

FROM THURSDAY, FEBRUARY 8TH
TO WEDNESDAY, FEBRUARY 14TH, 2024
DU JEUDI 8 FÉVRIER AU
MERCREDI 14 FÉVRIER 2024

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



See our flyer online
visit freshmart.ca



4.99
lb

lean ground beef
club size
bœuf haché maigre
11.00/kg



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

9.99



4.49

cauliflower, product of U.S.A. or Mexico
or PC® Organics broccoli, product of U.S.A.
each
chou-fleur ou brocoli



Farmer's Market™ apples
product of Canada, selected varieties, 4 lb
pommes

4.49



4.99

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



2.99

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



3.99

Kraft Singles or Velveeta
process cheese product
410 g or Philadelphia
cream cheese product
227/250 g
selected varieties
produit de fromage
fondu ou produit de
fromage à la crème



Frank's RedHot
hot sauce or
thick sauce 354 mL
or Heinz ketchup
750 mL/1 L
selected varieties
sauce piquante
ou sauce épaisse
ou ketchup

4.79



2/\$7
or \$3.50 ea.

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



3.29

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



3.99

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



4.49

Breyers
Creamery Style
ice cream or
confectionary
dessert, 1.66 L
selected varieties,
frozen
crème glacée



3.99

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



5.99

Bounty paper towel,
4=6 rolls or Charmin
bathroom
tissue
8=24 rolls
selected varieties
essuie-tout ou
papier hygiénique

Game Night!

Soir de match!

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

5.99

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

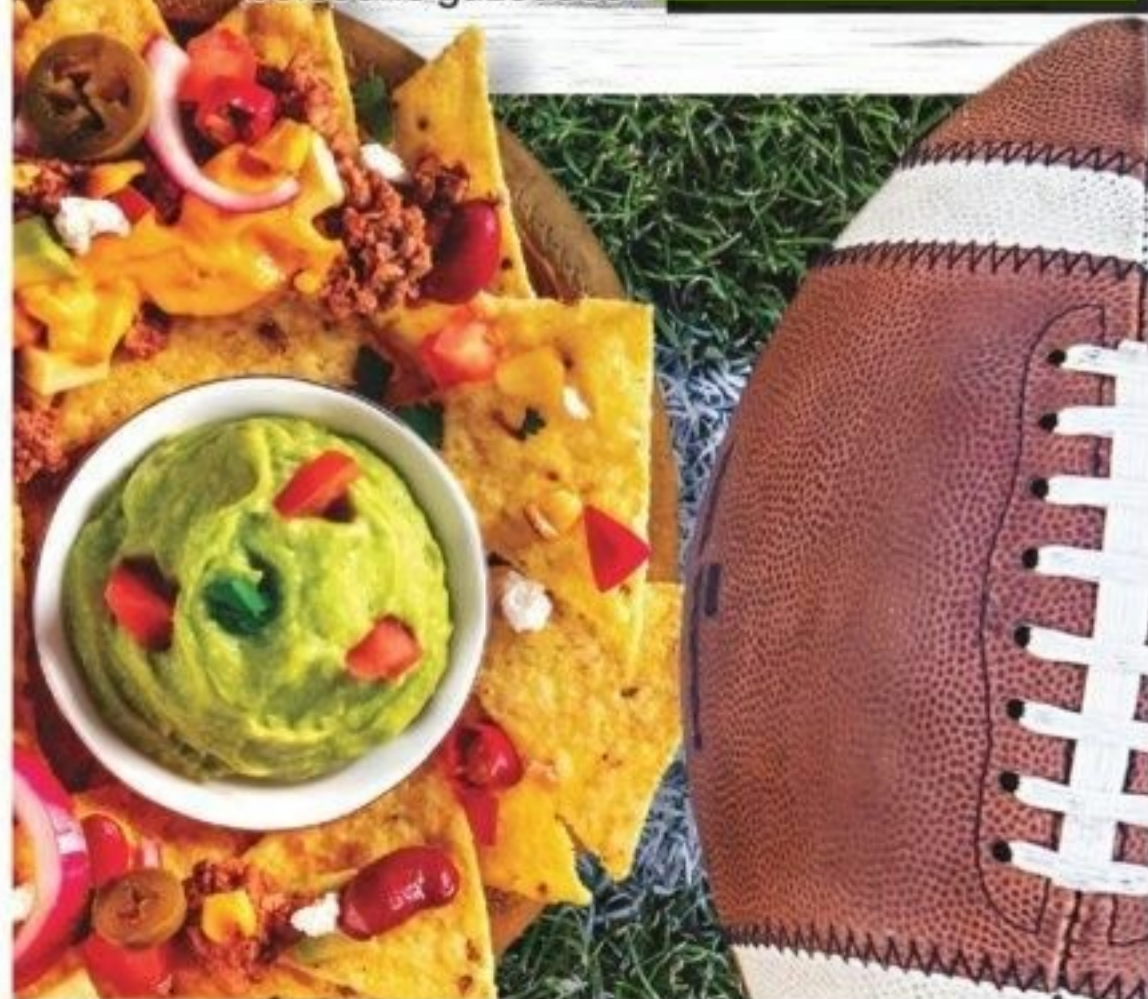
4.99

Tostitos salsa or dips 416/418 g, 418/423 mL or tortilla chips 205-300 g
selected varieties
salsa ou trempettes ou croustilles de tortilla

