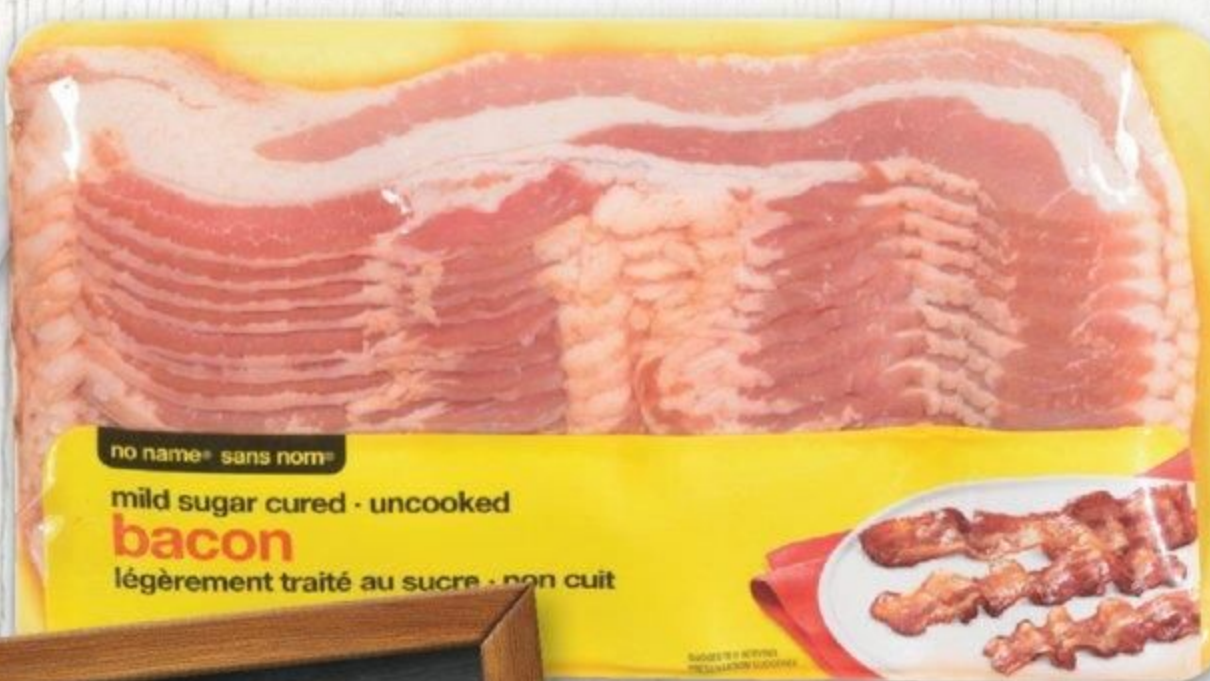




**229**  
lb

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



**449**

**no name® bacon**  
selected varieties  
500 g  
bacon sans nom®



**449**



**San Daniele or Mastro deli meat**  
selected varieties, 125-175 g  
viande de charcuterie  
San Daniele ou Mastro

**green or red seedless grapes**  
product of Peru  
raisins verts ou rouges sans pépins  
5.49/kg

**249**  
lb



**199**  
lb

**eggplant, green zucchini or Roma tomatoes**  
product of Mexico  
aubergines, courgettes vertes ou tomates Roma  
4.39/kg



**299**

**Danone Activia yogurt**  
selected varieties  
650 g  
yogourt  
Activia Danone



**229**

**Christie crackers or cookies 180-386 g, Catelli pasta 340-375 g or pasta sauce 640 mL, selected varieties**  
craquelins ou biscuits Christie, pâtes ou sauce pour pâtes Catelli

**109**

**PC® soda 2 L or 100% pure juice 1 L**  
selected varieties  
soda ou jus pur à 100% PC<sup>MD</sup>



**PC® Gourmet whole bean or roast ground coffee**  
selected varieties  
875-930 g  
café en grains ou torréfié et moulu  
PC<sup>MD</sup> Gourmet

