

Freshmart®

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freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer

Insiders Report™

Everything PC®
for holiday magic. Only here.

Plein de produits PC^{MD} pour créer
la magie des Fêtes. Seulement ici.

See inside/Voir à l'intérieur



3.99
lb

pork tenderloin
2's
filet de porc
8.80/kg



4.99

PC® bacon
selected varieties
500 g
bacon PC^{MD}



4.99

Boursin cheese
selected varieties
96-150 g
fromage Boursin

PC® mushrooms 227 g
selected varieties or
broccoli product of Canada
or **Farmer's Market™**
grape tomatoes 283 g
product of Mexico
champignons PC^{MD} ou
brocoli ou tomates raisins
Délices du Marché^{MC}

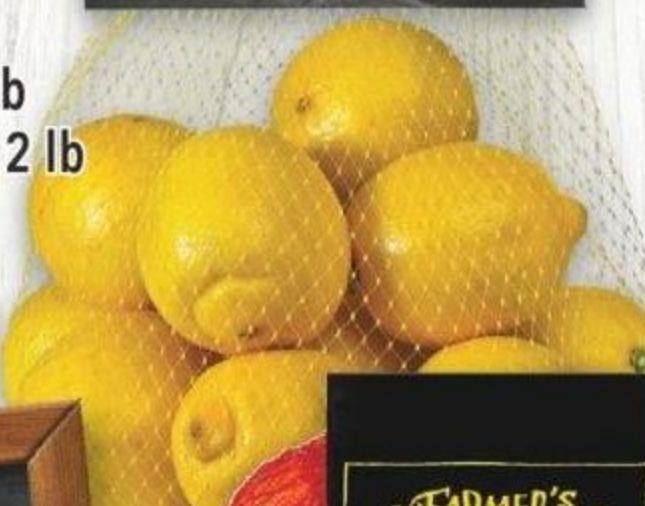


2.29

Farmer's Market™
grapefruit or oranges 3 lb
or **mandarins or lemons 2 lb**
product of South Africa
pampleousse ou oranges
ou mandarines ou citrons
Délices du Marché^{MC}

4.29

FARMER'S MARKET
DÉLICES DU MARCHÉ
LEMONS
CITRONS



FARMER'S MARKET
DÉLICES DU MARCHÉ
ORANGES
NAVEL
1.36 kg 3 lb

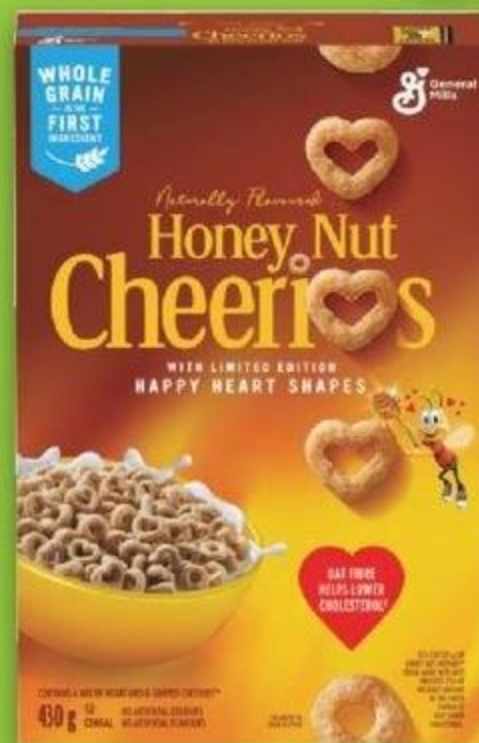


PC® orange juice,
iced tea or lemonade
selected varieties,
refrigerated
1.54 L
jus d'orange, thé glacé
ou limonade PC^{MD}

2.99

General Mills cereal
selected varieties
300-437 g
céréales General Mills

3.49



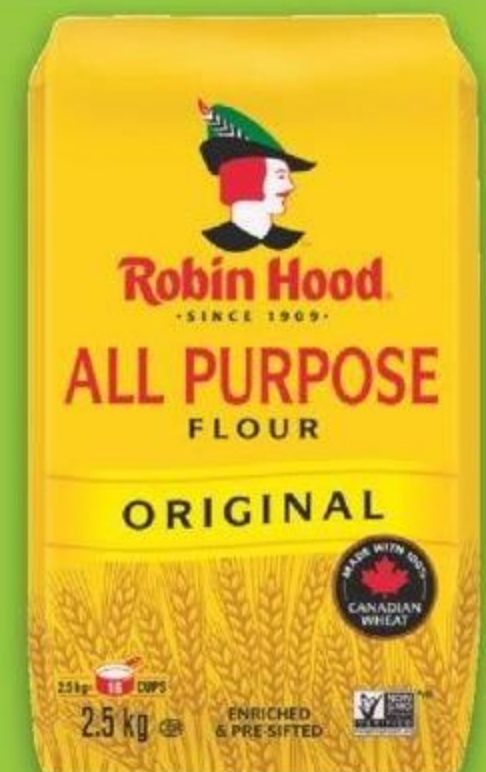
Bubly or AHA
sparkling water
selected varieties
12 x 355 mL
eau pétillante
Bubly ou AHA

