

FROM THURSDAY, MARCH 21ST
TO WEDNESDAY, MARCH 27TH, 2024
DU JEUDI 21 MARS AU
MERCREDI 27 MARS 2024



See our flyer online
visit freshmart.ca

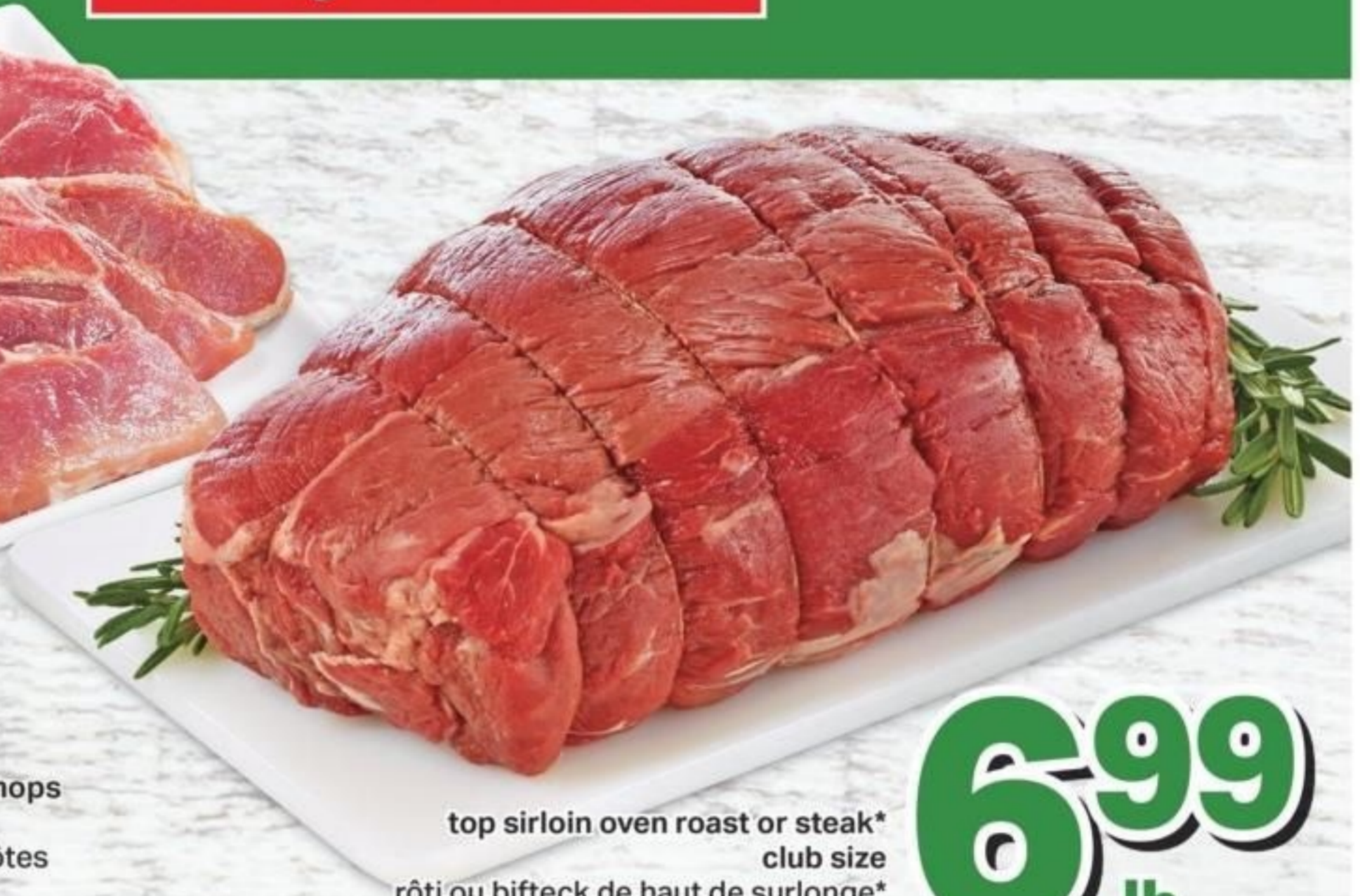
Freshmart[®]

