Fresh matters

metro

CANADIAN AND PROUD



2.99 ea. RASPBERRIES
170 g
PRODUCT OF U.S.A. OR MEXICO



AVOCADOS 5 PK
PRODUCT OF MEXICO
LIMES 1 lb
PRODUCT OF MEXICO
2.99 ea.



DOLE COLOURFUL COLESLAW 397 g
PRODUCT OF U.S.A.
BROCCOLI CROWNS
PRODUCT OF CANADA
U.S.A. OR MEXICO
RAPINI
PRODUCT OF U.S.A.
1.99 ea.



1.29 /lb SWEET POTATOES
PRODUCT OF ONTARIO
2.84/kg



BABY CARROTS 907 g
PRODUCT OF ONTARIO OR U.S.A.
FLAVOR BOMBS TOMATOES 341 g
PRODUCT OF CANADA
U.S.A. OR MEXICO
3.99 ea.



MELON CHUNKS
360 - 380 g
MINI SALADS
122 - 170 g
3.99 ea.



ELF TREES
3-5' TALL
36.99 ea.



1.99 /lb PORK LOIN RIB OR SIRLOIN ROAST OR PORK PICNIC SHOULDER ROAST
BONE IN
4.39/kg



8.88 /lb PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST
CUT FROM CANADA AAA GRADE
19.58/kg



9.99 /lb or ea. FRESH CANADIAN STEELHEAD TROUT VALUE PACK
MIN 900 g, 9.99/lb, 2.21/100 g
VASCO SMOKED ATLANTIC SALMON
FROZEN, 300 g, 9.99 EA.



5.99 /lb or ea. MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST VALUE PACK
5.99/lb, 13.21/kg OR
EXTRA LEAN GROUND CHICKEN
454 g, 5.99 EA.



6.88 ea. JANES PUB STYLE BREADED CHICKEN OR WINGS
FROZEN, 660 - 700 g
JANES PUB STYLE FISH FILLETS
FROZEN, 450 g
SELECTED VARIETIES



3.99 ea. FRONT STREET BAKERY CIABATTA BREAD, BAGUETTES OR PREMIÈRE MOISSON BAGUETTES
325 - 540 g, SELECTED VARIETIES



30% OFF SELECTION TURKEY BREAST COOKED OR SMOKED
DELI SLICED, 12.67/lb



4.99 ea. DRUMSTICK OR REAL DAIRY ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



6.49 ea. NESCAFÉ INSTANT COFFEE, ÔIKOS GREEK OR PRO YOGOURT
SELECTED SIZES, SELECTED VARIETIES



7.99 ea. SELECTION LARGE EGGS 30 PK OR IRRESISTIBLE MAPLE SYRUP 500 - 540 ml
SELECTED VARIETIES



4.99 ea. JAMIESON VITAMINS
SELECTED SIZES, SELECTED VARIETIES



99¢ ea. IRRESISTIBLE CHIPS
150 g
SELECTED VARIETIES

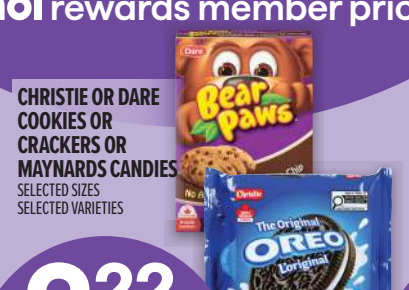


11.97 ea. ROBIN HOOD OR FIVE ROSES FLOUR
10 kg, SELECTED VARIETES

moi rewards member price



KD MAC & CHEESE
12 X 200 g
SELECTED VARIETIES
250 points value of $2
9.99 ea. members-only price
SPECIAL PRICE 12.99 ea. for non-members



CHRISTIE OR DARE COOKIES OR CRACKERS OR MAYNARDS CANDIES
SELECTED SIZES
SELECTED VARIETIES
2.22 ea. members-only price
SPECIAL PRICE 2.99 ea. for non-members



HERSHEY'S CHOCOLATE CHIPS
200 - 270 g
SELECTED VARIETIES
3.99 ea. members-only price
SPECIAL PRICE 4.99 ea. for non-members

BLACK FRIDAY WEEK

7 DAY SALE Thursday, November 26th to Wednesday, December 2nd



MARINA DEL REY WILD ARGENTINIAN RAW EZPEEL SHRIMP
FROZEN, 300 g
5.88 ea.



VILLAGGIO ITALIAN STYLE BREADS
SELECTED SIZES
SELECTED VARIETIES
2.44 ea.



2.88 ea. SELECTION BACON
375 g, SELECTED VARIETIES
WHILE QUANTITIES LAST



12.00 ea. SELECTION WINDSHIELD WASHER FLUID CASE
SELECTED VARIETIES



14.99 ea. SELECTION BATHROOM TISSUE
30 = 100 ROLLS



29.99 ea. COORS LIGHT
24 X 355 ml

Effective November-December TH 26 | FR 27 | SA 28 | SU 29 | MO 30 | TU 1 | WE 2 **2026**

Check metro.ca for your local store hours.

MEO_RAD20261123_01_R_V3

metro

DEMPSTER'S WHOLE GRAIN BREADS, SIGNATURE BUNS 7" TORTILLAS OR BAGELS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

mix & match

2 for 7.00





19.99 ea.

AQUASTAR COOKED 26/30 SHRIMP 800 g
BLACK TIGER SHRIMP RING 454 g
NORWEGIAN SMOKED SALMON
400 g, FROZEN



ROCK LOBSTER TAILS
3 - 4 OZ
WILD PACIFIC SALMON PORTIONS
400 g, FROZEN

6.99 ea.



5.99 /lb

IRRESISTIBLES ARTISAN HALF MOON SMOKED HAM
13.21/kg



3.99 ea.

SUMMER FRESH TOPPED HUMMUS
255 g, SELECTED VARIETIES



10.99 ea.

