Fresh matters

metro

CANADIAN AND PROUD



2.44 ea. **BLACKBERRIES**
170 g
PRODUCT OF MEXICO



1.29 /lb **LARGE GALA APPLES**
PRODUCT OF ONTARIO, CANADA EXTRA FANCY GRADE
2.84/kg



1.29 /lb **EGGPLANT, GREEN ZUCCHINI OR ANISE-FENNEL**
PRODUCT OF U.S.A.
2.84/kg



2.99 ea. **MINI CUCUMBERS** 397 g
PRODUCT OF ONTARIO, CANADA No. 1 GRADE
WHITE, YELLOW-FLESH, RED OR RUSSET POTATOES 5 lb
PRODUCT OF CANADA, CANADA No. 1 GRADE



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



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



2 for 18.00 or 9.99 ea. **POINSETTIAS**
6" POT, ASSORTED COLOURS



8.99 /lb **PLATINUM GRILL ANGUS BONELESS INSIDE BLADE ROAST**
CUT FROM CANADA AAA GRADE
19.82/kg



4.88 /lb **FRESH BONELESS SKINLESS CHICKEN BREAST**
VALUE PACK
10.76/kg



3.99 ea. **FRESH** RAISED WITHOUT ANTIBIOTICS **NORWEGIAN ATLANTIC SALMON PORTIONS**
SKIN ON, 113 g



4.99 ea. **MAPLE LEAF OR SCHNEIDERS BACON OR FROZEN SAUSAGE ROUNDS OR MINI-SIZZLERS**
65 - 375 g
SELECTED VARIETIES



4.99 ea. **IRRESISTIBLE MUFFINS** 600 g
SELECTED VARIETIES



30% OFF **IRRESISTIBLES ARTISAN BLACK FOREST HAM**
DELI SLICED, 3.14/100 g



PINTY'S BREADED CHICKEN OR WINGS
700 - 750 g, FROZEN, SELECTED VARIETIES

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



9.99 ea. **IRRESISTIBLE PIES**
750 g - 1 kg
SELECTED VARIETIES



3.99 ea. **LACTANTIA PURFILTRE MILK**
2 L OR
CREAM 473 ml - 1 L
SELECTED VARIETIES
HOMO 4.79 EA.



5.99 ea. **CRACKER BARREL BARS, SHREDDED CHEESE OR BLACK DIAMOND CHEESTRINGS**
SELECTED SIZES
SELECTED VARIETIES



9.99 ea. **RXBAR OR CLIF BARS**
SELECTED SIZES
SELECTED VARIETIES



16.99 ea. **KICKING HORSE OR STARBUCKS COFFEE**
SELECTED SIZES
SELECTED VARIETIES



3.99 ea. **IRRESISTIBLE ORANGE JUICE OR FROZEN FRUIT**
SELECTED SIZES
SELECTED VARIETIES



2.99 ea. **QUE PASA, KETTLE OR HARDBITE CHIPS**
SELECTED SIZES
SELECTED VARIETIES



7.99 ea. **COCA-COLA OR PEPSI SOFT DRINKS**
SELECTED SIZES
SELECTED VARIETIES



3.49 ea. **MUTTI PASSATA OR TOMATOES**
680 - 796 ml, SELECTED VARIETIES

i earn with moi rewards



5.99 ea. + 250 points value of $2 **SCHNEIDERS BOLOGNA**
375 g
SELECTED VARIETIES



4.99 ea. + 125 points value of $1 **NESTLÉ DRUMSTICK OR REAL DAIRY ICE CREAM**
SELECTED SIZES, SELECTED VARIETIES



5.99 ea. + 125 points value of $1 **CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES**
3 - 12 un.
SELECTED VARIETIES

Effective November TH 19 | FR 20 | SA 21 | SU 22 | MO 23 | TU 24 | WE 25 **2026** Check metro.ca for your local store hours.

MEO_RAD20261116_01_R_V3

DEMPSTER'S WHITE, 100% WHOLE WHEAT BREADS HOT DOG, HAMBURGER BUNS D'ITALIANO BREADS OR ROLLS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

mix & match

2 for **7.00**





3.49 /100 g
IRRESISTIBLES ARTISAN MONTREAL SMOKED MEAT CORNED BEEF OR PASTRAMI
SELECTED VARIETIES
DELI SLICED OR SHAVED, 15.83/lb

BUY MORE SAVE MORE!



4.79 /100 g
when you buy 400 g or more

L'EXTRA DOUBLE CRÈME BRIE
DELI CUT, PRICES AS MARKED
5.29/100 g WHEN YOU BUY LESS THAN 400 g



8.99 ea.
SELECTION SMOKED HAM
675 g
SELECTED VARIETIES



2 for **15.00**
VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS 208 - 236 g
SELECTED VARIETIES