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



2.49
lb

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



6.99
lb

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



2.99

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



2.49
lb

red or green
seedless grapes
product of
South Africa or Chile
raisins sans pépins
5.49/kg



6.99

Olivieri fresh pasta 500-700 g or Farmer's Market[™]
pot pies 500 g or From Our Chefs[™] soup 700 mL
selected varieties
pâtes fraîches ou pâtés ou soupe



PC[®] cheesecake
selected varieties, frozen
600 g
gâteau au fromage



8.99



2.49

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



6.99

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



3.99

Kraft Singles or
Velveeta processed cheese
product slices
selected varieties
410 g
tranches de produit
de fromage fondu



9.79

Terra Delyssa
extra virgin olive
oil 1 L or Unico
vegetable oil 3 L
huile d'olive
ou végétale



4.99

Heinz ketchup or
Kraft Miracle Whip
selected varieties
650 mL-1 L
ketchup ou tartina



8.99

Folgers roast and
ground coffee
selected varieties
544-816 g
café



5.99

Cashmere
bathroom tissue
8/12 = 24 rolls,
SpongeTowels
paper towels 3/6's
or Scotties facial
tissue 6's
selected varieties
papier hygiénique
ou essuie-tout
ou mouchoirs

Easter Deals of the WEEK

Offres de Pâques de la SEMAINE



279
lb

Cook's portion or whole
smoked picnic ham
jambon fumé
6.15/kg



3/\$4
or \$1.33 ea.

Knorr Sidekicks 120-167 g,
Franco American gravy
284 mL or St-Hubert sauce
398 mL or Dole pineapple
398 mL, selected varieties
plats d'accompagnement ou
sauce brune ou sauce ou ananas

Get Ready for Easter

Soyez prêt pour Pâques



16⁹⁹

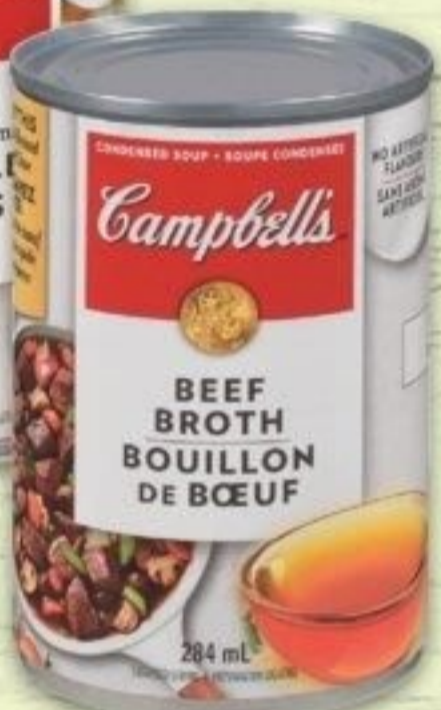
PC® Blue Menu® Nova Scotian
jumbo sea scallops 20-40 per lb,
400 g, PC® shrimp platter with
mild cocktail sauce 568 g or
Talley's New Zealand greenshell
mussels 907 g, frozen
pétoncles ou crevettes avec
sauce cocktail ou moules



Ocean Spray
cranberry sauce
whole or jellied
348 mL
sauce aux
canneberges

199

Campbell's
condensed soup
selected varieties
284 mL
soupe condensée



199



no name®
evaporated milk
selected varieties
354 mL
lait évaporé

3/\$5
or \$1.66 ea.



