

Freshmart®

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freshmart RED & WHITE FOOD STORE
Your Neighbourhood Grocer



**Lest We Forget
Ne l'oublions pas**

Remembrance Day is Friday, November 11th
Le jour du Souvenir est vendredi 11 novembre

Please see online or in-store for hours.
S'il vous plaît voir en ligne ou en magasin pour les heures

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4.49
lb

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

10.99

**no name® 4 oz beef burgers 1.36 kg,
chicken wings 908 g, frozen or Swiss Chalet
ribs 600 g, refrigerated, selected varieties
burgers de bœuf 4 oz, ailes de poulet
sans nom® ou côtes levées Swiss Chalet**



4.99

**Farmer's Market™
coffee cake, squares
or Nanaimo bars
selected varieties
400-500 g**



3.49

**PC® potatoes 5 lb, selected varieties,
product of Atlantic provinces
or green beans 380 g, product of U.S.A.
pommes de terre PC^{MD} ou haricots verts**



2.99

**avocados
product of Mexico
5's
avocats**



3.49

**Philadelphia cream cheese
product 227-250 g or Kraft
Singles or Velveeta slices
410 g, selected varieties
produit de fromage à la crème
Philadelphia ou tranches
Singles ou Velveeta Kraft**

**Rooster™
scented rice
8 kg
riz parfumé
Rooster^{MC}**

16.99



2.79

**PC® natural spring water
24 x 500 mL
eau de source naturelle PC^{MD}**



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

1.49



**McCain Superfries
or specialty fries
selected varieties,
frozen
454-800 g
frites Superfries ou
de spécialité McCain**

1.99



**Sensible Portions
veggie straws
120-142 g or
Kettle Brand
chips 220 g
selected varieties
pailles aux légumes
Sensible Portions ou
croustilles Kettle Brand**

1.99



3.49

**Maple Leaf flakes
selected varieties
156 g
flocons Maple Leaf**



**no name®
evaporated milk
selected varieties
354 mL
lait évaporé
sans nom®**

1.29



**SpongeTowels
paper towels 6's or
Cashmere bathroom
tissue 8/12 = 24 rolls
selected varieties
essuie-tout SpongeTowels
ou papier hygiénique
Cashmere**

5.99



PRICES EFFECTIVE FROM THURSDAY, NOVEMBER 10TH TO WEDNESDAY, NOVEMBER 16TH, 2022 / PRIX EFFECTIFS DU JEUDI 10 NOVEMBRE AU MERCREDI 16 NOVEMBRE 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**



6⁹⁹
lb

chicken thighs
boneless, skinless,
club size
hauts de cuisse de poulet
15.41/kg

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

4⁴⁹
lb

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

5⁹⁹
lb



5⁹⁹ Strub's pickles
selected varieties
1 L
cornichons Strub's



6⁹⁹ Larsen smoked ham slices
boneless
375 g
tranches de jambon fumé Larsen



4⁹⁹ Johnsonville breakfast
sausage or rounds
selected varieties
250/375 g
saucisses déjeuner ou
rondines Johnsonville

