

Freshmart®

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freshmart RED & WHITE FOOD STORE
Your Neighbourhood Grocer

Have a Spooktacular Halloween!
Soirée Halloween terrifiante!

See inside/ Voir à l'intérieur



2.29
lb

pork loin chops rib end, rib & sirloin chop or pork sirloin chop end portion club size
côtelettes de longe de porc, bouts de côtes, côtelettes de côtes et surlonge ou côtelettes de surlonge de porc, portion de bouts de côtes
5.05/kg



6.99

Janes Pub Style breaded chicken selected varieties, frozen 700 g
poulet pané style pub Janes



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



4.99



2.49

Farmer's Market™ yellow or red onions 3 lb, product of Canada or PC® salads 142 g, product of U.S.A., selected varieties
oignons jaunes ou rouges
Délices du Marché^{MC} ou salades PC^{MD}



4.99

Farmer's Market™ apples selected varieties, product of Atlantic Canada 4 lb
pommes Délices du Marché^{MC}



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



5.99



Old Dutch potato chips selected varieties 180 g
croustilles Old Dutch

2.49



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

1.99



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

4.49



Delissio thin crust or singles pizza selected varieties 360-550 g
pizza Croûte mince ou pizzas individuelles Delissio

4.49



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



3.49 McCain Deep'n Delicious cake selected varieties 510 g
gâteau Deep'n Delicious McCain



Dare cookies or Pepperidge Farm Goldfish crackers selected varieties 156-240 g/6's
biscuits Dare ou craquelins Goldfish Pepperidge Farm

2.29



no name® paper towels 6's or bathroom tissue 24's selected varieties
essuie-tout ou papier hygiénique sans nom®

3.99

PRICES EFFECTIVE FROM THURSDAY, OCTOBER 27TH TO WEDNESDAY, NOVEMBER 2ND, 2022 / PRIX EFFECTIFS DU JEUDI 27 OCTOBRE AU MERCREDI 2 NOVEMBRE 2022

FROM OUR BUTCHER
DE NOTRE BOUCHER



2.99
lb

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

6.99
lb

sirloin tip
oven roast or steak*
club size
rôti ou bifteck de
pointe de surlonge*
15.41/kg

3.99
lb

whole chicken
bagged
poulet entier en sac
8.80/kg

DELICATESSEN
CHARCUTERIE



5.49
PC® Splendido®
sliced meats
selected varieties
100 g
viandes tranchées
PC^{MD} Splendido^{MD}



6.99
Summer Fresh salads
800 g or From our Chefs™
soup 700 mL
selected varieties
salades Summer Fresh
ou soupe
Concocté par nos chefs^{MC}

SEAFOOD
POISSONNERIE

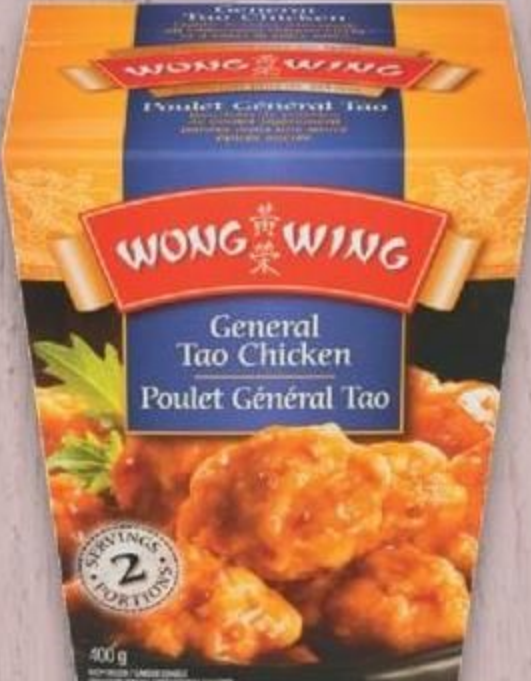


9.99
PC® raw Argentinian
21-30 per lb, cooked or
raw white peeled shrimp
31-40 per lb
340/400 g
crevettes argentines crues
crevettes blanches décortiquées
cuites ou crues PC^{MD}

2.99
smoked salmon 50 g,
frozen or SeaQuest®
crab or lobster flavoured
pollock 227 g
refrigerated
saumon fumé ou goberge
à saveur de crabe ou de
homard SeaQuest®



2.99
no name® original wieners
450 g
saucisses fumées originales
sans nom®



5.99
Wong Wing entrées
selected varieties, frozen
400/500 g
plats cuisinés Wong Wing



5.49
Johnsonville
sausage or grinds
selected varieties
375/500 g
saucisse à déjeuner ou
viande hachée Johnsonville

Have a Spooktacular Halloween!



