

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE

1st OF THE SEASON
DE LA SAISON

asparagus
product of Atlantic
Canada or Québec
7.69/kg
asperges

3.49
lb



Johnsonville
dinner or Italian grinds
selected varieties
375/500 g
saucisses ou chair à saucisse

4.99



3.49

Breyers Classic ice cream
1.66 L or Nestlé chocolate
pouches 135-203 g
selected varieties
crème glacée ou sacs de
chocolat



Kraft BBQ sauce 455 mL
or Maple Leaf flakes 156 g
selected varieties
sauce barbecue ou
flocons de viande

2.49



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FMA FLAP 1



Insiders
Report™

let's do
Summer
right!
mangez
dans
l'été



Insiders
Report™
MUST TRY
COUPS DE
CŒUR

PC®
Chocolately Dipped
Sugar Cones
120 g
cornets

2.49



PC® Ice Cream Shop ice cream
selected varieties, frozen
946 mL
crème glacée

3.79

Insiders
Report™
MUST TRY
COUPS DE
CŒUR

PC®
Peanut Butter Syrup
428 mL
sirop au beurre
d'arachide

3.99



FMA FLAP 2

FROM THURSDAY, JUNE 1ST
TO WEDNESDAY, JUNE 7TH, 2023
DU JEUDI 1^{ER} JUIN AU
MERCREDI 7 JUIN 2023
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



3.29
lb

pork loin or chops
club size, boneless
longe ou côtelettes de porc
7.25/kg



2.79
lb

chicken drumsticks or thighs
club size
pilons ou hauts de cuisse de poulet
6.15/kg



3.29

Farmer's Market™ cucumbers 3's, product of
Canada, French beans 400 g, product of Mexico,
green beans 380 g, product of U.S.A.
concombres ou haricots français
ou haricots verts



4.99

Farmer's Market™ oranges,
product of South Africa or
grapefruit, product of Turkey, 3 lb
oranges ou pamplemousse



3.99

San Daniele, Mastro deli meat 125-175 g
or PC® cheese slices 150-170 g
selected varieties
charcuteries ou tranches de fromage



3.79

Farmer's Market™ brownies 265 g
or PC® mini muffins 336 g
selected varieties
brownies ou mini-muffins



2.49

Christie Oreo, Chips Ahoy
or Dad's cookies
selected varieties
224-320 g
biscuits

1.49

Oasis or Del Monte
juice or Arizona
iced tea
selected varieties
960 mL
jus ou thé glacé



2.99

Danone Activia
yogurt
selected varieties
650 g
yogourt



2.99

Kraft salad dressing
selected varieties
475 mL
vinaigrette

2.99



Clover Leaf white tuna
selected varieties
170 g
thon blanc

1.99

Dawn or Palmolive
dish soap
selected varieties
431/473 mL
savon à vaisselle



Meat & Seafood Viandes & Poissonnerie

6⁹⁹ lb eye of round steak* club size bifteck de noix de ronde* 15.41/kg

5⁴⁹ Johnsonville sausage selected varieties 375 g saucisses

3⁹⁹ lb lean ground pork club size porc haché, maigre 8.80/kg

7⁹⁹ Maple Leaf Prime ground turkey extra lean 454 g dinde hachée

12⁹⁹ Maple Leaf ham selected varieties 600 g jambon

11⁹⁹ PC® shrimp hors d'oeuvres selected varieties, frozen 170-454 g hors-d'œuvre de crevettes

Deli Meat & Cheese Charcuterie & Fromagerie

7⁹⁹ PC® halloom cheese selected varieties 250 g fromage

3⁹⁹ Sardo or Comeau Antipasto or olives, selected varieties 250 mL/140 g antipasto ou olives

6²⁹ PC® Brie or Camembert cheese selected varieties 165-200 g brie ou camembert

Halloom
Origin: Cyprus Island
Milk: Cow's milk
Taste: Similar to cheese curds
Characteristics: Semi-firm, soft, elastic and salty. Can be eaten fresh, grilled, boiled or fried. It does not melt with heat and is easily combined with any dish.

