

FROM THURSDAY, FEBRUARY 15<sup>TH</sup>  
TO WEDNESDAY, FEBRUARY 21<sup>ST</sup>, 2024  
DU JEUDI 15 FÉVRIER AU  
MERCREDI 21 FÉVRIER 2024

# Freshmart<sup>®</sup>

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



See our flyer online  
visit [freshmart.ca](http://freshmart.ca)



**3.49**  
lb

pork tenderloin  
fresh, cryovac package 2's  
filet de porc  
7.69/kg



**6.99**  
lb

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



romaine hearts 3's,  
product of U.S.A. or Mexico  
or celery hearts, product of U.S.A.  
cœurs de laitue romaine  
ou cœurs de céleri

**3.49**



Farmer's Market<sup>™</sup> seedless oranges 3 lb,  
product of Spain, Morocco, Turkey or South Africa  
or PC<sup>®</sup> blood oranges 2 lb, product of U.S.A.  
oranges sans pépins ou oranges sanguines

**4.99**



**6.99**

Summer Fresh salad 800 g,  
Farmer's Market<sup>™</sup> pot pie 500 g  
or Olivieri fresh filled pasta 540-700 g  
selected varieties  
salade ou pâté ou pâtes fraîches farcies



Farmer's Market<sup>™</sup> pies  
selected varieties  
580 g-1 kg  
tartes

**7.99**



Maxwell House  
roast and ground  
coffee  
selected varieties  
631-925 g  
café

**8.99**



Lantic fine  
granulated sugar  
2 kg  
sucre granulé

**2.79**



**6.99**

Becel margarine  
selected varieties  
637/850 g  
margarine



Green Giant or  
Valley Selections  
vegetables  
selected varieties,  
frozen, 400-750 g  
légumes

**2.49**



Hellmann's  
mayonnaise  
selected varieties  
750/890 mL  
mayonnaise

**5.49**



Real Canadian  
natural  
spring water  
24 x 500 mL  
eau de source

**2.49**



Tide laundry  
detergent 1.09 L  
or Downy or Gain  
fabric softener  
1.31/1.36 L  
selected varieties  
détergent à lessive  
ou assouplissant  
textile

**4.99**

# Hot Deals of the WEEK

## Offres de la SEMAINE



no name®  
Naturally Imperfect™  
lemons 3 lb or  
green peppers 2.5 lb  
product of U.S.A.  
citrons ou poivrons verts

**4.99**



# Good Morning! Bon Matin!



**5.49**

PC® or Free From®  
bacon or sausage  
selected varieties  
375/500 g  
bacon ou saucisses



Liberté Greek or  
méditerranée 650-900 g  
or classique drinkable  
1 L or iöGO 16 x 95/100 g  
or YOP drinkable  
no sugar added  
8 x 93 mL yogurt  
selected varieties  
yogourt

**5.99**



Silk dairy-free  
beverages  
1.74-1.89 L or  
Oasis orange  
or fruit juice  
or smoothies  
1.5-1.6 L  
selected varieties,  
refrigerated  
boissons  
sans produits  
laitiers ou  
jus d'orange ou  
jus de fruit ou  
boisson fouettée

