

FROM THURSDAY, SEPTEMBER 14TH
TO WEDNESDAY, SEPTEMBER 20TH, 2023
DU JEUDI 14 SEPTEMBRE AU
MERCREDI 20 SEPTEMBRE 2023



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



5.49
lb

outside round oven roast or steak*
club size
rôti ou bifteck d'extérieur de ronde*
12.10/kg

chicken drumsticks or thighs
fresh, club size
pilons ou hauts de cuisse de poulet
6.59/kg

2.99
lb

romaine hearts
product of Canada
3's
cœurs de laitue
romaine



2.49



red or green
seedless grapes
product of U.S.A.
raisins rouges ou
verts sans pépins
5.49/kg

2.49
lb

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

4.49

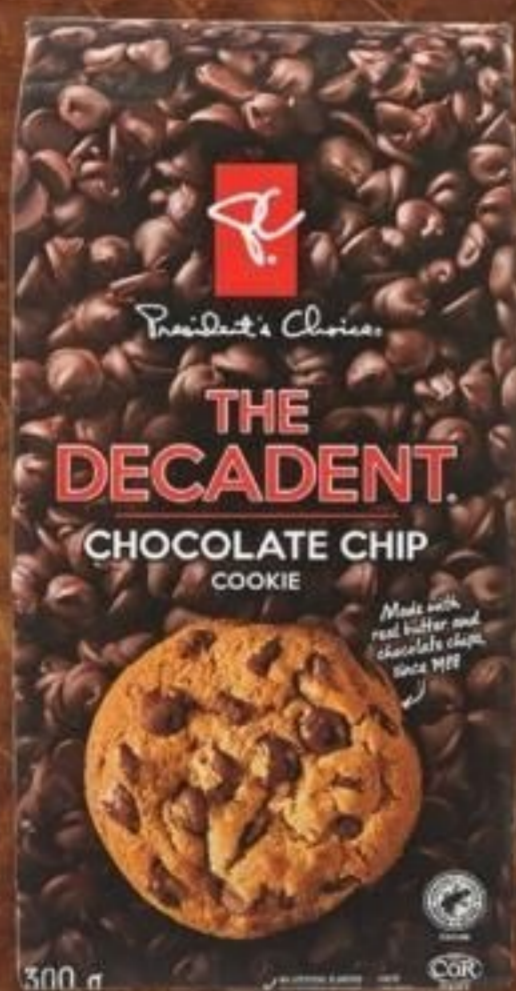


Country Harvest bread
600/650 g or bagels 6's
selected varieties
pain ou bagels

2.99

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

2.99



PC®
whole bean 907 g
or roast and ground
875/930 g coffee
selected varieties
café en grains ou
torréfié et moulu

12.99



Black Diamond
cheese bar 400 g
or shredded cheese
320 g or cheese
sauce 300 mL
selected varieties
barres de fromage
ou fromage râpé ou
sauce au fromage

4.49



2.79

Que Pasa tortilla chips
300/350 g or PC® salsa 650 mL
selected varieties
croustilles de tortilla ou salsa

1.99



no name®
white vinegar
Club Size
4 L
vinaigre blanc

7.99



no name® cat litter
selected varieties,
Club Size, 18 kg
litière pour chats

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE



2.99

SeaQuest® crab or lobster flavored pollock 227 g, ready-to-eat or DOM Specialty smoked steelhead salmon 50 g frozen or no name® hot dog or hamburger buns 8's selected varieties



Farmer's Market™ mini carrots product of Atlantic Canada 908 g carottes miniatures

2.49



11.99

Coca-Cola or Pepsi soft drinks selected varieties 24 x 355 mL boissons gazeuses



Rooster® scented jasmine rice 8 kg riz au jasmin

18.99

Oktoberfest



11.99

PC® October Wurst or Smokies sausage selected varieties 1 kg saucisses



Beck's, Corona or Heineken beer 6 x 330 mL bière

9.99



3.99

no name® wine flavoured sauerkraut 1 L or Bick's pickles 500 mL selected varieties choucroute ou cornichons