5.99 ea.
BLUEWATER BREADED SHRIMP OR FISH FILLETS
FROZEN, 255 - 519 g
SELECTED VARIETIES



7.49 ea.
PILLER'S PEPPERONI TOPPING OR CASTELLO SLICED CHEESE
145 - 250 g
SELECTED VARIETIES



9.99 ea.
MARTHA STEWART FROZEN PIZZA
430 - 590 g
SELECTED VARIETIES



3.49 ea.
IÖGO NANÖ OR SIGGI'S SKYR YOGURT
6 X 93 ml, 4 X 100 g
SELECTED VARIETIES



3.49 ea.
LACTANTIA MARGARINE OR CREAM CHEESE
SELECTED SIZES, SELECTED VARIETIES



3.99 ea.
EARTH'S OWN BEVERAGE
1.75 - 1.89 L
SELECTED VARIETIES



3.99 ea.
DR. OETKER GIUSEPPE PIZZA
439 - 785 g, SELECTED VARIETIES



6.99 ea.
JORDANS CEREALS
325 - 400 g
SELECTED VARIETIES



3.99 ea.
CORE POWER, RED BULL OR BUBLY MINI BEVERAGES
SELECTED SIZES
SELECTED VARIETIES

125 points value of $1



3.99 ea.
MINUTE MAID, FRUITOPIA REFRIGERATED DRINKS OR FUZE ICED TEA 1.54 - 1.75 L
SELECTED VARIETIES



BUY MORE SAVE MORE!

2 for **9.00**
LESS THAN 2 PAY 5.99 EA.

CHEETOS SNACKS, DORITOS TORTILLA OR RUFFLES CHIPS
SELECTED SIZES, SELECTED VARIETIES

250 points value of $2



4.44 ea.
ORVILLE POPCORN
SELECTED SIZES
SELECTED VARIETIES

HABITANT OR CAMPBELL'S SOUP 515 - 796 ml
SELECTED VARIETIES

125 points value of $1

3.49 ea.





5.49 ea.
G.H. CRETORS POPCORN, LA CROIX SPARKLING WATER OR HANDFUEL NUTS
SELECTED SIZES, SELECTED VARIETIES



3.49 ea.
OLD EL PASO BEANS, TORTILLA, TACO SHELLS OR SAUCE
125 - 334 g, 243 - 398 ml
SELECTED VARIETIES



3.99 ea.
GREEN GIANT FROZEN VEGETABLES
400 - 750 g
SELECTED VARIETIES



4.99 ea.
FRENCH'S KETCHUP, BICK'S PICKLES OR HIDDEN VALLEY DRESSING
SELECTED SIZES
SELECTED VARIETIES



SENSODYNE, COLGATE OR LISTERINE ORAL CARE
SELECTED SIZES
SELECTED VARIETIES

5.99 ea.



2.99 ea.
DAWN OR PALMOLIVE DISHWASHING DETERGENT
SELECTED SIZES
SELECTED VARIETIES

PUREX OR SUNLIGHT LAUNDRY DETERGENT 3.85 L
SELECTED VARIETIES

125 points value of $1

14.99 ea.



moi rewards member price



LINDT OR KINDER ADVENT CALENDARS
128 - 182 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

11.99 ea. members-only price
SPECIAL PRICE 13.99 ea. for non-members



GENERAL MILLS CEREALS
SELECTED SIZES
SELECTED VARIETIES

2.99 ea. members-only price
SPECIAL PRICE 3.99 ea. for non-members



McCAIN FRIES
1.45 - 1.8 kg
SELECTED VARIETIES

5.49 ea. members-only price
SPECIAL PRICE 6.49 ea. for non-members

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_RAD20261116_04_R

Enjoy Fresh Produce



3.99 ea. **AVOCADO** 5 PK
PRODUCT OF MEXICO



4.99 ea. **BLUEBERRIES** 170 g
PRODUCT OF PERU, NO.1 GRADE



3.99 ea. **WILD WONDERS OR SWEET CHERRY TOMATOES**
283 g, PRODUCT OF CANADA OR MEXICO



1.99 /lb **SWEET POTATOES**
PRODUCT OF ONTARIO
4.39/kg



LEMONS 2 lb
PRODUCT OF
SOUTH AFRICA OR U.S.A.

4.99 ea.



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



2.49 ea. **SEEDLESS CUCUMBERS**
PRODUCT OF ONTARIO
CANADA No. 1 GRADE



2.99 ea. **BROCCOLI CROWNS**
PRODUCT OF CANADA



3.99 /lb **SEEDLESS MANDARINS**
PRODUCT OF AUSTRALIA
8.80/kg



2.49 ea. **LARGE RED MANGOES**
PRODUCT OF BRAZIL



3.99 /lb **BRUSSELS SPROUTS**
PRODUCT OF CANADA
8.80/kg



6.49 ea. **HAVEN SALAD KITS** 200 g
PRODUCT OF CANADA
SELECTED VARIETIES



FRESH POMEGRANATE ARILS
2 X 227 g
PRODUCT OF U.S.A.

12.99 ea.