**1299**



**249**

**Kellogg's Eggo waffles**  
selected varieties, frozen  
270-330 g  
gaufres Eggo Kellogg's

**no name® marshmallows 400 g, Betty Crocker Super Moist cake mix 432/461 g or frosting 340/450 g**  
selected varieties  
guimauve sans nom®, mélange à gâteau Supermoist ou glaçage Betty Crocker

**199**



**Hunt's Manwich sauce 398 mL, Betty Crocker Hamburger or Tuna Helper 158-240 g**  
sauce Manwich  
Hunt's, Hamburger ou Tuna Helper  
Betty Crocker

**199**



**Unico vegetable oil 3 L**  
huile végétale Unico

**949**



**Royale Tiger paper towels 6=6 rolls or Royale Velour bathroom tissue 8-15 rolls**  
selected varieties  
essuie-tout Tiger Royale ou papier hygiénique Velour Royale

**699**



FROM OUR BUTCHER  
DE NOTRE BOUCHER



**2.99**  
lb

pork loin chop  
club size, center cut, bone-in  
côtelette de longe de porc  
6.59/kg

**14.99**  
lb

T-bone steak\*  
club size  
bifteck d'ailoyau\*  
33.05/kg

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

**6.99**  
lb



**3.29**  
lb

chicken legs  
club size, fresh  
cuisses de poulet  
7.25/kg

**12.99**

Maple Leaf ham  
selected varieties  
600 g  
jambon Maple Leaf

**14.99**

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

DELICATESSEN  
CHARCUTERIE



**6.99**

Ziggy's® chicken or  
turkey breast strips  
selected varieties  
150/200 g  
lanières de poitrine de  
poulet ou dinde Ziggy's®



**8.99**

Olivieri fresh pasta  
selected varieties  
500-700 g  
pâtes fraîches Olivieri

SEAFOOD  
POISSONNERIE



**8.99**

PC® breaded potato  
and wild salt cod  
croquettes  
frozen, 300 g  
croquettes de morue  
sauvage salées et  
pommes de terre PC<sup>MD</sup>



**10.99**

PC® white  
cooked shrimp  
peeled, frozen,  
31-40 per lb  
crevettes blanches  
cuites PC<sup>MD</sup>

## Grocery Favourites!



**3.99**

Pillsbury refrigerated dough  
selected varieties  
454/496 g  
pâte réfrigérée Pillsbury

iÖGO nanö  
drinkable yogurt  
selected varieties  
6 x 93 mL  
yogourt à boire  
nanö iÖGO

**3.99**



**3.29**

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

Minute Maid  
orange juice  
selected varieties,  
frozen  
295/355 mL  
jus d'orange  
Minute Maid

**1.79**



Del Monte  
canned fruit  
selected varieties  
796 mL  
fruits en conserve  
Del Monte

**4.49**



**2.49**

Dare Wagon Wheels or Viva Puffs  
selected varieties  
300-360 g  
Wagon Wheels ou Viva Puffs Dare

Pringles chips  
selected varieties  
148/156 g  
croustilles Pringles

**2.79**



PC® seasoning  
selected varieties  
7-100 g  
assaisonnement PC<sup>MD</sup>

**3.99**



**CHEESE FROMAGERIE**



**4<sup>99</sup>**  
**Arla Dofino Havarti**  
 200 g or **Monsieur Gustav**  
 170 g  
 selected varieties  
 havarti Dofino Arla  
 ou Monsieur Gustav



**8<sup>49</sup>**  
**PC® Splendido®**  
**Parmigiano Reggiano**  
 or **Pecorino Romano**  
 cheese  
 250 g  
 fromage parmigiano  
 reggiano ou pecorino  
 romano PC<sup>MD</sup> Splendido<sup>MD</sup>

**FRUITS & VEGETABLES**  
**FRUITS ET LÉGUMES**



**2<sup>49</sup>**  
**Farmer's Market™**  
 carrots or yellow onions  
 product of  
 Atlantic Canada  
 3 lb  
 carottes ou oignons  
 jaunes Délices du Marché<sup>MC</sup>



