

FROM THURSDAY, DECEMBER 28TH, 2023
TO WEDNESDAY, JANUARY 3RD, 2024
DU JEUDI 28 DÉCEMBRE 2023 AU
MERCREDI 3 JANVIER 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart **RED & WHITE**
FOOD STORE
Your Neighbourhood Grocer



9.99

no name® chicken wings 908 g
or Cantonese-style egg rolls 1.25 kg
or Swiss Chalet pork back ribs 600 g
selected varieties
ailes de poulet ou pâtés impériaux
ou côtes de dos de porc

9.99
lb

striploin roast or steak*
club size
rôti ou bifteck de contre-filet*
22.02/kg



1.99

bean sprouts 1 lb or English cucumber
each, product of Canada or broccoli crowns
each, product of U.S.A.
fèves germées ou concombres
ou couronnes de brocoli



red or green
seedless grapes
product of
Peru or South Africa
raisins sans pépins
6.59/kg

2.99
lb



6.99

Olivieri fresh pasta 500-700 g, Summer Fresh
salad 800 g or From Our Chefs™ soup 700 mL
selected varieties
pâtes, soupes ou salades fraîches



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

5.49



1.79

Clover Leaf light tuna
chunk or flake
170 g
thon pâle



2.99

McCain Superfries, breakfast
or specialty potatoes
selected varieties, frozen
454-800 g
frites ou pommes de terre
à déjeuner ou de spécialité



6.99

Becel margarine 637/850 g
or iöGO yogurt 16 x 95-100 g
selected varieties
margarine ou yogourt



3/\$5
or \$1.67 ea.



6.49

Royale bathroom tissue
8-12 double rolls, Tiger Towels
paper towels 2/3=6 rolls or
facial tissue 6's
selected varieties
papier hygiénique
ou essuie-tout ou mouchoirs



4.49

no name® garbage bags
selected varieties
20-100's
sacs à ordures

Happy New Year!

Bonne année!



4⁴⁹

Tre Stelle ricotta 475 g
or bocconcini 200 g
or PC® Splendido®
sliced deli meat 100 g
selected varieties
ricotta ou bocconcini
ou charcuteries tranchées



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

6⁹⁹



2/\$7
or \$3.50 ea.

Dr. Oetker Ristorante
or Casa di Mama pizza
selected varieties, frozen
320-410 g
pizza



no name® chips 200 g
or PC® soda 2 L
selected varieties
croustilles ou soda

4/\$5
or \$1.25 ea.

Cheers to 2024!

Célébrons 2024!



10²⁹

Heineken or Corona
non-alcoholic drinks
selected varieties
6 x 330 mL
boissons non alcoolisées



PC®
de-alcoholized wine
selected varieties
750 mL
vin désalcoolisé

7⁴⁹



Mott's Clamato
Rimmer
seasoning salt
selected varieties
190/200 g
sel assaisonné

3⁴⁹

PC® 100% juice or PC® or
Blue Menu® cocktail 1.89 L,
Rose's Grenadine syrup
739 mL, Mott's Mr & Mrs T
margarita or pina colada
mix 1 L, selected varieties
jus ou cocktail ou sirop à
la grenadine ou mélange à
margarita ou pina colada



FARMER'S MARKET
LEMONS
CITRONS

Organics
Biologique
LIMES

Farmer's Market™
lemons 2 lb, product of
Spain or Turkey or
PC® Organics limes 1½ lb,
product of Mexico
citrons ou limes

3⁴⁹

Meat & Seafood

Viandes & Poissonnerie



14⁹⁹
lb

prime rib oven roast*
rôti de côte de choix*
33.05/kg



4⁹⁹
lb

Frenched bone in pork roast
rôti de porc avec os paré
11.00/kg



12⁹⁹

Maple Leaf smoked ham
selected varieties, 600 g
jambon fumé Maple Leaf



6⁹⁹
lb

PC® Free-From®
short cut lamb leg
frozen
gigot d'agneau,
raccourci
15.41/kg



6⁹⁹
lb

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



7⁴⁹
lb

boneless skinless
chicken thighs, club size
hauts de cuisse de poulet
16.51/kg



5⁹⁹

PC® cocktail sausage 500 g or
wiltshire bacon rashers 250 g
saucisses cocktail ou bacon



