Freshmart®

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freshmart RED & WHITE FOOD STORE
Your Neighbourhood Grocer

Fall Favourites

See inside

Les favoris de l'automne

Voir à l'intérieur



4.99 lb

boneless bottom blade roast or steak*
club size
rôti ou bifteck de bas de palette désossé*
11.00/kg



2.29 lb

Cook's portion ham
portion de jambon Cook's
5.05/kg

3.99

PC® cheese slices
selected varieties
150-170 g
tranches de fromage PC^MD





small honeydew melon each **or strawberries** 1 lb
product of U.S.A.
petit melon miel ou fraises

3.99



2.29 lb

green beans or red, yellow or orange peppers
product of Canada
haricots verts ou poivrons rouges, jaunes ou orange
5.05/kg



Lactantia butter
selected varieties
454 g
beurre Lactantia

4.49

Lantic sugar
2 kg
sucre Lantic
1.99



Folgers coffee
642-920 g
or pods 12's
selected varieties
café ou dosettes Folgers
8.99



Coca-Cola, Canada Dry or Pepsi soft drinks
selected varieties
12x355 mL
boissons gazeuses Coca-Cola, Canada Dry ou Pepsi
6.49



Cadbury chocolate bars
selected varieties
90-100 g
barres de chocolat Cadbury
1.99



Terra Delyssa extra virgin olive oil
1 L
huile d'olive extra-vierge Terra Delyssa
8.99





1.99 **Italpasta** 900 g
or Hunt's sauce 680 mL
selected varieties
pâtes Italpasta ou sauce Hunt's

Rooster™ scented rice
selected varieties
8 kg
riz parfumé Rooster^MC
15.99



PC® maple syrup
500 mL
sirop d'érable PC^MD
7.49



PRICES EFFECTIVE FROM THURSDAY, SEPTEMBER 29TH TO WEDNESDAY, OCTOBER 5TH, 2022/PRIX EFFECTIFS DU JEUDI 29 SEPTEMBRE AU MERCREDI 5 OCTOBRE 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



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



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



whole chicken
bagged
poulet entier
7.69/kg



chicken wings
club size
ailes de poulet
11.00/kg



PC® Free From® lean ground beef
fresh, 454 g
bœuf haché maigre PC^MD Simplement Bon^MC



8.49 **no name® coil garlic sausage**
750 g
saucisson à l'ail sans nom®



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



3.99 **no name® stuffed chicken**
selected varieties, frozen
284 g
poulet farci sans nom®



8.49 **Beyond Sausage plant-based links**
selected varieties, 400 g
saucisse à base de plantes Beyond Sausage

SEAFOOD
POISSONNERIE



6.99 **SeaQuest® fish fillets**
frozen
400 g
filets de poisson SeaQuest®



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



9.99 **PC® hot smoked candied or spicy salmon strips**
150 g
lanières de saumon confit fumé à chaud ou épicées PC^MD



15.99 **PC® bacon-wrapped wild sea scallops**
frozen
260 g
pétoncles sauvages géants bardés de bacon PC^MD

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

FRUITS & VEGETABLES
FRUITS ET LÉGUMES

2.49

spinach
product of Canada
bunch
épinards







4.99

Eat Smart 311/340 g
or Taylor Farms
315-383 g **salad kits**
product of U.S.A.
selected varieties
trousses de salade
Eat Smart ou Taylor Farms



.99

lemons, product of South Africa
or limes, product of Mexico
each
citrons ou limes



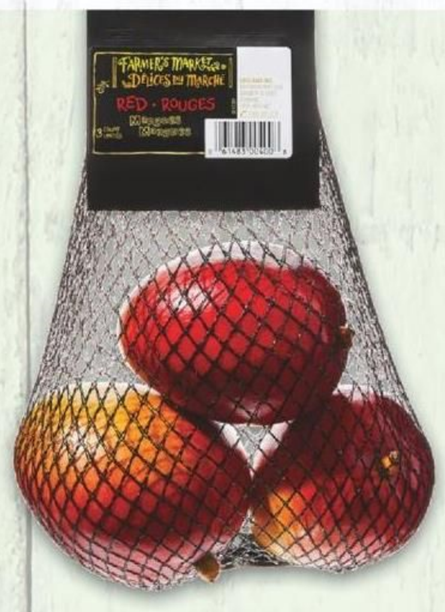
1.99 lb

Golden Delicious
apples
product of Atlantic provinces
pommes Golden Delicious
4.39/kg



