

FROM THURSDAY, AUGUST 10TH
TO WEDNESDAY, AUGUST 16TH, 2023
DU JEUDI 10 AOÛT AU
MERCREDI 16 AOÛT 2023

Freshmart®



See our flyer online
visit freshmart.ca

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



2.99
lb

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



SeaQuest® bay scallops uncooked 100-150 per lb
454 g or SeaQuest® colossal Pacific white
shrimp raw Zipperback® 16-20 per lb 300 g
or Janes Pub Style breaded chicken,
selected varieties, frozen, 700 g
pétoncles de baie ou crevettes ou poulet pané

6.99



strawberries
product of Canada
1 quart/454 g*
fraises

4.99



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

5.99



4.99

Boursin cheese 130/150 g
or PC® PC® Brie or Camembert
cheese 165-200 g
selected varieties
fromage



Farmer's Market™
mini cinnamon rolls 9's or cookies 12's
selected varieties
mini-brioche à la cannelle ou biscuits

3.99



3.49

Silk non-dairy
beverages, refrigerated
1.75/1.89 L or
General Mills cereal
300-437 g
selected varieties
boissons non laitiers
ou céréales



1.49

Carnation
evaporated milk
selected varieties
354 mL
lait évaporé



4.99

Giuseppe Thin Crust
or Rising Crust pizza
selected varieties,
frozen
300-785 g
pizza



4.99

Lactantia butter
selected varieties
454 g
beurre



6.99

Cashmere bathroom
tissue 8/12 double
rolls, Sponge Towels
paper towels 3/6 rolls
or Scotties facial
tissue 6's
selected varieties
papier hygiénique
ou essuie-tout ou
mouchoirs



4/\$5
or \$1.25 ea.

Maple Leaf
Vienna sausage
113 g
saucisses
viennoises



5.99

Kraft
parmesan cheese
grated or pizza kit
250/850 g
fromage parmesan
ou trousse à pizza



9.49

Unico vegetable oil
3 L
huile végétale

The Amazing
OWNER SALE
l'incroyable
VENTE
DES MARCHANDS



4.49

Farmer's Market™
muffins
selected varieties
6's
muffins



Belleisle coleslaw
227 g or bunched
radish, each
product of Canada
salade de chou
ou radis

.99



Kraft pasta
salad, 200 g
salade
de macaroni

1.67

4/\$5
or \$1.25 ea.

Kraft dinner Original
225 g or cups 58 g
macaroni



Lantic fine
granulated sugar
2 kg
sucre granulé fin

2.49

The Amazing
OWNER SALE
l'incroyable
VENTE
DES MARCHANDS

Cap-Pelé Freshmart
Cap-Pelé, NB
François Richard

Chipman Freshmart
Chipman, NB
Sara Saulnier

St. Quentin Co-Op
Saint-Quentin, NB
Jenny Banville (Manager)

Hartland Freshmart
Hartland, NB
Brad Paul (Manager)

