





**CHRISTMAS SWEATER BOUQUET**  
LIMITED TIME OFFER  
**18<sup>00</sup>** ea.

FRESH ATLANTIC SALMON PORTIONS  
BONELESS SKINLESS  
ROCK LOIN STEAKS  
2 LB PACK

**3<sup>99</sup>** ea.

FRESH BONELESS SKINLESS CHICKEN BREAST  
VALUE PACK  
10.76 kg

**4<sup>88</sup>** /lb

**Inevitable**  
ULTIMATE MIXED NUTS  
MEZZE STICKS  
PARTY PACK ASSORTMENT  
BUY TWO GET ONE FREE  
WHILE SUPPLIES LAST IN OUR STORE OR LESSER PRICE

**2<sup>99</sup>** /lb

FRESH PORK SIDE RIBS  
CENTRE CUT BROWNS VALLEY PACK OR  
BONELESS PORK SIRLOIN CHOPS VALUE PACK  
6.50 kg

**2<sup>99</sup>** /lb

SAN DANIELE PROSCIUTTO, MASTRO MAIA  
SAPICCI PROVOLONE OR TRE TIGLIA MAGGIORANA  
SELECTED WAREHOUSE SPECIAL OF CANADA'S CHOICE

**2<sup>99</sup>** /100 g

GREAT PRICE!  
SELECTION BACON  
MAPLE & LODGE CHICKEN BACON OR  
ZARINA MAPLE

**2<sup>99</sup>** ea.

**boursin**  
CREAM CHEESE  
BRANDY Sliced POUX EN LIVER SAUSAGE  
NO MSG ADDED

**4<sup>99</sup>** ea.

**Silk Diamond**  
HARVEST CRUNCH ORIGINAL  
NEW! Hot Dips  
Cheerios  
SEA REFRIGERATED DRINKERS OR  
CRISPS, CEREAL YOGURT OR  
GELATO VANILLA ICE POSTER OR  
HARVEST CRUNCH CEREAL  
(MILK REQUIRED)

**3<sup>49</sup>** ea.

**Black Diamond**  
MARBLE • MARBRE  
OLD • FORT  
BLACK DIAMOND  
BUSH OF SHANGHAI CHOCOLATE  
MULTI-PACK 100g

**125 points** **4<sup>88</sup>** ea.

**Kawartha**  
ICE CREAM  
VANILLA  
KAWARTHA ICE CREAM LTD.

**6<sup>99</sup>** ea.

**Casa Mama**  
RESTAURANTE  
DR. OETTER  
PEPPA RESTAURANTE OR CASA DI MANNA  
SHRIMP TACOS

**3<sup>49</sup>** ea.

**LAVAZZA**  
ROSSA  
LAVAZZA  
GROUND COFFEE  
250g  
GRIND YOUR OWN

**4<sup>99</sup>** ea.

**Bounty**  
TOWELS  
CHARMIN  
CHARMING BATHROOM TISSUE OR  
BOUNTY PAPER TOWELS 3-ply

**5<sup>99</sup>** ea.

**CLASSICO**  
TOMATO & BASIL  
TOMATOES & BASIL  
600 mL

**CLASSICO**  
PASTA SAUCE  
PEPPER SAUCE  
410 mL

**2<sup>99</sup>** ea.

**Coca-Cola**  
CANADA DRY OR PEPSI SOFT DRINKS  
COCA NATURAL SPRING WATER  
6 x 710 mL

**3<sup>49</sup>** ea.

**Effective December**

|    |    |    |    |    |    |
|----|----|----|----|----|----|
| TU | TH | SA | SU | MO | WE |
| 4  | 5  | 6  | 7  | 8  | 9  |

**2025**

*my savings my metro*



# 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  
BARKS & CHOCOLATE  
200 g (7 oz) bags

**399**  
ea.



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

**14.99**  
ea.





**\$ New Lower Prices**

[illegible]

**i earn with moi rewards**

|                                                                                                                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>LAYS FAMILY SIZE</b></p> <p><b>35</b> <small>oz.</small></p> <p><b>3.99</b></p> <p><small>ea.</small></p> <p><b>Lays</b><br/>Classic Cheese</p> <p><b>Lays</b><br/>Lunchable®<br/>Original</p> <p><b>Lays</b><br/>Newman's Own®<br/>Pasta Sauce</p> | <p><b>40</b> <small>oz.</small></p> <p><b>5.49</b></p> <p><b>CRISPER FAMILY SIZE</b><br/>COOKIES ON CAKESTERS</p> <p><small>BAKED WITH REAL BUTTER<br/>NO ARTIFICIAL FLAVORS</small></p> | <p><b>40</b> <small>oz.</small></p> <p><b>4.99</b></p> <p><b>CRISPER FAMILY SIZE</b><br/>CRACKERS</p> <p><small>BAKED WITH REAL BUTTER<br/>NO ARTIFICIAL FLAVORS</small></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 4-DAY MEAL DEAL