**3<sup>49</sup>**

**Popeye select spinach**  
 product of U.S.A., 283 g  
 épinards de choix Popeye



**4<sup>99</sup>**  
**Eat Smart kale salads**  
 340 g or **Taylor Farms**  
 salads 315-360 g  
 product of U.S.A.,  
 selected varieties  
 salade de chou frisé Eat Smart  
 ou salades Taylor Farms

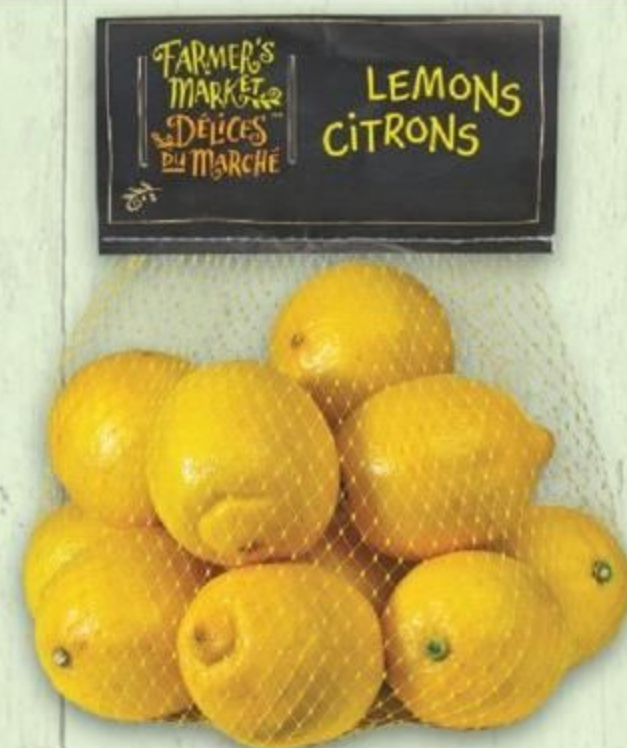
**BAKERY**  
**BOULANGERIE**



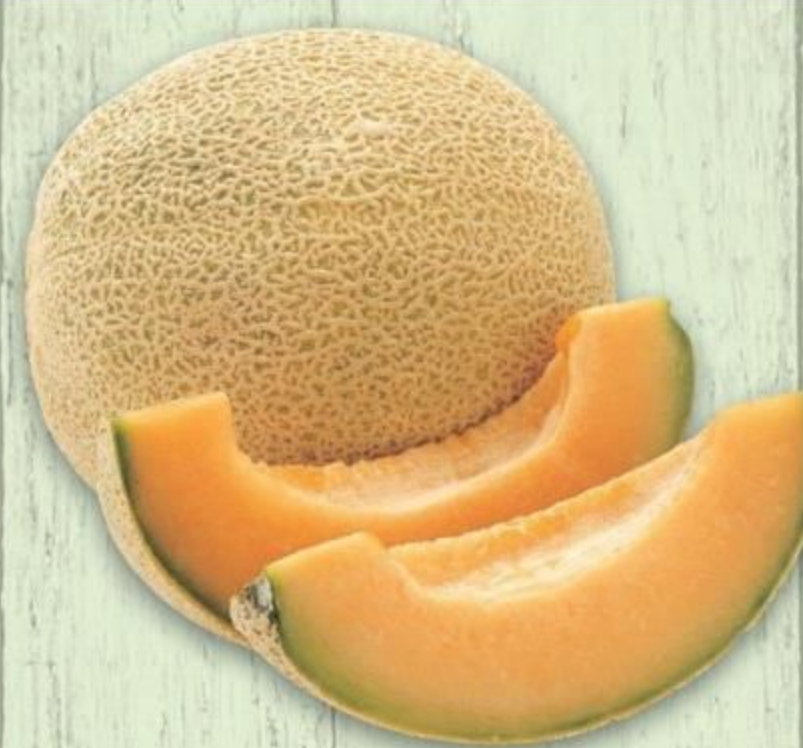
**4<sup>79</sup>**  
**Farmer's Market™**  
 or **La Fournée Dorée**  
 butter croissant  
 selected varieties  
 210-336 g  
 croissants au beurre  
 Délices du Marché<sup>MC</sup>  
 ou La Fournée Dorée



