

FROM THURSDAY, APRIL 4<sup>TH</sup>  
TO WEDNESDAY, APRIL 10<sup>TH</sup>, 2024  
DU JEUDI 4 AVRIL AU  
MERCREDI 10 AVRIL 2024



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

# Freshmart®

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



**5.99**  
lb

beef inside round oven roast or steak\*  
with or without pork fat, club size  
rôti ou bifteck d'intérieur de ronde de bœuf\*  
13.21/kg



**2.99**  
lb

chicken thighs or drumsticks  
fresh, club size  
hauts de cuisses ou pilons de poulet  
6.59/kg



**2.99**

broccoli or celery stalks  
product of U.S.A.  
each  
brocoli ou céleri



**2.99**

raspberries or blackberries,  
product of Mexico or U.S.A., 170 g  
bleuets, framboises ou mûres



**2.99**

Chris Brothers deli meat  
selected varieties  
150-250 g  
charcuteries



**4.99**

Farmer's Market™  
coffee cake 500 g or  
Quinn's Swiss rolls 6's  
selected varieties  
gâteaux quatre-quarts  
ou roulés suisses



**5.99**

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



Rooster® scented  
jasmine rice  
8 kg  
riz

**16.99**



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

Campbell's Chunky,  
ready to serve 515 mL  
or Habitant 796 mL soup  
selected varieties  
soupe



**4.99**

Nescafé or Taster's Choice  
instant coffee 100-170 g  
or Kellogg's Eggo waffles  
frozen, 16's  
selected varieties  
café instantané ou gaufres



Barilla pasta 340/410 g or  
Primo pasta sauce 680 mL  
selected varieties  
pâtes ou sauce pour pâtes

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



**5.99**

Gold Seal sockeye salmon  
213 g or Hellmann's  
mayonnaise 710-890 mL  
selected varieties  
saumon ou mayonnaise



**4.99**

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

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

# Hot Deals of the WEEK

## Offres de la SEMAINE



**7<sup>49</sup>** Swiss Chalet, Montana's or St. Hubert pies selected varieties, frozen 650-800 g tartes



**3<sup>49</sup>** Mann's snap or snow peas product of U.S.A. 170/227 g pois snap ou mange-tout



**4/\$5** PC® soft drinks 2 L or no name® potato chips selected varieties boissons gazeuses ou croustilles or \$1.25 ea.



**3<sup>99</sup>** PC® frozen fruit selected varieties 400-600 g fruits surgelés

# What's for Dinner?

## Qu'est-ce qu'on mange?



**5<sup>99</sup>** SeaQuest® fish fillets 400 g, selected varieties or Pacific white cooked or raw shrimp 56-65 lb 300 g, frozen filets de poisson ou crevettes cuites ou crues



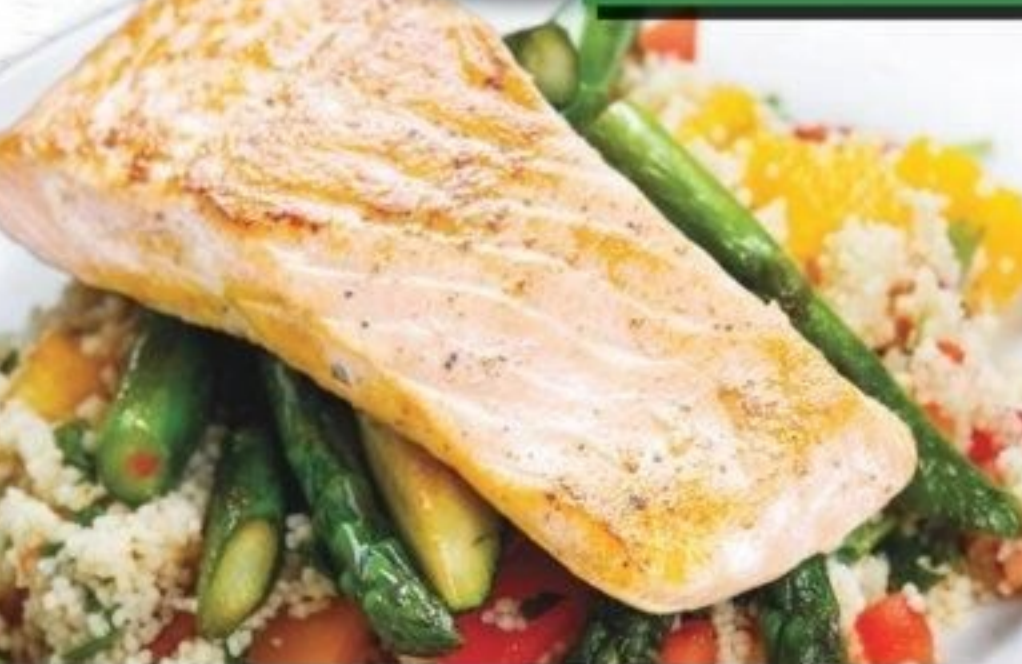
**3<sup>79</sup>** Yves Veggie Cuisine selected varieties 120-340 g plats cuisinés