DECEMBER 24TH – DECEMBER 27TH, 2025

**YOUR CHOICE** **\$11.99** each

**STONE HANE CARDOLES**  
12 CARDOLES  
12 CARDOLES

**30" KALAMATI PUFFY CRUST CHEESE PIZZA**  
12 PIZZAS  
12 PIZZAS

**HOT WHOLE BIRD MARINATED CHICKEN**  
12 CHICKENS  
12 CHICKENS

**ASSORTED CALIFORNIA COMBO OR CALIFORNIA DELI VARIETY PICK**  
12 COMBOS  
12 COMBOS

**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 10, 2025, in-store or online



**NOW**  
**12<sup>00</sup>**  
ea.  
**SAVE UP TO**  
**\$3.99**

**15<sup>99</sup>\***  
ea.  
**SELECTION**  
**WASHER FLUID**  
4 x 3.78 L  
SELECTED VARIETIES



**NOW**  
**5<sup>99</sup>**  
ea.  
**SAVE UP TO**  
**\$1**

**6<sup>99</sup>\***  
ea.  
**OCEAN SPRAY**  
**SPARKLING DRINKS**  
6 x 340 ml  
SELECTED VARIETIES



**NOW**  
**3<sup>99</sup>**  
ea.  
**SAVE UP TO**  
**\$2**

**5<sup>99</sup>\***  
ea.  
**TWININGS**  
**TEA**  
20 tea  
SELECTED VARIETIES



**NOW**  
**2<sup>99</sup>**  
ea.  
**SAVE UP TO**  
**\$2**

**4<sup>99</sup>\***  
ea.  
**LPC CREAMER**  
**POTATO KITS**  
PRODUCT OF CANADA,  
CANADA NO.1 GRADE, 454 g  
SELECTED VARIETIES



**NOW**  
**1<sup>99</sup>**  
ea.  
**SAVE UP TO**  
**\$1**

**2<sup>99</sup>\***  
ea.  
**FRENCH'S**  
**DIJON MUSTARD**  
325 ml  
SELECTED VARIETIES



**NOW**  
**14<sup>99</sup>**  
ea.  
**SAVE UP TO**  
**\$5**

**19<sup>99</sup>\***  
ea.  
**ORCHIDS**  
3.5" POT  
ASSORTED COLOURS



**NOW**  
**1<sup>99</sup>**  
ea.  
**SAVE UP TO**  
**\$1**

**2<sup>99</sup>\***  
ea.  
**PALMOLIVE**  
**DISH DETERGENT**  
591 + 828 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](https://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**



**\$15<sup>99</sup>**  
**VALUE**

**PROMO CODE  
COOKIE**



Farm Fresh Produce

**2<sup>99</sup>**  
ea.  
RASPBERRIES 1lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
BLUEBERRIES 1lb  
PRODUCT OF U.S.A. & MEXICO

**1<sup>99</sup>**  
ea. or /lb  
SLICED CUCUMBERS  
PRODUCT OF U.S.A. & MEXICO

**3<sup>49</sup>**  
ea.  
PINEAPPLE 1 bag  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
BELL PEPPERS 1lb  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
BROCCOLI 1lb  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
CHERRY TOMATOES 1lb  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
CUCUMBERS 1lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
LEMONS 1lb  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
BROCCOLI 1lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
KIWI BASKETS 1lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
PINEAPPLE 1 bag  
PRODUCT OF U.S.A. & MEXICO

**3<sup>49</sup>**  
/lb  
BRUSSELS SPROUTS  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
ENDIVE OR ESCAROLE  
PRODUCT OF U.S.A. & MEXICO

**9<sup>99</sup>**  
ea.  
VANILLA POMEGRANATES 1lb  
PRODUCT OF U.S.A. & MEXICO

**2<sup>99</sup>**  
ea.  
LARGE POMEGRANATES 1lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>49</sup>**  
ea.  
GOODLEAF SALAD MIXES 1lb  
PRODUCT OF U.S.A. & MEXICO

