

# Freshmart®

visit [www.freshmart.ca](http://www.freshmart.ca)

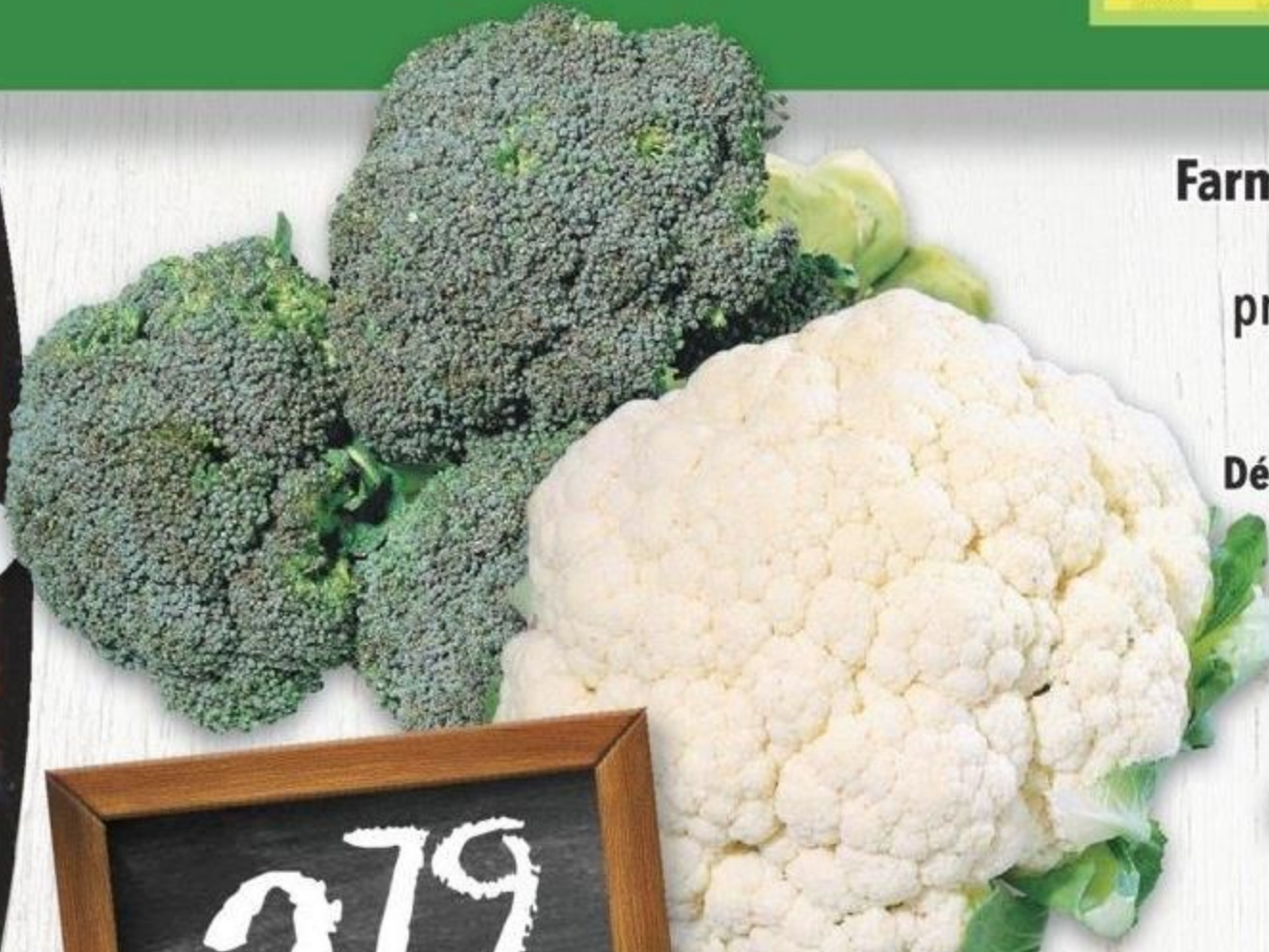
**freshmart** RED & WHITE FOOD STORE  
Your Neighbourhood Grocer