2.99

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

2/\$13
or \$6.50 ea.



FMO FMA FLAP 1

Happy Valentine's

Joyeuse Saint-Valentin

floral bouquets available in select stores
offerts dans certains magasins

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

9.99

no name® whipped topping aerosol
225 g
garniture fouettée

2.49

strawberries
product of U.S.A. or Mexico
1 lb
fraises

3.99

PC® chocolate covered fruit
selected varieties,
frozen
200 g
fruits enrobés de chocolat

4.99

Ferrero Collection 15's or Rocher jewel box 16's
chocolat

7.49

FMA FLAP 2

Meat & Seafood

Viandes & Poissonnerie



12⁹⁹
lb

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



3⁹⁹
lb

pork side ribs
club size
côtes de flanc de porc
8.80/kg



4⁹⁹
lb

chicken breasts, bone-in skin-on
or split chicken wings
club size
poitrines de poulet ou ailes séparées de poulet
11.00/kg



12⁹⁹

PC® World of Flavours pork roast
selected varieties
730/900 g
rôti de porc



6⁴⁹

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



no name® pepperoni, salami
or summer sausage chub or
bacon, regular or salt reduced
500 g
saucissons de pepperoni
ou salami ou saucisson d'été
ou bacon

5⁴⁹



5⁹⁹

PC® Pub Recipe™ breaded
chicken or thick & crispy
chicken burgers
selected varieties, frozen
700 g
poulet pané ou burgers de poulet



9⁹⁹

PC® smoked salmon 150 g
selected varieties or SeaQuest®
pink salmon fillets 400 g, frozen
saumon fumé ou filets
de saumon rose



17⁹⁹

PC® Blue Menu® wild
Nova Scotian sea scallops,
jumbo 20-40 per lb, 400 g,
PC® cooked shrimp platter
454 g with mild cocktail sauce
114 g or Talley's New Zealand
greenshell mussels 907 g, frozen
pétoncles ou couronne
de crevettes ou moules



2⁹⁹

SeaQuest® crab or lobster
flavoured pollock flakes
or chunks, ready-to-eat,
selected varieties 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



no name®
southern-style
crispy chicken 1 kg
or Butcher's Choice®
beef burgers 1.13 kg
selected varieties,
frozen
poulet croustillant
ou burgers de bœuf

14⁴⁹



8⁹⁹

PC® appetizers
selected varieties,
frozen, 384-574 g
hors-d'œuvre



14⁹⁹

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



10⁹⁹

PC® shrimp
hors d'oeuvres
selected varieties,
frozen, 170-454 g
hors-d'œuvre
de crevettes

Fruits & Vegetables

Fruits & Légumes



5⁴⁹

organic oranges 2 lb, product of Spain or Morocco or large pineapple each, product of Costa Rica oranges ou gros ananas

2⁷⁹
lb

greenhouse red or Roma tomatoes product of Canada or Mexico tomatoes 6.15/kg



halos mandarins product of U.S.A. 2 lb mandarines

6⁹⁹



3²⁹

Farmer's Market™ mini cucumbers 6's, product of Canada or avocados 5's, product of Mexico mini-concombres ou avocats



6⁹⁹ kiwi sungold 1 lb, product of Italy or honeydew melon, each, product of Guatemala kiwi ou melon miel



4⁴⁹ Farmer's Market™ lemons 2 lb, product of Spain or Turkey or PC® Organics limes 1 lb, product of Mexico citrons ou limes



6⁴⁹ mini watermelon product of Guatemala each mini-melon d'eau



4⁴⁹ PC® potatoes product of Atlantic Canada, selected varieties, 5 lb pommes de terre



3⁹⁹ lb red, yellow or orange peppers product of Mexico poivrons 8.80/kg



4⁹⁹ Farmer's Market™ corn 4's, product of U.S.A. or rutabaga 5 lb, product of Atlantic Canada maïs ou rutabaga