**6<sup>99</sup>**  
ea.  
FROZE LETTUCE 1lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
LIFE SAVER NATURAL SWEET APPLE CIDER 1.5L  
PRODUCT OF U.S.A. & MEXICO

**1<sup>99</sup>**  
ea.  
PLANT-BASED ROAST & GRAVY 1lb  
PRODUCT OF U.S.A. & MEXICO

**5<sup>99</sup>**  
/lb  
BIG MOUNTAIN PLANT-BASED ROAST 13.25kg  
PRODUCT OF U.S.A. & MEXICO

**7<sup>99</sup>**  
ea.  
JUMBO CHESTNUTS 13.25kg  
PRODUCT OF U.S.A. & MEXICO

**3<sup>5</sup>**  
points  
MOVERS CHOCOLATE CARAMEL APPLE 1.5kg  
PRODUCT OF U.S.A. & MEXICO

Organic

**1<sup>69</sup>**  
/lb  
ORGANIC GREEN CABBAGE 1.75kg  
PRODUCT OF U.S.A. & MEXICO

**5<sup>99</sup>**  
ea.  
LITTLE POTATO CO. LITTLE POTATOES 1lb  
PRODUCT OF U.S.A. & MEXICO

**3<sup>49</sup>**  
ea.  
BOLTHOUSE FARMS ORGANIC CHOPS 1lb  
PRODUCT OF U.S.A. & MEXICO

**12<sup>99</sup>**  
ea.  
GREENHOUSE ORGANIC CHOPS 1lb  
PRODUCT OF U.S.A. & MEXICO

Sliced & Diced

**4<sup>99</sup>**  
ea.  
HILLSIDE FRUIT SALAD 2lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
BROCCOLI SALAD 2lb  
PRODUCT OF U.S.A. & MEXICO

