

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE



7.99

PC® white shrimp, cooked or raw 31-40 per lb frozen, 400 g crevettes



Farmer's Market™ grape tomatoes 283 g, mini cucumbers 6's, product of Canada or Mexico tomates raisins ou mini-concombres

2.49



2/\$7
or \$3.50 ea.

So Nice, Earth's Own oat or almond non-dairy refrigerated beverage 1.75 L/1.89 L or Post cereal 283-525 g selected varieties boisson réfrigérée non laitière ou céréales



Takis chips selected varieties 190/280 g croustilles

2.99



2/\$6
or \$3 ea.

Nature Valley granola bars, Mott's or Betty Crocker fruit snacks selected varieties 120-230 g barres granola ou collations aux fruits

FMA FLAP 1

Mac & Cheese Day

Journée Macaroni au Fromage

JULY 14
14 JUILLET



5.99

Balderson cheese selected varieties, 250/280 g or Kraft Velveeta, 450 g fromage



Italtasta selected varieties 900 g pâtes

2.99



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

4.49



Hormel bacon bits selected varieties 100 g miettes de bacon

4.99



FMA FLAP 2

Insiders Report™

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

Insiders Report™
MUST TRY COUPS DE CŒUR

NEW NOUVEAU



12.99

PC® Black Label Umami Wagyu burgers frozen 568 g burgers Wagyu Umami PC^{MD} Collection noire

NEW NOUVEAU

Insiders Report™
MUST TRY COUPS DE CŒUR



PC® Lobster Roll Kit frozen 440 g kit à guédilles au homard PC^{MD}

24.99

Insiders Report™
MUST TRY COUPS DE CŒUR

NEW NOUVEAU

PC® Cookie Dough Vanilla Chocolate Chip Ice Cream Bites 6 x 30 mL bouchées de crème glacée vanille et brisures de chocolat pâtes à biscuits PC^{MD}



4.99

NEW NOUVEAU

Insiders Report™
MUST TRY COUPS DE CŒUR



PC® Orange Cream Soda Flavour Sparkling Water selected varieties 12 x 355 mL eau pétillante saveur soda mousse à l'orange PC^{MD}

4.99



PRICES EFFECTIVE FOR 8 WEEKS
THURSDAY, MAY 18 - WEDNESDAY, JULY 12, 2023
EN VIGUEUR 8 SEMAINES
DU JEUDI 18 MAI AU MERCREDI 12 JUILLET 2023

ATL INSIDERS FLAP

FROM THURSDAY, JULY 6TH
TO WEDNESDAY, JULY 12TH, 2023
DU JEUDI 6 JUILLET AU
MERCREDI 12 JUILLET 2023

Freshmart[®]

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



See our flyer online
visit freshmart.ca



7⁹⁹
lb

top sirloin oven roast or steak*
club size
rôti ou bifteck de haut de surlonge*
17.61/kg



3⁹⁹
lb

pork back ribs or tenderloins
cryovac pkg 2's
côtes de dos de porc ou filets
8.80/kg



Farmer's Market[™]
peaches
product of U.S.A.
3 L
pêches

8⁹⁹



Farmer's Market[™] potatoes or onions
product of Atlantic Canada, selected varieties
10 lb
pommes de terre ou oignons

4⁹⁹



Pizza Delight
pepperoni or Brandt
Kolbassa chub
selected varieties
250 g
pepperoni ou
saucisson de kolbassa

4⁴⁹



Farmer's Market[™] tarts 6/12's or
Donut Time donuts 550/600 g
selected varieties
tartelettes ou beignes

4⁹⁹



Rooster[®]
scented jasmine rice
8 kg
riz au jasmin

16⁹⁹



3/\$7
or \$2.33 ea.



Christie crackers
selected varieties
175-386 g
craquelins



6⁹⁹

Becel margarine
selected varieties
637/850 g
margarine



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

4/\$5
or \$1.25 ea.