**Celebrate Summer!**  
**Célébrez l'été!**  
See page 5/Voir en page 5



**8.99**  
lb

striploin roast or steak\*  
club size  
rôti de contre-filet ou steak\*  
19.82/kg



**2.79**

cauliflower or broccoli  
product of Canada  
each  
chou-fleur ou brocoli

Farmer's Market™  
peaches  
product of U.S.A.  
3 L  
pêches  
Délices du Marché<sup>MC</sup>

**6.99**



pork side ribs  
club size  
côtes de flanc de porc  
6.59/kg

**2.99**  
lb

**8.49**



PC® pies,  
profiteroles or eclairs  
selected varieties  
490-830 g  
tartes, profiteroles ou éclairs PC<sup>MD</sup>

no name®  
stringable, shredded  
or bar cheese  
selected varieties  
320-400 g  
fromage effilochable,  
râpé ou barre sans nom®

**4.99**



Lay's potato chips  
selected varieties  
235 g  
croustilles Lay's

**2.99**



Coca-Cola, Canada Dry  
or Pepsi soft drinks  
selected varieties  
12 x 355 mL  
boissons gazeuses  
Coca-Cola, Canada Dry  
ou Pepsi

**5.49**



Christie cookies  
or Triscuit crackers  
selected varieties  
200-320 g  
biscuits Christie  
ou craquelins  
Triscuit

**1.99**



Chapman's Premium  
ice cream, frozen  
yogurt or sorbet  
selected varieties,  
frozen, 2 L  
crème glacée Premium,  
yogourt glacé ou sorbet  
Chapman's

**4.49**



Heinz ketchup  
1 L  
ketchup Heinz

**4.49**



Kraft  
pasta salad  
salade de pâtes Kraft  
200 g

**1.49**



Knorr  
Sidekicks  
side dishes  
selected varieties  
124-200 g  
plats  
d'accompagnement  
Sidekicks Knorr

**1.29**



Unico beans  
540 mL or  
tomatoes  
796 mL  
selected varieties  
légumineuses  
ou tomates Unico

**1.29**



no name®  
charcoal  
briquettes  
8.3 lb  
briquettes de  
charbon de bois  
sans nom®

**5.99**



PRICES EFFECTIVE FROM THURSDAY, JULY 28<sup>TH</sup> TO WEDNESDAY, AUGUST 3<sup>RD</sup>, 2022 / PRIX EFFECTIFS DU JEUDI 28 JUILLET AU MERCREDI 3 AOÛT 2022

\*cut from Canada AA grade beef or higher/\*provenant de bœuf Canada AA ou d'une catégorie plus élevée

FROM OUR BUTCHER DE NOTRE BOUCHER



6<sup>99</sup> lb

inside round oven roast or steak\* club size rôti ou bifteck d'intérieur de ronde\* 15.41/kg



6<sup>99</sup> lb

chicken thighs boneless, skinless, club size, fresh hauts de cuisse de poulet 15.41/kg



5<sup>49</sup>

Johnsonville sausage selected varieties 375/500 g saucisse Johnsonville



3<sup>99</sup> lb

lean ground pork porc haché maigre 8.80/kg



12<sup>99</sup> lb

beef flank steak\* club size bifteck de flanc de bœuf\* 30.84/kg



Larsen smoked ham slices boneless 375 g tranches de jambon fumé Larsen

6<sup>99</sup>



11<sup>99</sup> Marcangelo souvlaki kabobs selected varieties 480/640 g brochettes de souvlaki Marcangelo

