

Happy THANKSGIVING 4-DAY SALE OCTOBER 8TH - 11TH



10⁸⁸ /lb

RED GRILL PRIME RIB ROAST
CHEF STYLE
CUT FROM CANADA AA OR HIGHER
23.99/kg



2⁴⁴ /lb

FRESH BUTTERBALL OR GRADE A TURKEYS
ALL AVAILABLE SIZES
5.38/kg



1⁹⁹ /lb

JUMBO RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
PRODUCT OF CALIFORNIA, U.S.A., No. 1 GRADE
4.39/kg



99¢ ea.

CARROTS OR YELLOW ONIONS 2 lb
PRODUCT OF ONTARIO, CANADA No. 1 GRADE



5⁹⁹ ea.

IRRESISTIBLE APPLE, APPLE CRUMBLE OR APPLE MAPLE CRANBERRY PIES 1 kg



4⁹⁹ ea.

LACTANTIA PURIFILTRE MILK 4 L
SELECTED VARIETIES



12 PACK

19⁹⁹ ea.

SAN PELLEGRINO SPARKLING WATER 12 x 750 ml OR
HEINEKEN BEER 12 x 330 ml

metro CANADIAN AND PROUD



3⁹⁹ /lb

IRRESISTIBLE SPIRAL SLICED HONEY HAM OR SCHNEIDERS SEMI BONELESS SMOKED HAM
8.80/kg



1⁹⁹ /lb

FROZEN BUTTERBALL OR GRADE A TURKEYS
ALL AVAILABLE SIZES
4.39/kg



250 G

9⁹⁹ /lb or ea.

FRESH ATLANTIC OR COHO SALMON FILLETS VALUE PACK
MIN 900 g, 9.99/lb, 2.21/100 g
TRUE NORTH SMOKED STEELHEAD TROUT
250 g, FROZEN, 9.99 EA.



5⁹⁹ /lb

FRESH LAMB LEG SHORT CUT
NEW ZEALAND SPRING LAMB
13.21/kg



19⁹⁹ ea.

MEDIUM FRUIT OR VEGETABLE TRAYS
1.7 - 2.5 kg



1⁴⁹ /lb

TOMATOES ON THE VINE
PRODUCT OF ONTARIO
3.28/kg



1⁹⁹ ea.

BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS
227 g, PRODUCT OF ONTARIO
BROCCOLI CROWNS
PRODUCT OF CANADA
RAPINI PRODUCT OF U.S.A.



4⁹⁹ ea.

BOURSIN CREAM CHEESE, MARC ANGELO ITALIAN DELI OR ITALIA SALAMI
85 - 170 g, SELECTED VARIETIES



40% OFF

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



7⁹⁰⁰ ea.

SAN DANIELE WHOLE PROSCIUTTO 5 kg



2 for 6⁰⁰

DEMPSTER'S WHITE, WHOLE WHEAT BREADS OR SIGNATURE BUNS
SELECTED SIZES
SELECTED VARIETIES OR 3.79 EA.



3 L

SAPORITO VEGETABLE OIL 3 L
SELECTED VARIETIES



1⁹⁹ ea.

DE CECCO PASTA 454 g
SELECTED VARIETIES



5⁹⁹ ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWEL OR SCOTTIES FACIAL TISSUE
SELECTED SIZES
SELECTED VARIETIES



2⁹⁹ ea.

LACTANTIA CREAM 473 ml - 1 L
SELECTED VARIETIES



3⁹⁹ ea.

REAL DAIRY ICE CREAM 1.5 L, SELECTED VARIETIES

i earn with moi rewards



15⁹⁹ ea.

MAXWELL HOUSE COFFEE
SELECTED SIZES
SELECTED VARIETIES



3⁴⁹ ea.

TOSTITOS TORTILLA CHIPS
210 - 300 g, SELECTED VARIETIES



1⁹⁹ ea.

CHRISTIE OR DARE CRACKERS
SELECTED SIZES
SELECTED VARIETIES

3⁹⁹
ea.

BLACKBERRIES 170 g
PRODUCT OF U.S.A. OR MEXICO

1⁹⁹
/lb

LARGE GALA, AMBROSIA OR ASSORTED APPLES
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
4.39/kg

4⁹⁹
ea.

GREEN FRENCH BEANS 400 g
PRODUCT OF GUATEMALA OR MEXICO

1⁹⁹
/lb

SWEET POTATOES
PRODUCT OF ONTARIO
4.39/kg

3⁹⁹
ea.

FRONT STREET BAKERY CIABATTA, RUSTIC COUNTRY BREADS OR BAGUETTES
325 - 450 g

6⁹⁹
ea.

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

1⁹⁹
ea.

AQUA STAR COOKED OR RAW SHRIMP 800 g
SMOKED STEELHEAD SALMON 400 g, FROZEN

7⁹⁹
/lb

PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST OR THIGHS
VALUE PACK OR MINA HALAL
17.61/kg

3⁹⁹
ea.

SELECTION BACON
375 g
SELECTED VARIETIES

3⁴⁹
ea.

SUMMER FRESH HUMMUS OR DIPS
200 - 227 g, 4 X 57 g
SELECTED VARIETIES

9⁹⁹
ea.

SCHNEIDERS PEPPERETTES, LILLYDALE TURKEY, CHICKEN STRIPS OR SELECTION FAMILY DELI PACK
250 - 400 g, 2 X 150 g
SELECTED VARIETIES

4⁴⁹
ea.

BLACK DIAMOND SLICED CHEESE
410 g
SELECTED VARIETIES

6⁴⁹
ea.

SIGGI'S YOGURT TUBS
650 - 750 g
SELECTED VARIETIES

4⁹⁹
ea.

GENERAL MILLS CEREAL
SELECTED SIZES, SELECTED VARIETIES

4⁹⁹
ea.

