



\$4
lb

inside round oven roast or steak*
club size
8.82/kg
rôti ou bifteck à mariner
d'extérieur de ronde*



\$4
lb

pork tenderloin
pkg of 2
filet de porc
8.82/kg

Ziggy's® fresh
pasta or salads
selected varieties
350-454 g
pâtes ou salades
fraîches Ziggy's®



\$2



\$1

Belleisle coleslaw
product of Canada
227 g
salade de chou Belleisle



\$2

broccoli each or
PC® mushrooms 227 g
product of Canada
brocoli ou champignons PC^{MD}

PC® Orri mandarins
product of South Africa
2 lb
mandarines Orri PC^{MD}

\$4



\$3

PC® iced tea, lemonade or orange
juice 1.54 L or Danone
Activia yogurt 650 g
selected varieties,
refrigerated
thé glacé, limonade
ou jus d'orange PC^{MD} ou
yogourt Activia Danone



\$2

Pepperidge Farm
Goldfish 167-200 g
or Dare Bear Paws
cookies 168-240 g
selected varieties
Goldfish
Pepperidge Farm
ou biscuit
Pattes d'ours Dare



\$2

Kellogg's
Pop-tarts 140/384 g,
Rice Krispies squares
or bars 176 g
selected varieties
Pop-tarts, carrés ou
barres Rice Krispies
Kellogg's



2 for \$9
or \$4.50 ea.

Nescafé 100-170 g
or Taster's Choice
instant coffee
100 g
selected varieties
café instantané
Nescafé ou
Taster's Choice



2 for \$7
or \$3.50 ea.

Dr. Oetker Ristorante 320-390 g
or Casa di Mama
pizza 395-410 g
selected varieties,
frozen
pizza Ristorante
ou Casa di Mama
Dr. Oetker



2 for \$9
or \$4.50 ea.

Heinz ketchup
1 L
ketchup Heinz



4 for \$5
or \$1.25 ea.

Kraft Dinner original
225 g or cup 58 g
selected varieties
Kraft Dinner original
ou en contenant



\$6

Purex or ARM & HAMMER
liquid laundry
detergent
selected varieties
1.47-2.21 L
détergent liquide
à lessive Purex ou
ARM & HAMMER

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

FROM OUR BUTCHER

Dollar Sale Vente du dollar Dollar Sale

DE NOTRE BOUCHER



\$5 lb

pork loin roast or chops
club size, boneless
rôti ou côtelettes de longe de porc
11.02/kg



\$15 lb

cap-off rib grilling steak*
club size
bifteck de côte
paré à griller*
33.07/kg



\$4 lb

pork sideribs
club size
côtes de flanc de porc
8.82/kg



\$8 lb

beef stir fry strips*
club size
lanières de bœuf à sauter*
17.63/kg



\$7

Maple Leaf Prime ground turkey
extra lean
454 g
dinde hachée Prime Maple Leaf



\$9

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



\$9

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



\$14

no name®
crispy southern-style
chicken
8's
poulet pané croustillant
sans nom®



\$11

PC® Too Good To Be Wings®
boneless chicken or
turkey chunks
selected varieties, frozen
800 g
morceaux de poulet
ou dinde sans os
PC^{MD} Mieux que des ailes^{MC}

EVERY DAY LOW PRICE - BAS PRIX DE TOUS LES JOURS

your choice au choix
\$10

selection of meats
selected varieties, frozen
994 g-1.81 kg
sélection de viandes

selection of fish and seafood
selected varieties, frozen
255 g-1.021 kg
sélection de poissons et fruits de mer



your choice au choix
\$4

Villa Di Manno
blueberry danish or
raspberry fruit sticks
340 g
danoise aux bleuets ou
bâtonnets aux framboises
Villa Di Manno



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



tomatoes on the vine
product of Canada
tomates sur vigne
2.20/kg

\$1 lb



HARVEST SEASON
SAISON DES RÉCOLTES

Farmer's Market™
bartlett pears
product of Canada
2 L
poires bartlett
Délicés du Marché™