4.79



Robin Hood flour
selected varieties
2.5 kg
farine Robin Hood

4.49



Earth's Own oat
or **almond beverages**
selected varieties,
refrigerated
1.75/1.89 L
boissons à l'avoine ou
à l'amande Earth's Own

3.29



Knorr Sidekicks
selected varieties
124-162 g
Sidekicks Knorr

1.79



no name®
chunk or flaked
light tuna
selected varieties
170 g
thon pâle en
morceaux ou
flocons sans nom®

1.29



PRICES EFFECTIVE FROM THURSDAY, NOVEMBER 3RD TO WEDNESDAY, NOVEMBER 9TH, 2022 / PRIX EFFECTIFS DU JEUDI 3 NOVEMBRE AU MERCREDI 9 NOVEMBRE 2022

FROM OUR BUTCHER
DE NOTRE BOUCHER



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

6⁹⁹
lb

extra lean
ground beef
club size
bœuf haché extra-maigre
13.21/kg

7⁹⁹
lb

chicken breasts
boneless, skinless,
club size
poitrines de poulet
17.61/kg

DELICATESSEN
CHARCUTERIE



5⁹⁹
175 g
charcuteries Natural
Selections Maple Leaf



8⁹⁹
375-500 g
bâtonnets, bites ou
pepperettes Piller's

SEAFOOD
POISSONNERIE



6⁹⁹
400 g
filets de poisson SeaQuest®



9⁹⁹
454 g
crevettes pour salade
SeaQuest®



8⁴⁹
750 g
saucisson à l'ail sans nom®



5⁴⁹
375 g
saucisses fumées Johnsonville



8⁹⁹
574 g
rouleaux de printemps PC^{MD}

Winter Essentials



Vicks VapoRub
nasal decongestant
décongestionnant nasal
VapoRub Vicks

6⁴⁹



Tylenol Cold tablets
extra strength
10's
comprimés
pour le rhume Tylenol

4⁹⁹



Halls lozenges
selected varieties
25/30's
pastilles Halls

2⁹⁹



NeoCitran
cold & sore throat
selected varieties
10's
NeoCitran
pour le rhume et
mal de gorge