CHEX CEREAL OR EARTH'S OWN BEVERAGES
SELECTED SIZES, SELECTED VARIETIES

5⁹⁹
ea.

DR.OETKER RISTORANTE OR CASA DI MAMA PIZZA
288 - 410 g
SELECTED VARIETIES

2⁹⁹
ea.

PRINGLES CHIPS OR SNYDER'S PRETZELS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹
ea.

PLANTERS NUTS
200 g
SELECTED VARIETIES

3⁹⁹
ea.

CLASSICO PASTA SAUCE
218 - 600 ml
SELECTED VARIETIES

4⁹⁹
ea.

COCA COLA SOFT DRINKS
6 X 222 ml, SELECTED VARIETIES

2⁹⁹
ea.

BUY MORE SAVE MORE!
2 for 8⁰⁰
LESS THAN 2 PAY 5.99 EA.

10⁰⁰
ea.

BUY MORE SAVE MORE!
2 for 10⁰⁰
LESS THAN 2 PAY 6.49 EA.

14⁰⁰
ea.

BUY MORE SAVE MORE!
2 for 14⁰⁰
LESS THAN 2 PAY 7.99 EA.

3⁴⁹
ea.

SKINNY POP POPCORN, HARDBITE CHIPS OR SMART SWEETS
SELECTED SIZES, SELECTED VARIETIES

5⁹⁹
ea.

HEAD & SHOULDERS HAIR CARE, OLD SPICE OR OLAY BODY CARE
SELECTED SIZES
SELECTED VARIETIES

4⁴⁹
ea.

REYNOLDS PARCHMENT, ALCAN FOIL OR HANDI-FOIL PANS
1 - 3 in., SELECTED VARIETIES

9⁹⁹
ea.

TIDE LAUNDRY DETERGENT, DOWNY SOFTENER, CHARMIN OR BOUNTY
SELECTED SIZES, SELECTED VARIETIES

moi rewards member price

CAMPBELL'S BROTH
SELECTED SIZES
SELECTED VARIETIES

1⁷⁷
ea.
moi rewards members price only

Green Giant Frozen Vegetables
400 - 750 g
SELECTED VARIETIES

2⁹⁹
ea.
moi rewards members price only

Stove Top Stuffing
160 g
SELECTED VARIETIES

1⁴⁹
ea.
moi rewards members price only

Kraft Stove Top Turkey-Dinde
120 g

2⁹⁹
ea.
Non-members price

Healthy Together

MAKE THE OUT OF REACH REACHABLE

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

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Ontario Grown

1.5 LBS

5⁹⁹
ea.

WILD WONDERS TOMATOES 1.5 lb
PRODUCT OF ONTARIO

organic

1⁹⁹
/lb
4.39/kg

99¢ /lb

GREEN CABBAGE
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
2.18/kg

2⁷⁹
/lb

LARGE BARTLETT PEARS
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
6.15/kg

2.5 LBS

70
points

5⁹⁹
ea.

WANNABEEZ SWEET COLOURED PEPPERS 2.5 lb
PRODUCT OF ONTARIO

organic

1⁹⁹
/lb
4.39/kg

1⁶⁹ /lb

ACORN, BUTTERNUT, BUTTERCUP OR SPAGHETTI SQUASH
PRODUCT OF ONTARIO
3.73/kg

2⁹⁹ /lb

PARSNIPS
PRODUCT OF ONTARIO
CANADA No. 1 GRADE
6.59/kg

1²⁹ /lb

RUTABAGAS
PRODUCT OF ONTARIO
2.84/kg

60
points

4⁹⁹ ea.

GOOD LEAF MIXES 113 g
PRODUCT OF ONTARIO
SELECTED VARIETIES

Canadian Grown

2⁹⁹ ea.

CELERY
PRODUCT OF CANADA
CANADA No. 1 GRADE

3⁹⁹ ea.

LPC CREAMER POTATOES 680 g
PRODUCT OF CANADA
CANADA No. 1 GRADE
SELECTED VARIETIES

3⁴⁹ /lb

BRUSSELS SPROUTS
PRODUCT OF CANADA
7.69/kg

organic

3⁹⁹ ea.
227 g

2⁹⁹ ea.

LOCAL CRANBERRIES 340 g
PRODUCT OF CANADA

1⁹⁹ ea.

BUNCH RADISHES
PRODUCT OF CANADA

4⁹⁹ ea.

LARGE CAULIFLOWER
PRODUCT OF CANADA
CANADA No. 1 GRADE

3⁹⁹ /lb

RADICCHIO
PRODUCT OF CANADA
8.80/kg

4⁹⁹ ea.

CUBED BUTTERNUT SQUASH, TURNIP OR SWEET POTATOES 400 g

Thanksgiving Essentials

organic

3⁴⁹ ea.

2 for

6⁰⁰

IRRESISTIBLE FRESH HERBS 21g
PRODUCT OF MEXICO OR THE DOMINICAN REPUBLIC
SELECTED VARIETIES

6⁹⁹ /lb

JUMBO CHESTNUTS
PRODUCT OF ITALY
15.41/kg

60
points

4⁹⁹ ea.

LITEHOUSE VEGETABLE DIPS 340 g
SELECTED VARIETIES

1⁹⁹⁹ ea.

BIG MOUNTAIN PLANT-BASED ROAST 950 g

Organic

4⁹⁹ ea.

ORGANIC CANTALOUPE
PRODUCT OF U.S.A., No. 1 GRADE

4⁹⁹ /lb

ORGANIC RED OR GREEN SEEDLESS GRAPES
PRODUCT OF CALIFORNIA, U.S.A.
No. 1 GRADE
11.00/kg

2 for

8⁰⁰ or 4.49 ea.

BOOCH ORGANIC KOMBUCHA 473 ml
SELECTED VARIETIES

5⁹⁹ ea.