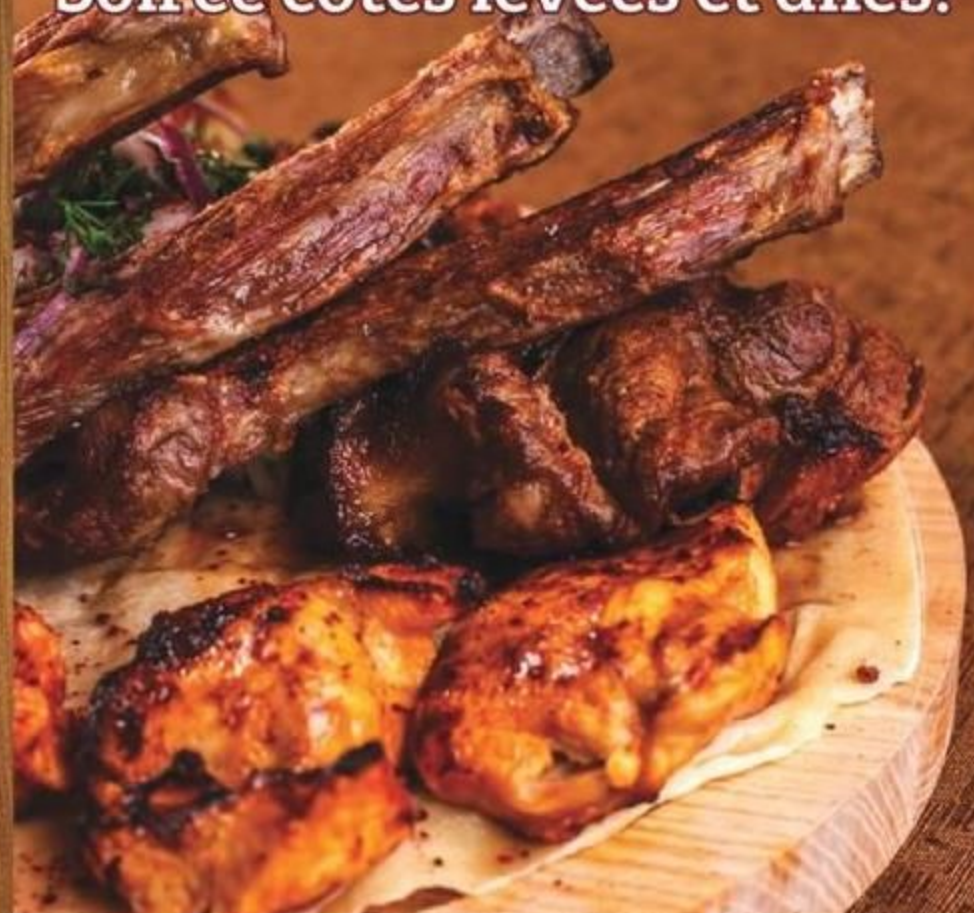


5<sup>99</sup> PC® Pub Recipe™ breaded chicken nuggets or strips fully cooked, frozen 700 g pépites ou lanières de poulet panées PC<sup>MD</sup> Recette du Pub<sup>MC</sup>



14<sup>99</sup> PC® burgers selected varieties, frozen 852 g-1.36 kg burgers PC<sup>MD</sup>

Ribs & Wings Night! Soirée côtes levées et ailes!



12<sup>99</sup> no name® chicken wings, frozen 908 g or PC® BBQ pork back ribs, refrigerated 500 g selected varieties ailes de poulet sans nom® ou côtes de dos de porc barbecue PC<sup>MD</sup>



5<sup>99</sup> Ziggy's® salad selected varieties 1.2 kg salades Ziggy's®



2<sup>19</sup> Heinz beans selected varieties 398 mL fèves Heinz 8g PROTEIN

**FRUITS & VEGETABLES  
FRUITS ET LÉGUMES**



**3.49**

**PC® slaws or salad kits**  
product of U.S.A.,  
selected varieties  
282-340 g  
salades ou trousses  
de salade PC<sup>MD</sup>