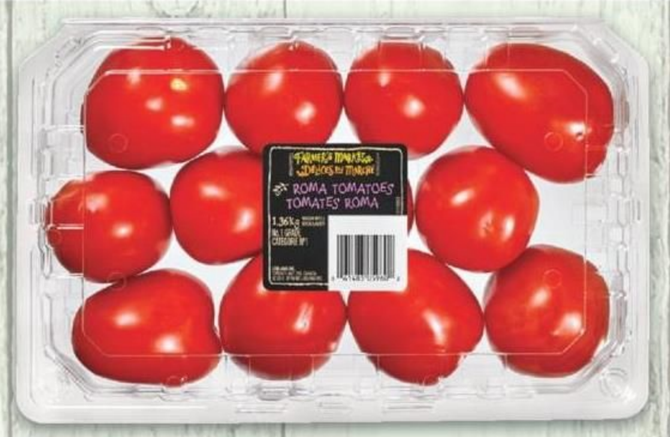
no name®
Naturally Imperfect™
zucchini
product of Canada, 2.5 lb
courgette
Naturellement imparfaits^MC
sans nom®

2.99



Farmer's Market™
mangoes
product of Brazil
3's
mangues
Délices du Marché^MC

4.99



6.99 **Farmer's Market™ Roma tomatoes**
product of Mexico
3 lb
tomates Roma Délices du Marché^MC



PC®
Boston live lettuce
product of Canada
each
laitue Boston vivante
PC^MD

1.99



.89 lb **green or red cabbage**
product of Atlantic provinces
chou vert ou rouge
1.96/kg

Farmer's Market™
sweet potatoes or
PC® mini potatoes
product of Canada
5 lb
patates douces
Délices du Marché^MC
ou mini-pommes
de terre PC^MD

8.99



PC® salad dressings
product of Canada or U.S.A.,
selected varieties
350/355 mL
vinaigrettes PC^MD

3.79



DELICATESSEN CHARCUTERIE



1.79 /100 g

Ziggy's® Montreal smoked meat
viande fumée montréalaise Ziggy's®



4.99 **Ziggy's® sliced deli meat**
selected varieties
250-300 g
viandes de charcuterie tranchées Ziggy's®



5.99 **PC® 5-layer Fiesta dip** 454 g **or Yucatan guacamole**
340-454 g
selected varieties
trempette étagée Fiesta PC[MD] ou guacamole Yucatan



8.99 **Schneiders pepperettes or bites**
selected varieties
250-375 g
pepperettes ou bouchées Schneiders

CHEESE FROMAGERIE



6.99

Monsieur Gustav St-Paulin, Champfleury or Oka cheese
selected varieties
190 g
fromage Monsieur Gustav, Saint-Paulin, Champfleury ou OKA



6.49 **Apetina cubed feta**
200 g
feta en cubes Apetina



5.99 **Tre Stelle ricotta or bocconcini cheese**
selected varieties
200-475 g
fromage ricotta ou bocconcini Tre Stelle



7.99 **Bella Vitano cheese**
selected varieties
150 g
fromage Bella Vitano

BAKERY BOULANGERIE



4.49

Farmer's Market™ cookies
selected varieties
12's
biscuits Délices du Marché[MC]



4.49 **Farmer's Market™ or La Fournée Dorée croissants**
selected varieties
210-336 g



3.49 **Vachon snack cakes**
selected varieties
252-336 g
petits gâteaux Vachon



3.99 **PC® extra raisins hot cross buns or ACE Bakery bagels**
272-360 g

Entertaining Pour vos réceptions



PC® hors d'oeuvres
selected varieties, frozen
240-480 g
hors-d'œuvre PC[MD]

PRICES EFFECTIVE
FOR 3 WEEKS!
September 22 to October 12, 2022

Fall Essentials!



