



**4.49**  
lb

**lean ground beef**  
club size  
bœuf haché maigre  
9.90/kg



**2.29**  
lb

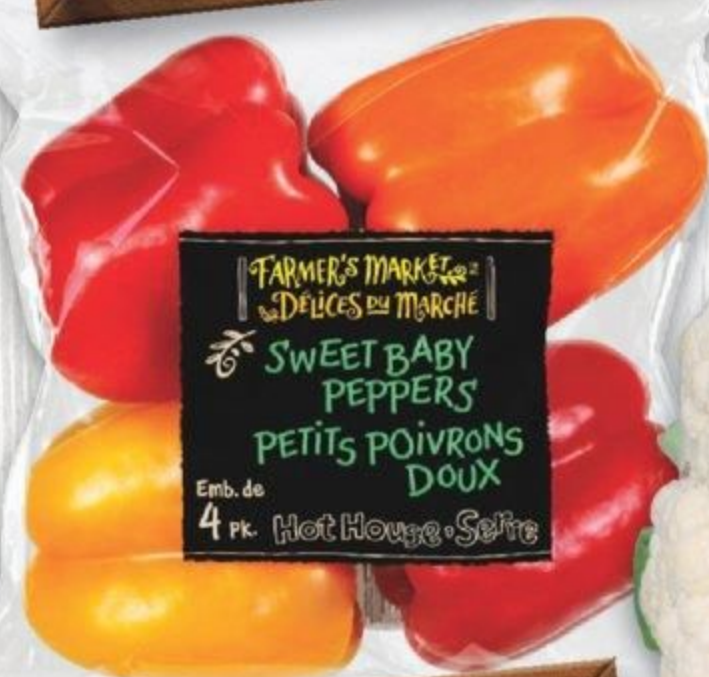
**chicken legs**  
club size  
cuisses de poulet  
5.05/kg



**SeaQuest® small scallops**  
100-150 per lb, 454 g  
or raw, white colossal  
shrimp 16-20 per lb,  
300 g, frozen  
petits pétoncles ou crevettes  
blanches crues colossales  
SeaQuest®



**6.99**



FARMER'S MARKET  
DÉLICIES DU MARCHÉ  
SWEET BABY PEPPERS  
PETITS POIVRONS DOUX  
Emb. de 4 PK. Hot House® Soft

**2.49**

**cauliflower product of Canada, each**  
**or Farmer's Market™ peppers 4's**  
product of Mexico  
chou-fleur ou poivrons  
Délicies du Marché<sup>MC</sup>



**4.49**

**Farmer's Market™ grapefruit or oranges**  
product of South Africa  
3 lb  
pamplemousse ou oranges  
Délicies du Marché<sup>MC</sup>



BOULANGERIE  
**ACE**  
BAKERY

**ACE Bakery baguette,**  
baked in-store,  
selected varieties  
325-400 g or  
PC® cinnamon raisin  
bread 675 g



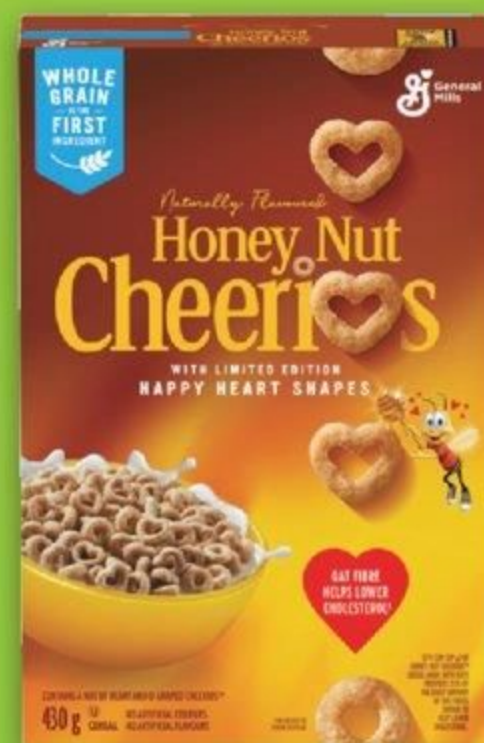
**2.79**



**5.99** Becel margarine 637/850 g or  
iÖGO 12/16's or 750 g yogurt  
selected varieties  
margarine Becel ou yogourt iÖGO