**1<sup>49</sup>** PC® couscous, whole wheat 340 g or Unico beans, selected varieties, 540 mL couscous ou légumineuses



**15<sup>99</sup>** Bertolli olive oil selected varieties 1 L huile d'olive



# Meat & Seafood

# Viandes & Poissonnerie



**8<sup>99</sup>**  
lb

chicken breast fillets  
boneless, club size  
filets de poitrine  
de poulet  
19.82/kg



**3<sup>49</sup>**  
lb

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



**9<sup>99</sup>**

Atlantic Choice  
sausage  
selected varieties,  
club size, 1 kg  
saucisses



**8<sup>99</sup>**

no name® coil garlic  
or smoked sausage  
selected varieties  
750/900 g  
saucisses



**\$10**

meat or seafood selection  
selected varieties, frozen  
200 g-1.81 kg  
viande ou produits de la mer



**9<sup>99</sup>**

PC® smoked Atlantic salmon,  
150 g or Zipperback® wild  
Argentinian raw shrimp  
21-30 per lb, 340 g or  
SeaQuest® cooked salad shrimp  
125-175 per lb, 454 g, frozen

# Deli Meat & Cheese

# Charcuterie & Fromagerie



**1<sup>79</sup>**  
/100 g

Larsen salami  
or Maple Leaf bologna  
selected varieties  
salami ou bologne



**4<sup>99</sup>**

Mini Babybel 102/120 g  
or The Laughing Cow cheese  
120-140 g  
selected varieties  
fromage



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

Bonté Donair meat  
original or spicy  
250-300 g  
viande donair



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

Olympic organic or Crema Greek  
yogurt 650 g or PC® Greek yogurt  
650/750 g, selected varieties  
yogourt



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

Pillsbury refrigerated dough  
340-468 g or Kozy Shack pudding  
624 g or 4 x 113 g  
selected varieties  
pâte ou pouding



**5<sup>99</sup>**

Kraft Cheez Whiz  
cheese spread  
selected varieties  
450 g  
tartine au fromage

PC® lemonade or  
iced tea, Minute Maid  
zero sugar, Five Alive,  
Fruittopia beverages,  
Nestea or Peace Tea  
iced tea  
selected varieties,  
refrigerated  
1.54/1.75 L  
limonade ou boisson  
ou thé glacé

**3<sup>49</sup>**



**3<sup>29</sup>**

Cheemo perogies  
selected varieties,  
frozen  
815/907 g  
perogies



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

PC® frozen vegetables  
selected varieties  
400-750 g  
légumes surgelés

Silk  
coffee whitener  
selected varieties  
473 mL  
colorant à café

**2<sup>49</sup>**



**4<sup>99</sup>**

Chapman's  
Super Premium Plus  
ice cream 500 mL or  
no name® tart shells 30's  
selected varieties, frozen  
crème glacée ou  
croûtes à tartelettes



**4<sup>99</sup>**

Kellogg's cereal  
selected varieties  
306-525 g  
céréales



**4<sup>99</sup>**

Carnation  
hot chocolate mix  
selected varieties  
400/450 g  
mélange à chocolat  
chaud