Alcan foil wrap 25/50 ft,
Reynold's parchment
paper 35 ft or LOOK!
large oven bags 2's
papier d'aluminium
ou papier parchemin
ou sacs pour four

249



Meat & Seafood

Viandes & Poissonnerie



3⁴⁹
lb

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



4⁹⁹
lb

bone-in pork French roast
rôti français de porc
11.00/kg



8⁹⁹
lb

beef stir fry strips or bourguignon cubes*
club size
lanières à sauté de bœuf
ou cubes pour bœuf bourguignon*
19.82/kg



9⁹⁹
lb

PC® Free From® Australian boneless lamb leg
fresh
gigot d'agneau désossé
22.02/kg



13⁹⁹

PC® bacon-wrapped
wild sea scallops 260 g
or Old-Fashioned style
bacon 1 kg
pétoncles ou bacon



6⁴⁹

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



5⁹⁹

SeaQuest® Pacific white shrimp
raw Zipperback® 16-20 per lb
or bay scallops 400 g, frozen
crevettes ou pétoncles



23⁹⁹

Butterball turkey breast
roast boneless or stuffed
selected varieties, frozen
1.5 kg
rôti de poitrine de dinde



14⁹⁹

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



2⁹⁹

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

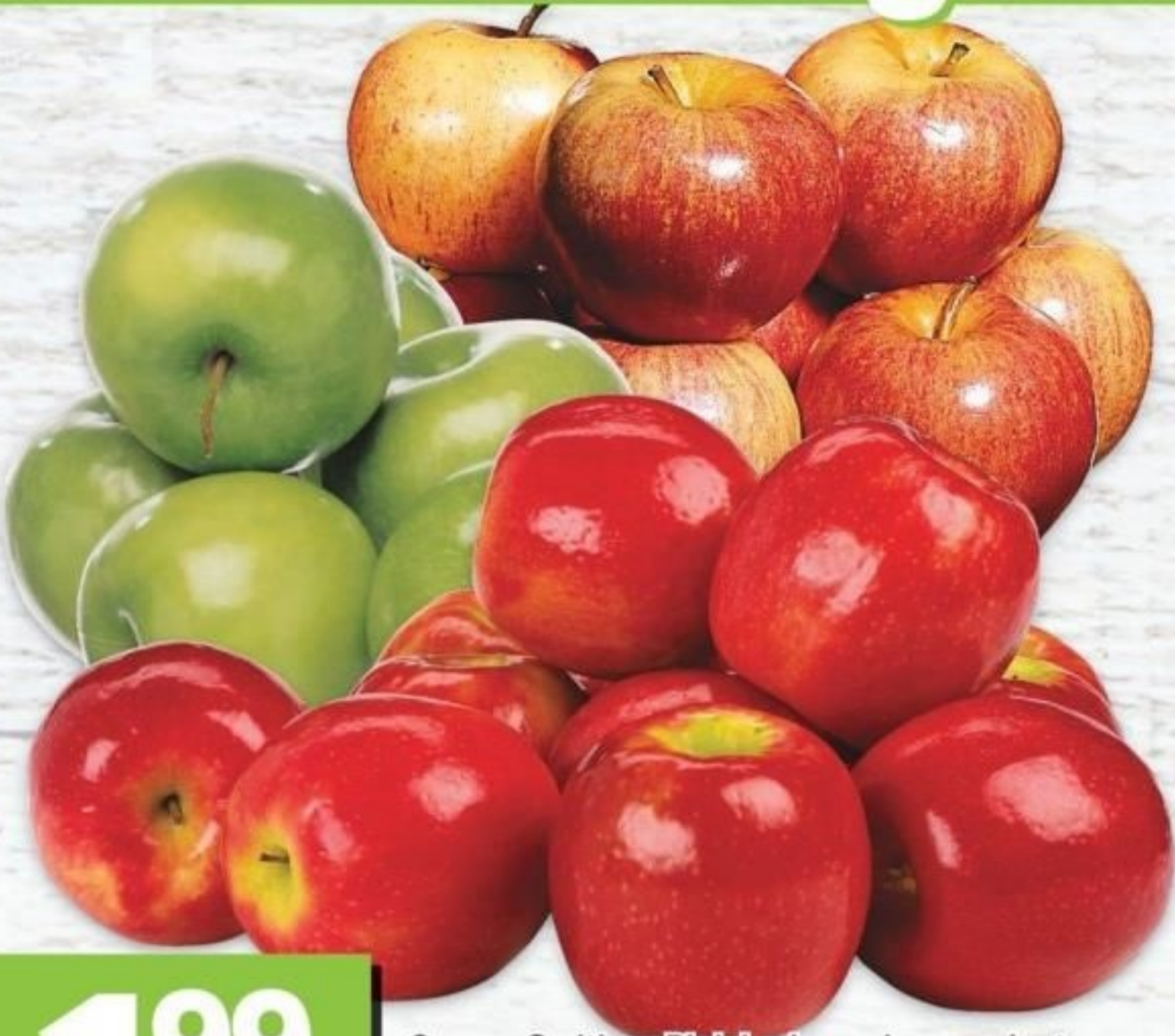
**Party
Platters**
Order yours today!
Available at select locations,
see in-store for details.