Neguac Freshmart
Neguac, NB
Leonard and Edouina Breault

River of Fire Market
Elsipogtog, NB
Chief Aaron Sock

Burton's Freshmart
Robert's Arm, NL
Randy and Melanie Miller

Dildo Freshmart
Dildo, NL
Paul and Craig Warren

Dominie & Sons
Harbour Breton, NL
Corey Dominie

Eastport Freshmart
Eastport, NL

Port Rexton Freshmart
Port Rexton, NL
Glenn and Judy Mackey

Stuckless Freshmart
Durrell, NL
Colin Stuckless

Warren's Freshmart
Grand Bank, NL
Roy Warren

Woodford's Ltd. Red & White
Triton, NL
Jeremy and Beth Winsor

Cabot Trail Food Market
Dingwall Cape Breton, NS
Alisha and James McEvoy

Comeauville Freshmart
Little Brook, NS
Joey Robichaud

Graves Freshmart
Bridgetown, NS
Gordon and Cathy Graves

Ingonish Freshmart
Ingonish, NS
Jim Milne Jr

Keizer's Freshmart
Eastern Passage, NS
Jody and John Keizer

Mabou Freshmart
Mabou, NS
Wayne and Karen Beaton

New Germany Freshmart
New Germany, NS
Ryan Cook

Robichaud's Red & White
Meteghan, NS
Rick Robichaud

Yarmouth South Freshmart
Yarmouth, NS
Ralph and Marilyn Winchester

Cooper's Red & White
Belfast, PE
David and Glenda Cooper

F J Shea & Sons Red & White
St Louis, PE
Francis and Patsy Shea

Meat & Seafood Viandes & Poissonnerie



Gordon and Cathy Graves
Graves Freshmart
Bridgetown, NS



15⁹⁹
lb

T-bone steak*
club size
bifteck d'aloyau*
35.25/kg

4⁹⁹
lb

chicken breasts
bone-in skin-on, club size
poitrines de poulet
11.00/kg



Ralph and Marilyn Winchester
Yarmouth South Freshmart
Yarmouth, NS



6⁹⁹
lb

extra lean ground beef
club size
bœuf haché extra maigre
15.41/kg

3⁴⁹
lb

fresh whole chicken
bagged
poulet entier frais
7.69/kg



5⁴⁹

Johnsonville
dinner sausage
selected varieties
375 g
saucisses



5⁴⁹

Johnsonville rounds 250 g
or breakfast sausage 375 g
selected varieties
rondines ou saucisses à déjeuner



12⁹⁹

SeaQuest® fillets
selected varieties, frozen
1 kg
filets de poisson



8⁹⁹

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



6⁹⁹

Larsen smoked ham slices
boneless
375 g
tranches de jambon fumé



2⁹⁹

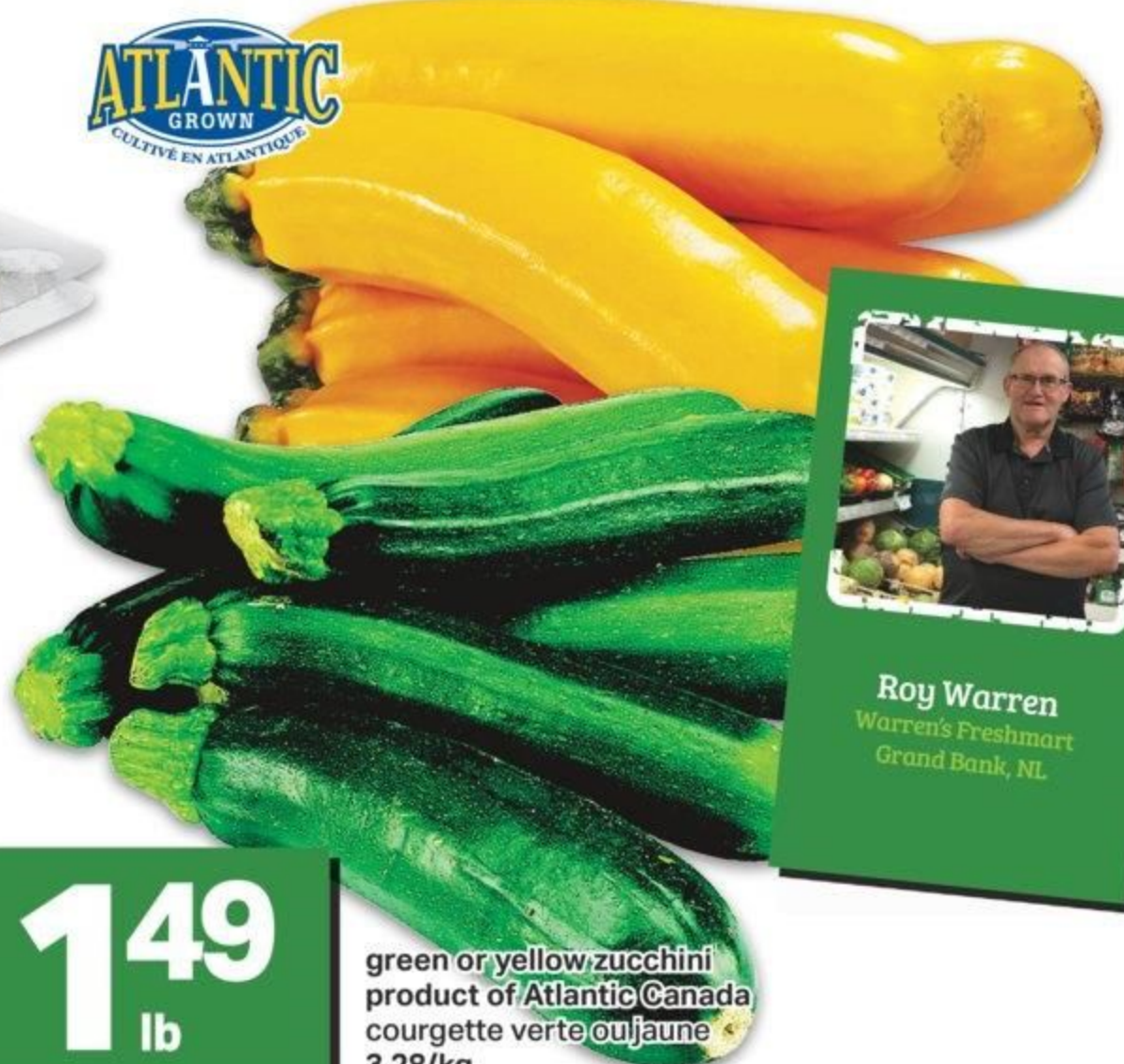
SeaQuest® crab or lobster
flavoured pollock flakes or chunks
227 g or DOM Specialty smoked
steelhead salmon, frozen 50 g
goberge à saveur de crabe ou
homard flocons ou morceaux
ou saumon steelhead fumé