**3.99**



General Mills cereal  
selected varieties  
297-437 g  
céréales

**3/\$10**  
or \$3.33 ea.



Quaker  
instant oatmeal  
selected varieties  
168-344 g  
gruau instantané

**3/\$10**  
or \$3.33 ea.



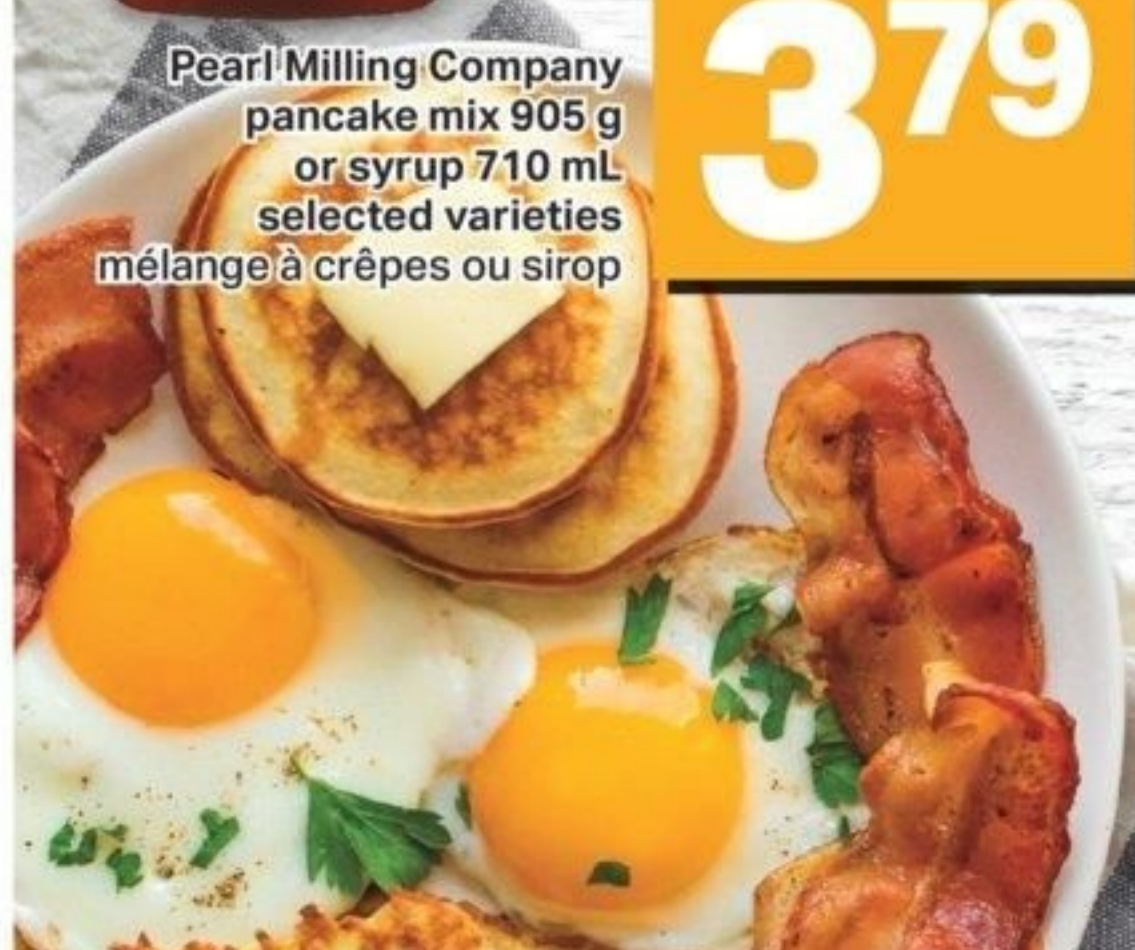
Pearl Milling Company  
pancake mix 905 g  
or syrup 710 mL  
selected varieties  
mélange à crêpes ou sirop

**3.79**



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

**4/\$5**  
or \$1.25 ea.



# Meat & Seafood Viandes & Poissonnerie



**3.49**  
lb

chicken legs  
back attached,  
fresh, club size  
cuisses de poulet  
7.69/kg

**2.99**  
lb

pork butt roast  
bone-in  
club size  
rôti de soc de porc  
6.59/kg

**12.99**

Maple Leaf smoked ham  
selected varieties  
600 g  
jambon fumé



**3.99**

no name®  
stuffed breaded chicken  
selected varieties, frozen  
284 g  
poulet pané farci

**8.99**

St-Hubert or Swiss Chalet pies  
selected varieties, frozen  
650/800 g  
pâtés

**8.99**

SeaQuest® shrimp ring 227 g or  
High Liner wild Pacific pink salmon  
fillets or PC® white cooked shrimp  
31-40 per lb 400 g, frozen  
couronne de crevettes ou filets de  
saumon ou crevettes blanches cuites

# Deli Meat & Cheese Charcuterie & Fromagerie



**5.49**

Ile De France  
Petit Brie  
cheese  
125 g  
fromage

**5.49**

Saputo poutine cheese curds  
200 g or Maple Leaf cooked ham  
300 g  
fromage en grain ou jambon cuit

**1.29**  
/100 g

Ziggy's® ham  
deli service, selected varieties  
jambon



**2.99**

Beatrice sour cream  
selected varieties  
500 mL  
crème sure



**3.49**

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



no name® pizza  
selected varieties,  
frozen  
350-411 g  
pizza

**3/\$10**  
or \$3.33 ea.



**4.79**

Crave dinner entrées  
selected varieties,  
frozen, 200-320 g  
plats cuisinés



**5.99**

PC® Organics cheese  
200 g or butter 250 g  
selected varieties  
fromage ou beurre