2⁴⁹



Campbell's chili 425 g
or Chunky soup 515 mL
or Stagg chili 425 g
selected varieties
soupe ou chili



5⁹⁹



Tide laundry pods 12-16's
or Tide liquid detergent
1.09 L
selected varieties
détergent à lessive

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

Meat & Seafood

Viandes & Poissonnerie



3.49
lb

whole chicken
bagged
poulet entier
7.69/kg

7.99
lb

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

7.99
lb

beef stir fry strips*
club size
lanières de bœuf
à sauter*
17.61/kg



8.49

Lou's entrées
selected varieties
400 g
plats cuisinés



11.99

PC® Too Good To Be Wings®
chicken or turkey chunks
selected varieties, frozen
800 g
morceaux de poulet ou dinde



2.99

SeaQuest® flavoured Alaska
pollock ready to eat 227 g
or DOM smoked steelhead
salmon pre-sliced 50 g
goberge aromatisée ou
saumon fumé prétranché

Deli Meat & Cheese

Charcuterie & Fromagerie



2.99

Ziggy's® pasta 350 g
or salads 454 g
selected varieties
pâtes ou salades



5.29

Castello Havarti 200 g
or Monsieur Gustav 170 g
selected varieties
fromage



5.99

Maple Leaf Natural Selections
sliced deli meat
selected varieties, 175 g
charcuterie tranchées

Dairy & Frozen

Produits laitiers & surgelés



3.99

Liberté Méditerranée 500 g
or Greek yogurt 2/4's
selected varieties
yogourt



PC® Greek yogurt
650/750 g or Liberté Kéfir
or Classic 1 L yogurt
selected varieties
yogourt ou kéfir

5.49



3.79

PC® or Blue Menu® entrées
selected varieties, frozen
275-365 g
plats cuisinés

no name® frozen punch
selected varieties
283 mL
punch surgelé

.79



no name® natural
slice cheese
selected varieties
210/230 g
fromage tranché

4.99



2.49

no name® perogies
selected varieties
907 g
perogies

Häagen-Dazs ice cream
selected varieties,
frozen
216-450 mL
crème glacée

5.49



PC® Organics
Kefir probiotic
fermented milk
1 L or Greek
yogurt 500 g
selected varieties
kéfir ou yogourt

4.99



Fruits & Vegetables Fruits & Légumes



2⁹⁹

romaine hearts
product of Canada
3's
cœurs de romaine



1⁴⁹
lb

green or yellow
zucchini
product of Canada
3.28/kg
courgette



5⁹⁹

Farmer's Market™
mixed XL peppers
product of Canada
3's
poivrons variés



5⁴⁹
lb

cherries
product of U.S.A.
cerises
12.10/kg



5⁹⁹

large pineapple
product of Costa Rica
each
gros ananas



4⁹⁹

Farmer's Market™ mandarin
product of South Africa
2 lb
mandarines

Bakery Boulangerie



5⁴⁹

Farmer's Market™ or
La Fournee dorée croissant
selected varieties
210-336 g
croissant



6⁹⁹

Farmer's Market™ 5 inch cakes
selected varieties
475/490 g
gâteau



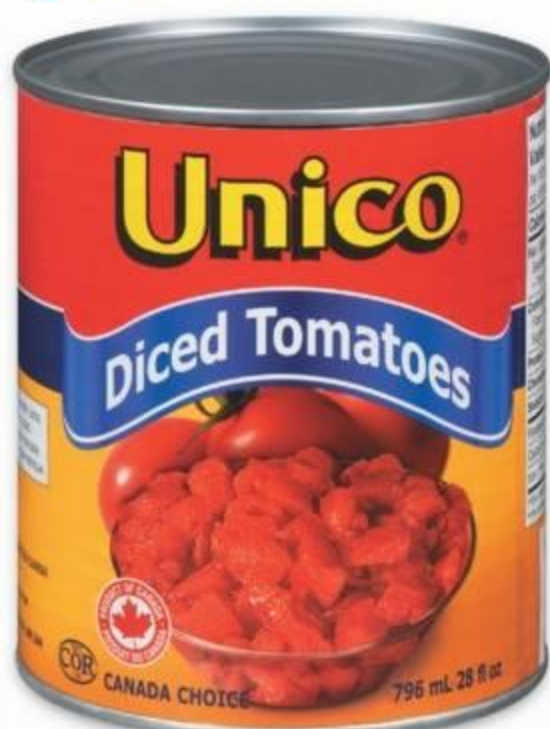
3⁹⁹

Casa Mendosa, Wonder
or flatout tortillas
selected varieties, 284-640 g
tortillas