Fruits & Vegetables Fruits & Légumes



7⁹⁹

Farmer's Market™ peaches
product of Canada
3 L
pêches



1⁴⁹
lb

green or yellow zucchini
product of Atlantic Canada
courgette verte ou jaune
3.28/kg



Roy Warren
Warren's Freshmart
Grand Bank, NL



Dave and Glenda
Cooper
Cooper's Red & White
Belfast, PE



5⁹⁹

large pineapple
product of Costa Rica
size 6, each
gros ananas



4⁹⁹

Farmer's Market™ sweet corn
product of Canada
5's
maïs sucré



1⁴⁹
lb

Roma tomatoes
product of Canada
tomates
3.28/kg



3⁹⁹

Farmer's Market™
mini carrots
product of U.S.A.
908 g
carottes miniatures



4⁹⁹

mini peppers
product of Canada
454 g
mini-poivrons



Karen and Wayne
Beaton
Mabou Freshmart
Mabou, NS



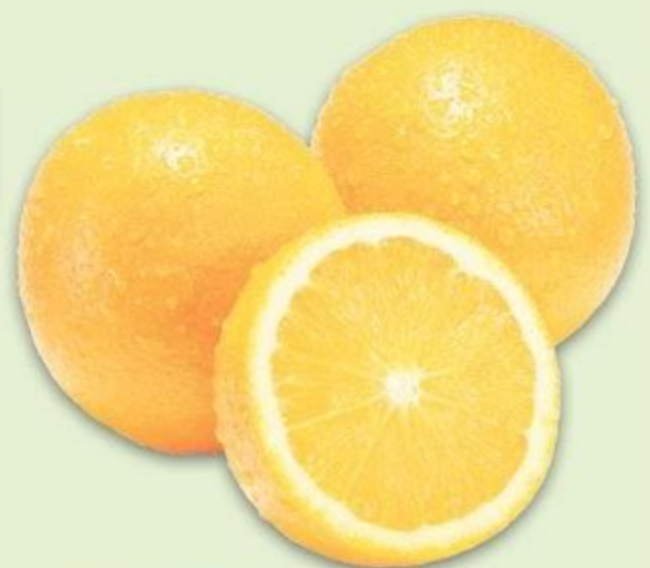
3⁹⁹

avocados
product of Mexico
5's
avocats



3⁹⁹
lb

black seedless grapes
product of U.S.A.
raisins noirs sans pépins
8.80/kg



1⁷⁹
lb

oranges
product of South Africa
oranges
3.95/kg



4²⁹

Renée's dressings
product of Canada,
selected varieties
350/355 mL
vinaigrette



5⁹⁹

Bolthouse Farms
smoothies
product of U.S.A.,
selected varieties
946 mL
frappé aux jus



