

# Freshmart®

visit [www.freshmart.ca](http://www.freshmart.ca)

**freshmart** RED & WHITE FOOD STORE  
Your Neighbourhood Grocer



## Game Night Soir de match

See inside/Voir à l'intérieur



**7<sup>99</sup>**  
lb

**striploin roast or steak\*  
club size  
rôti ou bifteck de contre-filet\***  
17.61/kg



**2<sup>99</sup>**  
lb

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



**PC® Selection cheesecake,  
Farmer's Market™  
bar cake or  
La Rocca 6 inch cakes  
selected varieties**  
600 g-1 kg

**14<sup>99</sup>**



**green or red  
seedless grapes  
product of U.S.A.  
raisins verts ou rouges  
sans pépins**  
6.59/kg

**2<sup>99</sup>**  
lb



**2<sup>99</sup>**

**Farmer's Market™  
yellow onions  
or carrots 3 lb  
product of Canada or  
celery product of U.S.A.  
oignons jaunes ou carottes  
Délices du Marché<sup>MC</sup>  
ou céleri**



**no name®  
stringable cheese  
336 g, bars 400 g  
or shreds 320 g  
selected varieties  
fromage effilochable,  
barres ou fromage râpé  
sans nom®**

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

**PC® The Decadent®  
cookie  
selected varieties  
280/300 g  
biscuit  
PC<sup>MD</sup> Le décadent<sup>MC</sup>**



**2<sup>79</sup>**



**2<sup>49</sup>** Kellogg's Eggo waffles  
selected varieties  
8's  
gaufres Eggo Kellogg's

Post cereal  
selected varieties  
311-525 g  
céréales Post

**2<sup>99</sup>**



Neal Brothers organic  
salsa 410 mL or  
Que Pasa tortilla  
chips 156-350 g  
selected varieties  
salsa biologique Neal  
Brothers ou croustilles  
de tortilla Que Pasa

**2<sup>49</sup>**



**VH cooking or dipping  
sauce 341-380 mL or  
Minute Rice ready to  
serve rice cups 250 g  
selected varieties  
sauce à cuisson ou  
trempette VH ou  
contenants de riz prêts à  
servir Minute Rice**



**2<sup>29</sup>**

Heinz ketchup  
selected varieties  
750 mL/1L  
ketchup Heinz

**4<sup>49</sup>**



Coca-Cola,  
Canada Dry or  
Pepsi soft drinks  
selected varieties  
12 x 355 mL  
boissons gazeuses  
Coca-Cola, Canada Dry  
ou Pepsi

**6<sup>49</sup>**



no name®  
canola oil  
3 L  
huile de canola  
sans nom®

**9<sup>99</sup>**



PRICES EFFECTIVE FROM THURSDAY, NOVEMBER 17<sup>TH</sup> TO WEDNESDAY, NOVEMBER 23<sup>RD</sup>, 2022/PRIX EFFECTIFS DU JEUDI 17 NOVEMBRE AU MERCREDI 23 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



5.99  
lb

lean ground beef  
club size  
bœuf haché maigre  
13.21/kg



3.99  
lb

pork side ribs  
club size  
côtes de flanc de porc  
8.80/kg



5.99  
lb

stewing beef cubes\*  
club size  
cubes de bœuf à ragoût\*  
13.21/kg



Atlantic Choice® sausage  
selected varieties  
1 kg  
saucisses Atlantic Choice®

9.99



4.99  
lb

split chicken wings  
club size  
ailes de poulet séparées  
11.00/kg



11.99 PC® Smokies™ sausage  
selected varieties  
1 kg  
saucisses Smokies<sup>MC</sup> PC<sup>MD</sup>



4.99 Larsen or Maple Leaf  
Top Dog wieners  
selected varieties, 375 g  
saucisses fumées Larsen  
ou Top Dogs Maple Leaf



12.99 PC® BBQ pork back ribs  
selected varieties,  
fully cooked, refrigerated  
500 g  
côtes de dos de porc barbecue PC<sup>MD</sup>

