



4.99
lb

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



3.99
lb

chicken breasts
club size
poitrines de poulet
8.80/kg



Ziggy's®
sliced deli meat
selected varieties
250-300 g
charcuteries
tranchées Ziggy's®

4.99

beefsteak tomatoes
product of Canada
or **green peppers**
product of U.S.A.
tomates beefsteak
ou poivrons verts
6.15/kg



2.79
lb



4.49

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



Tropicana
orange juice,
fruit beverages,
lemonade or
Pure Leaf iced tea
selected varieties
1.54/1.75 L
jus d'orange,
boissons aux fruits,
limonade Tropicana ou
thé glacé Pure Leaf

3.49

no name® chips
selected varieties
200 g
croustilles
sans nom®



1.29



2.49 **Real Canadian**
natural spring water
24 x 500 mL
eau de source naturelle Real Canadian

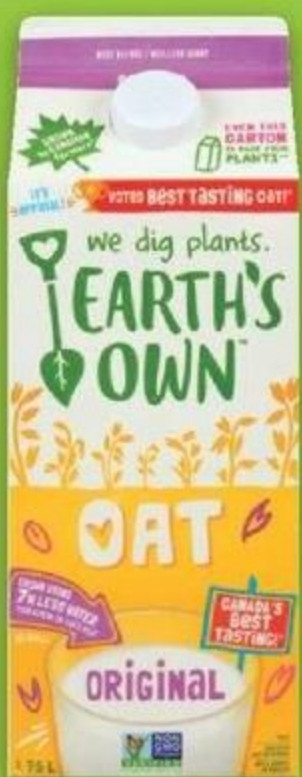
Campbell's
tomato, vegetable,
cream of mushroom
or chicken noodle soup
284 mL
soupe de tomate,
légumes, crème de
champignons et poulet
et nouilles Campbell's

.99



Earth's Own
non-dairy
beverages
selected varieties,
refrigerated
1.75/1.89 L
boissons non
laitières Earth's Own

3.29



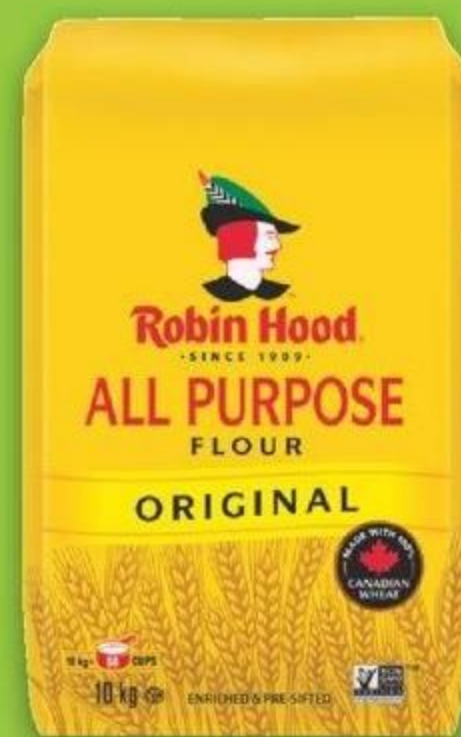
Lantic
fine granulated
sugar
2 kg
sucre granulé fin
Lantic



2.29

Robin Hood
all purpose flour
10 kg
farine tout usage
Robin Hood

11.99



2.99 **Alcan** foil wrap 50 ft or
Glad plastic wrap 60 m
selected varieties
papier aluminium Alcan
ou Pelli Moulante Glad

Tide liquid 1.09 L,
Pods 12-16's or
Gain Flings 14's
selected varieties
détergent liquide,
Pods Tide ou
Flings Gain

4.99



PRICES EFFECTIVE FROM THURSDAY, DECEMBER 1ST TO WEDNESDAY, DECEMBER 7TH, 2022/PRIX EFFECTIFS DU JEUDI 1^{ER} DÉCEMBRE AU MERCREDI 7 DÉCEMBRE 2022

FROM OUR BUTCHER
DE NOTRE BOUCHER



5.99
lb

pork back ribs
cryovac 2's
côtes de dos de porc
13.21/kg

chicken breast fillets
boneless, club size
filets de poitrine
de poulet
17.61/kg

5.99
lb

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

7.99
lb



5.99 Cook's ham steak
bone-in
454 g
tranche de jambon Cook's



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



5.99 no name® chicken nuggets,
burgers or strips
frozen, 908 g
pépites, burgers ou languettes
de poulet sans nom®

DELICATESSEN
CHARCUTERIE



12.99 PC® Natural Choice®
beef, chicken or
turkey strips
selected varieties
300/375 g
lanières de bœuf,
poulet ou dinde PC^{MD}
Le choix Naturel®



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

SEAFOOD
POISSONNERIE



8.99 SeaQuest®
pink salmon fillets
frozen
400 g
filets de saumon rose
SeaQuest®



9.99 SeaQuest®
salad shrimp, frozen
125-175/lb, 454 g
crevettes pour salade
SeaQuest®

Grocery Favourites!