5.99 ea. **BOSC OR COLD SNAP PEARS** 2 L
PRODUCT OF ONTARIO
CANADA FANCY GRADE



3.79 ea. **BELLE GROVE BUTTON MUSHROOMS**
227 g
PRODUCT OF ONTARIO



3.99 ea. **HOT SHISHITO PEPPERS**
227 g
PRODUCT OF MEXICO

Organic



6.99 /lb **ORGANIC RED DELICIOUS APPLES**
PRODUCT OF ONTARIO
CANADA EXTRA FANCY GRADE
15.41/kg

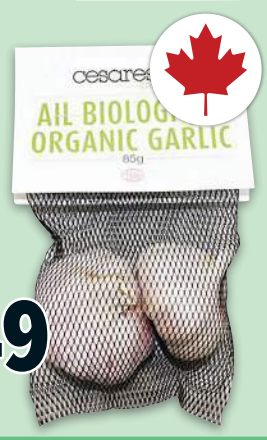


5.99 ea. **LPC ORGANIC LITTLE YELLOWS** 680 g
PRODUCT OF CANADA
CANADA No. 1 GRADE



DOSE ORGANIC SHOTS
4 X 60 ml
SELECTED VARIETIES

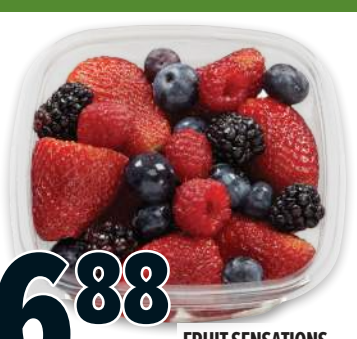
13.99 ea.



3.49 ea. **ORGANIC GARLIC** 85 g
PRODUCT OF CANADA

Sliced & Diced

made in my metro



6.88 ea. **FRUIT SENSATIONS**
335 - 360 g



5.99 ea. **CORED PINEAPPLES**
600 g



7.88 ea. **READY TO COOK VEGETABLES STIR-FRY MIX** 440 g
GRILLING 350 g



14.99 ea. **CAESAR CHICKEN SALAD** 606 g

Festive Favourites



8.99 ea. **COCONUT OR ALMOND DATE ROLLS** 340 g
PRODUCT OF U.S.A.



5.99 ea. **LIFE SMART NATURALIA SWEET APPLE CIDER**
2 L
PRODUCT OF ONTARIO



7.99 ea. **IRRESISTIBLE PRALINE OR HONEY GLAZED PEANUTS** 550 g



6.99 ea. **IRRESISTIBLE ROASTED SALTED PEANUTS** 1 kg
LIFESMART ROASTED UNSALTED PEANUTS 1 kg

Holiday Blooms



35.00 ea. **PREMIUM HANDTIED ROSE BOUQUET**
ASSORTED COLOURS AND FILLERS



12.99 ea. **ORCHIDS**
3.5" POT
ASSORTED COLOURS



20.00 ea. **SNOW AND STARLIGHT BOUQUET**
ASSORTED FLOWERS AND STYLES



22.99 ea. **POINSETTIAS**
8" POT
ASSORTED COLOURS

Fresh GUARANTEE metro

If it matters to you, it matters to us.

DM2DM2DM2DM2

Picked fresh

From seasonal décor to winter essentials, Metro has everything you need to create a beautiful outdoor winter display.

OUTDOOR HOLIDAY URN ARRANGEMENT
ASSORTED COLOURS AND STYLES

500 points

39.99 ea.

BALSAM CHRISTMAS TREES
5 - 6' TALL

59.99 ea.

OUTDOOR DELUXE URN ARRANGEMENT
ASSORTED COLOURS AND STYLES

69.99 ea.

99.99 ea.

OUTDOOR SUPREME URN ARRANGEMENT
ASSORTED COLOURS AND STYLES

TREE STAND INCLUDED

ELF TREES
3-5' TALL
TREE STAND INCLUDED

36.99 ea.

ADD WONDER WITH OUTDOOR WREATHS

FRESH NOBLE FIR WREATH
24" RING

42.99 ea.

22.99 ea.

DOUBLE FACED BALSAM WREATH
22" RING

DOOR READY

39.99 ea.

FRESH HOLIDAY WREATH WITH RIBBON
ASSORTED COLOURS AND STYLES

Create your own urns and wreaths using a variety of fresh winter greens

FRESH CUT BOUGH BUNCHES
ASSORTED VARIETIES

11.99 ea.

Styled fresh

Elevate your holiday décor with a vibrant variety of fresh & festive floral arrangements.

5.99 ea.
POINSETTIAS
2.5"
SELF-WATERING POT
ASSORTED COLOURS

VINTAGE WINTER HOUSE KALANCHOE
12.99 ea.

Create a fresh & festive table runner using fresh cut boughs, magnolia and holly.

7.99 ea.
MINI KALANCHOE IN PRESENT POT
SELECTED VARIETIES

STARTING AT
11.99 ea.
FRESH-CUT BOUGHS, MAGNOLIA AND HOLLY BUNCHES
ASSORTED VARIETIES

HOLIDAY ARRANGEMENTS READY FOR EVERY CELEBRATION



Custom holiday bouquets designed just for you

14.99 ea.
PETITE GARDEN POSY BOUQUET
ASSORTED COLOURS AND FLOWERS





45.00 ea.
VINTAGE HOLIDAY BOUQUET
ASSORTED COLOURS AND FLOWERS



POTTED PLANTS THAT DELIVER SEASON-LONG BEAUTY



POINSETTIA IVY HOOP PLANTS
ASSORTED COLOURS
36.99 ea.

OVAL WINTER INDOOR PLANTER
ASSORTED STYLES AND PLANTS
22.99 ea.





Holiday-ready in a hurry. Shop Christmas gifts, centerpieces and décor.