4⁹⁹

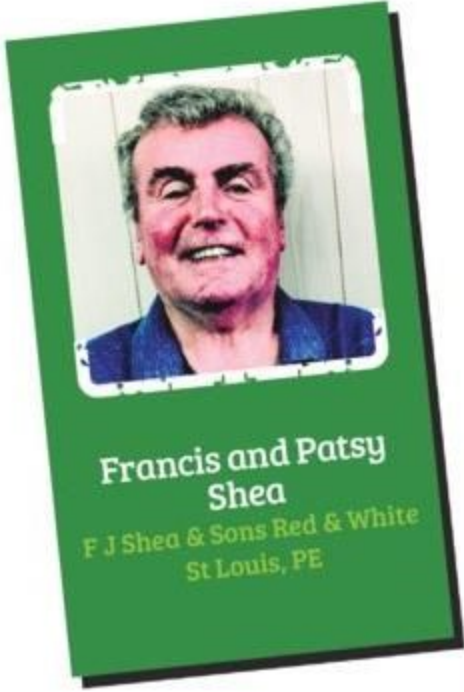
PC® sunflower seeds,
selected varieties or
edamame trail mix
275/350 g
graines de tournesol
ou mélange du
montagnard



2⁹⁹

dried apricots or figs
product of Turkey
200 g
figues ou abricots
séchés

Deli Meat & Cheese Charcuterie & Fromagerie



Monsieur Gustav
Saint-Paulin cheese
190 g
fromage

6⁷⁹



1⁷⁹
/100 g

Ziggy's® turkey or chicken breasts
deli service meat,
selected varieties
poitrines de dinde ou poulet



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

PC® Splendido®
sliced deli meats
selected varieties
100 g
charcuterie
tranchées

5⁹⁹



2⁹⁹ Ziggy's® salad 454 g
or fresh pasta 350/360 g
selected varieties
salades ou pâtes

Bakery Boulangerie



6⁴⁹

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

7⁹⁹

Farmer's Market™
Two-bite Brownies®
608 g
brownies



10⁹⁹ PC® pies
selected varieties, frozen
830 g
tartes



5⁹⁹ La Fournée dorée sliced Brioche
bread 500 g or Farmer's Market™
Belgian waffles 6's
pain ou gaufres

Wonder bread
selected varieties
500-675 g
pain

2⁹⁹

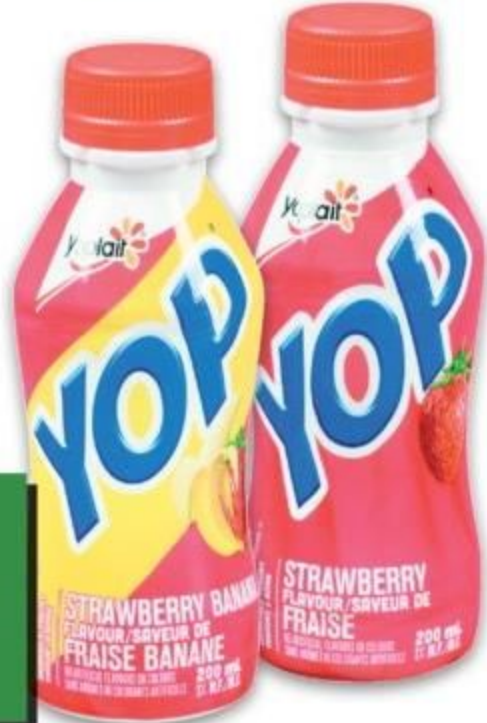


Dairy & Frozen Produits laitiers & surgelés



Yoplait YOP
drinkable yogurt
selected varieties
200 mL
yogourt à boire

.99



6⁹⁹

iöGO yogurt
selected varieties
12/16's or 750 g
yogurt

Kozy Shack
pudding
selected varieties,
refrigerated
624 g
pouding

2⁹⁹



Starbucks or Stok
iced or cold brew
coffee 1.18/1.42 L
or Starbucks coffee
enhancer 828 mL
selected varieties,
refrigerated
café glacé ou café
infusé à froid
ou rehausseur
pour café