\$7



18 oz

blueberries
product of Chile
18 oz
bleuets

\$7



2 for
\$3
or \$1.50 ea.

celery each or radish 1 lb
product of Canada
céleri ou radis



\$3

PC® axiany tomatoes 255 g
or Live Lettuce Trio
product of Canada
tomates axiany trio de laitue vivante PC™



\$2

beets or PC® creamy gold potatoes
product of Canada, 2 lb
betteraves ou pommes de terre jaunes
et crémeuses PC™

\$6

PC® Cara Cara
navel oranges
product of South Africa
3 lb bag
oranges navel Cara Cara PC™



\$6

Sungold kiwi
product of New Zealand
1 lb
kiwi Sungold



1 lb

Popeye select spinach
283 g or PC® kale
or cauliflower slaw
340 g
product of U.S.A.
épinards de choix
Popeye ou salade
de chou frisé ou
chou-fleur PC™



2 for
\$7
or \$3.50 ea.

peaches
product of U.S.A.
pêches
6.61/kg
\$3 lb



2 for
\$9
or \$4.50 ea.

Prime Time mini peppers 454 g or
Fresh Attitude dry shallots 750 g
product of Canada
mini-poivrons Prime Time ou
échalotes françaises Attitude Fraîche



DELI CHARCUTERIE

Main Street sliced deli meat
100-200 g or Donair sauce
250 mL
selected varieties
charcuteries tranchées
Main Street ou sauce Donair



CHEESE FROMAGERIE

PC® double cream
or goat Brie or
Camembert cheese
selected varieties
165-200 g
brie double crème
ou brie de chèvre
ou camembert PC^{MD}



\$4
Sunrise
bologna
selected varieties
375 g
bologne Sunrise



\$7
Farmer's MarketTM
quiche or pot
pies
selected varieties
500 g
quiche ou pâtés
Délices du Marché^{MC}



\$4
Yves
veggie meals
selected varieties
120-340 g
plats cuisinés
veggie Yves



\$6
PC® cheese
blocks 250 g
or Balderson
cheese 126-140 g
selected varieties
barres de fromage
PC^{MD} ou fromage
Balderson



\$5
Castello
blue cheese
113/125 g
fromage bleu
Castello



\$10
Jarlsberg 250 g
or Monsieur Gustav
cheddar trio 300 g
or PC® Emmentaler
cheese 350 g
jarlsberg ou trio
de cheddar
Monsieur Gustav
ou emmentaler PC^{MD}

BAKERY BOULANGERIE



no name® frozen cheesecake
510 g or 8 inch pies 635-750 g
selected varieties
gâteau au fromage surgelé sans nom®
ou tartes de 8 pouces



\$10
PC® pies,
profiteroles or
mini eclairs
selected varieties,
frozen
490-830 g



2 for \$5
or \$2.50 ea.
PC® crumpets
or English
muffins
selected varieties
284/342 g



\$3
Wonder bread
selected varieties
570-675 g
pain Wonder

SEAFOOD POISSONNERIE



PC® shrimp platter
with sauce
frozen
568 g



\$13
SeaQuest® fish
fillets, Club Size,
1 kg, selected
varieties or PC®
raw Zipperback®
shrimp 16-20 per lb,
400 g, frozen



\$10
PC®
smoked salmon
selected varieties,
frozen
150 g



\$10
PC® tempura
torpedo shrimp
340 g or
Maryland-style
crab cakes, frozen
170 g

Dollar Sale Vente du dollar Dollar Sale



\$3

Stouffer's or Lean Cuisine entrées
selected varieties, frozen
212-340 g
plats cuisinés Stouffer's ou Cuisine minceur



\$4

Black Diamond slices process cheese product
selected varieties
410 g
produit de fromage fondu en tranches Black Diamond



\$6

no name® stringable cheese 336 g or Kraft Cheez Whiz cheese spread 450 g
selected varieties
fromage effilochable sans nom® ou tartinade au fromage Cheez Whiz Kraft



\$11

BlueWater fish battered or breaded fillets
selected varieties
480/525 g
filets de poisson, en pâte ou panés BlueWater



\$2

McCain fries or hashbrowns
selected varieties, frozen
900 g
frites ou pommes de terre rissolées McCain

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



\$5



2 for \$5
or \$2.50 ea.