9⁹⁹

Janes pub style
breaded chicken
selected varieties,
frozen, 700 g
poulet pané



8⁹⁹

PC® mini sausage rolls
500 g or spring rolls 574 g
selected varieties, frozen
mini-friands à la saucisse
ou rouleaux de printemps



14⁹⁹

PC® cheese
hors d'oeuvre
collection
frozen, 720 g
hors-d'œuvre

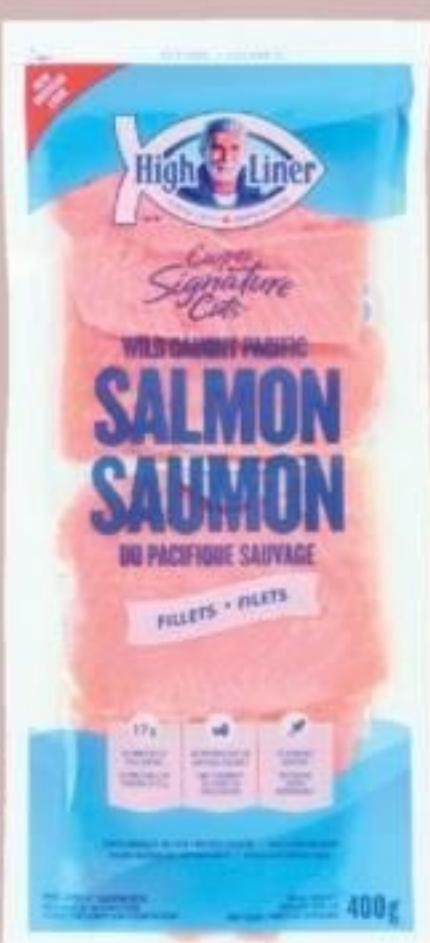


14⁹⁹

PC® meatballs
selected varieties,
frozen, 800-907 g
boulettes de viande

High Liner
wild pacific
pink salmon
fillets, frozen
400 g
filet de saumon

8⁹⁹



2⁹⁹

SeaQuest® flavoured
Alaska pollock, ready to
eat, selected varieties
227 g or DOM Specialty
smoked steelhead
salmon 50 g, frozen
gobberge ou saumon



7⁹⁹

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



8⁹⁹

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

Deli Meat & Cheese Charcuterie & Fromagerie

PC® Natural Choice® salami or assorted trio 250/400 g or PC® Splendido® sliced deli meat 200 g selected varieties charcuteries

10⁹⁹



5⁹⁹

PC® block cheese selected varieties 250 g barre de fromage



6⁹⁹

PC® feta cheese in brine selected varieties 400 g feta



6⁴⁹

Ziggy's® salads 1.25 kg or PC® layered dips 425/454 g selected varieties salades ou trempettes



19⁹⁹

Hormel Gatherings deli tray 850 g plateau de charcuterie



Bakery Boulangerie

3²⁹

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



11⁹⁹

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



5⁴⁹

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



5⁹⁹

Farmer's Market™ muffins selected varieties 6's



6⁹⁹

ACE Bakery artisan rolls 800-960 g or La Baguetterie sliced Miche 600/800 g, selected varieties



Dairy & Frozen Produits laitiers & surgelés

PC® shredded cheese 250-320 g or cheese bars 300/400 g selected varieties fromage râpé ou barres de fromage

6⁹⁹



Astro or iÖGO yogurt 625-750 g or no name® cottage cheese 500 g selected varieties yogurt ou fromage cottage

3⁴⁹



no name® whipped topping aerosol 225 g garniture fouettée

2⁴⁹



4⁹⁹

Becel plant-based spread selected varieties 454 g tartina de base de plantes



6⁹⁹

no name® stringable cheese 336 g or Kraft Velveeta processed cheese 450 g selected varieties fromage effilochable ou produit de fromage fondu