Butcher's Choice®  
beef burgers  
selected varieties,  
frozen  
1.13 kg  
burgers de bœuf  
Le Choix du Boucher<sup>MC</sup>

14.99



SEAFOOD  
POISSONNERIE



14.99 SeaQuest®  
shrimp ring with sauce  
frozen, 454 g  
couronne de crevettes  
avec sauce SeaQuest®



15.99 PC® bacon-wrapped  
wild sea scallops 260 g  
frozen  
pétoncles sauvages géants  
bardés de bacon PC<sup>MD</sup>



4.99 Premier Marine Canada seafood  
mix 340 g or Waterview Market  
crispy calamari 300 g, frozen  
mélange de fruits de mer  
Premier Marine Canada ou calmars  
croustillants Waterview Market



10.99 PC® shrimp appetizers  
selected varieties, frozen  
300-454 g  
hors-d'œuvre de crevettes PC<sup>MD</sup>

FRUITS & VEGETABLES  
FRUITS ET LÉGUMES



1.99  
lb

McIntosh or Spartan apples  
product of Atlantic Canada  
pommes McIntosh ou Spartan  
4.38/kg

3.49  
lb

red, orange or yellow peppers  
product of U.S.A. or Canada  
poivrons rouges, orange ou jaunes  
7.69/kg