**heirloom tomatoes**  
product of Canada  
1.5 L basket  
tomates ancestrales

**5.99**



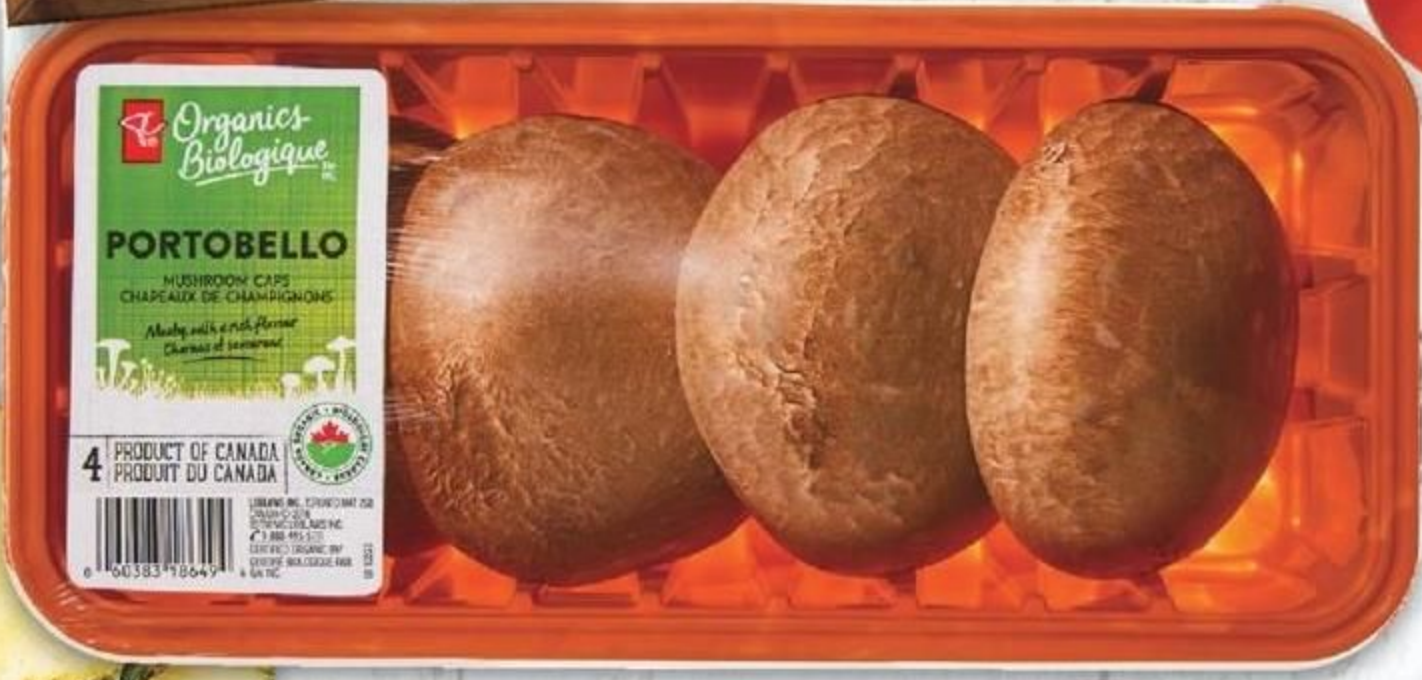
**small pineapple**  
product of Costa Rica  
each  
petit ananas

**3.99**



**6.49**

**PC® Organics mushrooms**  
selected varieties  
product of Canada  
150-200 g  
champignons PC<sup>MD</sup> Biologique



**Farmer's Market™**  
**mixed peppers**  
product of Canada  
3's  
poivrons variés  
Délices du Marché<sup>MC</sup>

**4.49**



**1.79**  
1 lb  
**eggplant** product of Canada or  
**Roma tomatoes** product of Mexico  
aubergines ou tomates Roma  
3.95/kg

