

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE



no name®, Furlani or D'Italiano garlic bread selected varieties 325-638 g pain à l'ail

3.49



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

12.99



2/\$5 or \$2.50 ea.

Lay's potato chips 130-235 g or Monster, Reign or NOS energy drinks 458/473 mL selected varieties croustilles ou boissons énergisantes



Cashmere bathroom tissue 12 double rolls, SpongeTowels paper towels 6 rolls or Scotties facial tissue 6's selected varieties papier hygiénique ou essuie-tout ou mouchoirs

6.99



See our flyer online visit freshmart.ca

Happy Father's Day

Bonne fête des Pères!

Insiders Report
MUST TRY COUPS DE CŒUR



5.99

PC® Street Cart Sausage selected varieties 500 g saucisses



PC® de-alcoholized beer selected varieties 12 x 355 mL bière désalcoolisée

9.99

PC® BBQ sauce selected varieties 500 mL sauce barbecue

2.99



PC® hummus or dips selected varieties 454/500 g hummus ou trempettes

6.99

FROM THURSDAY, JUNE 15TH
TO WEDNESDAY, JUNE 21ST, 2023
DU JEUDI 15 JUIN AU
MERCREDI 21 JUIN 2023
visit freshmart.ca

Freshmart[®]

freshmart RED & WHITE FOOD STORE
Your Neighbourhood Grocer



4.49
lb

lean ground beef
club size
bœuf haché maigre
9.90/kg



2.49
lb

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



broccoli
product of U.S.A.
each
brocoli

2.99



green or red
seedless grapes
product of Mexico
raisins verts
ou rouges
sans pépins
6.15/kg

2.79
lb



PC[®] cheese blocks
or feta in brine
selected varieties
250/400 g
fromage

5.49



Vachon snack cakes
selected varieties
252-336 g
petits gâteaux



2.99



General Mills
cereal
selected varieties
300-437 g
céréales

3.49

Carnation
evaporated milk
selected varieties
354 mL
lait évaporé

1.79



no name[®] cheese
bars 400 g or
shredded cheese 320 g
selected varieties
barres de fromage
ou fromage râpé

5.49



2.79

Ben's Bistro Express rice
240/250 g or Green Giant
vegetables, frozen
400-750 g
selected varieties
riz ou légumes

4.49



Clover Leaf
sockeye salmon
213 g
saumon sockeye



4.99

Nestlé Drumstick or
novelties
selected varieties, frozen
4-10's
friandises glacées
ou crème glacée

Meat & Seafood Viandes & Poissonnerie



7.99
lb

tenderized hip or inside round fast-fry steak* club size bifteck de cuisse ou d'intérieur de ronde attendri pour sauté 17.61/kg

5.99
lb

pork tenderloin fresh, cryovac 2's filet de porc 13.21/kg

7.99
lb

chicken thighs boneless, skinless, club size, fresh hauts de cuisse de poulet 17.61/kg



8.99
no name® coil garlic sausage 750 g saucisson à l'ail

Wong Wing spring rolls 545-680 g or entrées 400-545 g selected varieties, frozen rouleaux de printemps ou plats cuisinés

5.99



SeaQuest® basa, sole or wild pollock fillets Club Size, frozen 1 kg filets de poisson

12.99



Deli Meat & Cheese Charcuterie & Fromagerie



7.99
PC® halloom cheese selected varieties 250 g fromage halloum



5.29
PC® goat cheese logs 140 g or Castello blue cheese 125 g selected varieties fromage



PC® Natural Choice® assorted or salami trio 250/400 g charcuteries

10.99

Dairy & Frozen Produits laitiers & surgelés

Cavendish Farms premium fries selected varieties, frozen 540-750 g frites

3.49



Astro yogurt 625-750 g or iÖGO 650 g yogurt selected varieties yogurt

3.49



Coffeemate coffee whitener selected varieties 946 mL colorant à café

4.99



no name® orange juice concentrate selected varieties 283 mL jus d'orange concentré

