

VERSION 4

Your

GO-TO

for holiday essentials.

JUMBO ROMAINE HEART

3 PACK

ANDY BOY

Romaine Hearts 1.76

POUR 10 LBS. (4.54 KG)

Cœurs de romaine 10L 10.3

POUR 4.54 KG (10.1 KG)

399

ea.

Backberries 11.9

POUR 10 LBS. (4.54 KG)

Sauces à la crème

POUR 10 LBS. (4.54 KG)

Mûres 11.9

Cremes avec type de fruits

POUR 10 LBS. (4.54 KG)

199

ea.

or /lb

WILD WONDERS

POUR 10 LBS. (4.54 KG)

ANGEL SWEET

Scalloped Tomatoes 10.1

POUR 10 LBS. (4.54 KG)

Tomates pour escalopes 10.1

POUR 10 LBS. (4.54 KG)

199

ea.

Foodland

99¢

/lb

Sweet Potatoes 10.1

POUR 10 LBS. (4.54 KG)

Pommes de terre douces 10.1

POUR 10 LBS. (4.54 KG)

moi rewards member price

400 g

700 g

Irresistible

Irresistible

BEIGES

BEIGE

GOURMET DELIGHT

DELICIEUX GOURMANDS

save \$2.00

699

ea.

SPECIAL PRICE

899

for non-members

Effective December

TH

FR

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SU

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# HOLIDAY BAKING FAVOURITES

Betty Crocker  
Cakes Mix or Frosting  
en sacs, 454 g (1 lb) ou 907 g (2 lb)

**\$1** back in points

**125** points

**199** ea.



Redpath Brown or Light Sugar  
en sacs de 500 g (1 lb) ou 1 kg (2 lb)  
Cassonade ou sucre à grains moyens  
en sacs de 500 g (1 lb) ou 1 kg (2 lb)

**249** ea.



Crisco All-Vegetable  
Perfect for Pie

**349** ea.



Robin Hood,  
Five Roses or  
Meadow Floor  
en sacs de 500 g (1 lb) ou 1 kg (2 lb)  
Farine Robin Hood,  
Five Roses ou  
Meadow  
en sacs de 500 g (1 lb) ou 1 kg (2 lb)

**399** ea.



Sélection  
Chocolats Chips or  
Bûches Chocolates  
en sacs de 250 g (8.8 oz) ou 500 g (1.1 lb)  
Drops de chocolat  
Sélection au chocolat  
en sacs de 250 g (8.8 oz) ou 500 g (1.1 lb)

**399** ea.



Insécable Walnut  
Mélange à Pâtes  
Mélange et mouture  
de noix de pécan  
Insécable 100%

**14.99** ea.





**\$ New Lower Prices**

[illegible][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 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

[illegible]

Organic

|                                                                                                                                                                                                                        |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                                                                                                                                                            |                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Organic Green Cabbage</b><br/>100% ORGANIC<br/>CROSS WEATHER<br/>CROSS WEATHER<br/>CROSS WEATHER</p> <p><b>1.69</b><br/>/lb</p> |  <p><b>LITTLE POTATO</b><br/>100% ORGANIC<br/>CROSS WEATHER<br/>CROSS WEATHER<br/>CROSS WEATHER</p> <p><b>25</b><br/>ea.</p> |  <p><b>BOATHOUSE FRESH PASTA</b><br/>100% ORGANIC<br/>CROSS WEATHER<br/>CROSS WEATHER<br/>CROSS WEATHER</p> <p><b>15</b><br/>ea.</p> |  <p><b>Greenhouse Organic Beans</b><br/>100% ORGANIC<br/>CROSS WEATHER<br/>CROSS WEATHER<br/>CROSS WEATHER</p> <p><b>3.49</b><br/>ea.</p> |  <p><b>Flax + Ginger</b><br/>100% ORGANIC<br/>CROSS WEATHER<br/>CROSS WEATHER<br/>CROSS WEATHER</p> <p><b>12.99</b><br/>ea.</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Sliced & Diced**  **Holiday Blooms**



**Salmon & Bread**



**my metro**



**Monday Specials**



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



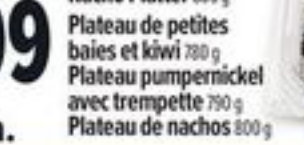
**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



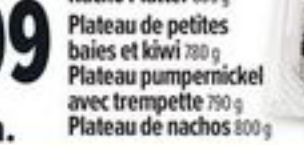
**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



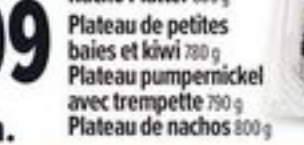
**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



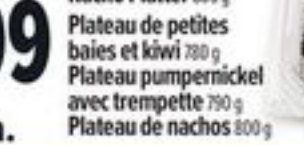
**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.