**1.99**  
1 lb  
**Granny Smith apples**  
product of South Africa  
pommes Granny Smith  
4.39/kg



**3.49**  
1 lb  
**PC® pluvcots**  
product of U.S.A.  
prucots PC<sup>MD</sup>  
7.69/kg



**4.49**  
1 lb  
**key limes**  
product of Mexico  
limes des Keys



**1.29**  
**cilantro, parsley or mint**  
product of Canada  
bunch  
coriandre, persil ou menthe



**4.99**  
1 lb  
**asparagus**  
product of Peru  
asperges  
11.00/kg



**7.99**  
**PC® Organics**  
**green or red seedless grapes**  
product of Mexico or U.S.A.  
907 g  
raisins verts ou rouges  
sans pépins PC<sup>MD</sup> Biologique

**DELICATESSEN  
CHARCUTERIE**



**199**  
/100 g

**Ziggy's® roast beef**  
Deli Service  
rôti de bœuf  
Ziggy's®

**CHEESE  
FROMAGERIE**



**599**

**Boursin cheese**  
selected varieties  
130-150 g  
fromage Boursin



**Maple Leaf**  
cooked ham or  
Butterball trio  
250-300 g  
jambon cuit  
Maple Leaf  
ou trio Butterball



**Ziggy's® chicken**  
or turkey strips  
selected varieties  
150-200 g  
lanières de poulet  
ou dinde Ziggy's®



**\$10**  
**Roma pepperoni**  
selected varieties  
900 g  
pepperoni Roma



**399**  
**PC® goat cheese**  
selected varieties  
140 g  
fromage de chèvre PC<sup>MD</sup>



**499**  
**Zerto**  
shredded cheese  
selected varieties  
140 g  
fromage râpé Zerto



**699**  
**PC® cheddar cheese**  
selected varieties  
200-250 g  
fromage cheddar PC<sup>MD</sup>

**BAKERY  
BOULANGERIE**



**579**

**Farmer's Market™**  
coffee cake  
or squares  
selected varieties  
400-500 g  
gâteaux pause-café  
ou carrés  
Délices du Marché<sup>MC</sup>

**SEAFOOD  
POISSONNERIE**



**849**

**SeaQuest® white colossal**  
shrimp 16-20 per lb, 300 g or  
bay scallops uncooked  
100-150 per lb, 454 g  
frozen  
crevette blanche colossale  
ou pétoncles de baie  
non cuits SeaQuest®



**Vachon**  
snack cakes  
selected varieties  
252-336 g  
petits gâteaux Vachon



**299**  
**PC® Blue Menu®**  
Thins whole grain  
round buns 8's  
or Panaji plain  
or garlic naan  
400 g



**299**  
**Wonder bread**  
selected varieties  
570-675 g  
pain Wonder



**999**  
**Fortune live**  
Nova Scotian  
oysters 8's  
huîtres vivantes  
de Nouvelle-Écosse  
Fortune



**1299**  
**Chowder mix**  
1 kg  
mélange  
à chaudière  
28.63/kg



**999**  
**AquaStar breading**  
Alaskan cod or  
haddock fillets  
500 g, frozen  
filets de morue ou  
d'aiglefin d'Alaska  
panés Aqua Star

# Celebrate Summer! Célébrez l'été!



**2<sup>79</sup>**

**no name® original wieners**  
450 g  
saucisses fumées originales sans nom®



**1<sup>79</sup>**

**Minute Maid orange juice**  
selected varieties, frozen  
295 mL  
jus d'orange Minute Maid



**PC® wing sauce**  
350 mL or **Diana BBQ sauce**  
500 mL  
selected varieties  
sauce pour ailes PC<sup>MD</sup>  
ou sauce barbecue Diana

**3<sup>49</sup>**

**Starbucks iced coffee**  
selected varieties, refrigerated  
1.18/1.42 L  
café glacé Starbucks

**6<sup>99</sup>**



**PC® sorbet or Ice Cream Shop ice cream**  
selected varieties, frozen  
946 mL  
sorbet ou crème glacée  
Délices du bar laitier PC<sup>MD</sup>