**4<sup>99</sup>**  
ea.  
TOMATO CUCUMBER SALAD 2lb  
PRODUCT OF U.S.A. & MEXICO

**13<sup>99</sup>**  
ea.  
SMALL BERRY KIWI TRAY 1lb  
PRODUCT OF U.S.A. & MEXICO

**13<sup>99</sup>**  
ea.  
PUMPKIN PIE TOPPING 1lb  
PRODUCT OF U.S.A. & MEXICO

**13<sup>99</sup>**  
ea.  
MACRO PROTEIN 1lb  
PRODUCT OF U.S.A. & MEXICO

**40<sup>00</sup>**  
ea.  
CHRISTMAS MAGIC BOUQUET 1lb  
PRODUCT OF U.S.A. & MEXICO

**38<sup>99</sup>**  
ea.  
POINSETTIA FLOWER FEATURE 1lb  
PRODUCT OF U.S.A. & MEXICO

**5<sup>99</sup>**  
ea.  
POINSETTIA 1lb  
PRODUCT OF U.S.A. & MEXICO



**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](https://fresh2go.metro.ca)



**In Store**  
Visit Our Deli



Holiday Roasts

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

**11<sup>99</sup>**  
/lb

PLATINUM GRILL ANGUS  
BLADE ROAST  
100% CANADIAN ANGUS  
26.43kg

**11<sup>99</sup>**  
/lb

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

PLATINUM GRILL ANGUS  
PORK LOIN ROAST  
100% CANADIAN  
13.21kg

**7<sup>99</sup>**  
/lb

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

**3<sup>99</sup>**  
/lb

FRESH WHOLE  
CHICKEN  
8.50kg

**3<sup>99</sup>**  
/lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG  
26.43kg

**11<sup>99</sup>**  
/lb

50  
points

**5<sup>99</sup>**  
/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK  
13.21kg

50  
points

**3<sup>99</sup>**  
/lb

BREADED PORK LOIN CUTLETS VALUE PACK  
8.50kg

**125**  
points

**4<sup>99</sup>**  
/lb

BUTTERBALL FRESH TURKEY  
DRESSING/STICKS OR THIGHS  
11.20kg

**8<sup>99</sup>**  
/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS  
FRESH SPLIT CHICKEN WINGS  
11.20kg

**3<sup>99</sup>**  
ea.

SELECTION  
BOLDONIA  
SELECTED HAM

**4<sup>99</sup>**  
ea.

MAPLE LEAF  
TOP DOGS OF  
CHAMPION  
RED HITS 12.7  
kg

**5<sup>99</sup>**  
ea.

BUTTERBALL  
TURKEY  
SELECTED HAM

**7<sup>99</sup>**  
ea.

MACLEAN ORGANIC  
BREAKFAST SAUSAGES  
100% CANADIAN  
BACON 201

**4<sup>99</sup>**  
lb

FLETCHER'S PORK  
COTTAGE CHEESE  
11.00kg

**7<sup>99</sup>**  
ea.

SELECTION  
SMOKED HAM 15.5  
kg

**11<sup>00</sup>**  
ea.

LEGACY BONELESS  
PORK LOIN ROAST 10.5  
kg

**12<sup>99</sup>**  
ea.

MACLEAN ANGEL KARDOS  
PORK LOIN ROAST  
10.5 kg

**4<sup>99</sup>**  
ea.

MAPLE LODGE  
ULTIMATE CHICKEN  
DINNER SAUSAGES 10.5  
kg

**6<sup>99</sup>**  
ea.

JOHN KNOXVILLE  
BAGGAS  
10.5 kg

**7<sup>99</sup>**  
ea.

SCHNEIDER'S  
MEAT PIES  
10.5 kg

**22<sup>99</sup>**  
ea.

BUTTERBALL BONELESS  
TURKEY BREAST ROAST  
10.5 kg



Bakery Favorites



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

**5.99** ea. **75** points



FRONT STREET BAKERY  
ITALIAN BREAD  
400-450g

**3.49** ea. **50** points



FRONT STREET BAKERY  
PECAN CAKES  
100-125g

**22.99** ea. **125** points



FRONT STREET BAKERY  
SELECTION BUNS  
100-125g

**22.99** ea. **125** points



micro croissants  
250g

**4.99** ea.



LITTLE NORTHERN  
BAKED GOODS  
WIDE SLICED  
BAGELS OR  
EVERYTHING BAGELS  
100-125g

**8.49** ea.



MINI'S SUMMER  
ROLLS 100g

**4.49** ea.



FURLANI TEXAS  
TOAST  
100-125g

**5.49** ea.



JAMON ALMOND  
CRUNCH CAKE  
100-125g

**31.99** ea. **250** points



INIMITABLE  
BUTTER TARTS 100g

**6.99** ea.



SELECTION  
SUPER MOIST CAKES 100g

**7.49** ea.



INIMITABLE  
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.



INIMITABLE ENTEN  
DRY SAUSAGE  
100g

**2.99** ea.



BELLACASA  
BURRATA  
CHEESE 100g

**3.99** ea.



SHORSKI  
SAUSAGES  
100g

**2.99** ea.



INIMITABLE ENTEN  
DRY SAUSAGE  
100g

**2.99** ea.



MAPLE LEAF  
NATURAL SELECTIONS OR  
SCHEERS SLICED DELI  
100-125g

**8.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100-125g

**7.99** ea.



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**8.49** ea.



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**8.49** ea.



PRESIDENT OR  
BALLBROOK  
SPREADABLE CHEESE  
100-125g

**7.99** ea.







FLAVOURS OF

italy

JUMBO

3<sup>99</sup>  
ea.

MORTADELLA

3<sup>99</sup>  
ea.

INSIDE VEAL LEG CUTLET FOR SCALLOPIN VALU PACK

12<sup>99</sup>  
/lb

SMALL ITALIAN TOMATOES

2<sup>49</sup>  
/lb

BURRATA

9<sup>99</sup>  
ea.

ROCK HARBOUR ANCHOVES IN OLIVE OIL

8<sup>99</sup>  
ea.

FRONT STREET BAKERY BACHIO HAZELNUT CAKE

31<sup>99</sup>  
ea.

FRONT STREET BAKERY MINI CALABRESSE BREAD

2<sup>99</sup>  
ea.

MARINELLI PASTA SAUCE

4<sup>99</sup>  
ea.

RIO MARE INSALATISSIME LIGHT TUNA SALAD

3<sup>49</sup>  
ea.

BALLO FLAVOURED PANZONNE

16<sup>99</sup>  
ea.

MONTE VERDE PANZONNE

5<sup>99</sup>  
ea.

MONTE VERDE PANZONNE

5<sup>99</sup>  
ea.

