

# Freshmart®

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

**Island Flavours**  
Saveurs des îles  
See inside page/Voi à l'intérieur



beef top sirloin  
oven roast or steak\*  
club size  
rôti ou bifteck de haut  
de surlonge de bœuf\*  
13.21/kg

**5.99**  
lb

**2.49**



PC® mushrooms 227 g  
selected varieties  
or Farmer's Market™  
English cucumbers 3's  
product of Canada  
champignons PC®  
ou concombre anglais  
Délices du Marché<sup>MC</sup>

**14.99**



PC® Pacific  
white shrimp  
ring with mild  
cocktail sauce  
frozen, 568 g



no name® 4 oz beef burgers  
1.36 kg, frozen or Swiss Chalet  
BBQ or honey garlic pork back ribs  
600 g, refrigerated  
burgers de bœuf sans nom®  
ou côtes de dos de porc barbecue  
ou miel et ail Swiss Chalet

**9.99**



**7.29**

large seedless watermelon  
product of U.S.A.  
gros melon d'eau sans pépins



**5.79**

Becel  
margarine  
selected varieties  
637/850 g  
margarine Becel



**1.49** Brunswick sardines 106 g  
or Paris Pâté 78 g  
selected varieties  
sardines Brunswick ou Paris Pâté



**2.49** Real Canadian natural  
spring water  
24 x 500 mL  
eau de source naturelle  
Real Canadian

Post cereal  
selected varieties  
311-525 g  
céréales Post

**2.99**



**1.99** McCain Superfries, breakfast  
or specialty potatoes  
selected varieties, frozen  
454-800 g  
Superfries, pommes de terre déjeuner  
ou spéciales McCain



**1.79** Italtasta 900 g  
or Hunt's pasta  
sauce 680 mL  
selected varieties  
pâtes Italtasta ou  
sauce pour pâtes Hunt's

Kraft BBQ sauce  
selected varieties  
455 mL  
sauce BBQ Kraft

**1.99**



Neal Brothers organic  
salsa 410 mL or  
Que Pasa tortilla  
chips 300/350 g  
selected varieties  
salsa biologique  
Neal Brothers ou  
croustilles de tortilla  
Que Pasa

**2.49**



Purex 1.47-2.03 L  
or Arm & Hammer  
2.21 L liquid  
laundry detergent  
selected varieties  
détergent liquide  
à lessive Purex  
ou Arm & Hammer

**4.99**



PRICES EFFECTIVE FROM THURSDAY, JULY 21<sup>ST</sup> TO WEDNESDAY, JULY 27<sup>TH</sup>, 2022/PRIX EFFECTIFS DU JEUDI 21 JUILLET AU MERCREDI 27 JUILLET 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**



**3.99**  
lb

pork sirloin  
chops or roast  
boneless, club size  
côtelettes ou rôti de surlonge de porc  
8.80/kg

**6.99**  
lb

extra lean ground beef  
club size  
bœuf haché extra-maigre  
15.41/kg

**7.99**  
lb

chicken breast fillets  
boneless, fresh, club size  
filets de poitrine de poulet  
17.61/kg



**7.99** no name®  
coil garlic sausage  
750 g  
saucisses fumées sans nom®



**8.99** no name®  
smoked sausage  
selected varieties  
900 g  
saucisses fumées sans nom®



**5.99** Strub's pickles  
selected varieties  
1 L  
cornichons Strub's

**DELICATESSEN  
CHARCUTERIE**



**8.99** Piller's pepperoni sticks  
selected varieties  
375-500 g  
bâtonnets de pepperoni Piller's



**\$5** Ziggy's®  
deli sliced meats  
selected varieties  
250-300 g  
charcuterie tranchées  
Ziggy's®

**SEAFOOD  
POISSONNERIE**



**7.99** SeaQuest®  
salmon fillets  
skinless, boneless,  
frozen  
400 g  
filets de saumon



**6.99** SeaQuest®  
New Zealand  
green-lipped mussels  
454 g or cooked or  
raw shrimps 36-45/lb,  
300 g  
frozen



**Summer Treats! Délices de l'été!**



**4.99** Klondike bars or sandwiches  
selected varieties, frozen, 4/6's  
barres ou sandwiches Klondike



**3.99** Smartfood popcorn  
or Miss Vickie's chips  
selected varieties  
150-200 g  
maïs soufflé  
Smartfood ou croustilles  
Miss Vickie's



**5.49** AHA sparkling water  
selected varieties  
12 x 355 mL  
eau pétillante AHA



**2.29** Pringles  
potato chips  
selected varieties  
137-156 g  
croustilles Pringles



**1.29** Hershey's, Reese, 3 Musketeers,  
Mars, M&M, Skor, Snickers,  
Oh Henry! or Eatmore single  
chocolate bars  
selected varieties, 30-60 g  
barres de chocolat individuelles  
Hershey's, Reese, 3 Musketeers,  
Mars, M&M, Skor, Snickers,  
Oh Henry! ou Eatmore



**2.99** Cadbury, Hershey's family size  
chocolate bars, Merci chocolate  
or Hershey's Twizzlers  
selected varieties  
barres de chocolat format familial  
Cadbury, Hershey's, chocolat Merci