**General Mills cereal**  
selected varieties  
300-437 g  
céréales  
General Mills

**3.49**



**Coca-Cola or Pepsi soft drinks**  
selected varieties  
2 L  
boissons gazeuses  
Coca-Cola ou Pepsi

**1.99**



**Old Dutch potato chips**  
selected varieties  
180 g  
croustilles  
Old Dutch

**2.49**



**Silk non-dairy refrigerated beverage**  
selected varieties  
1.75/1.89 L  
boisson non  
laitière réfrigérée  
Silk

**3.29**



**Kraft salad dressing**  
selected varieties  
475 mL  
vinaigrette Kraft

**2.99**



**Habitant soup**  
selected varieties  
796 mL  
soupe Habitant

**1.99**



**Knorr or Lipton soup mix**  
selected varieties  
40-166 g  
mélange à soupe  
Knorr ou Lipton

**1.49**



**FROM OUR BUTCHER  
DE NOTRE BOUCHER**



**7.99**  
lb

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

**5.99**  
lb

**tenderized hip or inside round fast-fry steak\***  
club size  
bifteck de cuisse ou d'intérieur de ronde  
attendri pour sauté\*



**PC® Free From® sausage**  
selected varieties  
500 g  
saucisse  
PC<sup>MD</sup> Simplement Bon<sup>MC</sup>

**6.99**

**DELICATESSEN  
CHARCUTERIE**



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

**6.99**



**Maple Leaf Natural Selection deli sliced meat**  
selected varieties, 175 g  
charcuteries tranchées  
Natural Selections  
Maple Leaf

**5.99**

**SEAFOOD  
POISSONNERIE**



**SeaQuest® wild pink salmon fillets** 400 g or  
**PC® uncooked shrimp burger** 452 g  
frozen

**8.99**



**PC® Blue Menu® Nova Scotian sea scallops** 20-40 per lb, 400 g or **Toppits** cooked lobster meat, 150 g, frozen

**22.99**



**Maple Leaf or Schneiders bacon**  
selected varieties  
65/375 g  
bacon Maple Leaf ou Schneiders

**6.99**



**Lou's Kitchen entrées**  
selected varieties  
400 g  
plats cuisinés  
Lou's Kitchen

**7.99**



**Montana's Texas style BBQ ribs**  
refrigerated  
650 g  
côtes levées barbecue style  
Texas Montana's

**13.99**



*Home Essentials*

**Lysol all-purpose 650 mL-1.2 L, or toilet bowl cleaner 710 mL**  
selected varieties  
nettoyant tout usage ou nettoyant à cuvette Lysol

**2.99**



**PC® GREEN™ or Max™ bathroom tissue** 12=24 or **paper towels** 6's  
selected varieties  
papier hygiénique ou essuie-tout  
PC<sup>MD</sup> VERT<sup>MC</sup> ou MAX<sup>MC</sup>

**7.99**



**Glade large jar candle** each or **Kleenex facial tissue** 6's  
selected varieties  
grosse chandelle en pot Glade ou mouchoirs Kleenex

**9.99**

**Lysol disinfectant spray 350 g, liquid toilet bowl cleaner 946 mL or Clorox disinfectant wipes 75's**  
selected varieties  
vaporisateur désinfectant, nettoyant liquide à cuvette Lysol ou lingettes désinfectantes Clorox

**4.99**



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

**3.49**



**swiffer dry or wet cloths**  
selected varieties  
6-32's  
linges secs ou humides Swiffer

**11.99**

**Clorox liquid bleach 3.57 L**  
eau de javel liquide  
Clorox

**5.99**



**Fleecy fabric softener 3.5 L or dryer sheets 200's**  
selected varieties  
assouplissant textile ou feuilles pour sècheuse  
Fleecy

**10.99**



**CHEESE FROMAGERIE**



**6<sup>99</sup>** Agropur Notre Dame Brie cheese 170 g, Ile de France 250 g or Monsieur Gustav St-Paulin 190 g selected varieties brie Notre-Dame, Ile de France Agropur ou St-Paulin Monsieur Gustav

**7<sup>99</sup>** PC® Splendido® Parmigiano Reggiano cheese or pecorino romano parmigiano reggiano ou pecorino romano PC<sup>MD</sup> Splendido<sup>MD</sup> 250 g

**BAKERY BOULANGERIE**



**5<sup>79</sup>** Farmer's Market™ coffee cake or squares selected varieties 400-500 g

**3<sup>79</sup>** PC® naan rounds 8's or ACE Bakery gourmet burger buns 4's selected varieties

**FRUITS & VEGETABLES FRUITS ET LÉGUMES**



Farmer's Market™ Paula Red apples product of Atlantic provinces 4 lb pommes Paula Red Délices du Marché<sup>MC</sup>

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



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

blackberries or raspberries product of U.S.A. or Mexico 6 oz mûres ou framboises



Farmer's Market™ corn product of Canada 5's maïs Délices du Marché<sup>MC</sup>

**4<sup>29</sup>**



**3<sup>79</sup>** Farmer's Market™ baking potatoes 4's or rutabaga 5 lb product of Atlantic provinces pommes de terre au four Délices du Marché<sup>MC</sup> ou rutabaga