strawberries  
product of U.S.A.  
1 lb  
fraises

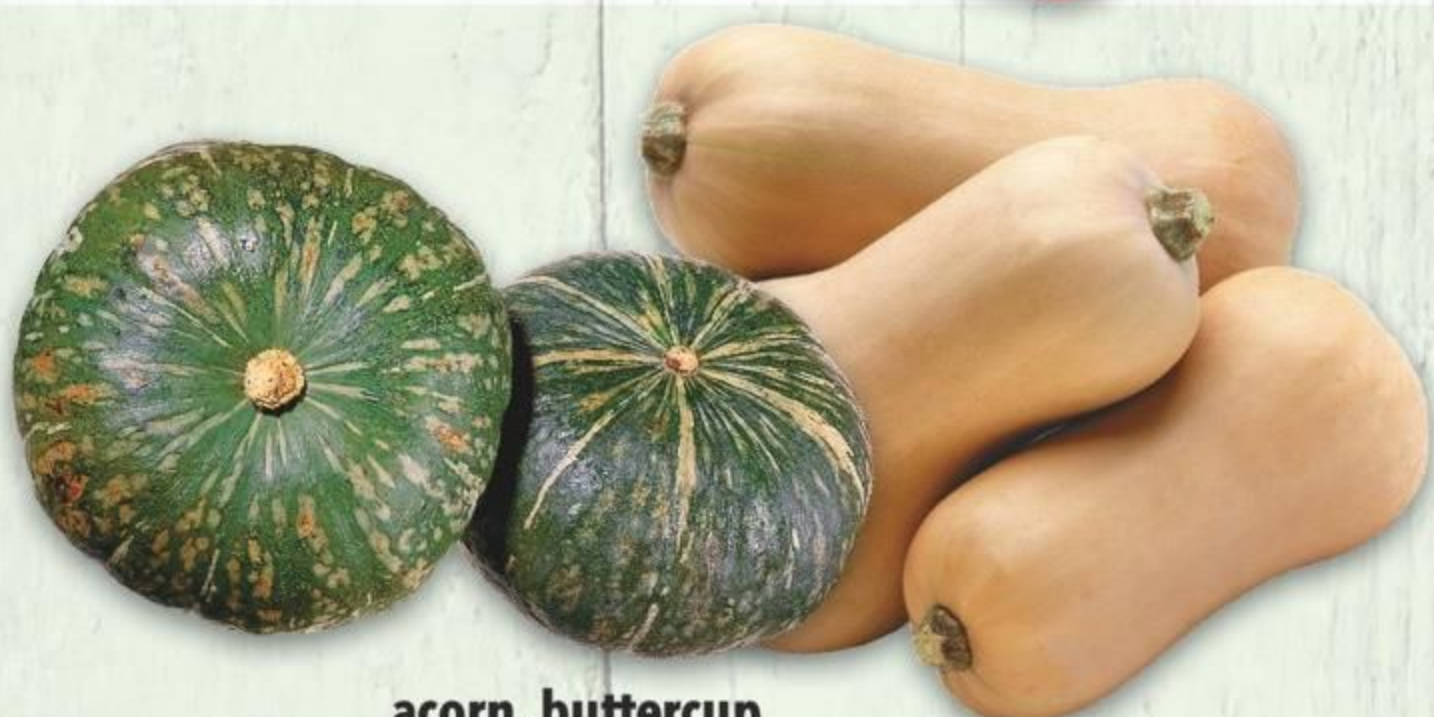
6.49

2.99  
lb

tomatoes on the vine  
product of Canada or Mexico  
tomates sur vigne  
6.59/kg

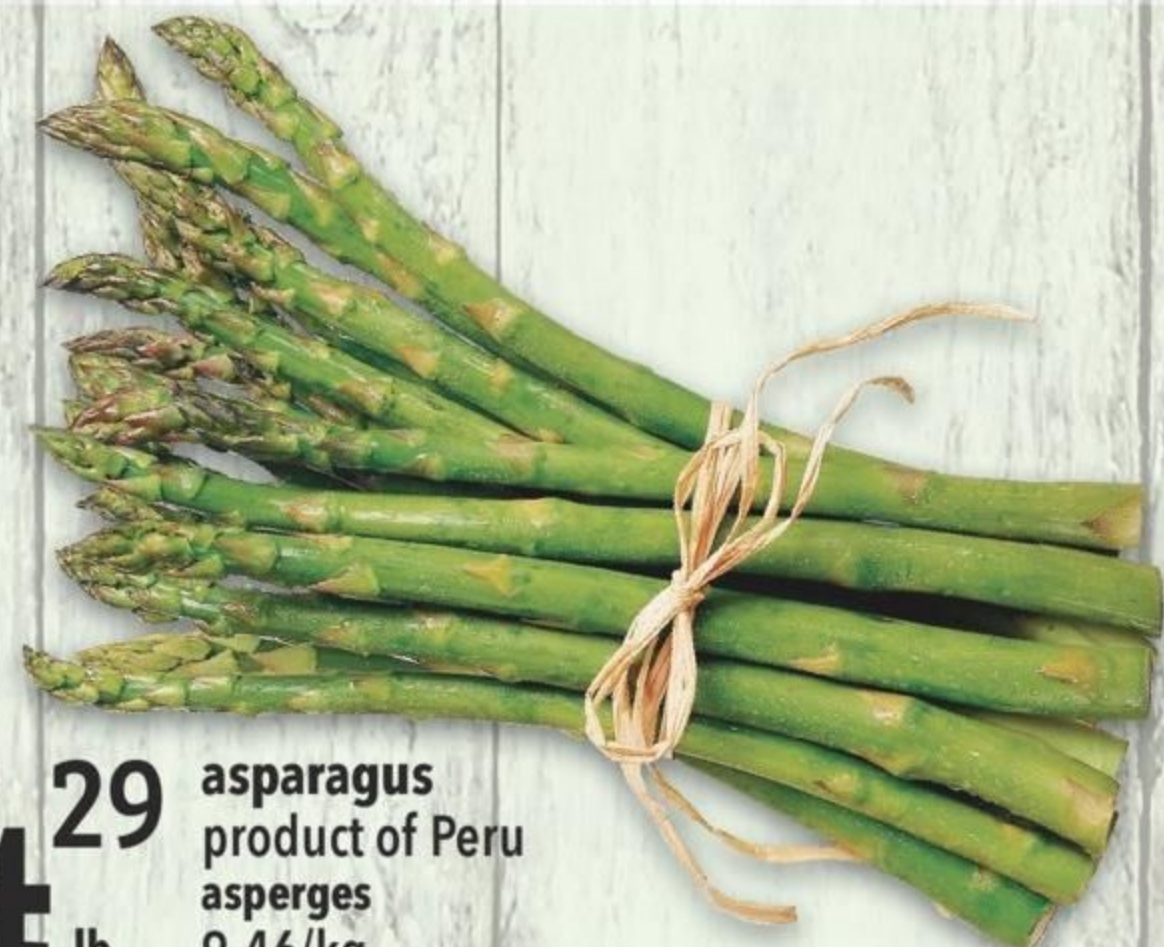
English cucumbers  
product of Canada  
each  
concombres anglais