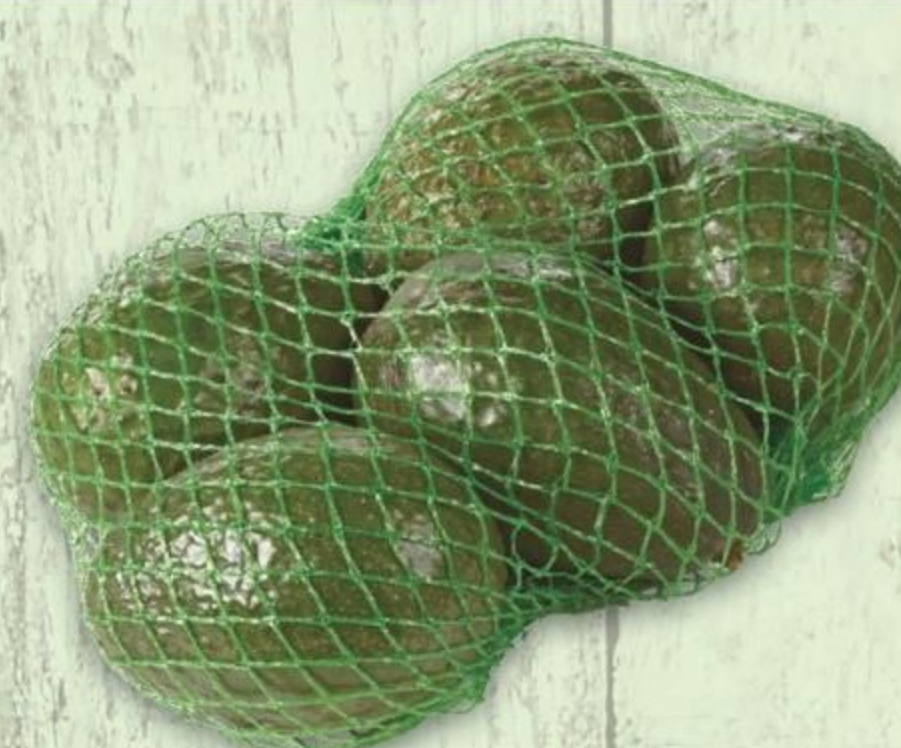
**4<sup>99</sup>**  
**Farmer's Market™**  
 cookies 12's,  
 cinnamon rolls 9's  
 or macarons 350 g  
 selected varieties  
 biscuits, brioches  
 à la cannelle ou macarons  
 Délices du Marché<sup>MC</sup>



**4<sup>99</sup>**  
**Farmer's Market™**  
 lemons  
 product of Spain  
 2 lb  
 citrons Délices du Marché<sup>MC</sup>



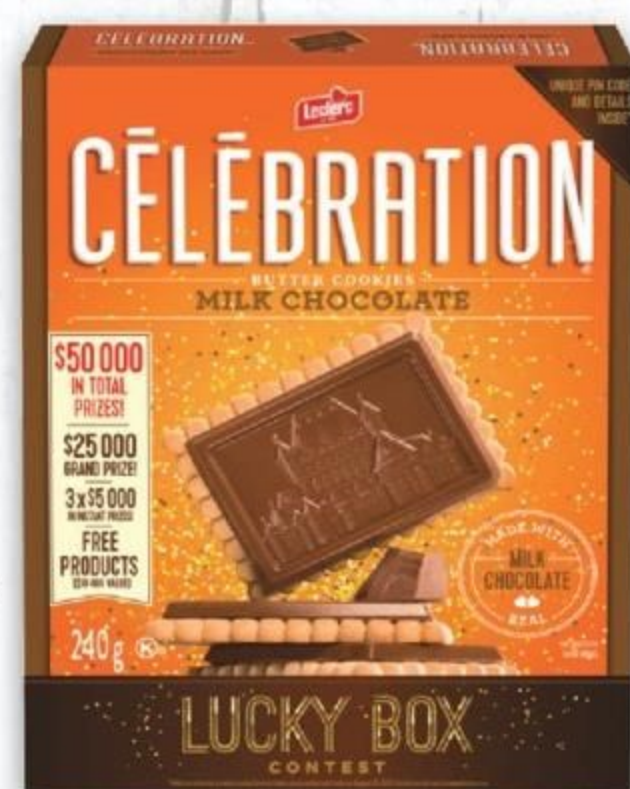
**4<sup>29</sup>**  
**cantaloupe**, product of  
 Guatemala or Honduras  
 each  
 cantaloup