ORGANIC RUSSET OR YELLOW-FLESH POTATOES
PRODUCT OF CANADA
CANADA No. 1 GRADE

Holiday Helpers

125
points
value of \$1

9⁹⁹ ea.

PUMPNICKEL TRAY 790 g

14⁹⁹ ea.

PARTY SIZE DELUXE FRUIT SALAD 1.5 kg

9⁹⁹ ea.

LARGE SALADS 466 - 692 g

Fresh Blooms

2 for

20⁰⁰ or 11.99 ea.

CHRYSTHEMUMS
6" POT
ASSORTED COLOURS
AND VARIETIES

SAVE \$3.00

16⁹⁹ ea.

GERBERA BOUQUET
7 STEM BUNCH
ASSORTED COLOURS

SAVE \$5.00

20⁰⁰ ea.

DOZEN ROSES
12 STEM BUNCH
ASSORTED COLOURS

SAVE \$7.00

12⁹⁹ ea.

ORCHIDS
3.5" POT
ASSORTED COLOURS

Our Butcher's Finest

BONELESS
STRIP LOIN STEAK
VALUE PACK OR ROAST
CUT FROM AUSTRALIAN GRADED BEEF
WHILE SUPPLIES LAST
26.19/kg

11⁸⁸
/lb

WHOLE BEEF TENDERLOIN VACUUM PACK
CUT FROM AUSTRALIAN GRADED BEEF
WHILE SUPPLIES LAST
44.07/kg

19⁹⁹
/lb

BONELESS
PORK LOIN CHOPS
VALUE PACK OR ROAST CENTRE CUT
13.21/kg

5⁹⁹
/lb

MAPLE LEAF PRIME
RAISED WITHOUT
ANTIBIOTICS
EXTRA LEAN
GROUND CHICKEN
454 g

6⁹⁹
ea.

LEAN GROUND PORK
VALUE PACK
11.00/kg

4⁹⁹
/lb

FRESH WHOLE
CHICKEN
7.69/kg

3⁴⁹
/lb

IRRESISTIBLE ARTISAN
HALF MOON SMOKED HAM
13.21/kg

5⁹⁹
/lb

BUTTERBALL
BONELESS TURKEY
BREAST ROAST
FROZEN, 1.2 kg
SELECTED VARIETIES

22⁹⁹
ea.

Breakfast Favourites

SELECTION
PEAMEAL STYLE BACON
ROLLED IN CORNMEAL
11.00/kg

4⁹⁹
/lb

JOHNSONVILLE
BREAKFAST SAUSAGES
375 g, SELECTED VARIETIES

6⁹⁹
ea.

IRRESISTIBLE
BACON
500 g

7⁹⁹
ea.

GREENFIELD
BACON 375 g
SELECTED VARIETIES

8⁹⁹
ea.

SCHNEIDERS
BREAKFAST
SANDWICHES OR
EGG BITES
FROZEN, 204 - 288 g
SELECTED VARIETIES

6⁹⁹
ea.

BEYOND PLANT-BASED
BREAKFAST SAUSAGE
LINKS 236 g

6⁹⁹
ea.

duBRETON
ORGANIC BACON
250 g

8⁹⁹
ea.

MARC ANGELO
BREAKFAST
SAUSAGES
900 g

10⁹⁹
ea.

Irresistible

IRRESISTIBLE MEATBALLS
BEEF • BŒUF
BOULETTES
ANGUS
FROZEN, 500 - 680 g
SELECTED VARIETIES

13⁹⁹
ea.

BUY TWO
GET ONE
FREE
FREE ITEM MUST BE OF EQUAL OR
LESSER VALUE

8⁹⁹
ea.

IRRESISTIBLE APPETIZERS
FROZEN 216 - 493 g
SELECTED VARIETIES

7⁹⁹
ea.

IRRESISTIBLE MINI QUICHES
FROZEN, 360 g
SELECTED VARIETIES

9⁹⁹
ea.

Easy Meal Ideas

ST. LOUIS
CHICKEN WINGS
FROZEN, 650 g

12⁹⁹
ea.

WONG WING
ENTRÉES
FROZEN, 360 - 680 g
SELECTED VARIETIES

6⁸⁸
ea.

SWISS CHALET,
ST-HUBERT OR
MONTANA'S
MEAT PIES
FROZEN, 650 - 800 g
SELECTED VARIETIES

11⁹⁹
ea.

WATSON RIDGE
CHICKEN BALLS
FROZEN, 800 g

5⁹⁹
ea.

If you're not satisfied. We're not satisfied.

Dive into SEAFOOD Month

Reel in our flavourful variety, including fresh and store prepped – just in time for the holidays!



SEAFOOD YOU CAN FEEL GOOD ABOUT

When you buy seafood at Metro, you can savour your favourites, while ensuring it's sustainable – fished from stocks with healthy populations and minimal impact on the environment.



JUST HEAT,
SERVE &
SAVOUR + ADD
A SQUEEZE OF
FRESH LEMON
FOR EXTRA
FLAVOUR!

2 LB BAG



4⁹⁹
ea.

LEMONS
PRODUCT OF SOUTH AFRICA
2 lb bag



FRESH
ATLANTIC SALMON
TOURNEDOS, WITH GARLIC
BUTTER & VEGETABLES,
STUFFED OR MARINATED
2.43/100 g

10⁹⁹
/lb



15⁹⁹
/lb

FRESH
WILD CAUGHT ONTARIO PICKEREL FILLETS
VALUE PACK, MIN 900 g
3.53/100 g

10⁹⁹
/lb

WILD CAUGHT PACIFIC COD FILLETS
FROZEN OR PREVIOUSLY FROZEN
2.43/100 g



FRESH
CANADIAN COVE
ORGANIC MUSSELS
2 lb bag, 907 g

5⁹⁹
ea.

IRRESISTIBLE
SALMON
WELLINGTON
FROZEN
300 g (2 x 150 g)

12⁹⁹
ea.