35.00 ea.
FLORAL BOUQUET VASE AND BAG
ASSORTED FLOWERS AND COLOURS

29.99 ea.
WINTER GARDEN GIFT BAG INCLUDED
ASSORTED COLOURS AND FLOWERS

Fresh From Our Butcher



PORK SHOULDER BLADE ROAST OR VALUE PACK CHOPS
8.80/kg

3.99/lb



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

13.99/lb



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

5.99/lb



4.99/lb

MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS
11.00/kg



8.99 ea.

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



9.99 ea.

YORKSHIRE VALLEY FARMS FROZEN ORGANIC CHICKEN WINGS



5.99/lb

BREADED CHICKEN BREAST CUTLETS VALUE PACK BONELESS SKINLESS
13.21/kg



10.00 ea.

STUFFED CHICKEN BREAST
310 - 350 g, PKG OF 2
SELECTED VARIETIES

Selection



2.49 ea.

SELECTION CHICKEN WIENERS
450 g



4.99 ea.

SELECTION BOLOGNA
675 g
SELECTED VARIETIES



5.99 ea.

SELECTION ALL BEEF WIENERS
375 g



11.99 ea.

SELECTION BACON
1 kg



6.99 ea.

SELECTION BREADED CHICKEN
FROZEN, 800 g
SELECTED VARIETIES



12.99 ea.

SELECTION CHICKEN WINGS
FROZEN, 800 - 850 g
SELECTED VARIETIES



11.99 ea.

SELECTION PATTIES
FROZEN, 1.01 kg
SELECTED VARIETIES



13.99 ea.

SELECTION BEEF BURGERS
FROZEN, 1.36 kg

LOCKED DOWN PRICES UNTIL DECEMBER 16, 2026



4.99 ea.

OLYMEL BREAKFAST SAUSAGES
375 g
SELECTED VARIETIES



WATSON RIDGE CHICKEN BALLS
FROZEN, 800 g

5.99 ea.

60 points



6.99 ea.

SCHNEIDERS MEAT PIES OR OKTOBERFEST SAUSAGE
FROZEN, 400 - 450 g
SELECTED VARIETIES



7.99 ea.

LOU'S KITCHEN PEAMEAL BACON OR BONELESS PORK LOIN
ROLLED IN CORNMEAL
375 - 454 g



11.99 ea.

LEAN GROUND LAMB
NEW ZEALAND SPRING LAMB
454 g



MARC ANGELO PORK SAUSAGES
900 g - 1 kg
SELECTED VARIETIES

12.99 ea.

125 points
value of $1



13.99 ea.

SWISS CHALET OR MONTANA'S PORK BACK RIBS
FULLY COOKED, 600 - 650 g
SELECTED VARIETIES



14.99 ea.

PILLER'S SMOKED HAM
800 g
SELECTED VARIETIES

If it matters to you, it matters to us.

Fresh GUARANTEE metro

DM3DM3DM3DM3

Enjoy Fresh Seafood



9.99/lb **FRESH** TILAPIA FILLETS OR ROASTS
2.21/100 g



16.99 ea. AQUASTAR WILD SOCKEYE SALMON FILLETS
FROZEN, 454 g



3.99 ea. SELECTION IMITATION CRAB
FLAKES OR STICKS, 227 g



8.99 ea. STORE MADE SEAFOOD SAMPLER
375 g OR
SHRIMP & SCALLOP PLATTER 340 g



7.99 ea. HOT SMOKED WILD PINK SALMON CHUNKS
150 g
SELECTED VARIETIES



19.99/lb CANADIAN LOBSTER CLAWS & ARMS
FROZEN, 4.41/100 g



3.99 ea. HIGH LINER CATCH OF THE DAY FILLETS
FROZEN, 350 g



5.99 ea. NORWEGIAN COLDWATER SHRIMP
FROZEN, 200 g

DIANA'S CLAM CHOWDER AND LOBSTER BISQUE 500 ml

125 points value of $1



6.99 ea.



9.99 ea. CLEAR OCEAN SCALLOPS ON HALF SHELL
FROZEN, 320 g

Irrésistible



4.99 ea. NATURALIA BASA OR POLLOCK FILLETS
FROZEN, 400 g



IRRESISTIBLE BACON WRAPPED OR BREADED SCALLOP MEDALLIONS
FROZEN, 200 - 500 g

7.99 ea.



11.99 ea. IRRESISTIBLE BREADED CALAMARI VALUE PACK
FROZEN, 700 g



18.99 ea. IRRESISTIBLE SLICED SMOKED ATLANTIC SALMON
FROZEN, 300 g

Fresh From Our Deli

2.99/100 g OLYMEL MOCK CHICKEN
DELI SLICED, 13.56/lb

4.49/100 g IRRESISTIBLES ARTISAN TURKEY BREAST
SELECTED VARIETIES
DELI SLICED, 20.37/lb

4.99/100 g IRRESISTIBLES ARTISAN ANGUS ROAST BEEF
DELI SLICED OR SHAVED, 22.63/lb

5.49/100 g SOMERDALE CHAMPAGNE CHEEDAR
DELI CUT, PRICES AS MARKED
24.90/lb



7.69 ea. MARCANGELO SLICED ITALIAN DELI
85 g, SELECTED VARIETIES



GOLD LABEL PEPPERONI STICKS BELLITALIA SALAMETTI OR PILLER'S KOLBASSA
225 - 375 g
SELECTED VARIETIES

8.99 ea.