**3<sup>49</sup>** cocktail tomatoes 454 g product of Canada, beefsteak tomatoes 4's or PC® hot jalapeños 226 g product of Mexico tomates cocktail ou bifteck ou jalapenos forts PC®



**4<sup>99</sup>** PC® chop salad kits product of U.S.A., selected varieties, 298-369 g trousses de salade hachée PC<sup>MD</sup>

*Les essentiels pour la maison*

Febreze air freshener 250 g, car clip 2 mL or Mr. Clean cleaner 473 mL-1.33 L, Magic Eraser 2/3's or lint rollers 6's selected varieties assainisseur d'air ou pince pour bouche d'aération Febreze ou nettoyant, Effaceur magique ou rouleaux pour peluches M. Net



**4<sup>99</sup>**



**2<sup>99</sup>** Alcan foil 50 ft, Glad plastic cling wrap 60 m or Reynolds parchment paper 35 ft selected varieties papier d'aluminium Alcan, pellicule plastique Glad ou papier parchemin Reynolds

Vileda broom each or Glad garbage bags 20-50's selected varieties balai Vileda ou sacs à ordures Glad



**10<sup>99</sup>**

Cascade dishwasher detergent pods selected varieties 16-25's pastilles pour lave-vaisselle Cascade



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



**5<sup>99</sup>** Pine-Sol cleaner 1.41 L or Bounce fabric softener sheets 40/80's selected varieties nettoyant Pine-Sol ou assouplissant textile Bounce

Eco Max bathroom cleaner or disinfecting all purpose cleaner 800 mL nettoyant pour salle de bains ou nettoyant désinfectant tout-usage Eco Max

**4<sup>99</sup>**



Seventh Generation liquid dish detergent 539-562 mL or Nature Clean multi-surface cleaner 740 mL selected varieties détergent liquide à vaisselle Seventh Generation ou nettoyant à multiples surfaces Nature Clean

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



Nature Clean laundry liquid 3 L or everyone kids soap 946 mL selected varieties détergent liquide à lessive Nature Clean ou savon pour enfants Everyone

**14<sup>49</sup>**



# Grocery Essentials! Vos Essentiels!



McCafé premium  
roast ground or  
whole bean coffee  
selected varieties  
900/950 g  
café moulu ou en  
grains à torréfaction  
supérieure McCafé



Leclerc Go Pure  
or Tim Hortons  
granola bars  
selected varieties  
140-175 g  
barres Go Pure  
Leclerc ou granola  
Tim Hortons



Doritos chips  
selected varieties  
210-280 g  
croustilles Doritos



Fruité Drink  
selected varieties  
2 L  
boisson Fruité



Bick's pickles  
selected varieties  
500 mL  
cornichons Bick's

4.99



Del Monte fruit  
selected varieties  
398 mL  
fruits Del Monte

2.99



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

3.99



3.99

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



Old El Paso tortillas 297-334 g,  
refried beans 398 mL or pickled  
sliced jalapeños 250 mL  
selected varieties  
tortillas, haricots sautés ou piments  
jalapeño tranchés Old El Paso

2.99



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

6.49

Bacardi,  
Minute Maid or  
Nestea frozen  
beverage  
selected varieties  
250/295 mL  
boisson Bacardi,  
Minute Maid  
ou Nestea

1.49



Milk-Bone  
dog treats  
900 g  
gâteries pour  
chiens Milk-Bone

5.49



make the  
4th quarter sweet  
donnez  
du pep au 4e quart



OFFICIAL SPONSORS OF THE  
NATIONAL FOOTBALL LEAGUE  
COMMANDITAIRES OFFICIELS DE LA LIGUE NATIONALE DE FOOTBALL



M&M's chocolate candies  
selected varieties  
100-120 g  
bonbons au chocolat m&m's



Starburst, Skittles  
or LifeSavers candy  
selected varieties  
150-191 g  
friandises Starburst,  
Skittles ou LifeSavers



Exel or Juicy Fruit  
sugar-free gum  
selected varieties  
75/77 g  
gomme sans sucre  
excel ou Juicy Fruit



Excel, 5 or Juicy Fruit  
sugar-free gum  
selected varieties  
35/40/60's  
gomme sans sucre  
excel, 5 ou Juicy Fruit



chocolate bars  
selected varieties  
30-60 g  
barres de chocolat



© 2022 Mars or affiliates. © 2022 Mars ou ses sociétés affiliées



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 Loblaw's Inc. and others. All rights reserved. © 2022 Loblaw's Inc.