10⁹⁹

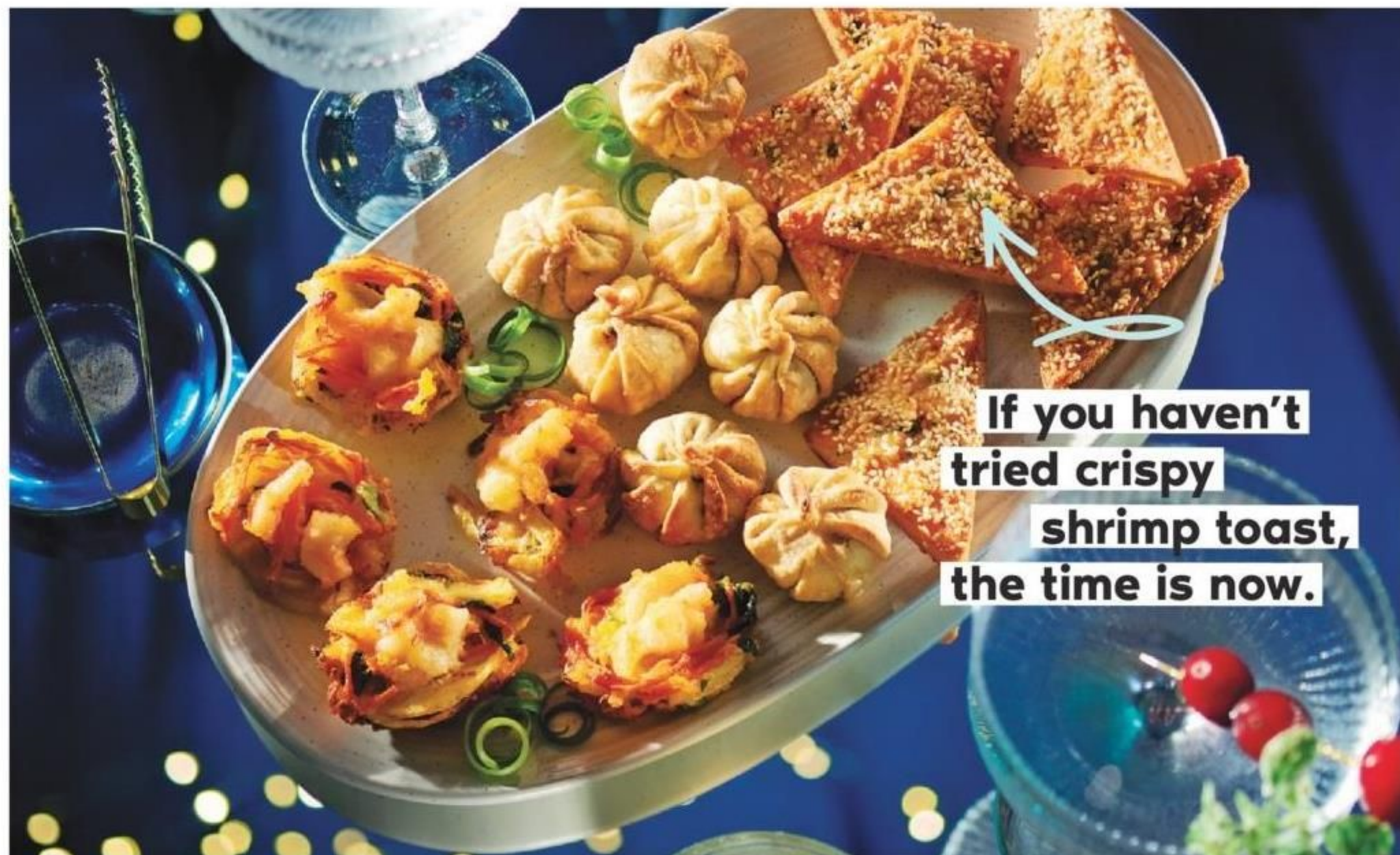




Everything PC® for holiday magic. Only here.
Plein de produits PC^{MD} pour créer la magie des Fêtes. Seulement ici.



This is a meat pie with presence.



If you haven't tried crispy shrimp toast, the time is now.

PC® Tourtière frozen 900 g tourtière PC^{MD}

13⁹⁹



PC® Crispy Shrimp Fine Hors D'oeuvre Trio frozen 528 g trio de hors-d'œuvre fins croustillants aux crevettes PC^{MD}

15⁹⁹



Clear the freezer: there's a new PC® ice cream in town.



It's not a holiday party without a PC® drink.

PC® Cranberry Vanilla Ice Cream with White Chocolatey Crackle 1.5 L crème glacée canneberges et vanille à tornades de fudge à saveur de chocolat blanc PC^{MD}

6⁹⁹



PC® Dealcoholized Mulled Wine with Natural Flavour selected varieties 750 mL vin chaud désalcoolisé avec arômes naturels PC^{MD}

6⁹⁹



IN EFFECT 8 WEEKS FROM THURSDAY, NOVEMBER 3RD TO WEDNESDAY, DECEMBER 28TH, 2022 EN VIGUEUR 8 SEMAINES DU JEUDI 3 NOVEMBRE AU MERCREDI 28 DECEMBRE 2022



PC® Ascolana Fried Olives Stuffed with Cheese
frozen
450 g
olives Ascolana frites farcies au fromage PC^{MD}

8⁹⁹



PC® Breded Potato and Wild Salt Cod Croquettes
frozen
300 g
croquettes de pommes de terre et morue salée sauvage panées PC^{MD}

8⁹⁹



PC® Splendido® antipasto or prosciutto 200 g, Natural Choice® salami or assorted trio 250/400 g, selected varieties antipasto ou prosciutto Splendido^{MD} ou salami ou trio assorti Le choix Naturel® PC^{MD}

9⁹⁹

PC® or Black Label cheese selected varieties 200/250 g fromage PC^{MD} ou Collection noire

7⁹⁹



PC® goat's milk cheese log selected varieties 300 g bûchette de fromage au lait de chèvre PC^{MD}

7⁹⁹



PC® biscuits for cheese 500 g craquelins pour le fromage PC^{MD}

5²⁹



PC® crackers or butter twists selected varieties 100-225 g craquelins ou torsades de pâte feuilletée PC^{MD}

2²⁹

PC® kalamata or stuffed olives selected varieties 375 mL olives kalamata ou farcies PC^{MD}

5⁴⁹



PC® hummus or dips selected varieties 454/500 g hummus ou trempettes PC^{MD}

4⁹⁹

PC® Bavarian Style Soft Pretzels frozen 340 g bretzels moelleux de style bavarois PC^{MD}

5⁹⁹



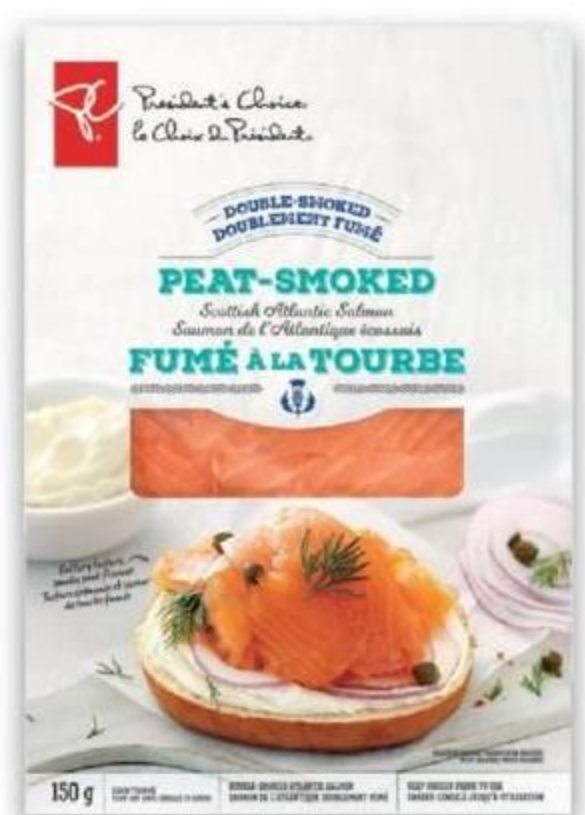
PC® Pacific white shrimp platter with mild cocktail sauce frozen, 568 g plateau de crevettes blanches du Pacifique avec sauce cocktail douce PC^{MD}

19⁹⁹



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

9⁹⁹



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PC® Bacon and Onion Focaccia
455 g
focaccia bacon et oignons PC^{MD}

3⁹⁹



PC® Jerk Chicken Wings
frozen
907 g
ailes de poulet Jerk PC^{MD}

16⁹⁹



"PC® apps. Be the host
with the most."

