

FROM THURSDAY, OCTOBER 5TH
TO WEDNESDAY, OCTOBER 11TH, 2023
DU JEUDI 5 OCTOBRE AU
MERCREDI 11 OCTOBRE 2023



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



6.99
lb

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



2.29
lb

pork loin, rib & sirloin or sirloin chops
club size
côtelettes de longe de porc,
de côtes et surlonge ou de surlonge
5.05/kg



1.79

Farmer's Market™
carrots or yellow onions
product of Atlantic Canada, 3 lb bag
carottes ou oignons jaunes



4.49

strawberries
product of U.S.A.
454 g
fraises



4.99

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



3/\$7
or \$2.33 ea.

Christie crackers
selected varieties
175-386 g
craquelins



2.99

ACE Bakery baguette
baked in-store,
selected varieties
325-400 g
baguette



5.49

Hellmann's
mayonnaise
selected varieties
710-890 mL
mayonnaise



2.99

Kraft salad
dressing 475 mL or
PC® croustons 140 g
selected varieties
vinaigrette ou croustons



2/4.50
or \$2.25 ea.

Coca-Cola
or Pepsi
soft drinks
selected varieties
2 L
boissons
gazeuses



6.99

Becel margarine
selected varieties
637/850 g
margarine



4.49

Clover Leaf
sockeye salmon
213 g
saumon sockeye



1.49

no name®
evaporated milk
selected varieties
354 mL
lait évaporé



2.99

no name® flour
selected varieties
2.5 kg
farine



3/\$5
or \$1.67 ea.

Kraft
pasta salad
200 g
salade de pâtes

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

Happy Thanksgiving!

Bonne Action de grâces!



7⁴⁹

Farmer's Market™ pies
selected varieties
580 g-1 kg
tartes



Breyers creamery style
ice cream or frozen
dessert 1.66 L or
Magnum bars 3/4's
selected varieties, frozen
crème glacée ou dessert
glacé ou barres

4⁴⁹

PC® chocolate
covered almonds
or nuts
selected varieties
200-400 g
amandes ou noix
enrobées de chocolat



3⁹⁹



Folgers ground
coffee 544-816 g
or Kicking Horse
organic fairtrade
ground coffee
284 g
selected varieties
café moulu

8⁹⁹

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



4⁹⁹

Thanksgiving Appetizers!

Hors d'œuvre pour l'Action de grâces!



YOUR CHOICE
AU CHOIX

6⁹⁹

PC® hors-d'œuvre
collection
selected varieties
frozen
225-454 g
collection de
hors-d'œuvre



Sanpellegrino beverages
selected varieties
1 L
boissons

3/\$5
or \$1.67 ea.



FMA FLAP 1



FMO FMA FLAP 2

Meat Viandes



SEE PRICE
IN-STORE
VOIR PRIX
EN MAGASIN

fresh or frozen turkeys
see available sizes in store
dindes fraîches ou surgelées
voir en magasin pour les grosseurs

13⁹⁹
lb

prime rib oven roast*
club size
rôti de côte de choix*
30.84/kg



6⁹⁹
lb

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



7⁹⁹
lb

chicken breasts
boneless, skinless, fresh, club size
poitrines de poulet
17.61/kg



12⁹⁹

Maple Leaf
Natural smoked ham
selected varieties
600 g
jambon fumé



5⁹⁹

Johnsonville sausage or grinds
selected varieties
375/500 g
saucisses ou viande hachée



9⁹⁹

PC® spring rolls 574 g,
selected varieties or cocktail
sausage rolls 500 g, frozen
rouleaux de printemps ou
friands saucisses cocktail



\$10

meat or seafood selection
selected varieties, frozen
650 g-1.81 kg
viande ou produits de la mer



6⁹⁹

Maple Leaf or Schneiders bacon
selected varieties
65-375 g
bacon



12⁹⁹

PC® World of Flavours
pulled pork
selected varieties
900 g
porc effiloche

Seafood Poissonnerie



7⁹⁹

SeaQuest® colossal
Pacific white shrimp,
raw Zipperback®
16-20 per lb, 300 g or
bay scallops uncooked
100-150 per lb, 454 g, frozen
crevettes ou pétoncles
de baie



8⁹⁹

PC® hot smoked candied
or spicy salmon strips
ready to eat, 150 g
lanières de saumon



10⁹⁹

PC® shrimp appetizers
selected varieties,
frozen, 340-454 g
hors-d'œuvre de
crevettes

