metro

HEALTHY HOLIDAY PLANNING





Flourish Pancake & Waffle Mix
430 g
Selected Varieties
10.99 ea.

Garcia De La Cruz Extra Virgin Olive Oil
500 ml
Selected Varieties
Non-GMO
18.99 ea.



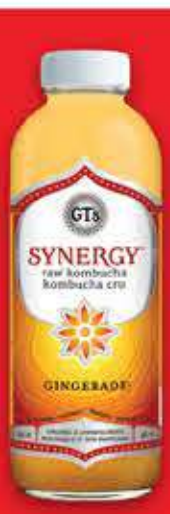
Organic
13.99 ea.
Shady Maple Farms Maple Syrup
375 ml
Selected Varieties



Skinny Pop Popcorn
125 - 150 g
Selected Varieties
Non-GMO
3.99 ea.



Dally Gel Snacks
150 ml
Selected Varieties
Keto
3.99 ea.



GT's Synergy Kombucha
480 ml
Selected Varieties
Non-GMO
4.49 ea.



Oatly Oat Beverages
1 L
Selected Varieties
Plant-Based
5.49 ea.

Make merry with refreshing, non-alcoholic choices!



Partake Non-Alcoholic Beer
12 x 355 ml
23.99 ea.



Actual Veggies Nuggets
227 g
Selected Varieties
Plant-Based
7.99 ea.



Jordans Granola Cereals
325 g
Selected Varieties
6.99 ea.



Non-GMO
9.99 ea.
Bragg Apple Cider Vinegar
946 ml



Gluten-Free
6.99 ea.
Righteous Frozen Dessert
473 ml
Selected Varieties



Effective dates November 19th to December 2nd, 2026

Kick-off the holiday season with our new varieties, new flavours and better ingredients by our trusted brands.

DISCOVER NEW



Vegan

La Presserie Japchae Noodles
300 g
Selected Varieties
8.99 ea.



Non-GMO

ISpice Spices
75 - 196 g
Selected Varieties
7.99 ea.



Riso Bello Risotto
175 g
Selected Varieties
7.49 ea.



Plant-Based

Amy's Burritos
156 - 170 g
Selected Varieties
5.49 ea.



Green Bowl Side Dishes
250 g
Selected Varieties
5.49 ea.



VG Gourmet Frozen Meals
400 g
Selected Varieties
7.99 ea.



Maison Orphée Extra Virgin Olive Oil
750 ml

Organic

18.99 ea.



The Rice Stuff Rice
70 g
Selected Varieties

Non-GMO

3.99 ea.

Protein rich & gluten free



Partake
6 x 355 ml
Selected Varieties
11.99 ea.



SunButter Spread
454 g
Selected Varieties
10.49 ea.



Fatso Peanut Butter
500 g
Selected Varieties
6.99 ea.



Laid Back Snacks
130 - 140 g
Selected Varieties
7.99 ea.



Nutiva Coconut Oil
444 ml

Non-GMO

10.99 ea.



Allfat Beef Tallow
300 g
23.99 ea.

Great texture and flavour



Gluten-Free

18.99 ea. **Bob'S Red Mill Flour**
1.24 kg



12.99 ea. **Bob's Red Mill Flour**
2.27 kg



6.49 ea. **Bob's Red Mill Mixes**
368 - 440 g
Selected Varieties

Non-GMO





7.49 ea. **Manitoba Harvest Hemp Hearts**
227 g

Non-GMO

BAKE JOY IN EVERY BATCH

Whip up gluten-free delights everyone will love.



Gluten-Free

7.99 ea. **Enjoy Life Chocolate Chips**
255 g
Selected Varieties

Try adding chocolate chips →



7.49 ea. **Savör Butter**
227 g
Selected Varieties

DISCOVER NEW



Farm Girl Mixes
300 - 350 g
Selected Varieties

Non-GMO

7.99 ea.



8.99 ea. **Pure Foods Cake Frosting**
340 g
Selected Varieties



Pure Food Sprinkles
142 g
Selected Varieties

Non-GMO

4.99 ea.