Dairy & Frozen Produits laitiers & surgelés

4⁹⁹ no name® real cheese slices selected varieties 210/230 g tranches de fromage

5⁹⁹ PC® shredded cheese selected varieties 250-320 g fromage râpé

3²⁹ Cheemo perogies selected varieties, frozen 815/907 g perogies

3⁴⁹ Kozy Shack pudding selected varieties, refrigerated 624 g pouding

1⁴⁹ no name® burritos selected varieties 142 g burritos

2⁷⁹ no name® whipped topping selected varieties, frozen 1 L garniture fouettée

7⁴⁹ PC® Organics frozen fruit 600 g or orange juice 1.75 L selected varieties, refrigerated fruits surgelés ou jus d'orange

Fruits & Vegetables

Fruits & Légumes



3⁹⁹
lb

peaches or nectarines
product of U.S.A.
8.80/kg
pêches ou nectarines



4⁹⁹

pineapple
product of Costa Rica
each
ananas

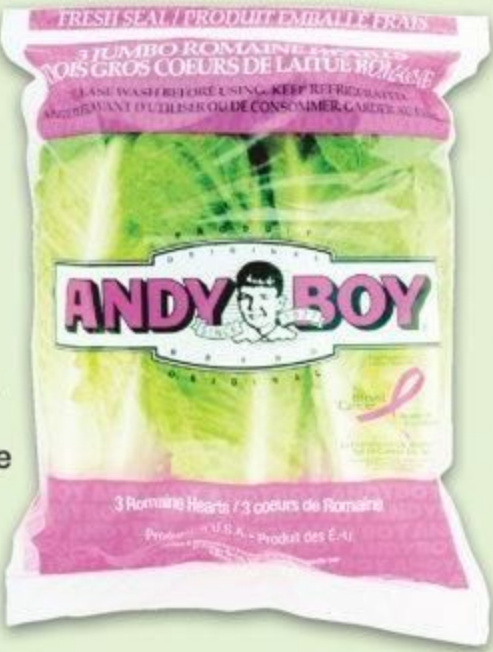


4⁴⁹

cantaloupe
product of U.S.A.
each
cantaloup

romaine hearts
product of U.S.A.
3's
cœurs de romaine

4⁴⁹



2⁹⁹

Cherto cherry tomatoes
on the vine, PC® Axiany or
Mixiany tomatoes
product of Canada, 255 g
tomates



5⁴⁹

PC® or PC® Organics mushrooms
product of Canada,
selected varieties
100-454 g
champignons



Bakery

Boulangerie



3⁴⁹ Hostess snack cakes
selected varieties
121-252 g
petits gâteaux

3⁹⁹

PC® rye bread or loaf
selected varieties, 480/500 g
pain de seigle ou pain



8⁹⁹

PC® cheesecake, frozen 600 g
or Farmer's Market™ pie
580 g-1 kg
selected varieties



Ice Cream Shop

Le Bar Laitier

PC®
frozen yogurt
selected varieties
2 L
yogourt glacé

4⁴⁹



4⁹⁹

Chapman's Super
Premium ice cream
selected varieties, frozen
500 mL
crème glacée



5⁴⁹

Farmer's Market™
Belgian waffles
6's
gaufres



3/\$5
no name® ice cream
cones or cups
75/80 g
cornets ou coupes
pour crème glacée

2⁹⁹

Durkee marshmallow
fluff 213 g or Smucker's
magic shell chocolate
topping 205 g
guimauve ou garniture
au chocolat



6⁹⁹

So Delicious
non-dairy ice cream
selected varieties
500 mL
crème glacée sans
produits laitiers



3⁹⁹

Coca-Cola beverages
selected varieties
6 x 222 mL
boissons



New for YOU! Nouveautés pour VOUS

MAGNUM



4⁹⁹ BEN & JERRY'S ice cream
selected varieties, frozen
variétés sélectionnées, surgelé
473 mL



5⁴⁹ Magnum Bars
selected varieties
Barres de Magnum
variétés sélectionnées, 3/4's



6⁴⁹ WALL'S ice cream
selected varieties
variétés sélectionnées
6's/1.41 L

Grocery Épicerie

Yoplait Yop drinkable yogurt
selected varieties
200 mL
yogourt à boire



.99

Tropicana orange juice
selected varieties,
refrigerated
2.63 L
jus d'orange



6.99

Pillsbury Pizza Pops
selected varieties, frozen
380 g
pizzas



2.99

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



5.49

Gatorade sport drinks
selected varieties
6 x 591 mL
boissons
désaltérantes



6.49

Old Dutch Arriba
or Restaurante
tortilla chips
selected varieties
245-290 g
croustilles
de tortilla