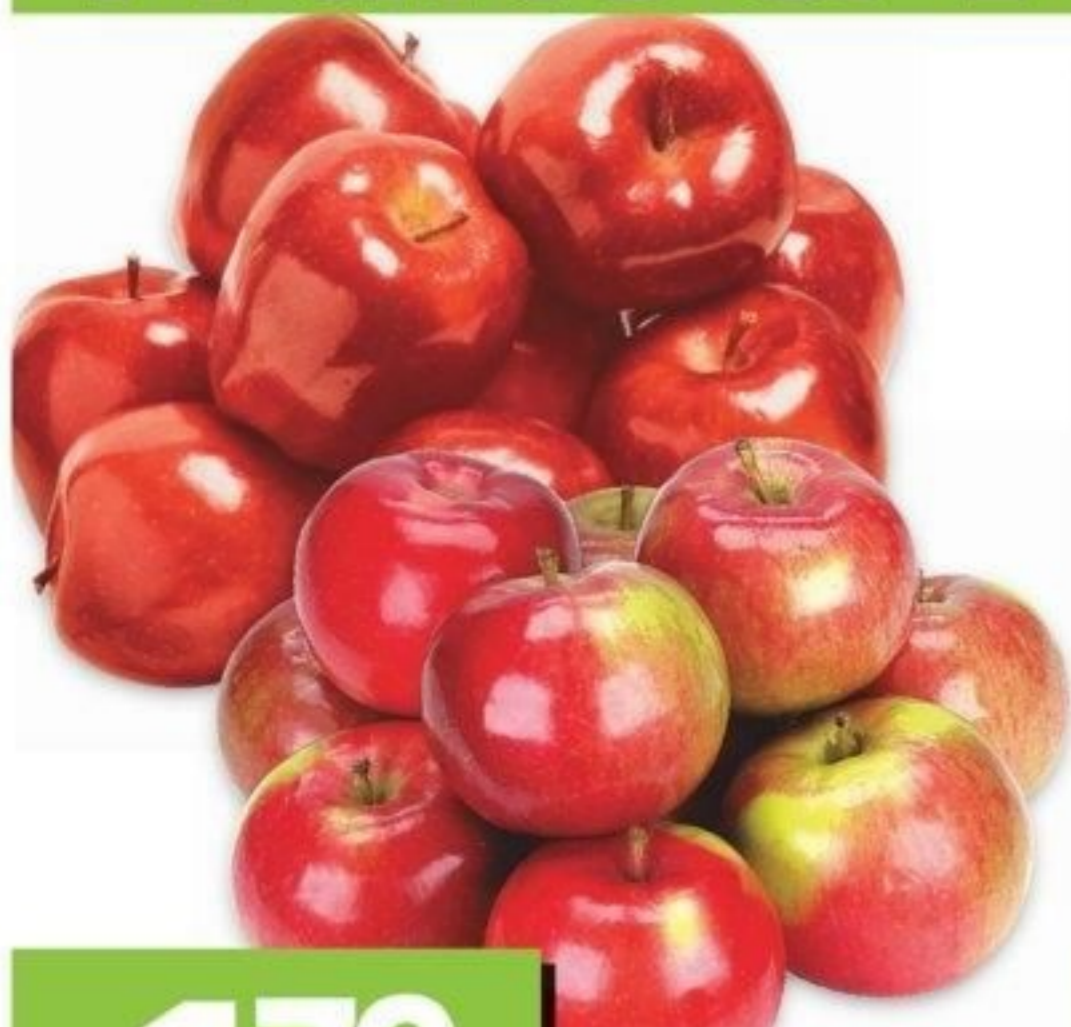


**2<sup>49</sup>**

PC® tea 20's or  
no name® coffee filters  
100's, selected varieties  
thé ou filtres à café