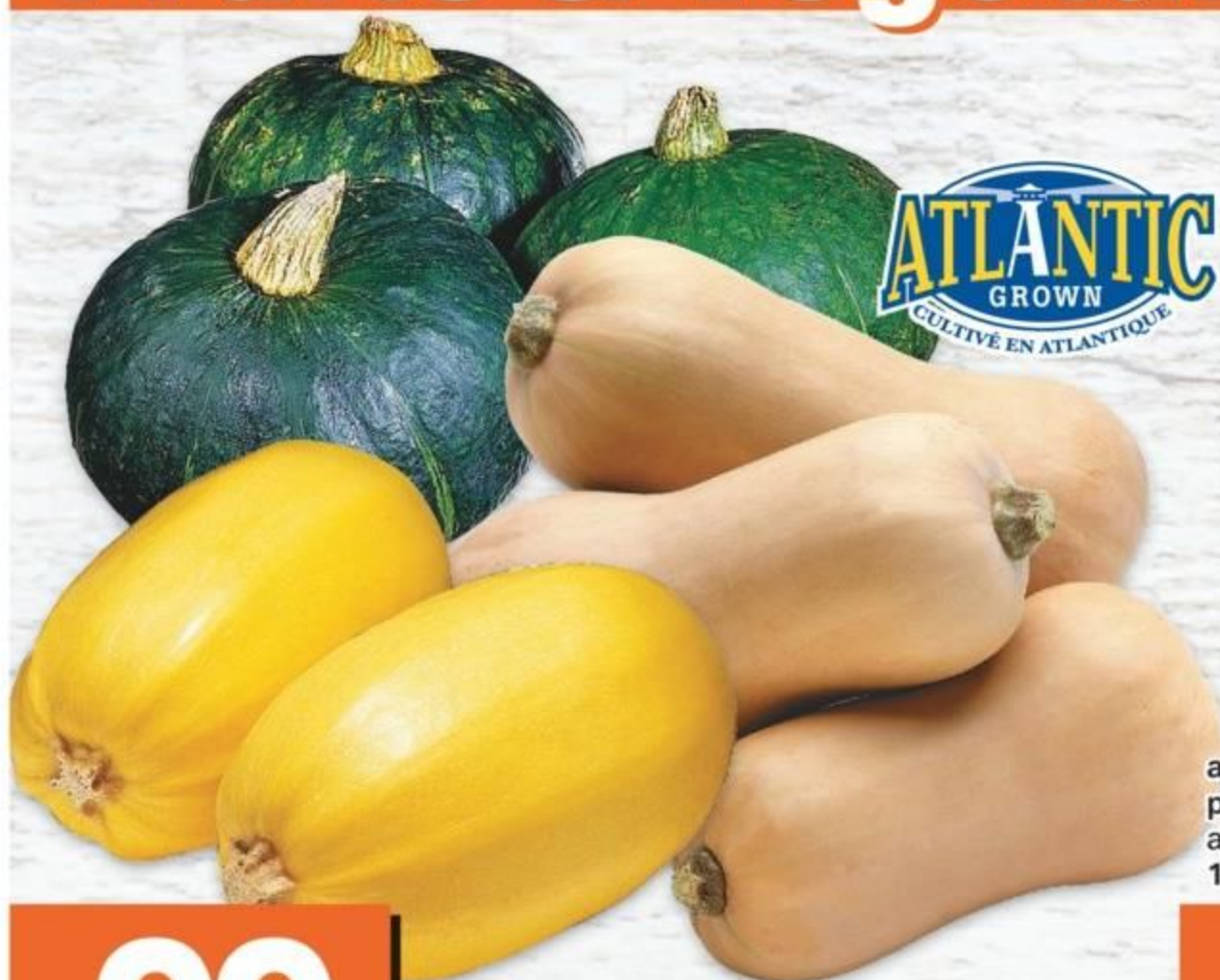


6⁹⁹

SeaQuest®
shrimp ring, frozen
227 g
couronne de crevettes

Fruits & Vegetables

Fruits & Légumes



ATLANTIC GROWN
CULTIVÉ EN ATLANTIQUE

asparagus
product of Peru
asperges
12.10/kg



.99
lb

acorn, butternut, buttercup or spaghetti squash
product of Atlantic Canada
courage
2.18/kg