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

no name® orange juice,
Fruitopia, Nestea
or Peace Tea
beverages
selected varieties
1.75 L
jus d'orange
sans nom®,
boissons Fruitopia,
Nestea ou Peace Tea

2.99



4.49 no name® natural cheese slices
210/230 g or yogurt 12 x 100 g
selected varieties
tranches de fromage naturel
ou yogourt sans nom®



6.99 Pogo
selected varieties, frozen
8/10's
Pogo



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

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

5.49



5.29 Kellogg's cereal
selected varieties, 227-525 g
céréales Kellogg's



1.99 PC® granola bars
selected varieties, 156-175 g
barres granola PC^{MD}

CHEESE FROMAGERIE



5²⁹ PC® ricotta 454 g or bocconcini 200 g cheese selected varieties ricotta ou bocconcini PC^{MD}



4⁹⁹ Castello blue cheese selected varieties 113/125 g fromage bleu Castello

FRUITS & VEGETABLES FRUITS ET LÉGUMES



1⁹⁹

PC® live lettuce product of Canada 1's laitue vivante PC^{MD}



1⁹⁹
lb

Bosc pears product of Canada poires Bosc 4.39/kg



avocados product of Mexico each avocats

99

BAKERY BOULANGERIE



4⁹⁹ Farmer's Market™ or La Fournée Dorée butter croissants selected varieties 260-336 g

see price in store voir prix en magasin



Farmer's Market™ almond or minced fruit tart 400/510 g or Baxter minced meat pie 700 g



6⁹⁹ PC® greenhouse strawberries product of Canada 340 g fraises de serre PC^{MD}

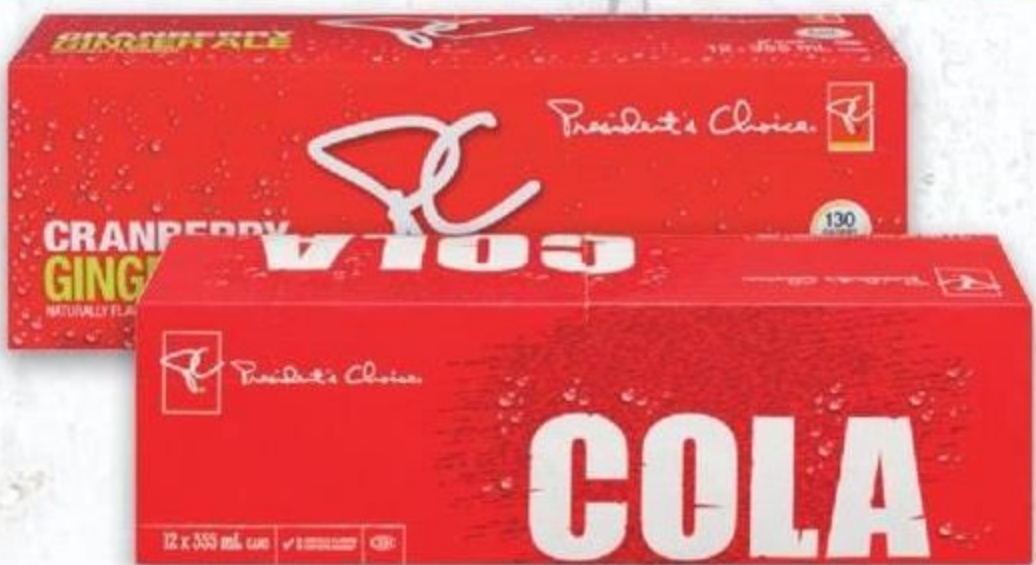


2⁹⁹ Farmer's Market™ yellow onions or carrots product of Canada, 3 lb oignons jaunes ou carottes Délices du Marché^{MC}



5⁴⁹ PC® potatoes product of Atlantic provinces, selected varieties 5 lb pommes de terre PC^{MD}

Vos Préférés!