PC® cheese
hors d'oeuvres
selected varieties, frozen
720 g
hors-d'œuvre au
fromage PC^{MD}

14⁹⁹



PC® breaded avocado
bites 400 g, mozzarella
cheese sticks 454 g
or mini chicken
empanadas 480 g
frozen
bouchées d'avocat panées,
bouchées au fromage
mozzarella ou
mini-empanadas
au poulet PC^{MD}

8⁴⁹



PC® pickles
selected varieties
500 mL
cornichons PC^{MD}

2⁹⁹



PC® Loads Of™ or
World Of Flavours
potato chips
selected varieties
200 g
croustilles Pleines de^{MC} ou
Saveurs du monde PC^{MD}

1⁹⁹



PC® tortilla chips
selected varieties
320-350 g
croustilles de tortilla PC^{MD}

2⁴⁹



PC® peanuts
selected varieties
700 g
arachides PC^{MD}

4²⁹



PC® cookies
selected varieties
100-300 g
biscuits PC^{MD}

2⁷⁹



PC® 100% juice
1 L or carbonated
beverage 2 L
selected varieties
jus 100% ou boisson
gazéifiée PC^{MD}

1⁴⁹



PC® sparkling water
selected varieties
12 x 355 mL
eau pétillante PC^{MD}

4⁹⁹



PC®
canned beverage
selected varieties
6 x 222 mL
boisson en canette PC^{MD}

2⁷⁹



PC® or Blue Menu®
fruit or vegetable
cocktail
selected varieties
1.89 L
cocktail de fruits ou
légumes PC^{MD}
ou Menu Bleu^{MC}

3²⁹



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**Crispy duck
pancakes are made
for sharing.**



**PC® Peking-Style Duck with
Pancake Wrappers Meal Kit**
676 g
trousse de repas canard
à la pékinoise avec crêpes PC^{MD}
14⁹⁹



PC® Pepperpot Cooking Sauce
selected varieties
400 mL
sauce à cuisson Pepperpot PC^{MD}
4⁴⁹



7⁹⁹
lb
**PC® boneless spiral sliced
hickory-smoked ham**
jambon fumé à l'hickory
tranché en spirale désossé PC^{MD}
17.61/kg

PC® entrées
selected varieties,
frozen
907 g-1.13 kg
plats cuisinés PC^{MD}
9⁴⁹



PC® basmati rice
750 g
riz basmati PC^{MD}
4⁴⁹



24⁹⁹
PC® lobster & scallop seafood bake
with mussels and shrimp, frozen, 700 g
casserole de homard et pétoncles avec
moules et crevettes PC^{MD}

**PC® sea salt and
malt vinegar
haddock tenders**
frozen, 454 g
filets d'aiglefin
sel de mer et
vinaigre de malt PC^{MD}
9⁹⁹



PC® or Blue Menu® broth
selected varieties
900 mL
bouillon PC^{MD} ou Menu Bleu^{MC}
2¹⁹



**PC® Splendido®
or Black Label
pasta**
selected varieties
300-350 g
pâtes PC^{MD}
Splendido^{MD} ou
Collection noire
5⁹⁹



3⁹⁹
**PC® pasta sauce 580 mL or
Black Label filled egg pasta**
250 g, selected varieties
sauce pour pâtes PC^{MD}
ou pâtes aux œufs farcis
PC^{MD} Collection noire

PC® pasta
selected varieties
454 g
pâtes PC^{MD}
1⁴⁹



PC® pasta sauce
selected varieties
410/650 mL
sauce pour pâtes PC^{MD}
3⁹⁹



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PC® Cranberry Vinaigrette
350 mL
vinaigrette aux canneberges PC^{MD}

2⁹⁹



PC® Cranberry & Brie
Puff Pastry Bites
frozen
288 g
bouchées feuilletées
canneberges et brie PC^{MD}

7⁹⁹



PC® Thin & Crispy
or flatbread pizza
selected varieties,
frozen
330-405 g
pizza Mince
et croustillante
ou pain plat PC^{MD}

