

Freshmart®

visit www.freshmart.ca

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



4.49
lb

lean ground beef
club size
bœuf haché maigre
9.90/kg

3.99
lb

pork tenderloin
fresh, pkg of 2
filet de porc
8.80/kg



4.99
lb

cherries
product of U.S.A.
cerises
11.00/kg



1.59

corn
product of Canada
each
maïs

4.99

PC® cheese blocks
selected varieties
250 g
barres de fromage PC^{MD}



3.49

Philadelphia cream
cheese product
227-250 g
selected varieties
produit de fromage à la
crème Philadelphia

2.99

Mott's, Betty Crocker fruit snack,
Nature Valley or Fibre1 granola
bars, selected varieties, 125-226 g
collation aux fruits Mott's,
Betty Crocker, barres granola
Val Nature ou Fibre 1



3.29

Tostitos chips
205-300 g,
dip or salsa
416-418 g/418-423 ml
selected varieties
croustilles, trempettes
ou salsa Tostitos



8.99

Folgers roast and ground
coffee 642-920 g or pods
12's
selected varieties
café torréfié et moulu
ou dosettes Folgers



4.49

Delissio Thin Crust
or Singles pizza
selected varieties,
frozen
360-550 g
pizza Croûte mince
ou pizzas individuelles
Delissio



4.49

Clover Leaf sockeye salmon
213 g
saumon sockeye Clover Leaf



2.79

Kraft
salad dressing
selected varieties
475 mL
vinaigrette Kraft



1.29

Oasis juice,
Del Monte nectar
or Arizona iced tea
selected varieties
960 mL
jus Oasis, nectar Del Monte
ou thé glacé Arizona



1.99

Cadbury chocolate bars
selected varieties
90/100 g
barres de chocolat
Cadbury



PRICES EFFECTIVE FROM THURSDAY, AUGUST 4TH TO WEDNESDAY, AUGUST 10TH, 2022 / PRIX EFFECTIFS DU JEUDI 4 AOÛT AU MERCREDI 10 AOÛT 2022

FROM OUR BUTCHER
DE NOTRE BOUCHER



7⁹⁹
lb

chicken breasts
boneless, skinless,
club size
poitrines de poulet
17.61/kg

14⁹⁹
lb

T-bone steak*
club size
bifteck d'aloyau*
33.05/kg

9⁹⁹

Atlantic Choice® sausage
selected varieties, 1 kg
saucisses Atlantic Choice®



8⁴⁹
Lou's Kitchen entrées
selected varieties,
fully cooked
400 g
plats cuisinés Lou's Kitchen



8⁹⁹
PC® spring rolls
selected varieties, frozen
574 g
rouleaux de printemps PC^{MD}



\$10
selection of meats
selected varieties, frozen
1-1.81 kg
sélection de viandes

DELICATESSEN
CHARCUTERIE



5⁴⁹
PC® Splendido®
deli sliced meat
selected varieties, 100 g
charcuterie tranchées
PC^{MD} Splendido^{MD}



Fresh
Frais

6⁴⁹
Farmer's Market™
quiche or pot pie
selected varieties
500 g
quiche ou pâte
Délices du Marché^{MC}

SEAFOOD
POISSONNERIE



9⁹⁹
PC® peeled, cooked
cold water shrimp
150-200 per lb, 340 g or
SeaQuest® salad shrimp
125-175 per lb, 454 g
frozen



\$10
selection of fish
or seafood
selected varieties,
frozen
255 g-1.02 kg

Grocery Favourites!

Simply juice, fruit beverage
or lemonade
selected varieties, refrigerated
340 mL
jus, boisson aux fruits
ou limonade Simply

1²⁹



Cracker Barrel
cheese slices
200-240 g or Kraft
Cheez Whiz 450 g
selected varieties
tranches de fromage
Cracker Barrel ou
Cheez Whiz Kraft

5⁹⁹



no name® punch
selected varieties, frozen
283 mL
punch sans nom®

.79



6⁴⁹
PC® Cream First™ or Loads of ice cream
selected varieties, frozen
1.5 L
crème glacée La crème avant tout^{MC}
ou Pleine de PC^{MD}



11⁹⁹
High Liner Pan Sear,
Signature Cuts battered or
breaded shrimp or fish
selected varieties, frozen, 425-540 g
crevettes ou poisson en pâte
ou panés Poêlée Sélecte,
Coupes Signature High Liner

Ben's Original
Bistro Express rice
selected varieties
240/250 g
riz Bistro Express
Ben's Original

3⁷⁹



Bick's premium pickles
selected varieties
1 L
cornichons de choix Bick's

4⁷⁹



Unico olives
750 mL
olives Unico

4⁴⁹



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

CHEESE FROMAGERIE



3⁹⁹ The Laughing Cow cheese 120-133 g or Saputo cheese curds 200 g selected varieties fromage La vache qui rit ou fromage en grains Saputo

4²⁹ Castello blue cheese or Babybel cheese 100-125 g fromage bleu Castello ou fromage Babybel

FRUITS & VEGETABLES FRUITS ET LÉGUMES



3⁴⁹ PC® Organics pre-washed salads product of U.S.A., selected varieties, 142 g salades prélavées PC^{MD} Biologique