Grocery Épicerie

Unico tomatoes
selected varieties
796 mL
tomates

1⁹⁹



no name® sweet green relish
750 mL
relish verte

3²⁹



PC® mustard
selected varieties
325 mL
moutarde

2⁴⁹



2⁹⁹

Dole fruit bowls
4 x 107 mL or fruit 'N
gel snacks 4 x 123 g
selected varieties
bols de fruits ou
collations en gelée



2⁹⁹

Kool-Aid Jammers
selected varieties
10 x 180 mL
boisson



2⁹⁹

Evian natural
spring water
1.5 L or
Old Dutch
potato chips
180 g
selected varieties
eau de source
ou croustilles



1⁷⁹

Thompson's white
beans 454 g or
Rice A Roni fried rice
177/227 g
haricots blancs ou riz frit



3⁹⁹

no name®
instant coffee
selected varieties
150 g
café instantané



3⁹⁹

PC® seasoning
selected varieties
7-100 g
assaisonnement



2⁹⁹

PC® Organics
appletreet™ 6 x 100 mL
or apple sauce 650 mL
selected varieties
purée de fruit



Grocery Épicerie

PC® orange juice
selected varieties, refrigerated
1.54 L
jus d'orange

349



PC® cheese bars 400 g,
Black Diamond Cheestrings
16's or snacks
selected varieties
fromage

699



699

High Liner battered
or Pan-Sear fish
selected varieties, frozen
300-700 g
poisson gefilte



549

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



PC® Organics
Kombucha
473 mL
breuvage
fermenté pétillant

349



599

AHA sparkling water 12 x 355 mL
or Coca-Cola soft drinks
8 x 300 mL
selected varieties
eau pétillante ou boissons gazeuses



299

Crispers or Bits & Bites
selected varieties
145 g
craquelins ou grigotines



379

Pearl Milling Company pancake
mix 905 g or syrup 710 mL
selected varieties
mélange à crêpes ou sirop



999

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



.99

Jell-O jelly powder
selected varieties
10-85 g
poudre pour gelée



Classico sauce
selected varieties
410/650 mL
sauce

449



no name®
canned corn
selected varieties
341/398 mL
maïs en conserve

149

PC® ketchup
selected varieties
750 mL/1 L
ketchup

399



Aurora Italian
bread crumbs
680 g
chapelure

349



Pet Animaux domestiques



1799

Nature's Recipe
dog food
variety pack, 12's
nourriture pour chien



699

Prime Bones dog treats
selected varieties
275/320 g
gâteries pour chiens

Fancy Feast
Savoury Cravings
cat treats
selected varieties
28 g
gâteries
pour chats

279



279

Fancy Feast
Savoury Purées
selected varieties, 40 g
nourriture pour chats

Freshmart
freshmart

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. ©/TM 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.

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Canadian

PEFC
PEFC-CO-150
www.pefc.org



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

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



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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 or 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}



3⁴⁹

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



4⁷⁹

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



2²⁹

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



3⁷⁹

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

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

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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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 cones

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

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

Insiders Report
MUST TRY COUPS DE CŒUR



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

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



649 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



599 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}



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



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



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



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



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



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



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



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



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



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



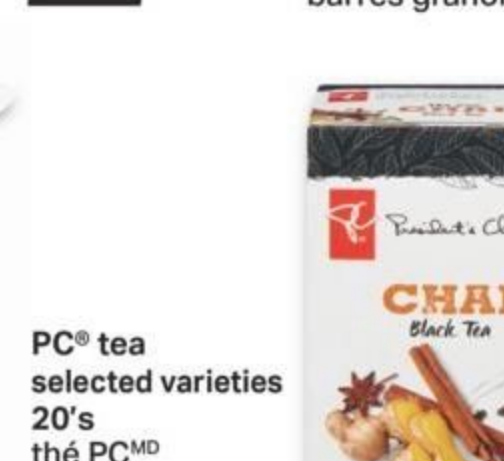
699 PC® S'mores kit 600 g
kit à s'mores PC^{MD}



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



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



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



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



1249 PC® 100% pure maple syrup Canada Grade A Amber 500 mL
sirop d'érable 100% pur PC^{MD}
catégorie Canada A, ambre



329 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}



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



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