRINKS 100% SUGAR 100% SUGAR 100% SUGAR	 7⁴⁹ 125 ea. SAN PELLEGRINO SPARKLING DRINKS 1.5L SELECTED VARIETIES	 2⁷⁹ 15 ea. OASIS JUICE OR DEL MONTE BEVERAGE 1.5L SELECTED VARIETIES	 4⁹⁹ ea. CHEX CEREAL OR ORGANIC MEADOW YOGURT 500g
 5⁹⁹ ea. ACTIVIA YOGURT 100% GREEK YOGURT 500g	 3⁴⁹ ea. GOLDFISH OR CHEEZ-IT CRACKERS 100g	 3⁹⁹ ea. HARDBITES CHIPS 100g	 1⁹⁹ ea. CAMPBELL'S SOUP 100g
 6⁹⁹ ea. HELLMANN'S MAYONNAISE 100% EGG YOLK 500g	 2⁴⁹ ea. BUSH'S BEANS 100% GREEK YOGURT 500g	 3⁴⁹ ea. BEN'S ORIGINAL RICE 100g	 4⁹⁹ ea. HEINZ KETCHUP 100g
 5⁹⁹ ea. SCOPE DISH SOAP 100g	 2⁹⁹ ea. ALCAN PAPER TOWELS 100g	 8⁹⁹ ea. ROYALE TOILET PAPER 100g	 8⁹⁹ ea. TIDE DETERGENT 100g

I earn with mol rewards

 3⁹⁹ ea. LAY'S POTATO CHIPS 100g	 4⁹⁹ ea. LAY'S POTATO CHIPS 100g	 4⁹⁹ ea. RITZ CRACKERS 100g	 4⁹⁹ ea. RITZ CRACKERS 100g
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4-DAY MEAL DEAL
DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE **11⁹⁹** ea.

10" X LARGE PEPPERONI & CHEESE PIZZA
1kg

STOCK-MADE CARBOARELS
1kg

10" X LARGE PEPPERONI & CHEESE PIZZA
1kg

10" X LARGE PEPPERONI & CHEESE PIZZA
1kg

10" X LARGE PEPPERONI & CHEESE PIZZA
1kg

We reserve the right to limit quantities.
DISCOUNTS THAT PRECEDE OTHER PRICES.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.ca
or call 1-877-467-6272
to win \$5000 in groceries.

Micro Rewards is a trademark of Micro Inc.

**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



**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
4.28kg

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

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

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

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

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

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

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

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

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

4⁹⁹ ea.
WILD WONDERS
SWEET PEPPERS
PRODUCT OF MEXICO

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

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

5⁹⁹ ea.
BIG MOUNTAIN
PLANT BASED
ROAST
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ /lb
JUMBO CHESTNUTS
PRODUCT OF U.S.A. & MEXICO

7⁹⁹ ea.
MOVERS
CHOCOLATE
CARAMEL APPLE
PRODUCT OF U.S.A. & MEXICO

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

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

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

12⁹⁹ ea.
FIERY GINGER
IMMUNITY
POWDER
PRODUCT OF U.S.A. & MEXICO

4⁹⁹ ea.
HOLIDAY FRUIT SALAD 1ea
PRODUCT OF U.S.A. & MEXICO

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

50 points
PUMPKIN PIE
TOPPING
PRODUCT OF U.S.A. & MEXICO

40⁰⁰ ea.
HOLIDAY BLOOMS 1ea
PRODUCT OF U.S.A. & MEXICO

5⁹⁹ ea.
POINSETTIA 1ea
PRODUCT OF U.S.A. & MEXICO

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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
100% CANADIAN ANGUS
26.43kg

11⁹⁹
/lb

PLATINUM GRILL ANGUS
BLADE ROAST
100% CANADIAN ANGUS
26.43kg

11⁹⁹
/lb

**CUT FROM
100%
CANADIAN
AAA ANGUS BEEF**

PLATINUM GRILL ANGUS
PORK LOIN ROAST
100% CANADIAN
13.81kg

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
8.80kg

125
points

4⁹⁹
/lb

BUTTERBALL FRESH TURKEY
DRESSING/STICKS OR THIGHS
11.20kg

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
CANADIAN
RED WINGS
11.20kg

5⁹⁹
ea.

