

FROM THURSDAY, MARCH 28<sup>TH</sup>  
TO WEDNESDAY, APRIL 3<sup>RD</sup>, 2024  
DU JEUDI 28 MARS AU  
MERCREDI 3 AVRIL 2024



See our flyer online  
visit freshmart.ca

# Freshmart<sup>®</sup>

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



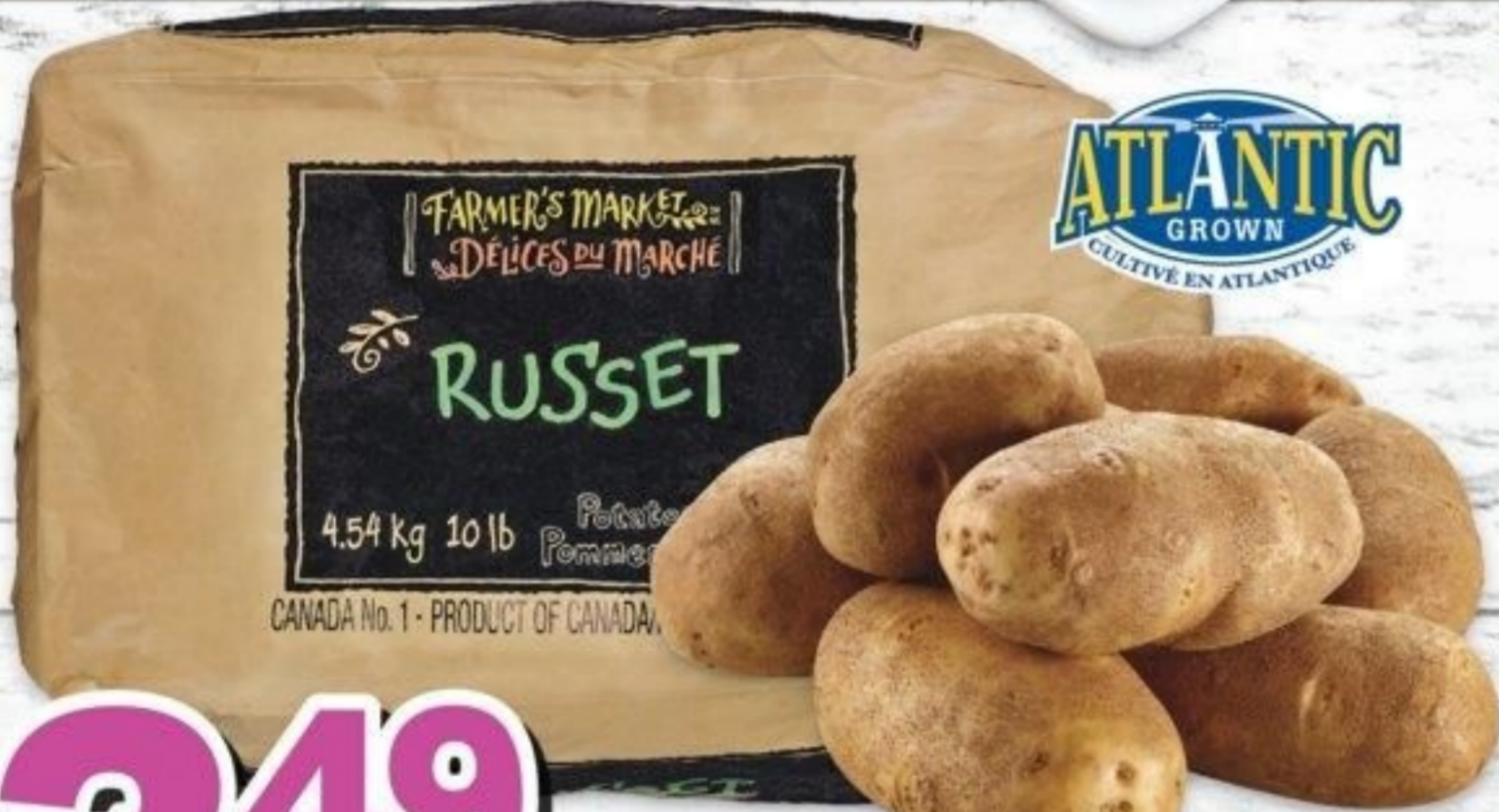
beef strip loin roast or steak<sup>\*</sup>  
club size  
rôti ou bifteck de contre-filet<sup>\*</sup>  
22.02/kg