SCHNEIDERS PEPPERETTES OR SELECTION FAMILY PACK DELI
250 - 400 g, SELECTED VARIETIES

250 points value of $2

ORIGINAL OKA 15.21/lb
CHEVALIER TRIPLE CRÈME BRIE 15.21/lb
AGROPUR 3-YEAR CHEDDAR 13.58/lb
L'EXTRA DOUBLE CREME BRIE 14.40/lb
DELI CUT, PRICES AS MARKED

40% OFF





5.99 ea.

CRACKER BARREL OR BLACK DIAMOND SLICED CHEESE
SELECTED SIZES, SELECTED VARIETIES



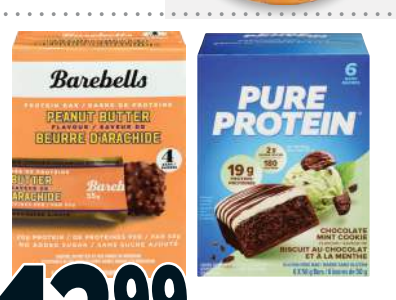
3.49 ea.

ASTRO TUBS OR ÍÖGO NANÖ YOGOURT
650 - 750 g, 4 X 100 g
SELECTED VARIETIES



4.99 ea.

KELLOGG'S CEREAL
SELECTED SIZES
SELECTED VARIETIES



13.99 ea.

BAREBELLS OR PURE PROTEIN BARS
SELECTED SIZES
SELECTED VARIETIES



7.99 ea.

HELLMANN'S MAYONNAISE
710 - 890 ml
SELECTED VARIETIES



9.99 ea.

MARTHA STEWART FROZEN PIZZA
430 - 590 g
SELECTED VARIETIES



1.99 ea.

GREEN GIANT VEGETABLES
341 - 398 ml
SELECTED VARIETIES



4.49 ea.

GT'S SYNERGY KOMBUCHA, CAPE COD CHIPS OR CEDAR VALLEY PITA CHIPS
SELECTED SIZES
SELECTED VARIETIES



2.79 ea.

ALLEN'S, OASIS OR DEL MONTE JUICE
960 ml - 1 L
SELECTED VARIETIES



5.99 ea.

125 points value of $1

ESKA SPRING WATER
24 X 500 ml



125 points value of $1

8.99 ea.

CASHMERE BATHROOM TISSUE, SPONGE TOWELS OR SCOTTIES
3 - 12 un., SELECTED VARIETIES



6.99 ea.

TIDE OR GAIN LAUNDRY DETERGENT OR DOWNY SOFTENERS
SELECTED SIZES, SELECTED VARIETIES

ONLY 99¢ GREAT PRICE!



99¢

BEN'S ORIGINAL FAST & FANCY RICE
132 g, SELECTED VARIETIES



99¢

NESTLÉ OR CADBURY CHOCOLATES OR HALLS COUGH DROPS
SELECTED SIZES
SELECTED VARIETIES



99¢

ARIZONA ICED TEA
473 ml
SELECTED VARIETIES

CLUB HOUSE ENVELOPES OR FRANCO'S GRAVY
SELECTED SIZES
SELECTED VARIETIES

99¢



SELECTION OR IRRESISTIBLE SPARKLING WATER
1 L
SELECTED VARIETIES

99¢



moi rewards member price



IRRESISTIBLE COOKIES
400 - 700 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

7.99 ea. members-only price
SPECIAL PRICE 9.99 ea. for non-members



NESTLÉ TURTLES OR LINDOR CHOCOLATES
156 - 350 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

10.99 ea. members-only price
SPECIAL PRICE 14.99 ea. for non-members



BOOST MEAL REPLACEMENT NUTRITIONAL SUPPLEMENT
6 X 237 ml
SELECTED VARIETIES

10.99 ea. members-only price
SPECIAL PRICE 11.99 ea. for non-members

Healthy Together

MAKE THE OUT OF REACH REACHABLE

HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.

Between November 26, 2026 - December 30, 2026, 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.



Special prices in this flyer are available at select Metro stores only. See store for details.

The prices advertised are in effect at participating Metro locations in the province of Ontario only. This flyer is printed on recyclable paper using vegetable based inks. Please recycle where facilities exist. *IN STOCK POLICY: Metro offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Ready-to-Drink Alcoholic Beverages, Beer, Cider, Wine, and Independent Third Party Vendors. Please see the Customer Service desk at your Metro for full details. If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day. We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at metro.ca. Certain prices and special offers advertised in our flyers may vary by area. We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Prices are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit metro.ca, where you can create an account (or sign into your account) and select your preferred location. Some seafood, bakery and floral items may not be available in all stores. For retail sale only. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For $3 = 1 pt: available at Metro; not available at Food Basics. All dollar values associated with a Moi Rewards offer are rewarded in points, not in actual dollars. Points redeemable at participating stores starting at a balance of 500 points ($4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc. Fresh Guarantee: Applicable to eligible fresh items purchased at Metro stores in Ontario or at metro.ca. Requests must be made within 3 days with receipt. Conditions apply. See metro.ca/freshguarantee.

MEO_RAD20261123_04_R

Enjoy Fresh Produce



3.99 ea. **BLACKBERRIES**
170 g
PRODUCT OF U.S.A. OR MEXICO



2.49 /lb **LARGE GALA APPLES**
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
5.49/kg



2.99 ea. **BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS**
227 g, PRODUCT OF ONTARIO



99¢ /lb **GREEN CABBAGE**
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
2.18/kg



VANILLA PERSIMMONS
1.5 kg CASE
PRODUCT OF SPAIN

9.99 ea. 125 points value of $1



4.49 ea. **BLUEBERRIES** 170 g
PRODUCT OF PERU, No. 1 GRADE



3.99 /lb **HEIRLOOM TOMATOES**
PRODUCT OF ONTARIO
8.80/kg



2.49 ea. **CARROTS OR YELLOW ONIONS** 2 lb
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



LEMONS 2 lb
PRODUCT OF SOUTH AFRICA

4.99 ea.