**Salmon & Bread** 10.99 ea.



**Delishious Fruit Salad** 10.99 ea.



**Tiramisu Cake** 20.99 ea.

## Holiday Blooms

**40<sup>00</sup>**

**NEW**

**Ornament Magic Forest**  
 12" x 12" x 12" (H x W x D)  
 100% Polyester  
 100% Polyester  
 100% Polyester  
 100% Polyester

**38<sup>99</sup>**

**Power on wheels on December**  
 12" x 12" x 12" (H x W x D)  
 100% Polyester  
 100% Polyester  
 100% Polyester  
 100% Polyester

**SELF-WATERING**

**19<sup>99</sup>**

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

**PowerPoint**  
 12" x 12" x 12" (H x W x D)  
 100% Polyester  
 100% Polyester  
 100% Polyester  
 100% Polyester



**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  
26.43kg  
Rôti de bœuf de sirloin  
angus grillé  
26.43kg

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

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

**100% NATURAL**  
L'os Smart Natural Pork Shoulder Picnic Roast en Pork Shoulder Blade Roast  
8.80kg  
Rôti de bœuf ou d'épaule de porc Natural Meats être

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

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

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

Fresh Whole Chicken  
3.30kg  
Poulet entier frais

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

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

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

**50 points**

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

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

**50 points**

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

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

**125 points**

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

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

**125 points**

Maple Leaf Prime Raised Without Antibiotics Fresh Split Chicken Wings  
19.03kg  
Ailes de poulet fraîches saines Prime Maple Leaf élevées sans antibiotiques

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

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

Selection Bologna  
250g  
Bologna Selection  
250g

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

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

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

Butterball Turkey Bacon  
250g  
Bacon de dinde Butterball  
250g

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

McLean Organic  
Bacon  
250g  
Bacon McLean  
250g

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

Fletcher's Pork Cottage Roll  
10.00kg  
Soc-croûte de porc Fletcher's  
10.00kg

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

Selection Smoked Ham  
10.00kg  
Soc-croûte de porc Selection  
10.00kg

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

Large Smoked Pork Loin Roast  
10.00kg  
Rôti de porc fumé  
10.00kg

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

Marz Angela Kabobs  
10.00kg  
Brochettes Marz Angela  
10.00kg

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

Maple Lodge  
Ultimate Chicken  
250g  
Ultimate Maple Lodge  
250g

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

Johnnyville  
Breakfast Sausages  
250g  
Saucisses de petit-déjeuner  
Johnnyville  
250g

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

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

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

Butterball  
Turkey Bacon  
250g  
Bacon de dinde Butterball  
250g



Bakery Favorites

**Front Street Bakery**  
Cheese Sticks or Cheese Buns  
100 g x 4.42 ea.  
Bakery's own recipe  
Front Street Bakery no trans fat  
100 g x 4.42 ea.

**5.99**  
ea.

**75**  
points

**Front Street Bakery**  
Pain de Sucre  
100 g x 4.42 ea.  
Bakery's own recipe  
Front Street Bakery no trans fat  
100 g x 4.42 ea.

**3.49**  
ea.

**50**  
points

**Little Northern**  
Bakery  
Breads or Buns  
100 g x 4.42 ea.  
Pain entrecroûtes  
larges ou bagels  
sans gluten  
Little Northern  
Bakery  
100 g x 4.42 ea.

**4.99**  
ea.

**849**  
points

**La Petite Bretonne**  
Croissants or Mini Croissants  
100 g x 4.42 ea.  
Mini croissants ou  
mini croissants  
La Petite Bretonne  
100 g x 4.42 ea.