5⁹⁹ PC® soft drinks selected varieties 12 x 355 mL boissons gazeuses PC^{MD}



3⁷⁹ Nestlé Pure Life sparkling water selected varieties 8 x 355 mL eau pétillante Pure Life Nestlé

no name® canola oil 473 mL huile de canola sans nom®

3⁴⁹



Old Dutch Restaurante 275-320 g or Arriba tortilla 245 g chips selected varieties croustilles de tortilla Restaurante ou Arriba Old Dutch

3⁷⁹



Chef Boyardee pasta selected varieties 418/425 g pâtes Chef Boyardee

2⁴⁹



Amy's soup selected varieties 398 mL soupe Amy's

3⁹⁹



2⁹⁹ Old El Paso beans 398 mL, tortillas 297-334 g or pickled jalapeño peppers 250 mL, selected varieties haricots, tortillas ou piments jalapeño marinés Old El Paso



4⁴⁹ Old El Paso dinner kits selected varieties 94-510 g troussees-repas Old El Paso

Holiday Baking! À vos fourneaux!



Becel margarine
selected varieties
637/850 g
margarine Becel

7⁹⁹



Lantic sugar
selected varieties
1 kg
sucre Lantic

2⁹⁹



Hershey's Chipits
selected varieties, 180-270 g
brisures de chocolat
Chipits Hershey's

3⁹⁹

no name®
whipped topping 1 L
or pie shells 350 g
selected varieties,
frozen
garniture fouettée ou
croûtes à tarte sans nom®

2⁷⁹



1⁹⁹



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

PAM cooking spray
selected varieties
141/170 g
enduit pour la cuisson PAM

4⁴⁹



PC® or Blue Menu®
Twice the Fruit™
spread
selected varieties
500 mL
tartina
Deux fois plus de fruits^{MC}
PC^{MD} ou Menu bleu^{MC}

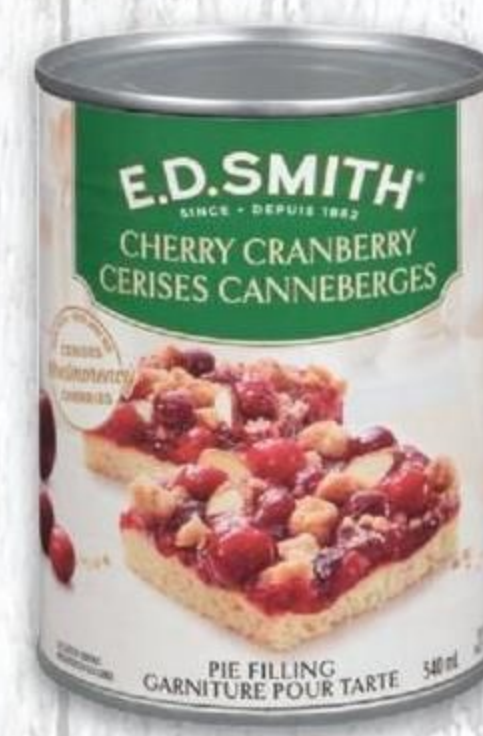
4⁹⁹



.99
Arm & Hammer baking soda
250 g or Jell-O 85 g
selected varieties
bicarbonate de soude
Arm & Hammer ou Jell-O

E.D. Smith pie filling
selected varieties
540 mL
garniture pour tarte
E.D. Smith

4⁴⁹



3⁹⁹
Crisco shortening 454 g or
Fleischmann's yeast jars 113 g
selected varieties
shortening Crisco ou
pots de levure Fleischmann's

RobinHood.ca
MINI CHOCOLATE DIPPED ALFAJORES /
MINI ALFAJORES ENROBÉS DE CHOCOLAT

5⁹⁹
Robin Hood® flour
Selected varieties
Farine Robin Hood®
Certaines variétés
2,5 kg

6⁹⁹
Robin Hood® Organic flour
Farine biologique
Robin Hood®
2 kg

2⁹⁹
Robin Hood® Oats
Selected varieties
Gruau Robin Hood®
Certaines variétés
1 kg

2⁹⁹
SUGAR IN THE RAW™
Natural Turbinado Sugar
SUCRE À L'ÉTAT BRUT™
Sucre turbiné naturel
500 g

3⁹⁹
Eagle Brand® Sweetened
Condensed Milk
Lait condensé sucré
Eagle Brand®
300 mL

1⁹⁹
Carnation® Evaporated Milk
Lait évaporé
Carnation®
354 mL



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 Loblaws Inc. and others. All rights reserved. © 2022 Loblaws Inc.