SEEDLESS MANDARINS OR LARGE CARA CARA ORANGES
PRODUCT OF AUSTRALIA
8.80/kg

3.99 /lb



3.99 ea. **MINI CUCUMBERS** 397 g
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



4.49 ea. **LPC POTATO KITS** 454 g
PRODUCT OF CANADA
CANADA No. 1 GRADE
SELECTED VARIETIES



5.99 ea. **FUYU PERSIMMONS**
2 lb, PRODUCT OF U.S.A.



4.99 ea. **JUMBO POMEGRANATES**
PRODUCT OF U.S.A.



4.99 ea. **GREEN BEANS**
340 g, PRODUCT OF U.S.A.



5.49 ea. **GOODLEAF LETTUCES**
113 g, PRODUCT OF ONTARIO
SELECTED VARIETIES

Organic



6.99 ea. **ORGANIC RED DELICIOUS APPLES** 3 lb
PRODUCT OF ONTARIO
CANADA FANCY GRADE



3.49 /lb **ORGANIC SEEDLESS NAVEL ORANGES**
PRODUCT OF U.S.A.
7.69/kg



5.69 ea. **ATTITUDE ORGANIC SALADS** 142 g
PRODUCT OF CANADA OR U.S.A.
SELECTED VARIETIES



4.99 ea. **ORGANIC AVOCADOS** 3 PK
PRODUCT OF MEXICO

Sliced & Diced

made in my metro



6.99 ea. **SMALL SALADS**
180 - 354 g



14.99 ea. **FRESH CAROUSELS**
955 g - 1.4 kg

Irrésistible



9.99 ea. **IRRESISTIBLE 6 VARIETY SNACK MIX** 580 g



4.99 ea. **IRRESISTIBLE IN-SHELL SALTED OR UNSALTED DRY-ROASTED PISTACHIOS** 200 g



6.99 ea. **IRRESISTIBLE IN-SHELL DRY-ROASTED VIRGINIA PEANUTS** 1 kg
PRODUCT OF U.S.A.



19.99 ea. **IRRESISTIBLE ROASTED SALTED CASHEW** 908 g

Holiday Blooms



25.00 ea. **CANDY CANE SURPRISE BOUQUET**
ASSORTED COLOURS AND FLOWERS



28.99 ea. **POINSETTIAS**
12" POT
ASSORTED COLOURS



19.99 ea. **ROSE AROMA**
4" STAR POT
ASSORTED STYLES



BALSAM CHRISTMAS TREES
5' - 6' TALL
AVAILABLE AT SELECT LOCATIONS

59.99 ea.

Fresh GUARANTEE metro

If it matters to you, it matters to us.

DM2DM2DM2DM2

Fresh From Our Butcher



PLATINUM GRILL ANGUS TOP SIRLOIN MEDALLIONS OR CAP OFF STEAK
CUT FROM CANADA AAA GRADE
23.99/kg
10.88/lb



RED GRILL WHOLE BEEF BRISKET VAC PACK
CUT FROM CANADA AA GRADE OR HIGHER GREAT FOR SMOKING
17.61/kg
7.99/lb



PORK LOIN CHOPS CENTRE CUT VALUE PACK BONE IN
8.80/kg
3.99/lb



FRESH PORK SIDE RIBS
CENTRE CUT REMOVED
13.21/kg
5.99/lb



MEDIUM GROUND BEEF VALUE PACK
18.72/kg
8.49/lb



125 points value of $1

FRESH WHOLE CHICKEN OR CHICKEN LEG QUARTERS
7.69/kg
3.49/lb



125 points value of $1

- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones

FRESH LAMB LOIN CHOPS OR ROSEMARY AND GARLIC BONELESS LAMB LEG
NEW ZEALAND SPRING LAMB
30.84/kg
13.99/lb



STORE MADE SAUSAGES
SELECTED VARIETIES
11.00/kg
4.99/lb



IRRESISTIBLES PREPARED HORSERADISH
250 ml
SELECTED VARIETIES
1.99 ea.



SWANSON'S PIES
FROZEN, 200 g
SELECTED VARIETIES
2.49 ea.



SELECTION HAM STEAKS 250 g
SELECTED VARIETIES
3.99 ea.



ST.LOUIS WINGS OR BREADED CHICKEN
FROZEN, 650 g
SELECTED VARIETIES
11.99 ea.



BUTTERBALL TURKEY FRANKS
450 g
4.49 ea.



125 points value of $1

MAPLE LODGE ULTIMATE CHICKEN DINNER SAUSAGES 500 g
SELECTED VARIETIES
4.49 ea.



POGO ORIGINAL BREADED WIENERS
FROZEN, 300 g
4.49 ea.



125 points value of $1

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS
375 g, SELECTED VARIETIES
4.99 ea.

Breakfast Favourites



125 points value of $1

MAPLE LODGE CHICKEN BREAKFAST SAUSAGES
375 g, SELECTED VARIETIES
4.49 ea.



125 points value of $1

MAPLE LODGE CHICKEN BACON OR ZABIHA HALAL
375 g
5.99 ea.



LIFE SMART NATURALIA BACON
375 g
5.99 ea.



BUTTERBALL TURKEY BACON
300 - 375 g
SELECTED VARIETIES
6.99 ea.



BEYOND PLANT-BASED BREAKFAST SAUSAGE LINKS
236 g
6.99 ea.



125 points value of $1

JOHNSONVILLE BREAKFAST SAUSAGES OR SAUSAGE ROUNDS 250 - 375 g
SELECTED VARIETIES
7.99 ea.



IRRESISTIBLE MINI QUICHE
FROZEN, 360 g
SELECTED VARIETIES
7.99 ea.