Foodland

100% CANADIAN



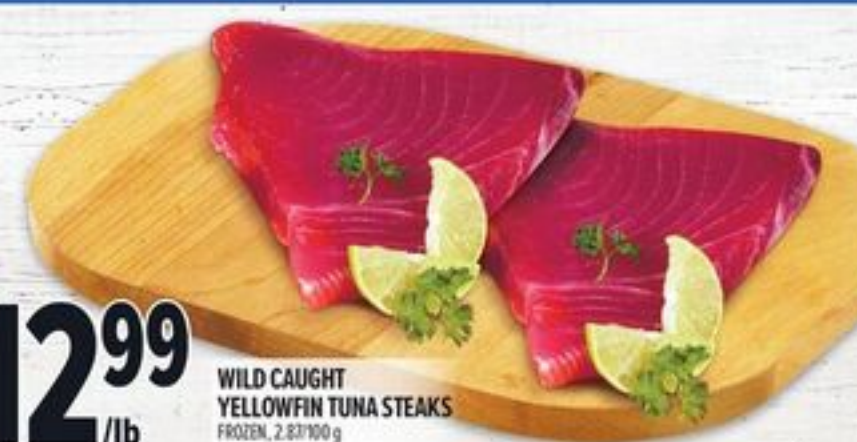
# Seafood



**12<sup>99</sup>**  
/lb

**FRESH ICELANDIC  
WILDCOD FILLETS  
VALUE PACK**  
100 fillets, 2.5 lb/box

 Fresh From Iceland  
Wildcod Fillets Value Pack



**12<sup>99</sup>**  
/lb

**WILD CAUGHT  
YELLOWFIN TUNA STEAKS**  
FRESH, 1.5 LB/BOX



**CHOICE**

**12<sup>99</sup>**  
ea.

**FRESH OYSTERS  
SELECTION MIXED**



**LA ROCHE-RIE  
SMOKED STEELHEAD  
SALMON**  
1 LB

**7<sup>99</sup>**  
ea.



**1<sup>99</sup>**  
/lb

**BAY SCALLOPS**  
FRESH, 2.00 LB/BOX



**12<sup>00</sup>**  
ea.

**CALIFORNIA  
HIGH COUNTRY 100%  
CALIFORNIA  
VARIETY PACK OF 8  
SELECTED FAVORITES**



**OCEAN JEWEL  
WILDCOD SMOKED  
STEELHEAD SEA  
BASS**  
FRESH, 1 LB

**125**  
points



**ADMIRAL  
SNOW CRAB  
CLUSTERS**  
FRESH, 1 LB

**125**  
points



**LOBSTER MEAL  
CHAI DE HOMARD**  
FRESH, 1 LB

**3<sup>99</sup>**  
ea.



**MINCED COKED  
LOBSTER MEAT**  
FRESH, 1 LB

**11<sup>99</sup>**  
ea.

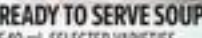


**ROCK HARBOR  
CANADIAN LOBSTER  
CLAWS & ARMS**  
FRESH, 1 LB

**18<sup>99</sup>**  
ea.

|                                                                                                                                                                                                          |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>30</b><br/>pounds</p> <p><b>2<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE®<br/>COOKED MUSSEL MEAT</b></p> |  <p><b>40</b><br/>pounds</p> <p><b>8<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE®<br/>BREASTED FIRE-ROASTED SCALLOPS</b><br/>MUSSELS 50% OFF</p> |  <p><b>50</b><br/>pounds</p> <p><b>9<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE®<br/>BREASTED MARINATED MUSSELS</b><br/>MUSSELS 50% OFF</p> |  <p><b>50</b><br/>pounds</p> <p><b>12<sup>99</sup></b></p> <p>e.s.</p> <p><b>IRRESISTIBLE®<br/>BREASTED BREADED<br/>POPCORN SHRIMP</b></p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Tim Hortons**

|                                                                                                                                                                                                 |                                                                                                                                                                                      |                                                                                                                                                                                       |                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>3<sup>99</sup></b><br><small>ea.</small><br>TIM HORTONS<br>READY TO SERVE SOUP<br>100% WHOLE GRAIN SOUP | <br><b>6<sup>99</sup></b><br><small>ea.</small><br>TIM HORTONS<br>HOT CHOCOLATE<br>100% WHOLE GRAIN | <br><b>8<sup>99</sup></b><br><small>ea.</small><br>TIM HORTONS<br>INSTANT COFFEE<br>100% WHOLE GRAIN | <br><b>7<sup>99</sup></b><br><small>ea.</small><br>TIM HORTONS<br>COFFEE CAPSULES<br>100% WHOLE GRAIN |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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**Festive**  
**MORNINGS**

KELLOGG'S CEREAL  
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WHEAT FLAKES  
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ea.

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CEREAL  
with Marshmallows  
and Fruit  
**\$6.99**  
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**NATREL CEREALIC**  
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with Marshmallows  
and Fruit  
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**NATREL CEREALIC**  
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with Marshmallows  
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**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250ml  
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**649**  
ea.