4⁹⁹ Farmer's Market™ mini carrots product of U.S.A. 2 lb carottes miniatures



3⁷⁹ PC® or PC® Organics salads 142 g, product of U.S.A. or Renee's dressing 350/355 mL, product of Canada salades ou vinaigrette



7⁹⁹ Wonderful pistachios, no shell, product of Canada or U.S.A., selected varieties, 155/170 g pistaches



11⁹⁹ no name® peanuts product of U.S.A. 2 kg arachides

Deli Meat & Cheese Charcuterie & Fromagerie

Maple Leaf Natural Selections deli meat 175 g, Zerto shredded 140 g or Tre Stelle cubed feta 200 g cheese selected varieties charcuteries ou fromage râpé ou feta en cubes

6.49



3.99

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



5.99

Pizza Delight pepperoni, Brandt kolbassa or PC® cheese blocks selected varieties, 250 g or Yucatan guacamole 454 g pepperoni ou kolbassa ou barres de fromage ou guacamole



4.99

Mini Babybel 102/120 g, The Laughing Cow cheese 120-140 g or Snack Factory Pretzel Crisps 200 g selected varieties fromage ou craquelins de bretzel

Bakery Boulangerie



5.49

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



6.49

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



8.99

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



4.99

PC® or Sara Lee Little Bites mini muffins 234/336 g selected varieties mini-muffins



2.99

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

Dairy & Frozen Produits laitiers & surgelés

Danone Activia 650 g or Danino drinkable 6's yogurt selected varieties yogourt

3.99



Earth's Own or So Nice organic dairy-free beverages 1.75/1.89 L or Earth's Own oat coffee creamer 473 mL selected varieties, refrigerated boissons ou colorant à café sans produits laitiers

3.99



2.99

no name® dips selected varieties 250 g trempettes



2.99

Kozy Shack pudding selected varieties 4 x 113 g/624 g pouding



3.99

Pillsbury refrigerated dough selected varieties 454/496 g pâte réfrigérée

Grocery Épicerie



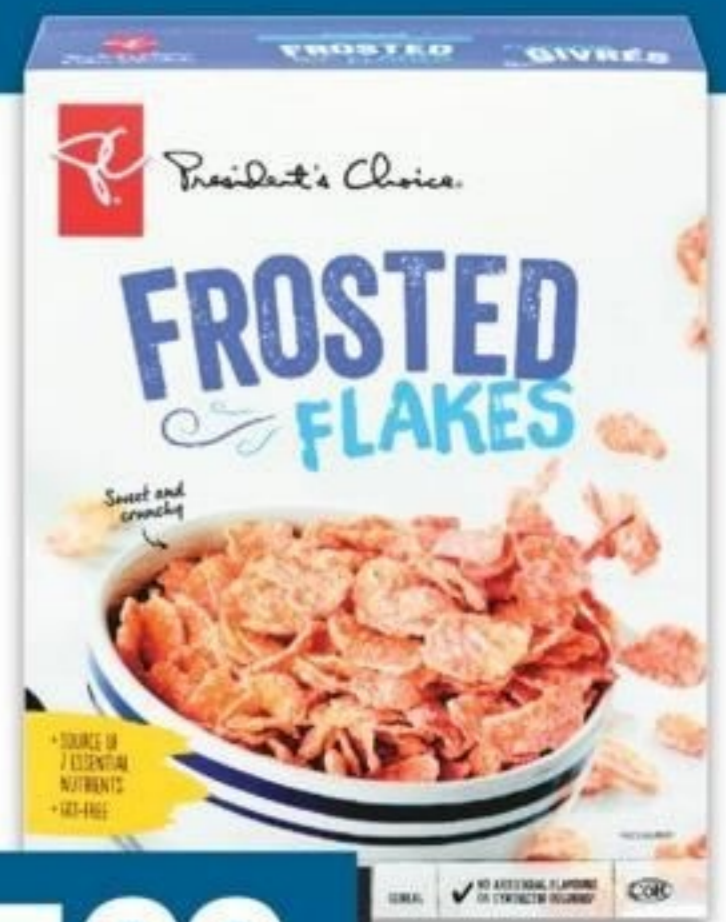
4.99

McCain fried potatoes selected varieties, frozen, 1.5 kg frites



12.99

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



5.99

PC® or Blue Menu® cereal selected varieties 475-775 g céréales



1.99

no name® waffles selected varieties, frozen 8's gaufres



3.99

PC® butter puff or phyllo pastry frozen, 450/454 g pâte feuilletée au beurre ou pâte phyllo



2.49

Mr. cookies 150-325 g or Earth's Own or Silk non dairy beverages 946 mL selected varieties biscuits ou boissons non-laitières



McCafé roast and ground coffee selected varieties 640-950 g café torréfié et moulu