**9.99**  
lb



pork loin centre-cut roast  
boneless, club size  
rôti de longe de porc,  
coupe du centre  
7.69/kg

**3.49**  
lb



ATLANTIC  
GROWN  
CULTIVÉ EN ATLANTIQUE

**3.49**

Farmer's Market<sup>™</sup> potatoes  
product of Atlantic Canada, selected varieties  
pommes de terre



pineapple,  
product of  
Costa Rica or  
cantaloupe,  
product of  
Guatemala  
ananas ou  
cantaloup

**2.99**



**2.49**

PC<sup>®</sup> dips or hummus 227-280 g or Naan dippers  
200 g or Ziggy's<sup>®</sup> salad or fresh pasta 350-454 g  
selected varieties  
trempettes ou hummus ou pains Naan  
ou salade ou pâtes fraîches



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

**2.99**



**3/\$8**  
or \$2.67 ea.

Christie crackers  
selected varieties  
180-386 g  
craquelins



Post cereal  
selected varieties  
310-525 g  
céréales

**3.49**



**3.99**

Philadelphia cream cheese  
product 227/250 g  
selected varieties  
produit de fromage  
à la crème



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

Tostitos salsa  
or dips 416 g,  
418/423 mL  
or Ruffles potato  
or Tostitos  
tortilla chips  
180-300 g  
selected varieties  
salsa ou  
trempettes  
ou croustilles

