

Freshmart®

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freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer

July 17th
17 juillet
National Ice Cream Day!
Journée nationale de la crème glacée!
See back page/Voir la page arrière



2.29
lb

pork loin combination chops, sirloin and rib portion bone-in, club size côtelettes de longe de porc, combinaison de coupes, portions surlonge et bout de côtes avec os, emballage familial 5.05/kg



99

iceberg lettuce, radish bunch or English cucumber product of Canada each laitue iceberg, botte de radis ou concombre anglais



Brandt kolbassa chub or Pizza Delight sliced pepperoni selected varieties, 250 g saucisson kolbassa Brandt ou pepperoni tranché Pizza Delight

3.99



6.99

Janes Pub Style breaded chicken selected varieties, frozen 700 g poulet pané Style Pub Janes

Farmer's Market™ nectarines product of U.S.A. 2 L nectarines Délices du Marché™

6.29



PC® refrigerated juice 1.54 L or Black Diamond cheese slices 410 g selected varieties jus réfrigéré PC™ ou tranches de fromage Black Diamond

2.49

Kellogg's Special K, Kashi or Vector trail mix bars selected varieties 144-295 g barres du randonnée Special K, Kashi ou Vector Kellogg's



1.99

Coca-Cola or Pepsi soft drinks selected varieties 6 x 710 mL boissons gazeuses Coca-Cola ou Pepsi



3.99

Nescafé or Taster's Choice instant coffee selected varieties 100-170 g café instantané Nescafé ou Taster's Choice



4.49



4.49

Nestlé Drumstick 4's or ice cream 1.5 L selected varieties, frozen Drumstick ou crème glacée Nestlé

Graves apple juice selected varieties 945 mL/1 L jus de pomme Graves



1.49

Carnation evaporated milk selected varieties 354 mL lait évaporé Carnation



1.49

VH sauce 341-380 mL or ready to serve Minute Rice cups 250 g selected varieties sauce VH ou contenants de riz prêt à servir Minute Rice



1.99

Royale bathroom tissue 12 double rolls, Tiger Towel paper towels 6 rolls or facial tissue 6's selected varieties papier hygiénique, essuie-tout Tiger Towel ou mouchoirs Royale



6.99

PRICES EFFECTIVE FROM THURSDAY, JULY 14TH TO WEDNESDAY, JULY 20TH, 2022/PRIX EFFECTIFS DU JEUDI 14 JUILLET AU MERCREDI 20 JUILLET 2022

FROM OUR BUTCHER
DE NOTRE BOUCHER



6⁹⁹
lb

eye of round
steak or roast*
club size
bifeck ou rôti
de noix de ronde*
15.41/kg

2⁹⁹
lb

pork loin
centre-cut chops
club size, bone-in
côtelettes de longe de
porc, coupe du centre
6.59/kg

3²⁹
lb

chicken legs
club size, fresh
cuisses de poulet
7.25/kg

DELICATESSEN
CHARCUTERIE



3⁹⁹

Donair sliced meat
or Sunrise bologna
selected varieties
275/375 g
viandes tranchées Donair
ou bologne Sunrise

6⁴⁹

Olivieri fresh pasta
500-700 g or pasta sauce
600 mL, selected varieties
pâtes fraîches ou sauce
pour pâtes Olivieri

SEAFOOD
POISSONNERIE



5⁹⁹

SeaQuest® fish fillets
skinless, boneless
selected varieties, frozen
400 g
filets de poisson SeaQuest®

10⁹⁹

PC® shrimp
appetizers
selected varieties,
frozen
300-454 g
hors-d'œuvre
de crevettes PC^{MD}



4⁹⁹

Johnsonville breakfast
sausage or rounds
selected varieties
250/375 g
saucisse à déjeuner ou
rondines Johnsonville



3²⁹

Schneiders Lunchmate kits
selected varieties
90-120 g
trousses-repas
Lunchmate Schneiders



4⁹⁹

Wong Wing entrées
selected varieties, frozen
400/500 g
plats cuisinés Wong Wing

Grocery Favourites!



4⁴⁹

Danone Activia or Oikos Greek
yogurt or drinkable yogurt
selected varieties, 3 x 150 g,
4 x 95/100 g, 8 x 100 g, 8 x 93 mL
yogourt grec Activia ou Oikos
Danone ou yogurt à boire Danino



1⁹⁹

I can't believe it's not Butter!
margarine
427 g
margarine I Can't Believe It's Not Butter!