**DELICATESSEN
CHARCUTERIE**



\$10 Roma
sliced pepperoni
mild or hot
900 g
pepperoni tranché Roma

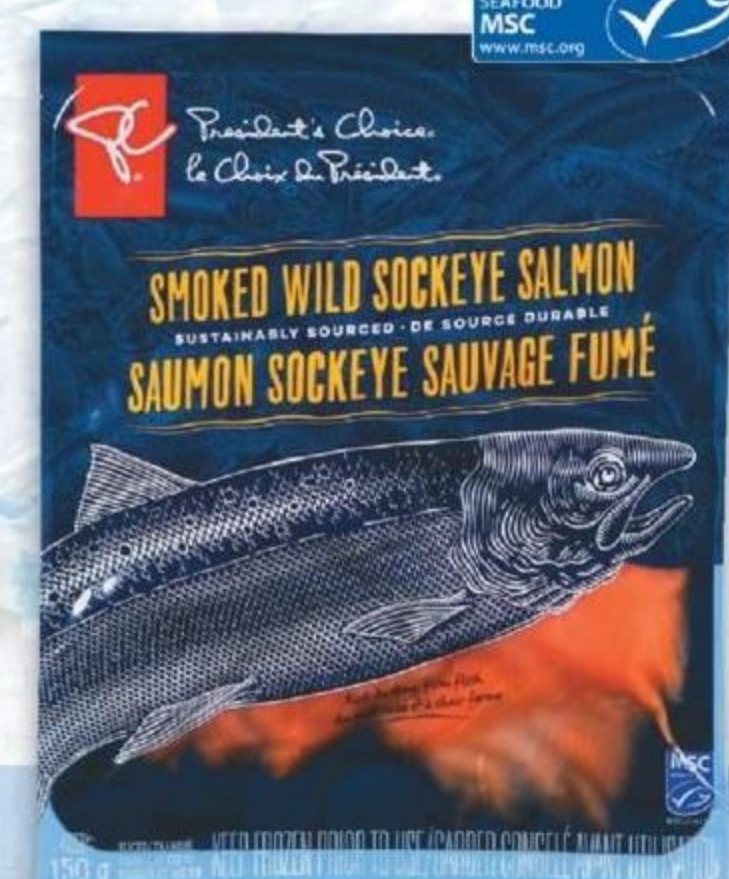


3⁹⁹ Mastro salami, capocollo,
prosciutto cotto
125-150 g or San Daniele
mortadella 175 g
selected varieties
salami, capocollo, prosciutto
cotto Mastro ou mortadelle
San Daniele

**SEAFOOD
POISSONNERIE**



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



11⁹⁹ PC® smoked salmon
selected varieties,
frozen
150 g
saumon fumé PC^{MD}

What's for dinner?

**Delissio stuffed crust
or pan pizza**
selected varieties, frozen
556-744 g
pizza Croûte farcie
ou en plat Delissio

7⁴⁹



2⁴⁹ no name® hash browns or perogies
selected varieties, frozen
907 g/1 kg
pommes de terre rissolées ou perogies sans nom®



PC® Organics beans
450 g or pasta 454 g
selected varieties
légumineuses ou pâtes
PC^{MD} Biologique

2⁹⁹



PC® flavoured mayonnaise
selected varieties
300 mL
mayonnaise
aromatisée PC^{MD}

2⁹⁹



French's mustard
selected varieties
325 mL
moutarde French's

3⁷⁹



**Quaker Crispy
minis or rice cakes**
selected varieties
90-199 g
galettes de riz ou
Crispy minis Quaker

2⁴⁹



1²⁹ no name® pizza sauce 213 mL
or tomato paste 369 mL
sauce à pizza ou pâte de tomate sans nom®



CHEESE FROMAGERIE



6⁹⁹ PC® feta cheese in brine selected varieties 400 g feta en saumure PC^{MD}



6⁹⁹ Monsieur Gustav Saint-Paulin or OKA cheese selected varieties 190 g fromage St-Paulin Monsieur Gustav ou OKA

BAKERY BOULANGERIE



4⁹⁹ Donut Time powdered donuts 600 g beignets saupoudrés Donut Time



2⁴⁹ PC® or Wonder English muffins or no name® bagels selected varieties, 6's muffins anglais PC^{MD} ou Wonder ou bagels sans nom®

FRUITS & VEGETABLES FRUITS ET LÉGUMES



2⁹⁹ lb green peppers product of U.S.A. poivrons verts 6.59/kg



4²⁹

blackberries product of Mexico or U.S.A., 6 oz or blueberries product of Peru, pint mûres ou bleuets



4⁷⁹ key limes product of Mexico 454 g limes des Keys



4⁹⁹ PC® live lettuce product of Canada, selected varieties 2's laitue vivante PC^{MD}



1⁹⁹ lb Granny Smith apples product of U.S.A. or Red Delicious apples product of Atlantic provinces pommes Granny Smith ou Red Delicious 4.39/kg