1.79



Gay Lea Real whipped cream selected varieties 225 g crème fouettée

3.49



no name® pizza selected varieties, frozen 4's pizza

12.99



no name® Naturally Imperfect™ fruit selected varieties, frozen 2 kg fruits surgelés

12.99



PC® Organics frozen vegetables 300-500 g or chicken broth 900 mL selected varieties légumes surgelés ou bouillon de poulet

3.99



Fruits & Vegetables

Fruits & Légumes



8⁹⁹

Farmer's Market™
nectarines
product of U.S.A.
2 L
nectarines



3⁹⁹

blueberries
product of U.S.A.
pint
bleuets



4/\$5
or \$1.25 ea.

avocados
product of Mexico
avocats



1⁹⁹

kale
product of Canada
each
chou frisé



2⁴⁹

Farmer's Market™ grape tomatoes
283 g, product of Canada,
PC® coleslaw 397 g or garden salad
340 g, product of U.S.A.
tomates raisins ou salade
de chou ou salade jardinière



1⁴⁹
lb

sweet potatoes
product of U.S.A.
patates douces
3.28/kg

Bakery

Boulangerie

baked in-store
baguette or
no name® pita
white or
whole wheat
250/255 g
baguette ou pita

2/\$3
or \$1.50 ea.



4⁴⁹

Farmer's Market™ loaf cakes
344-420 g or mini donuts 6's
selected varieties
gâteaux quatre-quarts
ou mini-beignes



2⁹⁹

PC® naan 220-300 g or
no name® dinner rolls 12's
selected varieties
naan ou petits pains

Grocery

Épicerie



4⁴⁹

Smartfood popcorn
150-220 g or
Miss Vickie's potato
chips 185-200 g
selected varieties
maïs soufflé ou croustilles



1⁹⁹

Dole pineapple
selected varieties
398 mL
ananas



2⁷⁹

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

no name® ketchup
1 L
ketchup

3²⁹



3⁴⁹

China Lily soy sauce 483 mL
or Blue Dragon spring roll
wrappers 134 mL
sauce soya ou rouleau de printemps



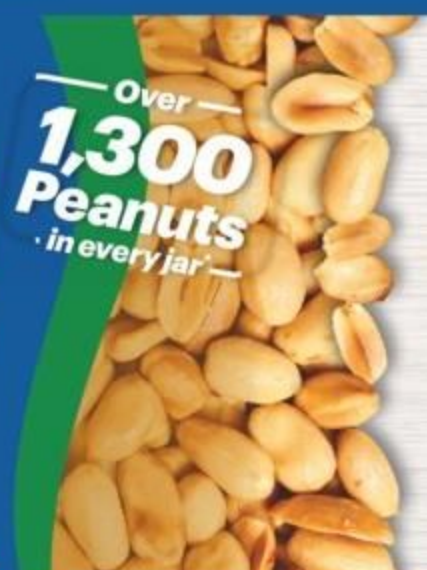
2⁷⁹

Jolly Rancher or Twizzlers candies
selected varieties
182/198 g
friandises



**THAT
JIFING
GOOD™**

*1 kg Jif® Creamy Peanut Butter based on average production (excluding Light).



10⁹⁹

Folgers® Coffee,
Roast & Ground, Selected varieties
Café Folgers® torréfié et moulu,
Certaines variétés
920 g



6⁴⁹

Jif® Peanut Butter
Selected varieties
Beurre d'arachide Jif®
Certaines variétés
1 kg



5⁴⁹

Smucker's® Jam
Selected varieties
Confiture Smucker's®
Certaines variétés
310-500 mL



2⁹⁹

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

Grocery Épicerie



Tropicana orange juice, blends, lemonade or Pure Leaf iced tea selected varieties, refrigerated 1.54/1.75 L jus d'orange ou mélanges ou limonade ou thé glacé