2⁹⁹

beefsteak tomatoes product of Mexico 4's tomates beefsteak



2⁴⁹ green beans product of Canada haricots verts 5.49/kg

BAKERY BOULANGERIE



2²⁹ PC® or Blue Menu® English muffins or crumpets selected varieties, 6's

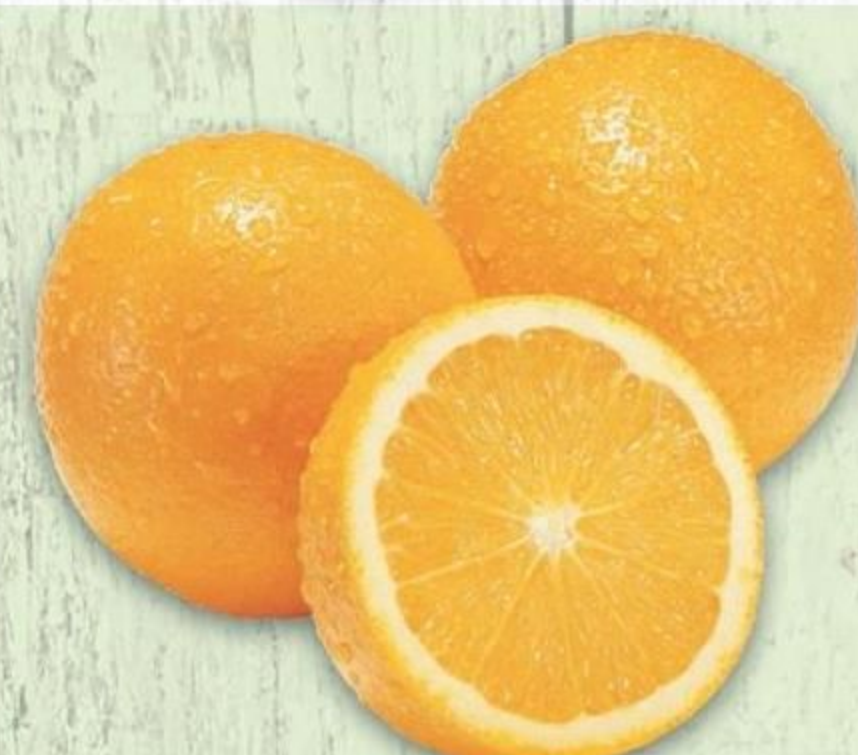
3⁷⁹ PC® naan rounds 480 g or ACE Bakery burger buns 4's selected varieties



2⁹⁹ white or yellow nectarine product of U.S.A. nectarine à chair blanche ou jaune 6.59/kg



3⁹⁹ blueberries product of Canada pint bleuets



1⁷⁹ oranges product of South Africa oranges 3.95/kg

Vos Préférés!



4²⁹ Pepsi mini cans selected varieties 6 x 222 mL mini-canettes Pepsi

3⁹⁹ Nestlé Coffeemate 425-450 g or PC® hot chocolate mix 350-500 g selected varieties Coffeemate Nestlé ou mélange à chocolat chaud PC^{MD}



4⁹⁹ Planter's mixed nuts selected varieties 200/250 g noix mélangées Planter's



2⁴⁹ Breton, Baguettes, Bold n Baked, Crisps or Vinta crackers selected varieties 100-250 g craquelins Breton, Baguette Extra exquis, Crisps ou Vinta

5⁹⁹ PC® Organics cheddar, marble or mozzarella cheese 200 g or tomato ketchup 500 mL selected varieties fromage cheddar, marbré, mozzarella ou ketchup aux tomates PC^{MD} Biologique



4⁴⁹ Quaker Harvest Crunch cereal selected varieties 400-510 g céréales Croque nature Quaker



3⁹⁹ PC® Pure or PC® Blue Menu® Twice the Fruit™ spread selected varieties 250-500 mL tartinade Pure PC^{MD} ou Deux fois plus de fruits PC^{MD} Menu bleu^{MC}



1²⁹ Cadbury chocolate bars selected varieties 32-60 g barres de chocolat Cadbury

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



Yoplait tubes 8's,
Minigo 6's or
Source 630 g yogurt
selected varieties
yogourt Tubes, Minigo
ou Source Yoplait

2⁹⁹



Oasis juice
or smoothies
selected varieties,
refrigerated
1.36-1.75 L
jus ou smoothie
Oasis

3⁴⁹



Popsicle or
Shakesicle bars
selected varieties,
frozen
6/12's
barres Popsicle ou
Shakesicle

4⁹⁹



Healthy Choice entr es
selected varieties, frozen
283-306 g
plats cuisin s Healthy Choice

3⁴⁹

Heinz tomato juice
1.36 L
jus de tomate Heinz

3²⁹



Old Dutch potato chips
selected varieties
180 g
croustilles Old Dutch

2⁹⁹



Starbucks ground or whole
bean coffee 340 g, K-Cups
10's, cold brew 946 mL or
instant coffee 90 g
selected varieties
caf  moulu ou en grains,
K-Cups, infus 
  froid ou caf 
instantan  Starbucks

9⁴⁹



Quaker oats
selected varieties
709 g-1 kg
gruau Quaker

3⁴⁹



St-Hubert sauce
selected varieties
398 mL
sauce St-Hubert

2²⁹



Dole pineapple
selected varieties
398 mL
ananas Dole

2⁴⁹



no name[®] facial tissue 6's,
paper towels, club size
12's or mega
paper towel 6's
mouchoirs, essuie-tout
Format Club ou
essuie-tout format
m ga sans nom[®]

7⁹⁹



no name[®]
windshield washer
fluid -35 C
3.78 L
lave-glace sans nom[®]

3⁷⁹



Clorox disinfecting,
liquid bleach 1.18/1.27 L
or Sunlight liquid
soap 800 mL
selected varieties
d sinfectant, eau de
Javel liquide Clorox ou
savon liquide Sunlight

2⁹⁹



Cascade
ActionPacs
25's
ActionPacs
Cascade

7⁹⁹



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