

Speektacular Deals!

Rabais effrayants!



749

Swiss Chalet, Montana's or St-Hubert pies selected varieties, frozen 650/800 g

tartes

21047194_EA/21310527_EA



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

20319107_EA/20599762_EA

399



699

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

boissons gazeuses

20318694002_C12/20322361002_C12



McCain Superfries or specialty potatoes selected varieties, frozen 454-800 g

frites ou pommes de terre de spécialité

20799529_EA

349

Movie Night!

Soirée cinéma!



5.99

Dr. Oetker Giuseppe Thin or Rising Crust 439-785 g, Easy Pizzi 200-573 g or Good Baker 300-350 g pizza selected varieties, frozen

20904584_EA/21106360_EA



PC® hummus or dips 227-280 g or Naan dippers 200 g, selected varieties hummus ou trempettes ou pains Naan

20583408_EA/20584097_EA/21092033_EA

2.79



2.99

Takis chips selected varieties 260/280 g

croustilles

21036714_EA/21590350_EA



Nestlé Aero, Smarties or mini assorted candy box 25's

boîte de bonbons

21450107_EA/21571131_EA

7.49



5.49

Farmer's Market™ milk chocolate covered peanuts or raisins or dark chocolate covered almonds, 350-400 g

arachides ou raisins ou amandes enrobés de chocolat

21519548_EA/21519580_EA/21519574_EA



FROM THURSDAY, OCTOBER 24TH
TO WEDNESDAY, OCTOBER 30TH, 2024
DU JEUDI 24 OCTOBRE AU
MERCREDI 30 OCTOBRE 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart

RED & WHITE
FOOD STORE

Your Neighbourhood Grocer



7.99

Janes Pub style breaded chicken or turkey
selected varieties, frozen
600-720 g
poulet ou dinde pané
21191828_EA/21431757_EA



pork side ribs
fresh, club size
côtes de flanc de porc
6.59/kg
20862906_KG

2.99
lb



2.99
lb

red, orange or yellow
peppers, product of
Canada or Mexico
poivrons
6.59/kg
20166880001_KG/20007535001_KG



1.99
lb

green or wax beans
product of U.S.A.
haricots
4.39/kg
20142683001_KG



4.79

strawberries
product of
Mexico or U.S.A.
1 lb
fraises
20049778001_EA



3.29

Ziggy's® sliced deli meat 175-300 g
or sliced cheese 160 g
selected varieties
charcuteries tranchées ou fromage tranché
21592461_EA/21599921_EA/21610826_EA



PC® 336 g or Sara Lee Little Bites
194/234 g mini muffins or cookies
selected varieties
mini-muffins ou biscuits
21488839_EA/21556098_EA

3.99

Unico
vegetable oil
3 L
huile végétale
20098102_EA



8.99



5.49

no name® butter
selected varieties
454 g
beurre
20325029_EA

OCTOBER

Valid from
OCTOBER 1ST TO 31ST

**HIT OF
THE MONTH
PRIX FOUS
DU MOIS**

D'OCTOBRE

Prix en vigueur
DU 1^{ER} AU 31 OCTOBRE



5.49

Nescafé Rich 100-170 g
or Taster's Choice 100 g
instant coffee or Kellogg's
Eggo waffles 16's
selected varieties
café instantané ou gaufres
20099730004_EA/20661811001_EA

Kellogg's cereal
selected varieties
298-435 g
céréales
21450814_EA

3/\$10
or \$3.33 ea.



DOM
Specialty
smoked
steelhead
salmon
frozen, 50 g
saumon
20792840_EA

\$2

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TO WEDNESDAY, OCTOBER 30TH, 2024
DU JEUDI 24 OCTOBRE AU
MERCREDI 30 OCTOBRE 2024



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visit freshmart.ca



35 BIG COVE ROAD, ELSIPOGTOG (506) 523-7186



7⁹⁹

Janes Pub style breaded chicken or turkey
selected varieties, frozen
600-720 g
poulet ou dinde pané
21191828_EA/21431757_EA



pork side ribs
fresh, club size
côtes de flanc de porc
6.59/kg
20862906_KG

2⁹⁹ lb



2⁹⁹ lb

red, orange or yellow
peppers, product of
Canada or Mexico
poivrons
6.59/kg
20166880001_KG/20007535001_KG



1⁹⁹ lb

green or wax beans
product of U.S.A.
haricots
4.39/kg
20142683001_KG



4⁷⁹

strawberries
product of
Mexico or U.S.A.
1 lb
fraises
20049778001_EA



3²⁹

Ziggy's® sliced deli meat 175-300 g
or sliced cheese 160 g
selected varieties
charcuteries tranchées ou fromage tranché
21592461_EA/21599921_EA/21610826_EA