3.49

General Mills cereal
family size,
selected varieties
475-778 g
céréales



5.99



9.99 Starbucks ground or whole bean
coffee 340 g or K-Cups 10's
selected varieties
café

Frank's RedHot
or Thick sauce
selected varieties
354 mL
sauce piquante



4.49



3.49 Ben's Bistro Express rice
selected varieties
240/250 g
riz



French's ketchup
750 mL
ketchup

4.49



2.29 no name® marshmallows
selected varieties
400 g
guimauves



3.79 Hershey's Chipits
selected varieties
200-270 g
brisures de chocolat

Pet Animaux domestiques

Milk-Bone
dog treats
selected varieties
750-900 g
gâteries
pour chiens



4.49

no name®
cat litter
selected varieties
7 kg
litière pour chat



5.99

1.49 Cesar dog food
selected varieties
100 g
nourriture pour chien



1.09 Purina Fancy Feast
wet cat food
selected varieties, 85 g
nourriture humide
pour chats



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. © 2023 Loblaw's Inc.





let's do Summer right! merdez dans l'été

PRICES EFFECTIVE FOR 8 WEEKS
THURSDAY, MAY 18 - WEDNESDAY, JULY 12
EN VIGUEUR 8 SEMAINES
JEUDI 18 MAI - MERCREDI 12 JUILLET

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Carolina Gold Sauce Pork Back Ribs refrigerated, 500 g côtes de dos de porc à la sauce dorée de la Caroline PC^{MD}

NEW NOUVEAU

13⁹⁹

Insiders Report

MUST TRY COUPS DE CŒUR

PC® 4-Layer Loaded Pierogi Dip 425 g trempette de pierogis garnis à 4 étages PC^{MD}

NEW NOUVEAU

7⁹⁹

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Ube Boba Cream Pie frozen 730 g tarte à la crème ube boba PC^{MD}

NEW NOUVEAU

10⁹⁹

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Blue Menu® Calamansi Citrus and Strawberry Sparkling Water 12 x 355 mL eau pétillante calamondin et fraise PC^{MD} Menu bleu^{MC}

NEW NOUVEAU

4⁹⁹

PC® Free From® sausage selected varieties 500 g saucisses PC^{MD} Simplement Bon^{MC}

7⁴⁹

PC® cedar plank salmon frozen 500 g saumon sur planche de cèdre PC^{MD}

21⁹⁹

PC® wild yellowfin tuna steaks frozen 280 g darnes de thon albacore sauvage PC^{MD}

8⁹⁹

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

6⁹⁹

PC® shredded cheese selected varieties 620 g fromage râpé PC^{MD}

10⁹⁹

PC® or PC®Blue Menu® Thin and Crispy, focaccia, Loads of or Flatbread pizzas, selected varieties, frozen, 330-455 g pizzas Mince et croustillante, focaccia, Pleine de ou pain plat PC^{MD}, Menu bleu^{MC}

4⁴⁹

PC® salad dressing selected varieties 350/475 mL vinaigrette PC^{MD}

2⁹⁹

PC® MSC white tuna selected varieties 170 g thon blanc MSC PC^{MD}

3²⁹

PC®Blue Menu® beans selected varieties 540 mL légumineuses PC^{MD} Menu bleu^{MC}

1⁷⁹

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

2⁴⁹

PC® Taco or Fajita Kit selected varieties 421/427 g ensemble à taco ou fajita PC^{MD}

3⁹⁹

PC® GREEN™ bathroom tissues or paper towel selected varieties 6/12's papier hygiénique ou essuie-tout PC^{MD} VERT^{MC}

6⁹⁹

PC® paper yard waste bag 5's sac à déchets de jardinage en papier PC^{MD}

4²⁹

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

6⁹⁹

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

3⁴⁹



let's do Summer right! *merdez dans l'été*

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NEW NOUVEAU

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MUST TRY COUPS DE CŒUR

PC® Mango & Calamansi Citrus Raw Shrimp Skewers, frozen, 360 g brochettes de crevettes crues à la mangue et calamondin PC^{MD}