9.99 ea. CASTELLO CHEDDAR
200 g
SELECTED VARIETIES



10.99 ea. BALDERSON CHEDDAR CHEESE
250 - 280 g
SELECTED VARIETIES



13.99 ea. MASTRO SALAMI CASALINGO CACCIATORE OR GRAN PIATTO CHARCUTERIE
200 - 375 g
SELECTED VARIETIES



SNACK FACTORY PRETZEL CRISP CRACKERS
200 g
SELECTED VARIETIES

5.99 ea.



6.99 ea. 34 DEGRÉES CRISPS
127 g
SELECTED VARIETIES



9.99 ea. SARTORI BELLAVITANO CHEESE
150 g, SELECTED VARIETIES



9.99 ea. SUMMER FRESH SALADS
650 - 800 g
SELECTED VARIETIES



9.49 ea. SABATINI'S QUICHE
500 g
SELECTED VARIETIES



10.99 ea. FRESH 2 GO SIGNATURE BOWLS
1 un.
SELECTED VARIETIES



Fresh GUARANTEE metro

If it matters to you, it matters to us.

BBQ CHICKEN family MEAL

LOW PRICE EVERY DAY

19.99



Mammoth BBQ Chicken 1 kg

Your choice of 2 Selection Salads 454 g

Large Potato Wedges

DINNER FOR 4. UNDER $20.

Includes 1 mammoth BBQ chicken, large potato wedges and two 454 g selection salads.

YOUR CHOICE value PICKS

LOW PRICE EVERY DAY

4.99 ea.



Medium Hot Soup

Your choice Summer Fresh Salad Bowls 250 - 300 g

Small Potato Wedges

Ham & Cheese Wrap

4-pk Chicken Tenders

EVERYDAY FAVOURITES. JUST $4.99 EACH.

FLAVOURS OF italy





LARGE ABATE PEARS
PRODUCT OF ITALY
EXTRA FANCY GRADE
7.69/kg

3.49 /lb



9.99 ea.

VANILLA PERSIMMONS 1.5 kg CASE
PRODUCT OF SPAIN



13.99 /lb

INSIDE VEAL LEG CUTLET FOR SCALLOPINI VALUE PACK
GRAIN-FED
30.84/kg

CHELSEA SALT POLLOCK FILLETS
BONED
454 g

6.99 ea.



MARC ANGELO PROSCIUTTO OR ANTIPASTO QUATTRO TRAY
150 - 175 g
SELECTED VARIETIES

13.49 ea.



TRE STELLE MOZZARELLA BALL
3 X 250 g

14.99 ea.



ALMOND PISTACCHIO CAKE
1.1 kg

31.99 ea.





3.49 ea.

FRONT STREET BAKERY MINI CALABRESE BREAD
200 g



1.25 ea.

BAUDUCCO WAFERS
142 g
SELECTED VARIETIES



5.99 ea.

SIMMENTHAL CANNED BEEF
3 X 90 g
SELECTED VARIETIES



3.99 ea.

MOLISANA EGGPLANTS OR ARTICHOKES
340 - 375 ml
SELECTED VARIETIES



ILLY GROUND COFFEE
250 g
SELECTED VARIETIES

11.99 ea.



9.99 ea.

BRIO SOFT DRINKS
12 X 355 ml
SELECTED VARIETIES



VERGANI PANETTONE
100 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

4.99 ea.

DITL1DITL1DITL1DITL1

Freshly Baked In-Store



7.49 ea. FRONT STREET BAKERY CHEDDAR CHEESE BREAD 675 g



6.99 ea. FRONT STREET BAKERY PIZZA BUNS PKG 4, 475 g



3.49 ea. FRONT STREET BAKERY MINI CALABRESE BREAD 200 g



4.69 ea. FRONT STREET BAKERY GRAIN BREAD 450 g SELECTED VARIETIES

Front Street Bakery
Our Absolute Finest



12.99 ea. FRONT STREET BAKERY MINI CAKE 260 - 440 g SELECTED VARIETIES



23.99 ea. FRONT STREET BAKERY COOKIES AND CRÈME CAKE 750 - 1000 g SELECTED VARIETIES



18.99 ea. FRONT STREET BAKERY HALF CAKE 522 - 902 g SELECTED VARIETIES



4.69 ea. FRONT STREET BAKERY CAKE SLICES SELECTED SIZES SELECTED VARIETIES



4.49 ea. FRONT STREET BAKERY KAISER ROLLS PKG OF 6, 390 - 420 g SELECTED VARIETIES



4.49 ea. FRONT STREET BAKERY BAGELS PKG OF 4, 456 g or 2/2.29, 228 g SELECTED VARIETIES



13.99 ea. CHOCOLATS FAVORIS CHOCOLATE LAVA CAKES 340 g SELECTED VARIETIES



12.99 ea. IRRESISTIBLE PROFITEROLES OR MINI ECLAIRS 300 - 455 g SELECTED VARIETIES



8.99 ea. SCHÄR GLUTEN FREE BREADS AND ROLLS 228 - 400 g SELECTED VARIETIES



3.99 ea. RUDOLPH'S RYE BREAD 500 g SELECTED VARIETIES

SELECTION ENGLISH MUFFIN 342 g WHITE OR WHOLE WHEAT



2.49 ea.