6.49
PC® cocktail
Smokies™
500 g
saucisses cocktail
PC^{MD} Smokies^{MC}



1.99
Pillsbury crescents
or wraps
selected varieties,
refrigerated
200-235 g
croissants ou pâte pour
saucisses Pillsbury



2.99
Cheemo perogies
selected varieties
815/907 g
perogies Cheemo



1.29
no name®
pretzel 200 g,
apple or orange
juice 1 L
selected varieties
pretzel, jus de
pomme ou d'orange
sans nom®



1.79
Gatorade sports drinks
selected varieties
710 mL
boissons
désaltérantes Gatorade



3.99
Tim Hortons hot
chocolate packets
8's or tin 500 g
selected varieties
sachets de chocolat
chaud Tim Hortons



1.99
no name® marshmallows
selected varieties
400 g
guimauves sans nom®

CHEESE FROMAGERIE



7⁹⁹ PC® Splendido® Parmigiano Reggiano cheese or Pecorino Romano, 250 g parmigiano reggiano ou pecorino romano PC^{MD} Splendido^{MD}

6⁹⁹ PC® mozzarella ball 340 g or Zerto fresh mozzarella logs 235-250 g selected varieties boule de mozzarella PC^{MD} ou bûchettes de mozzarella fraîche Zerto

FRUITS & VEGETABLES FRUITS ET LÉGUMES



1⁹⁹ lb
beefsteak tomatoes product of Canada tomatoes beefsteak 4.39/kg

1⁹⁹ lb
oranges product of South Africa oranges 4.39/kg

3/\$4
or \$1.33 ea
avocados product of Mexico avocats

BAKERY BOULANGERIE



5⁴⁹ Farmer's Market™ muffins selected varieties 6's muffins Délices du Marché^{MC}

3⁷⁹ D'Italiano garlic bread or baguette selected varieties, frozen 325/330 g pain ou baguette à l'ail D'Italiano



2⁴⁹ lb
Bartlett pears product of Canada poires Bartlett 5.49/kg



4⁹⁹ French, green or organic beans product of U.S.A. or Guatemala 350-400 g haricots français, verts ou bio



3⁴⁹ lb
baby or Shanghai bok choy product of Canada pak-choi ou bok choy 7.69/kg

Soirée Halloween terrifiante!



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



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



2⁷⁹ no name® rice crispy bars 176 g, turnovers 300 g or cookies 198-368 g selected varieties barres aux guimauves et riz croustillant, chaussons ou biscuits sans nom®



2⁹⁹ 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

Nutella hazelnut spread 375 g tartinade aux noisettes Nutella



3⁴⁹

no name® olives or onions selected varieties 375 mL olives ou oignons sans nom®

1⁴⁹



Vita Coco 1 L or Lundberg rice cakes 142 g selected varieties Vita Coco ou galettes de riz Lundberg

5⁹⁹



4²⁹ no name® napkins Club Size 500's serviettes sans nom®

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



no name® stringable
cheese or PC® shredded
cheese
selected varieties
250-336 g
fromage effilochable
sans nom® ou fromage
r p  PC^{MD}



no name® cream
cheese 227/250 g
or Black Diamond
cheese slice 410 g
selected varieties
fromage   la cr me
sans nom® ou tranches
de fromage Black Diamond



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



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

1.29

no name®
beets or pickles
selected varieties
750 mL/1 L
betteraves
ou cornichons
sans nom®

2.49



Red Bull
selected varieties
4 x 250 mL
Red Bull

8.99



Quaker or
Cap'n Crunch
selected varieties
325-500 g
Quaker ou
Capitaine Crouche

3.99



Eagle Brand
condensed milk
selected varieties
300 mL
lait condens 
Eagle Brand

3.99

Betty Crocker
Super Moist cake
mix 432/461 g or
frostings 340/450 g
selected varieties
m lange   g teau
Supermoist ou gla ages
Betty Crocker

2.29



Nature Valley granola bars,
General Mills treats or
Betty Crocker fruit snacks
selected varieties, 120-230 g
barres granola Val Nature, g tieries
General Mills ou collations aux fruits
Betty Crocker

2.99

Amy's soups
398 mL or Paqui
tortilla chips 155 g
selected varieties
soupes Amy's ou
croustilles de tortilla
Paqui

3.99



Baby Gourmet
avocado and oats
128 mL
avocat et avoine
Baby Gourmet

2.29



Listerine mouthwash
selected varieties
1 L
rince-bouche Listerine

8.49



Kleenex facial tissue
6's
mouchoirs Kleenex

9.99



Dawn
dishwashing liquid
selected varieties
366/443 mL
liquide   vaisselle
Dawn

3.49



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