Lactantia garlic butter
125 g
beurre à l'ail Lactantia



\$3

Pillsbury refrigerated dough
selected varieties
340-468 g
pâte réfrigérée Pillsbury



\$3

Beatrice sour cream 500 mL or Gay Lea Real whipped cream 225 g
selected varieties
crème sure Beatrice ou véritable crème fouettée Gay Lea



\$4

Liberté Greek 2/4's or Méditerranée 500 g/4's yogurt
selected varieties
yogourt grec ou Méditerranée Liberté



Neilson milkshakes
selected varieties
310 mL
laits frappés Neilson

3 for \$5
or \$1.67 ea.



\$4

PC® frozen yogurt
selected varieties
2 L
yogourt glacé PC^{MD}



2 for \$5
or \$2.50 ea.

Pillsbury Toaster Strudel
selected varieties
326 g
Toaster Strudel Pillsbury



\$6

PC® Organics frozen smoothie blends
selected varieties
450 g
mélanges pour boissons fouettées surgelés PC^{MD} Biologique

Nestlé Coffeemate
425/450 g or PC®
hot chocolate mix
350-750 g
selected varieties
Coffeemate Nestlé ou mélange
à chocolat chaud PC^{MD}



\$4



2 for \$7
or \$3.50 ea.

PC® or Blue Menu® drink boxes
selected varieties
10 x 200 mL
boisson en boîte PC^{MD} ou Menu bleu^{MC}

Frito Lay snacks
selected varieties
35-90 g
collations Frito Lay



2 for \$3
or \$1.50 ea.

The GFB gluten free bites 113 g
or Zevia soda 6 x 355 mL
selected varieties
bouchées The GFB
gluten free bites
ou soda Zevia



\$6

SO Delicious non-dairy
frozen dessert
selected varieties
500 mL
dessert non laitier glacé
So Delicious

\$7



PC® Organics
baby food pouches
selected varieties
128 mL
sachets de nourriture pour
bébé PC^{MD} Biologique

4 for \$5
or \$1.25 ea.



REFRESH WITH NEW FLAVOURS



NO SWEETENERS ◦ NATURAL FLAVOURS ◦ NO CALORIES
SANS ÉDULCORANT ◦ ARÔMES NATURELS ◦ SANS CALORIES

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5.49 AHA™ SPARKLING WATER
beverages, selected varieties
EAU PÉTILLANTE AHA^{MC}
12 x 355 mL

3.79 Coca-Cola® beverages
selected varieties
Les boissons Coca-Cola^{MD}
6 x 222 mL

1.99 Glaceau smartwater®
beverages, selected varieties
Les boissons Glaceau
smartwater^{MD}
1 L

5.49 Coca-Cola® beverages
selected varieties
Les boissons Coca-Cola^{MD}
6 x 710 mL

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. The trademarks that appear are the property of their respective trademark owners.

* Taxes, redevances, consignes et frais applicables en sus. Valide dans les établissements participants pour une durée limitée. Selon la disponibilité, jusqu'à épuisement des stocks. Le détaillant peut vendre à un prix inférieur. Les marques de commerce indiquées appartiennent à leur propriétaire respectif.

Treat Yourself! Gâtez-vous!

4 for

\$5

or \$1.25 ea.