3⁹⁹



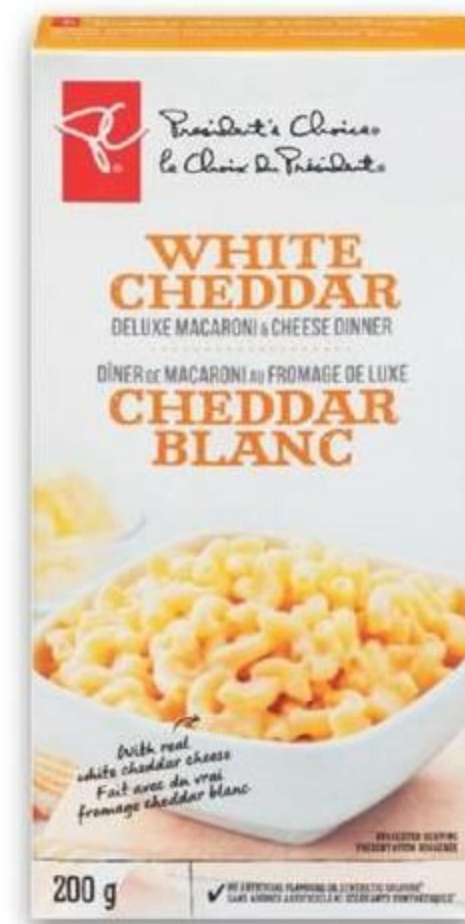
PC® frozen vegetables
selected varieties
400-750 g
légumes surgelés PC^{MD}

4⁴⁹



PC® Deluxe or Blue Menu®
mac and cheese
selected varieties
200/225 g
macaroni au fromage de luxe
ou Menu Bleu^{MC} PC^{MD}

1⁴⁹



PC® Splendido®
cold-extracted or cold-pressed
extra virgin olive oil
1 L
huile d'olive extra vierge extraite à froid,
pressée à froid PC^{MD} Splendido^{MD}

9⁹⁹



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

2⁴⁹



PC® or Blue Menu®
salad dressing
selected varieties
475 mL
vinaigrette PC^{MD} ou Menu Bleu^{MC}

2⁷⁹



2⁴⁹ PC® spring water
12 x 500 mL
eau de source PC^{MD}



8⁹⁹ PC® de-alcoholized beer
selected varieties
12 x 355 mL
bière désalcoolisée PC^{MD}



6⁹⁹ PC® apple cider
product of Canada,
selected varieties
3 L
cidre de pomme PC^{MD}



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



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This cheesecake is incredibly crushable.

PC® Nanaimo Bar Cheesecake
frozen
600 g
gâteau au fromage barre
Nanaimo PC^{MD}

8⁹⁹



PC® Mini Mousses Desserts
frozen
210 g
desserts Mini mousses PC^{MD}

8⁹⁹



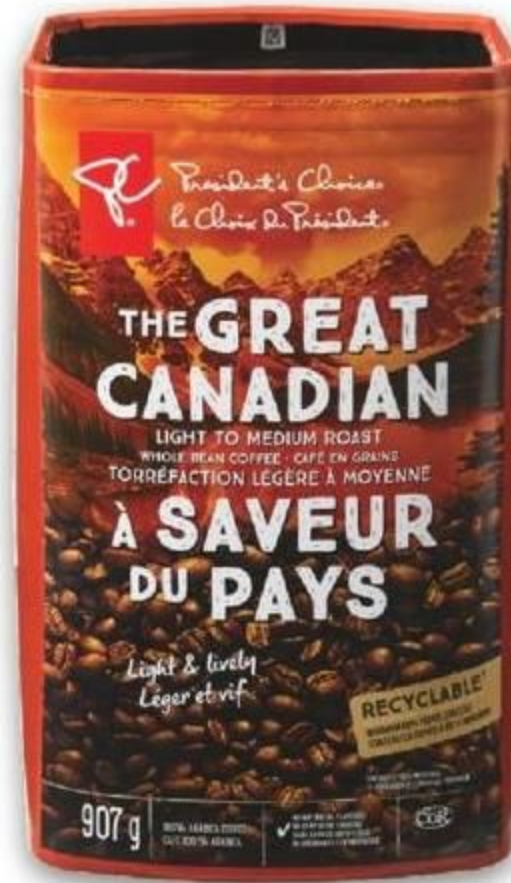
PC® whole bean or ground coffee
selected varieties
café moulu ou dosettes de café PC^{MD}

8⁴⁹



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

16⁹⁹



9⁹⁹

PC® Belgian chocolate biscuits
500 g
biscuits au chocolat belge PC^{MD}



14⁹⁹

PC® Luxury biscuit assortment
1 kg
assortiment de biscuits de luxe PC^{MD}



PC® Baked By You™ cookie dough
selected varieties,
refrigerated
468 g
pâte à biscuits PC^{MD}
Prêts pour le four

2⁹⁹



PC® phyllo or butter puff pastry
frozen
454 g
pâte phyllo ou feuilletée au beurre PC^{MD}

3⁹⁹

PC® squeezable chocolate topping
428 mL
garniture au chocolat en bouteille comprimable PC^{MD}

2⁹⁹



PC® genuine Yorkshire pudding
oven ready, frozen
185 g
pouding yorkshire véritable PC^{MD}

4⁴⁹

PC® The Decadent® chocolate chips
selected varieties
Club Pack®
775 g/1 kg
brisures de chocolat PC^{MD} Le décadent^{MC}

9⁹⁹



PC® Milk Chocolate Covered Chai Tea Almonds
selected varieties
250-400 g
amandes au thé chai enrobées de chocolat au lait PC^{MD}

6²⁹



PC® Chocolatey Peppermint Herbal Tea
selected varieties
20-40's
tisane chocolatée à la menthe poivrée PC^{MD}

3⁹⁹



Everything PC® for holiday magic. Only here. Plein de produits PC^{MD} pour créer la magie des Fêtes. Seulement ici.