BUTTERBALL
TURKEY
SELECTED HAM

7⁹⁹
ea.

MACLEAN ORGANIC
BREAKFAST SAUSAGES
11.20kg

4⁹⁹
/lb

FLETCHER'S PORK
COTTAGE CHEESE
11.20kg

7⁹⁹
ea.

SELECTION
SMOKED HAM
11.20kg

11⁰⁰
ea.

LEGACY BONELESS
PORK LOIN ROAST
11.20kg

12⁹⁹
ea.

MACLEAN ANGEL KARDOS
PORK LOIN ROAST
11.20kg

4⁹⁹
ea.

MAPLE LODGE
ULTIMATE CHICKEN
DINNER SAUSAGES
11.20kg

6⁹⁹
ea.

JOHN KNOXVILLE
BAGGAS
11.20kg

7⁹⁹
ea.

SCHNEIDER'S
MEAT PIES
11.20kg

22⁹⁹
ea.

BUTTERBALL BONELESS
TURKEY BREAST ROAST
11.20kg

Bakery Favorites



FRONT STREET BAKERY
CHEESE STICKS OR CHEESE BUNS
100-125g

5⁹⁹
ea.

75
points



FRONT STREET BAKERY
ITALIAN BREAD
400-450g

3⁴⁹
ea.

50
points



micro croissants
250g

4⁹⁹
ea.



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

8⁴⁹
ea.



MINI'S SUMMER
ROLLS 100g

4⁴⁹
ea.



FURLANI TEXAS
TOAST
1kg

5⁴⁹
ea.



FRONT STREET BAKERY
PECAN CAKES
100-125g

22⁹⁹
ea.

125
points



JAMONCA ALMOND
CRUNCH CAKE
100g

31⁹⁹
ea.

250
points



FURLANI TEXAS
GARLIC TOAST
1kg

7⁴⁹
ea.



INRESISTIBLE
BUTTER TARTS 100g

6⁹⁹
ea.

Deli Favourites



MAPLE LOAF
100g

2⁹⁹
ea.



MASTRO ROSEMARY OR
TUSCANY HAM
100g

2⁹⁹
ea.



PRESIDENT BEEF OR
OLD COUNTRY EXTRA
MATURE WHITE CHEDDAR
100g

3⁹⁹
ea.



LE GRUYÈRE
SWISS CHEESE
100g

5⁹⁹
ea.



INRESISTIBLE ENTMAN
DRY SAUSAGE
100g

2⁹⁹
ea.



BELLA CASARA
BURRATA
CHEESE 100g

3⁴⁹
ea.



SNIROSKI
CANADIANA OR
CANADIANA HAM
100g

2⁹⁹
ea.



PARMIGIANO REGGIANO
AGED 24 MONTHS
100g

3⁴⁹
ea.



MACGARGLE'S
ITALIAN SLICED DELI OR
PILLER'S PEPPERONI
100g

6⁹⁹
ea.



MAPLE LEAF
NATURAL SELECTIONS OR
SNIROSKI SLICED DELI
100g

8⁴⁹
ea.



BELL'ITALIA
SALAMI OR
GOLD LABEL PEPPERONI
100g

8⁷⁹
ea.



PILLER'S
PEPPERONI OR
SALAMI STICKS
100g

10⁹⁹
ea.



PRESIDENT OR
BALLBROOK
SPREADABLE CHEESE
100g

7⁹⁹
ea.



KERRYGOLD
2 YEAR AGED
CHEDDAR CHEESE 100g

9⁴⁹
ea.



LA BELLE BRETAGNE
PATE 100g

4⁹⁹
ea.