**3.99** Real Fruit gummies,  
Juicy Fruit, Excel or  
Dentyne gum bottle  
selected varieties  
gummies Real Fruit,  
bouteille de gommes  
Juicy Fruit, Excel  
ou Dentyne



**5.79** Nestlé chocolate  
bar multipack 4's  
or pouches  
135-246 g  
selected varieties  
barres de chocolat  
Nestlé emballages  
multiples ou sacs

**CHEESE FROMAGERIE**



**4<sup>49</sup>** PC® cheese slices selected varieties 150-170 g tranches de fromage PC<sup>MD</sup>



**6<sup>99</sup>** Agropur Notre Dame Brie cheese 170 g or Monsieur Gustav Saint-Paulin 190 g brie Notre-Dame Agropur ou Saint-Paulin Monsieur Gustav

**BAKERY BOULANGERIE**



**3<sup>79</sup>** Farmer's Market™ loaf cakes or mini donuts or Mom's loaf cake selected varieties 204-500 g



**2<sup>49</sup>** Wonder english muffins or no name® bagels selected varieties 6's

**FRUITS & VEGETABLES FRUITS ET LÉGUMES**



**2<sup>49</sup>** broccoli each or PC® sweet cocktail tomatoes 340 g product of Canada brocoli chacun ou tomates cocktail sucrées PC®



green or yellow beans product of Canada 2 L haricots verts ou jaunes

**5<sup>49</sup>**



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

**3<sup>99</sup>**



**1<sup>99</sup>** Red Delicious apples product of U.S.A. pommes Red Delicious 4.38/kg



**1<sup>49</sup>** Ataulfo mangoes product of Mexico each mangues Ataulfo



**1<sup>49</sup>** romaine lettuce product of Canada each laitue romaine



*Island Flavours*

*Saveurs des îles*

Hereford corned beef 340 g boeuf salé Hereford



**4<sup>49</sup>**

Grace Jerk marinade 350 mL marinade à la jerk Grace



**3<sup>99</sup>**

Grace Scotch Bonnet pepper sauce 100 mL sauce au piment fort Scotch Bonnet Grace



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



**8<sup>99</sup>**

Patty King Jamaican beef patties mild or hot, frozen 1.17 kg pâtés de boeuf à la jamaïcaine Patty King



**7<sup>99</sup>**

New Treasure parboiled rice 4 kg riz étuvé New Treasure



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

Grace coconut milk 400 mL or water 500 mL or Unico beans selected varieties 540 mL lait ou eau de coco Grace ou haricots Unico

Bacardi, Minute Maid or Nestea frozen beverages selected varieties, frozen 250/295 mL boissons surgelé Bacardi, Minute Maid ou Nestea

**1<sup>49</sup>**



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

PC® canned beverage selected varieties 6 x 222 mL boisson en canette PC<sup>MD</sup>



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



Simply fruit beverage or  
Gold Peak iced tea  
selected varieties, refrigerated  
1.54/1.75 L  
boisson aux fruits Simply  
ou th  glac  Gold Peak



Pepsi soft drinks  
selected varieties  
1 L  
boissons  
gazeuses Pepsi



Ben & Jerry's  
ice cream  
selected varieties  
473 mL  
cr me glac e  
Ben & Jerry's



Kraft jam 500 mL or  
Bonne Maman spreads  
250/280 mL  
selected varieties  
confiture Kraft ou  
tartinades Bonne Maman



3.99

Quaker Dippys or  
Chewy granola bars  
selected varieties  
120-156 g  
barres granola  
Dippys ou Chewy Quaker



2.29

Yoplait YOP drinkable yogurt  
selected varieties  
200 mL  
yogourt   boire YOP Yoplait



.89

PC® condensed milk  
300 mL or Tetley tea  
20/24's  
selected varieties  
lait condens  PC<sup>MD</sup>  
ou th  Tetley



2.49

Green Giant  
vegetables  
selected varieties  
341/398 mL  
l gumes G ant Vert



1.99

PC® mustard  
selected varieties  
325 mL  
moutarde PC<sup>MD</sup>



1.99



6.49 Pogo  
selected varieties, frozen  
8/10's  
Pogo

Kraft  
parmesan grated cheese  
selected varieties  
250 g  
fromage parmesan r p  Kraft



7.49

Kraft Shake 'n Bake  
coating mix  
selected varieties  
142-184 g  
panure Shake 'n Bake  
Kraft



3.29

Fleecy liquid fabric softener  
1.22/1.36 L or sheets 80's  
selected varieties  
assouplissant textile  
liquide ou feuilles  
Fleecy



3.49



.99 no name® paper towels 2 rolls,  
bathroom tissue 2-ply 4 rolls or  
facial tissue 2-ply 90/126 sheets  
essuie-tout, papier hygi nique  
ou mouchoirs sans nom®



MADE RIGHT HERE,  
WITH 100%  
QUALITY MILK  
FAITS ICI,  
AVEC DU LAIT  
DE QUALIT    100 %

4.99 SCOTSBURN JOINS FARMERS  
Premium Ice Cream  
1.5L  
Premium Cr me glac e



4.99 SCOTSBURN JOINS FARMERS  
Ice Cream Bars  
12 x 60 mL  
Barres de cr me glac e



4.99 SCOTSBURN JOINS FARMERS  
Twin Ice Pops  
12 x 75 mL  
Sucettes glac es doubles



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.