4.99 ea. CASA MENDOSA OR WONDER TORTILLAS SELECTED SIZES SELECTED VARIETIES

Snacks & Beverages

SPARKLING ICE DRINKS 503 ml SELECTED VARIETIES



2.49 ea.

MONTELLIER SPARKLING WATER 1 L SELECTED VARIETIES



1.29 ea.

GLACÉAU SMARTWATER 1 L SELECTED VARIETIES

2 for 7.00



FUZE OR PEACE ICED TEA 12 X 341 ml SELECTED VARIETIES



7.99 ea.



4.49 ea. LA COCINA TORTILLA CHIPS 300 - 400 g SELECTED VARIETIES

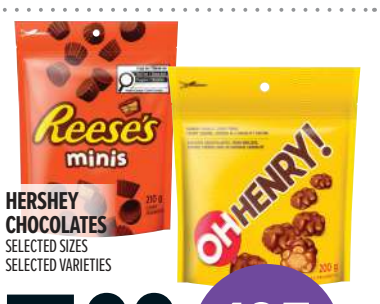


4.49 ea. HELUVA GOOD! DIPS 250 g SELECTED VARIETIES



SLIM JIM SNACKS 112 g SELECTED VARIETIES

6.49 ea. 250 points value of $2



HERSHEY CHOCOLATES SELECTED SIZES SELECTED VARIETIES

5.99 ea. 125 points value of $1

Holiday Favourites

FESTA PANETTONE 908 g SELECTED VARIETIES WHILE QUANTITIES LAST



11.99 ea.

STREGA CREAM FILLED MINI PANETTONE 100 g SELECTED VARIETIES WHILE QUANTITIES LAST



3.99 ea.



4.49 ea. IRRESISTIBLE CRISP CRACKERS 150 g SELECTED VARIETIES



5.49 ea. IRRESISTIBLE ASSORTED CRACKERS 250 g



FERRERO ROCHER CHOCOLATES 156 - 200 g, SELECTED VARIETIES WHILE QUANTITIES LAST

11.99 ea.



9.49 ea. MERCI CHOCOLATES 200 g SELECTED VARIETIES



5.79 ea. WALKER'S SHORTBREAD COOKIES 150 g, SELECTED VARIETIES

FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

DM5DM5DM5DM5

Check off great gifts on their list

wrap up the HOLIDAY JOY

WHILE QUANTITIES LAST

9.99 ea. IRRESISTIBLE EUROPEAN OR BELGIAN COOKIES
400 - 700 g
SELECTED VARIETIES



IRRESISTIBLE PECAN CLUSTERS
330 g
SELECTED VARIETIES
9.99 ea.





TREAT YOUR HOST

IRRESISTIBLE PRALINES
250 g
SELECTED VARIETIES

LINDT LINDOR CHOCOLATES
204 g
SELECTED VARIETIES
11.99 ea.





5.99 ea. IRRESISTIBLE DANISH COOKIES
400 g
SELECTED VARIETIES

IRRESISTIBLE FRUIT & NUTS MIX GIFT BASKET
2.3 kg
49.99 ea.





13.99 ea. CADBURY CELEBRATION CHOCOLATES
353 g
SELECTED VARIETIES



18.99 ea. QUALITY STREET CHOCOLATES
650 g
SELECTED VARIETIES



14.99 ea. FERRERO ROCHER CHOCOLATES
375 g
SELECTED VARIETIES



125 points value of $1

7.49 ea. POT OF GOLD CHOCOLATES
245 g
SELECTED VARIETIES

NESTLÉ TURTLES CHOCOLATES
350 g
SELECTED VARIETIES
15.99 ea.





14.99 ea. MERCI CHOCOLATES
400 g
SELECTED VARIETIES



9.99 ea. GHIRARDELLI CHRISTMAS CHOCOLATES
116 - 141 g
SELECTED VARIETIES



6.49 ea. KINDER CHRISTMAS CHOCOLATE EGG
100 g
SELECTED VARIETIES



11.99 ea. FERRERO ROCHER CHOCOLATES
150 g
SELECTED VARIETIES



5.49 ea. IRRESISTIBLE MARASCHINO CHERRY CHOCOLATES
175 g
SELECTED VARIETIES



11.99 ea. TOBLERONE CHOCOLATE BAR
340 g
SELECTED VARIETIES



8.99 ea. NESTLÉ AFTER EIGHT CHOCOLATES
200 g
SELECTED VARIETIES

SURPRISE & DELIGHT WITH GIFTS BY LAURA SECORD



9.99 ea. LAURA SECORD HOT CHOCOLATE GIFT SET
EACH
SELECTED VARIETIES



14.99 ea. LAURA SECORD HOLIDAY SPREAD GIFT SET
108 ml
SELECTED VARIETIES



12.99 ea. LAURA SECORD COOKIE & JAM GIFT BASKET
EACH
SELECTED VARIETIES

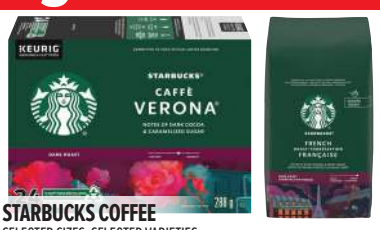


3.49 ea. LAURA SECORD HOT CHOCOLATE BOMB
35 g
SELECTED VARIETIES

More Great Savings



4.99 ea.
CELESTIAL HERBAL TEA BAGS
20 un.
SELECTED VARIETIES



STARBUCKS COFFEE
SELECTED SIZES, SELECTED VARIETIES
16.99 ea.
125 points value of $1



MELITTA COFFEE FILTERS
80 - 100 un.
SELECTED VARIETIES
6.49 ea.