IRRESISTIBLE
PACIFIC WHITE
SHRIMP RING
FROZEN, 284 g

6⁹⁹
ea.



IRRESISTIBLE
BLACK TIGER
JUMBO SHRIMP RING
FROZEN, 454 g

19⁹⁹
ea.



Seafood

WILD CAUGHT
TUNA STEAKS
FROZEN, 170 g

3.99
ea.

11.99
/lb

JUMBO SCALLOP MEDALLIONS
FROZEN, 10 - 20 SIZE, 2.65/100 g

CHOICE

1.29
ea.

CHOICE OYSTERS
SELECTED VARIETIES

6.99
/lb

FRESH PASTA CLAMS
1.55/100 g

7.99
/lb

LOUIS KEMP
SEA LEGS SURIMI
PREVIOUSLY FROZEN, 1.77/100 g

7.99
ea.

HOT SMOKED WHISKY
WILD PINK SALMON
NUGGETS 150 g

DIANA'S CLAM
CHOWDER AND
LOBSTER BISQUE
500 ml

6.99
ea.

CEDAR BAY
AIR FRYER
SALMON &
BROCCOLI
BITES OR
FISH & CHIPS
BITES
FROZEN, 453 - 510 g

11.99
ea.



OCEAN JEWEL
WHOLE
MEDITERRANEAN
SEA BASS
FROZEN, 640 g

14.99
ea.



49.99
/lb

ARGENTINIAN
KING CRAB LEGS
FROZEN, 11.02/100 g

Irresistible

NATURALIA
POLLOCK OR
BASA FILLETS
FROZEN, 400 g

4.99
ea.



6.99
ea.

IRRESISTIBLE
CRISPY CALAMARI
FROZEN, 340 g



8.99
ea.

IRRESISTIBLE
SHRIMP APPETIZERS
FROZEN, 240 - 340 g
SELECTED VARIETIES



11.99
ea.

IRRESISTIBLE
SMOKED SOCKEYE
SALMON OR ATLANTIC
SMOKED SALMON
FROZEN, 130 g



Deli Favourites

3.99
/100 g

SAN DANIELE PROSCIUTTO,
MASTRO GENOA SALAMI
OR HAM
SELECTED VARIETIES
DELI SLICED OR SHAVED, 18.10/lb



4.99
/100 g

IRRESISTIBLES
ARTISAN
SALAMI
SELECTED VARIETIES
DELI SLICED, 22.63/lb



3.49
/100 g

CASTELLO BLUE CHEESE
DELI CUT, PRICES AS MARKED, 15.83/lb



5.99
/100 g

LE GRUYÈRE
SWISS CHEESE DELI CUT
PRICES AS MARKED, 27.17/lb



7.99
ea.

FANTINO & MONDELLO
ITALIAN DELI MEATS
100 - 200 g, SELECTED VARIETIES



7.99
ea.

BRANDT OR
IRRESISTIBLES ARTISAN
SAUSAGE CHUBS
250 - 300 g, SELECTED VARIETIES



6.99
ea.

KAUKAUNA
CHEESE BALL 170 g
SELECTED VARIETIES



9.49
ea.

IRRESISTIBLE ARTISAN
GOAT CHEESE 250 g
SELECTED VARIETIES



6.49
ea.

OLYMEL
SLICED DELI MEAT
175 g
SELECTED VARIETIES



13.99
ea.

MARCANGELO
BUON APPETITO
CHARCUTERIE TRAY
200 g



9.99
ea.

TRE STELLE
MASCARPONE
275 g



18.99
ea.

IRRESISTIBLE
3-CHEESE
PLATTER
400 g



5.99
ea.

PREMIÈRE MOISSON
SOUPS 700 ml
SELECTED VARIETIES



6.49
ea.

PLAISIRS
GASTRONOMIQUES
SALAD SPREADS 360 g
SELECTED VARIETIES



24.99
ea.

FRESH 2 GO ROASTED PORCHETTA
WITH MIXED PEPPERS 1 kg, DELI SERVED, SERVED HOT



If you're not satisfied. We're not satisfied.



metro
FRESH
2 GO

**GLAZED
CARROTS**

PERFECT *Sides*

for your Thanksgiving Meal

YOUR CHOICE!

12⁰⁰ ea.

NEW! Fresh 2 Go
Side Dishes
500 - 750 g



**RICE
PILAF**

**MASHED POTATOES
WITH ALFREDO
AND GOAT CHEESE**

**BUTTER
CORN**

**MAPLE GLAZED
SWEET POTATOES**

**PARISIAN
POTATOES**

Catering
comfort
for every
occasion.

Place Your
Catering
Order Today



Online
fresh2go.metro.ca



In Store
Visit Our Deli

ORDER NOW



44⁹⁹ ea.

FRESH 2 GO
SMOKED PLANK
1 un



FRESH 2 GO
MINI BURRATA TEAR
& SHARE TRAY
1 un

29⁹⁹ ea.



FRESH 2 GO
AROUND THE
WORLD CHEESE
PLANK
1.15 kg

49⁹⁹ ea.



FRESH 2 GO
CHARCUTERIE PLANK
1.2 kg

*Minimum of 48 hours notice on all orders.

FLAVOURS OF *italy*



ANISE-FENNEL
PRODUCT OF U.S.A.
4.39/kg

1.99
/lb



2.49
ea.

ENDIVE (CHICORY) OR
ESCAROLE
PRODUCT OF CANADA



3.99
/100 g

LUPA
PECORINO ROMANO CHEESE
DELI CUT, PRICES AS MARKED
18.10/lb



MASTRO
GENOA SALAMI
MILD OR HOT
DELI SLICED, 15.83/lb

3.49
/100 g



MAMA YOLANDA'S
LASAGNA
FROZEN 2.72 kg
SELECTED VARIETIES

22.99
ea.