**Plateaux
de fête**
Commandez le vôtre
dès aujourd'hui!

Disponible dans certains
magasins, voir en magasin
pour plus de détails.



Fruits & Vegetables Fruits & Légumes



1.99
lb

Granny Smith or Pink Lady apples, product of U.S.A. or Royal Gala or PC® Ambrosia apples, product of Atlantic Canada
pommes
4.39/kg



2.49
lb

beefsteak tomatoes, product of Canada or Roma tomatoes, product of Canada or Mexico
tomates
5.49/kg



3.49

The Little Potato Company microwave, oven or BBQ ready potatoes 454 g, selected varieties or parsnip 1 lb, product of Canada or celery hearts or fennel, each, product of U.S.A.

1.99
lb

Bartlett pears, product of South Africa, Bosc pears, product of U.S.A. or yellow asian pears, product of China
poires
4.39/kg



4.49

blood oranges
product of Morocco
2 lb
oranges sanguines

romaine hearts
product of
U.S.A. or Mexico
3's
cœurs de laitue
romaine
5.99



7.99

Farmer's Market™ mandarins
product of Morocco or Turkey
4 lb
mandarines



.99
lb

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



6.99

mini seedless watermelon
or honeydew melon,
product of Guatemala, each
or Farmer's Market™ red mangoes
3's, product of Mexico or Peru
melon d'eau ou melon ou mangues

1.99

PC® or PC® Organics herbs
packaged in Canada,
selected varieties, 20/28 g
fines herbes



4.99

PC® or PC® Blue Menu®
pistachios
product of U.S.A.
225 g
pistaches

7.49

7D dried mangoes,
product of Philippines
or Medjool dates 1 lb,
product of Israel
mangues ou dattes