5.49
lb



2.29

cranberries
product of Canada
340 g
caneberges

3.99



cantaloupe
product of U.S.A.
each
cantaloup



2.79 PC® or PC® Organics mushrooms
product of Canada,
selected varieties, 227 g
champignons



2.99 lb Brussels sprouts
product of Canada
choux de Bruxelles
6.59/kg



3.29 PC® or PC® Organics tomatoes
product of Canada,
selected varieties
255/340 g
tomates



4.79 lb PC® black grapes
product of U.S.A.
raisins noirs
10.56/kg



1.49 lb oranges
product of South Africa
oranges
3.28/kg



3.49 avocados
product of Mexico
5's
avocats



2.49 green or red Swiss chard
product of Canada
bunch
bette à cardes



2.29 spinach
product of U.S.A.
bunch
épinards



1.99 celery stalks
product of Canada
each
céleri

Deli Meat & Cheese Charcuterie & Fromagerie



4.99

PC® goat's milk cheese logs 140 g or Castello blue cheese 125 g selected varieties fromage

3.29

PC® hummus or dips 227-280 g or Naan dippers 200 g selected varieties hummus ou trempettes ou pains Naan

10.99

PC® Splendido® antipasto or prosciutto 200 g or PC® Natural Choice assorted trio pack 250/400 g selected varieties, Club Pack® antipasto ou prosciutto ou assortiment



6.99

PC® feta cheese selected varieties 400 g feta

5.49

Zerto shredded cheese selected varieties 140 g fromage râpé

3.99

Sardo olives 250 mL or Comeau seafood spread 140 g selected varieties olives ou tartina de produits de la mer

6.49

Ziggy's® salad selected varieties 1.25 kg salade

Bakery Boulangerie



11.99

PC® Gluten-Free 553 g or Farmer's Market™ 675-770 g bar cakes selected varieties gâteaux rectangulaires

6.49

Farmer's Market™ tarts selected varieties 6/12's tartelettes

8.99

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



12.99

PC® mini éclairs or profiteroles or pies selected varieties, frozen, 490-830 g mini-éclairs ou profiteroles ou tartes

6.99

ACE Bakery rolls or La Baguetterie sliced miche selected varieties 600-960 g petits pains ou miche tranchée

5.99

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

3.99

PC® hot cross buns extra raisin 8's or extra thick cinnamon raisin bread 675 g brioches ou pain aux raisins

Dairy & Frozen Produits laitiers & surgelés



Yoplait YOP drinkable yogurt selected varieties 200 mL yogurt à boire



3.49

no name® cottage cheese selected varieties 500 g fromage cottage

.99

3.49

Liberté 650 g or Yoplait Source 630 g yogurt selected varieties yogurt



2.49

Pillsbury Crescents or wiener wrap selected varieties 200-227 g croissants ou pâtes à saucisses

2.99

Yoplait Minigo 6 x 60 g or tubes 448 g yogurt selected varieties yogurt

5.99

Kraft Cheez Whiz cheese spread selected varieties 450 g tartina de au fromage

4.49

Barbara's Puffins cereal 312/285 g or Almond Breeze non-dairy beverage, refrigerated, 1.89 L selected varieties céréales ou boisson sans produits laitiers

Happy Thanksgiving! Bonne Action de grâces!

Aylmer tomato, cream of mushroom, chicken noodle or vegetable soup selected varieties
284 mL
soupe



Ben's Original Fast & Fancy rice, selected varieties 132 g or Unico tomato paste 369 mL
riz ou pâte de tomate



1.49

3/\$5
or \$1.67 ea.

no name® bacon bits 85 g
miettes de bacon



2.99



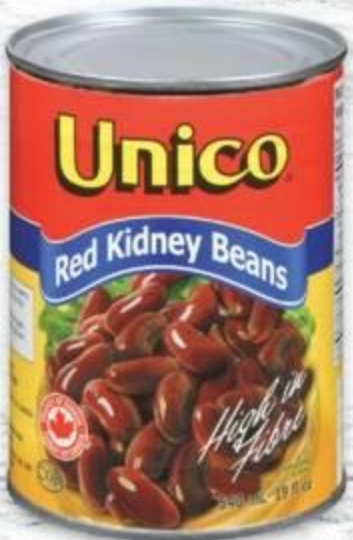
no name® spinach selected varieties, frozen 300 g
épinards

1.49

Rooster® scented jasmine rice 8 kg
riz au jasmin



26.99



Unico beans selected varieties 540 mL
légumineuses

1.79



Mr. Noodles soup cups selected varieties 64 g
contenants de soupe

1.29



Barilla pasta 800 g or World Authentica Cuisine pasta sauce 530 mL selected varieties
pâtes ou sauce pour pâtes

3.49



no name® frozen punch selected varieties 283 mL
punch surgelé

.79



Gatorade sport drinks 710 mL or CLIF or Larabar energy bars 45-68 g selected varieties
boissons désaltérantes ou barres d'énergie

1.79



no name® coffee whitener selected varieties 450 g
colorant à café

3.79



3.99



no name® raisins, currants or prunes selected varieties, 375 g
raisins ou raisins de Corinthe ou prunes