2.79

French's mustard selected varieties 325/400 mL moutarde



Meat & Seafood Viandes & Poissonnerie



9.99

Atlantic Choice® sausage selected varieties, club size, 1 kg saucisses



3.99 lb

lean ground pork fresh, club size porc haché maigre 8.80/kg



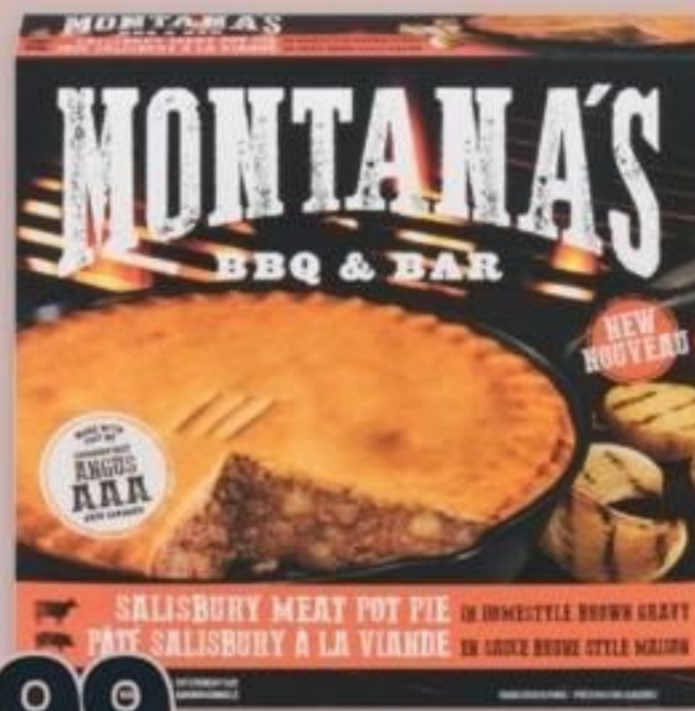
7.99 lb

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



8.99

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



7.99

Montana's Salisbury meat pies frozen, 650 g pâtés à la viande Salisbury



PC® Zipperback® white raw Pacific shrimp 31-40 per lb, frozen 400 g crevettes

8.99

Deli Meat & Cheese Charcuterie & Fromagerie



8.99

Bella Vitano cheese selected varieties 150 g fromage



6.99

PC® feta cheese selected varieties 400 g feta



5.99

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

Dairy & Frozen Produits laitiers & surgelés



3.49

no name® cream cheese selected varieties 227/250 g fromage à la crème

no name® natural cheese slices selected varieties 210/230 g tranches de fromage naturel

4.99



no name® sans nom® marble 100% real cheese marbré vrai fromage à 100%

good source of calcium bonne source de calcium

12 34% MC 30% MOISTURE 230 g

INGREDIENTS: Pasteurized milk, Modified milk ingredients, Pasteurized cream, Salt, Bacterial culture, Annatto, Calcium citrate, Monoband enzyme.

INGRÉDIENTS: Lait pasteurisé, Substances lactées modifiées, Crème pasteurisée, Sel, Culture bactérienne, Ponce, Chlorure de calcium, Émulsifiant.

60383 06133



14.99

PC® or Blue Menu® entrées selected varieties, frozen 2/2.27 kg plats cuisinés



2.99

Kozy Shack pudding selected varieties, refrigerated 624 g pouding

Stok or Starbucks coffee beverage 1.18/1.42 L or Starbucks coffee enhancer 828 mL selected varieties, refrigerated boisson au café ou rehausseur pour café

7.99



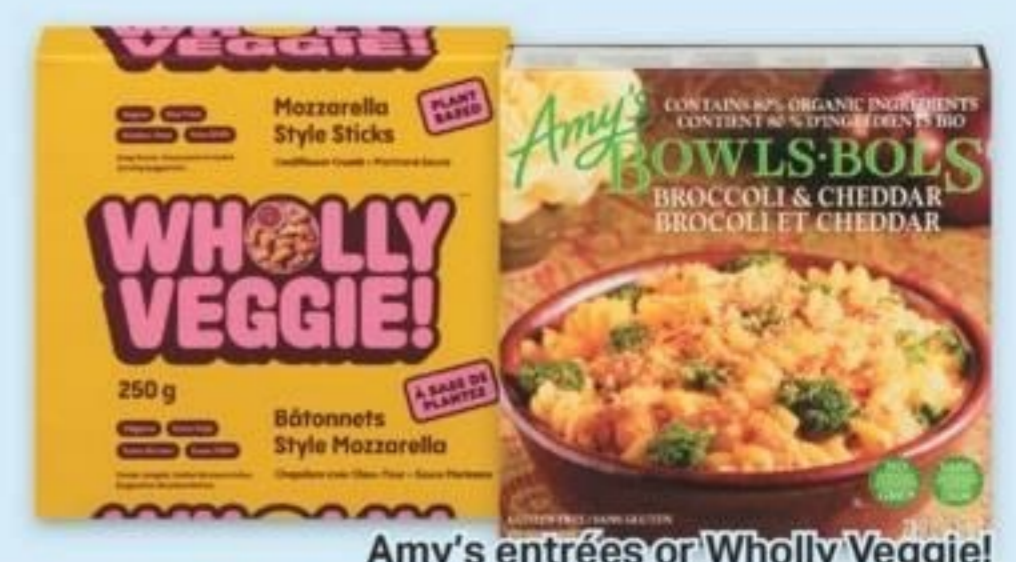
3.29

Cheemo perogies selected varieties, frozen 815/907 g perogies



PC® frozen yogurt selected varieties 2 L yogurt glacé

4.49



5.99

Amy's entrées or Wholly Veggie! plant based snacks selected varieties, frozen 234-284 g plats cuisinés ou collations à base de plantes