7⁹⁹



2⁵⁹

I Can't Believe It's Not Butter!
margarine 427 g or Lactantia
garlic butter stick 125 g
margarine ou bâtonnet
de beurre à l'ail



Something for everyone

Pour tous

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



379

PC® shredded cheese
250-320 g or bars 400 g
selected varieties
fromage

699



Joey Robichaud
Comeauville Freshmart
Little Brook, NS



**Alisha and James
McEvoy**
Cabot Trail Food Market
Dingwall Cape Breton, NS



379

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



379

PC® ice cream
shop tubs
selected varieties,
frozen, 946 mL
crème glacée



1699

PC® Gourmet
wholebean or
roast-ground coffee
selected varieties
875-930 g
café



549
PC® roasted pistachios
or PC® Blue Menu®
roasted pistachios
product of U.S.A., 225 g
pistaches grillées



579
PC® soft drinks
selected varieties
12 x 355 mL
boissons gazeuses

PC®
The Decadent®
cookie
selected varieties
280/300 g
biscuits

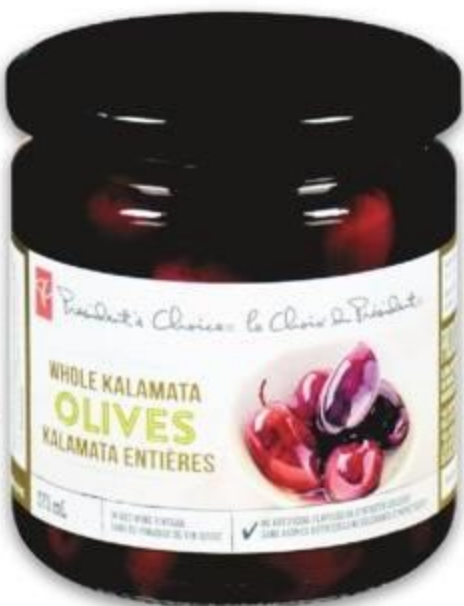
379



**Jeremy and Beth
Winsor**
Woodford's Ltd. Red & White
Triton, NL

PC® kalamata
or stuffed olives
selected varieties
375 mL
olives

499



PC® or Blue Menu®
salad dressing
selected varieties
475 mL
vinaigrette

299



PC® cooking
sauce 400 mL
or basmati
rice 750 g
selected varieties
sauce à cuisson
ou riz

399



299
PC® or PC® Blue Menu®
cereal or PC® instant
oatmeal
selected varieties
264-475 g
céréales ou gruau



449
PC® Organics
pancake mix or
granulated sugar
900 g
mélange à crêpes
ou sucre granulé



579
PC® Organics butter
250 g or cheese 200 g
selected varieties
beurre ou fromage



Ryan Cook
New Germany Freshmart
New Germany, NS



799
PC® Planet First™
bamboo plates
lunch or dinner
20's
assiettes en bambou



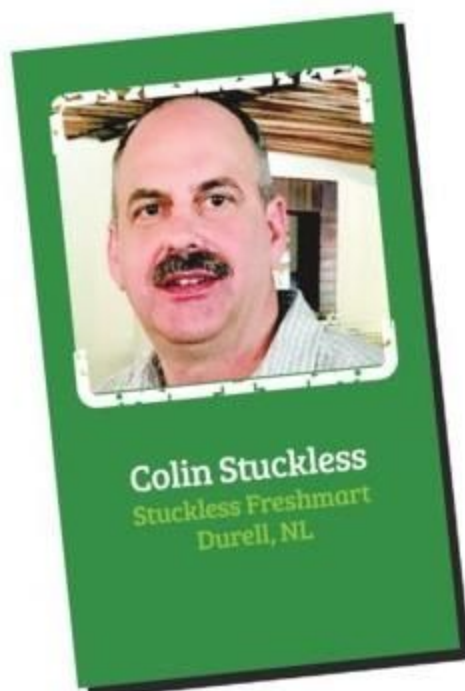
349
PC® heavy duty
freezer bags
selected varieties
10-38's
sacs à congélation