**KNORR BASE**  
250ml  
SUGGESTED VARIANTS

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they actually want

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100g (3.5oz)  
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100g (3.5oz)  
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100g (3.5oz)  
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TERRY'S CHOCOLATE  
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100g (3.5oz)  
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100g (3.5oz)  
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100g (3.5oz)  
6<sup>99</sup> ea.



CADBURY CHOCOLATE  
100g (3.5oz)  
6<sup>49</sup> ea.



TOBLERONE CHOCOLATE BAR  
100g (3.5oz)  
12<sup>99</sup> ea.

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BLISTEX LIP BALM  
10g (0.35oz)  
3<sup>99</sup> ea.



JAMESON VITAMIN D3  
10g (0.35oz)  
4<sup>99</sup> ea.



NATIVE DEODORANT  
10g (0.35oz)  
15<sup>99</sup> ea.



HERO MIGHTY PATCH  
10g (0.35oz)  
13<sup>99</sup> ea.



GUM SOFT-PICKS  
10g (0.35oz)  
5<sup>99</sup> ea.



GLYSOMED HAND CREAM  
10g (0.35oz)  
4<sup>49</sup> ea.



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|                                                                                                                            |                                                                                                                           |                                                                                                                            |                                                                                                                       |                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <p><b>Drizalicious</b><br/>PEPPERMINT CHEESECAKE ICE CAKES<br/>10x 100g<br/>BEST BEFORE 12/2024</p> <p><b>4 99</b> ea.</p> | <p><b>Drizalicious</b><br/>RASPBERRY CHEESECAKE ICE CAKES<br/>10x 100g<br/>BEST BEFORE 12/2024</p> <p><b>4 99</b> ea.</p> | <p><b>Drizalicious</b><br/>STRAWBERRY CHEESECAKE ICE CAKES<br/>10x 100g<br/>BEST BEFORE 12/2024</p> <p><b>4 99</b> ea.</p> | <p><b>Dole</b><br/>Pineapple Juice<br/>1.5L<br/>100% JUICE<br/>NO ADDED SUGAR</p> <p><b>5 99</b> ea.</p>              | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT FLOUR<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>MONTELLIER</b><br/>SPARKLING WATER<br/>10x 500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>13 00</b> ea.</p>     | <p><b>A&amp;W</b><br/>COCA-COLA SOFT DRINKS<br/>12x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>6 00</b> ea.</p>  | <p><b>Dole</b><br/>Premium Pineapple Juice<br/>1.5L<br/>100% JUICE<br/>NO ADDED SUGAR</p> <p><b>5 99</b> ea.</p>           | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT FLOUR<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT FLOUR<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>MONTELLIER</b><br/>SPARKLING WATER<br/>10x 500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>13 00</b> ea.</p>     | <p><b>A&amp;W</b><br/>COCA-COLA SOFT DRINKS<br/>12x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>6 00</b> ea.</p>  | <p><b>Dole</b><br/>Premium Pineapple Juice<br/>1.5L<br/>100% JUICE<br/>NO ADDED SUGAR</p> <p><b>5 99</b> ea.</p>           | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT FLOUR<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> | <p><b>Henderson's</b><br/>CHEEZIES<br/>SNACKS 210g<br/>100% WHEAT FLOUR<br/>NO ADDED SUGAR</p> <p><b>3 99</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     | <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                    | <p><b>MONTELLIER</b><br/>HONEY MUSTARD<br/>500ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>7 99</b> ea.</p>            | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> | <p><b>SAPPORO</b><br/>PREMIUM LAGER BEER<br/>6x 330ml<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>12 49</b> ea.</p> |
| <p><b>PRIMO</b><br/>TOMATO SAUCE<br/>1L<br/>100% NATURAL<br/>NO ADDED SUGAR</p> <p><b>1 99</b> ea.</p>                     |                                                                                                                           |                                                                                                                            |                                                                                                                       |                                                                                                                       |

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ALMOND BUTTER  
100g  
SELECTED VARIETIES

14<sup>99</sup>  
ea.

ORGANIC MEADOW  
CREAM CHEESE 200g  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

CELESTIAL  
TEA 100%  
SELECTED VARIETIES

5<sup>49</sup>  
ea.

LIFE SMART  
LEGGINGS  
SELECTED VARIETIES

1<sup>99</sup>  
ea.

CHICK PEAS  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

IMAGINE  
DRINKY  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

LIFE SMART  
MAPLE SYRUP 250ml  
SELECTED VARIETIES

5<sup>49</sup>  
ea.