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

2.79



Christie cookies selected varieties 374-520 g
biscuits

5.49



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

2.99



PC® chocolate bars 300/623 g or Hershey's syrup 472/523 mL selected varieties
barres de chocolat ou sirop

4.49



PC® bathroom tissues 12=24 or paper towel 3=6 selected varieties
papier hygiénique ou essuie-tout

6.49



no name® napkins, Club Size 500's or Dawn EZ-squeeze liquid dish soap 535 mL
serviettes de table ou savon liquide à vaisselle

4.79



no name® garbage bags selected varieties 30-48's
sacs à ordures

4.99

Happy Thanksgiving!

Bonne Action de grâces!



no name® cheese bars 400 g
or shredded cheese 320 g
selected varieties
barres de fromage ou fromage râpé



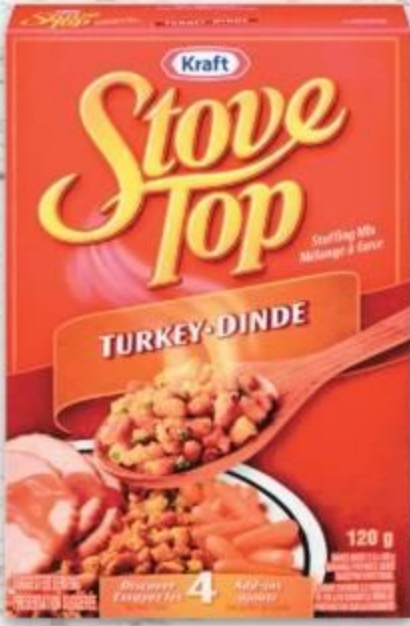
Fruitopia, Nestea, Peace Tea
or Five Alive beverage
selected varieties, refrigerated
1.75 L
boissons



5.99

2.99

Kraft
Stove Top stuffing
selected varieties
120 g
farce



Campbell's broth
selected varieties
900 mL
bouillon



Kraft Shake 'n Bake
coating
selected varieties
142-160 g
panure



1.99

2.49

3.49



BlueWater fish or shrimp,
battered or breaded
selected varieties, frozen
210-600 g
poisson ou crevettes



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

Ocean Spray
100% juice blend
or cocktail or
Mott's Clamato
cocktail
selected varieties
1.89 L
mélanges de jus
ou cocktail



6.49

2.99

3.99



McCafé premium
roast coffee pods
selected varieties
12's
capsules de café

Kellogg's cereal
selected varieties
306-525 g
céréales



4.49

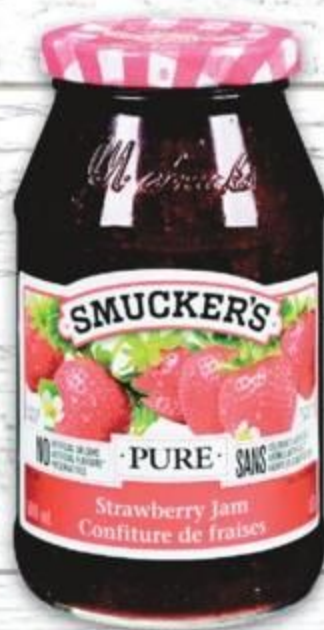
no name® fruit
selected varieties
796 mL
fruit

3.79



BeeMaid honey, selected varieties
500 g or Tetley or Red Rose
Orange Pekoe tea 144's
miel ou thé

Smucker's or
Double Fruit jam
selected varieties
310-500 mL
confiture



5.99

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

3.79



Casbah couscous
170-340 g or
Yves organic
chickpeas or
beans 398 mL
selected varieties
couscous ou pois
chiches ou haricots



2.29

PC® natural spring water
24 x 500 mL or Humpty Dumpty
snacks or Party Mix,
selected varieties, 250-290 g
eau de source naturelle ou collations

3.49

3/\$5
or \$1.67 ea.



Nestlé, Hershey's or Cadbury
king sized chocolate bars
selected varieties
62-90 g
barres de chocolat

Thanksgiving Essentials!

Les essentiels de l'Action de grâce!