PC® 336 g or Sara Lee Little Bites
194/234 g mini muffins or cookies
selected varieties
mini-muffins ou biscuits
21488839_EA/21560098_EA

3⁹⁹

Unico
vegetable oil
3 L
huile végétale
20098102_EA



8⁹⁹



5⁴⁹

no name® butter
selected varieties
454 g
beurre
20325029_EA



5⁴⁹

Nescafé Rich 100-170 g
or Taster's Choice 100 g
instant coffee or Kellogg's
Eggo waffles 16's
selected varieties
café instantané ou gaufres
20099730004_EA/20661811001_EA

Kellogg's cereal
selected varieties
298-435 g
céréales
21450814_EA

3/\$10
or \$3.33 ea.



DOM
Specialty
smoked
steelhead
salmon
frozen, 50 g
saumon
20792840_EA

\$2

Meat & Seafood

Viandes & Poissonnerie



12⁹⁹

lb

beef striploin roast or steak*
club size
rôti ou bifteck de contre-filet de bœuf*
28.64/kg
20794005_KG

3⁹⁹

lb

pork sirloin chops or roast
boneless, club size
côtelettes ou rôti de surlonge de porc
8.80/kg
20828442_KG



3⁹⁹

lb

chicken legs
back attached, club size
cuisses de poulet
8.80/kg
20129696_KG



5⁴⁹

PC® pork sausage
selected varieties
500 g
saucisses
21584342_EA



6⁹⁹

Schneiders Juicy Jumbos wieners
375/450 g or Maple Leaf or
Schneiders bacon 65/375 g
selected varieties
saucisses fumées ou bacon
20105611_EA/20732366_EA



3⁹⁹

Schneiders Lunchmate
lunch kits, stackers or snack kits
selected varieties
75-120 g
trousses-repas
21120301_EA/21309931_EA



9⁹⁹

PC® smoked Atlantic salmon
150 g or Argentinian shrimp raw
Zipperback® 21-30 per lb, 340 g
or SeaQuest® cooked salad
shrimp 454 g, frozen
saumon ou crevettes
ou crevettes pour salade
20108286_EA/21332386_EA



3⁹⁹

no name®
stuffed and breaded chicken
selected varieties, frozen
284 g
poulet farci et pané
20503296_EA/20503300_EA



12⁹⁹

no name® chicken wings
frozen 908 g or Swiss Chalet
pork back ribs, fully cooked,
600/650 g
selected varieties
ailes de poulet ou
côtes de dos de porc
21022221_EA/21045313_EA



11⁹⁹

Sea Crave wild tuna, Pacific
cod or Sockeye salmon
portions, 260/310 g
portions de thon ou morue
ou saumon
21531662_EA/21560089_EA

Come see our selection of in-store prepared meats**

Venez voir notre choix de viandes préparées en magasin**



13⁹⁹

lb

fresh peppercorn
crusted boneless
beef striploin steak
bifteck de
contre-filet
de bœuf frais
désossé avec
croûte de poivre
30.84/kg

4⁹⁹

lb

fresh marinated
boneless pork sirloin
chops
côtelettes de surlonge
de porc désossées
fraîches marinées
11.00/kg

3⁹⁹

lb

fresh marinated pork
side ribs center cut
côtes de flanc
de porc fraîches
marinées coupe
du centre
8.80/kg

4⁴⁹

lb

fresh marinated
chicken legs
cuisses de poulet
fraîches marinées
9.90/kg

Fruits & Vegetables

Fruits & Légumes



5⁴⁹

Farmer's Market™ Ambrosia apples
product of Atlantic Canada
4 lb
pommes
21307212001_EA/20723960001_EA



2⁴⁹
lb

Roma tomatoes
product of Canada or Mexico
tomates
5.49/kg
20143381001_KG



2⁴⁹

celery stalks
product of Canada or U.S.A.
each
céleri
20163119001_EA



8⁴⁹

Farmer's Market™ mandarins
product of South Africa or Chile
4 lb
mandarines
20054025001_EA



1⁹⁹

persimmon
product of Spain
each
kaki
20139417001_EA



1⁷⁹

green onions, bunch, product of Mexico or English cucumber, each or Farmer's Market™ mini carrots
340 g, product of Canada
oignons verts ou concombres anglais ou carottes miniatures
20070132001_EA/20117370001_EA/20107500001_EA