# Fruits & Vegetables

# Fruits & Légumes



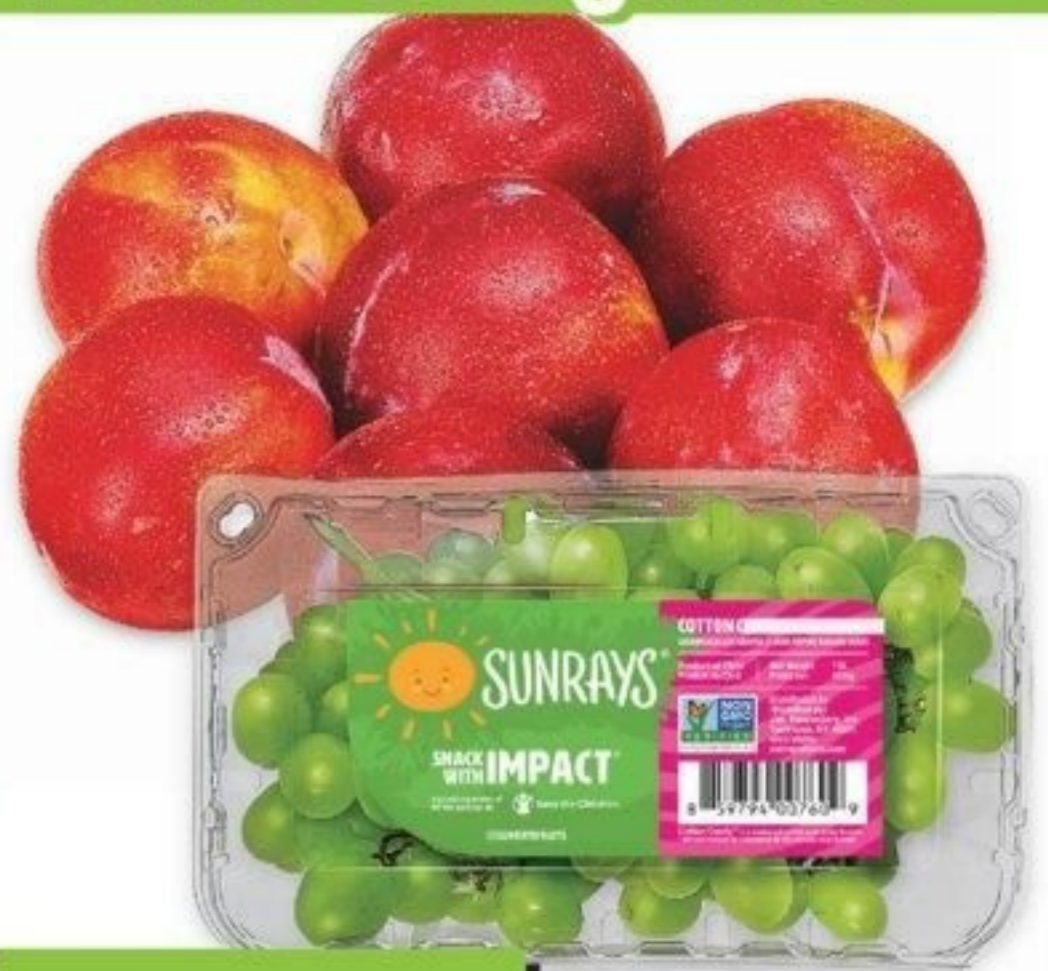
**1.79**  
lb

apples  
product of Canada,  
selected varieties  
pommes  
3.95/kg



**2.49**

PC® salads, product  
of U.S.A., 255-397 g  
or mushrooms,  
product of Canada,  
227 g, selected varieties  
salades ou champignons



**6.49**

cotton candy grapes  
454 g or plums 907 g,  
product of Chile  
raisins cotton candy  
ou prunes



**8.49**

Farmer's Market™ grape tomatoes  
907 g, product of Mexico  
or yellow onions 10 lb  
product of Atlantic Canada  
tomates ou oignons



**4.49**

Farmer's Market™ mandarin  
oranges, product of South Africa  
or lemons, product of South  
Africa or Spain, 2 lb  
mandarines ou citrons



**4.99**

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

## Bakery

## Boulangerie



**6.99**

Farmer's Market™ squares  
selected varieties  
400/450 g  
carrés



**1.99**

Donut Time donuts  
selected varieties  
6's  
beignes



**2.79**

no name® bagels  
selected varieties, 6's  
bagels



no name®  
beverages  
10 x 200 mL,  
selected varieties  
or Party Mix  
320 g  
boissons ou  
grignotines

**3.79**



**2.99**

Celsius energy or  
Bodyarmor sports drink  
selected varieties  
355/473 mL  
boisson énergisante  
ou désaltérante



**1.99**

Snack Pack  
pudding cups  
selected varieties  
4 x 99 g  
pouding



**3.29**

Christie mini cookies  
selected varieties  
150-225 g  
biscuits



Aylmer Accents  
tomatoes  
selected varieties  
540 mL  
tomates

**2.29**



**3/\$5**  
or \$wea.

Shirriff pie filling  
or mousse mixes  
selected varieties  
69-260 g  
garniture pour tarte  
ou mélanges à mousse



**3.79**

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



**4.49**

PC® dijon mustard  
500 mL or French's  
ketchup 750 mL/1 L  
selected varieties  
moutarde ou ketchup



**2.99**

no name® whole grain  
oats 900 g/1 kg or  
smooth peanut butter  
500 g, selected varieties  
avoine ou beurre  
d'arachide



**1.49**

no name® light tuna  
selected varieties  
170 g  
thon



**1.49**

no name® pizza sauce  
213 mL, tomato paste  
369 mL or mushrooms  
selected varieties, 284 mL  
sauce à pizza ou pâte de  
tomate ou champignons



