

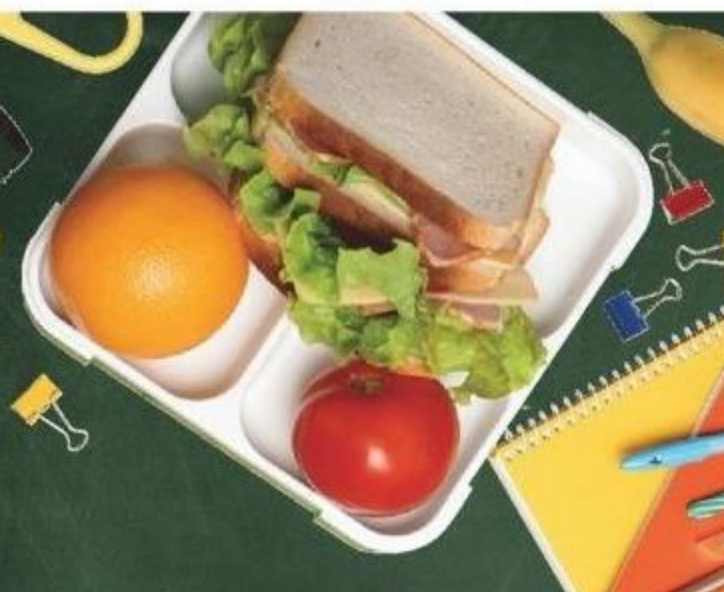
Freshmart®

visit www.freshmart.ca

freshmart RED & WHITE FOOD STORE
Your Neighbourhood Grocer

*Back to School!
Le retour à l'école!*

See inside/Voir à l'intérieur



no name® 4 oz beef burgers 1.36 kg, chicken wings 908 g, frozen or Swiss Chalet ribs 600 g, refrigerated selected varieties
burgers de bœuf 4 oz, ailes de poulet sans nom® ou côtes levées Swiss Chalet



Farmer's Market™ nectarines 2 L or peaches 3 L product of Canada nectarines ou pêches Délices du Marché^{MC}



Farmer's Market™ mini carrots 2 lb, grape tomatoes 283 g or mini cucumbers 6's product of Canada carottes miniatures, tomates raisins ou mini-concombres Délices du Marché^{MC}



pork loin combination chops, sirloin and rib portion bone-in club-size
côtelettes de longe de porc, combinaison de coupes surlonge et côte, avec os 5:05/kg



Farmer's Market™ or Mom's loaf cakes or mini donuts selected varieties 204-500 g
gâteaux quatre-quarts ou mini-beignes Délices du Marché^{MC} ou Mom's



no name® shredded cheese 320 g or cheese bars 400 g selected varieties fromage râpé ou barres de fromage sans nom®



Kellogg's Cheez-It or Keebler crackers selected varieties 191-391 g
craquelins Cheez-It ou Keebler Kellogg's



1.99

PC® soft drinks selected varieties 2 L
boissons gazeuses PC^{MD}

1.09



McCain Superfries, breakfast or specialty fries selected varieties, frozen, 454-800 g
Superfries, pommes de terre déjeuner et frites spéciales McCain

1.99



So Nice, So Fresh or Earth's Own non-dairy beverages selected varieties 1.75/1.89 L
boissons non laitières So Nice, So Fresh ou Earth's Own



3.29

Kraft BBQ sauce selected varieties 455 mL
sauce BBQ Kraft

1.99



Graves beverages selected varieties 945 mL/1 L
boissons Graves

1.49



Campbell's tomato, cream of mushroom, vegetable or chicken noodle soup 284 mL
soupe aux tomates, crème de champignons, légumes ou poulet et nouilles Campbell's

1.19



PRICES EFFECTIVE FROM THURSDAY, AUGUST 25TH TO WEDNESDAY, AUGUST 31ST, 2022 / PRIX EFFECTIFS DU JEUDI 25 AOÛT AU MERCREDI 31 AOÛT 2022

FROM OUR BUTCHER DE NOTRE BOUCHER



6⁹⁹ lb

beef top sirloin oven roast or steak* club size rôti ou bifteck de haut de surlonge de bœuf* 15.41/kg