2.49



.99  
lb

acorn, buttercup, butternut or spaghetti squash  
product of Canada  
courge poivrée, buttercup, musquée ou spaghetti  
2.18/kg



4.29  
lb

asparagus  
product of Peru  
asperges  
9.46/kg



2.49

red mango product of Brazil or persimmon product of Spain  
each  
mangue rouge ou kaki

2 lb

blood oranges  
product of Australia  
2 lb  
oranges sanguines

7.99



1.99  
lb

sweet potatoes product of Canada or spanish onions product of U.S.A.  
patates douces ou oignons espagnol  
4.39/kg

1 lb

6.49

sungold kiwi  
product of New Zealand  
1 lb  
kiwi sungold



**DELICATESSEN  
CHARCUTERIE**



**149**  
/100 g

Larsen salami  
or Maple Leaf  
bologna  
deli service  
salami Larsen ou  
bologne Maple Leaf

**CHEESE  
FROMAGERIE**



**599**

PC® cheese blocks  
selected varieties  
250 g  
barres de fromage PC<sup>MD</sup>



**3<sup>99</sup>**  
Chris Brothers  
pepperoni, shaved  
or deli sliced meats  
selected varieties  
150-250 g



**6<sup>99</sup>**  
Farmer's Market™  
pot pie, quiche or  
tourtiere  
selected varieties  
500 g  
pâté, quiche ou tourtière  
Délices du Marché<sup>MC</sup>



**6<sup>99</sup>**  
Ziggy's® chicken  
or turkey breast  
strips  
selected varieties  
150/200 g  
lanières de poitrine  
de poulet ou dinde  
Ziggy's®



**5<sup>99</sup>**  
PC® Camembert,  
double cream Brie or  
goat's milk cheese  
selected varieties  
165-200 g



**9<sup>79</sup>**  
Bella Vitano  
cheese  
selected varieties  
150 g  
fromage Bella Vitano



**5<sup>99</sup>**  
PC® Bocconcini  
or Ricotta cheese  
selected varieties  
200-454 g  
fromage bocconcini  
ou ricotta PC<sup>MD</sup>

**BAKERY  
BOULANGERIE**



**799**

Farmer's Market™ brownies  
608 g or Chatman's or  
Queen Anne assorted  
dessert 430-550 g  
selected varieties  
brownies Délices du Marché<sup>MC</sup>  
ou dessert varié Chatman's  
ou Queen Anne

**PIES AND TARTS  
TARTES ET TARTELETTES**



**899**

Farmer's Market™  
10 inch pies  
selected varieties  
580 g-1 kg  
tartes 10 po  
Délices du Marché<sup>MC</sup>



**3<sup>49</sup>**  
Vachon snack cakes  
selected varieties  
252-336 g  
petits gâteaux Vachon



**2<sup>79</sup>**  
PC® naan or  
flatbread or no name®  
dinner rolls  
selected varieties  
220-420 g



**5<sup>49</sup>**  
ACE Bakery rolls  
or La Baguetterie  
sliced miche  
selected varieties  
600-960 g



**5<sup>49</sup>**  
8 inch pie  
selected varieties  
635-750 g  
tarte de 8 po



**5<sup>99</sup>**  
Farmer's Market™  
tarts  
selected varieties  
6/12's  
tartelettes  
Délices du Marché<sup>MC</sup>