6⁴⁹

sungold kiwi
product of New Zealand
1 lb
kiwi
20985015001_EA



5⁹⁹

PC® mixed mini potatoes
product of Canada
3 lb
mini-pommes de terre
21037948001_EA



9⁹⁹

no name® Naturally Imperfect™ avocados
product of Mexico, 3 lb
avocats
21086003001_EA



2⁹⁹
lb

Brussels sprouts
product of Canada
choux de Bruxelles
6.59/kg
20036155001_KG



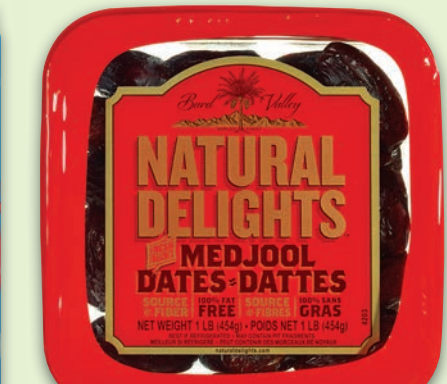
4⁹⁹

PC® salads 312 g, product of U.S.A., or Renée's salad dressing or vinegar 350/355 mL, product of Canada
selected varieties
salades ou vinaigrettes
21204385_EA/20314592_EA



2⁴⁹

Cove organic kombucha
product of Canada, selected varieties
355 mL
kombucha biologique
21362499_EA 21362564_EA



7⁹⁹

Medjool dates
product of Israel
1 lb
dattes
21526406_EA



6⁹⁹

no name® peanuts
product of U.S.A.
907 g
arachides
20996039_EA

FMA 3

Deli Meat & Cheese

Charcuterie & Fromagerie



5⁹⁹

PC® cheese blocks
selected varieties
250 g
barres de fromage
20770708_EA



1⁹⁹
/100 g

Ziggy's® chicken or turkey breast
deli service, selected varieties
poitrine de poulet ou de dinde
20299196_KG



8⁹⁹

Olivieri fresh filled pasta
or skillet gnocchi
selected varieties, 500-700 g
pâtes ou gnocchi à poêler
20311594_EA/20915834_EA



11⁹⁹

PC® Natural Choice®
beef or chicken breast strips
seasoned, fully cooked
300/375 g
lanières de bœuf ou de poulet
20787394_EA/21296778_EA



2⁷⁹

Sunrise extra firm tofu
selected varieties
350 g
tofu
20570507_EA

Bakery

Boulangerie



4⁹⁹

Farmer's Market™ butter croissants
260-336 g or Dempster's bagels 6's
croissants au beurre ou bagels
20563221_EA/20975943_EA



4⁴⁹

Farmer's Market™ loaf cakes
whole or sliced, selected varieties
344-390 g
gâteaux quatre-quarts
20565382_EA/21542157_EA



7⁹⁹

Chatman's Bakery peanut butter
and chocolate mounds or
Country Market variety pack
squares 16's or Farmer's Market™
Two-bite Brownies® 608 g
20067731_EA/21450067_EA



5⁹⁹

ACE Bakery artisan rolls
640-840 g or La Baguetterie
sliced Miche 600/800 g
selected varieties
petits pains ou miche tranchée
20862393_EA/21596355_EA



4⁹⁹

Dempster's tortillas
selected varieties
10 inch
tortillas
20008517_EA/21424015_EA

Dairy

Produits laitiers

Liberté Greek 650/750 g,
Méditerranée 900 g
or YOP no added sugar
drinkable yogurt 8's or
Liberté classique 1 L
selected varieties
yogourt
20704361001_EA/21619474_EA/21390111_EA

6⁴⁹



Danone Activia 8's
or Silk plant based
500-650 g yogurt
selected varieties
yogourt
20325384002_EA/21588707_EA

4⁹⁹



no name®
stringable cheese
16's
fromage effilochable
20765349_EA

6⁹⁹



3⁹⁹

Pillsbury refrigerated dough
selected varieties
454/496 g
pâte réfrigérée
21619255_EA/21619335_EA



3⁴⁹

no name® cream cheese
selected varieties
227/250 g
fromage à la crème
20308105001_EA

Grocery Épicerie

Fibre 1 or Nature Valley
Sweet & Salty bars
selected varieties
125-210 g
barres
21213559_EA

349



449

PC® 100% juice or PC® Blue Menu® juice boxes
10 x 200 mL or Kellogg's fun pac cereal 210 g
selected varieties
jus ou petites boîtes de céréales
20067427_EA/21061913_EA

Dr. Oetker
Momenti pizza,
selected varieties,
170-185 g or
Giuseppe garlic
fingers 317 g
frozen
pizza ou bâtonnets
à l'ail
21164021_EA/21236985_EA