IRRESISTIBLE BACON
500 g
8.99 ea.

If it matters to you, it matters to us.

DM3DM3DM3DM3

Life Smart Mieux-être TM/MC

NATURALIA

Premium quality

Tender, flavourful cuts with nothing artificial – just pure, natural beef.

LIFE SMART NATURALIA
GRASS FED BONELESS RIB STEAK
PRODUCT OF NEW ZEALAND

LIFE SMART NATURALIA BEEF

- Steaks aged for a minimum of 28 days
- Raised without added hormones
- Raised without antibiotics
- Free range • Grass fed

15% OFF AT TILL



LIFE SMART NATURALIA
GRASS FED STRIP LOIN STEAK
PRODUCT OF NEW ZEALAND



LIFE SMART NATURALIA
GRASS FED BEEF TENDERLOIN STEAK
PRODUCT OF NEW ZEALAND



LIFE SMART NATURALIA
BONELESS STEWING BEEF CUBES
PRODUCT OF NEW ZEALAND
454 g



LIFE SMART NATURALIA
GRASS FED EXTRA LEAN GROUND BEEF
PRODUCT OF NEW ZEALAND
454 g

Enjoy Fresh Seafood



11.99 /lb WILD CAUGHT ALASKAN COD FILLETS
FROZEN OR PREVIOUSLY FROZEN
2.64/100 g



FAMILY PACK SUPREME SUSHI
575 g
18.00 ea.



4.99 ea. 7 SEAS SOLE WITH STUFFING
PREVIOUSLY FROZEN, 210 g



8.99 /lb STORE MADE SEAFOOD SALADS
CREAMY, OIL & VINEGAR OR MANDARIN
1.98/100 g



9.99 /lb WILD CAUGHT CANADIAN ROCK CRAB
FROZEN, 2.20/100 g



24.99 /lb 7 SEAS SMOKED ATLANTIC CANDIED SALMON
PREVIOUSLY FROZEN, 5.51/100 g

Irrésistible



IRRESISTIBLE SCALLOPS
FROZEN, 700 g
10.99 ea.



IRRESISTIBLE TEMPURA SHRIMP
FROZEN, 500 g
10.99 ea.



8.99 ea. IRRESISTIBLE ARGENTINEAN SHRIMP RING
FROZEN, 250 g



IRRESISTIBLE WILD CAUGHT TUNA STEAKS
FROZEN, 340 g
8.99 ea.



CLEAR OCEAN COOKED SALAD SCALLOPS
FROZEN, 227 g
4.99 ea.



NATURALIA TILAPIA FILLETS
FROZEN, 400 g
6.99 ea.



8.99 ea. AQUA STAR BUTTERFLY, COCONUT OR POPCORN SHRIMP
FROZEN, 500 g





HIGH LINER SHRIMP OR FAMILY PACK FISH FILLETS
FROZEN, 315 - 700 g
SELECTED VARIETIES
7.99 ea.

Fresh From Our Deli



2.99 /100 g MASTRO PROSCIUTTO COTTO X-LEAN OR CAPOCOLLO
SELECTED VARIETIES
DELI SLICED, 13.56/lb



3.49 /100 g BRANDT KOLBASSA SAUSAGE COIL OR MEAT LOAF
SELECTED VARIETIES
DELI SLICED, 15.83/lb

BUY MORE SAVE MORE!



3.29 /100 g
when you buy 400 g or more

PRESIDENT FRENCH EMMENTAL
DELI CUT
PRICES AS MARKED 3.79/100 g
WHEN YOU BUY LESS THAN 400 g



15.99 ea. BEEMSTER CHEESE
250 g
SELECTED VARIETIES



3.49 /100 g BRANDT HAM
DELI SLICED, 15.83/lb



6.99 ea. SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED DELI MEAT
100 - 150 g, SELECTED VARIETIES



6.99 ea. GALBANI MOZZARELLA OR BOCCONCINI
227 g, SELECTED VARIETIES



6.99 ea. KRINOS FETA CHEESE
150 - 200 g
SELECTED VARIETIES



6.99 ea. PILLER'S OR OLYMEL SLICED DELI MEAT
125 - 175 g, SELECTED VARIETIES



5.49 ea. LA BELLE BRETAGNE PÂTÉ
150 g, SELECTED VARIETIES



7.99 ea. CASTELLO HAVARTI, BRIE, CAMEMBERT OR BLUE CHEESE
125 - 200 g, SELECTED VARIETIES



9.99 ea. SWITZERLAND SLICED GRUYERE OR KERRYGOLD CHEESE
100 - 198 g
SELECTED VARIETIES



6.99 ea. GARDEN FRESH SALSA OR RESER'S MASHED POTATOES
473 ml, 680 g, SELECTED VARIETIES



FRESH 2 GO TORTILLA CHIPS
396 - 454 g
SELECTED VARIETIES
5.00 ea.



13.49 ea. FRESH 2 GO MAMMOTH BBQ CHICKEN 1 kg

14.99 ea. LIFE SMART SKINLESS HERB CHICKEN
900 g

Fresh GUARANTEE metro

If it matters to you, it matters to us.

DM4DM4DM4DM4

metro FRESH 2 GO

CRUNCH IS CALLING

metro Hot
Popcorn Chicken 5.99
Waffle Fries 3.99

$8 /combo
1 package of each

ITALIAN STYLE SCHIACCIATA SANDWICHES
(skee-ah-CHA-tah)

FRESH 2 GO SCHIACCIATA SANDWICHES
1 un
SELECTED VARIETIES

10.00 ea.



DELI SANDWICHES

FRESH 2 GO NASHVILLE CHICKEN OR BLT THUNDER CRUNCH SANDWICH
1 un
SELECTED VARIETIES

10.00 ea.