CHELSEA BONED
SALTED COD
454 g

13.99
ea.



ITALIAN RUM CAKE
1.4 kg

31.99
ea.



Exclusive
to metro

3.99
ea.

FRONT STREET BAKERY
RUSTIC CIABATTA BREAD
540 g



1.25
ea.

AURORA
BOUILLON CUBES
66 g
SELECTED VARIETIES



9.99
ea.

BRIO SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES



1.25
ea.

GIOIA COOKIES OR
BAUDUCCO WAFERS
142 - 200 g
SELECTED VARIETIES



CARBONE
PASTA SAUCE
660 ml
SELECTED VARIETIES

8.99
ea.

AURORA
DICED TOMATOES
398 ml
SELECTED VARIETIES

1.25
ea.



UNICO
HOT PEPPER RINGS
750 ml
SELECTED VARIETIES

2.49
ea.



Thanksgiving Pies

MADE WITH 2 LBS OF APPLE FILLING

DISCOVER NEW

FRONT STREET BAKERY
LOADED APPLE,
APPLE CRUMBLE OR
APPLE LATTICE PIES
1.3 - 1.35 kg

16⁹⁹
ea.



MADE WITH OUR
SPECIAL BLEND
OF SPICES

IRRESISTIBLE
PUMPKIN PIE
900 g

9⁹⁹
ea.



4²⁹
ea.

FRONT STREET BAKERY
DINNER ROLLS OR
HOT CROSS BUNS
PKG OF 6 - 12'S, 300 - 380 g



24⁹⁹
ea.

ELITE DUBAI STYLE
PISTACHIO AND
CHOCOLATE CAKE 650 g

250
points
value of \$2

Cakes & Desserts



31⁹⁹
ea.

SWISS MILK CHOCOLATE
TRUFFLE CAKE
MADE WITH LINDT CHOCOLATE
1.2 - 1.3 kg, SELECTED VARIETIES



31⁹⁹
ea.

RED VELVET OR
PINK VELVET CAKES
1.2 - 1.45 kg



22⁹⁹
ea.

FRONT STREET BAKERY
THANKSGIVING
DESSERT CAKES
800 - 975 g, SELECTED VARIETIES



31⁹⁹
ea.

PUMPKIN CAKE
1.3 kg



22⁹⁹
ea.

FRONT STREET BAKERY
CHEESECAKE
FANCY FRUIT OR STRAWBERRY
975 g



6 for
14⁰⁰

FRONT
STREET BAKERY
MIX & MATCH
PASTRIES
SELECTED SIZES
SELECTED VARIETIES

Snacks & Beverages

TRISCUIT
CRACKERS
185 - 200 g
SELECTED VARIETIES

125
points
value of \$1

1⁹⁹
ea.



3⁴⁹
ea.



NATURE VALLEY CHEWY
BARS OR FIBRE 1 SNACKS
125 - 175 g, SELECTED VARIETIES

GRIMM'S
BEEF STICKS OR
MC SWEENEY'S
JERKY
125 - 150 g
SELECTED VARIETIES

10⁴⁹
ea.



5⁹⁹
ea.



HERSHEY'S
CHOCOLATE PRETZEL
BITES 170 g
SELECTED VARIETIES



9⁹⁹
ea.

GUSHERS
FRUIT SNACKS
324 g, WHILE QUANTITIES LAST



14⁹⁹
ea.

LINDT LINDOR
CHOCOLATE BOX
156 g, SELECTED VARIETIES



3⁴⁹
ea.

PILLSBURY
DOUGH
340 - 400 g
SELECTED VARIETIES



4⁹⁹
ea.

LAUGHING COW
CHEESE OR DIPPERS
133 - 140 g
SELECTED VARIETIES

60
points
when you buy 2

2 for
4⁵⁰



SAN PELLEGRINO OR
MAISON PERRIER
SPARKLING WATER
1L, SELECTED VARIETIES



10⁹⁹
ea.

MONSTER
ENERGY DRINKS
4 X 473 ml
SELECTED VARIETIES



2⁹⁹
ea.

DEL MONTE,
OASIS OR
ARIZONA
TETRAS
960 ml - 1L
SELECTED VARIETIES



9⁹⁹
ea.

RED BULL
ENERGY DRINKS
4 X 250 ml
SELECTED VARIETIES

Grab some
cran while
you can!

Available for a limited time

CANADA DRY
SOFT DRINKS
6 X 710 ml
SELECTED VARIETIES

7⁹⁹
ea.

BUY MORE
SAVE MORE!

2 for
17⁰⁰

LESS THAN 2
PAY 9.49 EA.

CANADA DRY
SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES

Also in
Zero
Sugar

4⁹⁹
ea.

CANADA DRY
SOFT DRINKS
6 X 222 ml, SELECTED VARIETIES

Canada Dry is a registered trademark of Canada Dry Mott's Inc.

FREE SAME-DAY
PICKUP

SAME FLYER PRICES AND DEALS ONLINE



Share & SAVOUR

Enjoy **sweet & savoury apps** + a wide variety of pantry picks.



**IRRESISTIBLE
DOUBLE CRÈME BRIE**
350 g
SELECTED VARIETIES

14⁹⁹
ea.



5⁴⁹
ea.

**IRRESISTIBLE
CRACKER ASSORTMENT**
250 g



2⁴⁹
ea.

**DOLE
CANNED PINEAPPLE**
398 ml
SELECTED VARIETIES



7⁹⁹
ea.

**MONSIEUR GUSTAV GOUDA,
KRINOS FETA OR
BOTHWELL CHEESE**
170 - 250 g
SELECTED VARIETIES



9⁹⁹
ea.

**SELECTION
NON-ALCOHOLIC BEER**
12 x 355 ml
SELECTED VARIETIES



3⁴⁹
ea.