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

6⁹⁹ lb



2⁹⁹ lb

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



3⁹⁹ lb

lean ground pork club size porc haché maigre 8.80/kg



11⁹⁹ lb

beef flank steak* club size bifteck de flanc de bœuf* 26.43/kg



3²⁹ Schneiders Lunchmate lunchkits or stackers selected varieties, 90-120 g trousses-repas ou Stackers Lunchmate Schneiders



11⁹⁹ Marcangelo souvlaki kabobs selected varieties 480/640 g brochettes de souvlaki Marcangelo



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



9⁹⁹ no name® egg rolls selected varieties, frozen 1.25 kg pâtés impériaux sans nom®

SEAFOOD POISSONNERIE



6⁹⁹ SeaQuest® raw or cooked shrimp 36-45 per lb, frozen 300 g crevettes crues ou cuites SeaQuest®



23⁹⁹ PC® grilling lobster tail skewers 200 g or Toppits cooked lobster meat 150 g, frozen



3⁹⁹ Anchor's Bay basa fillets frozen 400 g filets de pangasius Anchor's Bay



8⁹⁹ PC® candied smoked Atlantic salmon strips selected varieties, refrigerated 150 g lanières de saumon de l'Atlantique confit fumé PC^{MD}

**HARVEST SEASON!
SAISON DES RÉCOLTES!**

5.99

green zucchini, roma or field tomatoes, field or dill cucumbers
product of Canada
3 L
courgettes vertes, tomates roma ou de champs, concombres à mariner ou de champs



**CANADIAN GROWN
CULTIVÉ AU CANADA**

5.49

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



7.49

Heirloom tomatoes
product of Canada
1.5 L
tomates ancestrales



1.79

carrot bunch
product of Canada
botte de carottes



2.49
lb

broccoli crowns
product of Canada
couronnes de brocoli
5.49/kg



6.49

Farmer's Market™ blue plums
product of Canada
1.5 L
prunes bleues
Délices du Marché^{MC}