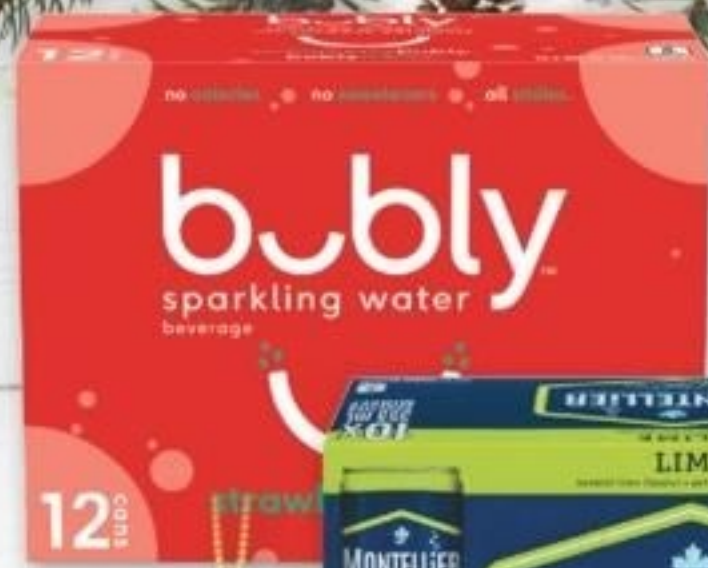
Starbucks iced or Stök cold brew coffee 1.18/1.42 L or Starbucks coffee enhancer 828 mL selected varieties, refrigerated café infusé à froid ou rehausseur pour café

7⁹⁹



Festive Faves!

Les favoris des Fêtes!



5.49

Bubly sparkling water
12 x 355 mL or Montellier
carbonated water
10 x 355 mL
selected varieties
eau pétillante ou gazéifiée

PC® Black Label pizza
selected varieties,
frozen, 370/420 g
pizza

7.99



6.79



Sanpellegrino sparkling
fruit beverages
selected varieties
6 x 330 mL
boissons aux fruits



3.49

no name® cheese bars
selected varieties
200 g
barres de fromage

PC® frozen yogurt
selected varieties
2 L
yogourt glacé

4.49



5.49

McCain Deep'n Delicious cake
selected varieties, frozen
510 g
gâteau



12.99

PC® breaded 550/600 g
or BlueWater battered or
breaded 480/525 g fish filets
selected varieties, frozen
filets de poisson



14.99

PC® lasagna or mac & cheese
selected varieties, frozen
2/2.27 kg
lasagne ou macaroni au fromage

no name® lemonade
or iced tea
selected varieties,
refrigerated
1.75 L
limonade ou
thé glacé

2.49



1.99

Knorr or Lipton soup mix
selected varieties
40-166 g
mélange à soupe

2.99

Fraser Farms
gravy meatballs
selected varieties
425 g
sauce et ragoût
de boulettes



1.99



Clover Leaf light tuna,
oysters or mussels
selected varieties, 85 g
thon ou huîtres
ou moules

4.99

PC® BBQ sauce 1 L,
selected varieties
or extra virgin
olive oil spray
155 mL
sauce BBQ ou
vaporisateur
d'huile d'olive



3.49

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



4.49

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



2.49

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



4.49

French's ketchup
750 mL/1 L
or Heinz chili
sauce 455 mL
selected varieties
ketchup
ou sauce chili



10.49

Nestlé pantry size
chocolate pouch
selected varieties
800 g/1 kg
chocolat



2.49

Fruité beverages
selected varieties
2 L
boissons



2.99

Dole fruit bowls 4 x 107 mL
or fruit 'N gel snacks
4 x 123 g or Christie
Bits & Bites baked snacks
or Crispers 145 g
selected varieties
bols de fruits ou
collations ou grignotines
ou craquelins