SWISS CHALET
POT PIE 100g

8⁹⁹
ea.



KANA
BANI 100g

7⁴⁹
ea.



SUMMER FRESH
HUMMUS OR DIPS
100g

8⁰⁰
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

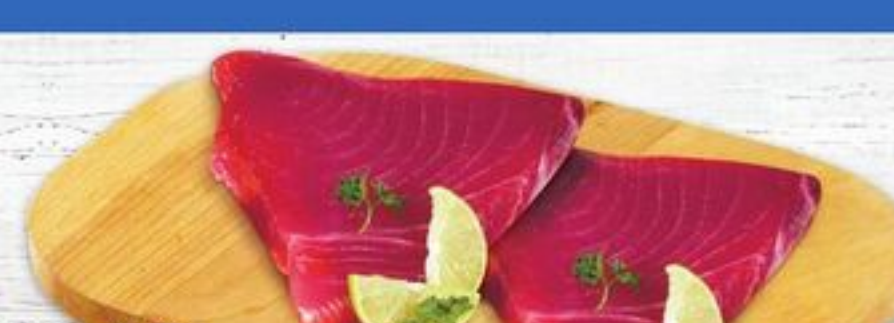
Seafood



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 ROCHERIE
SMOKED STEAMED
SALMON**



9⁹⁹
/lb

BAY SCALLOPS
FRESH, 2.000kg



12⁰⁰
ea.

**CALIFORNIA
WILD CAUGHT SHRIMP**
CALIFORNIA
WIDEY PAC 10/14
SELECTED SIZES



125
points

**OCEAN JEWEL
WHOLE
HADDOCK**
SEA BAS
FRESH, 1.5 LB/680g

\$1
back in
points

125
points

**ADJUTANT
SNOW CRAB
CLOUTERS**
FRESH, 1.5 LB/680g

\$1
back in
points

125
points

**ROCK HARBOR
COLUMBIAN LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/680g

\$1
back in
points

125
points



125
points

LOBSTER HOMARD



3⁹⁹
ea.

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



17⁹⁹
ea.

**ADJUTANT
SNOW CRAB
CLOUTERS**
FRESH, 1.5 LB/680g



18⁹⁹
ea.

**ROCK HARBOR
COLUMBIAN LOBSTER
CLAWS & ARMS**
FRESH, 1.5 LB/680g

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 POPCORN SHIMP SPECIALLY PREPARED PASTA, 100%
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Kellogg's Cereal Festive MORNINGS

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KELLOGG'S CEREAL
FROSTIES
1.5 LBS. (675g) EACH
\$6.99 ea.

KELLOGG'S CEREAL
RICE KRISPIES
1.5 LBS. (675g) EACH
\$6.99 ea.

KELLOGG'S CEREAL
FROSTIES
1.5 LBS. (675g) EACH
\$6.99 ea.

NATREL
NATURAL COFFEE CREAM
1.5 LBS. (675g) EACH
\$6.49 ea.

NATREL
NATURAL COFFEE CREAM
1.5 LBS. (675g) EACH
\$6.49 ea.

NATREL
NATURAL COFFEE CREAM
1.5 LBS. (675g) EACH
\$6.49 ea.

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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)
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.

THE GOOD STUFF: PERSONAL CARE



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.



GUM SOFT-PICKS
10g (0.35oz)
5⁹⁹ ea.