PC® Croissant Bread Pudding Desserts
frozen
2 x 108 g
desserts de poudings au pain à base de croissant PC^{MD}

4⁹⁹



PC® Peppermint Candy Dark Chocolate Hot Cocoa Mix
selected varieties
500 g
mélange à chocolat chaud Bonbons à la menthe poivrée PC^{MD}

4⁹⁹



PC® Old-Fashioned Cake Donut Baking Mix
500 g
mélange à dessert beignes-gâteaux à l'ancienne PC^{MD}

3⁹⁹



PC® Old-Fashioned Style bacon
extra-thick cut
1 kg
bacon à l'ancienne PC^{MD} coupe très épaisse

15⁹⁹

PC® cinnamon raisin bread
675 g
pain à la cannelle avec raisins PC^{MD}

3⁴⁹



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

5⁹⁹



3⁹⁹

PC® Greek yogurt
selected varieties
500 g
yogourt grec PC^{MD}



4²⁹

PC® or Blue Menu® cereal, 475-775 g
céréales PC^{MD} ou Menu Bleu^{MC}

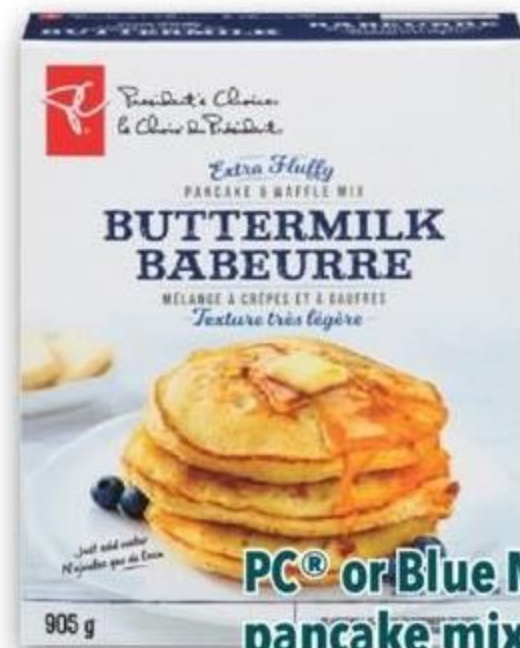


PC® waffles
selected varieties,
frozen
390 g
gaufres PC^{MD}

3⁴⁹

PC® 100% pure maple syrup
500 mL
sirop d'érable
100% pur PC^{MD}

9⁹⁹



PC® or Blue Menu® pancake mix
selected varieties
905 g
mélange à crêpes PC^{MD} ou Menu Bleu^{MC}

2⁹⁹

PC® table syrup
selected varieties
750 mL
sirop de table PC^{MD}

2⁷⁹



PC® baking mixes
selected varieties
500-900 g
mélanges à pâtisserie PC^{MD}

3⁹⁹



PC® World of Flavours Pineapple, Banana & Passionfruit Flavour Dark Chocolate Dessert Bar
100 g
barre dessert au chocolat noir à l'ananas, banane et arôme de fruit de la passion PC^{MD} Saveurs du monde^{MC}

1⁷⁹



PC® Loads of Gummies & Candies Milk Chocolate Dessert Bar
100 g
barre dessert au chocolat au lait Pleine de jujubes et bonbons PC^{MD}

1⁴⁹



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PC® Organics
Almond Flour Fine Grind
454 g
farine d'amandes à mouture fine
PC^{MD} Biologique

19⁹⁹



PC® Organics
Banana Pineapple Trail Mix
150 g
mélange montagnard banane
et ananas PC^{MD} Biologique

5⁷⁹



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

1²⁹



PC® Organics broth
selected varieties
900 mL
bouillon PC^{MD} Biologique

3⁹⁹



PC® Organics
vegetables
selected varieties,
frozen
300-500 g
légumes PC^{MD}
Biologique

4⁴⁹



PC® Organics
peanut butter
500 g or spread
235 mL
selected varieties
beurre d'arachide
ou tartina
PC^{MD} Biologique

3⁹⁹



PC® Plant Based butter
alternative
selected varieties
454 g
alternative de beurre
à base de plantes PC^{MD}

2⁹⁹



PC® Plant Based
yogurt alternative
500 g
substitut de yogourt à
base de plantes PC^{MD}

3⁴⁹



PC® Plant Based
mozzarella-style sticks
454 g or mini sausageless
rolls 600 g, frozen
bâtonnets style mozzarella
ou friands à la saucisse
sans viande à base de plantes PC^{MD}

6⁹⁹



PC® Plant Based cakes 480/540 g
or apple crumble pie 770 g
selected varieties, frozen
gâteaux ou tarte à la croustade
aux pommes à base de plantes PC^{MD}