3.49

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 ou grignotines



6.99

Cottonelle bathroom
tissue 6=24 rolls
or flushable wipes
84 sheets
selected varieties
papier hygiénique
ou lingettes jetables
dans les toilettes



9.99

Tide Simply laundry
detergent 3.4 L or
Pods 18-31's or Bounce
dryer sheets 200's
selected varieties
détergent à lessive
ou assouplissant



1.49

IAMS perfect portions
premium food for cats
75 g or Cesar wet dog
food 100 g
selected varieties
nourriture pour chats
ou humide pour chiens

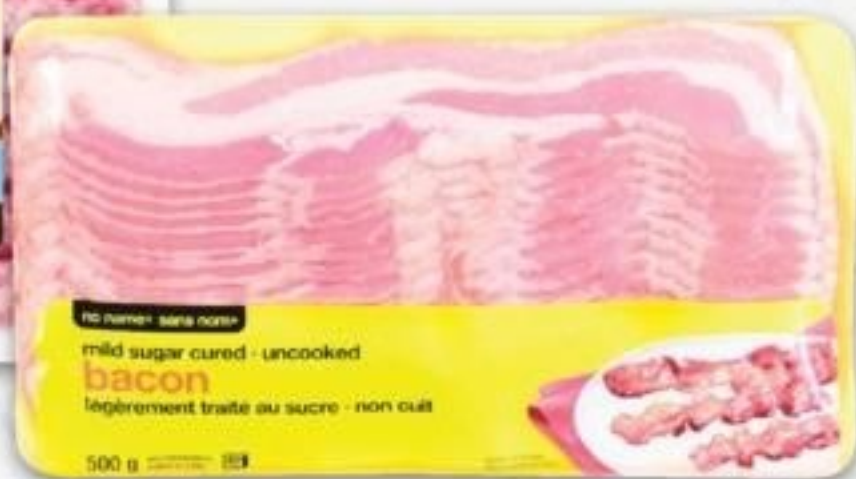


10.99

Energizer Max
batteries
selected varieties
AA16/AAA10
piles

Holiday Breakfast

Déjeuner des Fêtes



Coffeemate coffee enhancer
selected varieties, refrigerated
946 mL
rehausseur pour café



4⁹⁹

Johnsonville rounds 250 g or breakfast
sausage 375 g or no name® bacon 500 g
selected varieties
saucisses ou bacon

4⁹⁹

Danone Activia
yogurt
selected varieties
8's
yogourt



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



4⁴⁹

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

3⁹⁹

PC® condensed
milk 300 mL
or Tetley tea
20/24's
selected varieties
lait condensé ou thé



no name®
instant coffee
150 g or coffee
whitener 450 g
selected varieties
café instantané
ou colorant à café



Cavendish premium
fries 540-750 g or
all day breakfast
hashbrowns
625/650 g
selected varieties,
frozen
frites ou galettes
de pommes de terre



2⁹⁹

3⁷⁹

3²⁹

Quaker
instant oatmeal
selected varieties
168-344 g
grau instantané



no name®
liquid honey 375 g
or Kraft smooth
peanut butter 500 g
miel ou beurre
d'arachide



Bonne Maman jam
selected varieties
250/280 mL
confiture



3⁴⁹

4⁹⁹

4⁴⁹



Heinz beans or pasta
398 mL or Chef Boyardee
pasta 418/425 g
selected varieties
fèves ou pâtes

Quaker
muffin mix
selected varieties
900 g
mélange à muffin



Crank coffee Co. coffee
340 g or Nature's Path
organic eco-pack
cereal 650-907 g
selected varieties
café ou céréales



PC® Organics frozen
fruit, 600 g or orange
juice 1.75 L
selected varieties
jus surgelé

2²⁹

3⁹⁹

8⁴⁹

6⁷⁹



5⁹⁹
General Mills™
Family size Cereals
Céréales General Mills™
en format familial
475-778 g