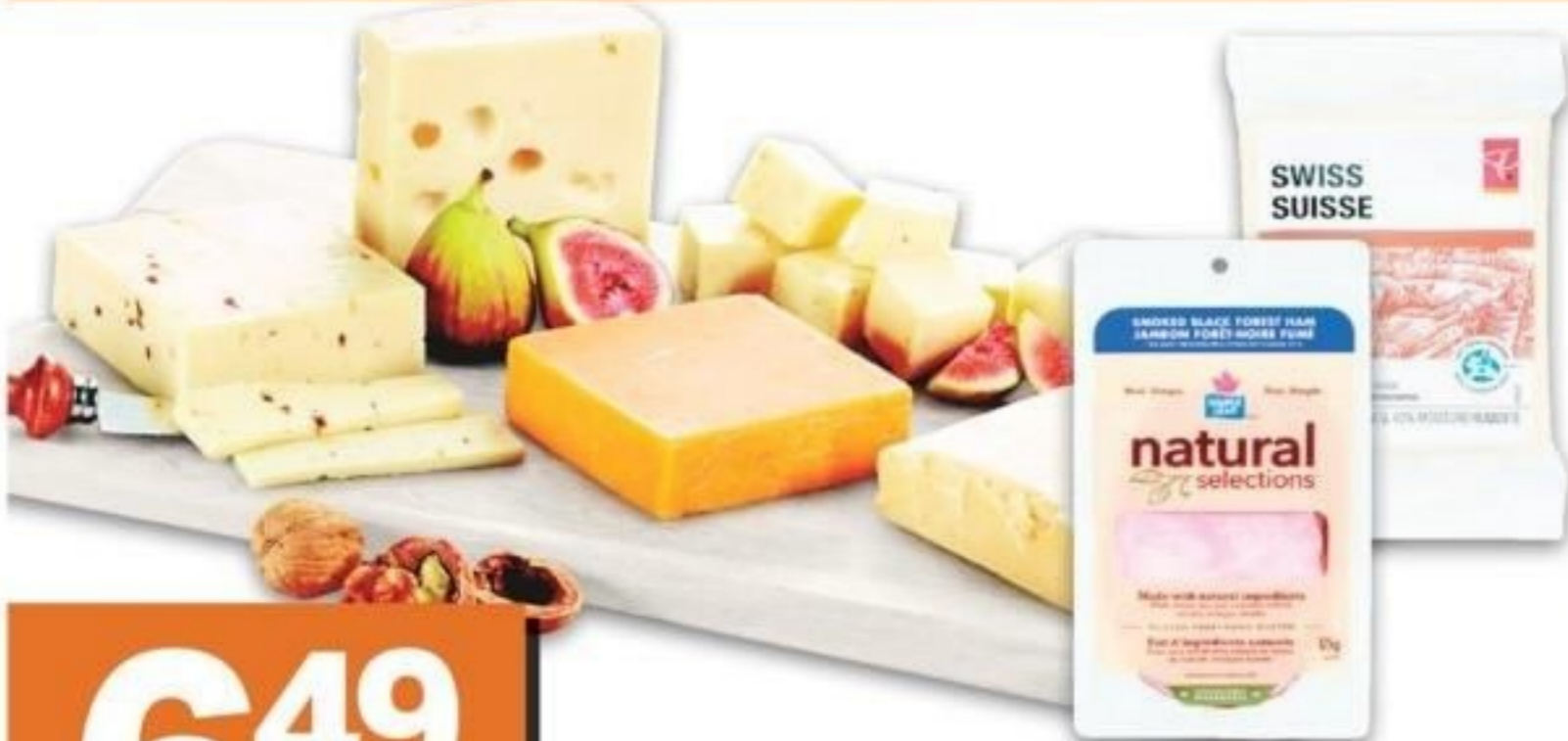
3.29

PC® roasted peanuts
454 g, product of U.S.A.
or dried apricots 200 g,
product of Turkey
arachides ou
abricots secs

11.99

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

Deli Meat & Cheese Charcuterie & Fromagerie



6⁴⁹

Maple Leaf Natural Selections sliced deli meat 175 g or PC® block cheese 250 g selected varieties charcuteries ou barre de fromage



2⁷⁹ /100 g

PC® Natural Choice® chicken breast sliced deli meat, selected varieties charcuteries



6⁴⁹ PC® feta cheese in brine 400 g or Zerto shredded cheese 140 g selected varieties feta ou fromage râpé



6⁴⁹ Ziggy's® salads selected varieties 1.25 kg salades



19⁹⁹ Hormel Gatherings deli tray 850 g plateau de charcuterie

Bakery Boulangerie



6⁴⁹

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



3⁹⁹

Donut Time old fashion donuts selected varieties, 390 g beignes



12⁹⁹ PC® vanilla or chocolate profiteroles or mini éclairs selected varieties, frozen 490-710 g



4⁴⁹ School Safe snack cakes selected varieties 8's petits gâteaux



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

Dairy & Frozen Produits laitiers & surgelés



3⁹⁹

Liberté Greek or méditerranée yogurt selected varieties 500 g or 2/4's yogourt



3⁴⁹

no name® cheese bars 200 g or Sol Cuisine tofu 400 g selected varieties barres de fromage ou tofu



no name® stringable cheese selected varieties 16's fromage effilochable

6⁹⁹



no name® whipped topping aerosol 225 g or iced tea or lemonade 1.75 L refrigerated garniture fouettée ou thé glacé ou limonade

2⁴⁹



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

7⁹⁹

Grocery Épicerie



2.99

Pillsbury Toaster Strudel selected varieties, frozen 326 g pâtisserie

3/\$4
or \$1.33 ea.

