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

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FMA FLAP 1

FMA FLAP 2

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

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

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
yogourt
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

*cut from Canada AA grade beef or higher/*provenant de bœuf Canada AA ou d'une catégorie plus élevée

Fruits & Vegetables Fruits & Légumes

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

3.99 blueberries product of U.S.A. pint
bleuets

4/$5 or $1.25 ea. avocados product of Mexico
avocats

1.99 kale product of Canada each
chou frisé

2.49 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

1.49 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.

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

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

Grocery Épicerie

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

1.99 Dole pineapple selected varieties 398 mL
ananas

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

no name® ketchup 1 L
ketchup

3.29

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

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

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

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

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

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

Grocery Épicerie

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

4.99 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

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

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

1.66

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

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

3.49

3.49 PC® pasta sauce, bruschetta spread 410/650 mL or Catelli pasta 340/375 g selected varieties
sauce pour pâtes ou bruschetta ou pâtes

1.29 no name® mushrooms selected varieties 284 mL
champignons

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

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

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

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let's do Summer right! | mordez dans l'été

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

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

13.99

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

7.99

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

10.99

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

4.99

7.49 **PC® Free From® sausage selected varieties 500 g**
saucisses PC^MD Simplement Bon^MC

21.99 **PC® cedar plank salmon**
frozen
500 g
saumon sur planche de cèdre PC^MD

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

8.99

6.99 **PC® hummus or dips selected varieties 454/500 g**
hummus ou trempettes PC^MD

10.99 **PC® shredded cheese selected varieties 620 g**
fromage râpé PC^MD

4.49 **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

2.99 **PC® salad dressing selected varieties 350/475 mL**
vinaigrette PC^MD

3.29 **PC® MSC white tuna selected varieties 170 g**
thon blanc MSC PC^MD

1.79 **PC® Blue Menu® beans selected varieties 540 mL**
légumineuses PC^MD Menu bleu^MC

2.49 **PC® spring water 12 x 500 mL**
eau de source PC^MD

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

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

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

6.99 **PC® dinner napkins 180's**
serviettes de table PC^MD

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

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NEW / NOUVEAU

Insiders Report™ 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

11.99

2.99 **PC® hot peppers selected varieties 80-226 g**
piments forts PC^MD

NEW / NOUVEAU

Insiders Report™ MUST TRY / COUPS DE CŒUR

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

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

16.99 **PC® wings selected varieties, frozen 800/907 g**
ailes PC^MD

15.99 **PC® Old-Fashioned Style bacon 1 kg**
bacon à l'ancienne PC^MD

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

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

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

7.49 **PC® Plant Based sweet Italian sausage, 400 g**
saucisse italienne douce à base de plantes PC^MD

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

3.29 **PC® BBQ sauce selected varieties 500 mL**
sauce barbecue PC^MD

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

5.29 **PC® mayonnaise selected varieties 750/890 mL**
mayonnaise PC^MD

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

4.79 **PC® roasted peanuts selected varieties 700 g**
arachides grillées PC^MD

2.29 **PC® tortilla chips selected varieties 320-350 g**
croustilles de tortilla PC^MD

3.79 **PC® salsa selected varieties 650 mL**
salsa PC^MD

NEW / NOUVEAU

Insiders Report™ MUST TRY / COUPS DE CŒUR

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

3.79

Insiders Report™ MUST TRY / COUPS DE CŒUR NEW / NOUVEAU

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

Insiders Report™ MUST TRY / COUPS DE CŒUR NEW / NOUVEAU

7.99 **PC® Chunky Guacamole 425 g**
guacamole avec gros morceaux PC^MD

And there's more! Discover it all in store.
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NEW NOUVEAU
Insiders Report
MUST TRY COUPS DE CŒUR

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

NEW NOUVEAU
Insiders Report
MUST TRY COUPS DE CŒUR

PC® Wild Argentinian Shrimp Platter with Creamy Citrus Herb Sauce frozen, 400 g
19.99

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
16.99

PC® cheese slices Club Size, selected varieties 500 g
tranches de fromage PC^MD
11.99

PC® frozen vegetables selected varieties 400-750 g
légumes surgelés PC^MD
4.49

PC® Splendido™ sliced deli meat selected varieties 100 g
charcuteries tranchées PC^MD Splendido^MD
5.99

PC® or Blue Menu® roasted pistachios product of U.S.A. 225 g
pistaches grillées PC^MD ou Menu bleu^MC
5.49

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
5.29

PC® Organics butter 250 g or cheese 200 g selected varieties
beurre ou fromage PC^MD Biologique
5.79

PC® balsamic 500 mL or natural 4 L vinegar
pistaches grillées salées PC^MD ou Menu bleu^MC
3.49

PC® Splendido® cold pressed extra virgin olive oil 1 L
huile d'olive extra vierge pressée à froid PC^MD Splendido^MD
12.99

PC® couscous 340 g or risotto 170 g selected varieties
couscous ou risotto PC^MD
2.49

PC® cooking sauce selected varieties 400 mL
sauce à cuisson PC^MD
4.79

PC® soft drinks selected varieties 12 x 355 mL
boissons gazeuses PC^MD
5.79

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
3.79

PC® de-alcoholized beer selected varieties 12 x 355 mL
bière désalcoolisée PC^MD
9.99

PC® de-alcoholized wine selected varieties 750 mL
vin désalcoolisé PC^MD
7.49

Insiders Report
MUST TRY COUPS DE CŒUR
NEW NOUVEAU

PC® Calamansi Lemonade refrigerated, 1.54 L
limonade au calamondin PC^MD
3.49

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
2.29

Insiders Report
MUST TRY COUPS DE CŒUR
NEW NOUVEAU

PC® Smokin' Stampede Corn Ribs 500 g
maïs façon côtes levées Stampede fumé PC^MD
4.99

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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
2.49

PC® Peanut Butter Syrup 428 mL
sirop au beurre d'arachide PC^MD
3.99

PC® Plant Based Peanut Butter Delights 6 x 32 mL
délices au beurre d'arachide à base de plantes PC^MD
4.99

11.99 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
4.49

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

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

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

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

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

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

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

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

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

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

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
3.29

PC® Blue Menu® Müesli selected varieties 450 g
müesli PC^MD Menu bleu^MC
3.49

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