**4.99**  
ea.

**849**  
points

**King's Hawaiian**  
Buns  
100 g x 4.42 ea.  
McIntosh  
King's Hawaiian  
100 g x 4.42 ea.

**4.49**  
ea.

**549**  
points

**Furlani**  
Texas Toast  
100 g x 4.42 ea.  
Furlani Texas Toast  
100 g x 4.42 ea.

**5.49**  
ea.

**549**  
points

Deli Favourites

**Maple Lodge**  
Chicken Breast  
100 g x 4.42 ea.  
Maple Lodge  
100 g x 4.42 ea.

**2.99**  
/100 g

**299**  
points

**Maple Lodge**  
Chicken Breast  
100 g x 4.42 ea.  
Maple Lodge  
100 g x 4.42 ea.

**2.99**  
/100 g

**299**  
points

**Maple Lodge**  
Chicken Breast  
100 g x 4.42 ea.  
Maple Lodge  
100 g x 4.42 ea.

**2.99**  
/100 g

**299**  
points

**Maple Lodge**  
Chicken Breast  
100 g x 4.42 ea.  
Maple Lodge  
100 g x 4.42 ea.

**2.99**  
/100 g

**299**  
points

**Maple Lodge**  
Chicken Breast  
100 g x 4.42 ea.  
Maple Lodge  
100 g x 4.42 ea.

**2.99**  
/100 g

**299**  
points

**Maple Lodge**  
Chicken Breast  
100 g x 4.42 ea.  
Maple Lodge  
100 g x 4.42 ea.

**2.99**  
/100 g

**299**  
points

metro.ca



# 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

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

**Fresh Icelandic Haddock Fillets Vacuum Pack**  
Filets d'égoutte de l'Islande **fraîs** en emballage économique  
100 g, 1,53 lb (100 g)

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

**Wild Caught Yellowfin Tuna Steaks**  
Dorades de thon albacore caviar  
2,27 lb (100 g)

**CHOICE**

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

**Calabi Capers**  
Calabi Capers  
Bouteille de 100 g (3,52 oz)

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

**La Bouquet Smoked Shredded Salmon**  
Saumon en-ciel fumé  
La Bouquet

**9<sup>99</sup>**  
/lb

**Bay Scallops**  
Coquilles de mer  
Pétoches de baie  
2,27 lb (100 g)

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

**Calabi's Royal Crab**  
Calabi's Seafood Party Pack  
100 g (3,52 oz)

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

**Mixed Cooked Lobster Meat**  
Cuisse de homard cuite  
2,27 lb (100 g)

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

**Bar commun de la Méditerranée entier**  
Océan Seafood

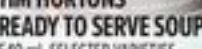
**17<sup>99</sup>**  
ea.

**Sections de cabai de mer**  
Assortiment de poisson

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

**Rock Lobster Caviar**  
Lobster Caviar & Butter  
100 g (3,52 oz)

**Tim Hortons**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>3<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>READY TO SERVE SOUP</b><br/>100% REAL CHICKEN<br/>100% REAL BEEF<br/>100% REAL PORK<br/>100% REAL TURKEY<br/>100% REAL STEAK<br/>100% REAL SAUSAGE<br/>100% REAL HAM<br/>100% REAL PASTA<br/>100% REAL VEGGIES<br/>100% REAL HERBS<br/>100% REAL SEASONINGS<br/>100% REAL BUTTER<br/>100% REAL OILS<br/>100% REAL EGGS<br/>100% REAL MILK<br/>100% REAL SUGAR<br/>100% REAL FLAVOR</p> |  <p><b>6<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>HOT CHOCOLATE</b><br/>100% REAL CHOCOLATE<br/>100% REAL MILK<br/>100% REAL SUGAR<br/>100% REAL FLAVOR</p> |  <p><b>8<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>INSTANT COFFEE</b><br/>100% REAL COFFEE<br/>100% REAL SUGAR<br/>100% REAL FLAVOR</p> |  <p><b>7<sup>99</sup></b><br/>ea.</p> <p><b>TIM HORTONS®<br/>COFFEE CAPSULES</b><br/>100% REAL COFFEE<br/>100% REAL SUGAR<br/>100% REAL FLAVOR</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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**Kellogg's Cereal**  
**Festive**  
**MORNINGS**