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

**2/4.50**  
or \$2.25 ea.



**2.49**

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



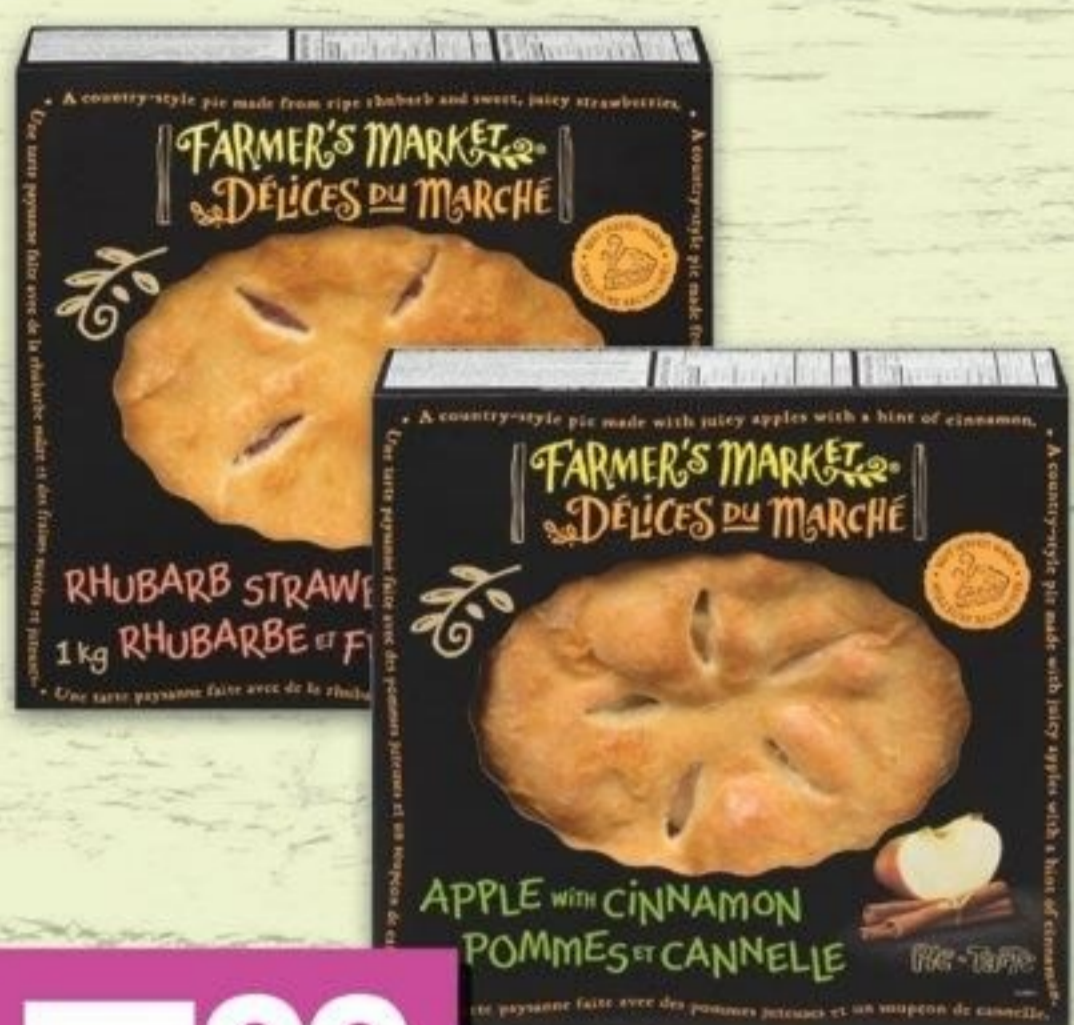
**2.99**

Kraft salad  
dressings 475 mL  
or PC<sup>®</sup> croutons  
140 g  
selected varieties  
vinaigrettes  
ou crouçons

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

# Happy Easter!

Joyeuses Pâques!



**7.99**

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



Coffee-mate  
coffee enhancer  
946 mL, Tropicana  
juice, drink or  
Pure Leaf iced tea  
1.54/1.75 L  
selected varieties  
colorant à café ou  
jus ou boisson  
ou thé glacé

**3.99**



**18.99**

Tim Hortons roast and  
ground coffee 875/930 g  
or K-Cups 30's  
selected varieties  
café



Nestlé Drumstick  
or novelties or  
confectioner tubs 1.5 L  
selected varieties, frozen  
friandises glacées ou  
dessert glacé de confiserie

**5.49**

# Happy Easter!

Joyeuses Pâques!



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

**6.99**  
lb



Butterball turkey bacon  
300/375 g, Johnsonville  
smoked sausage 375 g or  
no name® all beef wieners  
450 g, selected varieties  
dinde façon bacon ou  
saucisses ou saucisses  
fumées tout bœuf

**5.49**



YOUR CHOICE  
AU CHOIX  
**3/\$15**  
or \$5 ea.

Castello blue cheese 125 g,  
Boursin cheese 130-150 g or  
PC® goat's milk cheese logs  
140 g or double cream Brie  
or Camembert 165-200 g  
selected varieties  
fromage



PC® Splendido™ antipasto  
or prosciutto 200 g or  
PC® Natural Choice®  
assorted trio pack 250/400 g  
or strips 300/375 g  
selected varieties  
antipasto ou prosciutto ou  
assortiment ou lanières

**9.99**

# Meat & Seafood Viandes & Poissonnerie



**3.99**  
lb

fresh whole chicken  
poulet entier  
8.80/kg



**5.99**  
lb

lean ground beef  
club size  
bœuf haché maigre  
13.21/kg



**3.99**  
lb

pork tenderloin, cryovac pkg 2's or pork loin  
center-cut chops, club size, boneless, fresh  
filet de porc ou côtelettes de longe de porc,  
coupe du centre  
8.80/kg



**5.49**

Johnsonville sausage  
selected varieties  
375/500 g  
saucisse



**11.99**  
PC® Smokies™ sausage  
selected varieties  
1 kg  
saucisses



**12.99**  
Maple Leaf  
natural smoked ham  
selected varieties, 600 g  
jambon fumé



**5.99**  
Wong Wing entrées  
selected varieties, frozen  
400/500 g  
plats cuisinés



**10.99**  
PC® shrimp appetizers  
selected varieties, frozen  
170-454 g  
hors-d'œuvre



**8.99**  
SeaQuest® shrimp ring 227 g  
or High Liner wild Pacific  
pink salmon fillets, frozen



**7.99**  
PC® Pacific large white shrimp  
raw Zipperback® or raw peeled  
31-40 per lb 400 g or SeaQuest®  
Pacific white shrimp cooked  
peeled, tail-on 36-45 per lb,  
300 g, frozen  
crevettes