**3<sup>79</sup>**



**3<sup>49</sup>**

**Nestlé Pure Life sparkling water**  
selected varieties  
8 x 355 mL  
eau pétillante Pure Life Nestlé

**V8 vegetable cocktail**  
selected varieties  
1.89 L  
cocktail de légumes V8

**3<sup>49</sup>**



**Nesquik syrup**  
510/700 mL or  
powder 540 g  
selected varieties  
sirop ou poudre  
Nesquik

**4<sup>79</sup>**



**2<sup>99</sup>**

**PC® maple flavour marshmallows**  
400 g  
guimauves à saveur d'érable PC<sup>MD</sup>

**Leclerc Célébration cookies**  
selected varieties  
240/350 g  
biscuits  
Célébration Leclerc

**2<sup>79</sup>**



**5<sup>49</sup>**  
**Jack Link's jerky** 65-150 g  
or **Lorissa's Kitchen jerky** 63 g  
selected varieties  
jerky Jack Link's ou jerky  
Lorissa's Kitchen

**Werther's candy bags**  
116-135 g or **Maynards candy**  
170-185 g  
selected varieties  
sacs de friandises  
Werther's ou friandises  
Maynards

**2<sup>79</sup>**



**3<sup>49</sup>**

**no name® napkins**  
250's  
serviettes sans nom®



**2<sup>29</sup>**

**no name® plastic cutlery** 48's,  
straws 200's or **roaster pan**  
selected varieties  
couverture en plastique, pailles ou  
rôtissoire sans nom®

# Grocery Essentials! Vos Essentiels!



**Minute Maid**  
100% orange juice,  
fruit beverage or  
Five Alive beverage  
selected varieties,  
refrigerated  
1.75/1.54 L  
jus d'orange 100%,  
boisson aux fruits  
Minute Maid ou  
Délicieux



**Danone Activia**  
yogurt  
selected varieties  
650 g  
yogourt Activia Danone



**Fruitopia, Nestea,**  
Peace Tea beverage  
or iced tea  
selected varieties,  
refrigerated  
1.75 L  
boisson ou thé glacé  
fruitopia, Nestea,  
Peace Tea



**no name® cream cheese**  
selected varieties  
227/250 g  
fromage à la crème sans nom®

2<sup>99</sup>

**Coffeemate coffee enhancer**  
selected varieties, refrigerated  
946 mL  
colorant à café Coffeemate

4<sup>99</sup>



**Kellogg's Eggo waffles**  
selected varieties,  
frozen  
16's  
gaufres Eggo  
Kellogg's

4<sup>99</sup>



**Robin Hood oats**  
selected varieties  
1 kg  
flocons d'avoine  
Robin Hood

2<sup>49</sup>



**PC® 100% pure maple syrup**  
Canada grade A Amber  
500 mL  
sirop d'érable  
100% pur PC<sup>MD</sup>

9<sup>49</sup>



**Pearl Milling Company**  
pancake mix 905 g  
or syrup 710 mL  
selected varieties  
mélange à crêpes  
Pearl Milling Company  
ou sirop

3<sup>49</sup>



**Kashi cereal**  
340-400 g or  
Liberté kefir 1 L  
selected varieties  
céréales Kashi  
ou yogurt kéfir  
Liberté

5<sup>99</sup>



**McCafé premium roast**  
340 g or Nabob  
bold 300 g coffee  
café à torréfaction  
supérieure McCafé  
ou Bold Nabob

7<sup>99</sup>



**Nestlé Carnation hot chocolate mix**  
selected varieties  
400/450 g  
mélange à chocolat  
chaud Carnation  
Nestlé

4<sup>79</sup>



**GoGo Squeeze fruit snack**  
pouches  
selected varieties  
4 x 90 g  
sachets de  
collations aux fruits  
GoGo Squeeze