4²⁹
Nature Valley™ Wafer 184 g, Muffin
Bars 175 g, Crunchy Dipped Bars 132 g,
Dunkaroos™ 168 g
Barres Val Nature™ Gaufrees 184 g,
Muffins 175 g, Enrobés croquants 132 g,
Dunkaroos™ 168 g



5⁹⁹

Liberté Grec® 650-750 g, Liberté Méditerranée®
900 g or Liberté Classique Drinkable 1 L yogurt
selected varieties
Liberté Grec® 650-750 g, Liberté Méditerranée® 900 g
ou Liberté Classique® yogourt à boire 1 L



2⁴⁹

Pillsbury™ Crescents 226-227 g or
Pillsbury™ Wiener Wraps 200 g
Croissants Pillsbury™ 226-227 g ou
pâte pour saucisses 200 g



McCafé® Premium Roast
K-Cup® pods 30 ct
Capsules K-Cup® de café de
torréfaction supérieure
McCafé® 30 un.

19⁹⁹

McCafé® Espresso Roast
K-Cup® pods 30 ct
Capsules K-Cup® de café de
torréfaction espresso
McCafé® 30 un.



Van Houtte®
24 K-Cup® pods
Van Houtte®
24 capsules K-Cup®

16⁹⁹



Timothy's®
30 K-Cup® pods
Timothy's®
30 capsules K-Cup®



Krispy Kreme®
Doughnuts Coffee
30 K-Cup® pods
Krispy Kreme®
Doughnuts Coffee
30 capsules K-Cup®

15⁹⁹

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Fruits & Vegetables

Fruits & Légumes



4⁹⁹

bunched beet, product of U.S.A. or cauliflower each product of U.S.A. or Mexico
betteraves ou chou-fleur



4⁴⁹

blackberries or raspberries product of U.S.A. or Mexico
6 oz
mûres ou framboises



2⁹⁹
lb

Brussels sprouts, product of Neatherlands or U.S.A. or green beans, product of U.S.A.
choux de Bruxelles ou haricots verts
6.59/kg



3⁴⁹

Farmer's Market™ mini carrots 2 lb, product of U.S.A. or grape tomatoes 283 g or PC® Organics grape tomatoes 255 g, product of Mexico
carottes miniatures ou tomates raisins



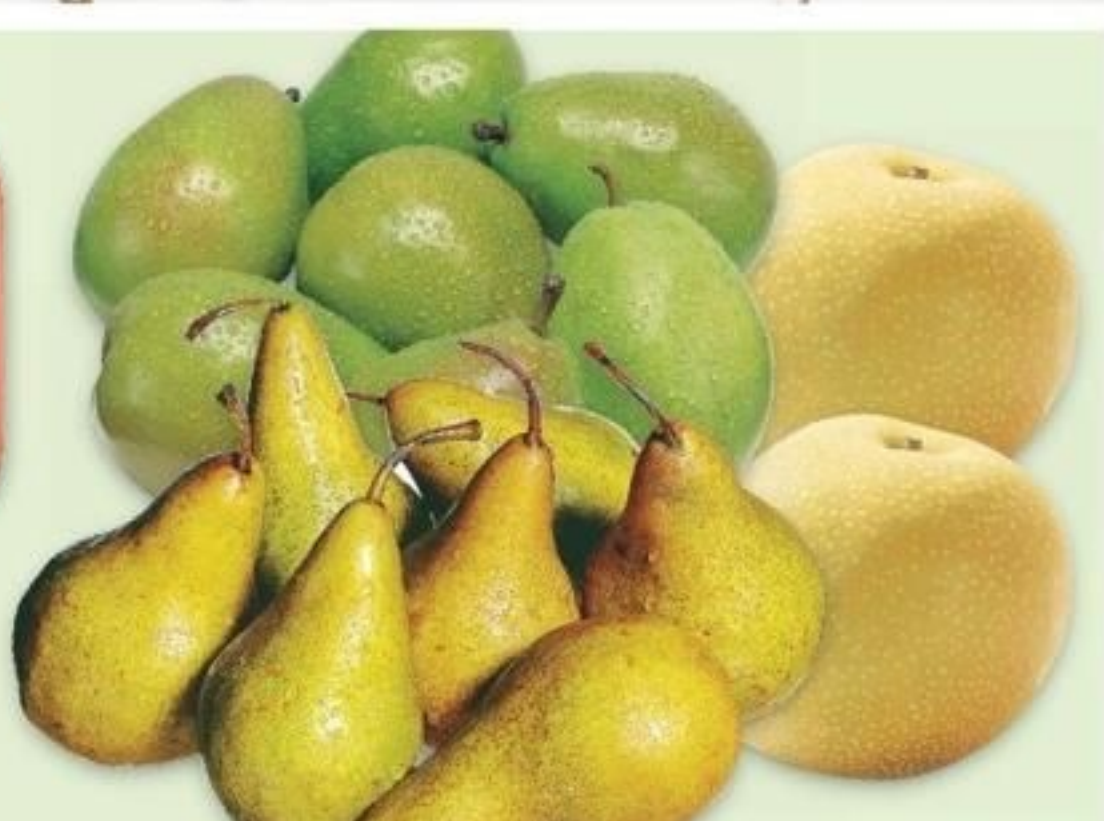
asparagus product of Peru
asperges
12.10/kg

