

FROM THURSDAY, AUGUST 3RD
TO WEDNESDAY, AUGUST 9TH, 2023
DU JEUDI 3 AOÛT AU
MERCREDI 9 AOÛT 2023

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



See our flyer online
visit freshmart.ca



4.99
lb

inside round steak*
club size
bifteck d'intérieur de ronde*
11.00/kg



no name® 4 oz beef burgers 1.36 kg,
chicken wings 908 g or Swiss Chalet pork ribs 600 g
selected varieties
burgers de bœuf 4 oz ou
ailes de poulet ou côtes levées

9.99



romaine hearts
product of Canada
3's
cœurs de romaine

2.49



large seedless watermelon
product of Canada
size 60, each
melon d'eau

6.99



2.49

PC® naan dippers, hummus or dips
selected varieties
200-280 g
bouchées naan ou hummus ou trempettes



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

3.79



Heinz ketchup
selected varieties
750 mL/1 L
ketchup

4.49



McCain fries
selected varieties,
frozen
454-800 g
frites

2.49



Black Diamond
cheese bars or
shredded cheese
selected varieties
320/400 g
barres de fromage
ou fromage râpé

4.49



Bick's beets,
pickles 500 mL-1 L
or Clover Leaf
white tuna 170 g
selected varieties
betteraves
ou cornichons
ou thon blanc

2.99



Lay's potato chips
selected varieties
130-235 g
croustilles

2.99



Hunt's Manwich sauce 398 mL
or Knorr Sidekicks 124-162 g
selected varieties
sauce ou plats
d'accompagnement

1.79

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

Celebrate Summer! Célébrez l'été!



2.99

Larsen or Maple Leaf
Top Dogs wieners
selected varieties
375 g
saucisses fumées



PC® salads
product of U.S.A.,
selected varieties
142 g
salades

2.49



6.49

Coca-Cola, Canada Dry
or Pepsi soft drinks
selected varieties
12 x 341/355 mL
boissons gazeuses



no name® ice milk
selected varieties, frozen
Club Size
4 L
lait glacé

5.99



3.99

PC® chocolate bars 300 g
or covered fruits or nuts
200-400 g
selected varieties
barres de chocolat ou
fruits ou noix enrobés

Summer Drinks! Boissons d'été!



Mott's Clamato
Rimmer
190/200 g
épices
2.79

Ocean Spray or Mott's
Clamato 1.77/1.89 L drink
selected varieties
boisson

3.79



7.29

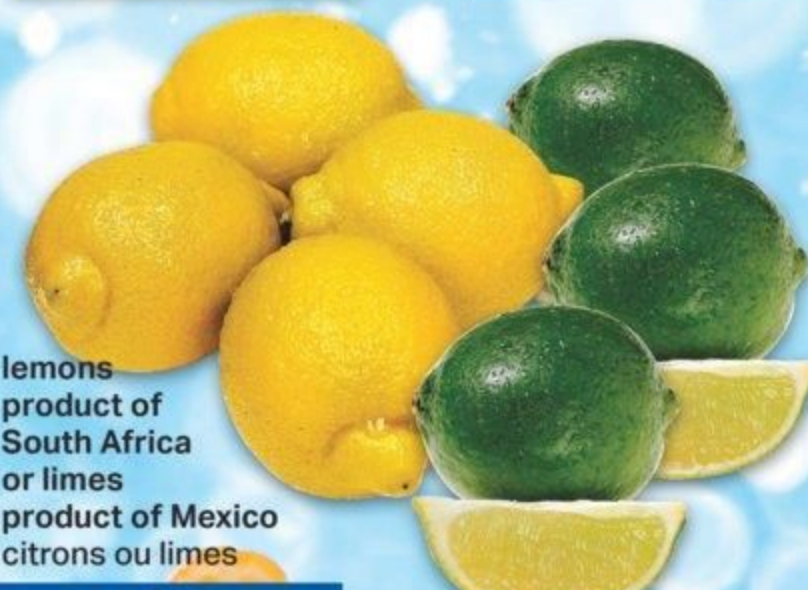
Atypique or Partake
non-alcohol drinks
selected varieties
4 x 355 mL
boissons sans alcool



Beck's, Heineken or Corona
non-alcoholic drinks
6 x 330 mL
boissons non alcoolisées



9.99



lemons
product of South Africa
or limes
product of Mexico
citrons ou limes

3/\$2
or .67¢ ea.