6.99
lb

red cherries
product of Canada
cerises rouges
15.41/kg

**FRUITS & VEGETABLES
FRUITS ET LÉGUMES**

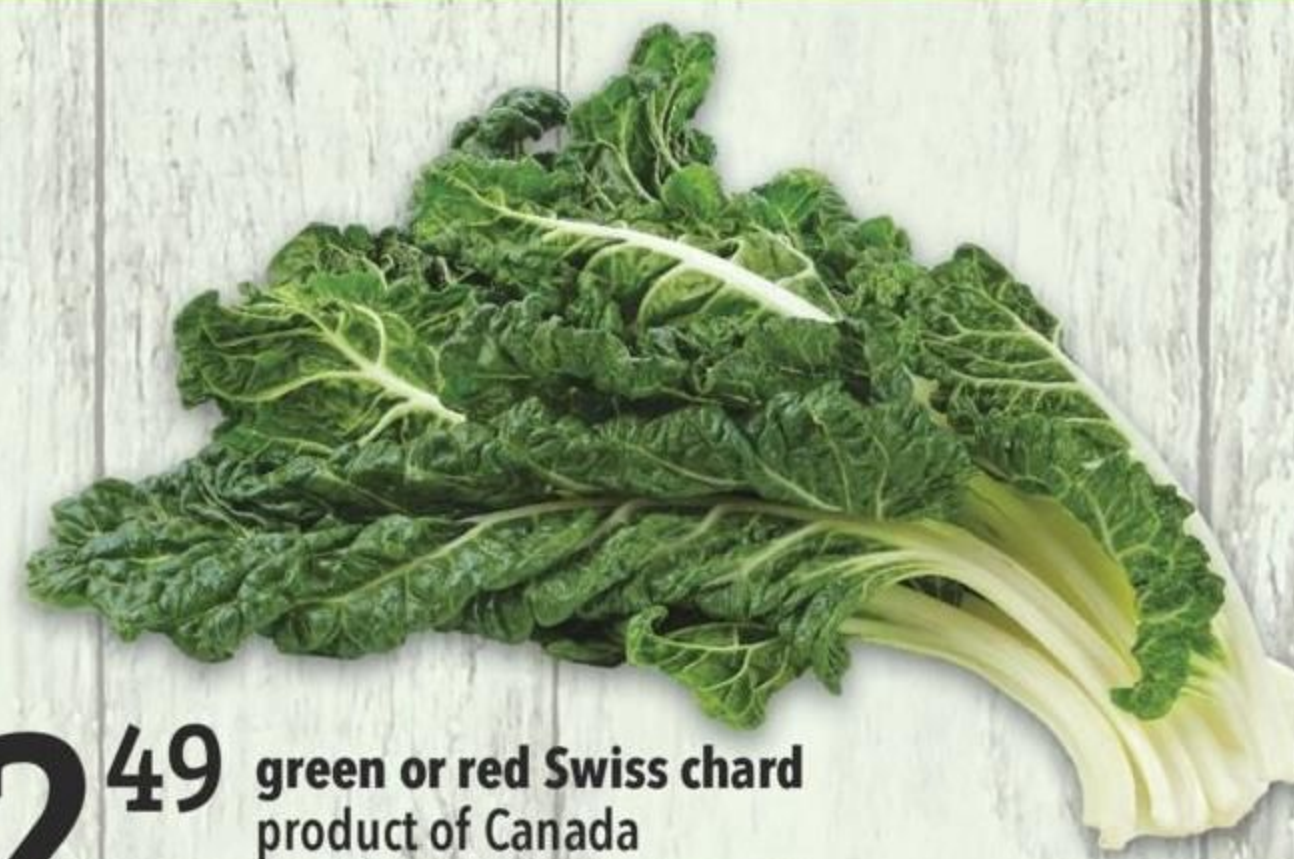
avocados
product of Mexico
5's
avocats

4.49



2.49

green or red Swiss chard
product of Canada
bette à cardes verte ou rouge



Taylor Farms salads
315-383 g or
Eat Smart kale
salads 340 g
product of U.S.A.,
selected varieties
salades Taylor Farms
ou salade de chou frisé
Eat Smart

4.99



Farmer's Market™ grapefruit
product of South Africa
3 lb bag
pampleousse
Délices du Marché^{MC}

6.49



Red Delicious apples
product of U.S.A.
pommes
Red Delicious
4.39/kg

1.99
lb



2.49
lb

santa claus, summer kiss or canary melon
product of U.S.A.
melon santa claus, summer kiss ou canari
5.49/kg



**DELICATESSEN
CHARCUTERIE**



129
/100 g

Ziggy's® ham
selected varieties,
deli service
jambon Ziggy's®

**CHEESE
FROMAGERIE**



599

Boursin cheese
selected varieties
130-150 g
fromage Boursin



Ziggy's® deli sliced meat
selected varieties
250-300 g
viande tranchée en
charcuterie jambon
Ziggy's®

499



Brandt Kolbassa
chub or **Pizza Delight**
sliced pepperoni
selected varieties, 250 g
saucisson kolbassa
Brandt ou
pepperoni tranche
Pizza Delight

499



Summer Fresh
salads
800 g
selected varieties
salades Summer Fresh

749



PC® cheese slices
150-170 g or
Snack Factory
pretzel crisps 200 g
selected varieties
tranches de fromage
PC^{MD} ou Pretzel Crisps
Snack Factory

449



PC® goat's milk,
feta cheese crumble
165/175 g or **Apetina**
feta cheese cubes 200 g
selected varieties
fromage de chèvre, feta
émietté PC^{MD} ou cubes
de fromage feta Apetina

599



PC® bocconcini
or **ricotta cheese**
selected varieties
200/454 g
fromage bocconcini
ou ricotta PC^{MD}

499

**BAKERY
BOULANGERIE**



1599

Farmer's Market™
bar cake or **La Rocca**
6 inch cakes
selected varieties
600 g-1.15 kg
gâteau rectangulaire
Délices du Marché^{MC} ou
gâteaux La Rocca, 6 pouces



ACE Bakery
Bake Your Own™
croissant or bread
selected varieties,
frozen
210-400 g

449



D'Italiano garlic
bread or baguette
selected varieties
284-330 g

379



La Fournée Dorée
Brioche bread 500 g
or **Farmer's Market™**
waffle 420 g

549

**Snack Time!
Pause-collation!**



Piller's
pepperettes
selected varieties
375-500 g
pepperettes
Piller's

899



Black Diamond
Cheestrings or
cheese sticks
selected varieties
252/336 g
Ficello ou
bâtonnets
de fromage
Black Diamond

699



PC® hummus
or **naan dippers**
selected varieties
200-280 g
hummus ou
bouchées naan
PC^{MD}

329



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

299

Grocery Essentials! Vos Essentiels!