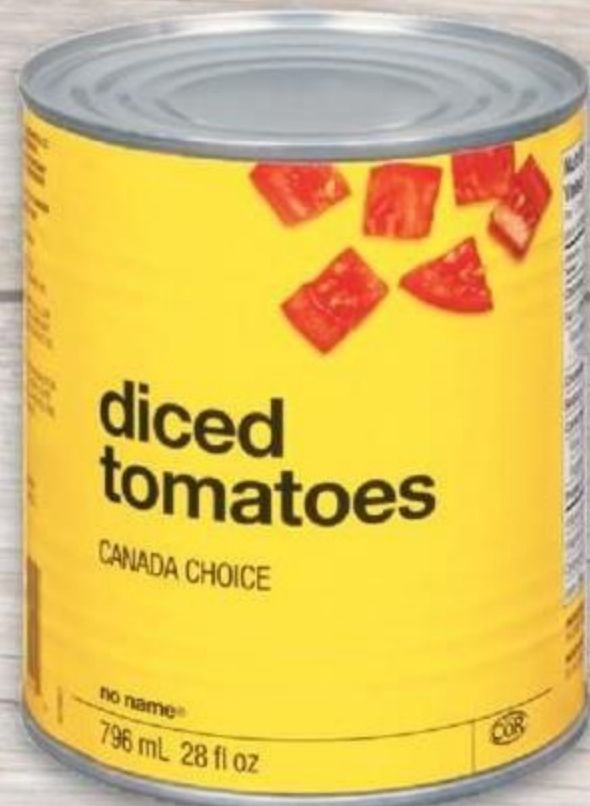
3⁴⁹ lb Roma tomatoes product of Mexico tomates Roma 7.69/kg

Qu'est-ce qu'on mange ?

Chili

no name® tomatoes selected varieties 796 mL tomates sans nom®

1⁴⁹



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

1²⁹



PC® or Blue Menu® seasoning selected varieties 24 g assaisonnements PC^{MD} ou Menu bleu^{MC}

.99



Heinz chili sauce selected varieties 455 mL sauce chili Heinz

4⁴⁹



2⁹⁹ Beatrice sour cream selected varieties, 500 mL crème sure Beatrice



2⁹⁹ Old El Paso jalapeños 250 mL or PC® sweet corn roasted salsa 300 mL selected varieties jalapeños Old El Paso ou salsa de maïs sucré PC^{MD}



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

Danone Oikos 4's or Danino 8's or Activia yogurt
3/8's, selected varieties
yogourt Oikos ou Danino
ou Activia Danone

3.99

Pure Leaf iced tea or Tropicana orange juice, fruit beverage or lemonade
selected varieties,
refrigerated
1.54/1.75 L
th  glac  Pure Leaf ou
jus d'orange, boisson aux fruits
ou limonade Tropicana

3.99

High Liner Pan-Seared Shrimp or crispy breaded fish
selected varieties, frozen
425-540 g
Po l e s lecte ou poisson
pan  croustillant High Liner

11.99

Kellogg's family size cereal
selected varieties
480-650 g
c r ales format
familial Kellogg's

6.29

Silk creamers
473 mL or **fortified non-dairy beverages**
946 mL selected varieties
cr mes   caf  ou
boissons non laiti res
enrichies Silk

2.49

Starbucks coffee
selected varieties
340 g/10's
caf  Starbucks

9.49

Kellogg's Rice Krispies bars
176 g or **Pop-Tarts**
140/384 g
selected varieties
barres aux
Rice Krispies ou
Pop-Tarts Kellogg's

2.79

Nutella hazelnut spread
selected varieties
725 g
tartinade aux
noisettes Nutella

6.99

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

4.99

PC® croutons
selected varieties
99/140 g
cro tons PC^{MD}

2.79

no name® muffin mix
selected varieties
900 g or **baking powder**
450 g
m lange   muffins
ou poudre   p te
sans nom[®]

2.99

Suraj® dry beans or lentils
selected varieties
1.8 kg
lentilles ou haricots secs Suraj[®]

7.49

Kibbles 'n Bits dog food
6 kg
nourriture pour
chiens Kibbles'n Bits

17.99

Bonterra bathroom tissue
6=24, paper towels or
facial tissue 3=6
papier hygi nique, essuie-tout
ou mouchoirs Bonterra

6.29

Lysol bathroom cleaner
selected varieties
650 mL
nettoyant pour
salle de bains Lysol

4.29



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