FLAVOURS OF italy





3.99/lb

LARGE BLACK PLUMS
PRODUCT OF SPAIN OR ITALY, No. 1 GRADE
8.80/kg



SAVOY CABBAGE
PRODUCT OF CANADA, CANADA No. 1 GRADE
2.18/kg

99¢/lb



MASTRO CAPOCOLLO
MILD OR HOT
DELI SLICED, 13.56/lb

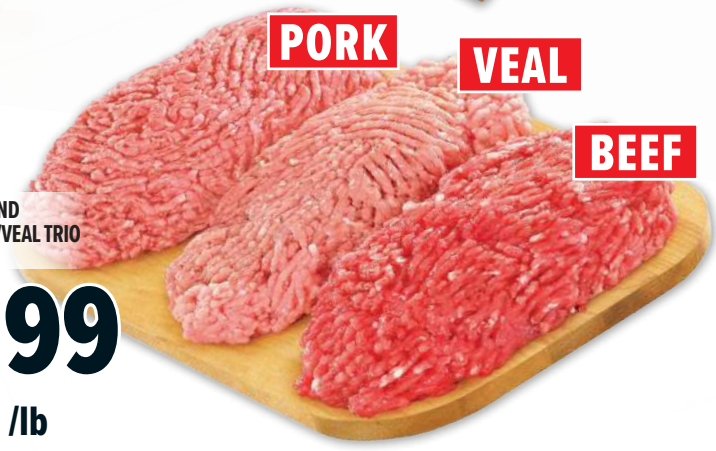
2.99/100 g





6.99 ea.

ZERTO RICOTTA
295 g



LEAN GROUND BEEF/PORK/VEAL TRIO
19.82/kg

8.99/lb



ROCK HARBOUR ANCHOVIES IN OLIVE OIL
106 g

8.99 ea.



TIRAMISU CAKE
1.1 kg

31.99 ea.



3.99 ea.

FRONT STREET BAKERY CIABATTA BREAD
540 g, SELECTED VARIETIES



DAVID ROCCO PASTA
400 g
SELECTED VARIETIES

2.99 ea.



FIUGGI MINERAL WATER
1 L
SELECTED VARIETIES

2.99 ea.



2.99 ea.

VICENZI COOKIE
125 g
SELECTED VARIETIES



MOLISANA RICE
1 kg
SELECTED VARIETIES

4.49 ea.



1.25 ea.

AURORA BOUILLON CUBES
66 g
SELECTED VARIETIES



DAVID ROCCO PASTA SAUCE
650 ml
SELECTED VARIETIES

5.99 ea.

DITL1DITL1DITL1DITL1

Sourdough Favorites



6.99 ea. FRONT STREET BAKERY 3 CHEESE SOURDOUGH BOULE 600 g



5.99 ea. FRONT STREET BAKERY SOURDOUGH SPROUTED GRAIN BREAD 600 g

DISCOVER NEW



4.49 ea. FRONT STREET BAKERY SOURDOUGH BAGELS PKG OF 4, 456 g



3.99 ea. PREMIÈRE MOISSON SOURDOUGH BAGUETTE 325 g

Fruit Treats

made in my metro



23.99 ea. FRONT STREET BAKERY TRIPLE FRUIT, TRIPLE STRAWBERRY OR CHOCOLATE BOSTON CAKES 1200 - 1250 g



22.99 ea. FRONT STREET BAKERY CHEESECAKE FANCY FRUIT OR STRAWBERRY 975 g



7.99 ea. FRONT STREET BAKERY FANCY FRUIT OR STRAWBERRY CUSTARD PIES 800 g



27.99 ea. IRRESISTIBLE MOUSSE CAKES 850 g SELECTED VARIETIES

baked in my metro



4.49 ea. FRONT STREET BAKERY PANINI ROLLS PKG OF 6, 325 g



4.99 ea. FRONT STREET BAKERY COOKIE BITES PKG OF 24, 336 - 360 g SELECTED VARIETIES



6.99 ea. SELECTION DESSERT SQUARES 345 - 450 g SELECTED VARIETIES



8.99 ea. SELECTION BROWNIES 608 g



mix & match

November 26th - December 9th

2 for 7.00

DEMPSTER'S WHOLE GRAIN BREADS, BAGELS, SIGNATURE BUNS, 7" TORTILLAS OR TIA ROSA TORTILLAS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

Snacks & Beverages

CORE POWER BEVERAGE 414 ml SELECTED VARIETIES

BUY MORE SAVE MORE!

2 for 8.00 LESS THAN 2 PAY 5.49 EA.





2 for 10.00 COCA-COLA OR CANADA DRY SOFT DRINKS 6 x 222 ml SELECTED VARIETIES OR 5.29 EA.



7.99 ea. SAN PELLEGRINO CARBONATED WATER 8 X 330 ml



12.49 ea. SLEEMAN NON-ALCOHOLIC BEER 6 X 355 ml



TROPHY NUTS 200 g SELECTED VARIETIES

6.49 ea.



4.99 ea. LECLERC COOKIES 200 - 240 g SELECTED VARIETIES



CHRISTIE CHIPS AHOY COOKIES 144 - 281 g, SELECTED VARIETIES

2.22 ea. members-only price

SPECIAL PRICE 2.99 ea. for non-members



3.79 ea. WERTHER'S ORIGINAL CARAMELS 128 - 135 g SELECTED VARIETIES

Crisp Winter Snacking

PRINGLES CHIPS 131 - 156 g SELECTED VARIETIES

125 points value of $1

2.99 ea.



125 points value of $1



3.99 ea. KELLOGG'S TOWN HOUSE CRACKERS 247 - 391 g SELECTED VARIETIES

125 points value of $1

2.99 ea.



CHEEZ-IT CRACKERS 191 - 200 g, SELECTED VARIETIES

125 points value of $1

3.49 ea.



KELLOGG'S NUTRI-GRAIN BARS, RICE KRISPIES SQUARES OR POP TARTS
SELECTED SIZES
SELECTED VARIETIES

RAISE A ROCHER™



FERRERO ROCHER TREE CHOCOLATES 150 g, SELECTED VARIETIES WHILE QUANTITIES LAST

11.99 ea.