2⁹⁹

Jell-O desserts 4's or
Kozy Shack pudding 624 g
selected varieties, refrigerated
desserts Jell-O ou pouding Kozy Shack



6⁴⁹

High Liner family pack
selected varieties, frozen
350-700 g
emballage familial High Liner



1⁷⁹

no name® pasta sauce 680 mL
or pasta 900 g
selected varieties
sauce pour pâtes ou pâtes sans nom®



1¹⁹

no name®
mushrooms
selected varieties
284 mL
champignons
sans nom®

PC® Smokin' Stampede®
barbecue sauce
selected varieties
500 mL
sauce barbecue
PC^{MD} Stampede fumé^{MC}

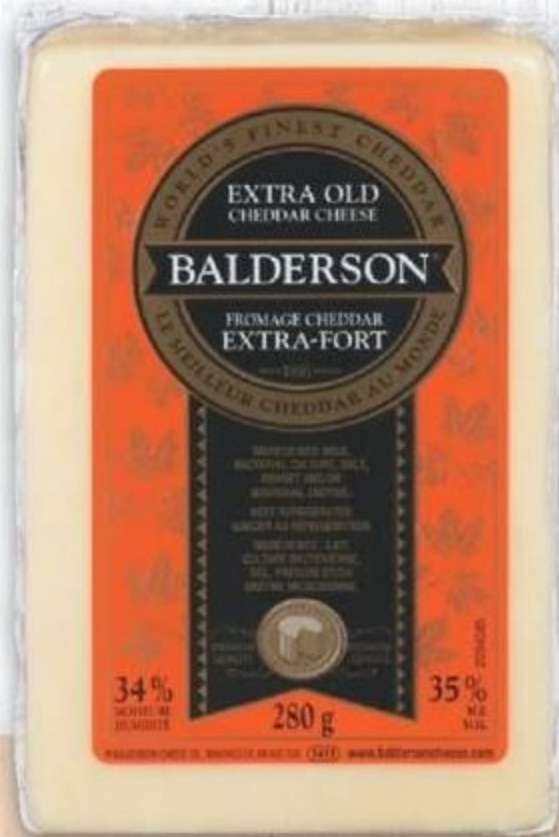
2⁷⁹



2⁴⁹

PC® The Decadent
chocolate chips
selected varieties
300 g
brisures de chocolat PC^{MD} Le décadent^{MC}

CHEESE FROMAGERIE



5⁹⁹
PC® Brie or Camembert cheese
 selected varieties
 170-200 g
 fromage brie
 ou camembert PC^{MD}

7⁹⁹
Balderson cheddar cheese
 selected varieties
 280 g
 fromage cheddar
 Balderson

**FRUITS & VEGETABLES
 FRUITS ET LÉGUMES**



1⁹⁹
 lb
broccoli crowns
 product of Canada
 couronnes de brocoli
 4.39/kg



2²⁹
 lb
Roma tomatoes
 product of Mexico
 tomates Roma
 5.05/kg



3⁹⁹
raspberries
 product of U.S.A.
 6 oz
 framboises

BAKERY BOULANGERIE



4⁹⁹
Farmer's Market™ tarts 6's or 12's or Donut Time mini donuts
 600 g, selected varieties
 tartelettes
 Délices du Marché^{MC} ou
 mini-beignes Donut Time



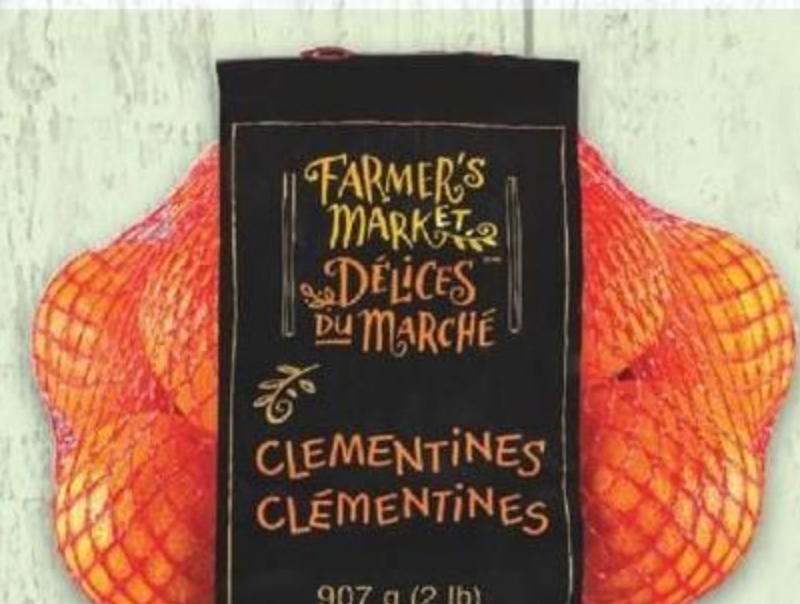
3⁴⁹
PC® mini muffins 275 g or Little Bites muffins 234 g
 selected varieties
 mini muffins PC^{MD} ou
 muffins Little Bites