Kraft  
Cheez Whiz  
selected varieties  
450 g  
produit de  
fromage fondu

**5.99**



**2.79**

Pillsbury  
Toaster Strudel  
selected varieties  
326 g  
pâtisseries



**3.99**

Nutella B-ready 132 g  
or hazelnut spread 375 g  
or Jif peanut butter 500 g  
selected varieties  
tartina ou beurre  
d'arachide



**2.49**

Dare Grissol, Canapé,  
Viva Puffs, Wagon  
Wheels or Baguettes  
selected varieties  
120-360 g  
craquelins ou  
biscuits ou baguettes



**3.99**

no name® strawberry or  
chocolate syrup 510/700 mL  
or hot chocolate mix 500 g  
or Carnation hot chocolate  
envelopes 175/250 g  
selected varieties  
sirop au chocolat ou  
à la fraise ou mélange  
à chocolat chaud

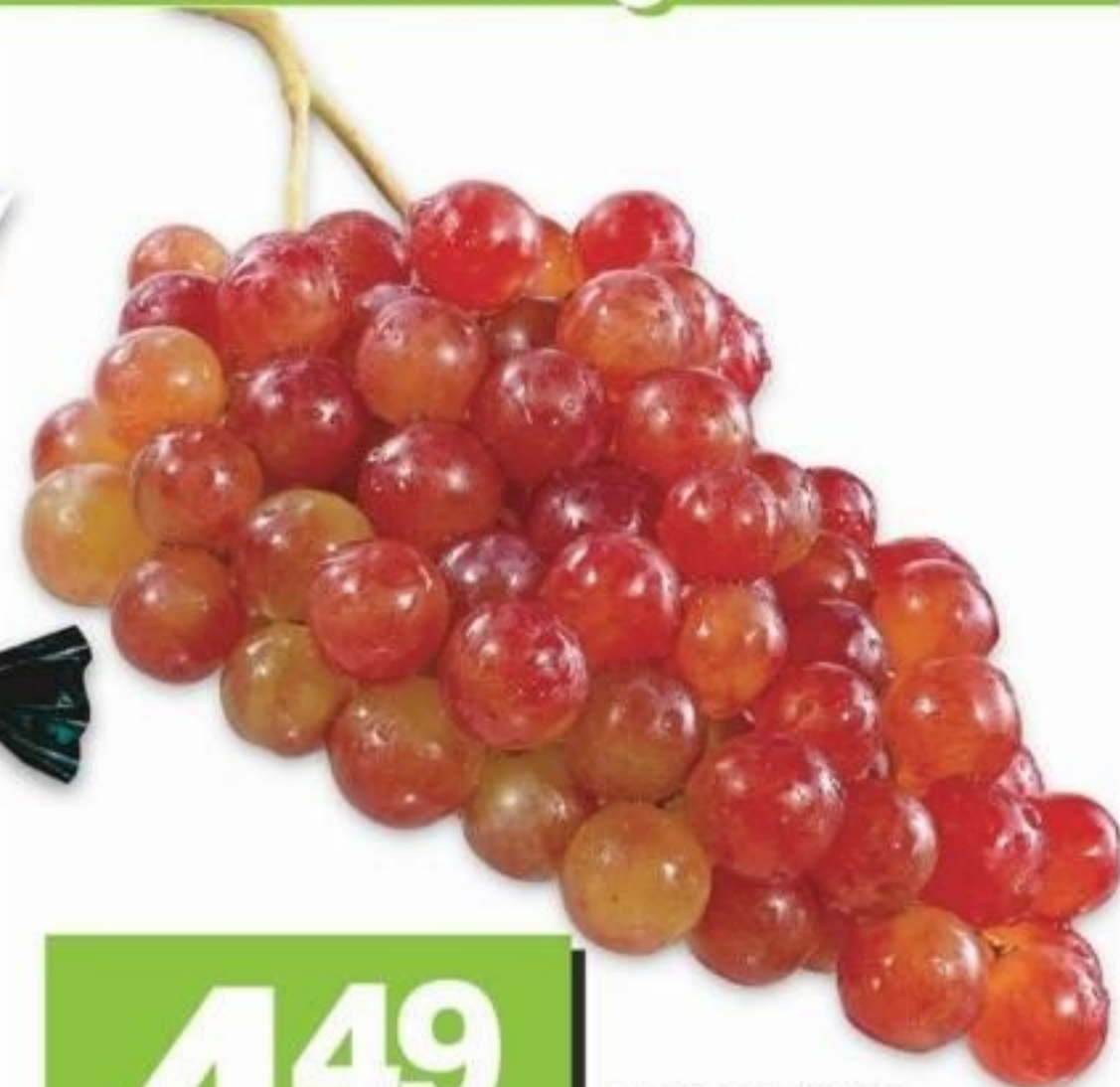
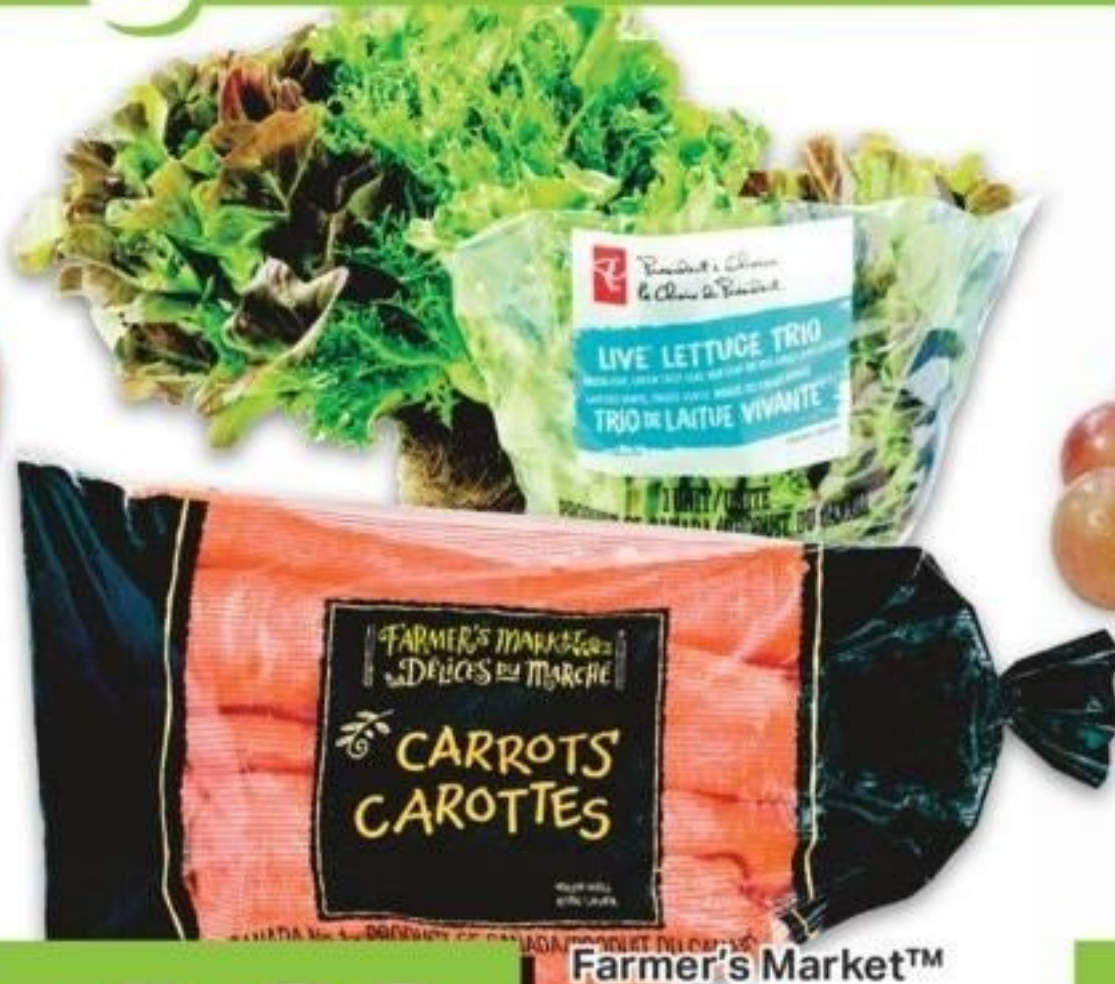
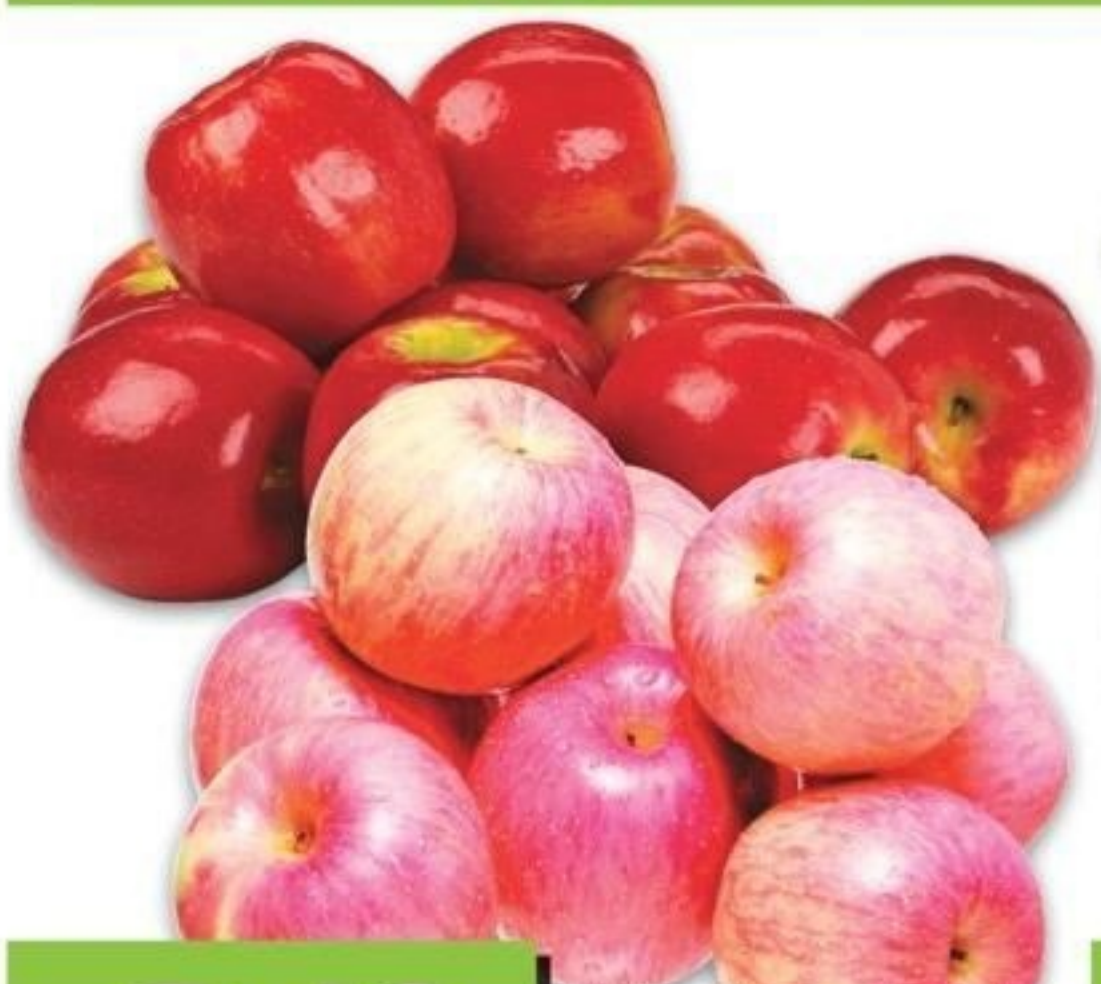