**3<sup>99</sup>**  
**avocados**  
 product of Mexico or Colombia  
 5's  
 avocats

**Vos préférés!**

**Leclerc**  
**Célébration**  
 cookies  
 selected varieties  
 240/350 g  
 biscuits  
 Célébration Leclerc



**3<sup>29</sup>**

**Monster or Reign**  
 energy drink  
 selected varieties  
 458/473 mL  
 boisson énergisante  
 Monster ou Reign

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



**no name®** chocolate syrup 700 mL,  
 strawberry syrup 510 mL,  
 hot chocolate mix 500 g,  
**Carnation hot chocolate envelopes**  
 175/250 g, selected varieties  
 sirop au chocolat, sirop à la fraise mélange  
 à chocolat chaud sans nom®  
 ou enveloppes  
 de chocolat  
 chaud Carnation

**3<sup>29</sup>**



**Earth's Own oat milk**  
 or **So Nice soy barista**  
 selected varieties  
 946 mL  
 boisson à l'avoine  
 Earth's Own ou  
 barista soya So Nice

**3<sup>79</sup>**



**Bush's baked beans**  
 selected varieties  
 398 mL  
 fèves Bush's Best



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



**3<sup>49</sup>**  
**Ben's Original Bistro Express** rice  
 selected varieties, 240/250 g  
 riz Bistro Express Ben's Original

**Royale facial tissue**  
 6's  
 mouchoirs Royale

**8<sup>99</sup>**



**Cascade dishwasher**  
 detergent  
 action packs  
 selected varieties  
 48/60's  
 détergent pour  
 lave-vaisselle  
 Action Pacs Cascade

**17<sup>99</sup>**





# Favourites Vos préférés

PC® shredded cheese selected varieties 250-320 g fromage râpé PC<sup>MD</sup>

**5<sup>99</sup>**



PC® orange juice, tea or lemonade selected varieties, refrigerated 1.54 L jus d'orange, thé ou limonade PC<sup>MD</sup>

**3<sup>29</sup>**



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

**11<sup>99</sup>**

PC® frozen or premium vegetables selected varieties, frozen 500/750 g légumes surgelés ou de qualité supérieure PC<sup>MD</sup>

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



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

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



PC® or Blue Menu® sparkling water selected varieties 12 x 355 mL eau pétillante PC<sup>MD</sup> ou Menu bleu<sup>MC</sup>

**4<sup>79</sup>**

PC® tea selected varieties 20's thé PC<sup>MD</sup>

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



PC® gold chocolate bar selected varieties 300 g barres de chocolat or PC<sup>MD</sup>

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



PC® or Blue Menu® granola bar selected varieties, 150-190 g barre granola PC<sup>MD</sup> ou Menu bleu<sup>MC</sup>

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



PC® Organics butter 250 g or cheese 200 g selected varieties beurre ou fromage PC<sup>MD</sup> Biologique

**5<sup>79</sup>**

PC® cereal 450-725 g, Blue Menu® cereal 450 g or peanut butter 750 g selected varieties céréales ou beurre d'arachide PC<sup>MD</sup> Menu bleu<sup>MC</sup>

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



PC® Blue Menu® canned vegetable or beans selected varieties 284-540 mL légumes ou légumineuses en boîte PC<sup>MD</sup> Menu bleu<sup>MC</sup>

**1<sup>49</sup>**



PC® mayonnaise selected varieties 750/890 mL mayonnaise PC<sup>MD</sup>

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



PC® Blue Menu® beans, peas, soup mix 900 g or PC® rice 250 g selected varieties haricots, pois, mélange à soupe PC<sup>MD</sup> Menu bleu<sup>MC</sup> ou riz PC<sup>MD</sup>

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



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. © 2023 Loblaws Inc.