**6.99**  
PC® hors d'œuvre  
collection  
selected varieties,  
frozen, 225-454 g  
hors-d'œuvre



**8.99**  
PC® hors d'œuvres  
collection  
selected varieties,  
frozen, 384-574 g  
hors-d'œuvre



**12.99**  
Swiss Chalet pork  
back ribs 600 g,  
refrigerated or  
no name® chicken  
wings 908 g, frozen  
selected varieties



**6.99**  
no name® meatballs,  
chicken burger,  
nuggets or strips  
fully cooked, frozen  
680/908 g

# Deli Meat & Cheese Charcuterie & Fromagerie



**129** /100 g  
Ziggy's® ham deli service, selected varieties jambon



**599** PC® Splendido® sliced deli meat selected varieties 100 g charcuteries tranchées



**599** Tre Stelle or PC® bocconcini or ricotta selected varieties, 200-475 g bocconcini ou ricotta



**749** PC® layered dips selected varieties 425/454 g trempettes étagées



**399** Sardo olives or antipasto 250 mL, Comeau seafood spread 140 g or Snack Factory pretzel crisps 200 g, selected varieties olives ou antipasto ou tartina de produits de la mer ou croustilles de bretzel

# Bakery Boulangerie



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



**1299** Farmer's Market™ bar cakes selected varieties, 675-770 g gâteaux rectangulaires



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



**649** ACE Bakery artisan rolls 800-960 g or La Baguetterie sliced Miche 600/800 g selected varieties petits pains ou miche tranchée



**1199** PC® cream pie selected varieties, frozen 830 g tarte à la crème

# Dairy & Frozen Produits laitiers & surgelés



**299** Yoplait Tubes 8 x 56 g, Minigo 6 x 60 g or Source 630 g yogurt selected varieties yogurt



**259** I can't believe it's not Butter! margarine 427 g margarine



**599** PC® cupcake filled with ice cream 4's or Mochi ice cream 6's or Trü Frü chocolate covered fruit 170 g selected varieties, frozen petits gâteaux avec crème glacée ou dessert à la crème glacée ou fruits enrobés de chocolat



**3/333** or \$1.11 ea. Yoplait YOP drinkable yogurt selected varieties 200 mL yogurt à boire



**249** Pillsbury refrigerated dough selected varieties 200-227 g pâte réfrigérée



**599** no name® lasagna frozen 1 kg lasagne



**249** McCain fries selected varieties, frozen 800 g frites

# Easter Brunch

## Brunch de Pâques



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



Bolthouse smoothies product of U.S.A., selected varieties 946 mL boissons fouettées



**5.49**

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

**5.99**

**5.99**

Gay Lea real whipped cream 225 g or no name® cottage cheese 500 g selected varieties crème fouettée ou fromage cottage



Danone Activia yogurt selected varieties 8's yogourt



no name® waffles or pancakes selected varieties, frozen 280/310 g gaufres ou crêpes

**3.49**

**4.99**

**1.99**

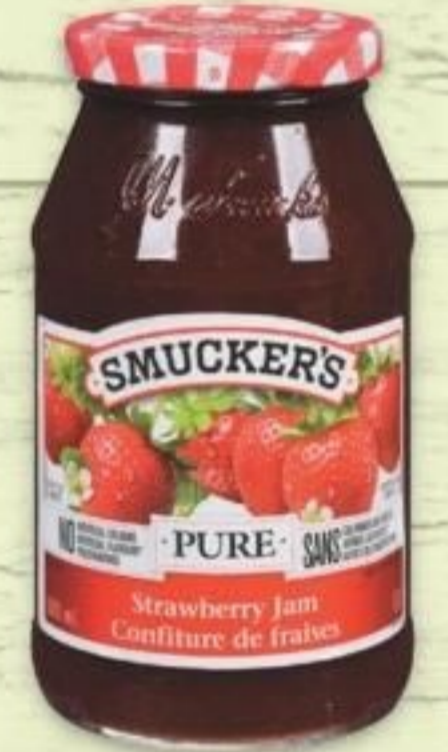
Pearl Milling Company pancake mix 905 g or syrup 710 mL selected varieties mélange à crêpes ou sirop