449



679

PC® The Decadent® ice cream
sandwiches 6's or Mochi 6's or
Trü Frû chocolate covered fruit
170 g, selected varieties, frozen
sandwichs de crème glacée
ou mochi ou fruits enrobés
de chocolat
20345934001_EA/21166581_EA/21515998_EA



199

Minute Maid orange juice 295 mL
or no name® spinach 300 g
selected varieties, frozen
jus d'orange ou épinards
20418533002_EA/20611796_EA

PC® tea 20/40's
or no name®
coffee filters 100's
selected varieties
thé ou filtres à café
20047452_EA/20296026_EA

249



PC® cooking
sauce 400 mL
or Rio Mare
light tuna salad
160 g
selected varieties
sauce à cuisson ou
salade de thon pâle
20298369001_EA/20971498_EA

449



3/\$4
or \$1.33 ea.

no name® rice crackers
100 g or cheese snacks 3's
selected varieties
craquelins de riz
ou collations au fromage
20297188003_EA/20889881_EA

Nutella
hazelnut spread
725 g
tartinade
de noisettes
20436105_EA

799



3/\$5
or \$1.67 ea.

375 g or Thompson's
white beans 454 g
pâtes à lasagne prêtes
pour le four ou haricots blancs
20096543_EA/20323261_EA

Snack Pack
puddings
selected varieties
4 x 99 g
poudings
20310707001_EA

229



549

no name® glace cherries
450 g, selected varieties
or Sunsweet pitted
prunes 375 g
cerises glacées ou
pruneaux dénoyautés
20055326001_EA/20697988_EA

Club House
one step seasoning
blends 111-181 g
or Bisto gravy
powder 227 g
selected varieties
mélanges
d'assaisonnement
ou poudre
pour sauce
20136091001_EA/20308006002_EA

449



Hellmann's
mayonnaise
340/445 mL or
Teriyaki Experience
sauce 350 mL
selected varieties
mayonnaise
ou sauce
20008233001_EA
20876697003_EA

449



no name®
pickles 1 L or
Campbell's
condensed
soup 284 mL
selected varieties
cornichons
ou soupe
condensée
20046189_EA
20297246005_EA

279



Happy Diwali! Joyeux Diwali!



Suraj®
basmati rice
3.63 kg
riz basmati
20838931_EA

999



449

KFI cooking sauce,
selected varieties,
375/395 mL or Suraj®
ginger or garlic paste
750 g
sauce à cuisson ou pâte
de gingembre ou d'ail
20419490001_EA/21088388_EA/21088575_EA



649

Brar's samosa
selected varieties,
frozen, 624 g
samosas
21000033_EA



379

Haldiram's snacks
330/350 or Rubicon
fruit juice drinks 1 L
selected varieties
collations ou
boissons aux fruits
20370751003_EA/20990655002_EA



399

Tostitos® tortilla chips
205-295 g or Tostitos® salsa
or dip 394-418 mL / 432 g
selected varieties

Chips tortilla Tostitos®
205-295 g ou salsa
ou trempettes Tostitos®
394-418 mL / 432 g
certaines variétés
21095981_EA



399

Ruffles® potato chips
selected varieties
Croustilles Ruffles®
certaines variétés
21240388_EA

Doritos® tortilla chips
selected varieties
Chips tortilla Doritos®
certaines variétés
210-235 g
21173096_EA



429

Miss Vickie's® kettle
cooked potato chips
selected varieties
Croustilles cuites à la
marmite Miss Vickie's®
certaines variétés, 190-200 g, 21240622_EA

Havoc™ snacks
selected varieties
Collations Havoc™
certaines variétés
190-280 g
21588759_EA

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Grocery Épicerie

PC® orange juice
1.54 L or Oasis
fruit juice or
smoothie 1.5/1.6 L
selected varieties,
refrigerated
jus d'orange ou jus
de fruit ou boisson
fouettée

21430531_EA/21529910_EA

4⁹⁹



Black Diamond Slices
processed cheese product
selected varieties
410 g
tranches de produit de
fromage fondu
21252564_EA/21278710_EA

3⁹⁹



Humpty Dumpty Party Mix
or Que Pasa tortilla chips
156-350 g or salsa 420 mL
or Humpty Dumpty snacks
250-280 g
selected varieties
croustilles de tortilla
ou salsa ou grignotines
21031311_EA/21445100_EA

3⁷⁹



Pogo
selected varieties, frozen
8/10's
saucisses sur bâtonnet
20053302001_EA

7⁹⁹



Fudgesicle, Creamsicle,
Revello or Popsicle novelties
selected varieties, frozen, 12's
friandises glacées
20343500005_EA/20684180_EA