2<sup>99</sup>



**Jell-O instant pudding**  
selected varieties  
99-113 g  
pouding instantané Jell-O

1<sup>29</sup>

# Grocery Essentials! Vos Essentiels!



BlueWater fish or shrimp, battered or breaded selected varieties, frozen 210-600 g filets de poisson ou crevettes en pâte ou panés BlueWater



Dr. Oetker Momenti pizza 170/185 g or Giuseppe garlic fingers 317/405 g selected varieties, frozen pizza Momenti ou bâtonnets à l'ail Giuseppe Dr. Oetker



Cheetos Mac'n Cheese selected varieties 160-170 g macaroni au fromage Cheetos



Hungry-Man entrées selected varieties, frozen 360-455 g repas Hungry-Man

3<sup>49</sup>



PC® Splendido® pesto 270 mL or Italpasta lasagne 375/500 g selected varieties pesto PC<sup>MD</sup> Splendido<sup>MD</sup> ou lasagne Italpasta

3<sup>99</sup>



Rooster™ Thai sweet rice 2 kg or Teriyaki Experience cooking sauces 350 mL, selected varieties riz doux thaïlandais Rooster<sup>MD</sup> ou sauces à cuisson Teriyaki Experience

4<sup>99</sup>



Bick's relish selected varieties 375 mL relish Bick's

2<sup>79</sup>

no name® salad dressing selected varieties 475 mL vinaigrette sans nom®

2<sup>49</sup>



Heinz MayoChup selected varieties 560 mL MayoChup Heinz

5<sup>49</sup>



Frank's RedHot sauce selected varieties 354 mL sauce Red Hot Frank's

4<sup>99</sup>



Campbell's ready to serve soup selected varieties 540 mL soupe Prête à déguster Campbell's

2<sup>49</sup>



Taste of Nature snack bar selected varieties 40 g barre Taste of Nature

1<sup>99</sup>

Kicking Horse organic whole bean coffee selected varieties 454 g café en grains biologique Kicking Horse

13<sup>79</sup>



# Grocery Favourites! Vos Pr f r s!



Chapman's Super Cones or sandwiches 8-20's or Yukon novelties 5-8's selected varieties, frozen Super cornet ou sandwich ou friandises glac es Yukon Chapman's

4.99



Old Dutch Arriba 245 g or Restaurante 275/290 g tortilla chips selected varieties croustilles Arriba ou tortilla Restaurante Old Dutch

3.79



Yoplait Source or Cr meux yogurt selected varieties 16 x 90/100 g yogurt Source ou Cr meux Yoplait

6.49

no name® natural cheese slices selected varieties 210/230 g tranches de fromage naturel sans nom®



4.49

Kellogg's cereal selected varieties 227-510 g c reales Kellogg's



4.99

Gatorade sport drinks selected varieties 6 x 591 mL boissons d salt rantes Gatorade



5.99

PC® frozen vegetables selected varieties 350/750 g l gumes surgel s PC<sup>MD</sup>



4.49

Old El Paso tortillas 297-334 g, refried beans 398 mL or sliced jalape o pickles 250 mL selected varieties tortillas, haricots saut s ou piments jalape o tranch s Old El Paso

2.99

PC® burger spread and dips selected varieties 300 mL tartinade pour burger et trempettes PC<sup>MD</sup>



3.29

PC® whole bean or roast and ground coffee selected varieties 875-930 g caf  en grains ou torr fi  et moulu PC<sup>MD</sup>



15.99

Cottonelle bathroom tissue 6=24 rolls papier hygi nique Cottonelle



6.99

OFF! insect repellent, spray 113 g/591 mL, lotion pack 12's selected varieties insecticide, vaporisateur, lotion OFF!



7.49

Freshmart  
freshmart

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2022 Loblaws Inc.

proudly Canadian

PEFC  
PEFC01-31-136  
PEFC Certified  
www.pefc.org