**7<sup>99</sup>**  
Farmer's Market™  
butter tarts  
765 g  
tartelettes au beurre  
Délices du Marché<sup>MC</sup>

# Game Night Soir de match



**PC® Too Good To Be Wings®**  
chicken chunks  
selected varieties, frozen  
800 g  
bouchées de poitrine  
désossée de poulet Mieux  
que des ailes<sup>MC</sup> PC<sup>MD</sup>



**PC®, Free From® or  
Blue Menu®** meatballs  
selected varieties, frozen  
800-907 g  
boulettes de viande  
PC<sup>MD</sup>, Simplement Bon<sup>MC</sup>  
ou Menu bleu<sup>MC</sup>



**Giuseppe pizza 439-785 g,**  
**Pizzeria Easy Pizzi**  
560-600 g or **Dr. Oetker**  
pizza 300-390 g  
selected varieties, frozen  
pizza, Simple comme pizza  
Pizzeria Giuseppe ou  
pizza Dr. Oetker



**2.99** no name® fried potatoes  
selected varieties, frozen  
1 kg  
pommes de terre frites sans nom®

**PC® popcorn**  
selected varieties  
220/250 g  
maïs soufflé PC<sup>MD</sup>

**3.29**



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

**4.49**



**Kellogg's or  
Cheez-It crackers**  
selected varieties  
191-391 g  
craquelins Kellogg's  
ou Cheez-It

**2.79**



**Jack Link's or  
Lorissa's jerky**  
selected varieties  
63-150 g  
jerky Jack Link's  
ou Lorissa's

**5.99**



**Nestlé chocolate bags 135-246 g  
or multipack 164-208 g**  
selected varieties  
sacs de chocolat ou  
emballage multiple Nestlé

**5.79**



**Mott's Clamato**  
selected varieties  
1.89 L  
Clamato Mott's

**3.79**



**7.99**

**Perrier natural spring water**  
6 x 500 mL or **Sanpellegrino**  
**Essenza sparkling water**  
8 x 330 mL, selected varieties  
eau de source naturelle Perrier ou  
eau pétillante Essenza Sanpellegrino



**no name®  
fruit drinks**  
selected varieties  
2 L  
boissons aux fruits  
sans nom®

**1.79**



**9.49**



**Beck's 6 x 330 mL or  
Budweiser Zero 6 x 341 mL**  
non-alcoholic beer  
bière non alcoolisée Beck's  
ou Budweiser Zero

# Grocery Essentials! Vos Essentiels!



**YOP drinkable yogurt**  
selected varieties  
200 mL  
yogourt à boire YOP



**Yoplait Source or Creamy yogurt**  
selected varieties  
16 x 90/100 g  
yogourt Source  
ou Crémeux Yoplait



**Oasis juice or smoothie**  
selected varieties,  
refrigerated  
1.5/1.75 L  
jus ou smoothie  
Oasis



**2<sup>49</sup>** Lactantia garlic butter stick  
125 g  
bâtonnet de beurre à l'ail Lactantia

**Armstrong cheese snacks or slices**  
selected varieties  
180-240 g  
collations de fromage ou tranches  
Armstrong

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



**Neilson milkshakes**  
selected varieties,  
refrigerated  
310 mL  
laits frappés Neilson

**1<sup>79</sup>**



**Starbucks coffee enhancer**  
selected varieties  
828 mL  
rehausseur de café Starbucks

**6<sup>49</sup>**



**2<sup>99</sup>** Jell-O desserts 4's or  
Kozy Shack pudding 624 g  
selected varieties, refrigerated  
desserts Jell-O ou pouding Kozy Shack