KELLOGG'S CEREAL  
and 100% WHOLE GRAIN  
WHEAT FLAKES  
WITH LIGHTLY SWEETENED  
MILK

**6.99**  
ea.

**RICE KRISPIES**  
CEREAL  
with LIGHTLY SWEETENED  
MILK

**CORNFLOAKS**  
CEREAL  
with LIGHTLY SWEETENED  
MILK

**NATREL**  
CEREAL CREAM  
SELECTED ASSORTED

**6.99**  
ea.

**NATREL**  
CEREAL CREAM  
LACTIC ACID FREE  
MILK  
SELECTED ASSORTED

**6.49**  
ea.

**COMF**

# CHEESE

Freeze Festival

ENTER FOR A CHANCE TO  
**WIN CHEESE FOR A YEAR!**

[WWW.FREECHEESE.CA](http://WWW.FREECHEESE.CA)



**749**  
ea.

**GULBANI CHEESE**  
SUGGESTED VARIANTS



**549**  
ea.

**KRAFT CHEESE BLOCK**  
250g  
SUGGESTED VARIANTS



**899**  
ea.

**LACTANTIA STICK BUTTER**  
250g  
SUGGESTED VARIANTS

# Knorr

BRING FLAVOUR TO  
CLASSIC HOLIDAY DISHES



**199**  
ea.

**KNORR CHICKEN STOCK**  
1.5L  
SUGGESTED VARIANTS



**125**  
ea.

**KNORR SAUCE OR CREAMY**  
250g  
SUGGESTED VARIANTS



**449**  
ea.

**KNORR BOWL**  
250g  
SUGGESTED VARIANTS



**449**  
ea.

**KNORR BOWL**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS



**649**  
ea.

**KNORR BASE**  
250g  
SUGGESTED VARIANTS







## More Great Savings

[illegible]

**↓ Low Price Every Day**



**NOW \$4.99**

**Selection**  
Pasta & Curry Vegetables  
250 g (8.8 oz)  
Légumes Selection  
Pâtes Curry 250 g



**NOW \$1.25**

**Selection**  
Lemonade  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



**NOW \$2.99**

**Selection**  
Lemonade  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



**NOW \$4.99**

**Selection**  
Lemonade  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



**NOW \$4.99**

**Selection**  
Smoothie  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



**NOW \$3.99**

**Selection**  
Smoothie  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



**NOW \$3.99**

**Selection**  
Smoothie  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



**NOW \$2.99**

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Smoothie  
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Légumes Selection  
Légumes Selection



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Légumes Selection



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Légumes Selection  
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Légumes Selection  
Légumes Selection



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Légumes Selection  
Légumes Selection



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Légumes Selection  
Légumes Selection



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Légumes Selection  
Légumes Selection



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Smoothie  
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Légumes Selection  
Légumes Selection



**NOW \$2.99**

**Selection**  
Smoothie  
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Légumes Selection  
Légumes Selection



**NOW \$2.99**

**Selection**  
Smoothie  
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Légumes Selection  
Légumes Selection



**NOW \$2.99**

**Selection**  
Smoothie  
450 mL (15.2 oz)  
Légumes Selection  
Légumes Selection



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Your  
**GO-TO** for  
unlimited deliveries.

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**COMES OUT TO**

**\$125**

**PER WEEK\***

**6 OR 12 MONTH PLAN**

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

\*Certain conditions apply. Details on metro.ca



Non-GMO

Nature's Nuts  
Almond Butter  
100% ALMONDS  
Bonne d'Amande  
Nature's Nuts  
100% AMANDES  
MARCHÉ ALIMENTAIRE

14<sup>99</sup>  
ea.

Organic Meadow  
Cream Cheese 200g  
FROM 100% PASTURE  
FROMAGE à la crème  
Organic Meadow 200g  
100% PASTURE

6<sup>99</sup>  
ea.

Celestial Tea  
Cold and Flu Syrup  
Célestial  
MARCHÉ ALIMENTAIRE

5<sup>49</sup>  
ea.

Life Smart  
Legumes  
Légumineuses  
MARCHÉ ALIMENTAIRE

1<sup>99</sup>  
ea.

Crack Coffee 100g  
100% ARABICA  
Café Crack 100g  
100% ARABICA

15<sup>99</sup>  
ea.

Crank  
Paints  
MARCHÉ ALIMENTAIRE

5<sup>49</sup>  
ea.

Plant-Based

Zenban  
Chocolate  
Zénaban  
MARCHÉ ALIMENTAIRE

4<sup>99</sup>  
ea.