Family's Best potato chips 130 g or Dare Breaktime cookies 250 g selected varieties croustilles ou biscuits

2.79

Dawn 431/473 mL or Palmolive 591/828 mL liquid dish soap selected varieties savon liquide à vaisselle



1.99

Gatorade G Fit sports drinks 828 mL, Glaceau Vitamin water 591 mL or Smartwater 1 L or no name® fruit beverages 2 L, selected varieties boissons désaltérantes ou boisson à l'eau enrichie de nutriments ou eau distillée ou boissons aux fruits



5.49

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



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 ou mélange à chocolat chaud ou enveloppes de chocolat chaud



2.79

De Cecco pasta selected varieties 454 g pâtes



1.79

Clover Leaf light tuna selected varieties 85 g thon



3.99

no name® fruit selected varieties 796 mL fruit



2.99

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

Spring Cleaning Ménage du Printemps



3.49

Febreze Air air freshener 250 g or car-clip 2-mL selected varieties désodorisant ou pince pour bouche



4.79

Bounce fabric softener sheets 40/80's or Tide Simply All In One Refreshing Breeze liquid laundry detergent 1.09 L selected varieties feuilles d'assouplissant textile ou détergent liquide à lessive



5.99

Swiffer wet or dry cloth refills 10-16's or duster kit, each or Febreze fabric refresher 800 mL selected varieties recharges ou trousse d'époussetage ou désodorisant textile



4.79

Windex 765/950 mL or Fantastik all-purpose cleaner 650 mL selected varieties nettoyant tout usage



2.99

Ziploc bags 30/40's, selected varieties or Scrubbing Bubbles toilet bowl cleaner 710 mL sacs ou nettoyant à cuvette



4.49

Glade jar candles, each or wax melts refills 6's or Mrs. Meyer's Clean Day multi-surface cleaner 473 mL selected varieties bougies ou recharges de carrés de cire ou nettoyant multi-surface



2.99

Glad plastic Cling Wrap 60 m or S.O.S steel wool soap pads 18's pellicule plastique ou tampons en acier à récurer



5.99

Glad garbage bags selected varieties 26-52's sacs à ordures



4.49

Pine-Sol Cleaner 1.41 L or Clorox bleach 2.4 L selected varieties nettoyant ou eau de Javel

Get Ready for Easter

Soyez prêt pour Pâques



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



2.99 Kellogg's Eggo waffles selected varieties 270/280 g gaufres

Oasis or Minute Maid orange juice or juice blend 1.5-1.75 L or Silk dairy-free beverage 1.74-1.89 L selected varieties jus d'orange ou mélange de jus ou boisson sans produits laitiers

3.99



McCain fried potatoes selected varieties, frozen 1.5 kg frites

4.49



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

6.99



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

6.99



2.29 no name® marshmallows selected varieties, 400 g guimauves

Freddo bunnies selected varieties 140/240 g lapins

4.99



EASTER TREATS! FRIANDISES DE PÂQUES

Kinder hollow milk chocolate bunny selected varieties 75 g lapin en chocolat au lait creux

3.99



\$1 Jell-O® jello powder 9.1-10.3 g or Dr. Oetker Shirriff instant pudding dessert mix 90 g, selected varieties mélange de poudre pour gelée ou pouding instantané



6.79 no name® sweet shredded coconut 1 kg, Club Pack or all-purpose flour, selected varieties, 5 kg noix de coco râpé ou farine



2.99 Betty Crocker Angel Food cake mix 430 g or Lantic sugar 1 kg selected varieties mélange à gâteau ou sucre



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

no name® vegetables selected varieties 398 mL légumes

2/\$3 or \$1.50 ea.



5.99 Clover Leaf sockeye salmon 213 g saumon



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



4.99 Tetley or Red Rose tea 60/72's or Smucker's Uncrustables 4's selected varieties thé ou pâtisseries



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



4.99 PC® or Blue Menu® fruit spreads 500 mL or no name® peanut butter 1 kg selected varieties tartinades de fruit ou beurre d'arachide



2.79 Christie crackers or baguettes selected varieties 100-225 g craquelins ou baguettes



3.49 Humpty Dumpty snacks 250-290 g or Que Pasa tortilla chips 156-300 g or salsa 420 mL selected varieties grignotines ou crostilles de tortilla ou salsa



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



5.99 Montellier carbonated water 10 x 355 mL or bubly sparkling water 12 x 355 mL selected varieties eau gazeifiée ou eau pétillante