14.99 ea. FERRERO ROCHER CHOCOLATES 375 g, SELECTED VARIETIES WHILE QUANTITIES LAST

A LITTLE SURPRISE. A LOT OF MAGIC.



KINDER CHRISTMAS CHOCOLATE 116 g, SELECTED VARIETIES WHILE QUANTITIES LAST

13.99 ea.

6.49 ea. KINDER SURPRISE CHRISTMAS EGG 100 g, SELECTED VARIETIES WHILE QUANTITIES LAST

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE



DM5DM5DM5DM5

☑ Check off a selection of wine, beer & mixed drinks

get in the HOLIDAY SPIRIT

WAYNE GRETZKY ESTATES MERLOT
750 ml
17.49 ea.

CREEKSIDE ESTATE WINERY CABERNET MERLOT
750 ml
16.49 ea.



SMOKY BAY CABERNET SAUVIGNON
750 ml
11.99 ea.

JACKSON-TRIGGS MERLOT
750 ml
13.49 ea.



OGGI PINOT GRIGIO
750 ml
11.99 ea.



VOGA PINOT GRIGIO
750 ml
14.49 ea.

INNISKILLIN RIESLING PINOT GRIGIO
750 ml
16.49 ea.





36.99 ea. **BASK SAUVIGNON BLANC WINE**
3 L

THE MORE THE MERRIER – GET YOUR BEER MULTI-PACKS



17.99 ea. **MICHELOB ULTRA BEER**
6 x 473 ml



17.99 ea. **CORONA EXTRA BEER**
6 x 330 ml

16.99 ea. **MILLER LITE BEER**
6 x 473 ml



Spread good cheer with refreshing cocktails in a can!

GEORGIAN BAY GIN SMASH
473 ml
3.09 ea.





MOTT'S CLAMATO CAESAR
458 ml
3.99 ea.



16.99 ea. **MOOSEHEAD LAGER BEER**
6 x 473 ml

Advertised prices are subject to change and exclude HST and deposit fees, which are added at checkout. Alcoholic products are available at select stores. See metro.ca for availability.



BAUDUCCO MINI PANETTONE
80 g
SELECTED VARIETIES

2.29 ea.



TEDESCO MINI PANDORO
100 g
SELECTED VARIETIES

2.99 ea.



ALLESSIA OR FESTA TORRONE OR PANDUCALE TORTA
150 - 320 g
VERGANI MINI PANETTONE 100 g
SELECTED VARIETIES

4.99 ea.





SPERLARI ZANZIBAR
150 g
SELECTED VARIETIES

7.99 ea.

BAUDUCCO PANETTONE
454 - 680 g
SELECTED VARIETIES

8.99 ea.



PANETTONE FESTA!

A delicious selection of light, airy and sweet Italian loaf breads.



FESTA PANETTONE OR PANDORO, GIOIA PANETTONE
750 - 908 g

9.99 ea.

AURORA OR LOISON PANETTONE
500 g, 900 - 908 g
AURORA OR GIOIA PANDORO
800 g
SELECTED VARIETIES

12.99 ea.





GIOIA FLAVOURED PANDORO OR LOISON FLAVOURED PANETTONE
600 - 750 g
SELECTED VARIETIES

13.99 ea.





14.99 ea.

TRE MARIE OR MELEGATTI PANETTONE OR PANDORO
750 g
SELECTED VARIETIES

BAULI OR MELEGATTI PANDORO 700 - 750 g
FIASCONARO CLASSIC PANETTONE 500 g
SELECTED VARIETIES

16.99 ea.





18.99 ea.

TRE MARIE CAPOLAVORO OR PERLA DEL SUD PANETTONE 830 - 850 g
PALUANI FLAVOURED PANDORO 750 g
SELECTED VARIETIES



21.99 ea.

FIASCONARO PANETTONE
750 g
SELECTED VARIETIES



23.99 ea.

PASTICCERIA GIUSEPPE OR FIASCONARO AGRUMI PANETTONE
1 kg, 750 g
SELECTED VARIETIES



24.99 ea.

TRE MARIE PANETTONE OR PANDORO
1 kg
SELECTED VARIETIES



30.99 ea.

MUZZI CLASSIC OR CHIOSTRO AMARETTO PANETTONE
750 g
SELECTED VARIETIES



39.99 ea.

MUZZI PANDORO OR FABBRI AMARENA PANETTONE
750 g, 1 kg
SELECTED VARIETIES



40.99 ea.

VERGANI SICILY TIN
750 g
SELECTED VARIETIES



43.99 ea.

FIASCONARO MONTENERO OR 1953 PANETTONE
700 g, 1 kg
SELECTED VARIETIES



49.99 ea.

FIASCONARO FLAVOURED PANETTONE
1 kg
SELECTED VARIETIES



74.99 ea.

FIASCONARO DOLCE & GABBANA PANETTONE
1 kg
SELECTED VARIETIES

ITEM AVAILABILITY VARIES BY STORE – WHILE QUANTITIES LAST

More Great Savings



7.49 ea.
DR. OETKER GIUSEPPE EASY PIZZI PIZZA
560 - 600 g, SELECTED VARIETIES



3.49 ea.
CATELLI LASAGNA
375 - 500 g, SELECTED VARIETIES



4.99 ea.
TENDERFLAKE PUFF PASTRY OR PIE CRUST 255 - 397 g
SELECTED VARIETIES



FRY'S COCOA
227 g
SELECTED VARIETIES
6.99 ea.