22.99



3.29

Twinings or Celestial tea selected varieties 16/20's thé



5.79

E.D. Smith pie filling, selected varieties, 540 mL or Bob's Red Mill gluten-free all-purpose baking flour 624 g garniture pour tarte ou farine à pâtisserie



Stefano sauce 405-648 mL or PAM cooking spray 141 g selected varieties sauce ou enduit à cuisson

6.99



2.99

Campbell's Everyday Gourmet soups or rich and thick stock selected varieties 500 mL soupes ou bouillon



2.99

Betty Crocker cookie or bread mix, selected varieties, 337-357 g or PC® pumpkin spice blend 50 g mélange à biscuits ou pain ou épices pour tarte à la citrouille



2.29

Millionaires sardines 106/125 g or Dole pineapple 398 mL selected varieties sardines ou ananas



1.29

Franco American gravy selected varieties 284 mL sauce brune



2.79

no name® mayonnaise selected varieties 890 mL mayonnaise



2.79

no name® canola oil 473 mL huile de canola



6.99

Clorox liquid bleach 3.57 L or Hefty garbage bags selected varieties, 12-40's eau de Javel ou sacs à ordures



2.79

Dawn liquid dish soap, selected varieties, 431/473 mL or Royale napkins 120's savon à vaisselle ou serviettes de table



9.99

Pedigree Dentastix 396-608 g or Purina Cat Chow dry cat food 1.6-2 kg selected varieties gâteries pour chiens ou nourriture sèche pour chats



1.79

Cesar wet dog food selected varieties 100 g nourriture humide pour chiens

Game Night! Soir de match!

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



3.49

Mott's Clamato or Ocean Spray cranberry cocktail selected varieties 1.89 L cocktail de jus de palourdes ou canneberge



3.99

Stagg chili selected varieties 425 g chili



1.99

Jack Link's jerky or steak strips 65-81 g or Orville Redenbacher microwave popcorn 6/8's selected varieties jerky ou lanières de bifteck ou maïs à éclater pour micro-ondes



5.49



4.99

Planters cashews 200 g, dry roasted peanuts 600 g or bar mix 550 g selected varieties noix de cajou ou arachides ou grignotines de bar

Takis chips selected varieties 280 g croustilles

3.29



2.99

Dare crackers or Crispers selected varieties 100-225 g craquelins



10.49

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



8.99

PC® de-alcoholized beer selected varieties 12 x 355 mL bière désalcoolisée



5.99

Fever-Tree drink mixer 4 x 200 mL or Sanpellegrino sparkling drinks 6 x 330 mL selected varieties mélangeur à boisson ou boissons pétillantes



2.49

Fruité beverages 2 L or RAP snacks 71 g selected varieties boissons ou collations



2.99

no name® pickles selected varieties 1 L cornichons



3.49

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



6.99

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



10.99

Hershey's or Nestlé chocolate bags selected varieties, family size, 800 g-1 kg sacs de chocolat



2.79

PC® Blue Menu® beans, peas, lentils or soup mix selected varieties légumineuses ou mélange de soupe



3.49

Shake 'n Bake coating mix, selected varieties 142/160 g or Windsor Salt Free salt substitute 311 g panure ou substitut de sel sans sel



2.49

Alcan foil wrap 25/50 ft or Reynolds's parchment paper 35 ft selected varieties papier d'aluminium ou papier parchemin



2.99

no name® luncheon paper plates 40's or red plastic party cups 50's assiettes en papier ou verres en plastique



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2.49

Rockstar® energy drink selected varieties
Boisson énergisante Rockstar® certaines variétés, 473 mL

This product may not be suitable for everyone. Read the label and follow directions for use. Ce produit pourrait ne pas convenir à tous. Veuillez lire et suivre les directives inscrites sur l'étiquette.

3.99

PepsiCo Beverages mini cans selected varieties
Mini-canettes de Boisson PepsiCo certaines variétés 6 x 222 mL

7.99

G FIT® electrolyte beverage selected varieties
boisson avec électrolytes G Fit® certaines variétés 6 x 500 mL

5.49

bubly™ sparkling water beverage, selected varieties
boisson à base d'eau pétillante bubly™ certaines variétés 12 x 355 mL

3.29

Lay's® potato chips 220 - 235 g or Lay's Poppables® potato snacks 130 g selected varieties
Croustilles Lay's® 220 - 255 g ou Lay's Poppables® mélange de pommes de terre 130 g certaines variétés

3.79

Ruffles® potato chips selected varieties 180 - 200 g
Croustilles Ruffles® certaines variétés 180 - 200 g

3.79

Doritos® tortilla chips selected varieties 210 - 235 g
Chips tortilla Doritos® certaines variétés 210 - 235 g