Franco American gravy
selected varieties
284 mL
sauce Franco American



Kraft Stove Top stuffing mix
selected varieties
120 g
mélange à farce Stove Top Kraft



Campbell's broth
selected varieties
900 mL
bouillon Campbell's



1.79 **Knorr Sidekicks side dishes**
selected varieties
124-162 g
plats d'accompagnement Sidekicks Knorr



3.49 **Green Giant or Valley Selections vegetables**
selected varieties, frozen
400-750 g
légumes Valley Selections ou Géant Vert

Betty Crocker mashed or scalloped potatoes
selected varieties
141-215 g
pommes de terre en purée ou gratin dauphinois Betty Crocker

2.49



Minute Rice
selected varieties
500-700 g
Minute Rice

5.49





PC® Splendido® cold-pressed extra virgin olive oil
1 L
huile d'olive extra vierge pressée à froid PC^MD Splendido^MD

9.99



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

Kraft Miracle Whip spread
selected varieties
650/890 mL
tartinade Miracle Whip Kraft

4.99



Campbell's soup
selected varieties
284 mL
soupe Campbell's

2.29





3.99 **Cool Whip dessert topping**
selected varieties, 1 L
garniture fouettée Cool Whip



3.99 **Tenderflake pastry puff, pie or tart shells**
selected varieties, frozen
255-350 g
pâte feuilletée, croûtes à tarte ou tartelettes Tenderflake



.99 **Arm & Hammer baking soda** 250 g **or Jell-O** 85 g
selected varieties
bicarbonate de soude Arm & Hammer ou Jell-O

Betty Crocker cake mix or frosting
selected varieties
340-461 g
mélange à gâteau ou glaçage Betty Crocker

2.29



Fleischmann's yeast
selected varieties
113 g
levure Fleischmann's

4.49



Les essentiels de l'automne!

PRIX EN VIGUEUR POUR 3 SEMAINES!
September 22 to October 12, 2022



no name® lemonade or iced tea
selected varieties, refrigerated
1.75 L
limonade ou thé glacé sans nom®

1.99



no name® cream cheese
selected varieties
227/250 g
fromage à la crème sans nom®

2.99



Dare Breton, Vinta or Grissol crackers or baguettes
selected varieties
100-250 g
craquelins Breton, Vinta ou craquelins ou baguettes Grissol Dare

2.49

Tetley, Red Rose or Salada tea
selected varieties
60/72's
thé Tetley, Red Rose ou Salada

4.49





PC® ground coffee 112-340 g **or coffee pods** 8-14's
selected varieties
café moulu ou dosettes de café PC^MD

8.49

Starbucks or Stok coffee beverage
selected varieties, refrigerated
1.18/1.42 L
boisson au café Starbucks ou Stok

6.99





V8 vegetable cocktail
selected varieties
6 x 156 mL
cocktail de légumes V8

2.99

Green Giant vegetables
selected varieties
341/398 mL
légumes Géant Vert

1.79



Ocean Spray whole or jellied cranberry sauce
selected varieties
348 mL
sauce aux canneberges entières ou en gelée Ocean Spray

1.99



Dole pineapple
selected varieties
398 mL
ananas Dole

2.29



Pringles potato chips
selected varieties
137-156 g
croustilles Pringles

2.29



no name® plastic cutlery 48's **or straws** 200's
selected varieties
coutellerie en plastique ou pailles sans nom®

2.29





Royal Chinet 6.75 inch dessert plates, 40's
assiettes à dessert Royal Chinet

3.99



Royal Chinet 10.38 inch dinner plates, 40's
assiettes plates Royal Chinet

7.99



no name® napkins
500's
serviettes sans nom®

5.99



no name® roaster pans
selected varieties
family size, each
rôtissoires sans nom®

2.99



Fall Favourites
Les favoris de l'automne



Quaker oats
selected varieties
709 g-1 kg
gruau Quaker



no name® orange juice, Fruitopia, Nestea or Peace Tea beverages
selected varieties, refrigerated, 1.75 L
jus d'orange sans nom®, boissons Fruitopia, Nestea ou Peace Tea



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



3.49 **no name® processed cheese slices**
selected varieties
400 g
tranches de fromage fondu sans nom®

Black Diamond Cheestrings Ficello
selected varieties
252/336 g
Ficello Black Diamond
6.99





3.49 **no name® cheese bars**
selected varieties
200 g
barres de fromage sans nom®



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

Liberté Greek 650-900 g **or Classique drinkable** 1 L **yogurt**
selected varieties
yogourt grec ou yogourt à boire classique Liberté
5.99



no name® whipped topping
225 g
garniture fouettée sans nom®
1.99



Minute Maid orange juice
selected varieties, frozen
295 mL
jus d'orange Minute Maid
1.79



Nutella hazelnut spread
725 g
tartinade aux noisettes Nutella
6.99



SunnyD beverage
selected varieties
6 x 240 mL/1.89 L
boisson SunnyD
3.29





2.99 **Kellogg's Eggo waffles**
selected varieties
280-330 g
gaufres Kellogg's Eggo