8.49 ea. **Rolling Meadow Milk**
2 L



5.49 ea. **Gay Lea Whipped Topping**
225 g
Selected Varieties

Plant-Based



5.99 ea. **Cha's Organic Coconut Whipping Cream**
400 ml

Organic



21.99 ea. **Simply Organic Vanilla Extract**
118 ml
Selected Varieties

Organic



Knudsen Juice
946 ml
Selected Varieties
Non-GMO
12.99 ea.



Patience Fruit & Co. Cranberry Juice
946 ml
Organic
8.99 ea.



Lakewood Beet Juice
946 ml
Organic
11.99 ea.



Black River Juice
1 L
Selected Varieties
Organic
6.99 ea.



HEALTHY CHEER

Mix up your own festive creations with better-for-you beverages.



Tonica Organic Kombucha
370 ml
Selected Varieties
Organic
3.99 ea.



Dose Organic Ginger & Turmeric Shots
600 ml
19.99 ea.



Vita Coco Coconut Water
500 ml
Selected Varieties
3.49 ea.



Blue Diamond Beverages
946 ml
Selected Varieties
Lactose-Free
3.49 ea.

Make a low-cal egg nog with almond milk





Elmhurst Beverages
946 ml
Selected Varieties
Non-GMO
8.49 ea.

Mi-del Cookies
227 g
Selected Varieties
5.99 ea.



Switch to low sugar, big flavour



Rise Kombucha
414 ml
Selected Varieties
Organic
3.99 ea.



Kiju Juice
1 L
Selected Varieties
Organic
4.49 ea.



Fever-Tree Drinks
4 x 200 ml
Selected Varieties
8.49 ea.

Your groceries, decoded.

My Health My Choices make it easy to find the products that are right for you. Now with NEW attributes:

ALUMINUM SALTS · CRUELTY · PARABENS · PETROLEUM · SILICONE · PERFUME · SLS

NOURISH YOUR HOLIDAY SPIRIT

Wake up to a healthy selection of breakfast favourites.



Nature's Path Love Crunch Granola
325 g
Selected Varieties
Organic
5.99 ea.



Non-GMO
Nature's Path Cereal
750 - 907 g
Selected Varieties
9.99 ea.



Non-GMO
Natur-a Soy Beverages
946 ml
Selected Varieties
2 for 5.00

Get extra protein milk for the mornings



Silk Protein Soy Beverages
946 ml
Selected Varieties
5.99 ea.



Califia Farms Oat Beverage
1.4 L
Gluten-Free
5.99 ea.



Made Good Granola Bars
5 x 24 g
Selected Varieties
Gluten-Free
3.99 ea.



Nature's Path Waffles
210 g
Selected Varieties
Organic
5.99 ea.

Gotta have waffles for Christmas morning



Organic
Kicking Horse Coffee Capsules
10 un
Selected Varieties
13.99 ea.



Organic
49th Parallel Coffee Beans
340 g
Selected Varieties
18.99 ea.



Non-GMO
Café William Coffee Beans
300 - 340 g
Selected Varieties
16.49 ea.



Fairtrade
Kicking Horse Ground Coffee
708 g
Selected Varieties
32.99 ea.

Enjoy premium-quality brews

Fuel for on-the-go



Kellogg's Kashi Cereal
360 - 510 g
Selected Varieties
6.99 ea.



Only Oats Rolled Oats
1 kg
Selected Varieties
11.49 ea.



2 for 5.00
Mush Overnight Oats
148 - 172 ml
Selected Varieties



Plant-Based
Nature's Nuts Almond Butter
500 g
Selected Varieties
14.99 ea.



Yumi Overnight Oats
200 g
8.99 ea.

Dairy-free, gluten-free – great pick for pizza lovers



Daiya Pizza
363 - 550 g
Selected Varieties

Non-GMO

10.99 ea.



Plant-Based

10.49 ea.

Nuts For Cheese Brie Spread
120 g
Selected Varieties

Get saucy with simple, clean ingredients



Chosen Foods Sauce
266 ml

Non-GMO

8.29 ea.



Naked & Saucy Sauce
296 ml

Organic

7.49 ea.

LESS COOKING, MORE MINGLING

Make quick, easy & delicious meals you can feel good about.



12.49 ea.

Organic Meadow Cheese Block
340 g
Selected Varieties



Non-GMO

4.99 ea.

Lundberg Jasmine Rice
227 g
Selected Varieties



Pasta Tavola Ravioli
400 g
Selected Varieties

Plant-Based

6.99 ea.