11⁹⁹

Insiders Report

MUST TRY COUPS DE CŒUR

PC® hot peppers selected varieties 80-226 g piments forts PC^{MD}

2⁹⁹

NEW NOUVEAU

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Filipino Chicken Adobo Lumpia frozen, 560 g lumpia au poulet adobo philippin PC^{MD}

10⁹⁹

PC® or Blue Menu® burgers selected varieties, frozen 1.02 g-1.36 kg burgers PC^{MD} ou Menu bleu^{MC}

14⁹⁹

Insiders Report

MUST TRY COUPS DE CŒUR

PC® wings selected varieties, frozen 800/907 g ailes PC^{MD}

16⁹⁹

PC® Old-Fashioned Style bacon 1 kg bacon à l'ancienne PC^{MD}

15⁹⁹

PC® or Blue Menu® tortillas original or whole wheat 390/650 g tortillas PC^{MD} ou Menu bleu^{MC}

3⁴⁹

PC® Gigantico™ hamburger or hot dog buns 6/8's pains à hamburger or hot dog Gigantico^{MC} PC^{MD}

3⁹⁹

PC® naan rounds original or whole wheat, 8's pains naan ronds PC^{MD}

4⁴⁹

PC® Plant Based sweet Italian sausage, 400 g sauceuse italienne douce à base de plantes PC^{MD}

7⁴⁹

PC® pickles, sweet roasted peppers or hot peppers selected varieties 300/500 mL cornichons, poivrons grillés ou piments forts PC^{MD}

2⁴⁹

PC® BBQ sauce selected varieties 500 mL sauce barbecue PC^{MD}

3²⁹

PC® or Blue Menu® ketchup selected varieties 750 mL/1 L ketchup PC^{MD} ou Menu bleu^{MC}

4²⁹

PC® mayonnaise selected varieties 750/890 mL mayonnaise PC^{MD}

5²⁹

PC® The Decadent® chocolate chip cookie selected varieties 280/300 g biscuits aux brisures de chocolat PC^{MD} Le décadent^{MC}

3⁴⁹

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

4⁷⁹

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

2²⁹

PC® salsa selected varieties 650 mL salsa PC^{MD}

3⁷⁹

NEW NOUVEAU

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Ube Pandesal Buns 280 g pains ube pandesal PC^{MD}

3⁷⁹

Insiders Report

MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Goat's Milk Cheddar Cheese-Aged 1yr 200 g cheddar au lait de chèvre PC^{MD} vieilli un an

8⁹⁹

Insiders Report

MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Chunky Guacamole 425 g guacamole avec gros morceaux PC^{MD}

7⁹⁹



And there's more!
Discover it all in store.
Bien plus encore à découvrir en magasin

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NEW NOUVEAU

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Classic Street Cart Sausage 500 g saucisses classiques Kiosque de rue PC^{MD}

5⁹⁹

NEW NOUVEAU

Insiders Report

MUST TRY COUPS DE CŒUR

PC® Wild Argentinian Shrimp Platter with Creamy Citrus Herb Sauce frozen, 400 g

19⁹⁹

NEW NOUVEAU

Insiders Report

MUST TRY COUPS DE CŒUR

PC® World of Flavours Korean-style Beef Short Ribs 500 g bouts de côte de bœuf à la coréenne PC^{MD} Saveurs du monde^{MC}

16⁹⁹

PC® cheese slices Club Size, selected varieties 500 g tranches de fromage PC^{MD}

11⁹⁹

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

4⁴⁹

PC® Splendido™ sliced deli meat selected varieties 100 g charcuteries tranchées PC^{MD} Splendido

5⁹⁹

PC® or Blue Menu® roasted pistachios product of U.S.A. 225 g pistaches grillées PC^{MD} ou Menu bleu^{MC}

5⁴⁹

PC® deluxe mixed nuts 200 g or PC® Free From™ beef jerky 80 g selected varieties noix mélangées de luxe PC^{MD} ou jerky au bœuf PC^{MD} Simplement Bon^{MC}

5²⁹

PC® Organics butter 250 g or cheese 200 g selected varieties beurre ou fromage PC^{MD} Biologique

5⁷⁹

PC® balsamic 500 mL or natural 4 L vinegar pistaches grillées salées PC^{MD} ou Menu bleu^{MC}

3⁴⁹

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

12⁹⁹

PC® couscous 340 g or risotto 170 g selected varieties couscous ou risotto PC^{MD}