NATREL PLUS MILK 2 L
SELECTED VARIETIES
7.99 ea.
125 points value of $1



12.99 ea.
THE LAUGHING COW CHEESE
535 g, SELECTED VARIETIES
WHILE QUANTITIES LAST



3.99 ea.
RITTERSPORT CHOCOLATE BAR
100 g
SELECTED VARIETIES



CHAPMAN'S ICE CREAM
500 ml
SELECTED VARIETIES
4.99 ea.
250 points value of $2

CHEESE Festival

CELEBRATE THE HOLIDAYS WITH CHEESE

EXCITING CONTEST DETAILS AT:
CHEESE-FESTIVAL.CA



10.99 ea.
BLACK DIAMOND CHEESTRINGS
504 g, SELECTED VARIETIES



2.49 ea.
BLACK DIAMOND SLICED CHEESE
250 g, SELECTED VARIETIES



3.99 ea.
BLACK DIAMOND CHEESE BLOCK
250 g, SELECTED VARIETIES



Mix & Mingle

6.99 ea.
250 points value of $2
SIMPLY REFRIGERATED DRINKS
1.36 - 1.54 L, SELECTED VARIETIES

SAVE 25%
on all drink mix flavours

sodastream

Exchange your empty CO_2 and save $20
EXCHANGE OR SPARE
$19.99 $39.99



MAKES ABOUT 24* CANS

SODA STREAM DRINK MIX
440 ml, SELECTED VARIETIES
5.99 ea.

SODA STREAM CO2 CYLINDERS
1 un., SELECTED VARIETIES
19.99 ea.

*when prepared according to instructions; equivalent of about 24 x 355ml cans

Kraft NEW FLAVOURS ARE COMING TO TOWN HEINZ ESTD 1869



HEINZ ZERO KETCHUP
375 ml
3.99 ea.



HEINZ SOUP
370 - 380 ml
SELECTED VARIETIES
4.99 ea.



HEINZ MAYONNAISE STYLE SAUCE
340 ml
SELECTED VARIETIES
3.99 ea.



MIO ICED TEA POWDERS
540 g
SELECTED VARIETIES
7.49 ea.



BULL'S EYE AND DIANA BBQ SAUCE
375 - 500 ml
SELECTED VARIETIES
BUY MORE SAVE MORE!
2 for 4.00
LESS THAN 2 PAY 5.79 EA.



CRAVE CRISPY ROLL-UPS
540 g
SELECTED VARIETIES
11.99 ea.



KD PROTEIN MAC & CHEESE
175 g
SELECTED VARIETIES
3.99 ea.



KRAFT DRESSING
425 ml
SELECTED VARIETIES
BUY MORE SAVE MORE!
2 for 4.00
LESS THAN 2 PAY 4.49 EA.

BUY MORE SAVE MORE!

ALL THE ESSENTIALS YOU NEED AT BETTER VALUE

CHEETOS SNACKS, DORITOS TORTILLA OR RUFFLES CHIPS
SELECTED SIZES, SELECTED VARIETIES
2 for 9.00
LESS THAN 2 PAY 5.99 EA.

BUBLY SPARKLING WATER
12 X 355 ml
SELECTED VARIETIES
2 for 15.00
LESS THAN 2 PAY 8.49 EA.

MONSTER ENERGY DRINKS
473 ml
SELECTED VARIETIES
2 for 6.00
LESS THAN 2 PAY 3.99 EA.

ACTIVIA YOGOURT 8 X 100 g or **INTERNATIONAL DELIGHT COFFEE WHITENER** 369 g - 946 ml
SELECTED VARIETIES
2 for 10.00
LESS THAN 2 PAY 7.49 EA.

CRACKERS BARREL BARS OR SHREDDED CHEESE 300 - 400 g
SELECTED VARIETIES
2 for 14.00
LESS THAN 2 PAY 8.99 EA.

SILK REFRIGERATED DRINKS
1.75 - 1.89 L
SELECTED VARIETIES
2 for 9.00
LESS THAN 2 PAY 5.99 EA.

BEN'S ORIGINAL RICE
240 - 250 g
SELECTED VARIETIES
3 for 9.99
LESS THAN 3 PAY 4.99 EA.

CLIF BARS
68 g
SELECTED VARIETIES
3 for 6.00
LESS THAN 3 PAY 2.69 EA.

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

DM6DM6DM6DM6

moi rewards

members get more with member pricing



NESTLÉ TURTLES OR LINDOR CHOCOLATES
156 - 350 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

10.99 ea. members-only price

SPECIAL PRICE **14.99 ea.** for non-members



IRRESISTIBLE COOKIES
400 - 700 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

7.99 ea. members-only price

SPECIAL PRICE **9.99 ea.** for non-members



IRRESISTIBLE SIGNATURE MILK CHOCOLATE COOKIES
240 g

99¢ ea. members-only price

SPECIAL PRICE **1.99 ea.** for non-members



HERSHEY'S CHOCOLATE CHIPS
200 - 270 g
SELECTED VARIETIES

3.99 ea. members-only price

SPECIAL PRICE **4.99 ea.** for non-members



BOOST PROTEIN DRINKS
6 x 237 ml
SELECTED VARIETIES

10.99 ea. members-only price

SPECIAL PRICE **11.99 ea.** for non-members



CHRISTIE OR DARE COOKIES OR CRACKERS OR MAYNARD CANDIES
SELECTED SIZES
SELECTED VARIETIES

2.22 ea. members-only price

SPECIAL PRICE **2.99 ea.** for non-members



9.99 ea.

BUTCHER'S BOARD PIZZA
375 - 393 g
SELECTED VARIETIES



250 points value of $2

8.99 ea.

CANADIAN RESERVE GOUDA
170 - 200 g
SELECTED VARIETIES

New options.
New flavours.
New reasons to shop Metro for new & trusted brands.

DISCOVER **NEW**



250 points value of $2

4.99 ea.

PRESIDENT RONDELÉ SPREADABLE CHEESE
125 g
SELECTED VARIETIES

250 points value of $2



3.99 ea.