Nutella hazelnut spread 725 g or Adam's peanut butter 1 kg selected varieties tartines de noisettes ou beurre d'arachide



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



**3.99**

**7.49**

**5.99**

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



PC® granola bars 120-300 g or Robin Hood oats 1 kg selected varieties barres granola ou gruau



Quaker instant oatmeal selected varieties 168-344 g gruau instantané

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



**4.49**

**2.79**

**3.49**

**3.29**

# Grocery Épicerie



Brunswick fillets 92/100 g or sardines 106 g or Cordon Bleu or Esta sauce 284/398 mL selected varieties filets ou sardines ou sauce

**1.99**



PC® taco or fajita kits 421/427 g or salsa 650 mL selected varieties trousse à taco ou fajita ou salsa

**3.99**

Doritos tortilla chips 155-280 g or V8 vegetable cocktail 1.89 L selected varieties croustilles de tortilla ou cocktail de légumes



**3.99**



no name® fruit cups 4's or no name® soda crackers 454 g selected varieties coupes de fruits ou craquelins soda

**2.49**



Dole fruit selected varieties 540 mL fruit

**2.99**

no name® sauerkraut 796 mL/1 L or Bick's pickles 500 mL/1 L or beets 750 mL selected varieties choucroute ou cornichons ou betteraves

**3.99**



Montana's or Sweet Baby Ray's BBQ sauce selected varieties 350/425 mL sauce barbecue

**3.99**



no name® noodle soup mix 85 g or Maggi masala noodles 70 g selected varieties mélange de soupe aux nouilles ou nouilles masala

**2/\$1** or 50¢ ea.



no name® tomatoes 796 mL or Ocean's light tuna 170 g selected varieties tomates ou thon

**1.99**



Boost or Ensure meal replacement shakes selected varieties 4/6's laits frappés de substitut de repas

**14.99**



Cascades Enviro paper towel 6-12 rolls or bathroom tissue 8-16 rolls selected varieties essuie-tout ou papier hygiénique

**5.49**

# Happy Easter! Joyeuses Pâques!

Beatrice  
sour cream  
selected varieties  
500 mL  
crème sure



**2.99**

no name®  
Naturally Imperfect™  
fruit  
selected varieties,  
frozen, 2 kg  
fruit



**12.49**



**4.99**

PC®, Blue Menu®  
Thin and Crispy,  
Loads of, Focaccia  
or flatbread pizza  
selected varieties,  
frozen, 330-455 g  
pizza



**6.99** High Liner battered fish  
350-700 g or Pan-Sear 2's, 300 g  
selected varieties, frozen  
poisson gefilte

PC® cookies  
100-350 g, juice  
or vegetable  
cocktail 1.89 L  
selected varieties  
biscuits ou jus  
ou cocktail  
de légumes

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



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



**9.99** Budweiser zero or Corona  
Sunbrew non alcoholic beer  
selected varieties, 6 x 330/341 mL  
bière sans alcool

Sanpellegrino  
750 mL/1 L  
or Perrier 1 L  
sparkling water  
selected varieties  
eau pétillante

**2/4.50**  
or \$2.25 ea.



**1.49** no name® spices  
or Club House sauce mix  
selected varieties, 5.5-250 g  
épices ou mélange à sauce



**1.49** no name®  
apple sauce 620 mL  
or Swiss Chalet  
gravy sauce 284 mL  
selected varieties  
purée de pomme  
ou sauce brune

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

**2.99**



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



**8.99** PC® ground coffee  
112-340 g or coffee pods  
8-14's, selected varieties  
café

Fruité beverages  
2 L or Pringles  
potato chips  
148/156 g  
selected varieties  
boissons ou  
croustilles

**2.79**



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



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

**4.49**

NHL | KitKat | LNH  
PROUD PARTNER OF THE NHL®  
FIER PARTENAIRE DE LA LNH®

**4.29** NESTLÉ® Sharing Bags / Sacs à partager  
selected varieties / certaines variétés  
135 - 246 g

**4/\$5** NESTLÉ® Single Bars / Barres individuelles  
selected varieties / certaines variétés  
42 - 50 g or \$1.25 ea.

**1.89** NESTLÉ® On-the-Go Box / Boîtes à emporter 70 g  
and King Bars / et barres grand format 63 - 90 g  
selected varieties / certaines variétés