**2.29**

no name® salad dressing  
475 mL or croutons 145 g  
selected varieties  
vinaigrette ou croûtons

# Grocery Épicerie



**3.99**

Danone Activia 650 g or iOGO nanô drinkable yogurt 6 x 93 mL selected varieties yogurt

PC® orange juice selected varieties, refrigerated 1.54 L jus d'orange

**4.49**



**2.99**

Christie Crispers or Bits & Bites baked snacks selected varieties 145 g craquelins ou grignotines



**4.99**

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



**5.49**

Häagen-Dazs ice cream selected varieties, frozen, 216-450 mL crème glacée

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

**10.99**



**2.79**

Coca-Cola, Canada Dry or Pepsi soft drinks 500/591 mL or Lay's flavoured chips 165 g selected varieties boissons gazeuses ou croustilles



**3.29**

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



**2.99**

Tim Hortons granola bar 150/160 g or Voortman no sugar added wafers, cookies or shortbread 225-320 g selected varieties barres granola ou gaufrettes ou biscuits ou sablé



**4.99**

Christie crackers selected varieties 350-500 g craquelins



**4.99**

no name® honey 500 g or PC® cereal 475-700 g selected varieties miel ou céréales



**2.99**

MiO liquid water enhancer, Country Time, Tang, Crystal Light or Kool-Aid liquid drink mix selected varieties 48 mL aromatisant liquide pour eau



**1.99**

Carnation evaporated milk selected varieties 354 mL lait évaporé



**2.49**

no name® white vinegar Club Size 4 L vinaigre



**5.49**

Délices D'autrefois sauce 700 mL or Mikes pasta sauce 410/700 mL selected varieties sauce ou sauce pour pâtes



**2.79**

Bick's relish 375/500 mL or Campbell's Everyday Gourmet soups 500 mL selected varieties relish ou soupes



**4.49**

Del Monte fruit selected varieties 796 mL fruit



**2.99**

PC® The Decadent® chocolate chips 226-300 g, selected varieties or Sugar In The Raw natural turbinado sugar 500 g brisures de chocolat ou sucre



**1.99**

PC® Extra Meaty wet dog food selected varieties 374 g nourriture pour chiens

## GET FRESH WITH EXCEL!

TRY OUR REFRESHINGLY FRUITY EXCEL® REFRESHERS!



**3.99**

Excel gum bottles selected varieties 80/83 g gomme



**2.99**

M&M's candy bags selected varieties 100 g sacs de friandises



**1.89**

M&M's mini mega tubes or king size chocolate bars selected varieties 49.33-93 g contenants de chocolat ou barres



**4/\$5**

or \$1.25 ea.

Mars single chocolate bars, candy singles, Excel gums 12's selected varieties 30-61 g barre de chocolat ou friandises ou gomme

VIVEZ LA FRAÎCHEUR AVEC EXCEL!™

ESSAYEZ NOS RAFFRAÎCHISSEURS EXCEL™ AU GOÛT DE FRUIT VIVIFIANT!



TRUSTED QUALITY. CARBON NEUTRAL. QUALITÉ ÉPROUVÉE. NEUTRE EN CARBONE.

**6.99** Royale® Tiger Towel® 3=6 & 2=6 half sheet paper towels Essuie-tout Royale® Tiger Towel® 3=6 & 2=6 rouleaux en demi-feuilles

**8.49** Royale® Original & Velour® 15=30 bath tissue Papier hygiénique Royale® Original & Velour® 15=30 rouleaux

**6.99** Royale® Original & Velour® 6 pack facial tissue Mouchoirs Royale® Original & Velour® emb. de 6 boîtes

\*Royale® tissue products are manufactured by Irving Consumer Products Limited, an affiliate of J.D. Irving, Limited. J.D. Irving, Limited and affiliated corporations have planted a billion trees since 1957. Each year, forests managed by J.D. Irving, Limited and affiliated corporations remove more carbon than is emitted in the lifecycle of Royale® tissue products. For more information, visit royale.ca/carbon-neutral. / Les produits de papier Royale® sont fabriqués par Les Produits de consommation Irving Limitée, une société affiliée à J.D. Irving, Limited. J.D. Irving, Limited et ses sociétés affiliées ont planté plus de 1 milliard d'arbres depuis 1957. Chaque année, les forêts sous la gestion de J.D. Irving, Limited retirent de l'atmosphère une quantité plus grande de carbone que celle émise durant le cycle de vie des produits de papier Royale®. Pour plus d'information, visitez royale.ca/carbonneutralite.



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