**MOTT'S CLAMATO
COCKTAIL**
1.89 L
SELECTED VARIETIES



CAMPBELL'S BROTH
SELECTED SIZES
SELECTED VARIETIES

1⁷⁷
ea.

moi rewards
members only price

2⁴⁹
ea.

non-members price



2⁴⁹
ea.

**OCEAN SPRAY
CRANBERRY SAUCE**
348 ml
SELECTED VARIETIES



99¢
ea.

FRANCO'S GRAVY
284 ml
SELECTED VARIETIES



2⁴⁹
ea.

CAMPBELL'S SOUP
284 ml
SELECTED VARIETIES



1⁶⁹
ea.

**GREEN GIANT
CANNED VEGETABLES**
341 - 398 ml
SELECTED VARIETIES



3⁴⁹
ea.

**IRRESISTIBLE
PUMPKIN EGGNOG**
1L
WHILE QUANTITIES LAST

Thanksgiving must-haves



3⁹⁹
ea.

**SELECTION
ALUMINUM FOIL**
12" x 50 ft.



**SELECTION
NAPKINS**
250 un

3⁹⁹
ea.



9⁹⁹
ea.

**ROYAL CHINET
PAPER PLATES**
40 un
SELECTED VARIETIES



8⁹⁹
ea.

**HANDI-FOIL
OVAL ROASTER PAN**
1 un



SELECTION
PIE CRUST
170 g
SELECTED VARIETIES

249
ea.

Sweet THANKS

Everything you need to set up a
decadent Thanksgiving dessert table.

GAY LEA
WHIPPED
TOPPING
225 g
SELECTED VARIETIES

70
points

549
ea.



LINDT LINDOR
CHOCOLATES
150 g
SELECTED VARIETIES

999
ea.

WHITTAKER'S
CHOCOLATE BARS
200 g
SELECTED VARIETIES

799
ea.



E.D. SMITH
PUMPKIN PURÉE
796 ml
SELECTED VARIETIES

599
ea.



999
ea.

FRONT STREET BAKERY
SMALL DESSERT TRAYS
SELECTED SIZES, SELECTED VARIETIES



1499
ea.

MELON TRAY
1.6 kg
BERRY-KIWI TRAY
780 g



made in
my metro
m



THE KEG
ICE CREAM
500 ml
SELECTED VARIETIES

699
ea.

KAWARTHA
ICE CREAM
1.51 L
SELECTED VARIETIES

899
ea.



BREYERS
ICE CREAM
1.41 L
SELECTED VARIETIES

649
ea.



Thoughtful host & hostess gifts designed for any occasion



4000
ea.

LOVING ROSE
BOUQUET
ASSORTED COLOURS

2999
ea.

GRAB AND GO
ARRANGEMENTS
ASSORTED STYLES
AND SIZES



Give thanks
with expertly
crafted seasonal
flower
arrangements

Sip, savour & CELEBRATE

We have the vibrant wines, cool beers & ready-to-drink cocktails that complement your Thanksgiving feast perfectly.

22⁹⁹ ea.

KIM CRAWFORD PINOT NOIR
750 ml

19⁹⁹ ea.

BOLLA VALPOLICELLA RED
750 ml

16⁴⁹ ea.

JACOB'S CREEK MOSCATO ROSÉ
750 ml

20⁹⁹ ea.

OYSTER BAY CHARDONNAY
750 ml

22⁴⁹ ea.

STONELEIGH SAUVIGNON BLANC
750 ml

22⁴⁹ ea.

RUFFINO PROSECCO SPARKLING WHITE
750 ml

24⁴⁹ ea.

FOUNDER'S ORIGINAL TEQUILA MIXER
8 x 355 ml

27⁴⁹ ea.

SVNS 7UP MIXER
12 x 355 ml

27⁹⁹ ea.

WILLIBALD
12 x 355 ml

30⁹⁹ ea.

BUDWEISER BEER
12 x 473 ml

21⁹⁹ ea.

MILLER HIGH LIFE
12 x 473 ml

25⁹⁹ ea.

MUSKOKA TREAD LIGHTLY
12 x 355 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.

More Great Savings



3⁹⁹

ea.

LIBERTÉ MÉDITERRANÉE OR GREEK YOGOURT
SELECTED SIZES
SELECTED VARIETIES

BUY MORE
SAVE MORE!



3 for

10⁹⁸

LESS THAN 3
PAY 5.49 EA.

TWO GOOD GREEK YOGOURT
4X 95 g
SELECTED VARIETIES

BUY MORE
SAVE MORE!



2 for

9⁰⁰

LESS THAN 2
PAY 5.99 EA.

SILK BEVERAGE
1.75 - 1.89 L
SELECTED VARIETIES

IRRESISTIBLE REFRIGERATED JUICE
1.36 L
SELECTED VARIETIES



4⁹⁹

ea.



6⁴⁹

ea.

LAVAZZA COFFEE CAPSULES
10 un.
SELECTED VARIETIES



6⁴⁹

ea.

TWININGS TEA BAGS
20 un.
SELECTED VARIETIES



8⁹⁹

ea.

SPLENDA STEVIA SWEETENER
280 g
SELECTED VARIETIES

LOW PRICE EVERY DAY



4⁹⁹

ea.

SELECTION CHEESE BLOCK
250 g
SELECTED VARIETIES



4⁹⁹

ea.

SMUCKER'S JAM
250 ml
SELECTED VARIETIES



5⁹⁹

ea.

JIF PEANUT BUTTER
500 g
SELECTED VARIETIES



3⁹⁹

ea.

GAY LEA SOUR CREAM
425 - 500 ml
SELECTED VARIETIES



3⁹⁹

ea.

CAVENDISH FARMS FRIES
400 - 750 g
SELECTED VARIETIES

BAKE WITH FALL FAVOURITES



2⁴⁹

ea.