Fruits & Vegetables

Fruits & Légumes



1.79
lb

beefsteak tomatoes
product of Canada
tomates
3.95/kg



2.99
lb

orange, red or yellow
sweet peppers
product of Canada
pivrons
6.59/kg



6.49

no name®
Naturally Imperfect™
apples 6 lb,
product of Canada or
no name® lemons, 3 lb,
product of U.S.A.
pommes ou citrons



PC® Cara Cara oranges
product of South Africa
3 lb
oranges

6.79



.89
lb

green, red or savoy cabbage
product of Atlantic Canada
chou
1.96/kg



.79
lb

rutabagas
product of Atlantic Canada
rutabagas
1.74/kg

Bakery Boulangerie



4.99

Farmer's Market™ loaf cake
344/390 g or mini doughnuts
204-288 g
selected varieties



2/\$5
or \$2.50 ea.

PC® or Wonder English muffins
selected varieties, 6's



3.99

PC® rye bread
selected varieties
480/500 g

Household Essentials

Les essentiels pour la maison

Clorox cleaning sprays
887/946 mL or Lysol
toilet bowl cleaner 710 mL
selected varieties
vaporisateurs nettoyants
ou nettoyant à cuvette

3.79



Palmolive 591/828 mL
or Dawn 366-473 mL
liquid dish soap or
Clorox wipes 35's
selected varieties
savon liquide à vaisselle
ou lingettes

3.29



3.99

Febreze air care 250 g
or Mr. Clean Magic
Eraser pads 2/8's or
liquid cleaner 828 mL
selected varieties
désodorisant ou
effaceurs ou
nettoyant liquide



6.99

Swiffer wet or dry
cloth refills 10-16's or
duster kit, each or Glad
garbage bags 26-52's
selected varieties
recharges ou trousse
d'époussetage ou
sacs à ordures



5.49

Pine-Sol cleaner 1.41 L,
Clorox bleach 2.4 L or
Bounce dryer sheets
40/80's, selected varieties
nettoyant ou eau de Javel
ou feuilles pour sècheuse



3.99

PC® paper
yard waste bags
5's
sac à déchets
pour l'extérieur



Windex cleaners
765/950 mL or
Weiman cleaners
355 mL
selected varieties
nettoyants

4.99



6.49

Bonterra bathroom
tissues 6=24, paper towel
or facial tissues 3=6
papier hygiénique ou
essuie-tout ou mouchoirs

Eco Max
disinfecting
tub and tile or
all-purpose cleaner
selected varieties
800 mL
désinfectant
pour baignoire
et carreaux ou
nettoyant tout usage

3.49



11.99

Down East laundry
3 L or dishwashing
4 L liquid detergent
détergent liquide à
lessive ou vaisselle

Grocery Épicerie



3.99

Danone Activia 650 g, Danino drinkable 6 x 93 mL or Oikos Greek 4's yogurt selected varieties yogourt

PC® orange juice, tea or lemonade selected varieties, refrigerated 1.54 L jus d'orange, limonade ou thé