Humpty Dumpty
snacks 250-290 g or
SunnyD 6 x 240 mL
selected varieties
mélange fiesta
HumptyDumpty ou SunnyD



349



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



449



2.27 kg
PC® or Blue Menu®
entrées
selected varieties,
frozen
2/2.27 kg
plats cuisinés PC^{MD}
ou Menu bleu^{MC}

1349



5⁹⁹
PC® or Blue Menu® smoothie
or fruit bars or PC® Skyr bars
selected varieties, frozen, 6/12's
barres au smoothie ou aux fruits PC^{MD}
ou Menu bleu^{MC} ou barres Skyr PC^{MD}



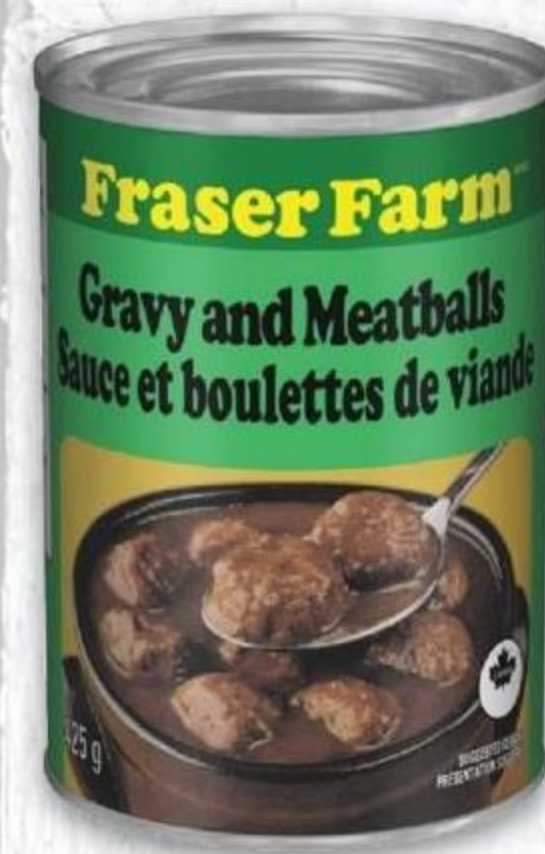
2⁹⁹
PC® Blue Menu® beans, lentils,
split peas, chickpeas or soup
mix 900 g or Tilda ready to heat
rice 250 g, selected varieties
haricots, lentilles, pois cassés, pois chiches
ou mélange à soupe PC^{MD} Menu bleu^{MC}
ou riz prêt à réchauffer Tilda



3⁹⁹
Italpasta pasta 375/500 g
or World Authentica Cuisine
pasta sauce 530 mL
selected varieties
pâtes Italpasta ou sauce pour
pâtes World Authentica Cuisine



2⁴⁹
Fraser Farms
gravy meatballs
selected varieties
425 g
sauce et ragoût
de boulettes
Fraser Farms



Bush's Best
baked beans
selected varieties
398 mL
fèves Bush's Best



2⁴⁹

PC®
flavoured mayonnaise
selected varieties
300 mL
mayonnaise aromatisée PC^{MD}

2⁷⁹



Bick's pickles
selected varieties
1 L
cornichons Bick's

4⁹⁹



PC® tea
selected varieties
20's
thé PC^{MD}

2⁴⁹



*For your
preserves!
Faites vos conserves!*



2²⁹
Club House pickling
spice 110 g, garden
fare freezer jam
powder 45 g or
Windsor coarse
pickling salt 1.36 kg
selected varieties



5⁹⁹
Bernardin
standard lids
1 piece
couvercles standards
Bernardin



14⁹⁹
Bernardin
mason jars
standard
12 x 500 mL
pots mason
Bernardin



3⁴⁹ PC®
natural vinegar
4 L
vinaigre naturel PC^{MD}

Back to School! Le retour à l'école!