2⁴⁹

PC® cooking sauce selected varieties 400 mL sauce à cuisson PC^{MD}

4⁷⁹

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

5⁷⁹

PC® or Blue Menu® fruit cocktails or 100% juice blends selected varieties 1.89 L cocktails de fruits ou mélanges de jus à 100% PC^{MD} ou Menu bleu^{MC}

3⁷⁹

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

9⁹⁹

PC® de-alcoholized wine selected varieties 750 mL vin désalcoolisé PC^{MD}

7⁴⁹

Insiders Report

MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Calamansi Lemonade refrigerated, 1.54 L limonade au calamondin PC^{MD}

3⁴⁹

Insiders Report

MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® World of Flavours Filipino Adobo Chicken Flavour Chips, 200 g croustilles à saveur de poulet adobo philippin Saveurs du monde PC^{MD}

2²⁹

Insiders Report

MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Smokin' Stampede Corn Ribs 500 g maïs façon côtes levées Stampede fumé PC^{MD}

4⁹⁹



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MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Chocolatey Dipped Sugar Cones, 120 g
cornets en sucre trempés dans le chocolat PC^{MD}

2.49 120 g / 6 cornets

Insiders Report
MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Peanut Butter Syrup 428 mL
sirop au beurre d'arachide PC^{MD}

3.99 428 mL

NEW NOUVEAU

PC® Plant Based Peanut Butter Delights 6 x 32 mL
délices au beurre d'arachide à base de plantes PC^{MD}

4.99 6 x 32 mL

Insiders Report
MUST TRY COUPS DE CŒUR



11.99 PC® mini éclairs or profiteroles selected varieties, frozen 490-710 g mini éclairs ou profiteroles PC^{MD}

4.49 PC® frozen fruit selected varieties 400-600 g fruits surgelés PC^{MD}



6.49 PC® Cream First™ or Loads of ice cream selected varieties, frozen, 1.5 L crème glacée PC^{MD} La crème avant tout^{MC} ou pleine de

5.99 PC® or Blue Menu® smoothie or fruit bars selected varieties, frozen, 6/12's barres Smoothie ou aux fruits PC^{MD} ou Menu bleu^{MC}

4.49 PC® Ice Cream Shop ice cream bars selected varieties, frozen, 6's barres à la crème glacée Délices du bar laitier PC^{MD}

4.99 PC® popsicles selected varieties, frozen 6's pops PC^{MD}

3.79 PC® Ice Cream Shop ice cream selected varieties, frozen 946 mL crème glacée Délices du bar laitier PC^{MD}

2.99 PC® maple flavour marshmallows 400 g guimauves à saveur d'érable PC^{MD}

6.29 PC® chocolate covered fruits or nuts selected varieties 200-400 g fruits ou noix enrobés de chocolat PC^{MD}

4.99 PC® gold chocolate bar selected varieties 300 g barres de chocolat or PC^{MD}

8.49 PC® ground coffee 112-340 g or coffee pods 8-14's selected varieties café moulu ou capsules de café PC^{MD}

5.99 PC® orange juice selected varieties, refrigerated 2.5 L jus d'orange PC^{MD}

3.49 PC® lactose free sour cream 500 mL crème sure sans lactose PC^{MD}

2.49 PC® granola bars selected varieties 156-190 g barres granola PC^{MD}

6.99 PC® S'mores kit 600 g kit à s'mores PC^{MD}

2.49 PC® or Blue Menu® English muffins or crumpets selected varieties 6's muffins anglais ou crumpets PC^{MD} ou Menu bleu^{MC}

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

2.49 PC® tea selected varieties 20's thé PC^{MD}

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

12.49 PC® 100% pure maple syrup Canada Grade A Amber 500 mL sirop d'érable 100% pur PC^{MD} catégorie Canada A, ambre

3.29 PC® or Blue Menu® pancake mix 905 g or table syrup 750 mL selected varieties mélange à crêpes ou sirop de table PC^{MD} ou Menu bleu^{MC}

3.49 PC® Blue Menu® Muesli selected varieties 450 g muesli PC^{MD} Menu bleu^{MC}

5.99 PC® or Blue Menu® cereal selected varieties 450-725 g céréales PC^{MD} ou Menu bleu^{MC}