Hershey's, Nestlé or
Ferrero chocolate bars
selected varieties
39-60 g
barres Hershey's,
Nestlé ou Ferrero



\$3

Twizzlers candy, Hershey's
tablets or Cadbury snack size
selected varieties
90-454 g
friandises Twizzlers, barres
Hershey's ou format collation Cadbury

\$4

Jus' Better candy or
Dare Real Fruit gummies
50-750 g
friandises Jus' Better
ou friandises gélifiées Real Fruit Dare



\$5

PC® gold chocolate bars or
Hershey's chocolate pouches
selected varieties
165-300 g
barres de chocolat or PC^{MD} ou
sachets de chocolat Hershey's

Dollar Sale Vente du dollar Dollar Sale

Vim cleaners or bleach 500 mL or Clorox disinfecting wipes 35's selected varieties nettoyants ou javellisants Vim ou lingettes désinfectantes Clorox



\$3



\$3

Maple Leaf flakes of meat selected varieties 156 g flocons de viande Maple Leaf



\$3

Holiday luncheon meat 340 g pain de viande Holiday

French's mustard selected varieties 375-400 mL moutarde French's



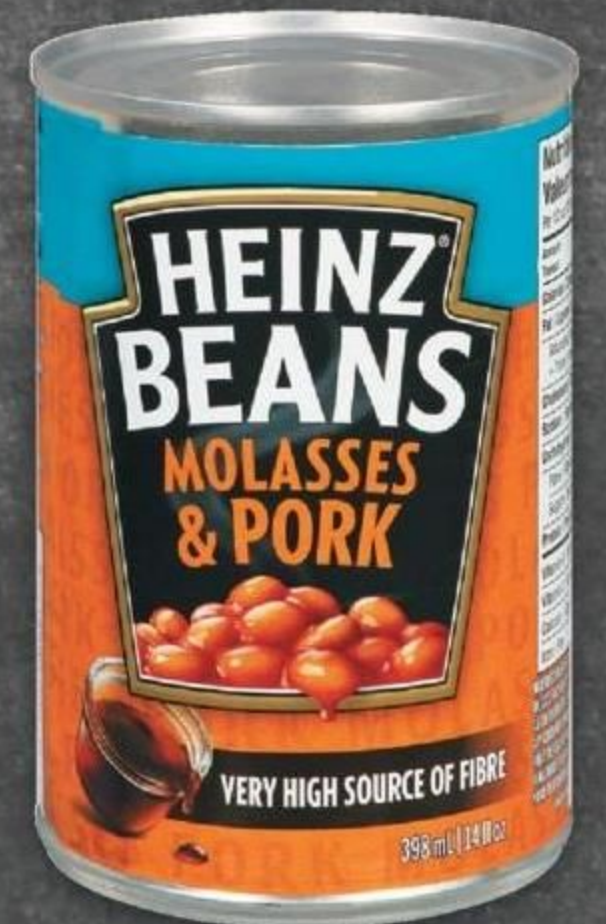
2 for **\$5** or \$2.50 ea.

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



\$4

Heinz beans selected varieties 398 mL fèves Heinz



\$2



Mr. Noodles soup cups selected varieties 64 g contenants de soupe Mr. Noodles



2 for **\$5** or \$2.50 ea. PC® Splendido® risotto 170 g or gnocchi 500 g selected varieties risotto ou gnocchi PC^{MD} Splendido^{MD}

2 for **\$3** or \$1.50 ea.



2 for **\$9** or \$4.50 ea. Old El Paso dinner kits selected varieties 94-510 g troussees-repas Old El Paso

PC® red enchilada sauce 215 mL or cilantro lime crema 245 mL sauce rouge pour enchilada ou sauce crémeuse à la coriandre et à la lime PC^{MD}



\$2

no name® natural seedless raisins 375 g raisins secs sans pépins naturels sans nom®



\$3



2 for **\$7** or \$3.50 ea. PC® The Decadent® chocolate chips selected varieties 226-300 g brisures de chocolat PC^{MD} Le décadent^{MC}

\$7



3 for **\$10** or \$3.33 ea. Voortman cookies selected varieties 225-350 g biscuits Voortman