GLYSOMED HAND CREAM
10g (0.35oz)
4⁴⁹ 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% Natural No Sugar Added 5 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
MONTELLIER Sparkling Water 10x 330ml 100% Natural No Sugar Added 13 00 ea.	A&W Coca-Cola Soft Drinks 10x 330ml 100% Natural No Sugar Added 6 00 ea.	Coca-Cola Soft Drinks 10x 330ml 100% Natural No Sugar Added 6 00 ea.	VOORUIT VODKA 10x 330ml 100% Natural No Sugar Added 2 99 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
PRIMO Tomato Sauce 10x 330ml 100% Natural No Sugar Added 1 99 ea.	PRIMO Tomato Sauce 10x 330ml 100% Natural No Sugar Added 1 99 ea.	MONTELLIER Mustard 10x 330ml 100% Natural No Sugar Added 7 99 ea.	SAPPORO Beer 10x 330ml 100% Natural No Sugar Added 12 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
Nutri-Grain Cereal Bars 10x 330ml 100% Natural No Sugar Added 10 99 ea.	RED ROSE Tea 10x 330ml 100% Natural No Sugar Added 5 49 ea.	Source Yogurt 10x 330ml 100% Natural No Sugar Added 2 99 ea.	Nutri-Grain Cereal Bars 10x 330ml 100% Natural No Sugar Added 3 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 3 99 ea.
VAN HOUT McCafé 10x 330ml 100% Natural No Sugar Added 2 399 ea.	STARBUCKS Coffee Creamer 10x 330ml 100% Natural No Sugar Added 7 99 ea.	Milkmaid Condensed Milk 10x 330ml 100% Natural No Sugar Added 6 49 ea.	Nutri-Grain Cereal Bars 10x 330ml 100% Natural No Sugar Added 3 49 ea.	Henderson's CHEEZIES 100g 100% Natural No Sugar Added 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 WATER ENHANCER 100% SELECTED VEGETABLES	 NOW  \$4.99 SELECTION PEANUTS 100% 70% 100% SELECTED VEGETABLES
 SELECTION PEANUT BUTTER 100% SELECTED VEGETABLES NOW  \$4.99	 IRRESISTIBLE DRESSING 100% 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION CREAM 100% SELECTED VEGETABLES NOW  \$3.99	 SELECTION SOUR CREAM 100% SELECTED VEGETABLES NOW  \$2.99
 SELECTION SAUCE 100% 100% SELECTED VEGETABLES NOW  \$4.49	 LIFE CHANGING NATURAL TOMATO CHIPS 100% SELECTED VEGETABLES NOW  \$3.49	 SELECTION SLICED CHEESE 100% SELECTED VEGETABLES NOW  \$4.99	 SELECTION LENTILS 100% SELECTED VEGETABLES NOW  \$2.99

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15 pieces
2.49 ea.

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100% WHOLE WHEAT

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COOKIE PAL
DOG TREATS
100% WHOLE WHEAT
MADE WITH REAL EGGS

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CAFEON FARMS
DOG TREATS
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MADE WITH REAL EGGS

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100% WHOLE WHEAT

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SAVE MORE!

DENTALIFE
CHEWIES
100% WHOLE WHEAT

2/5 stars
48 per 10.99 ea.

BUY MORE!
SAVE MORE!

DENTALIFE
CHEWIES
100% WHOLE WHEAT

45 pieces
8.99 ea.

MILK-BONE
COMFORT CHEWS
100% WHOLE WHEAT

6.99 ea.

BLUE BUFFALO
BITS
100% WHOLE WHEAT

11.49 ea.

PERKINATE DENTALIFE
DOG TREATS
100% WHOLE WHEAT

13.49 ea.

GOLDEN FILL
DOG TREATS
100% WHOLE WHEAT

15 pieces
2.99 ea.

TEMPTATIONS
CAT TREATS
100% WHOLE WHEAT

14.49 ea.

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DOG TREATS
100% WHOLE WHEAT

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10.99 ea.

NATURE'S RECIPE
MIXED BERRY
100% WHOLE WHEAT

WRAP UP BRAND NAME PET FOOD

5 stars
1.99 ea.

NATURE'S RECIPE
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100% WHOLE WHEAT

65 pieces
20.49 ea.

CEASAR
MULTI-PURPOSE WET
DOG FOOD
100% WHOLE WHEAT

5/5 stars
5 per 1.49 ea.

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SAVE MORE!

PROKIES
WET DOG FOOD
100% WHOLE WHEAT

18.99 ea.