4⁹⁹

no name® juice
1 L or snacks or
chips 142-200 g
selected varieties
jus ou grignotines
ou croustilles
20087458_EA/20322677_EA

1⁹⁹



Orville Redenbacher microwave
popcorn 6/8's or Jack Link's
beef jerky strip or sticks 65-150 g
selected varieties
maïs à éclater ou jerky
ou bâtonnets
20501983002_EA/20629532002_EA

5⁴⁹

Christie kids cookies
selected varieties
150-200 g
biscuits pour enfants
21584976_EA

3²⁹



Jif peanut butter
1 kg or General Mills
family size cereal
475-778 g,
selected varieties
beurre d'arachide
ou céréales
21023784_EA/21103495_EA

6⁴⁹



Gatorade
or Powerade
sports drink
selected varieties
6 x 591 mL
boisson
désaltérante
20303218003_C06/20854338_C06

6⁹⁹



Carnation
evaporated milk
selected varieties
354 mL
lait évaporé
20896887_EA

1⁹⁹



Betty Crocker
SuperMoist cake
mix 375/404 g or
frosting 340/450 g
selected varieties
mélange à gâteau
ou glaçage
20562641002_EA/21547846_EA

1⁹⁹



Cadbury or
Mars assorted
chocolate
bars, 16's
barres
de chocolat
20639733_EA/20695718_EA

19⁹⁹



Dare Juicee
or Jus' Better
Jujubes candies
selected varieties
450-700 g
friandises
gélifiées
21574244_EA/21596735_EA

4⁹⁹



no name®
salad dressing
475 mL or
yellow mustard
550 mL
selected varieties
vinaigrette
ou moutarde
20628489001_EA
21457728_EA

2²⁹



Stagg chili 425 g or
Habitant soup 796 mL
selected varieties
chili ou soupe
20091906_EA/20299690001_EA

2⁹⁹



PC® taco or fajita kit
427 g or salsa 650 mL
selected varieties
trousses à taco
ou fajita ou salsa
20295845001_EA/20309646005_EA

3⁷⁹



no name® pasta
selected varieties
900 g
pâtes
20315613001_EA/20315613007_EA

1⁷⁹



Cascades paper towel
6=12 rolls or bathroom
tissue 8=16 rolls
selected varieties
essuie-tout ou papier
hygiénique
21022984_EA/21518652_EA

5⁴⁹



Tide or Gain
laundry detergent
selected varieties
1.86/2.06 L
détergent à lessive
21579816_EA/21593782_EA

11⁹⁹



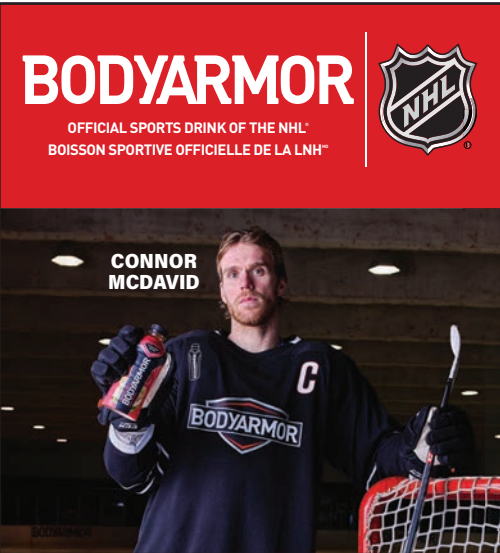
no name® garbage bags
selected varieties
20-100's
sacs à ordures
20144001_EA/21116660_EA

5⁴⁹



no name® cat litter
Club Size,
selected varieties
18 kg
litière pour chats
20177169001_EA

9⁴⁹



Coca-Cola® beverages
selected varieties
Les boissons Coca-Cola^{MD}
en emballage, certaines variétés
6 x 710 mL, 20115107001_C06

6⁴⁹*



BODYARMOR SuperDrink® beverages
selected varieties
Les boissons de BODYARMOR^{MD} SuperDrink
en bouteille, certaines variétés
473 mL, 21582808_EA

2⁷⁹*



6 x 222 mL Coca-Cola® beverages
selected varieties
Les boissons Coca-Cola^{MD}
en emballage, certaines variétés
6 x 222 mL, 20354164001_C06

4⁴⁹*



Monster Energy® beverages[†]
selected varieties
Les boissons Monster Energy^{MD}
en canette, certaines variétés
473 mL, 20875127_EA

2⁹⁹*

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