Swanson entrées 280-345 g, Hungry-Man entrées 360-455 g or Healthy Choice Gourmet Steamers 283-306 g selected varieties, frozen plats cuisinés



4.49

Philadelphia cream cheese product selected varieties 227/250 g produit de fromage à la crème

4.99

4.29



2.99

Kellogg's Eggo waffles or French toast selected varieties, frozen 8's gaufres ou pain doré

2.99

Dare cookies selected varieties 230-300 g biscuits

5.99

Coca-Cola soft drinks selected varieties 8 x 300 mL boissons gazeuses

Clif energy bar 50/68 g, Gatorade or Powerade sports drink 710 mL selected varieties barre d'énergie ou boisson désaltérante



Sweet Baby Ray's BBQ sauce selected varieties 425 mL sauce barbecue



1.66

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

3.49



no name® mushrooms selected varieties 284 mL champignons



no name® bacon bits 85 g or PC® salad toppers 100 g selected varieties miettes de bacon ou garnitures pour salade



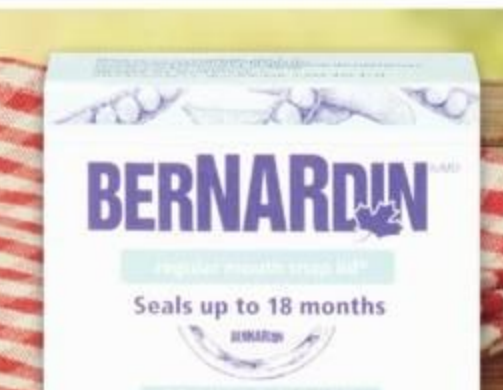
Dentyne or Excel gum selected varieties 60/77's gomme

3.49

1.29

2.99

3.99



15.99

Bernardin Mason jars decorative 12 x 500 mL pots Mason décoratifs

12.99

Bernardin Mason jars 12 x 500 mL pots Mason

2.99

Bernardin liquid pectin 170 mL pectine liquide

2.49

Bernardin lids 18's couvercles

Pet Animaux domestiques

Beneful dry dog food selected varieties 7 kg nourriture sèche pour chiens



25.99

Purina Cat Chow selected varieties 8 kg nourriture pour chats



24.99

Whiskas Temptations cat treats selected varieties 160/180 g gâteries pour chats



2.99

Nature's Recipe dog food selected varieties 368 g nourriture pour chien



3.49



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! *mangez 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

FREE FROM SIMPLEMENT BON®

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! mordez dans l'été

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NEW NOUVEAU

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

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

10⁹⁹

Insiders Report
MUST TRY COUPS DE CŒUR



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



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



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



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



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



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



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



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



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



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



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

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

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

Insiders Report
MUST TRY COUPS DE CŒUR



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

CLUB SIZE • FORMAT CLUB

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^{MD}

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

NEW NOUVEAU

Insiders Report

MUST TRY COUPS DE CŒUR

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

4⁹⁹



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Insiders Report
MUST TRY COUPS DE CŒUR

NEW NOUVEAU

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

249 120 g 6 COMES

Insiders Report
MUST TRY COUPS DE CŒUR

NEW NOUVEAU

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

399 428 mL

Insiders Report
MUST TRY COUPS DE CŒUR

NEW NOUVEAU

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

499 6 x 32 mL



1199 PC® mini éclairs or profiteroles selected varieties, frozen 490-710 g mini éclairs ou profiteroles PC^{MD}

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

449 400-600 g

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

649 1.5 L

Blue MENU

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}

599 6 x 60 mL

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

449 6 x 55 mL

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

499 6 x 60 mL

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

379 946 mL

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

299 400 g

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

629 200-400 g

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

499 300 g

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

849 112-340 g

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

599 2.5 L

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

349 500 mL

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

249 156-190 g

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

699 600 g

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

249 6's

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

399 675 g

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

249 20's

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

399 390 g

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

1249 500 mL

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}

329 905 g or 750 mL

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

349 450 g

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

599 450-725 g