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

**1<sup>79</sup>**



**PC<sup>®</sup> frozen yogurt**  
selected varieties  
2 L  
yogourt glacé PC<sup>MD</sup>

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



**3<sup>99</sup>** Chapman's Original ice cream  
selected varieties, frozen  
2 L  
crème glacée originale Chapman's



**13<sup>99</sup>** PC<sup>®</sup> entrées  
selected varieties, frozen  
2/2.27 kg  
plats cuisinés PC<sup>MD</sup>



**2<sup>49</sup>** Cavendish Farms patties  
selected varieties  
600 g  
galettes de pommes de terre  
Fermes Cavendish



**2<sup>99</sup>** Pillsbury Pizza Pops  
selected varieties, frozen  
380 g  
Pizza Pops Pillsbury

# Grocery Essentials! Vos Essentiels!



no name® egg noodles  
340 g or soy sauce 450 mL  
selected varieties  
nouilles aux œufs ou  
sauce soya sans nom®



Hereford corned beef  
340 g  
bœuf salé Hereford



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



Nestlé Coffeemate  
425/450 g or  
PC® hot chocolate  
mix 350-750 g  
selected varieties  
Coffeemate Nestlé  
ou mélange  
à chocolat chaud PC<sup>MD</sup>



3<sup>99</sup>

Annie's  
bars or cookies  
selected varieties  
130/213 g  
barres ou  
biscuits Annie's



4<sup>99</sup>

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

5<sup>29</sup>



PC® Splendido®  
pesto 270 mL  
or tomato basil  
bruschetta  
410 mL  
selected varieties  
pesto ou bruschetta  
tomate et basilic  
PC<sup>MD</sup> Splendido<sup>MD</sup>



3<sup>99</sup>

no name®  
yellow mustard  
650 mL  
moutarde jaune  
sans nom®

1<sup>49</sup>



Heinz MayoChup  
selected varieties  
560 mL  
MayoChup Heinz

4<sup>99</sup>



Cordon Bleu  
meatballs  
selected varieties  
410 g  
boulettes Cordon Bleu

3<sup>99</sup>



Quaker muffin mix  
900 g or oat flour  
700 g  
selected varieties  
mélange à muffin ou  
farine d'avoine Quaker

3<sup>99</sup>



PC® Plant Based  
chocolate chips  
300 g  
brisures de chocolat  
à base de plantes PC<sup>MD</sup>

3<sup>49</sup>

no name® honey  
liquid or creamed  
500 g  
miel sans nom®

5<sup>99</sup>



no name®  
apple sauce  
sweetened or  
unsweetened  
620 mL  
purée de pommes  
sans nom®

2<sup>49</sup>



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



Activia or Libert  Greek or M diterran e yogurt selected varieties 2/4's, 500/650 g  
yogourt Activia ou grec ou M diterran e Libert 



PC® ground coffee 112-340 g or coffee pods 8-14's selected varieties  
caf  moulu ou dosettes de caf  PC<sup>MD</sup>



no name® peanut butter selected varieties 1 kg  
beurre d'arachide sans nom®



Parkay margarine selected varieties 1.28/1.36 kg  
margarine Parkay

5.49

Kraft Shake 'n Bake coating mix selected varieties 142-184 g  
panure Shake 'n Bake Kraft

2.99



no name® pasta sauce 680 mL or pasta 900 g selected varieties  
sauce pour p tes ou p tes sans nom®

1.69



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

1.19

no name® white vinegar Club Size 4 L  
vinaigre blanc sans nom®

2.79



Pillsbury toaster strudel selected varieties 326 g  
Toaster Strudel Pillsbury

2.49

PC® Organics chocolate selected varieties 100 g or Better Bears gummies 50's  
chocolat PC<sup>MD</sup> Biologique ou oursins g lif s Better Bears

3.99



Whiskas cat food selected varieties 1.5/2 kg  
nourriture pour chats Whiskas

8.99

Pedigree dog food selected varieties 8 kg  
nourriture pour chiens Pedigree

20.99



PC® MAX<sup>TM</sup> paper towels 6 rolls or PC® bathroom tissue 12=24 selected varieties  
essuie-tout PC<sup>MD</sup> MAX<sup>MC</sup> ou papier hygi nique PC<sup>MD</sup>

6.49

Cascade dishwasher detergent pods selected varieties 16-25's  
sachets de d tergent   lave-vaisselle Cascade

8.99



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.