Kool-Aid Jammers
10 x 180 mL or
no name® juice boxes
10 x 200 mL
selected varieties
Jammers Kool-Aid ou
boîtes de jus sans nom®



Frito Lay variety pack
selected varieties
484/504 g
emballages variés
Frito Lay



Clover Leaf tuna snacks kits
selected varieties
90 g
Gueulethon
Clover Leaf



no name® fruit bowls
selected varieties
4's
bols de fruits sans nom®

2.49



PC® Organics appletree™
6's or apple sauce 650 mL
selected varieties
Régal aux fruits^{MC} ou purée
de pommes PC^{MD} Biologique

2.99



**Giuseppe pizza fingers or
Dr. Oetker Momenti pizza**
selected varieties, frozen
170-405 g
bâtonnets de pizza Giuseppe
ou pizza Momenti Dr. Oetker

3.29



GoGo Squeez
selected varieties
4's
GoGo Squeez

2.99



Annie's macaroni & cheese
selected varieties
170 g
macaroni au cheese
Annie's

2.99



Mr. Noodles instant noodles
selected varieties
85 g
nouilles instantanées Mr. Noodles

.59



Kinder Surprise chocolate egg
20 g or Bueno bar 39/43 g
selected varieties
œuf en chocolat Surprise ou barre
Bueno Kinder

1.49



Excel gum multipack
selected varieties
75/77 g
emballage multiple
de gomme Excel

4.49

Axe deodorant
76/85 g or
body spray 113 g
selected varieties
déodorant ou
atomiseur pour
le corps Axe

5.99



Dove body wash
354/400 mL or
bar soap 318 g
selected varieties
nettoyant pour le
corps ou pain de
savon Dove

5.99



Dove antiperspirant
selected varieties
45/74 g
antisudorifique
Dove

5.29



TRESemmé hair care or styling
selected varieties
739/828 mL
soins capillaires ou
produits coiffants
TRESemmé

5.79



Start Your Day Right! Pour bien commencer votre journée!



Bolthouse smoothies
product of U.S.A.,
selected varieties
946 mL
boissons frappées
Bolthouse

4⁹⁹



Lactantia butter sticks
454 g or Yoplait Source
or creamy
yogurt 16 x 90/100 g
selected varieties
bâtonnets de beurre
Lactantia ou yogurt
Source ou crèmeux Yoplait

6⁹⁹



**Simply juice or fruit
beverage or lemonade
or Gold Peak iced tea**
selected varieties,
refrigerated,
1.54/1.75 L
jus ou boisson aux fruits
ou limonade Simply ou
thé glacé Gold Peak

3⁹⁹

no name® peanut butter
selected varieties
1 kg
beurre d'arachide sans nom®

4⁴⁹



Nutella hazelnut spread
375 g
tartinade aux
noisettes Nutella

3⁷⁹



**Wonder english muffins
or no name® bagels 6's**
selected varieties
muffins anglais Wonder
ou bagels sans nom®

2⁴⁹



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



**2⁹⁹ Eggo waffles, pancakes or
French toast**
selected varieties, frozen
8's
gaufres, crêpes ou pain doré Eggo

Pillsbury crescents or wraps
selected varieties,
refrigerated
200-235 g
croissants ou pâte pour
saucisses Pillsbury

1⁹⁹



**10⁴⁹ McCafé premium roast
coffee K-Cups**
selected varieties, 12's
K-Cups de café à torréfaction
supérieure McCafé



1⁷⁹ Snack Pack pudding or juicy gels
selected varieties
4 x 99 g
pouding ou Juicy Gels Snack Pack

PC® pancake mix
905 g or table
syrup 750 mL
selected varieties
mélange à crêpes ou
sirop de table PC^{MD}

2⁷⁹



**1⁷⁹ Silk non-dairy yogurt 150 g
or PC® Organics bars 40/48 g**
selected varieties
yogourt non laitier Silk ou barres
PC^{MD} Biologique

**PC® Organics
peanut butter**
500 g or
spread 235 mL
selected varieties
beurre d'arachide
ou tartinade PC^{MD}
Biologique