Meat & Seafood Viandes & Poissonnerie



3⁹⁹
lb

pork sirloin chops
club size, boneless
côtelettes de
surlonge de porc
8.80/kg

7⁹⁹
lb

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

9⁹⁹

Atlantic Choice®
sausage
selected varieties
1-kg
saucisses



11⁹⁹ PC® Smokies™ sausage
selected varieties
1 kg
saucisses



13⁹⁹ Marcangelo
souvlaki kabobs
selected varieties
480/640 g
brochettes



SeaQuest®
salad shrimp
frozen
454 g
crevettes à salade

9⁹⁹

Deli Meat & Cheese Charcuterie & Fromagerie



10⁹⁹ PC® sliced deli meat
selected varieties
200-400 g
charcuteries



5⁴⁹ Zerto shredded cheese
selected varieties
140 g
fromage râpé



4⁹⁹ Mini Babybel 102-120 g or
The Laughing Cow cheese
120-140 g
selected varieties
fromage



Dairy & Frozen Produits laitiers & surgelés

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

7⁴⁹



iÖGO nano
drinkable yogurt
selected varieties
6 x 93 mL
yogourt à boire

4⁴⁹



9⁹⁹ PC® entrées
selected varieties, frozen
907 g-1.13 kg
plats cuisinés

no name®
stringable cheese
selected varieties
336 g
fromage effilochable

6⁹⁹



3⁴⁹ no name® cottage cheese
selected varieties
500 g
fromage cottage



12⁴⁹ High Liner fish or shrimp
selected varieties, frozen
425-540 g
poisson ou crevettes

Minute Maid frozen
orange juice, Nestea or
Bacardi frozen
beverages
selected varieties,
frozen
250/295 mL
boissons surgelées

1⁷⁹



Evive smoothie pops
5 x 50 mL
friandises glacées

5⁹⁹



Fruits & Vegetables

Fruits & Légumes



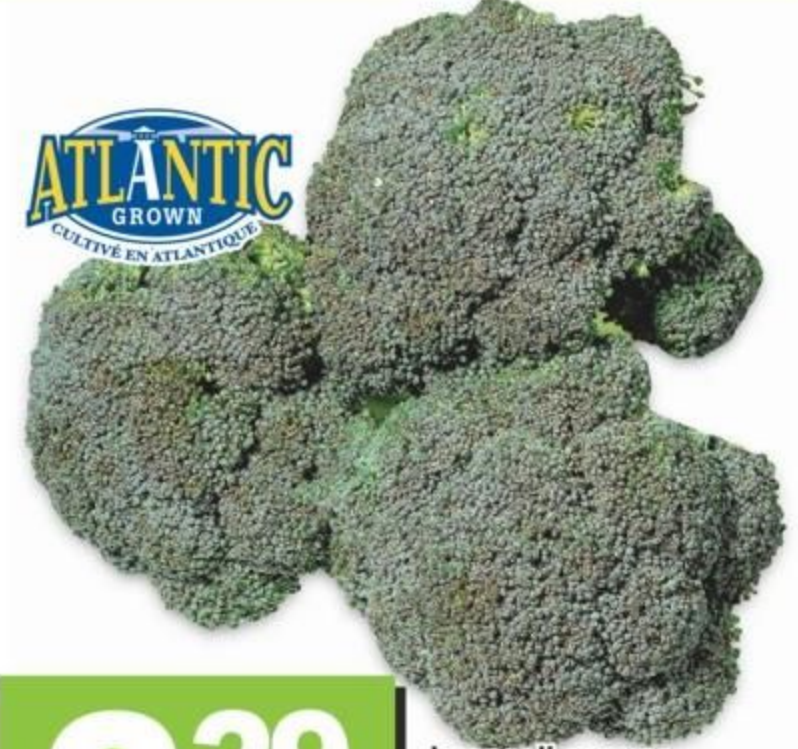
1.99
lb

eggplant
product of Canada
aubergine
4.39/kg



2.99

Farmer's Market™
grape tomatoes
product of Canada
or Mexico
283 g
tomates raisins



2.29
lb

broccoli crowns
product of
Atlantic Canada
couronnes de brocoli
5.05/kg



3.49
lb

white or yellow peaches
product of U.S.A.
pêches
7.69/kg



raspberries
product of U.S.A.
6 oz
framboises

4.99



3.49
lb

PC® green or red seedless grapes
product of U.S.A.
raisins sans pépins
7.69/kg

Bakery Boulangerie



3.99

Donut Time old fashion donuts
390 g or ACE Bakery baguette
bagels 4's
selected varieties



2.99

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



6.49

Farmer's Market™
squares or coffee cakes
selected varieties
400-500 g

Grocery Épicerie

no name®
instant coffee
selected varieties
150 g
café instantané

3.99



Fruité 2 L
or Spitz
sunflower
seeds 210 g
selected varieties
boisson ou
graines de
tournesol

2.49



2.99

Cheez-It crackers
191/200 g or Pringles
potato chips 148/156 g
selected varieties
craquelins ou croustilles