7⁹⁹
 lb
cherries
 product of U.S.A.
 cerises
 17.62/kg



4⁹⁹
Eat Smart honey dijon or sweet kale salad kit
 product of U.S.A., 340 g
 trousse de salade
 chou frisé miel et dijon
 ou doux Eat Smart



3⁹⁹
Farmer's Market™ clementines
 product of South Africa
 2 lb bag
 clémentines
 Délices du Marché^{MC}

Vos Préférés!

no name® fruit drink
 selected varieties
 2 L
 boisson aux fruits
 sans nom®

1⁴⁹



Eagle Brand condensed milk
 selected varieties
 300 mL
 lait condensé
 Eagle Brand

3⁹⁹



2²⁹
Mott's Fruitsations
 selected varieties
 6's
 compote de pommes
 Mott's Fruitsations

Quaker Crispy Minis
 100 g or rice cakes
 100-199 g
 selected varieties
 galettes de riz ou
 Crispy minis Quaker

2²⁹



Kellogg's family size cereal
 selected varieties
 480-760 g
 céréales format familial
 Kellogg's

5⁹⁹



The GFB gluten free bites 113 g or PC® Organics smoothie 450 g
 selected varieties
 bouchées sans gluten
 The GFB ou mélange
 pour smoothie
 PC^{MD} Biologique

6⁴⁹



no name® luncheon paper plates
 40's
 assiettes à lunch
 en papier
 sans nom®

4⁴⁹



Dawn or Palmolive liquid dish soap
 selected varieties
 887 mL-1 L
 savon liquide à
 vaisselle Dawn ou
 Palmolive

3²⁹



July
17th
17 juillet

National Ice Cream Day! Journée nationale de la crème glacée!



Häagen-Dazs 414-500 mL
or bars 3/4's
selected varieties, frozen
desserts ou barres glacés
Häagen-Dazs

4⁹⁹



So Delicious
non-dairy frozen dessert
selected varieties
500 mL
dessert glacé sans produits laitiers
So Delicious

7⁴⁹



no name[®] ice cream
sandwiches or bars
club size, selected varieties,
frozen, 24/30's/un.
sandwichs ou barres à la crème
glacée sans nom[®]

8⁹⁹

Del Monte
frozen fruit bars
selected varieties
10 x 50 mL
barres de fruits
glacées Del Monte

5⁴⁹



PC[®] sugar cones
142 g
cornets sucrés PC^{MD}

1⁹⁹



5⁴⁹

Farmers Market[™]
Belgian waffles
420 g
gaufres belges
Délices du Marché^{MC}

PC[®] frozen fruit
selected varieties
400-600 g
fruits surgelés PC^{MD}

4⁴⁹



Gay Lea real whipped cream
selected varieties
225 g
véritable crème fouettée Gay Lea

2⁹⁹



Fluff marshmallow
spread
213 g
tartinade à la
guimauve Fluff

3⁹⁹



Smucker's Magic Shell
ice cream topping
205 g
garniture pour crème glacée
Smucker's Magic Shell

3⁹⁹



Christie mini cookies
selected varieties
180/225 g
mini biscuits
Christie

2⁷⁹



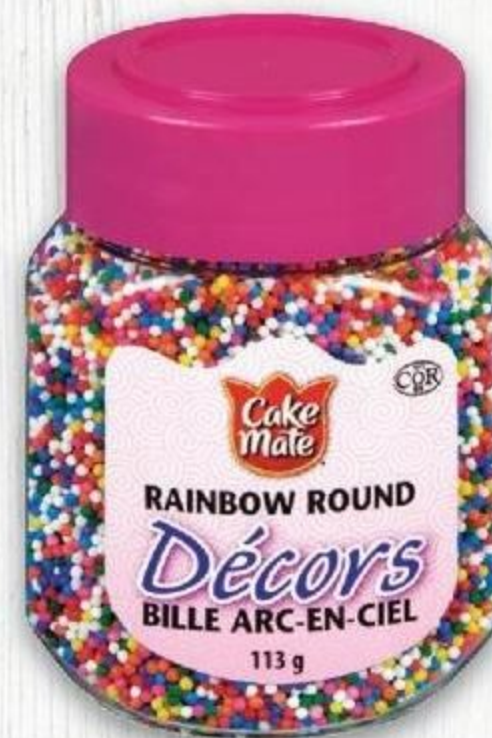
Cadbury chocolate
large pouches
selected varieties
147-200 g
grands sacs de
chocolat Cadbury

5⁷⁹



Cake Mate
Décors sprinkles
selected varieties
82/113 g
bonbons décoratifs
Décors Cake Mate

2⁴⁹



Coca-Cola soft drinks
6 x 237 mL or A&W
root beer 4 x 341 mL
selected varieties
boissons gazeuses
Coca-Cola ou
racinette A&W

4⁹⁹



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