**6.99**

Lipton Yellow Label tea  
black or green  
100's  
thé

# Fruits & Vegetables

# Fruits & Légumes



**2.49**  
lb

Fuji apples, product of U.S.A. or Pink Lady or PC® Organics Gala apples, product of Canada  
pommes  
5.49/kg

**2.99**

Farmer's Market™ carrots 3 lb or PC® live lettuce, each selected varieties, product of Canada  
carottes ou laitue vivante

**4.49**  
lb

muscat grapes  
product of Chile  
raisins  
9.90/kg



**2.49**

kale  
product of U.S.A., each  
chou frisé

**4.99**

PC® Organics kiwi gigantico  
product of U.S.A.  
1 lb  
kiwi

**2.99**

PC® Little Gems™ mini potatoes  
product of Canada,  
selected varieties, 680 g  
mini-pommes de terre

## Bakery

## Boulangerie



**5.99**

Farmer's Market™ coffee cake  
500 g or Quinn's Swiss rolls 6's  
selected varieties  
gâteau pause-café  
ou roulés suisses

**1.99**

Donut Time donuts  
selected varieties  
6's  
beignes

**6.99**

ACE Bakery rolls 800-960 g or  
La Baguetterie miche 600/800 g  
selected varieties  
petits pains ou miche



**4.49**

PC® roasted peanuts 500/700 g  
or almonds or cashews 200 g or  
PC® Blue Menu® natural walnuts  
200 g, selected varieties  
arachides ou amandes ou noix  
de cajou grillées ou noix de  
Grenoble naturelles

**4.49**

Vita Coco 100% Coconut water  
1 L, Earth's Own oat barista  
946 mL or Terra vegetable chips  
141 g, selected varieties  
eau de coco ou lait d'avoine  
ou croustilles

**3.29**

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

no name®  
chicken  
noodle  
soup  
2 x 83 g/284 mL  
or tuna 170 g  
selected varieties  
soupe ou thon



**3.29**

MIO liquid water enhancer,  
Country Time, Tang,  
Crystal Light or Kool-Aid  
liquid drink mix  
selected varieties, 48 mL  
aromatant d'eau liquide  
ou mélange à boisson liquide

French's mustard  
325/400 mL  
or PC® BBQ  
sauce 500 mL  
selected varieties  
moutarde ou  
sauce barbecue



**2.79**



**3.99**

Quaker baking mixes  
or oat flour  
selected varieties  
700/900 g  
mélanges à pâtisserie  
ou farine d'avoine



**1.99**

no name®  
whole raw cashews 100 g  
or Ocean Spray craisins,  
selected varieties, 142/170 g  
noix de cajou crues  
ou craisins

no name® soya sauce  
selected varieties  
450 mL  
sauce soya



**2/\$3**  
or \$1.50 ea.



PC® Deluxe or  
macaroni and cheese  
dinner  
selected varieties  
200-454 g  
macaroni au fromage

# Grocery Épicerie



Minute Maid zero sugar, Five Alive or Fruitopia beverages or Nestlé or Peace Tea iced tea selected varieties, refrigerated 1.54/1.75 L boissons zéro sucre Minute Maid ou Déli-cinq ou Fruitopia ou thé glacé



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



**4.99**

no name® 210/230 g or PC® 210 g cheese slices selected varieties tranches de fromage

**2.99**

**2.99**



**2.99** McCain Classic pizza pockets selected varieties 3's pizza pochettes



**5.49** Chapman's Premium ice cream, frozen yogurt or sorbet selected varieties, frozen, 2 L crème glacée, yogourt glacé ou sorbet



**4.99** PC® or Blue Menu® sparkling water selected varieties 12 x 355 mL eau pétillante



**3.49** PC® or Blue Menu® vegetable cocktail selected varieties 1.89 L cocktails de légumes



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



**3/\$10** or \$3.33 ea. PC® cookies selected varieties 100-400 g biscuits



**4.49** Post or Nature's Path organic cereal selected varieties 300-650 g céréales



PC® or Blue Menu fruit spreads selected varieties 500 mL tartinades de fruits

**4.99**



**1.99** Carnation evaporated milk selected varieties 354 mL lait évaporé



**9.99** Starbucks ground or whole bean coffee 340 g or K-Cups 10's selected varieties café ou K-Cups



**2.79** Del Monte fruit selected varieties 398 mL fruits



**2.29** Werther's candy 116-135 g or Maynards candy 150/154 g selected varieties friandises



**9.29** no name® canola or 100% pure vegetable oil, 3 L huile de canola ou végétale pure



**1.79** no name® pasta 900 g, pasta sauce 680 mL or tomatoes 796 mL selected varieties pâtes ou sauce pour pâtes ou tomates



no name® parsley flakes 85 g, Club Size or chopped garlic 250 g flocons de persil ou ail haché

**2.49**



**3/\$5** or \$1.67 ea. Ben's Original Fast & Fancy rice selected varieties 132 g riz



**4.99** no name® paper towel 6=8 rolls or bathroom tissue 24 rolls selected varieties essuie-tout ou papier hygiénique



**4.99** Bounce sheets 40/80's or Febreze fabric refresher 500/800 mL selected varieties feuilles ou désodorisant pour tissus



**8.99** Milkbone Soft & Chewy treats for dogs 708 g or Whiskas cat food 1.5/2 kg selected varieties gâteries pour chiens ou chats



**2.99** Temptations cat treats 180 g or Dentalife dog treats 248 g selected varieties gâteries pour chats ou gâteries pour chiens