**2.49** NESTLÉ® Family Bars / Barres format  
familial  
selected varieties / certaines variétés  
95 - 120 g

NEW • NOUVEAU

MAGNUM  
Ice cream

MAGNUM®  
CLASSIC BARS  
BARRES  
MAGNUM®  
CLASSIQUE

WHITE CHOCOLATE ALMOND  
CHOCOLAT BLANC AUX AMANDES

DARK CHOCOLATE  
CHOCOLAT NOIR

3 x 85 mL

**5.49** Magnum Bars 3's or mini 4's, Selected Varieties  
Barres de Magnum, boîte de 3 ou 4 mini, Certaines Variétés

BEN & JERRY'S

SAY YES TO DESSERT!  
DITES OUI AU DESSERT!

NEW Vanilla

NOUVEAU Ice Cream Sammie

**4.99**

Ben & Jerry's. Selected Varieties  
Ben & Jerry's. Certaines Variétés, 473 mL

New / Nouvelle

Breyers

Breyers Classic Flavours  
Les Saveurs Breyers Classique

**4.49** Breyers Classic or Popsicle Frozen Desserts  
Selected Varieties  
Crème glacée Classique ou Popsicle Breyers  
Certaines Variétés  
1.66 L

# Fruits & Vegetables Fruits & Légumes



**5<sup>49</sup>**

strawberries 1 lb, product of U.S.A. or Mexico or PC® Greenhouse-Grown strawberries 340 g, product of Canada fraises



**3<sup>79</sup>**  
lb

PC® red or green seedless grapes or black grapes product of South Africa or Chile raisins 8.36/kg



asparagus product of Mexico asperges 6.59/kg

**2<sup>99</sup>**  
lb



**4<sup>49</sup>**

Farmer's Market™ mixed peppers 4's, product of Mexico or no name® Naturally Imperfect™ carrots 5 lb, product of U.S.A. or leeks, bunched, product of France poivrons variés ou carottes ou poireaux



**6<sup>99</sup>** halos mandarins, product of U.S.A. or yellow nectarines, product of Chile, 2 lb mandarines ou nectarines



**5<sup>99</sup>** no name® Naturally Imperfect™ English cucumbers 3 lb, product of Mexico or green peppers 2.5 lb, product of U.S.A. concombres ou poivrons verts



**6<sup>49</sup>** no name® Naturally Imperfect™ apples 6 lb, product of Canada or pears 4 lb, product of U.S.A. pommes ou poires



**6<sup>99</sup>** PC® Axiany or Mixiany cherry tomatoes product of Canada, 680/681 g tomates



**5<sup>49</sup>** cauliflower product of U.S.A or Mexico each chou-fleur



**2<sup>49</sup>** kale, product of U.S.A. or Mexico or spinach, product of U.S.A. bunch chou frisé ou épinards



**2<sup>29</sup>**  
lb celery root product of Canada or Spanish onion product of U.S.A. céleri-rave ou oignon espagnol 5.05/kg



**1<sup>29</sup>** Italian or curly parsley product of Colombia, Mexico or U.S.A., bunch persil



**1<sup>99</sup>**  
lb mini bananas, product of Ecuador or Hami melons, product of Guatemala mini bananes ou melons Hami 4.39/kg



**.79** lemon, product of South Africa, Spain or Turkey or lime, product of Mexico or Colombia, each citron ou lime

# Easter Essentials

Les essentiels de Pâques

**3**  
WEEK  
EVENT  
SEMAINES  
D'ÉVÈNEMENT



**4.49**

no name® margarine  
907 g  
margarine



**2.99**

no name® frozen vegetables  
selected varieties  
750 g  
légumes surgelés



**4.49**

PC® BBQ sauce 1 L or  
no name® mayonnaise 890 mL  
selected varieties  
sauce barbecue  
ou mayonnaise



**3/\$4**

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

# Easter Essentials

Les essentiels de Pâques

**3**  
WEEK  
EVENT  
SEMAINES  
D'ÉVÈNEMENT



**3.49**

no name® all-purpose flour  
2.5 kg or Hershey's Chipits  
selected varieties  
200-270 g  
farine ou brisures  
de chocolat