Earth Balance Spread 450g  
FROM 100% PASTURE  
FROMAGE à la crème  
Earth Balance 450g  
100% PASTURE

7<sup>49</sup>  
ea.

Greenhouse  
Creamer 450g  
FROM 100% PASTURE  
FROMAGE à la crème  
Greenhouse 450g  
100% PASTURE

6<sup>49</sup>  
ea.

Made Good  
Granola Bars  
FROM 100% PASTURE  
FROMAGE à la crème  
Made Good  
100% PASTURE

4<sup>49</sup>  
ea.

Crofter's Jam  
FROM 100% PASTURE  
FROMAGE à la crème  
Crofter's Jam  
100% PASTURE

5<sup>99</sup>  
ea.

Brownie Mix 100g  
FROM 100% PASTURE  
FROMAGE à la crème  
Brownie Mix 100g  
100% PASTURE

35<sup>99</sup>  
ea.

Crunchmaster  
Crackers 100-100g  
FROM 100% PASTURE  
FROMAGE à la crème  
Crunchmaster 100-100g  
100% PASTURE

6<sup>49</sup>  
ea.

Baby & Beauty

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

Pampers Baby Wipes  
FROM 100% PASTURE  
FROMAGE à la crème  
Pampers Baby Wipes  
100% PASTURE

10<sup>49</sup>  
ea.

Axe Deodorant  
FROM 100% PASTURE  
FROMAGE à la crème  
Axe Deodorant  
100% PASTURE

6<sup>99</sup>  
ea.

Live Clean Body Wash  
FROM 100% PASTURE  
FROMAGE à la crème  
Live Clean Body Wash  
100% PASTURE

8<sup>99</sup>  
ea.

H&M Hair Care  
FROM 100% PASTURE  
FROMAGE à la crème  
H&M Hair Care  
100% PASTURE

6<sup>99</sup>  
ea.

U by Kotex  
Sanitary Napkins  
FROM 100% PASTURE  
FROMAGE à la crème  
U by Kotex  
100% PASTURE

5<sup>99</sup>  
ea.

Method  
Hand Wash  
FROM 100% PASTURE  
FROMAGE à la crème  
Method Hand Wash  
100% PASTURE

5<sup>49</sup>  
ea.

Household Helpers

Gain  
Fabric Softener  
FROM 100% PASTURE  
FROMAGE à la crème  
Gain Fabric Softener  
100% PASTURE

4<sup>99</sup>  
ea.

Lynx Laundry  
Detergent  
FROM 100% PASTURE  
FROMAGE à la crème  
Lynx Laundry Detergent  
100% PASTURE

7<sup>99</sup>  
ea.

Finish  
Dishwasher Detergent  
FROM 100% PASTURE  
FROMAGE à la crème  
Finish Dishwasher Detergent  
100% PASTURE

17<sup>99</sup>  
ea.

Lynx Toilet Bowl  
Cleaner  
FROM 100% PASTURE  
FROMAGE à la crème  
Lynx Toilet Bowl Cleaner  
100% PASTURE

8<sup>99</sup>  
ea.

Lynx Toilet Brush  
FROM 100% PASTURE  
FROMAGE à la crème  
Lynx Toilet Brush  
100% PASTURE

8<sup>50</sup>  
ea.

Lynx Toilet Paper  
FROM 100% PASTURE  
FROMAGE à la crème  
Lynx Toilet Paper  
100% PASTURE

8<sup>50</sup>  
ea.

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



**25** pieces  
**4.99** ea.

MILK-BONE  
DOG TREATS  
2.5 LBS. (1.13 kg)

**15** pieces  
**2.49** ea.

MILK-BONE  
SOFT & CHEWY  
2.5 LBS. (1.13 kg)

**6.99** ea.

COOKIE PAL®  
DOG TREATS  
2.5 LBS. (1.13 kg)

**8.49** ea.

CAFEON FARMS  
DOG TREATS  
2.5 LBS. (1.13 kg)

## Top picks from SANTA CLAWS

Stuff the stockings of your furry besties with their fave tasty treats.