IAMS
WET DOG FOOD
100% WHOLE WHEAT



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

BEAU'S
ABBÉY STYLE CHEESE
27.17/lb

5⁹⁹
/100g



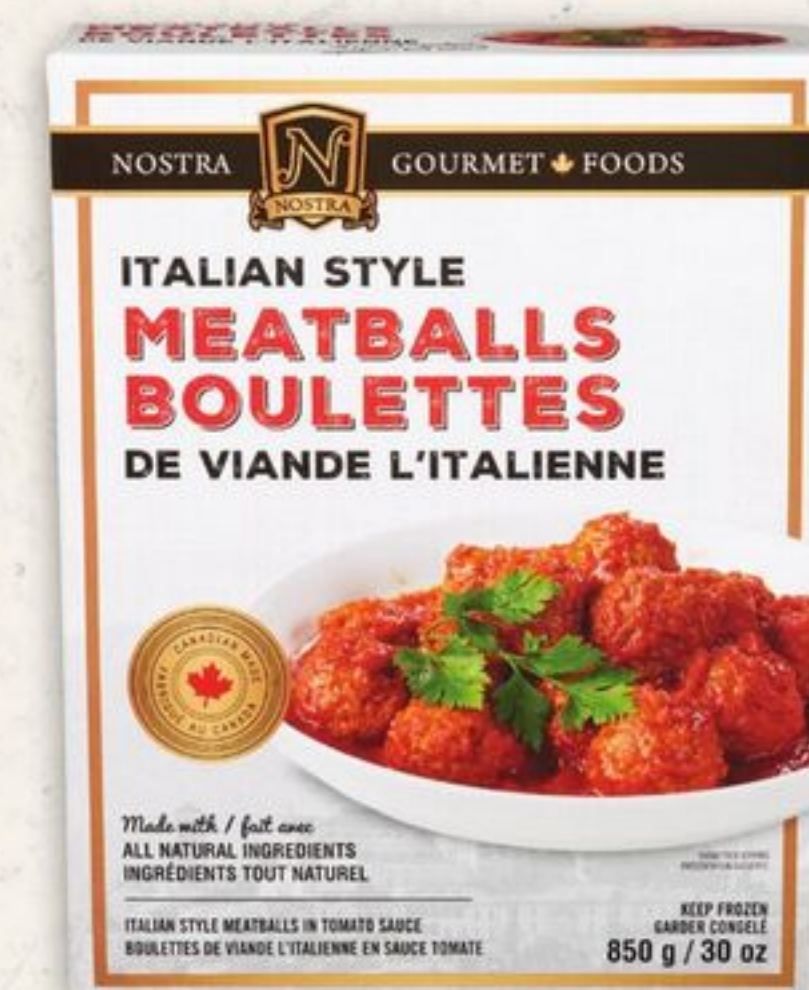
GRAND TRUNK
FIRM CHEESE
27.17/lb

5⁹⁹
/100g



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



THE KETONUT
CHOCOLATES
180 - 240 g
SELECTED VARIETIES

9⁹⁹
ea.



SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES

6⁹⁹
ea.



GOLDEN ACRES
SLICED PEACHES OR
PEARS
452 g
SELECTED VARIETIES

6⁹⁹
ea.



Effective December 4, 2025 - January 7, 2026

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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

2⁴⁹
ea.
MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STRIPS
12g
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

3⁹⁹
ea.
KRAFT PURE
DRESSING
255 ml
SELECTED VARIETIES

4⁹⁹
ea.
PILLSBURY
COOKIE DOUGH
250g
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
240-340g
SELECTED VARIETIES

3⁴⁹
ea.
GRINCH OR
SUGAR CRUNCH
CEREAL
240-340g
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
230-500 ml
SELECTED VARIETIES

6⁴⁹
ea.
JIF
PEANUT BUTTER
240g
SELECTED VARIETIES

J&PB
TRY IT FOR
THE FIRST
TIME.
ONLY WITH