3.49



6.99 Pogo selected varieties, frozen 8/10's saucisse sur bâtonnet

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

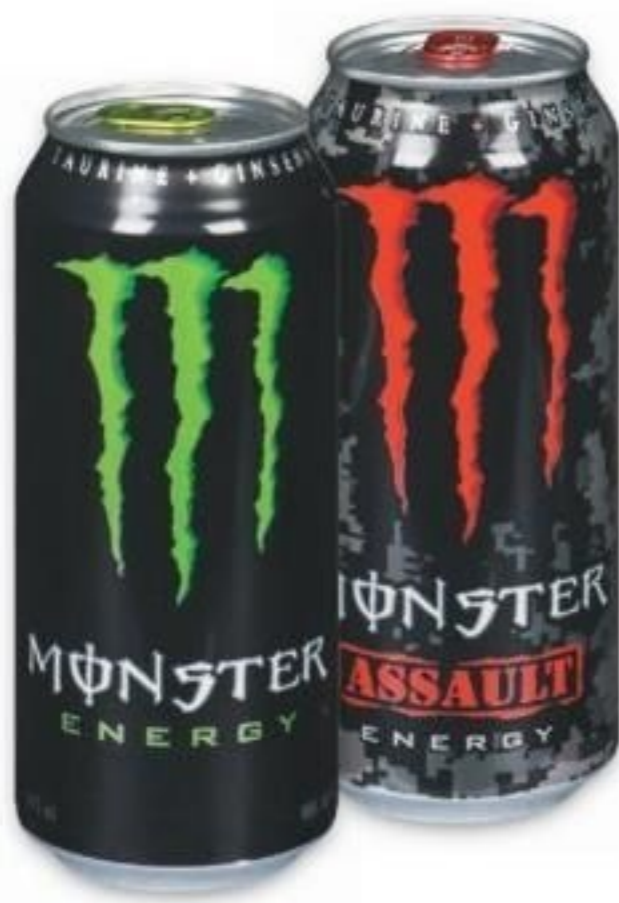
6.29



6.99 Jif or Adams peanut butter selected varieties, 1 kg beurre d'arachide

Monster or Guru energy drinks selected varieties 458/473 mL boissons énergisantes

2.79



Starbucks beverages 405/414 mL or Old Dutch potato chips 180 g selected varieties boissons ou croustilles

2.79



PC® cookies or crêpes selected varieties 100-350 g biscuits ou crêpes

3.49



23.99 McCafé K-Cups selected varieties 30's capsules de café



Prego pasta sauce 645 mL or Catelli Ancient, Healthy Harvest or Bistro pasta 340/375 g selected varieties sauce pour pâtes ou pâtes

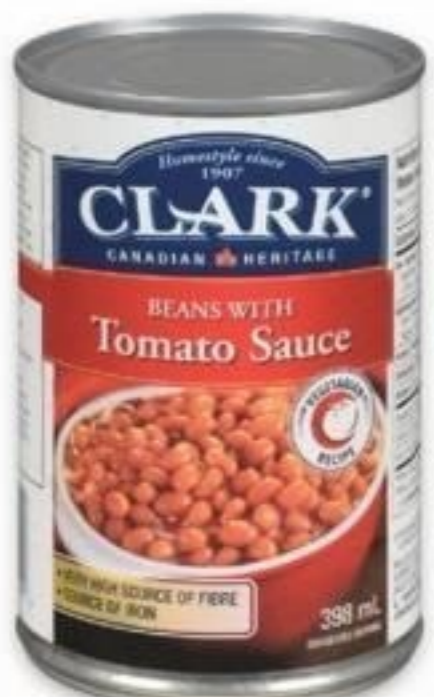
3/\$8 or \$2.67 ea.



4.49 Old El Paso dinner kits selected varieties 250-510 g trousses-repas



2.89 La Costeña refried beans 546 mL or PC® salsa 300 mL selected varieties haricots frites ou salsa

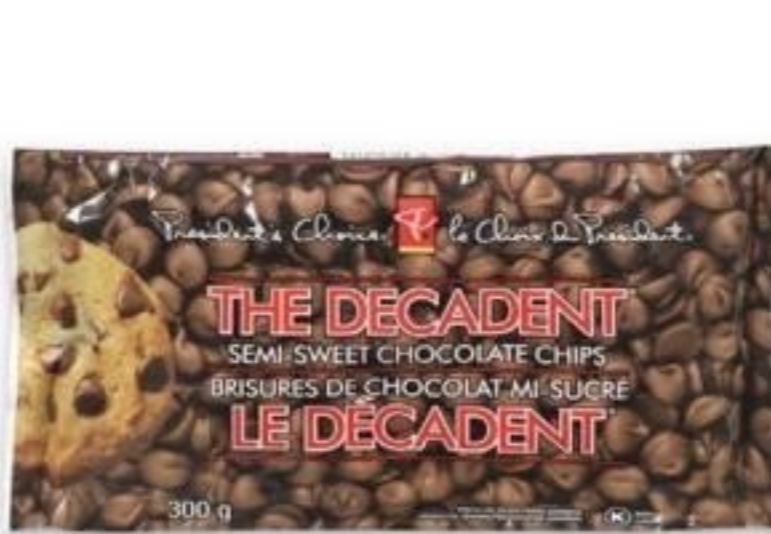


1.99 Clark beans selected varieties 398 mL légumineuses



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

3.49



3.49 PC® The Decadent® chocolate chips selected varieties 226-300 g pépites de chocolat



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

Watch with **m**
Les soirées cinéma
comme on les **m**



4.79 Maltessers, M&M's or Mars chocolate stand up pouches selected varieties 165-230 g chocolat



2.99 Skittles, Starburst or Lifesavers candy selected varieties 121-191 g friandises



4.49 Excel gum bottle selected varieties 83 g gomme

4/\$5 or \$1.25 ea. Excel gum singles, 12's selected varieties gomme

4/\$5 or \$1.25 ea. Mars single chocolate bars selected varieties 30-57 g barres individuelles



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.