7⁹⁹



PC® Planet First™
Birchwood cutlery
or wheat straws
selected varieties, 24/50's
couverts en bouleau ou
pailles en tiges de blé
PC^{MD} Priorité Planète^{MC}

2⁹⁹



PC® Planet First™
bamboo dinner plates
20's
assiettes en bambou PC^{MD}
Priorité Planète^{MC}

6⁹⁹



PC® Planet First™
dessert plates
20's
assiettes à dessert PC^{MD}
Priorité Planète^{MC}

3⁹⁹



PC® Planet First™
bamboo bowls
20's
bols en bambou
PC^{MD} Priorité Planète^{MC}

4⁹⁹



PC® batteries
AA-16/AAA-10
piles PC^{MD}

6⁴⁹[†]



PC® MAX™ bathroom tissue
12=24 or paper towels 6=6
papier hygiénique ou
essuie-tout MAX^{MD} PC^{MD}

6⁴⁹

PC® dish soap
638 mL-1 L
savon à vaisselle PC^{MD}

2⁴⁹



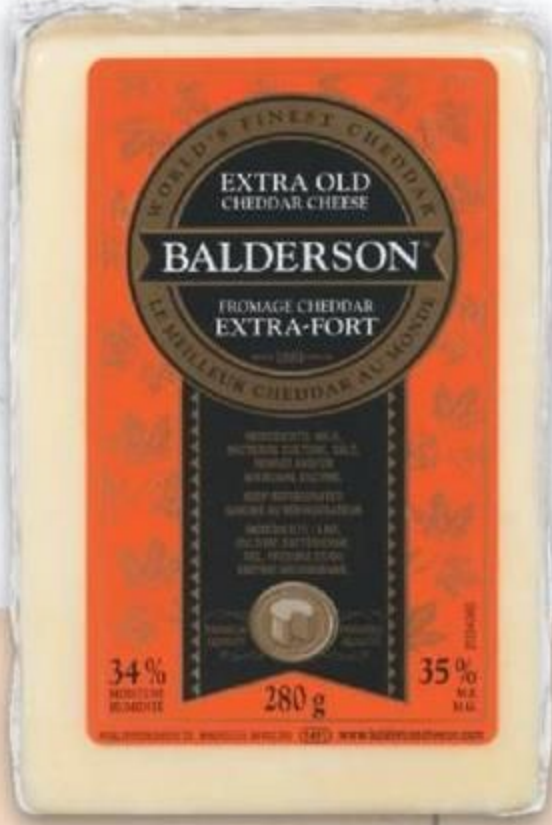
PC® heavy duty freezer bags
selected varieties
10-38's
sacs à congélation robustes PC^{MD}

5⁹⁹

[†]Customer is responsible for the payment of any applicable municipal and/or provincial deposit or product/packaging recycling fee that may apply.
[‡]Le client est responsable du paiement de toute consignation ou de tous frais de recyclage de produit/d'emballage applicables.

IN EFFECT 8 WEEKS FROM THURSDAY, NOVEMBER 3RD TO WEDNESDAY, DECEMBER 28TH, 2022 **EN VIGUEUR 8 SEMAINES** DU JEUDI 3 NOVEMBRE AU MERCREDI 28 DECEMBRE 2022

CHEESE FROMAGERIE



7⁹⁹ Balderson cheese selected varieties 280 g fromage Balderson



4⁹⁹ Arla Havarti or Monsieur Gustav cheese selected varieties 170/200 g fromage havarti Arla ou Monsieur Gustav



FRUITS & VEGETABLES FRUITS ET LÉGUMES



5²⁹ PC® salad kit selected varieties, product of U.S.A. 298-369 g mélange à salade PC^{MD}



3⁹⁹

avocados product of Mexico 5's avocats



bunch carrots or celery stalks product of Canada each carottes en botte ou céleris

2⁹⁹

BAKERY BOULANGERIE



4⁹⁹ Farmer's Market™ cookies selected varieties 12's biscuits Délices du Marché^{MC}



4⁷⁹ Farmer's Market™ or La Fournée Dorée butter croissants selected varieties, 210-336 g croissants au beurre Délices du Marché^{MC} ou La Fournée Dorée