CARNATION MILK
354 ml
SELECTED VARIETIES

Apple Squash Soup

SCAN FOR THIS RECIPE





2⁴⁹

ea.

KNORR SIDEKICKS PASTA & SAUCE
120 - 167 g
SELECTED VARIETIES



4⁴⁹

ea.

KNORR INSTANT BROTH MIX
150 - 175 g
SELECTED VARIETIES

PILLSBURY DOUGH
200 - 227 g
SELECTED VARIETIES



125 points

value of \$1 when you buy 3

1⁷⁷

ea.

200 - 227 g
SELECTED VARIETIES



5⁴⁹

ea.

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

Enjoy ready-to-eat goodness!



2⁴⁹

ea.

DEL MONTE CANNED FRUIT, CORN MEDLEY OR BEAN SALAD
398 mL, SELECTED VARIETIES



12⁹⁹

ea.

DEL MONTE FRUIT CUPS
1.8 L
SELECTED VARIETIES

Low Price Every Day



NOW

1²⁵

ea.

SELECTION SOUP 284 ml
SELECTED VARIETIES



NOW

1⁷⁹

ea.

SELECTION MANDARIN ORANGES
284 ml
SELECTED VARIETIES



NOW

2⁴⁹

ea.

SELECTION LASAGNA
375 - 500 g
SELECTED VARIETIES



NOW

3⁹⁹

ea.

LIFE SMART CANNED TOMATOES
796 ml
SELECTED VARIETIES



NOW

10⁹⁹

ea.

IRRESISTIBLE GROUND COFFEE
340 g, SELECTED VARIETIES



NOW

3⁹⁹

ea.

IRRESISTIBLE CRANBERRY JUICE
1.89 L
SELECTED VARIETIES



NOW

2⁹⁹

ea.

SELECTION COCONUT
200 g
SELECTED VARIETIES



NOW

3⁹⁹

ea.

SELECTION FLOUR
2.5 kg
SELECTED VARIETIES



NOW

5⁹⁹

ea.

SELECTION CUPS
50 un.



NOW

3⁹⁹

ea.

SELECTION NAPKINS
250 un.



NOW

2⁴⁹

ea.

SELECTION PAPER TOWEL
2 un.



NOW

2⁴⁹

ea.

SELECTION DISH SOAP
591 - 828 ml
SELECTED VARIETIES

metro.ca

DM6DM6DM6DM6

members save more

- + members-only price
- + personalized coupons
- + bonus points



2⁹⁹
ea.
moi rewards
members only price

GREEN GIANT
FROZEN VEGETABLES
400 - 750 g
SELECTED VARIETIES

3⁹⁹
ea.
non-members price



1⁴⁹
ea.
moi rewards
members only price

STOVE TOP STUFFING MIX
120 g
SELECTED VARIETIES

2⁹⁹
ea.
non-members price

1⁷⁷
ea.
moi rewards
members only price

CAMPBELL'S BROTH
SELECTED SIZES
SELECTED VARIETIES

2⁴⁹
ea.
non-members price

Non-GMO

PRANA OVERNIGHT OATS
250 g
SELECTED VARIETIES

6⁴⁹ ea.

KEURIG KICKING HORSE COFFEE
THREE SISTERS
GROUND COFFEE 115 g

14⁹⁹ ea.

KICKING HORSE COFFEE CAPSULES 10 un.
SELECTED VARIETIES

EARTH'S OWN BEVERAGES 946 ml
SELECTED VARIETIES

60 points

4⁹⁹ ea.

CELESTIAL TEA 18 un.
SELECTED VARIETIES

5⁴⁹ ea.

IMAGINE BROTH 1 L
SELECTED VARIETIES

6⁴⁹ ea.

MARANATHA PEANUT BUTTER
500 g
SELECTED VARIETIES

9⁹⁹ ea.

nuPasta
THE LOW CALORIE PASTA
LES PÂTES FAIBLES EN CALORIES
KONJAC FETTUCCHINE
20 CAL PER PASTA - PAR PORTION
GLUTEN FREE - SANS GLUTEN

4⁴⁹ ea.

nuPASTA KONJAC PASTA 210 g
SELECTED VARIETIES

BOB'S RED MILL CHIA SEEDS 340 g
SELECTED VARIETIES

11⁴⁹ ea.

Gluten-Free

COOL WAY FROZEN DESSERT 500 ml
SELECTED VARIETIES

6⁹⁹ ea.

GOMACRO MACROBAR
protein pleasure
plaisir protéiné
BARS 65 - 69 g
SELECTED VARIETIES

3⁹⁹ ea.

ANGIE'S POPCORN 136 - 198 g
SELECTED VARIETIES

4⁹⁹ ea.

MIDDLETON'S VEGAN CHICKEN CUTLETS
FROZEN MEALS
SELECTED VARIETIES

13⁹⁹ ea.

FLOW WATER 500 ml
SELECTED VARIETIES

1⁹⁹ ea.

ANNIE'S PASTA MEALS 57 - 170 g
SELECTED VARIETIES

2⁹⁹ ea.

ANNIE'S SHELLS & WHITE CHEDDAR COQUILLES ET CHEDDAR BLANC 170 g

ANNIE'S SHELLS & REAL AGED CHEDDAR COQUILLES ET VRAI CHEDDAR VIEILLI 170 g

Baby & Beauty

GERBER BABY PURÉE 94 - 128 ml
SELECTED VARIETIES

1⁹⁹ ea.

GO GOURMET SNACKS
SELECTED SIZES
SELECTED VARIETIES

4⁴⁹ ea.

PERSONNELLE BABY DIAPERS 88 - 112 un.
SELECTED VARIETIES

26⁹⁹ ea.

ALWAYS ADULT INCONTINENCE
SELECTED SIZES
SELECTED VARIETIES

21⁹⁹ ea.