5⁴⁹
lb



4⁹⁹

PC® or PC® Organics mushrooms product of Canada, selected varieties
100-454 g
champignons



2⁴⁹
lb

yellow Asian pears, product of China or Bosc or Anjou pears, product of Canada
poires
5.49/kg



2⁹⁹

PC® Little Gems mini mixed red or yellow mini potatoes product of Canada
680 g
mini-pommes de terre



1⁴⁹

avocados, product of Mexico or Ataulfo mangoes, product of Peru
each
avocats ou mangues



2⁹⁹

cranberries 340 g, product of Canada or pomegranate each, product of U.S.A.
canneberges ou grenade



PC® herbs selected varieties
28 g
fines herbes

1⁹⁹



Marzetti dips product of U.S.A. selected varieties
340 g
trempettes

2⁹⁹



Bolthouse smoothies 450 mL, product of U.S.A. or Remedy Organic Kombucha 700 mL, product of Australia selected varieties
boissons fouettées ou breuvages fermentés pétillants

3⁴⁹

Holiday Essentials 4

Les essentiels des Fêtes

WEEK EVENT
SEMAINES
D'ÉVÉNEMENT

Betty Crocker potatoes 141-215 g or Knorr Sidekicks side dishes 124-162 g selected varieties pommes de terre ou plats d'accompagnement

1.99



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

2.99



Franco American gravy selected varieties 284 mL sauce brune

4/\$5
or \$1.25 ea.



6.49 Philadelphia cream cheese product selected varieties 340 g fromage à la crème



2.49 Lactantia garlic butter sticks 125 g bâtonnets de beurre à l'ail

no name® pie filling selected varieties 540 mL garniture pour tarte

4.49



Cool Whip dessert topping 1 L or Tenderflake pie or tart shells 255-340 g selected varieties, frozen garniture à dessert ou croûtes à tarte ou tartelette

3.99



Mott's Clamato cocktail selected varieties 1.89 L jus de palourdes

3.99



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

15.99



PC® whole bean or roast and ground coffee selected varieties 875-930 g café

8.49



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

no name® seasoned stuffing mix 120 g farce

4/\$5
or \$1.25 ea.



4/\$5 Club House gravy mix selected varieties 21-42 g mélange à sauce

Kraft Miracle Whip selected varieties 650/890 mL tartinaide

5.99



Campbell's broth selected varieties 284 mL bouillon

2.29



Quaker steel cut oats 709 g or oats 900 g/1 kg selected varieties avoine

3.49



3.29 Dare Ultimate or Whippet cookies selected varieties 230-300 g biscuits

MAMA chicken instant noodles 55 g nouilles instantanées

2/\$1
or 50¢ ea.