1499
PC®
alkaline batteries
AAA 10's
AA 16/20's
piles



229
PC® Extra Meaty
dog food
selected varieties
374 g
nourriture pour chiens



449 PC® bacon
selected varieties
500 g
bacon

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



499 Scotsburn premium ice cream
selected varieties, frozen
1.5 L
crème glacée

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

349



Hereford
corned beef
selected varieties
340 g
bœuf salé



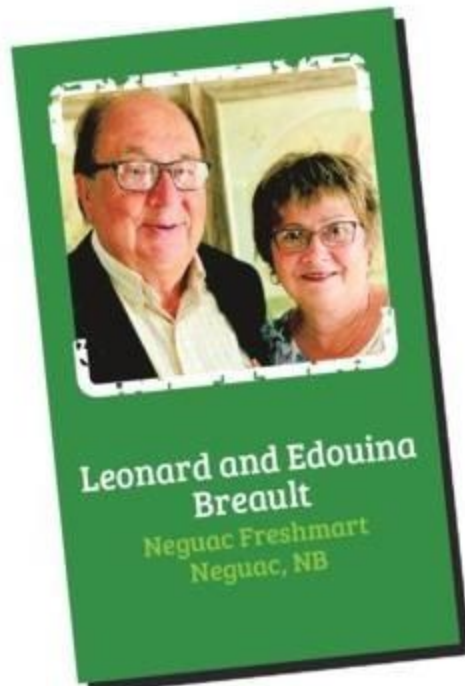
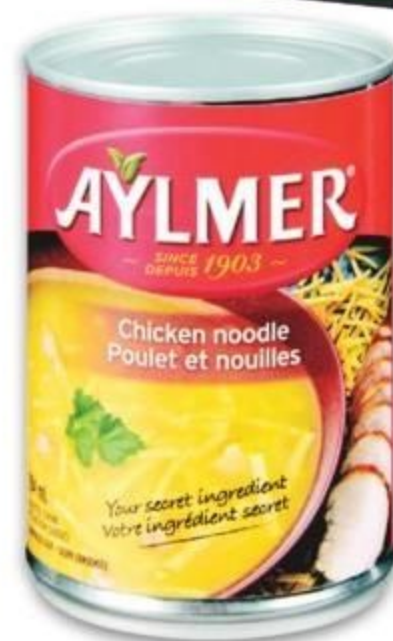
Puritan
corned beef hash
425 g
hachis de bœuf salé

349



Aylmer soup
selected varieties
284 mL
soupe

4/\$5
or \$1.25 ea.



279 Holiday
luncheon meat
340 g
pain de viande

Fraser Farm
gravy meatballs
selected varieties
425 g
boulettes
de viande et sauce

249



199 Shirriff pie filling
selected varieties
69-212 g
garniture pour tarte



299 Prego pasta sauce 645 mL
or Barilla pasta 800 g
selected varieties
sauce pour pâtes ou pâtes



449 Purity crackers and cookies
selected varieties
300-450 g
craquelins et biscuits

Montana's BBQ sauce
selected varieties
350 mL
sauce barbecue

399



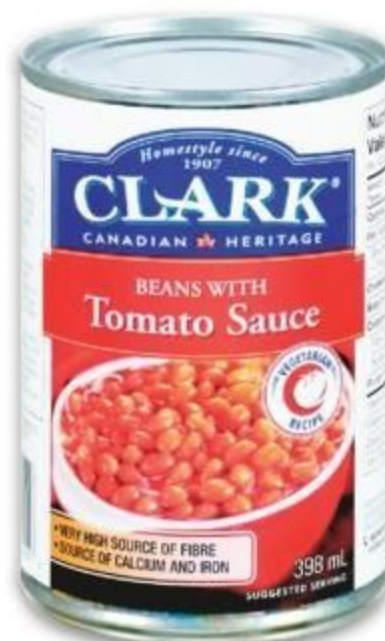
Heinz tomato juice
1.36 L
jus de tomate

329



Clark baked beans
selected varieties
398 mL
fèves

179



Kettle Brand potato chips
198 g or
Kiju juice 1 L
selected varieties
croustilles ou jus

299



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.