3
WEEK EVENT
SEMAINES
D'ÉVÉNEMENT

Ocean Spray
cranberry sauce
selected varieties
348 mL
sauce aux
canneberges



2²⁹



2²⁹



Betty Crocker potatoes
selected varieties
141-215 g
pommes de terre

Franco American
gravy
selected varieties
284 mL
sauce brune



1²⁹



2⁴⁹ Beatrice sour cream
selected varieties
500 mL
crème sure

Gay Lea Real
whipped cream
selected varieties
225 g
crème fouettée

3⁴⁹



3⁹⁹ Cool Whip dessert
topping 1 L or Tenderflake
pastry 255-397 g
selected varieties, frozen
garniture fouettée ou
croûte à tarte



2⁹⁹ no name® vegetables
selected varieties,
frozen
750 g
légumes



1⁷⁹ Le Sieur peas or
Green Giant vegetables
selected varieties
341/398 mL
légumes



2²⁹ Knorr Sidekicks
side dishes
selected varieties
124-162 g
plats d'accompagnement

PC® Organics
mushroom,
pieces and stems
284 mL, beans
398 mL or
broth 900 mL
selected varieties
champignons ou
légumineuses
ou bouillon

1⁴⁹



2⁹⁹ Ben's Original
Bistro Express rice
selected varieties
240/250 g
riz



Grissol Crispy
Baguettes or
Breton crackers
selected varieties
100-225 g
craquelins

2⁹⁹



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

2⁹⁹



Kraft
Miracle Whip
selected varieties
650/890 mL
tartinade

5⁴⁹



PC®
sliced pickles
selected varieties
500 mL
cornichons

2⁷⁹

PC® or Blue Menu®
cranberry or
vegetable
cocktail
selected varieties
1.89 L
cocktail de
canneberges
ou légumes

3⁴⁹



3⁴⁹ Heinz juice 1.36 L
or V8 vegetable
cocktails 6 x 156 mL
selected varieties
jus ou cocktails
de légumes



4⁴⁹ Tetley or Red Rose tea
selected varieties
60/72's
thé



9⁹⁹ Starbucks K-Cup 10's,
roast & ground or
cold brew 340 g
selected varieties
café



2⁹⁹ no name®
foilware roasters
selected varieties
rôtissoires en aluminium



8⁴⁹ Royal Chinet
dinner plates
10.38 inch, 40's
assiettes



6⁴⁹ PC® dinner napkins
180's
serviettes de table



9⁴⁹ Cascade rinse aid 901 mL
or dishwasher pacs 12-20's
or Air Wick scented oil
2 x 20/21 mL or 20/42 mL
selected varieties
agent de rinçage ou capsules
de détergent pour lave-vaisselle
ou huile parfumée

FROM THURSDAY, SEPTEMBER 21ST TO WEDNESDAY, OCTOBER 11TH, 2023 / DU JEUDI 21 SEPTEMBRE AU MERCREDI 11 OCTOBRE 2023



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.



Thanksgiving Essentials!

Les essentiels de l'Action de grâce!

3
WEEK EVENT
SEMAINES
D'ÉVÉNEMENT



4.99

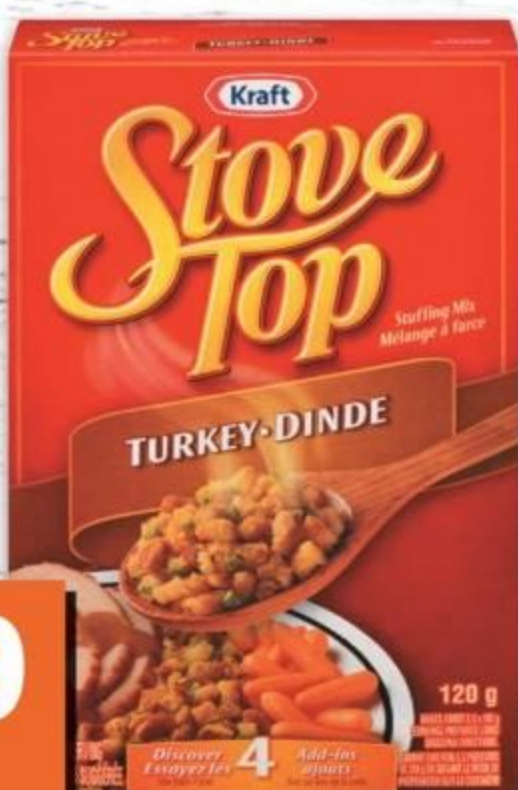
Christie Premium Plus
crackers
selected varieties
450/500 g
craquelins



Habitant soup 796 mL
or Campbell's Chunky
soup 515 mL
selected varieties
soupe

3.49

Kraft Stove Top
stuffing
selected varieties
120 g
farce



1.99



Dole pineapple
selected varieties
398 mL
ananas

1.99



**FROM THURSDAY, SEPTEMBER 21ST
TO WEDNESDAY, OCTOBER 11TH
DU JEUDI 21 SEPTEMBRE AU MERCREDI
11 OCTOBRE 2023**