**4/5** stars  
**5** per 5.49 ea.

PURINA BENEFUL  
DOGS FOOD  
5 LBS. (2.27 kg)

**7.99** ea.

DOE DOG TREATS  
2.5 LBS. (1.13 kg)

**45** pieces  
**8.99** ea.

MILK-BONE  
COMFORT CHEWS  
2.5 LBS. (1.13 kg)

**2/5** stars  
**48** per 10.99 ea.

DENTALIFE  
CHEWABLE DOG TREATS  
2.5 LBS. (1.13 kg)

**2/5** stars  
**48** per 10.99 ea.

DENTALIFE  
CHEWABLE DOG TREATS  
2.5 LBS. (1.13 kg)

**45** pieces  
**8.99** ea.

MILK-BONE  
COMFORT CHEWS  
2.5 LBS. (1.13 kg)

**6.99** ea.

BLUE BUFFALO  
BITS DOG TREATS  
2.5 LBS. (1.13 kg)

**11.49** ea.

PERKINATE DENTALIFE  
DOG TREATS  
2.5 LBS. (1.13 kg)

**13.49** ea.

GOLDIE FUN  
DOG TREATS  
2.5 LBS. (1.13 kg)

**15** pieces  
**2.99** ea.

TEMPTATIONS  
CAT TREATS  
2.5 LBS. (1.13 kg)

**14.49** ea.

VITALITE  
DOG TREATS  
2.5 LBS. (1.13 kg)

**50** pieces  
**10.99** ea.

NATURE'S RECIPE  
MIXED DOG TREATS  
2.5 LBS. (1.13 kg)

### WRAP UP BRAND NAME PET FOOD

**13.99** ea.

IAMS  
CAT FOOD  
5 LBS. (2.27 kg)

**5** pieces  
**1.99** ea.

NATURE'S RECIPE  
WET DOG FOOD  
2.5 LBS. (1.13 kg)

**65** pieces  
**20.49** ea.

CEsar  
WET DOG FOOD  
2.5 LBS. (1.13 kg)

**5/5** stars  
**5** per 1.49 ea.

MISTIES  
WET DOG FOOD  
2.5 LBS. (1.13 kg)

**18.99** ea.

IAMS  
DRY DOG FOOD  
5 LBS. (2.27 kg)



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

**6<sup>99</sup>**  
ea.  
SNOWDONIA  
CHUTNEY  
100-120g  
SELECTED VARIETIES

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

**SCHNEIDERS**  
PEPPERETTES  
150-175g  
SELECTED VARIETIES  
**9<sup>99</sup>**  
ea.

**ELEVATED ENTERTAINING**

**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  
CHICKEN STRIPS  
12g  
SELECTED VARIETIES  
**2<sup>49</sup>**  
ea.

**Pure**  
PURE  
355 ml  
SELECTED VARIETIES  
**3<sup>99</sup>**  
ea.

**KRAFT PURE**  
DRESSING  
355 ml  
SELECTED VARIETIES  
**3<sup>99</sup>**  
ea.

**NO ARTIFICIAL PRESERVATIVES** | **NO ARTIFICIAL FLAVOURS** | **NO ARTIFICIAL COLOURS**

**PILLSBURY**  
COOKIE DOUGH  
250g  
SELECTED VARIETIES  
**4<sup>99</sup>**  
ea.

**BETTY CROCKER**  
SUPER MOIST  
CAKE MIX  
250-400g  
SELECTED VARIETIES  
**1<sup>99</sup>**  
ea.

**Chex**  
CEREAL  
240-360g  
SELECTED VARIETIES  
**4<sup>99</sup>**  
ea.

**SUGAR COOKIE**  
TOAST CRUNCH  
CEREAL  
240-360g  
SELECTED VARIETIES  
**3<sup>49</sup>**  
ea.

**GRINCH**  
OR  
SUGAR CRUNCH  
CEREAL  
240-360g  
SELECTED VARIETIES  
**3<sup>49</sup>**  
ea.

**Holiday Savings** FOR EVERY OCCASION!

**NESTLE**  
REAL DAIRY ICE CREAM  
FROZEN DESSERTS  
OR NOVELTIES  
SELECTED VARIETIES  
**6<sup>49</sup>**  
ea.

**NESTLE**  
PARLOUR FROZEN  
DESSERT TUBS OR NOVELTIES  
SELECTED VARIETIES  
**4<sup>99</sup>**  
ea.

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

**SMUCKER'S**  
JAM  
230-500 ml  
SELECTED VARIETIES  
**6<sup>49</sup>**  
ea.

**JIF**  
PEANUT BUTTER  
240g  
SELECTED VARIETIES  
**6<sup>49</sup>**  
ea.

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