6⁴⁹ honeydew melon product of U.S.A. melon miel

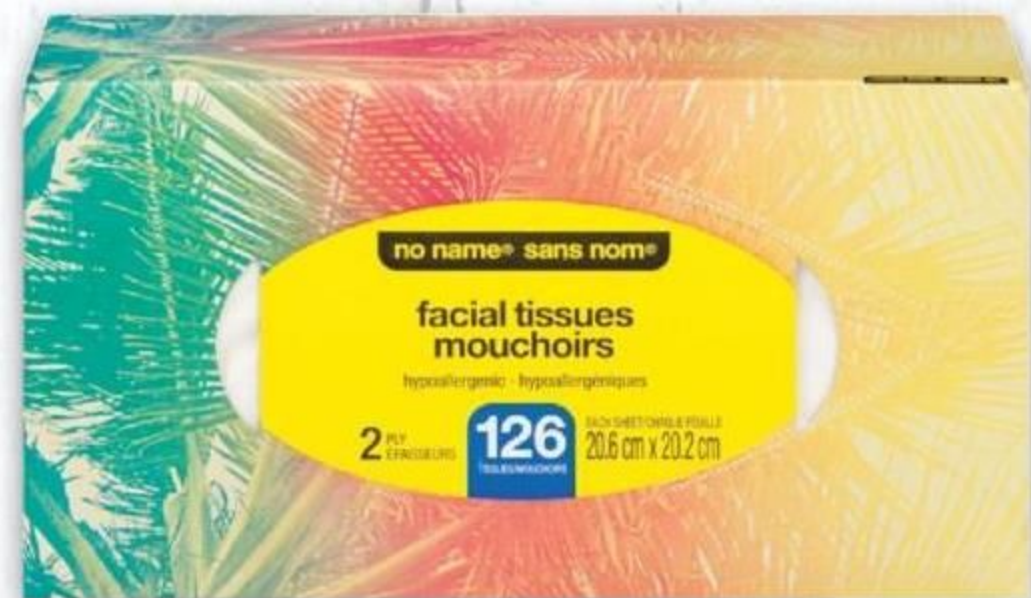


6⁹⁹ strawberries product of U.S.A. 1 lb fraises



2⁴⁹ Honeycrisp apples product of Atlantic provinces pommes honeycrisp 5.49/kg

Les essentiels de l'hiver



1²⁹ no name® facial tissue 126 sheets mouchoirs sans nom®

PC® condensed milk 300 mL or Tetley tea 20-24's selected varieties lait condensé PC^{MD} ou thé Tetley

2⁹⁹



no name® Ready to Serve soup selected varieties 540 mL soupe Prête à déguster sans nom®

2⁴⁹



no name® windshield washer fluid -35°C 3.78 L lave-glace sans nom®

3⁹⁹



24⁹⁹ PC® 4 hour firelogs each bûches 4 heures PC^{MD}

Windsor water softener salt pellets 11.3 kg pastilles de sel adoucisseur d'eau Windsor

6⁹⁹



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



Yoplait Minigo
6 x 60 g,
Tubes 8 x 56 g
or **Source 630 g**
yogurt
selected varieties
yogourt Minigo,
Tubes ou Source Yoplait



Black Diamond cheese bars
400 g, shredded cheese
320 g, curds 200 g or
Ficello Cheestrings 16's
selected varieties
barres de fromage,
fromage r p , en grains
ou Ficello Black Diamond



i GO nano
drinkable yogurt
selected varieties
6 x 93 mL
yogourt   boire
nano i GO



Healthy Choice
entr es
selected varieties,
frozen, 283-306 g
plats cuisin s
Healthy Choice



3.99

BlueWater fish or shrimp,
battered or breaded
selected varieties,
frozen, 255-600 g
poisson ou crevettes
en p te ou pan s BlueWater



6.49

Ben & Jerry's
ice cream
selected varieties
473 mL
cr me glac e
Ben & Jerry's



4.99

Kraft 500 mL
or **Bonne Maman**
250/380 mL jam
selected varieties
confiture Kraft
ou Bonne Maman



3.99

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



3.29

Quaker Dippys or
Chewy granola bars
selected varieties
120-156 g
barres granola Dippys
ou Chewy Quaker



2.49

MiO liquid water enhancer,
Country Time, Tang, Crystal Light
or **Kool-Aid liquid drink mix**
selected varieties, 48 mL
aromatisant d'eau liquide MiO,
m lange   boisson Country Time,
Tang, Cristal L ger ou Kool Aid



2.99

Tim Hortons
instant coffee
selected varieties
100 g
caf  instantan 
Tim Hortons



5.99

PC® Blue Menu® beans,
lentils, split peas, chick peas
or soup mix 900 g or rice 250 g
selected varieties
haricots, lentilles, pois cass s,
pois chiches ou m lange
de soupe ou riz ou riz PC^{MD}



2.99

Heinz
beans or pasta
selected varieties
398 mL
f ves ou p tes Heinz



1.99

Holiday
luncheon meat
340 g
pain de viande
Holiday



2.29

Betty Crocker Super Moist
cookie or snack size mixes
selected varieties
184-292 g
m langes   biscuits
ou format collation
Super Moist Betty Crocker



2.99

3.29

Lay's® potato chips
220-235 g or Lay's Poppables®
potato snacks 130 g
selected varieties
Croustilles Lay's®
ou collations de pommes de
terre Lay's Poppables®
certaines vari t s



3.79

Cheetos® cheese flavoured
snacks 170-285 g or
Cheetos® popcorn 180 g
selected varieties
Grignotines   saveur de
fromage Cheetos®
ou ma s souffl  Cheetos®
certaines vari t s



3.79

Tostitos® tortilla chips
205-300 g or
Tostitos® salsa 416-423 mL
selected varieties
Chips tortilla Tostitos®
ou salsa Tostitos®
certaines vari t s



3.79

Ruffles® potato chips
180-220 g
selected varieties
Croustilles Ruffles®
certaines vari t s



Freshmart
freshmart

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