Non-GMO

3.29 ea.

Di Martino Pasta
500 g
Selected Varieties

Make healthy pasta a part of the holiday feast



Jovial Rice Pasta
340 g
Selected Varieties

Non-GMO

5.99 ea.



Liviva Pasta
200 g
Selected Varieties

Non-GMO

3.99 ea.

125 points value of $1



14.99 ea.

Yorkshire Valley Farms Organic Breaded Chicken
Frozen, 454 - 600 g
Selected Varieties



iSpice Spices
75 - 196 g
Selected Varieties

Organic

7.99 ea.

Decadent flavour of cheesecake without the dairy

DISCOVER NEW



Plant-Based

7.99 ea.

Daiya Cheesecake Bites
170 g
Selected Varieties

125 points value of $1



18.99 ea.

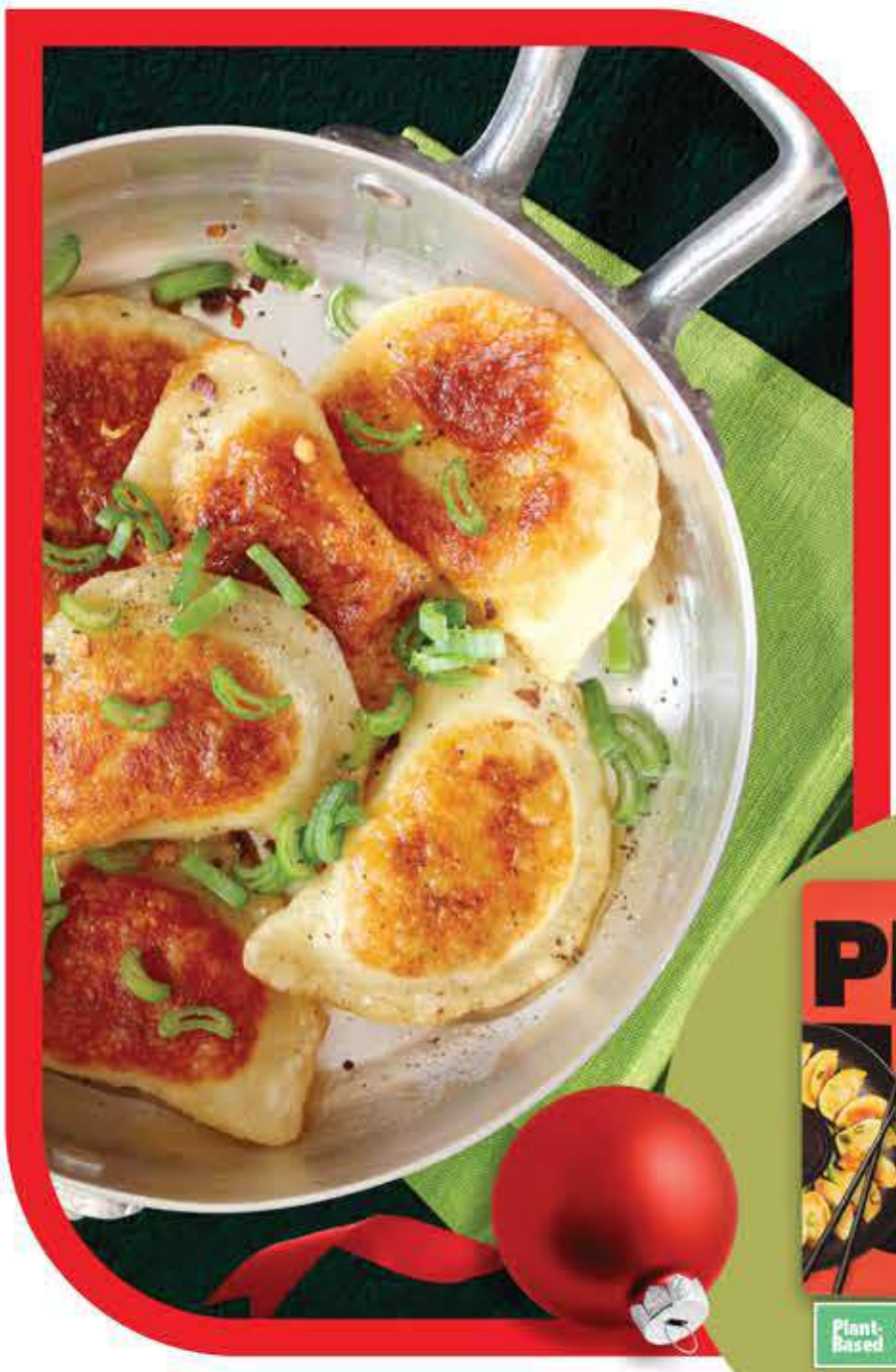
Yorkshire Valley Farms Organic Chicken Meatballs
Frozen, 800 g