\$10



3 for **\$10** or \$3.33 ea. PC® or Blue Menu® granola, cereal booster or peanut butter selected varieties, 325-750 g céréales granola, Granola Boost ou beurre d'arachide PC^{MD} ou Menu bleu^{MC}

\$10

Dollar Sale Vente du dollar Dollar Sale



\$6



PC® shredded cheese 250-320 g or Cracker Barrel natural cheese slices 200-240 g selected varieties fromage râpé PC^{MD} ou tranches de fromage naturel Cracker Barrel



\$4



PC® Greek yogurt 500 g or no name® stirred yogurt 12's selected varieties yogurt grec PC^{MD} ou yogurt brassé sans nom®



\$5

Kellogg's Eggo waffles selected varieties, frozen 16's gaufres Eggo Kellogg's

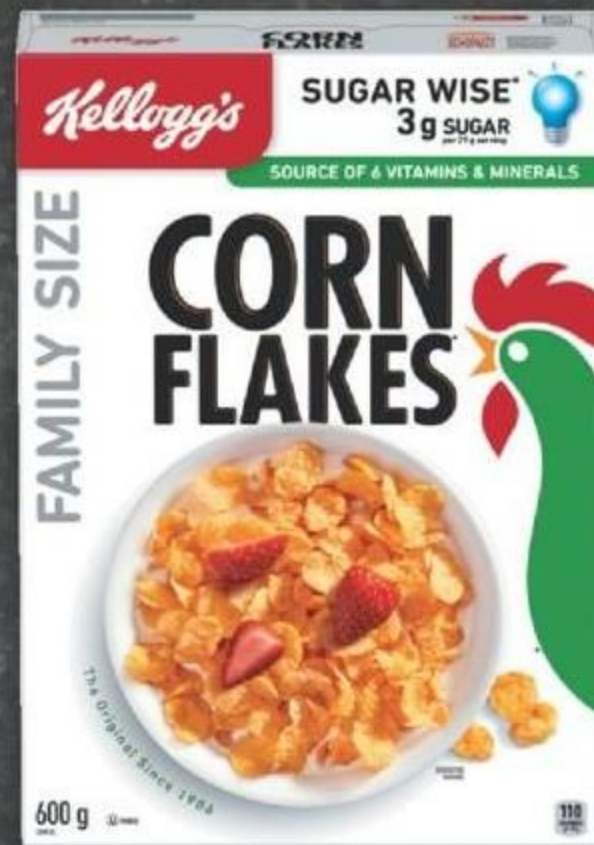
PC® whole bean or ground coffee selected varieties 875-930 g café en grains ou moulu PC^{MD}

\$16



Kellogg's cereal selected varieties 480-650 g céréales Kellogg's

\$6



3 for \$7
or \$2.33 ea.

Quaker Dipp's or Chewy granola bars selected varieties 120-156 g barres granola Dipp's ou Chewy Quaker



Red Bull energy drinks selected varieties 4 x 250 mL boissons énergisantes Red Bull

\$9



\$3

McCain pizza pockets selected varieties, frozen 3's pizza pochettes McCain

PC® cooking sauces 400 mL or rice 750 g selected varieties sauce à cuisson ou riz PC^{MD}

2 for \$9
or \$4.50 ea.



\$2

Clover Leaf light tuna selected varieties 85 g thon pâle Clover Leaf

ETTU Caesar salad kit original 132 g mélange à salade césar ETTU

\$4



Kibbles 'n Bits dog food selected varieties 5.5-6 kg nourriture pour chiens Kibbles'n Bits

\$14



Meow Mix cat food selected varieties 1.36-2 kg nourriture pour chats Meow Mix

\$7



\$1

no name® 2-ply facial tissue 90 sheets, paper towels 2 rolls or bathroom tissue 2-ply 4 rolls mouchoirs 2 épaisseurs, essuie-tout ou papier hygiénique 2 épaisseurs sans nom®

Clorox disinfecting spray selected varieties 887-946 mL vaporisateur désinfectant Clorox

2 for \$7
or \$3.50 ea.



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.