COFFEE MATE COFFEE CREAMER
828 - 946 ml
SELECTED VARIETIES
5.99 ea.



7.99 ea.
CHAPMAN'S FROZEN TREATS
2 L
SELECTED VARIETIES



2.99 ea.
FRENCH'S DIJON MUSTARD 325 ml
SELECTED VARIETIES



6.99 ea.
STEFANO FAITA SOUP
605 ml
SELECTED VARIETIES



1.99 ea.
AYLMER SOUP
284 ml
SELECTED VARIETIES



BEATRICE BUTTER MILK
1L
3.99 ea.



5.49 ea.
TENDERFLAKE PUFF PASTRY AND PIE CRUST 255 - 397 g
SELECTED VARIETIES



4.97 ea.
ROBIN HOOD OR FIVE ROSES FLOUR
2.5 kg
SELECTED VARIETIES



8.99 ea.
TRUVIA SWEET COMPLETE SWEETENER
340 - 454 g
SELECTED VARIETIES



3.99 ea.
KRAFT PEANUT BUTTER
500 g
SELECTED VARIETIES



11.99 ea.
NUTELLA HAZELNUT COCOA SPREAD 1 kg



3.49 ea.
I CAN'T BELIEVE IT'S NOT BUTTER
400 g



4.99 ea.
TRE STELLE CREAM CHEESE
200 g
SELECTED VARIETIES

4.99 ea.
KELLOGG'S CEREAL
340 - 346 g, SELECTED VARIETIES
WHILE QUANTITIES LAST

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



BEATRICE CHOCOLATE MILK
2 L
3.99 ea.



THE LAUGHING COW
400 g
SELECTED VARIETIES
11.99 ea.
125 points value of $1



7.99 ea.
SIGGI'S SKYR YOGOURT
650 - 750 g
SELECTED VARIETIES



OLYMPIC GREEK OR KREMA YOGOURT
650 g
SELECTED VARIETIES
5.99 ea.

BUY MORE SAVE MORE!

ALL THE ESSENTIALS YOU NEED AT BETTER VALUE



3 for 10.98
LESS THAN 3 PAY 5.49 EA.
TWO GOOD GREEK YOGOURT
4 X 95 - 100 g, SELECTED VARIETIES



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



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



3 for 4.98
LESS THAN 3 PAY 1.99 EA.
KRAFT DINNER
58 - 200 g
SELECTED VARIETIES



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



2 for 8.00
LESS THAN 2 PAY 5.99 EA.
CHRISTIE COOKIES
SELECTED SIZES
SELECTED VARIETIES



3 for 9.99
LESS THAN 3 PAY 4.99 EA.
CHRISTIE CRACKERS
SELECTED SIZES
SELECTED VARIETIES

FREE SAME-DAY PICKUP
SAME FLYER PRICES AND DEALS ONLINE

Organic

BOB'S RED MILL OATMEAL
454 g
SELECTED VARIETIES
5.49 ea.



ORGANIC MEADOW MILK
4 L
SELECTED VARIETIES
12.49 ea.



CRANK COFFEE
340 g
SELECTED VARIETIES
14.99 ea.



ENVIROKIDZ CEREAL
284 g
SELECTED VARIETIES
5.49 ea.



NAKED & SAUCY SAUCES
296 ml
SELECTED VARIETIES
9.49 ea.





GINGERBUG SODA
4 X 355 ml
SELECTED VARIETIES
12.99 ea.

CELESTIAL TEA
18 un.
SELECTED VARIETIES
5.49 ea.



Plant-Based

PLANT-BASED

AMY'S FROZEN MEALS
SELECTED SIZES
SELECTED VARIETIES
7.49 ea.
90 points



BOB'S RED MILL PANCAKE MIX
680 g
SELECTED VARIETIES
14.99 ea.





TALENTI FROZEN DESSERT
473 ml, SELECTED VARIETIES
6.49 ea.

Non-GMO

GMO

CALIFIA FARMS ALMOND BEVERAGE
1.4 L
SELECTED VARIETIES
6.49 ea.



ELMHURST OAT NOG
946 ml
SELECTED VARIETIES
8.49 ea.



GOGO QUINOA
375 g
SELECTED VARIETIES
4.99 ea.



MANITOBA HARVEST HEMP HEARTS
227 g, SELECTED VARIETIES
7.49 ea.



Baby & Beauty

ONCE UPON A FARM BABY PURÉE
SELECTED SIZES
SELECTED VARIETIES
3.99 ea.