**2.49**

Beatrice® sour cream  
500 mL, selected  
varieties or Lactantia  
garlic butter stick 125 g  
crème sure ou bâtonnet  
de beurre à l'ail

**7.99**

Tropicana  
orange juice  
selected varieties,  
refrigerated  
2.63 L  
jus d'orange

**3.99**

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



no name® pie shells  
380 g or whipped  
topping 1 L  
selected varieties, frozen  
croûtes à tarte  
ou garniture fouettée

**2/\$5**  
or \$2.50 ea.



**3.99**

SPAM luncheon meat  
selected varieties  
340 g  
pain de viande

**2.99**

Ocean's white tuna  
170 g or Gold Seal pink  
salmon 120/213 g  
selected varieties  
thon ou saumon rose



**4.49**

Hereford corned beef  
selected varieties  
340 g  
bœuf salé

**2.49**

French's  
mustard 400 mL,  
squeeze bottle  
or Heinz seafood  
cocktail sauce  
285 mL  
moutarde ou  
sauce cocktail  
à fruits de mer



**4.29**

PC® taco or fajita kits  
421/427 g or salsa 650 mL  
selected varieties  
trousses à taco  
ou fajita ou salsa

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



PC® natural spring water  
24 x 500 mL or Old Dutch  
Restaurant 275/290 g or  
Arriba tortilla 235/245 g  
chips, selected varieties  
eau de source ou  
croustilles de tortilla



**3.29**

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

**6.79**



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



**3.79**

Quaker cereal or oats  
selected varieties  
350 g-1 kg  
céréales ou gruau

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



no name® pasta  
selected varieties  
900 g  
pâtes



**3.79**

no name® pure lard  
454 g or honey graham  
crumb, Club Size, 1 kg  
or Betty Crocker Reese's  
brownie mix 453 g  
saindoux pur ou  
chapelure graham  
ou mélange à brownie

**5.99**



Baker's dark chocolate  
squares 170 g or  
E.D. Smith pie filling,  
selected varieties, 540 mL  
carrés de chocolat noir  
ou garniture pour tarte



**2.49**

PC® crackers  
100-225 g or Mott's  
Fruitsations fruit snack  
6's, selected varieties  
craquelins ou  
collations aux fruits

**4.99**



Christie cookies  
selected varieties  
374-520 g  
biscuits



**3.99**

Kinder Surprise T3  
chocolate eggs 60 g or  
Kinder Bueno mini's bag  
145 g, selected varieties  
œufs en chocolat  
ou mini-œufs

**2.49**



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



**3/\$5**  
or \$1.67 ea.

PC® Planet First™  
birch cutlery  
selected varieties  
24's  
coutellerie  
en bouleau



**7.99**

Royal Chinet  
dinner plates  
10.38 inch, 40's  
assiettes



**2.99**

no name®  
foilware roasters  
selected varieties  
rôtissoires en aluminium



**5.99**

PC® bathroom tissue  
12=24 rolls or PC® MAX™  
paper towels 3=6 rolls  
papier hygiénique  
ou essuie-tout

ITEMS AND PRICES ON THIS PAGE ARE EFFECTIVE FOR 3 WEEKS  
FROM THURSDAY, MARCH 14<sup>TH</sup> TO WEDNESDAY, APRIL 3<sup>RD</sup>, 2024  
LES ARTICLES ET LES PRIX SUR CETTE PAGE SONT EN VIGUEUR 3 SEMAINES DU JEUDI 14 MARS AU MERCREDI 3 AVRIL 2024

ITEMS & PRICES ON THIS PAGE ARE  
EFFECTIVE FOR 3 WEEKS  
FROM THURSDAY, MARCH 14<sup>TH</sup> TO  
WEDNESDAY, APRIL 3<sup>RD</sup>, 2024  
SEE BACK PAGE FOR MORE  
LES ARTICLES ET LES PRIX SUR CETTE PAGE SONT  
EN VIGUEUR 3 SEMAINES  
DU JEUDI 14 MARS AU MERCREDI 3 AVRIL 2024



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 Loblaws Inc. and others. All rights reserved. © 2024 Loblaws Inc.