3⁹⁹



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



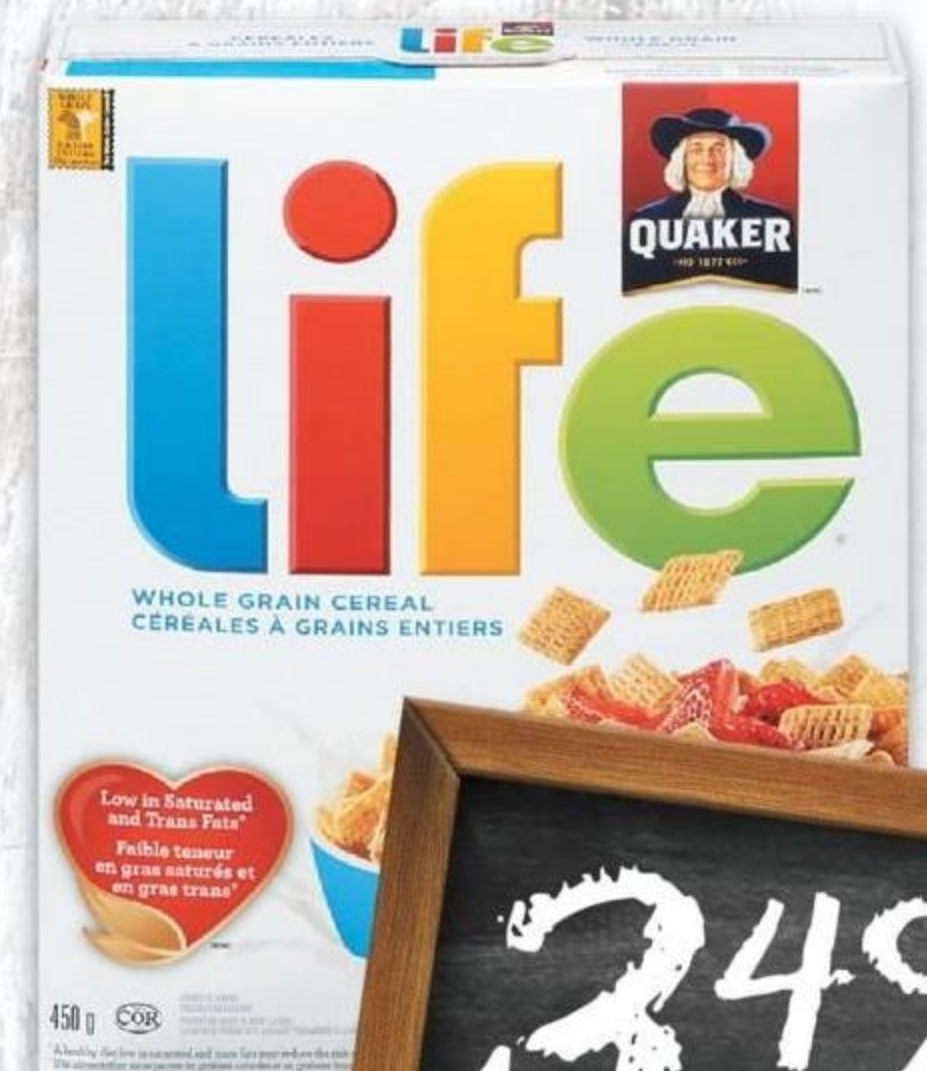
Kellogg's Special K or Nutri-Grain bars
selected varieties
144-295 g
barres Special K ou
Nutri-Grain Kellogg's

2.99



Perrier slim can 10 x 250 mL or Sanpellegrino sparkling drinks 6 x 330 mL
selected varieties
minicanettes Perrier
ou boissons p tillantes
Sanpellegrino

5.99



Quaker cereal
selected varieties
350-500 g
c reales Quaker

3.49



Becel margarine
selected varieties
637/850 g
margarine Becel

5.99

Maxwell House roast and ground coffee
selected varieties
631/925 g
caf  torr fi  et moulu
Maxwell House

12.49



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

7.99



Green Giant or Valley Selections vegetables
selected varieties, frozen
400-750 g
l gumes
Valley Selections
ou G ant Vert



3.49

PC® sorbet or Ice Cream Shop ice cream
selected varieties, frozen
946 mL
sorbet ou cr me glac e
D lices du bar laitier PC^{MD}

3.79



Campbell's ready to serve soup
selected varieties
540 mL
soupe pr te   d guster Campbell's

2.79



Whiskas Temptations cat treats
selected varieties
130-180 g
g tieries pour chats
Temptations Whiskas



2.99



1.19 Whiskas wet cat food
selected varieties
75/100 g
nourriture humide pour chats Friskies



6.29 Bonterra bathroom tissue
6=24, paper towel or facial
tissue 3=6
papier hygi nique, essuie-tout
ou mouchoirs Bonterra



5.99 Persil 1.18 L or Sunlight 1.84 L
laundry detergent, Snuggle fabric
softener 937 mL-1.47 L or sheets
105-120's, selected varieties
d tergent   lessive Persil ou Sunlight,
assouplissant textile ou feuilles Snuggle



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