Cha's Rice
900 g
Selected Varieties

Non-GMO

11.49 ea.





Gluten-Free

7.99 ea. **Wholly Veggie! Side Dishes**
375g
Selected Varieties



2.77 ea. **Life Smart Tofu**
400 - 454 g
Selected Varieties



Plant-Based

19.99 ea. **Big Mountain Plant-Based Roast**
950 g



11.99 ea. **Middleton's Frozen Meals**
300 g
Selected Varieties

Add more vegan options to the menu



Plant-Based

7.99 ea. **Plant Up Plant Based Frozen Meals**
288 - 300 g
Selected Varieties

CELEBRATE WITH PLANT-BASED PLATES

Savour a festive variety of healthy starters, meals & sides.



Veggie Vibes Frozen Meals
250 g
Selected Varieties

7.49 ea.



5.79 ea. **Nature's Flair Plant Based Muffins**
330 - 336 g
Selected Varieties



Zazubean Chocolate Bars
85 g
Selected Varieties

Organic

4.99 ea.



Neal Brothers Chips
300 g
Selected Varieties

4.49 ea.



Plant-Based

12.99 ea. **Gardien Supreme Frozen Meals**
390 - 425 g
Selected Varieties

Gotta try plant-based chicken with Nature's Path organic waffles



Try plant-based breakfast for dinner



Non-GMO

6.99 ea. **Violife Cheese**
200 g
Selected Varieties



4.99 ea. **Noble Bean Tempeh**
240 g
Selected Varieties



Non-GMO

5.99 ea. **Just Egg**
227 g



6.29 ea. **BFree Protein Tortillas**
168 - 252 g
Selected Varieties

Your groceries, decoded.

My Health My Choices make it easy to find the food that's right for you. In partnership with the Canadian Plant-Based Association.

PROUD MEMBER OF PLANT-BASED FOODS OF CANADA
A Division of Food, Health & Consumer Products

MERRY & BRIGHT BITES

Indulge in a mix of sweet, savoury & protein-rich ingredients.



G. H. Cretors Popcorn
184 - 213 g
Selected Varieties
5.49 ea.



Gluten-Free

Sensible Portions Veggie Straws
120 - 142 g
Selected Varieties
3.49 ea.





Organic

Gimme Seaweed Snacks
6 x 5 g
Selected Varieties
9.49 ea.

Cape Cod Chips
220 g
Selected Varieties
4.99 ea.





Load up for holiday movie night

Gluten-Free

Frankie's Organic Puffs 120 - 140 g
Kettle Chips 198 g
Selected Varieties
2.99 ea.



Gluten-Free

Terra Chips
141 g
Selected Varieties
5.99 ea.



Hippie Snacks
70 g
Selected Varieties
5.49 ea.



Tutti Gourmet Biscotti
180 g
Selected Varieties
6.49 ea.

Santa's favourites – made with simple ingredients, premium flavour



Gluten-Free

Walker's Shortbread Cookies
140 g
Selected Varieties
5.49 ea.

Premium & ethically sourced



Alter Eco Chocolate Bars
75 - 80 g
Selected Varieties

Non-GMO

5.49 ea.



Green & Black's Chocolate Bars
90 g
Selected Varieties

Organic

4.99 ea.

Cool Way Keto Bars
3 x 88 ml
Selected Varieties

Gluten-Free

8.49 ea.





GoodnessMe Fruit Snacks
120 g
Selected Varieties
5.49 ea.

Bear Fruit Rolls
100 g
Selected Varieties

Non-GMO

6.49 ea.



Simply Protein Dipped Protein Bars
5 x 25 g
Selected Varieties

Non-GMO

5.99 ea.



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