Stagg chili selected varieties 425 g chili

2.79



2.99 Pringles potato chips 148/156 g or Cheez-It crackers 191-203 g selected varieties croustilles ou craquelins



5.49 Orville Redenbacher microwave popcorn selected varieties 6/8's maïs soufflé

no name® chocolate bars selected varieties 100 g barres de chocolat

\$1



3.99 Kinder Surprise chocolate eggs 3 x 20 g or Kinder Bueno mini's bag 145 g selected varieties œufs en chocolat ou mini-œufs



2.79 Alcan foil wrap 25/50', Reynold's parchment paper or Look! oven bags 2's selected varieties papier d'aluminium ou papier parchemin ou sacs pour four



2.99 no name® foilware roasters selected varieties rôtissoires



5.49 Royal Chinet lunch plates 40's or Royale napkins 3 ply, 75's assiettes ou serviettes



15.49 Finish dishwasher tabs 30-55's or AirWick scented oils 20/100 mL selected varieties capsules de détergent pour lave-vaisselle ou huiles parfumées

ITEMS AND PRICES ON THIS PAGE ARE EFFECTIVE FOR 4 WEEKS FROM THURSDAY, DECEMBER 7TH, 2023 TO WEDNESDAY, JANUARY 3RD, 2024
LES ARTICLES ET LES PRIX SUR CETTE PAGE SONT EN VIGUEUR 4 SEMAINES DU JEUDI 7 DÉCEMBRE 2023 AU MERCREDI 3 JANVIER 2024

Holiday Essentials

Les essentiels des Fêtes

4

WEEK EVENT
SEMAINES D'ÉVÉNEMENT



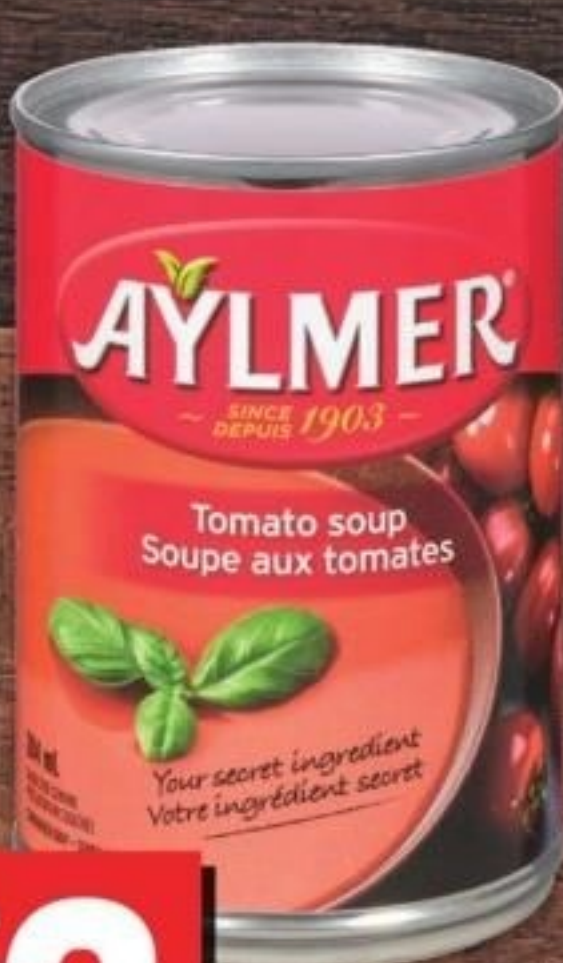
2⁹⁹

Beatrice sour cream
selected varieties
500 mL
crème sure



no name® vegetables
selected varieties, frozen
750 g
légumes

2⁹⁹



2/\$3
or \$1.50 ea.

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



Grissol Baguettes 120/130 g,
Melba Toast 200 g or
Canapé 150 g
selected varieties
craquelins

2⁴⁹

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SONT EN VIGUEUR 4 SEMAINES
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