Plant-Based

ZAZIBEAN  
CHOCOLATE  
100g  
SELECTED VARIETIES

4<sup>99</sup>  
ea.

EARTH BALANCE  
SPREAD 400g  
SELECTED VARIETIES

7<sup>49</sup>  
ea.

GREENHOUSE  
CREAMER  
100g  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

MADE GOOD  
GRANOLA BARS 120g  
SELECTED VARIETIES

4<sup>49</sup>  
ea.

CROFTER'S  
BERRY BLEND  
SELECTED VARIETIES

5<sup>99</sup>  
ea.

CROFTER'S  
SWEETENED  
SELECTED VARIETIES

5<sup>99</sup>  
ea.

CROFTER'S  
SWEETENED  
SELECTED VARIETIES

5<sup>99</sup>  
ea.

BOB'S RED MILL  
BROWNIE MIX 100g  
SELECTED VARIETIES

35<sup>99</sup>  
ea.

CRUNCHMASTER  
MULTI-SEED  
MULTIGRAINS 100g  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

Baby & Beauty

BUY MORE!  
SAVE MORE!  
2 for  
6<sup>00</sup>  
ea.

WIPAC  
BABY WIPES  
SELECTED VARIETIES

10<sup>49</sup>  
ea.

PAMPERS  
BABY WIPES  
SELECTED VARIETIES

10<sup>49</sup>  
ea.

AXE  
DEODORANT  
150ml  
SELECTED VARIETIES

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ea.

LIVE CLEAN  
BODY WASH 400ml  
SELECTED VARIETIES

8<sup>99</sup>  
ea.

live clean  
BODY WASH 400ml  
SELECTED VARIETIES

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ea.

RESURGE  
HAIR CARE  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

RESURGE  
HAIR CARE  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

RESURGE  
HAIR CARE  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

LYSOL  
CLEANERS  
SELECTED VARIETIES

8<sup>50</sup>  
ea.

LYSOL  
CLEANERS  
SELECTED VARIETIES

8<sup>50</sup>  
ea.

LYSOL  
CLEANERS  
SELECTED VARIETIES

8<sup>50</sup>  
ea.

LYSOL  
CLEANERS  
SELECTED VARIETIES

8<sup>50</sup>  
ea.

LYSOL  
CLEANERS  
SELECTED VARIETIES

8<sup>50</sup>  
ea.

LYSOL  
CLEANERS  
SELECTED VARIETIES

8<sup>50</sup>  
ea.

method

heavenly-scented hand wash

METHOD  
HAND WASH  
200ml  
SELECTED VARIETIES

5<sup>49</sup>  
ea.

SPEND \$25  
GET \$10

8<sup>99</sup>  
ea.

SPEND \$25  
GET \$10

8<sup>99</sup>  
ea.

SPEND \$25  
GET \$10

8<sup>99</sup>  
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](https://metro.ca)



[illegible]





We take pride in sourcing locally from the  
**Escarpment Region.**

JENSEN  
CHEDDAR CHEESE  
11.75/lb  
SELECTED VARIETIES

**2<sup>59</sup>**  
/100g



UNIOPOL  
ROLLED CHICKEN  
WITH GARLIC,  
DILL OR JALAPEÑO  
DELI SLICED, 11.75/lb  
SELECTED VARIETIES

**2<sup>59</sup>**  
/100g



HALENDIA'S  
MINI SMOKED HAM,  
SLICED BACK BACON OR  
SMOKED PORK CHOPS  
13.21/kg  
SELECTED VARIETIES

**5<sup>99</sup>**  
/lb



QUINTA  
QUINOA  
400 g

**6<sup>99</sup>**  
ea.



THE CIDER KEG  
SPARKLING DRINKS  
2 L  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.