LOVE CHILD BABY SNACKS
6 X 23 g
SELECTED VARIETIES
4.99 ea.



HELLO TOOTHPASTE
82 - 98 ml
SELECTED VARIETIES
9.99 ea.



PERSONNELLE TOOTHBRUSH
1 - 2 un.
SELECTED VARIETIES
1.49 ea.



Household Helpers

SCOTTIES FACIAL TISSUE
6 un., SELECTED VARIETIES
125 points
value of $1
5.99 ea.



FINISH DISHWASHER DETERMENT
30 - 45 un.
SELECTED VARIETIES
17.99 ea.



MRS. MEYER'S MULTI-PURPOSE CLEANER OR DISH SOAP
473 ml
SELECTED VARIETIES
WHILE QUANTITIES LAST
5.99 ea.

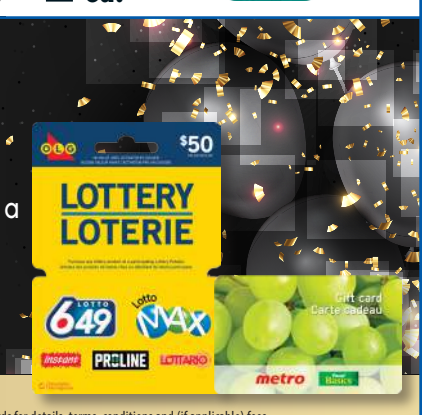


70 points when you buy 2
BUY MORE SAVE MORE!
2 for
12.00 LESS THAN 2 PAY 8.99 EA.

LYSOL WIPES OR CLEANERS
SELECTED SIZES
SELECTED VARIETIES



Early
BlackFriday
Offer
Buy a **$50 OLG** gift card, get a
FREE $10
Metro gift card
Offer valid **November 19 - 25**



Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees.
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YOUR GAIN YOUR WAY

GAIN LAUNDRY DETERMENT, SOFTENER OR BEADS
SELECTED SIZES
SELECTED VARIETIES
8.99 ea.





4.99 ea.
GAIN FLINGS LAUNDRY DETERGENT
16 un.



90 points when you buy 2
BUY MORE SAVE MORE!
2 for
16.00 LESS THAN 2 PAY 12.49 EA.

ZIPLOC BAGS
SELECTED SIZES
SELECTED VARIETIES

FOR THE LOVE OF FOOD
*Voted most trusted Food Storage Bags, 2026 BrandSpark® Canadian Trust Study



Must be 18+ years of age to play. At the time of purchase, some INSTANT prizes may have already been claimed. Ticket not exactly as shown.
Play. Smart

FREE SAME-DAY PICKUP
SAME FLYER PRICES AND DEALS ONLINE

DM7DM7DM7DM7



THE SALVATION ARMY

SHARE THE JOY, DONATE A TOY

YOUR PURCHASE WILL HELP US DONATE $150,000* TOWARDS TOYS THIS SEASON

OREO RITZ triscuit Cadbury

CADBURY DAIRY MILK CHOCOLATE 80 - 100 g
SELECTED VARIETIES



BUY MORE SAVE MORE!
3 for
9.99
Less than 3 pay 3.99 ea.



BUY MORE SAVE MORE!
3 for
9.99
Less than 3 pay 4.49 ea.
CRISPERS OR BITS & BITES 145 g
SELECTED VARIETIES



BUY MORE SAVE MORE!
3 for
9.99
Less than 3 pay 4.99 ea.
CHRISTIE CRACKERS 160 - 200 g
SELECTED VARIETIES
OR RITZ SNOWFLAKE CRACKERS 180 g
WHILE QUANTITIES LAST



BUY MORE SAVE MORE!
2 for
6.00
Less than 2 pay 3.99 ea.
MAYNARDS & SOUR PATCH KIDS 100 - 154 g
SELECTED VARIETIES



BUY MORE SAVE MORE!
2 for
8.00
Less than 2 pay 5.99 ea.
CHRISTIE FUDGE COVERED COOKIES
SELECTED SIZES
SELECTED VARIETIES
WHILE QUANTITIES LAST



5.49 ea.
RITZ DRIZZLED MINIS 226 g
SELECTED VARIETIES



5.49 ea.
PREMIUM PLUS CRACKERS 450 g
SELECTED VARIETIES

CADBURY DAIRY MILK CHOCOLATE 180 g
SELECTED VARIETIES



6.49 ea.



BUY MORE SAVE MORE!
2 for
8.00
Less than 2 pay 5.99 ea.
PEEK FREANS AND DAD'S COOKIES
SELECTED SIZES
SELECTED VARIETIES



5.99 ea.
CHRISTIE FAMILY SIZE COOKIES 453 - 460 g
OR OREO GINGERBREAD CAKESTERS 285 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

*Mondelez Canada is donating $150,000 to The Salvation Army to support the purchase of toys for children in need this holiday season. This donation will fund the purchase of up to 6,000 toys at approximately $25 per toy for children in need. $0.10 from each qualifying Mondelez product purchased between November 12 and December 31, 2026, will contribute towards this commitment, up to a maximum of $150,000. Your purchase directly supports Mondelez's $150,000 donation to The Salvation Army. The Salvation Army name, logo, and related marks are registered trademarks of The Salvation Army. All Rights Reserved.