NIVEA BODY WASH 500 ml
SELECTED VARIETIES

5⁹⁹ ea.

COLGATE TOOTHPASTE
SELECTED SIZES
SELECTED VARIETIES

4⁹⁹ ea.

OLAY SOAP BAR 4X 90 g, SELECTED VARIETIES

5⁹⁹ ea.

OGX HAIR CARE
SELECTED SIZES
SELECTED VARIETIES

9⁹⁹ ea.

Household Helpers

ROYALE NAPKINS 75 un.

5⁹⁹ ea.

SELECTION REGULAR GARBAGE BAGS 100 un.

21⁹⁹ ea.

SELECTION ECO YARD WASTE BAGS 5 un.

3⁹⁹ ea.

GLAD CLING WRAP 60 M

4⁹⁹ ea.

NEW & IMPROVED FORMULA

50% MORE CLEANING POWER*

FINISH DISHWASHER DETERGENT 60 - 72 un., SELECTED VARIETIES

26⁹⁹ ea.

125 points value of \$1

TRY OUR BEST CLEAN

FINISH DISHWASHER DETERGENT 21 - 26 un., SELECTED VARIETIES

14⁹⁹ ea.

BONUS \$10 AnyCard eGift card
with the purchase of a \$50 AnyCard gift card
Offer valid **October 8 - 14** claim your bonus at bonusrwards.ca

AnyCard

Offer valid in-store only at participating Metro and Food Basics locations October 8 - 14, 2026 or while supplies last. To qualify for this promotion, customer must purchase a \$50 AnyCard gift card. Receive one (1) \$10 Bonus AnyCard eGift card. To claim your Bonus \$10 eGift Card(s), go to bonusrwards.ca. Claim must be made by October 15, 2026. Bonus eGift cards are available while supplies last. Further details, terms, and conditions may be available on the website and/or on the specific gift card(s) purchased. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.



99¢ ea.

CLUB HOUSE DRY SAUCE MIXES
1 un, 21 - 38 g
SELECTED VARIETIES



1.99 ea.

MCCORMICK GOURMET SAUCE MIXES
1 un, 30 - 47 g
SELECTED VARIETIES



FRENCH'S SPECIALTY MUSTARD
325 ml
SELECTED VARIETIES

2.99 ea.



FRENCH'S YELLOW MUSTARD
400 ml

2.99 ea.



CLUB HOUSE® PURE VANILLA
125 ml
SELECTED VARIETIES

14.99 ea.



CLUB HOUSE PLASTIC TIN SPICES
18 - 62 g
SELECTED VARIETIES

4.99 ea.

© Reg. TM/MD McCormick Canada, London, Canada N6A 4Z2.

HELP US PUT FOOD ON EVERY TABLE
YOUR SUPPORT MAKES A DIFFERENCE!

Food Bank Canada
Banques alimentaires Canada

This holiday season, Club House® and French's® are donating 400,000 meals to Food Banks Canada.*

*Club House® and French's® will donate \$200K to Food Banks Canada. Meals donated is based on Food Banks Canada's meal metric of \$1 = 2 meals.



Make THANKSGIVING MORNING memorable with

Kellogg's Cereal



80 points

6.49 ea.

KELLOGG'S FAMILY SIZE CEREAL
450 - 650 g
SELECTED VARIETIES

Products depicted are part of a complete breakfast. Consult Canada's Food Guide for breakfast guidelines. © 2026 WK Kellogg Canada Corp.



YOUR NOT-SO-SECRET INGREDIENT
— PHILLY MAKES IT —

PHILADELPHIA

SCAN FOR RECIPES

4.99 ea.

PHILADELPHIA CREAM CHEESE OR DIPS
227 - 280 g
SELECTED VARIETIES



#1 MOST TRUSTED BRAND



*Based on the 2026 BrandSpark® Canadian Trust Study

FILL YOUR PLATE WILL FILL ANOTHER

Food Banks Canada Banques alimentaires Canada



KRAFT DRESSING
425 ml
SELECTED VARIETIES

3.99 ea.



BAKER'S CHOCOLATE
225 g
SELECTED VARIETIES

4.99 ea.

HEINZ KETCHUP OR MIRACLE WHIP
SELECTED SIZES
SELECTED VARIETIES

5.99 ea.



80 points

RENÉE'S DRESSING
350 - 355 ml
SELECTED VARIETIES

6.49 ea.



MAXWELL HOUSE OR TASSIMO COFFEE CAPSULES
12 - 16 un
SELECTED VARIETIES

11.99 ea.



HEINZ SOUP
370 - 380 ml
SELECTED VARIETIES

4.99 ea.

KRAFT PEANUT BUTTER OR HAZELNUT SPREAD
725 g - 1 kg
SELECTED VARIETIES

6.99 ea.



COOL WHIP WHIPPED TOPPING
1 L
SELECTED VARIETIES

5.99 ea.

LEARN MORE AT [KRAFT.CA/2MILLIONPLATES](https://kraft.ca/2millionplates)



YORKSHIRE TEA BAGS
80 un
SELECTED VARIETIES

9.49 ea.

CARL JUNG ALCOHOL-FREE WINE
750 ml
SELECTED VARIETIES

6.99 ea.



GEROLSTEINER MINERAL WATER
750 ml
SELECTED VARIETIES

2.99 ea.



RITTER SPORT CHOCOLATE BARS
100 g
SELECTED VARIETIES

3.99 ea.



ST DALFOUR SPREAD
225 ml
SELECTED VARIETIES

6.99 ea.



OKA CHEESE
190 g
SELECTED VARIETIES

9.99 ea.



OKA SWISS-STYLE GOUDA DELI CUT
PRICES AS MARKED
22.68/lb

4.99 /100 g



MONSIEUR GUSTAV GOUDA DELI CUT
PRICES AS MARKED
SELECTED VARIETIES
18.10 /lb

3.99 /100 g