LEERDAMMER CHEESE SLICES
160 g
SELECTED VARIETIES

125 points value of $1



10.99 ea.

BASIRON CHEESE
200 g
SELECTED VARIETIES



125 points value of $1

7.49 ea.

KII NATURALS ARTISAN CRISPS
260 g
SELECTED VARIETIES



Non-GMO

8.49 ea.

ZEVIA SODA
6 x 355 ml
SELECTED VARIETIES



High in Protein

5.49 ea.

PROPOP SPARKLING WATER
355 ml
SELECTED VARIETIES



15.99 ea.

ACETO BALSAMICO DI MODENA VINEGAR
250 ml
SELECTED VARIETIES



5.49 ea.

HAPPIEATS SPORT PASTA
350 g
SELECTED VARIETIES



6.99 ea.

RISO BELLO RISOTTO
175 g
SELECTED VARIETIES



Non-GMO

7.99 ea.

ISPICE SPICES
75 - 196 g
SELECTED VARIETIES



High in Protein

2 for **7.00**

JUJU'S COOKIE DOUGH
60 g
SELECTED VARIETIES



4.99 ea.

MITSOH BISON PEMMICAN STRIPS
23 g
SELECTED VARIETIES



Gluten-Free

5.99 ea.

FRUX DATE BITES
100 g
SELECTED VARIETIES



Organic

3.49 ea.

GINGERBUG SODA
355 ml
SELECTED VARIETIES



High in Protein

5.99 ea.

KIDFRESH FROZEN MEALS
179 - 206 g
SELECTED VARIETIES



Non-GMO

7.99 ea.

MID-DAY SQUARES PB&J APPLE CINNAMON BARS
140 g



Organic

8.49 ea.

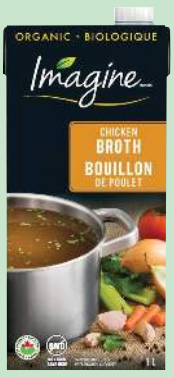
NUTS FOR CHEESE DIPS
210 g
SELECTED VARIETIES

Non-GMO

FOUR O'CLOCK TEA
16 - 20 un.
SELECTED VARIETIES
6.49 ea.



IMAGINE BROTH
1 L
SELECTED VARIETIES
6.49 ea.



PATIENCE JUICE
946 ml
SELECTED VARIETIES
11.99 ea.



HANDFUEL NUTS
120 g
SELECTED VARIETIES
5.49 ea.



BOB'S RED MILL ALL PURPOSE FLOUR
2.27 kg
SELECTED VARIETIES
7.99 ea.



LUNDBERG RICE CAKES
167 - 269 g
SELECTED VARIETIES
9.49 ea.



CROFTER'S JAM
383 ml
SELECTED VARIETIES
5.99 ea.



Organic

MARANATHA PEANUT BUTTER
500 g
SELECTED VARIETIES
9.99 ea.



SHADY MAPLE FARMS MAPLE SYRUP
375 ml
SELECTED VARIETIES
13.99 ea.







375 points value of $3

14.49 ea.

KICKING HORSE COFFEE CAPSULES
10 un.
SELECTED VARIETIES

Gluten-Free

CLEAN BEANS SNACKS
85 g
SELECTED VARIETIES
3.49 ea.



ANTICO PASTA SAUCE
700 ml
SELECTED VARIETIES
6.99 ea.





7.99 ea.

TONY'S CHOCOLONELY CHOCOLATE BARS 180 g
SELECTED VARIETIES

BLUE DIAMOND BEVERAGES
1.89 L
SELECTED VARIETIES
5.99 ea.



Baby & Beauty

BABY GOURMET BABY PURÉE
128 ml
SELECTED VARIETIES
3.49 ea.



NESTLÉ BABY CEREAL
400 g
SELECTED VARIETIES
10.49 ea.





HUGGIES WIPES
56 - 64 un., SELECTED VARIETIES
4.99 ea.
60 points

LIVE CLEAN BABY CARE 750 ml
SELECTED VARIETIES
125 points value of $1
13.99 ea.





AXE DEODORANT BODY SPRAY OR WASH
SELECTED SIZES
SELECTED VARIETIES
4.99 ea.

NIVEA BODY LOTION
500 - 625 ml
SELECTED VARIETIES
125 points value of $1
12.99 ea.





ST. IVES FACE SCRUB OR BODY LOTION
SELECTED SIZES
SELECTED VARIETIES
4.99 ea.



CREST TOOTHPASTE OR ORAL B TOOTHBRUSH
SELECTED SIZES
SELECTED VARIETIES
4.99 ea.

Household Helpers





DOWNY FABRIC SOFTENER OR BOUNCE SHEETS
SELECTED SIZES
SELECTED VARIETEIS
6.99 ea.



CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL
SELECTED SIZES, SELECTED VARIETIES
6.99 ea.



2.99 ea.
GLAD CLING WRAP
30 M



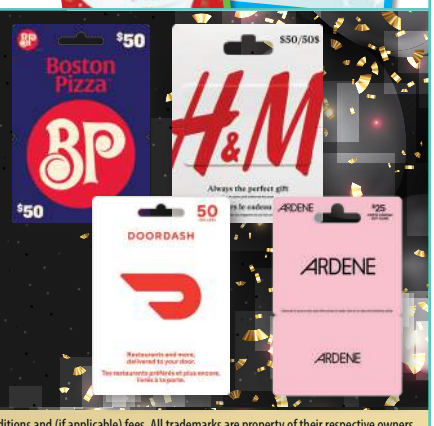
5.99 ea.
GLADE CANDLES
1 un.
SELECTED VARIETIES

SAVE $4*
when you buy any 3 Carlton Cards



carlton cards
*with greeting card coupon

Black Friday Offer
20% OFF
$ 50 **Boston Pizza, H&M** and **DoorDash** gift cards and $25 **Ardene** gift cards
Offer valid **Nov 26.- Dec 2**



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