Fall Favourites
Les favoris de l'automne



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

1.29



Dr. Oetker Giuseppe or The Good Baker pizza
selected varieties, frozen
300-785 g
pizza Giuseppe ou The Good Baker Dr. Oetker

5.49



Kraft parmesan grated cheese
selected varieties
250 g
fromage parmesan râpé Kraft

7.99



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

1.99



ET TU caesar salad mix
original
132 g
mélange à salade césar ET TU

2.99



Del Monte canned fruit
selected varieties
796 mL
fruits en conserve Del Monte

3.99



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

4.49



PC® Vinaigrette dressings
selected varieties
350 mL
vinaigrettes PC^MD

2.99



PC® Splendido® pesto 270 mL **or tomato basil bruschetta** 410 mL
selected varieties
pesto ou bruschetta tomate et basilic PC^MD Splendido^MD

3.99



1.79 **no name® noodles**
selected varieties
340 g
nouilles sans nom®



2.99 **Cheemo perogies**
selected varieties
907 g
perogies Cheemo



4.99 **no name® 3 inch tart shells**
selected varieties
570 g
croûtes à tarte 3 po sans nom®

5.99



no name® pizza pouches
selected varieties, frozen
8's
pizzas en poche sans nom®



1.49 **no name® spinach**
selected varieties
300 g
épinards sans nom®



Fall Favourites
Les favoris de l'automne



Heinz tomato juice
1.36 L
jus de tomate Heinz

3.49



Carnation Simply hot chocolate
400 g
mélange à chocolat chaud Simplement Carnation

4.79



Ruffles potato chips
selected varieties
180-200 g
croustilles Ruffles

3.79

Ocean Spray sparkling cranberry beverage
selected varieties
6 x 340 mL
boisson pétillante aux canneberges Ocean Spray

6.99



SunRype juice
selected varieties
1.36 L
jus SunRype

2.99



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



PC® peanuts
selected varieties
700 g
arachides PC^MD

4.29



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

4.49



Haribo gummy candy or Nestlé chocolate bars
selected varieties, 66-175 g
friandises gélifiées Haribo ou barres de chocolat Nestlé

2.99





Hot-Kid Mum-Mum infant snacks
50 g **or PC® Organics baby food tubs** 2 x 128 mL, selected varieties
collations pour tout-petit Mum-Mum Hot Kid ou contenants d'aliments pour bébé PC^MD Biologique

2.79

Jergens lotion
selected varieties
620 mL
lotion Jergens

8.49





.99 **Whiskas cat food**
selected varieties, 75 g
nourriture pour chats Whiskas

Pedigree dog food
selected varieties
8 kg
nourriture pour chiens Pedigree

20.99



FALL FAVOURITES
VOS FAVORIS DE L'AUTOMNE



PC® The Decadent® chocolate chip cookie
selected varieties
280/300 g
biscuits aux brisures de chocolat PC^MD Le décadent^MC

3.29



PC® orange juice
selected varieties, refrigerated
2.63 L
jus d'orange PC^MD

4.99



PC® Kettle Cooked original potato 200 g **or tortilla** 320-350 g **chips**
selected varieties
croustilles originales Cuites à la marmite ou croustilles de tortilla PC^MD

1.99



PC® fries
selected varieties, frozen
400-650 g
frites PC^MD

3.29

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



6.49

PC® chocolate covered nuts or fruits
selected varieties
200-340 g
noix ou fruits enrobés de chocolat PC^MD



6.29

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



2.49

PC® croutons
selected varieties
99/140 g
croûtons PC^MD



2.29



PC® crackers or ButterTwists
selected varieties
100-225 g
craquelins ou paillettes PC^MD



PC® Blue Menu® beans, lentils, split peas, chick peas, soup mix, rice or quinoa
selected varieties, 250/900 g
haricots, lentilles, pois cassés, pois chiches, mélange de soupe, riz ou quinoa PC^MD Menu bleu^MC

2.99



PC® MSC white tuna
selected varieties
170 g
thon blanc MSC PC^MD

2.49

PC® Organics rolled oats 1 kg **or Greek yogurt** 500 g
selected varieties
gruau ou yogourt grec PC^MD Biologique



4.99



PC® dinner napkins
180's
serviettes de table PC^MD

5.99

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