DUTCHMAN'S GOLD  
HONEY  
500 g  
SELECTED VARIETIES

**8<sup>99</sup>**  
ea.



Effective December 4, 2025 - January 7, 2026

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





**SNOWDONIA**  
CHEESE CO.  
**PURE CHEESE**  
INDULGENCE



**6<sup>99</sup>**  
ea.  
SNOWDONIA  
CHUTNEY  
100-125g  
SELECTED VARIETIES



**11<sup>99</sup>**  
ea.  
SNOWDONIA  
CHEDDAR CHEESE  
150-200g  
SELECTED VARIETIES



**SCHNEIDER'S**  
PEPPERETTES  
150-175g  
SELECTED VARIETIES

**ELEVATED ENTERTAINING**



**9<sup>99</sup>**  
ea.



**TRUSTED BY**  
**CANADIANS**  
SINCE 1981



**BUTTERFLY'S GOLD**  
HONEY  
500g  
SELECTED VARIETIES

**8<sup>99</sup>**  
ea.  
100% pure and  
unpasteurized



**MAPLE LEAF**  
**mighty**  
protein  
bars  
12g  
SELECTED VARIETIES



**MAPLE LEAF**  
**mighty**  
protein  
bars  
12g  
SELECTED VARIETIES

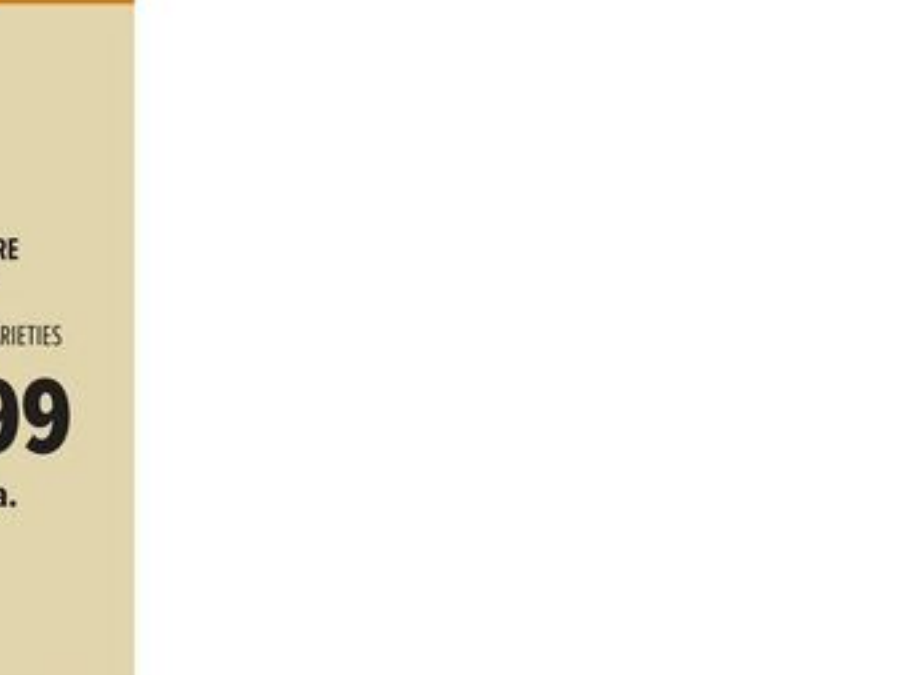


**MAPLE LEAF**  
**mighty**  
protein  
bars  
12g  
SELECTED VARIETIES

**2<sup>49</sup>**  
ea.



**Pure**  
maple syrup  
255 ml  
SELECTED VARIETIES



**Pure**  
maple syrup  
255 ml  
SELECTED VARIETIES

**3<sup>99</sup>**  
ea.



**PILLSBURY**  
COOKIE DOUGH  
250g  
SELECTED VARIETIES



**BETTY CROCKER**  
SUPER MOIST  
CAKE MIX  
250-400g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.



**BETTY CROCKER**  
SUPER MOIST  
CAKE MIX  
250-400g  
SELECTED VARIETIES



**BETTY CROCKER**  
SUPER MOIST  
CAKE MIX  
250-400g  
SELECTED VARIETIES

**1<sup>99</sup>**  
ea.



**Chex**  
cereal  
240-260g  
SELECTED VARIETIES



**Chex**  
cereal  
240-260g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.



**SUGAR COOKIE**  
TOAST CRUNCH  
cereal  
240-260g  
SELECTED VARIETIES



**GRINCH**  
cereal  
240-260g  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.



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



**NESTLE**  
PARLOUR FROZEN  
DESSERT TUBS OR NOVELTIES  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.



**NESTLE**  
PARLOUR FROZEN  
DESSERT TUBS OR NOVELTIES  
SELECTED VARIETIES



**NESTLE**  
PARLOUR FROZEN  
DESSERT TUBS OR NOVELTIES  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.



**SMUCKER'S**  
JAM  
230-500 ml  
SELECTED VARIETIES



**SMUCKER'S**  
JAM  
230-500 ml  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.



**JIF**  
PEANUT BUTTER  
250g  
SELECTED VARIETIES



**JIF**  
PEANUT BUTTER  
250g  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.

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