Dole pineapple
selected varieties
398 mL
ananas

1.99



PC® Memories Of® sauce
selected varieties
350 mL
sauce

3.99

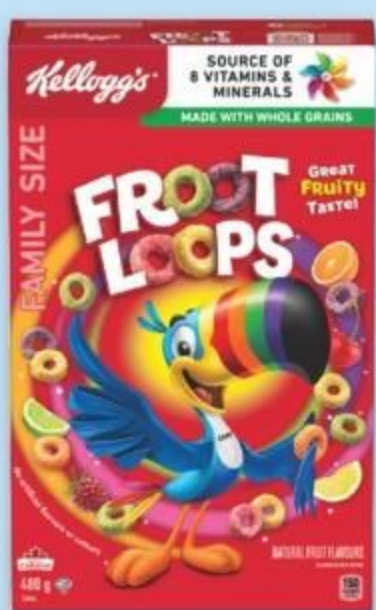


2.99

Old El Paso tortillas 297-334 g,
refried beans 398 mL or jalapeño
peppers 250 mL
selected varieties
tortillas ou haricots frites
ou piments jalapeño

Kellogg's
family size cereal
selected varieties
480-650 g
céréales

6.49



garlic powder
poudre d'ail

chili powder
poudre de chili

1.99

no name® spices
selected varieties
5.5-250 g
épices



6.99

JUST plant based egg 56.75 g
or Dr. Praeger's vegetarian
burger 283 g
œuf végétal ou burger végétarien

Celebrate Summer! Célébrez l'été!

Fruityopia, Nestea, Peace Tea or Five Alive beverage refrigerated 1.75 L
boisson aux fruits ou limonade ou thé glacé

2⁹⁹



4⁴⁹

Kraft Singles or Velveeta process cheese product selected varieties 410 g
produit de fromage fondu

PC® frozen fruit selected varieties
fruits surgelés

4⁴⁹



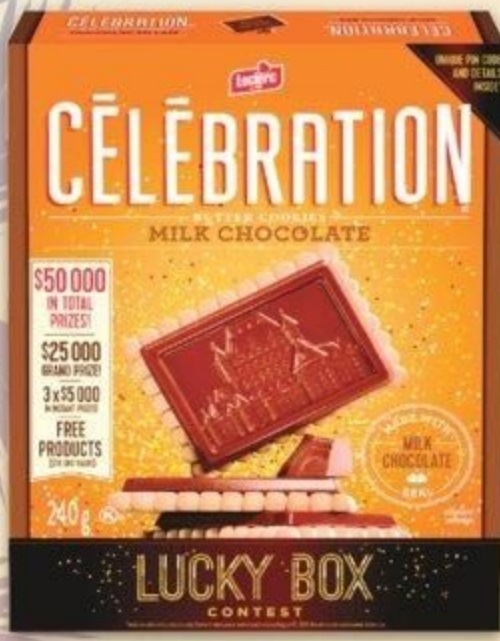
5⁴⁹ Chapman's Super novelties selected varieties, frozen 5-20's
friandises glacées



5⁴⁹ Bubly 12 x 355 mL or Montellier sparkling water 10 x 355 mL selected varieties
eau pétillante

Leclerc Célébration cookies selected varieties 240 g
biscuits

3⁴⁹



2²⁹ no name® marshmallows selected varieties 400 g
guimauves



4²⁹ Jus' Better candies or gummies 550-750 g
friandises

Diana 500 mL or Bull's-Eye BBQ sauce 425 mL selected varieties
sauce barbecue

3⁴⁹



PC® mayonnaise selected varieties 750/890 mL
mayonnaise

4⁹⁹



6⁴⁹ Sanpellegrino Naturali or Momenti sparkling water selected varieties 6 x 330 mL
eau pétillante

no name® party cups 50's
gobelets

10⁹⁹



6⁴⁹ no name® dinner paper plates 40's
assiettes

no name® instant charcoal starter 7.2 lb
briquettes de charbon à allumage rapide

6⁹⁹



OFF! insect repellents selected varieties 175 mL/113 g
insecticide

7⁹⁹



Caribbean Favourites Les favoris des Caraïbes

Grace jerk sauce 350 mL or Cool Running chicken wing sauce 312 g selected varieties
sauce

4⁴⁹



Grace corned beef 340 g
bœuf salé

4⁴⁹



The Great Gentleman 250 mL or Grace drink 355 mL selected varieties
boisson

4/\$5 or \$1.25 ea.



no name® beans, chick peas 398/540 mL or Grace coconut milk 400 mL
haricots ou pois chiches ou lait de coco

1⁴⁹



Grace ackees 540 mL or New Treasure long grain rice 4 kg
akées ou riz

9⁷⁹



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.

